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On Pride's cover: All around the world, International Women's Day represents an opportunity to celebrate the achievements of women while calling for greater equality.

Make It Happen is the 2015 theme for the internationalwomensday.com global hub, encouraging effective action for advancing and recognising women.

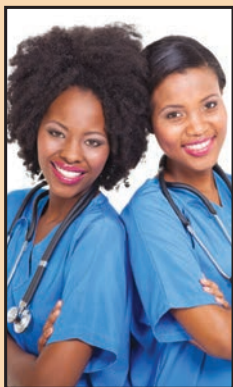
Each year, International Women's Day (IWD) is celebrated on March 8.

The first International Women's Day was held in 1911.

Thousands of events occur to mark the economic, political and social achievements of women. Organisations, governments, charities, educational institutions, women's groups, corporations and the media celebrate the day.

Various organisations identify their own International Women's Day theme, specific to their local context and interests.

Pride celebrates this day with articles beginning on page 4.



WORDS OF WISDOM

"I love to see a young girl go out and grab the world by the lapels. Life's a bitch. You've got to go out and kick ass." — Maya Angelou

"A woman is like a tea bag – you never know how strong she is until she gets in hot water." --- Eleanor Roosevelt

"A woman is the full circle. Within her is the power to create, nurture and transform." --- Diane Mariechild

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Pride News, reflecting the ambitions, aspirations, accomplishments and achievements of the African & Caribbean Canadian community, is published and distributed every Wednesday.

PRIDE'S MISSION STATEMENT:

To act as a catalyst for the advancement, empowerment and happiness of peoples of African and Caribbean heritage.

ACAA Founder Reflects On Organization's 30-Year History

By Michael Van Cooten

ACAA Founder, Chair and CEO



Wow -- 30 years!

Looking back from the present perspective, it seems that the last 30 years went by so fast. But in reality, that time period was painful, overshadowed by mountainous debt, beset with challenges and obstacles and plagued by hurdles, giving it the ghostly, hideous appearance that the time was crawling slower than a crippled turtle.

There were times when I, literally, did not want to get out of bed, because I knew that voracious wolves were baying at the door, anxiously anticipating sinking their fangs into my being, in an attempt to rip out my soul.

But, I held on -- tenaciously -- to the vision, and

mission, I had for the organization; I persisted, doggedly; refinanced the debt at lower rates; armoured myself with faith in God; hurdled the obstacles; faced down the challenges; jumped the hurdles; reached out to some community members for assistance and, importantly, in 1995, I hired Joan Pierre -- our current President -- and, WE OVERCAME!

Commentary

Thank God Almighty we overcame!

In June, 1985, when I started the African Canadian Achievement Awards (ACAA), which was called the Canadian Black Achievement Awards at that time,

Continued on page 14.....

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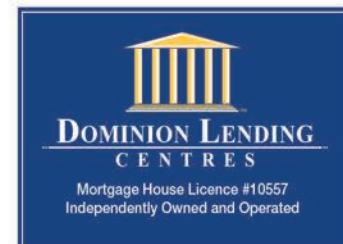
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NATIONAL NEWS

Family, Relatives, Friends And Community Bid Farewell To Vincent Lai



The late Vincent Lai.
Photo courtesy of the Lai family.

By Michael Van Cooten
Pride Publisher/Editor

MARKHAM, Ontario – “I was going to introduce myself as Richard; however over the past couple of days, I have discovered that I am actually better known as Nicey’s son. So with that in mind, hello everyone my name is Nicey’s son.”

These well-placed words, used appropriately, by Richard Lai at the beginning of his eulogy to his father, Vincent Lai, at his funeral service, last Friday morning, brought collective, knowing laughter from the audience that -- braving wintry weather conditions of wind chills approaching -30° C -- came out to say goodbye to “Nacey’s”.

Lai, the former co-owner and Chief Executive Officer (CEO) of Nicey’s Food Mart, and who was born on March 15, 1950, died last week Friday, February 13, at the family home in Richmond Hill, Ontario, after a brief illness.

Migrating from Jamaica to Toronto in the late seventies, with his wife, Lorain Fay (ne Duncan) -- who he married in August, 1976 -- they purchased a small Caribbean grocery store, Nicey’s Food Mart, in Scarborough in 1979, and successfully built it into the largest Caribbean supermarket chain in the Greater Toronto Area (GTA).

With franchises in Brampton, Downsview, Pickering, Vaughn and Mississauga, the Nicey’s Food Mart group of stores attracted a mostly middle-to-upper middle clientele, many of whom were in attendance among the

over 400 racially-diverse individuals, who heard his son’s eulogy.

Luminaries present at Lai’s funeral service, included Marie Clarke Walker, Executive Vice-president of the Canadian Labour Congress; Fitzroy Gordon, the CEO of Toronto’s Black radio station, G98.7FM; former Trinidad and Tobago consul-general, Michael Lashley; Joan Pierre, President of the African Canadian Achievement Awards; Joe Halstead, Chair of the Ontario Place Corporation; and Grace Carter-Lyons, an award-winning Toronto realtor.

Faced with the daunting task of subduing obviously powerful emotions of loss, whilst offering a personal perspective of his father, Richard Lai rose to the challenge, bringing levity to an atmosphere impregnated with collective gloom and grief.

“My dad was a very complex man. I could ask 10 people to describe him in a single word and some might say short, serious, intimidating or even miserable. Yet you ask another 10 people and they might say short, funny, loving or dependable. As you can tell, the only thing all of them would say in common was that he was short,” said Richard, tongue firmly planted in cheek.

“Sometimes dad’s serious face could be the same as his happy face, his sad face, his angry face or his thinking face. Your impression of dad was highly dependent on which situation you met him in.”

The advertised starting time of the service was 10AM but, by 9AM, the St. Patrick Catholic Church, on Highway

#7, in Markham, Ontario, was almost full, extra parking had to be provided at the St. Patrick Catholic School next door, and by the official start time, surrounding neighbourhood streets had to be used to accommodate the overflow of automobiles -- a testament to Lai’s popularity.

Last week’s news story on the *Pride News Magazine* website, about Lai’s death -- published and uploaded on Wednesday, February 25 -- recorded 1682 hits by Monday night, in less than a week. This created history on the website -- the most hits for any news story in the life of the site, another vivid testament to Lai’s popularity.

Commenting that many in the audience knew his dad “from Nicey’s”, Richard revealed some insight into Lai’s multi-faceted personality: to his vendors, he exhibited a more serious side, including a few well-placed cuss words; to his employees, Lai was “the world’s fastest Chinese speed walker”, seemingly omnipresent in the store, assiduously checking to make sure employees were doing what they were supposed to do; to his customers, he was known as happy, helpful and a joyful joker always willing to share a dirty joke; and members of the Scarborough community would probably have described him as a philanthropist who was always giving back.

On the night before the funeral, at the second viewing, a celebration of Lai’s life was held, where the Heritage Singers, a Jamaican-Canadian iconic folk group -- headed by Carter-Lyons, who is the group’s Artistic Director -- performed and many, including Lai’s brother-in-law, Frank Hue, offered glowing tributes.

Carter-Lyons, in an exclusive interview with *Pride News Magazine*, on Monday evening, reminisced: “Vincent was always a great supporter of the Heritage Singers. Throughout our 30-plus years, we never had a function without his gift-basket to be given as a prize. Whenever I called, he faithfully provided assistance without hesitation.”

She fondly recalled Lai’s interest in Caribbean culture and his love for his homeland of Jamaica, “Anytime we spoke it was filled with laughter and discussions regarding his love for Jamaica. We also chatted about being here in Canada and what it meant to preserve the folk -- and in his case, the food -- culture in Canada.”

And, in conclusion, Carter-Lyons said, with a sad tinge to her voice, “On behalf of my immediate and extended family, the Heritage Singers Canada, he will be missed and treasured in our hearts.”

Described as a thinker, a human calculator, with always a plan or a method to his madness, Lai’s entrepreneurial success could be attributed to these mental capabilities, his business acumen, and just as importantly, his attention to detail, as evidenced by an

anecdote from son, Richard.

“For example, prior to dad giving me the keys after getting my license, he actually drove the car to and from school in order to know how many kilometers it would take. He then handed me the keys and said, it takes x number of kilometers for you to get to school and you get 10 extra kilometers to use for gas. That was my dad.”

In concluding his personal descriptions of his dad -- whose other children are Melissa and Camille -- Richard shared, that recently, a family friend came up with a perfect simile for Lai.

She said he was like sugar cane -- hard, sturdy, tough exterior and sweetness on the inside.

And, aptly, the last farewell message goes to Lai’s wife, Lorain, who at the celebration, last Thursday evening, read from a poem she had modified:

“Hon,

You never said I’m leaving you, you never said goodbye.

You were gone before I knew it, and only God knows why.

A million times I needed you, a million times I cried.

If love alone could have saved you, you would have never died.

In life I loved you dearly, in death I love you still.

In my heart you hold a place that no one will ever fill.

It broke my heart to lose you, but you didn’t go alone.

For part of me went with you, the day God called you home.

God knows how much I miss you, he counts the tears I shed.

And whispered hush, he only sleeps, Vincent is not dead.

If tears could build a stairway and heartache make a lane

I’d walk a path to heaven, to bring you back again

So now our time on earth has ended, and nothing is the same

I love you now and forever Vince.

Until we meet again”.PRIDE

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Ryerson Honours Strong Black Women Leaders

By Neil Armstrong
Pride Contributing Writer

TORONTO, Ontario – Ryerson University this week honoured the extraordinary achievements of women from Ryerson's Black community at the Viola Desmond Day Awards Ceremony.

On Monday, March 2, many gathered at the university to recognize the recipients who were selected by a committee of Ryerson students, staff and faculty. Each received an award named after prominent Black Canadian leaders such as Viola Desmond, Rosemary Brown, Pearleen Oliver and Lillie Johnson.

Kia Cummings, a Grade 12 student from The Linden School, an all-girls independent school in Toronto that focuses on feminist and social justice education, received the Viola Desmond Award, which is the only standing award at the ceremony each year.

Desmond (1914-1965) was an African Nova Scotian whose story involved one of the most publicized incidents of racial discrimination in Nova Scotian and Canadian history, nine years before Rosa Parks' protest in the United States.

On November 8, 1946, Desmond refused to sit in the balcony designated exclusively for blacks in the Roseland Theatre in New Glasgow, but instead, she took her seat on the ground floor where only white people were allowed to sit.

After being forcibly removed from the theatre and arrested, she was eventually found guilty of not paying the one-cent difference in tax on the balcony ticket from the main floor theatre ticket.

On April 14, 2010, Mayann Francis, the lieutenant governor of Nova Scotia, on the advice of the premier, invoked the Royal Prerogative and granted Desmond a posthumous pardon, the first such to be granted in Canada. The government of Nova Scotia also apologized.

Organized by Ryerson University's Black History Awareness Committee, the other awards are usually named after some historical Black Canadian women who have made it easier for the Black community to grow and have success stories to celebrate today.

The Viola Desmond Award is given to a high school student and is intended to offer ongoing empowerment and to provide encouragement for these young women to continue to realize their dreams.

Cummings was unable to attend the ceremony because she is the ambassador of her Grade 12 service trip to Cuba.

As someone who is fluent in French and Spanish and having taken Latin studies for the last four years, her Spanish language skills are vital to her colleagues making that journey.

Just before she flew out she recorded a 'thank you' message in which she encouraged young women to "step out in confidence and seek out opportunities to make our city better."

Cummings is a Linden Scholar, maintaining an average above 85%, and is involved in many aspects of her school, including coaching and playing on seven sports teams, co-editing the yearbook, and organizing activist and service-learning initiatives.

An avid volunteer, she currently works in youth



Several women from the Black, African Canadian and Caribbean communities were the recipients of the 7th annual Viola Desmond Awards. Among them are (from right to left): Omolara Bukare, Oluwatobi Taiwo, Marsha Brown accepting for her daughter, Kia, and Juannittah Kamera. At left is Julia Hanigsberg who was the recipient of the 2015 Honorary Viola Desmond Award. Photo by Eddie J. Grant.

mentorship at Peoples Church, has facilitated camp programs in Alderville, a First Nations reserve; coordinated "Out of the Cold" food bank initiatives and has volunteered at the YWCA Toronto for several years.

Cummings is an aspiring sports journalist and broadcaster and hopes to get into Ryerson's Sports Media program, starting in September of this year. The award was accepted by her mother, Marsha Brown.

The Dr. Rosemary Brown Faculty Award was presented to Ms. I. Abdillahi, an instructor, School of Social Work; the Dr. Pearleen Oliver Staff Award went to Juannittah Kamera, Department of Student Health and Wellness; and the Lillie Johnson Award was presented to Oluwatobi Taiwo, a fourth-year Ted Rogers School of Management student, by Lillie Johnson herself.

Upon her graduation in June, Taiwo intends to pursue a career in law because she wants to learn about the ways that she can help address the existing gaps in access to justice and systemic inequalities that are present within the Canadian legal system.

As part of the Canada 150 Memoirs project, Johnson, 92, founder of the Sickle Cell Association of Ontario who came to Toronto on June 10, 1960, has written her life story in a new book, *My Dream*, which will be launched at the Jamaican Canadian Association on March 15.

In addition, a Viola Desmond bursary was presented to Omolara Bukare, a fourth-year mature social work student, to support her academic studies. Her goal is to become a Children's Aid Society worker to address the power imbalance and advocate for change within the institution.

Julia Hanigsberg, former vice president, administration and finance, and current president and CEO of Holland Bloorview Kids Rehabilitation Hospital, received an honorary Viola Desmond award in recognition of her support for the awards during her tenure at Ryerson.

Dr. Rosemary Brown, the first black woman to

serve in a legislature in Canada – she was elected an MLA in British Columbia in 1972 – and a former chief commissioner of the Ontario Human Rights Commission, died on April 26, 2003.

Speaking about diversity, equity and inclusion, the university's president, Sheldon Levy, in his welcome remarks at the reception noted at the Ryerson University "we live it, we breathe it and we are aware of it every single day."

Denise O'Neil Green, assistant vice president/vice provost equity, diversity and inclusion, gave an introduction at the start of the awards ceremony.

Special guests included Marni Beal-Alexander, the wife of the late Lincoln Alexander, who served as the province's first Black Lieutenant Governor from 1985 to 1991 and Dr. Leslie Oliver, son of Dr. Pearleen Oliver, who flew in from Wolfville, Nova Scotia for the occasion.

Dr. Oliver said his mother, an advocate for women's rights and a friend of Desmond, was a strong supporter of education and those who provided it. "She knew that we are every bit as capable as everybody else."

In 1947, she successfully campaigned for the admission of black women to nursing schools in Canada and as a result the Board of the Children's Hospital in Halifax admitted two black women as nursing students – one from Toronto, the other from Halifax.

The well-known leader in Nova Scotia's Black community died on July 24, 2008 in Halifax.

Marci Ien, co-host of CTV's flagship morning show *Canada A.M.* and distinguished visiting professor at Ryerson's RTA School of Media, paid tribute to the late Viola Desmond's legacy. **PRIDE**



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Publication To Spotlight “Accomplished Black Women”

By Lincoln Depradine
Pride Contributing Writer

TORONTO, Ontario -- A trio of African-Canadian females is spearheading an attempt to document, and publish, a book chronicling the achievements of black women across Canada.

They are using the name, “100 Accomplished Black Canadian Women”, as working title of the project. But, at an inaugural meeting last Thursday at Ryerson University, one participant suggested that the book’s title should be, “Women Who Dared”.

Many other suggestions were presented, and questioned also posed, to project leaders Dr Jean Augustine, Ontario Fairness Commissioner and former Liberal MP; Dr Denise O’Neil Green, Assistant Vice President and Vice Provost for Equity, Diversity and Inclusion at Ryerson University; and Dauna Jones-Simmonds, former banker and now chairperson of the board of directors for ACCES Employment.

“This project is all about spotlighting and highlighting the great accomplishments that many Black Canadian women have done over the past many years. Some are alive and some have died,” Jones-Simmonds said in an interview with *Pride News Magazine*.

“The project is all in the development stage at this particular time. We’re going to be seeking opinions from others

in moving it forward.”

The idea for the publication emanated from a series of weekly breakfast meetings involving Jones-Simmonds, Augustine and O’Neil Green, who had just moved from the United States to Toronto to take up her job at Ryerson.

“We were talking about the accomplishment of Black women in Canada and she (O’Neil Green) asked, ‘where are these women?’ And, it grew out of that conversation,” explained Jones-Simmonds, “ a diversity education teacher.

As project leaders, Jones-Simmonds, O’Neil Green and Augustine had proposed that the publication feature “women who were/are highly accomplished in government, not-for-profit, financial, legal, real estate, health, education, entertainment, fine arts, and other professional areas”.

At last week’s meeting, some participants also suggested the inclusion in the book of younger Black women who currently are making a difference in society, as well as “ordinary people” who may be quietly helping others in significant ways.

“I’m very encouraged by what I heard today,” O’Neil Green said.

O’Neil Green and her team are inviting nominations for possible inclusion in the publication. “Individuals can nominate other women, as well as self-nominate, by completing a nomination



The project leaders (from left-right): Dauna Jones-Simmonds, Dr. Denise O’Neil Green and Dr. Jean Augustine. Photo by Lincoln Depradine.

form,” they say.

“The form requires nominator contact information, a 100-word description for why the nominee should be considered, and the nominee’s resume/vita. The deadline is Thursday, April 30, 2015, by 11:59 pm.”

Nominations are open to women nationwide and could be submitted to

100abcwomen@gmail.com

“We’re estimating that by June 2016 this will all be wrapped up. We’ll have our publication ready to go in time for Diversity Month,” Jones-Simmonds said.

“Part of the proceeds from the publication will go to programs for Black women and girls.” **PRIDE**

Despite Inclement Weather 14th Annual Black History Month Concert Succeeds

BRAMPTON, Ontario -- Approximately 250 patrons braved inclement snowy weather to attend the 14th Annual Black History Month Concert on Saturday, February 21.

The event was hosted by the Peel United Cultural Partners, a collaboration of the Congress of Black Women of Canada - Brampton Chapter and the United Achievers’ Club.

Emceed by educator and CHRY 105-5FM Radio Show host, Luther Brown, the event featured keynote speaker, Kerry-Lee Crawford of G98.7FM.


Although, blizzardly cold outdoors, the patrons were kept warm by the talent and enthusiasm displayed by performers such as gospel singer, Gerry Thompson; the Creation Sings Youth Choir; the Dynasty Dance Group; author, Judy Powell; steel pan music, under the direction of Kathy McDonald, a Peel District School Board (PDSB) trustee; Spoken Word Artist, Amanda David; singer, Colin Gordon-Dryden; dancer, Marie Vernon; and the SOS Step Team.

Moreen Guishard made presenta-

tions to the first place winner, of the Black History Month essay competition, Tyree Roberts, and to second place winner, Micheal Bannor -- both Grade 8 students at Calderstone Middle School.

A highlight of the evening was the presentation of the Community Award to David Green, a PDSB trustee and Founder of the Free for All Foundation, in recognition of his personal achievements, commitment to excellence, leadership and outstanding service to the community.

Among the audience members were Brampton Mayor Linda Jeffrey; MPP Harinder Malhi; Councillor Jeff Bowman; Trustee Kathy McDonald; Trustee Harkirat Singh; Shamim Badar from the Brampton Board of Trade; Garnett Manning of the Garnett Manning Youth and Leadership Foundation; Peel Regional Police representatives; Dr. Winston Isaac of the Walnut Foundation and Wesley Jones, President of the Malton Black Development Association. **PRIDE**



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Urban Book Expo Offers Opportunity To Local Authors

By Lincoln Depradine
Pride Contributing Writer

TORONTO, Ontario – Stacey Marie Robinson, founder of Kya Publishing, has just hosted her second “Toronto Urban Book Expo”. And, she says, she intends to keep doing it.

“It started as a small group and now we’ve doubled; and, I’m hoping to just keep expanding as the years go on. We are getting a lot of local writers, a lot of urban writers,” Robinson told *Pride News Magazine* at last Saturday’s expo at the Malvern branch of the Toronto Public Library.

The four-hour event, which included book launches and prize give-aways, provided useful exposure to authors seeking opportunities to further market their work.

One of those authors, Trinidad-born Bernadette Hood-Caesar, penned “The Courage to go Forward”.

She began writing it in 2004, inspired by a union struggle in which she was involved in 1987 with the then Trinidad and Tobago government.

“The government was taken to court because it took away our cost of living and merit allowances without any discussions,” Hood-Caesar said. “I took the lead in the case for the Public Services Association of Trinidad and Tobago and we won”.

“The Courage to go Forward” is her first publication.

“I intend to keep writing,” Hood-Caesar said. “I’m currently working on another publication; a little softer than this one, on a different topic.”

Robinson, born in Toronto to Jamaican parents, started Kya Publishing in 1987.

She says the company is “committed to the promotion and celebration of contemporary urban Canadian

Canadian Charged In Drowning Death Of Toddler

CASTRIES, St Lucia, CMC – A 33-year-old Canadian national appeared in court, Tuesday, on charges related to the drowning death of a four-year old, last month.

Police said, Sahab Jamshidi, a medical student from Hamilton in the Canadian province of Ontario, has been formally charged with “recklessly causing the death” of Terrel Joshua Elibox of the southern town of Vieux Fort.

Relatives told police that, on February 22, the toddler was attending a church picnic with his family when Jamshidi allegedly placed him on a surfboard against the wish of his guardian who watched in horror as the surfboard flipped sending Terrel overboard.

The pre-schooler’s body was found by a civilian, two days later, floating in the same area where he had been reported missing.

Jamshidi has maintained his innocence. **PRIDE**



Stacey Marie Robinson. Photo by Lincoln Depradine.

books and culture”.

Robinson, who has university degrees in journalism and communications, commenced writing at high school.

She’s the author of nine books that cover themes such as Toronto-based urban fiction love stories and culture.

“A lot of us are self-published writers and I want to give us a place where we can sell our books because not everybody is in a bookstore. So, by all of us coming together, we have an opportunity to all pool our friends and our networks together and just expose our books,” Robinson said, in explaining the need for the expo.

She said her career was helped by an internship she received at *Pride News Magazine*, after she graduated from university.

“It was great. I had just come out of university and I was an excited journalist, ready to get to work.



Patrons browsing *The Courage to go Forward*, with author Bernadette Hood-Caesar standing at the table. Photo by Lincoln Depradine.

Michael Van Cooten and his family embraced me into their publication,” Robinson said.

“I was interning there for about a year, I think, and got all kinds of experience with them. It was my first actual work experience in the field of journalism, outside of school.” **PRIDE**

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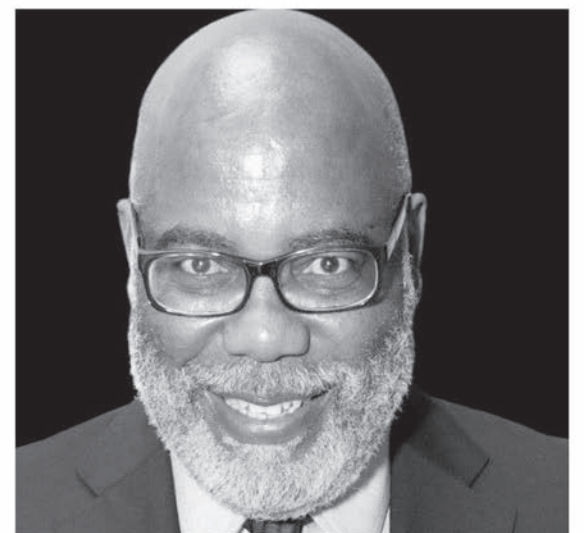
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By Sandy Daley

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The Jamaica Gleaner July 11th 2010.

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Historians Document Canada's Black History

By Neil Armstrong
Pride Contributing Writer

TORONTO, Ontario – The celebration of February as Black History Month, African Heritage Month or African Liberation has ended for many but a group of historians is ensuring that the history of black people in Canada is documented in books and exhibitions.

Some of these exhibitions opened in January or February and will continue until late March, providing a space for all Canadians to know about the contributions of African Canadians amidst the preponderance of Black American history.

Afua Cooper, Karolyn Smardz Frost, Adrienne Shadd, Bryan Prince, Natasha Henry and Dr. James W. St. J. Walker are all historians involved in this work.

A new exhibition, *Freedom City: Uncovering Toronto's Black History*, that celebrates the early black citizens of Toronto is enhanced by the research and contributions of Cooper and Smardz Frost.

Through original paintings, drawings, photographs, manuscripts and broadsides, *Freedom City* covers the history of black people in Toronto—from the days of early settlement to the end of the 19th century.

Sponsored by TD Bank, *Freedom City* is the latest exhibition at the library's TD Gallery, located on the main floor of the Toronto Reference Library. The show opened on January 31 and will run until March 29.

Among the highlights of the exhibition are: a video featuring Cooper tracing the development and importance of the Underground Railroad in Canada, the earliest known photograph of an African Canadian woman in Toronto, and photographs of Anderson Ruffin Abbott, the first black doctor in Canada, honoured by Mary Todd Lincoln for his service during the American Civil War.

There are also school registers and prize lists showing African Canadian students excelling in their studies and a portrait of William Peyton Hubbard, the only black deputy mayor in the history of Toronto (on loan from the City of Toronto Art Collection, Heritage & Museums Services).

Dr. Cooper, author of the groundbreaking book on Canadian slavery, *The Hanging of Angelique: The Untold Story of Slavery in Canada and the Burning of Old Montreal*, is the James Robinson Johnston Chair in Black Studies at Dalhousie University, Halifax.

Smardz Frost, Cooper and Shadd, a freelance researcher, writer, curator and editor, wrote *The Underground Railroad: Next Stop, Toronto!* published in 2002.

Over in Corktown on Sackville Street an exhibition highlighting the contributions of Black Canadians and people of the African Diaspora to Toronto and Canada wrapped up at Inglenook Community High School on February 27.

The school sits on the site of the residence of Thornton and Lucie Blackburn, escaped slaves from Kentucky who made their way to Toronto where

they settled and established the city's first cab company.

For many years, Art teacher, Athina Goldberg, has been doing art projects in her classrooms focused on various aspects of Black history and issues of politics, and invites Smardz Frost to make presentations.

This year the students focused on the style and work of Harlem Renaissance artist, Romare Bearden, a collage artist, and a project based on one aspect of the

The riots that rescued them were the first racial uprisings in the city's history.

"And then they were gone across the river to Canada – the first extradition case between Canada and the United States. And, we refused to return them with a new piece of legislation that's the first piece of refugee reception policy ever created in Canadian history and is also the basis of extradition law in this country till this day."

The Detroit River Project, a heritage

is not known and needs to be known.

"We have to get the information out. We're inundated with American literature; we're inundated with African American heroes. Most school kids in this country know who Rosa Parks is but they don't know who Viola Desmond was and she broke that colour bar nine years earlier than Rosa Parks."

Smardz Frost said the Blackburns will also be commemorated during the Pan Am Games through a 40-foot mural featuring 12,000 years of history on that site. The centerpiece will be Thornton and Lucie Blackburn and it will be situated at an end of the Inglenook schoolyard that was cut off to widen the transit corridor.

"We are trying very hard to get the new building that George Brown College has built for a residence opposite the Blackburn excavation site, its Inglenook. There has been a long-term move to try and get that named after Thornton and Lucie Blackburn. It's going to house the Pan Am Games athletes and we're trying very hard to get them to consider commemorating the Blackburns in the name of that building."

Prince, an author and lecturer living in Buxton, Ontario, has a new book, *My Brother's Keeper: African Canadians and the American Civil War*, which was featured in The eh List Author Series by Donna Bailey Nurse, a critic and author.

The two were in conversation at City Hall on February 25 discussing the courage of former fugitive slaves who returned to the United States to fight for the Union cause.

Prince is a descendent of slaves who came to Canada prior to the American Civil War and has a profound interest in the history of slavery and the Underground Railroad, particularly in the Canadian involvement.

Henry, a teacher and educational curriculum consultant, is the author of *Talking About Freedom: Celebrating Emancipation Day in Canada* and *Emancipation Day: Celebrating Freedom in Canada*.

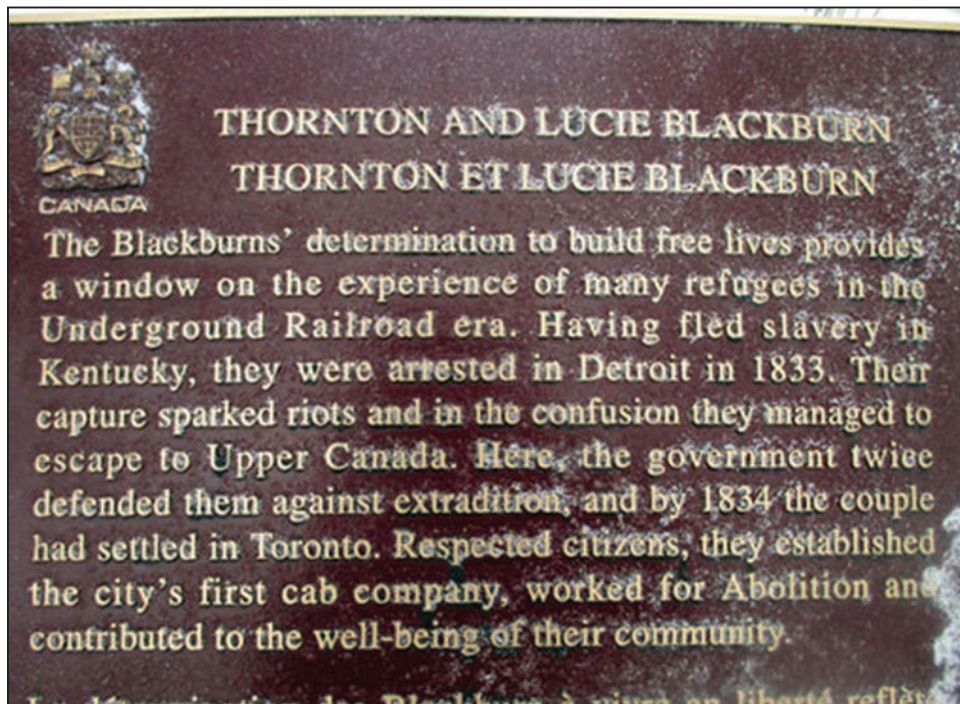
On her Facebook page and Twitter, Henry notes that her research on Emancipation Day celebrations in Canada contributed to the documentary, *The Greatest Freedom Show*, which recently re-aired on TVO.

The *Greatest Freedom Show* on Earth is an independent documentary film about the emancipation celebrations organized by Walter Perry in Windsor, Ontario between 1936 and 1968.

Walker is Professor of History at the University of Waterloo, where he specializes in the history of human rights and race relations.

He is the author of *The Black Loyalists: The Search for a Promised Land in Nova Scotia and Sierra Leone*, and Smardz Frost noted that Lawrence Hill's book, *The Book of Negroes*, is based on the historical research done by the professor.

On January 25, the Ontario Black History Society presented him with the Olivier le Jeune Award at its brunch to kick off Black History Month. **PRIDE**



lives of Lucie and Thornton Blackburn. They also imagined in their creations what the Civil Rights Movement would look like today in Toronto.

Smardz Frost, a historian and archaeologist now living in Wolfville, Nova Scotia, wrote about the Blackburns' story in her book, *I've Got a Home in Glory Land: A Lost Tale of the Underground Railroad*, which won the 2007 Governor General's Award for English-language non-fiction.

She is a former Toronto Board of Education staffer who 30 years ago led the excavation of the site of the Blackburn home.

The site is marked by a plaque, which, along with a similar plaque in Louisville, Kentucky, forms the first Can-Am commemoration of an Underground Railroad journey.

The school art show included work from current and past students and also featured a communal quilt based on Underground Railroad history.

Smardz Frost visited Detroit where she met with officials to discuss a plaque being put up there. She said the commemoration of the Blackburns has never been as strong in Michigan as it should have been so this is a chance to correct it.

"The piece of the commemoration that has always been missing is the Detroit end because the Blackburn Riots of 1833 occurred in front of the Detroit Public Library," she said.

After fleeing Kentucky, the Blackburns lived in Detroit for about two years before they were captured and sentenced to return to Kentucky but Detroit's black community rallied to their cause.

organization, is trying to get the river designated as a world heritage site by UNESCO because of its importance for the Underground Railroad.

Smardz Frost is the co-editor of the book on the Detroit River, *A Fluid Frontier: Slavery, Resistance and the Underground Railroad and the Detroit River Borderland*, that will support the UNESCO bid.

The book will be published in February 2016 and is co-edited by Dr. Veta Tucker of Grand Valley State University in Michigan and includes seven American and six Canadian authors.

She has another book, *Steal Away Home: Letters to a Fugitive Slave*, which will be out next year. It is the first two-woman biography of a black enslaved person and her former owner.

"They wrote to each other for twenty years, some of the letters from Toronto. The white woman was in Kentucky and I'm doing a biography of the two women together based around these remarkable letters. I have five of them," said the historian.

Her book on the Blackburns took 20 years to piece together because doing the research was so difficult.

She said it takes forever to do research on stories before the civil war and it takes a phenomenal amount of time and money to do so.

"Most Canadians only know the name of Harriett Tubman, it's the one person that we know. Almost all Canadians are completely unaware we ever had slaves in Canada or slaves in Toronto," Smardz Frost said.

She said the complexity of African Canadian heritage and the depth of the roots that black people have in Toronto

INTERNATIONAL NEWS

Women Leaders Call For Mainstreaming Gender Equality In Post-2015 Agenda

By Marianela Jarroud
IPS Latin America Correspondent

SANTIAGO, Chile (IPS) – Women leaders from every continent, brought together by U.N. Women and the Chilean government, demanded that gender equality be a cross-cutting target in the post-2015 development agenda. Only that way, they say, can the enormous inequality gap that still affects women and children around the world be closed.

“We celebrate that there has been

advances made towards gender equality in the last 20 years and what still needs to be done.

One example raised at the meeting was the failure to reach the goal on gender balance in leadership positions.

The participants also discussed the route forward, towards the Sustainable Development Goals, for the period 2015-2030, designed to close gaps, build more resilient societies, and move towards sustainable prosperity for all.

The SDGs will replace the eight Millennium Development Goals (MDGs),

intimately related to this, to the realisation and achievement of the gender equality goal.”

“I was looking at an IPS article about the gender goal which said it is not a wish-list but a to-do list, so then I used it for the call to action (in Santiago),” she said.

The Santiago call to action calls for a renewed political commitment to close remaining gaps and to guarantee full implementation of the 12 critical areas of the Beijing Platform for Action by 2020.

This includes balanced representation of women and men in all international decision-making processes, including the Post-2015 Development Agenda, the SDGs, financing for development and climate change processes.

It also includes the empowerment of women, the realisation of human rights of women and girls, and an end to gender inequality by 2030 and to the funding gap on gender equality, as well as the matching of commitments with means of implementation.

The executive director of Oxfam International, Winnie Byanyima of Uganda, told IPS that in the post-2015 agenda, “gender equality should be measured in all the goals, in other words, each goal must be measured

for how it is achieved for men and for women, in different ethnic groups, in cities, in rural areas....so that we will know that each sustainable development goal has been achieved not only for men but also for women, not only for boys but also for girls, rather than averages.”

She stressed that “the technical groups working within...the United Nations must make sure that they select standards and indicators that are going to be measurable in a gender disaggregated way so that all countries are able to collect gender disaggregated data to enable monitoring progress for men and women.”

In the conference’s closing event, Chile President, Michelle Bachelet, said, that “for those of us who have taken part in this gathering, it is not possible to think of a successful development agenda that does not have at its heart the central aim of achieving equality between boys and girls, and men and women.”

“We need the banner of equality to wave soon in all nations, and we must be optimistic, because we have a real possibility to make every place on earth more humane, more just, more dignified, for each person who lives there,” she said. **PRIDE**



U.N. Women Deputy Executive Director Lakshmi Puri at the high-level international event “Women in power and decision-making: Building a different world”, held Feb. 27-28 in Santiago, Chile. Photo credit: Marianela Jarroud/IPS.

progress in these last twenty years (since the Fourth World Conference on Women in Beijing) in this area...and the evidence is all the people around who came, shared their experiences, the good, the bad, the struggle ahead, the challenges ahead,” U.N. Women Deputy Executive Director, Lakshmi Puri, told IPS.

And while “some countries have made no progress at all, some countries, some progress, and some countries better progress, no country has reached what we should need to reach,” she added.

“If you’re talking about poverty, you need voice, participation and leadership for women, if you’re talking about economy, you need voice and participation, if you’re talking education, you need women – both education for voice, participation and leadership, capacity-building, and you need them to be leaders in education,” she said.

“Similarly health: you want women leaders in the health sector. Just as they need to have a voice in the design of the health sector and services,” said Puri, from India. “Women in the media is another critical area – you need voice, participation and leadership for women in the media, otherwise you will never get past the inequality and the negative stereotyping of women and their role in the media.”

The high-level event, “Women in power and decision-making: Building a different world”, held February 27-28 in the Chilean capital, assessed the

which set out the international community’s collective development and anti-poverty targets for the 2000-2015 period.

The women leaders meeting in Santiago demanded that gender equality be mainstreamed into the 17 projected SDGs to prevent the progress from being slow and uneven, as it has been in the last 20 years in the case of the Beijing Platform for Action agreed at the Fourth World Conference on Women in September 1995.

“At the current pace of change, it will take 81 years to achieve gender parity in the workplace, more than 75 years to reach equal remuneration between men and women for work of equal value, and more than 30 years to reach gender balance in decision-making,” reads the Call to Action document produced by the conference in Santiago, part of the activities marking the 20 years since Beijing.

Puri pointed out that, in the future, SDGs, number five will promote “gender equality and empowerment of women and girls.”

But she said it is equally important for “the other SDGs to have gender-sensitive targets and indicators that capture on one hand the impacts and needs of women, and that also capture the agency of women,” she said.

“How can you get health for all without health for women and by women and for women; similarly how can you get education for all, and sustainable energy for all. So all of those SDGs are

Former Security Chief Of Ex-Haiti President Shot And Killed

PORT AU PRINCE, Haiti, CMC–The Independent Commission to Support Investigations into Murders of Journalists (CIAPEAJ), Tuesday, condemned the murder of Oriel Jean, the former security chief of ex-President, Jean-Bertrand Aristide, who was shot and killed here on Monday.



CIAPEAJ president, Guy Delva.

CIAPEAJ, together with the Secretariat of SOS Journalistes, said Jean’s killing was an “obviously planned assassination of a key witness in the murder case on April 3, 2000, of the most famous Haitian journalist and political commentator, Jean Leopold Dominique,” a critic of the former head of state.

Police spokesman, Gary Desrosiers, confirmed that Jean had been shot and killed not far from the international airport. The police said he was shot twice by three men on a motorcycle.

Jean had become infamous for his testimony in U.S. courts a decade ago that helped take down key figures in Haiti’s drug trafficking underworld.

The media organisations said that Jean had “constantly been the subject of death threats from individuals close to Aristide, whom he had accused of ordering the murder of Jean Dominique.”

“The death threats were so direct that SOS Journalistes and the CIAPEAJ had to intervene with relevant authorities to seek and obtain special protection for Oriel Jean, who had always expressed its willingness and commitment to testify in criminal court in the trial of Jean Dominique’s case.”

CIAPEAJ president, Guy Delva, in a statement, said that the murder “is a big blow to the case that is being examined at the Supreme Court, after some close allies of Aristide...have challenged all the magistrates of the Court of Appeal, in the context of a delaying tactic.

“SOS Journalistes and the Commission working on cases of murdered journalists, the CIAPEAJ, appreciate the diligence with which the Central Directorate of the Judicial Police (DCPJ) initiated the investigation into the murder of Oriel Jean and the deployment of a significant number of agents who are engaged in pursuit of the murderers of the key witness,” he added.

He said he was also urging the authorities to continue the probe into the murders of Jean Dominique, as well as Jean-Claude Louissant. **PRIDE**

US Firm Offers To Assist Jamaican Cannabis Market

DENVER, Colorado, CMC – A communications and marketing firm here says it is ready to provide services to the “newly-minted” Jamaican cannabis market.

Cannabis Global Initiative (CGI) says it is now offering a “full suite of services” to assist companies wanting to be among the first to do legal cannabis business in the Caribbean, and has opened a second office in Jamaica’s capital – Kingston.

“We work with businesses, municipalities, policymakers, and other cannabis-related entities in local, national, and international markets,” CGI said.

“Our team is highly specialized in



all aspects of cannabis and have expert inside knowledge and experience on the regulatory framework which can

be customized for most municipalities,” it added.

Since 2009, CGI said it has worked to bring regulation, decriminalization and retail sales to Colorado, and has been “at the forefront of creating the laws and regulation surrounding medicinal, edible and now legal cannabis.”

“With the opening of its second office and CGI’s longstanding relationships with the Jamaican government, policy stakeholders and the growing community, CGI is prepared to advise companies with placing their products and/or services in the first Caribbean country to legalize marijuana for medicinal use,” the statement said.

TessMaria Leon, Director of Client

Services for CGI’s Caribbean team, heads CGI’s Kingston office.

“We’ve created a robust offering to ensure the best companies are being represented and positioned correctly to do business in the Caribbean,” said CGI President Wanda James.

Last month, the Jamaican Parliament gave the green light to the amendments of the Dangerous Drugs Act make possession of two ounces or less of marijuana a non-arrestable, ticketable offence that attracts no criminal record.

The Bill also provides for the creation of a Cannabis Licensing Authority, which will be responsible for developing the regulations governing the medical marijuana industry. **PRIDE**

Husband Of Murdered T&T Journalist Sent For Psychiatric Testing

PORT OF SPAIN, Trinidad, CMC – A Magistrate has sent the husband of slain television journalist Marcia Henville for psychiatric testing after he appeared in court Monday charged

with her murder.

Sheldon Henville, 40, appeared in the Tunapuna Court, east of here, less than 48 hours after the Director of Public Roger Gaspard gave the police

the go-ahead to charge him with her murder as well as arson.

Marcia, 51, the host of TV6’s Point Blank, was killed on January 23 at her home in St. Augustine, east of here.

A post mortem found that she had been stabbed several times. Her body was found in the burnt bedroom of her home.

Her husband had been released

from hospital last week where he had been since her death, suffering from severe burns.

His attorney, Fareed Ali, told the court Monday that his client was incoherent and unable to articulate himself properly.

He will re-appear in court on March 16. **PRIDE**

St. Lucia’s Prime Minister Optimistic About Future Of LIAT

CASTRIES, St. Lucia, CMC – Prime Minister, Dr. Kenny Anthony, has expressed optimism about plans by the regional airline, LIAT, to streamline operations to cut costs and become more efficient.

“The changes do provide a basis for optimism. I think some courage is finally being applied to deal with the situation with LIAT,” Anthony told reporters.

The airline recently announced plans to cut 180 jobs, dispose of its Dash 8 fleet and reduce the number of aircraft based in Antigua and Barbuda.

The plans are aimed at putting more capacity into Barbados with two additional aircraft from the end of October 2015, resulting in fewer flights out of Antigua.

“Obviously it is not going to be easy for the government and people of Antigua, but they have to understand that governments cannot continue to pump money year after year into LIAT, despite the carrier’s losses.”

He added that LIAT’s shareholder governments have understood that the time has come to take “dramatic action” to deal in a deliberate way with the problems of the carrier. “Caribbean people need LIAT badly,”



St. Lucia’s PM Dr. Kenny Anthony

Anthony said, adding that decisive action was necessary to restore the loss-making airline to viability.

LIAT recently announced that it would re-locate four of the airline’s new ATR aircraft at the Grantley Adams International Airport in Barbados, while Antigua will have two. The remaining two aircraft will be based in Trinidad and Tobago. **PRIDE**

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FEATURE

ACAA In Pictures



A few of the past and current ACAA recipients



Photos by: Bruce Ramsay

FEATURE

ACAA In Pictures



Executives from Royal Bank of Canada



FEATURE

ACAA In Pictures



Thursday, March 5

Mirella Amato, Canada's first master cicerone, is coming to the Pickering Public Library (Central Library), One The Esplanade, Pickering on March 5 from 7:00 pm to 8:30 pm. What is a master cicerone, you ask? It is an individual who is an expert in beer! Mirella will be hosting a beer basic course, where seven contrasting beers will be sampled. During the sampling, Mirella will instruct participants on the variety of craft beers on the market today and how to enjoy beer. Registration is required. This event is for adults aged 19 and older. For more info visit: www.picnet.org.

Saturday, March 7

A Gospel Concert and Dinner Fundraiser for Pre-school in Cascade, St. Ann Jamaica in association with family and friends of Faith

Fellowship Ministries will be held on March 7th, 6:00 pm at Rosewood Church of the Nazarene, 657 Milner Ave. Scarborough. Dress code: semi-formal. Admission: Adults \$45; Children (4-15) \$20. Tickets can be purchased at Faith Family Bookstore, 45 Milner Ave. #102, Scarborough (416) 291-9005 or contact Rodney Christie at (416) 994-2671 or Ivonne Neagle at (647) 606-1744.

The 15th Anniversary of the When Sisters Speak Spoken Word Concert, Canada's largest annual showcase of Black, Female, Spoken Word Artists takes place at 8pm on March 7th, inside of the St. Lawrence Centre for the Arts at 27 Front Street East. Advance tickets are available now at www.stlc.com or 416.366.7723. The anniversary edition of the show will feature performances by Guelph's Truth Is, Toronto's Britta B and Jemeni,

WHAT'S HAPPENING!

Halifax's Poet Laureate, El Jones, and Shauntay Grant, as well as Atlanta's Queen Sheba. Do not miss this all-star line-up, as we celebrate our 15th anniversary, and International Women's Day!

Sunday, March 8

On March 8th, 2015, the Women's Committee at the Jamaican Canadian Association (JCA) is hosting their Annual International Women's Day Celebration - "Women Recognizing Women" at the JCA - 995 Arrow Rd (Finch & Weston Rd). Keynote Speaker: Hon. Mitzie Hunter, MPP. Admission: \$40. The day includes: Exhibits, Lunch, Entertainment. For tickets and additional information call 416-746-5772.

Zoomers Association of Trinidad & Tobago invites you to their monthly meet-

ing, for social integration, at 1:00 pm on Sunday, March 8th, at the Erinview Retirement Residence, 2132 Dundas St. West at 5th Line, in Mississauga. Live musical entertainment! Guest speaker is Dr. Leon Barrett. Trini finger foods, refreshments and free admission! New members welcome! Call: Reynold - 416-540-0192, Steve - 905-275-1634, or Cliff - 905-502-1267, for more information.

Sacred Women International invites you to experience an inside out approach to eradicating violence against women. Join us for Women for Peace Day honouring International Women's Day. This event will be held on March 8th, 9:00 am - 3:30 pm at Children's Peace Theatre, 305 Dawes Road, Toronto. Pay What You Can (suggested donation \$30). Register now

at: info@sacredwomeninternational.com. For more info visit: www.sacredwomeninternational.com or call (647) 867-1794.

Friday, March 13

World Day of Prayer Event will be held at Grant AME Church, 2029 Gerrard Street East (Just 2 blocks East of Woodbine) on Friday, March 13, at 6:30 pm. The Service was prepared by the women of the Bahamas. Everyone is welcome and please bring your family.

Saturday, March 14

Montego Bay High School (JA) Past Students' Association 3rd Annual Spring Dance will be held on Saturday, March 14, 2015 at the TurnTable Restaurant, 7171 Torbram Road, Mississauga. Admission is \$10 and food and soup will be on sale. For tickets or information call: (416) 892-6897

or email: mbhspst.toronto@gmail.com.

Friday, April 3 - Sunday, April 5

House of Prayer Church, will be having their Annual Convention over the Easter Week-End. Good Friday: April 3rd, @ 1:00 pm Divine Service, 4:00 pm Dinner & 7:00 pm Gospel Service. Saturday, April 4th -Marriage conference & dinner @ 4:00 pm. Easter Sunday: April 5th - 1:00 pm Divine Service, 4 pm - Dinner & 7:00 pm Gospel Service. Location: Malvern Methodist Church - 2 Morningview Trail, Scarborough (Corner of Morningside Ave. & Morningview Trail). We are hoping to have as our speakers: Pastor Orane Johnson and Evangelist Andrea Ffrench-Walker: from Jamaica. For more information or if you need a ride: Please call: (647) 764-0049 or (416) 629 7778.

BUSINESS & MONEY

The Ins And Outs Of ePayments

By Carla Hindman
Director of Financial Education, Visa Canada

Are you ordering far fewer cheques for your bank account these days? Does a roll of postage stamps seem to last a lot longer? Like most people, you're probably performing many more financial transactions electronically, either by choice or because companies and government agencies are increasingly making it all but mandatory.

For example, most gyms require automatic deductions from a chequing or credit card account. Utilities, mortgage lenders, insurance companies and others strongly encourage electronic payments. And with the Government of Canada phasing out federal government cheques by April 2016, most Canadians will have some experience with electronic payments.

Electronic transactions have caught on because:

They're cheaper. Businesses save on the costs of printing, processing and mailing millions of paper cheques and statements; and with a single stamp costing one dollar, customers paying bills electronically can rack up savings

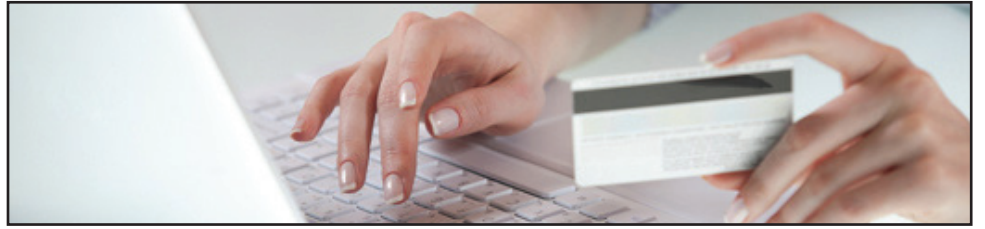
over time. And millions of tons of paper are saved.

They're faster. Bill payments, funds transfers and direct deposits to your bank account can occur the same day, versus being delayed in the mail. And, if you sometimes forget to mail payments on time, auto payment protects against late fees and interest charges.

They're convenient. You can choose one-time bill pay, where you first review your bill and then authorize payment; or recurring bill pay, where your bills are paid automatically at a scheduled time – either for the full amount (usually mandatory with utilities), the minimum payment due, or an amount you choose. You can usually have funds drawn from either your chequing or credit card.

However, as with email or any kind of online activity, you should take precautions to protect your computer (and cell phone) from being hacked. For example:

- Make sure your anti-virus and anti-spyware software is up-to-date.
- When making online payments, look for safety symbols like a padlock icon in the browser's status bar, an "s" after "http" in the URL, or the words



"Secure Sockets Layer" (SSL).

- Review credit card and bank account statements regularly and report duplicate bill payments or suspicious/unauthorized charges to the card or account issuer.

- Ask whether your credit or debit card offers "zero liability" which means you won't be responsible for unauthorized or fraudulent transactions.

- Regularly order your credit reports from the two major credit bureaus (Equifax Canada and TransUnion Canada), and review for errors or fraudulent activity. You can ask for a free copy of your credit file by mail from both bureaus.

- Create complex, random passwords and change them regularly.

Be a savvy consumer whenever using a bill-paying service:

- Ask if any fees are involved.

- Before signing the agreement, make sure you understand and accept the terms.

- To stop service, you may need to notify the merchant as well as your account or credit card issuer. Cancellation may take a month or two to become effective, so plan ahead.

- If your payment card expires, the merchant will need new card information to ensure uninterrupted service.

- Track expenses carefully and keep your budget up to date. **PRIDE**

Carla Hindman directs the Practical Money Skills program for Visa Canada. More budgeting and personal finance tips can be found at www.practicalmoneyskills.ca. As always, consult a financial professional regarding your particular situation.

Supporting Women Entrepreneurs

NC – Starting a business is challenging for anyone and keeping that business strong and growing requires on-going attention as well. Here are some supportive business tips for women entrepreneurs:

Are you clear about the purpose of your business?

- Make sure your progress is in line with your business plan.
- Review and update your current mission and vision statements.

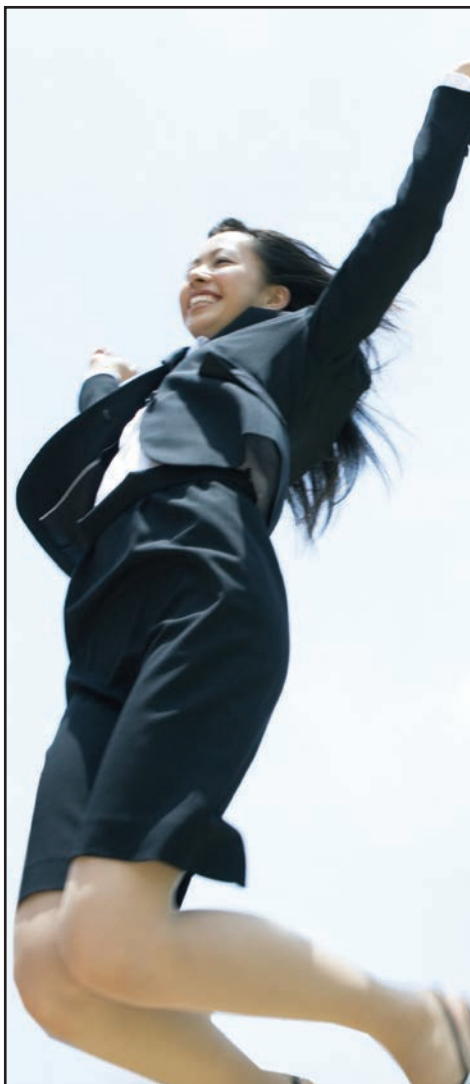
How will you grow your business?

- Think about broadening your range of products, services or clientele.
- Ensure you have access to the right financing.
- Consider joining various networks, including those tailored to women entrepreneurs.

Is there technology available to make your business more innovative?

- Doing research and development may result in new opportunities.
- Commercializing technology or licensing your products could open doors.
- Adopting new e-business channels might lead to growth.

This year, why not embark on a personal challenge, to look for new opportunities, apply new skills and grow? Take advantage of free resources and information to help you with secondary market research, business planning and an array of other business topics. Contact Canada Business Ontario (CBO) toll-free at 1-888-576-4444 / TTY1-800-457-8466 or online at canadabusiness.gc.ca.



CBO is a service provided through the Federal Economic Development Agency for Southern Ontario. Further information on related programs and services is available online at FedDevOntario.gc.ca, by phone toll free at 1-866-593-5505, and by email, info@FedDevOntario.gc.ca. **PRIDE**

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OPINION

Black Girls And Self-esteem

By Dr. Peter Sealy
Pride Guest Columnist

The Black family -- including the extended family -- must come together to build the self-esteem of Black girls.

The stage that comes before adulthood, a point in time determining a young person's identity, is molded by peers, family, media and other forces. It is through this period, that Black girls set their lens beyond family members and search for their own location in society.

For some Black girls, this is the juncture where they may feel a loss of hope, purpose and self-esteem. So it is important for us to be informed about self-esteem issues and some of the ways it can impact on Black girls.

The adolescent Black girl, who has little love for herself and believes that society does not accept her, may enter womanhood seeking acceptance from the wrong people. These people include manipulative, controlling and possessive men.

We, in the Black family, need to tell young Black

girls that they are important, beautiful and that we love and value them. If we don't, some of the many devious characters will tell them. If these Black girls believe these possessive, controlling and manipulative characters, their lives could become very problematic.

Black girls will face prejudice, discrimination and racism as they grow up. They will also have to deal with stereotypes and people, who think that they possess special powers to predict their potential. These are the same people who do not expect much from Black girls.

It is important, that we in the Black family, raise our expectations of our girls, including Black fathers, to buffer their negative experiences. We can all do this by being there for them, showing patience, giving praise and encouragement, punishing the behaviour not the girl, showing interest in their hobbies and not being too quick to judge them.

The attention and time that we, in the Black family, give to our Black girls will go a long way in shaping their self-esteem. We cannot sit back, as a Black family, and watch, as society and other external forces strip away our Black girl's self-image.

I know that it is our Black boys that tend to grab the headlines of treatment indifference in our society. However, let us not forget our Black girls.

Besides the Black family, the education system has a role to play in building self-esteem in Black girls. It should portray positive images of Black men and women. Additionally, it should offer Black girls access to Black history programming and allow for critical thinking and expression.

Two activities that Black girls can do to help with self-esteem issues, are firstly, to write down their strengths and weaknesses on a paper. They should write as many strengths and weaknesses as they can, and try to correct their weaknesses.

The second activity is to do skits on what healthy and unhealthy self-esteem looks like. When a Black girl has a healthy self-esteem, she will feel good about herself for whom she is, value her self-worth and feel proud of her abilities and achievements.

An example of unhealthy or low self-esteem is Susan, not her real name, who has always been in bad relationships. The men that she has been involved with normally use hurtful words to put her down.

Susan told me not to worry too much about her, because she is not worth anything and referred to herself as stupid. By helping Susan to identify that she was reading from a negative slate, I was able to help her make a full turnaround.

For some Black girls, body image can also be a source of unhealthy or low self-esteem. Not every Black girl looks like the brick house body image that the Commodores refer to in their song. In the same context, not every Black girl who is slender, wants to be referred to in the vernacular as "maga" or the mainstream term "skinny". Neither does the Black girl wish to hear comments like, "she doesn't have any shape".

Some of us spend too much time warning Black girls about not coming home with a "big belly" or getting pregnant. Sometimes this exchange is preceded by an argument and, words used can often be judgemental and demeaning to the girl. Self-esteem problems are never addressed here and rather take a back seat. But the judgemental and demeaning words used, can work to lower the Black girl's self-esteem or how she feels about herself.

Low self-esteem can contribute to early pregnancy. When a Black girl doesn't love herself, consistent with low self-esteem, she could take more risks with her sexuality and the men she invites into her life.

A case in point is Mary, not her real name, who grew up in a family environment where she faced a lot of hurtful putdowns. Today at age 18, Mary is pregnant with her second child for the same man who also has another girl pregnant. This man frequently uses hurtful putdown words towards Mary.

According to Mary, her friends often encourage her to leave this bad relationship. A few of them have already given up on her. Mary admitted to me that she suffers from low self-esteem. If we, as a Black family, do not take up self-esteem issues in the home, the very foundation of our girl's self-concept will be damaged.

Poverty is an issue for Black girls as it is for girls from every cultural group. The Black family must work together to prevent Black girls from expressing the trials of poverty through school dropouts, early pregnancies, drug and alcohol use and negative behaviour. Poverty can affect the way some girls feel about themselves overall.

I am often proud of parents who, despite their differences with the other parent, do not prevent them from seeing their daughters. In my professional work, I continue to see the mental health damage done to Black girls by one parent who prevents the other parent from seeing them.

Friends and family of the parent engaging in this often revengeful, bullying, malice and spiteful behaviour and say nothing are giving consent. It is emotional

Continued on next page ...

African Canadian Achievement Awards Founder Reflects On The Organization's 30-Year History

☞ ...Continued from page 2

we honoured one recipient, Hon. Alvin Curling, and the event was held at Cutty's Hideaway -- a popular restaurant/lounge, now defunct -- on Danforth Avenue, in Toronto.

I don't have a clear recollection of how many people were in attendance but, I am almost sure it was less than 50. Little did I know at the time, that my newborn idea would grow and mature into its current manifestation.

I remember, a few years after Joan joined us as our Producer at the time -- in the late nineties -- we adopted the dinner format and held the event at a prominent hotel in Markham.

The event went off without a hitch; the majority of the attendees complimented us on what an uplifting, inspiring and professionally-run show we had staged; the guest speaker's message was educational, insightful and awesome, as young people would say; the entertainers performed flawlessly; everyone we contracted with were paid what they were promised; the award recipients were overjoyed at receiving their tributes and, we felt good that we had accomplished our social goals.

But financially, I took a bath!!

In the wee hours of the next morning, after everyone had left and the hall was deserted, and the dishes taken away and cleaned, Joan; my wife, Donna; and I, retired to the room the hotel have included in the rental price of the venue, and did our accounting.

When it became clear to us that we had lost thousands that I did not have, we hugged each other and cried. Yes, I cried, like a baby!

But, after we had wiped our eyes, calmed down and consoled each other, we resolved not to be beaten and, we persisted, and persisted, and persisted -- and, after many, many more years of taking several beatings, and falling down, time and time again, finally, we overcame!

Fast forward to tonight: As of this year, our 30th, the ACAAA has paid tribute to over 400 distinguished, successful, high-achieving African Canadians in fifteen categories of vocation and, over the last five years, we have not lost a penny, covering our costs each year.

And the ACAAA has become an institution and bea-

con in the African Canadian communities, contributing, significantly, to Canadian society, by unearthing, recognizing and recording Black history in Canada.

This year, for the thirtieth time, we gathered, on Saturday, February 21, to honour 13 of our community "brothers" and "sisters", to pay them tribute, and to say rather, to shout, to them -- from the rooftop: "YOU DID GOOD! WE ARE PROUD OF YOU!"

How do I feel about this 30th anniversary milestone?

I feel grateful, appreciative and thankful.

Thankful to God for infusing me with the vision, the wisdom and strength to accomplish its realization; thankful to my wife, for her love and support, and who has borne much of the financial burden and sacrifice, especially during the lean years; and my children, for their understanding and support.

I feel a deep sense of gratitude to Joan Pierre, whose professionalism, mental brilliance, effectiveness, tenacity and doggedness has contributed, almost single-handedly, to our current success.

I feel gratitude to the staff, volunteers, committed individuals and companies, who, unselfishly, gave -- and continue to give -- of their time and money, thus helping us to realize our mission.

To our sponsors, without whose financial contribution, we surely would not have reached where we are today, I say, from the deepest depths of my being: "THANK YOU! THANK YOU!"

I feel grateful to the thousands of individuals who have attended our gala over the last 30 years and, finally, I thank the ACAAA award recipients -- past and present -- for the inspiration and motivation they have provided our community, and for the pride their accomplishments have infused into our collective bosoms.

And, the ACAAA journey -- of recognizing excellence, and chronicling Black history in Canada -- continues.....**PRIDE**

Michael Van Cooten, the founder, Chair and CEO of the African Canadian Achievement Awards (ACAA), is also the Publisher and Editor of Pride News Magazine and Pridenews online, and the Chair and CEO of Pride Inc.

INTERNATIONAL NEWS

Guyana Government Condemns Publication Of Medical Records Of Government Officials

GEORGETOWN, Guyana, CMC – The Guyana government has described as “unethical and disingenuous” the decision by some media houses to publish the private medical details of some government officials.

The Ministry of Health in a statement said that it wanted to voice its “absolute consternation” at the decision of the media houses for taking “cheap shots for political mileage” in publishing the reports.

It said those media houses “have revealed not only their political biases, but also an insensitive and inimical culture of journalism, towards the Government of Guyana and the ruling People’s Progressive Party Civic (PPP/C).

“The Ministry of Health notes that it is well established that private details, particularly those dealing with the health and finance of citizens, are not normally exposed, except under certain ‘extreme’ conditions, and even so, not in a manner to besmirch people’s character, nor negatively sway public opinion

against any person or group.”

The Ministry of Health said that in 2009, the minority opposition Alliance for Change (AFC) had sought details on the health status of the then leader of the main opposition People’s National Congress Reform (PNCR), Robert Corbin on the basis that “a substantial amount of taxpayers’ dollars has been spent, and that there must be a balance between that and accountability”.

But the ministry said that the party was “met with silence concerning the nature of Mr. Corbin’s health issues and the sum of the expense incurred.

“In this vein, the Ministry of Health highlights that it is not ‘decent’ to expose these sensitive issues, as they can redound to both medical and impecunious embarrassment.

“However, some media operatives went this route, clearly targeting a select few from the ruling party, and in so doing have engendered unease among the family members and other concerned relatives and

friends.”

The government said it was condemning “the behaviour of those responsible for the report, and deems their actions as ‘vendetta for no known reason.

“The Health Ministry also sees the reportage as intentionally skewed - with portions being mischievously selected - incomplete, and with ulterior and sinister motives.

“Also, it should be emphasised that the Ministry of Health embraces and practises a policy, to render assistance indiscriminately and in a holistic manner, depending upon the nature of the medical condition and the financial needs of those seeking to obtain same,” the statement said.

Guyana is preparing for a general election on May 11 with the ruling PPP/C facing a challenge from an opposition coalition including the PNCR and the AFC. **PRIDE**

Jamaica Health Authorities To Undertake Research On Chikungunya Virus

KINGSTON, Jamaica, CMC – Jamaican health authorities, Tuesday, announced plans to undertake research on the mosquito borne Chikungunya virus.

Acting Chief Medical Officer, Dr. Marion Bullock DuCasse, said the research is being done in collaboration with health researchers nationally and regionally.

A statement from the Ministry of Health noted that one of the key deliverables of this group is to develop guidelines for the management of Chikungunya fever specific to Jamaica.

“The ministry will also use the opportunity to get a better sense of the extent of the outbreak and the effect on the population, as it is believed that several cases were not reported to the ministry’s Surveillance Unit and so could not be included in official figures,” the release said.

Dr. DuCasse said people with underlying medical conditions who have Chikungunya infection are at increased risk of severe symptoms and complications, including death.

“Persons with underlying medical conditions, especially those with non-communicable diseases such as diabetes, heart disease, kidney disease, arthritis, and sickle cell, tend to be more impacted by chikungunya infection and so need to be medically managed and monitored carefully.

“The Ministry, therefore, recommends that if experiencing symptoms, these persons should seek medical attention immediately,” Dr. DuCasse said. **PRIDE**

Black Girls And Self-esteem

...Continued from previous page

abuse and isolating when a parent or someone keeps a child away from a caregiver if separated.

In addition, it is also emotional abuse and isolating if a child is kept away from family and friends. When a child is rewarded for staying away from a parent, other family members and friends, this is also isolating and emotional abuse.

Our Black girls or boys for that matter are not our property. Lest we forget, there was a horrific period in our history, when Black people were owned and sold as property.

An indication of self-esteem linked to mental illness, is when a person’s self-doubtful view, or low self-esteem, becomes so overwhelming or irrational, that it affects their daily activities of life. Here, low self-esteem can be the cause that leads to depression and anxiety.

Picture the Black girl now grown up into a woman in an abusive relationship. It could feel like living in a deep hole that is dark and painful. She steps out of that hole for a while and thoughts of escaping come to her mind. But the words what if, unsure, and even children, pop up in her mind in a panic fashion.

These words, in a somewhat twisted manner, become stability for her if she let them rule her mind. She then goes back into the dark hole again, where she feels stability, even though it is false stability. But at least she knows what will happen tomorrow. There is a monster influencing the false stability that claims to be a security blanket. But the security blanket is really a dirty blanket.

There is anxiety when the woman comes out of the dark hole that is temporarily relieved when she goes back in. Anxiety also joins depression in its coming and going from the physical and emotional abuse.

Throwing out the dirty blanket, means making a change and that’s when the anxiety comes back again. The dirty blanket is the abusive, possessive, manipulating, monstrous and controlling thorn in the woman’s side. There is never a good day or night rest living with a dirty blanket.

The day or night that the woman thinks is good, is when she behaves in a way the dirty blanket expects her to. Low self-esteem can make a woman delay the critical actions that she needs to take for things that includes peace and safety.

Coming out of that hole will always be temporary, unless the Black woman is offered help and guidance. Think of the Black woman who comes out of

jail and without help, guidance or support will likely go back in.

In my professional work, I have found that, normally, it is better for the young, or older, Black woman to acknowledge that she needs help, rather than someone telling her. Things usually work better when a person comes to the realization that they need to make a change or need help.

Ask a Black girl today, if she loves and feels good about herself. Show her love and not frowns and she will learn to love herself. Allow her to express and articulate herself freely, starting in the home. For she, like all girls and women, have opinions, needs and feelings.

Let us, as a global Black family, work together to create a world where young Black girls can dream, have hope and develop a healthy self-esteem. **PRIDE**

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Everyone Benefits From More Women In Power

By Marianela Jarroud
IPS Latin America Correspondent

SANTIAGO, Chile (IPS) – Women's participation in decision-making is highly beneficial and their role in designing and applying public policies has a positive impact on people's lives, women leaders and experts from around the world stressed at a high-level meeting in the capital of Chile.

"It is not about men against women, but there is evidence to show through research that when you have more women in public decision-making, you get policies that benefit women, children and families in general," Winnie Byanyima, executive director of Oxfam International, told IPS.

"So women tend, when they're in parliament, for example, to promote women's rights legislation. When women are in sufficient numbers in parliaments they also promote children's rights and they tend to speak up more for the interests of communities, local communities, because of their close involvement in community life," she added.

Byanyima, from Uganda, is one of the more than 60 women leaders and government officials who met Friday, February 27 and Saturday, February 28 at the meeting "Women in power and decision-making: Building a different world", organised by U.N. Women and the Chilean government in Santiago.

The conference was led by Chilean President Michelle Bachelet, who was the first executive director of U.N. Women (2010-2013), and her successor, Phumzile Mlambo-Ngcuka of South Africa. U.N. Secretary General Ban Ki-moon also took part in the inauguration of the event.

The meeting kicked off the activities marking the 20th anniversary of the Fourth World Conference on Women, held in September 1995 in the Chinese capital, where 189 governments signed the Beijing Declaration and Platform for Action, which contained a package of measures to bolster gender equity and women's empowerment.

Two decades later, defenders of the human rights of women recognise that progress has been made, although they say it has been slower and more limited than what was promised in the action plan.

In terms of women's access to decision-making, representation remains low.

In 1995, women accounted for 11.3 percent of the world's legislators, and only the parliaments of Denmark, Finland, the Netherlands, Norway and Sweden had more than 30 percent women. And only three women were heads of state and seven were heads of government.

Today, women represent 21.9 percent of parliamentarians globally, and 39 lower houses of Congress around the world are made up of at least 30 percent women. In addition, 10 women are heads of state and 15 are heads of government.

In Latin America and the Caribbean, one of every four legislators is a woman, and in the last 23 years, six women were elected president of their countries, four

of them in the last decade. And three of them were reelected.

In March 2014, Bachelet took office for a second time, after her first term of president of Chile in 2006-2010. In Brazil, Dilma Rousseff began her second consecutive term on January 1. And in Argentina, Cristina Fernández has been president since 2007, and was re-elected in 2011.

"Women in power and decision-making: Building a different world" was attended by a number of high-level women leaders, such as Lithuanian President Dalia Grybauskaitė, First Deputy Prime Minister of Croatia Vesna Pusic, several vice presidents, and ministers from around the world.

Speakers mentioned achievements as well as multiple political, cultural, social and economic barriers that continue to stand in the way of women's access to positions of power.

There are still countries that have not made progress, said Byanyima, of Oxfam, one of the world's leading humanitarian organisations.

Tarcila Rivera, a Peruvian journalist and activist for the rights of indigenous women, told IPS that when assessing the progress made in the last two decades, "it should be made clear that we have advanced but have only closed some gaps."

Rivera, the founder of the Centre for Indigenous Peoples' Cultures of Peru, said the progress made has been uneven for native and non-native women, while there are continuing gaps in education, participation, violence and economic empowerment.

According to the Economic Commission for Latin America and the Caribbean (ECLAC), one of every two women in the region is outside the labour market, and one of every three does not have her own income, while only one of every 10 men is in that position.

Another study by the United Nations regional body concluded that if women had the same access to employment as men, poverty would shrink between one and 14 percentage points in the countries of Latin America.

"There is already enough evidence in the world to show the positive impact of women's leadership," said Mlambo-Ngcuka, who prior to heading U.N. Women served as South Africa's first female vice president (2005-2008).

"Women have successfully built and run countries and cities, economies and formidable institutions," she added.

But she said "We know that this is not happening enough, and we know that there can be both overt and subtle resistance to women's leadership. We also know the devastating impact of leaving things as they are. We know that for women's leadership to thrive, and for change to happen, all of us need greater courage and decisiveness."

"According to available data, it will be some 50 years before gender parity is reached in politics. Unless political parties take bolder steps," she said.

Mlambo-Ngcuka recounted that during a Thursday Feb. 26 meeting with Chilean civil society representatives she called on a pregnant woman set to give birth in six weeks.

"I reminded everyone that her un-




Group photo at the high-level international meeting on Women in Power held Feb. 27-28 in Santiago, Chile, which analysed the human rights of women, as part of the major events held worldwide 20 years after the World Conference on Women in Beijing. Credit: Ximena Castro/ Government of Chile

born daughter will be 50 before her world offers equal political opportunity. And that baby will be 80 before she has equal economic opportunity."

According to the female leaders and experts meeting in Santiago, change cannot continue to be the sole responsibility of civil society groups that defend the rights of women, but requires action by the authorities and those in power – both men and women.

"The heirs of Beijing are the heirs of voices that call on us and urge us to put equality on the political agenda," said Alicia Bárcena of Mexico, the executive secretary of ECLAC.


"Twenty years after the Beijing Declaration and Platform for Action, women know what is needed to reach gender equality. Now it is time to act," she said. **PRIDE**




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LIFESTYLE

How To Slow Down Your Life And Enjoy The Ride – Right Now

4 Considerations To Help You Embrace The Moment, From Speaker Hall Of Fame Member

It's finally Friday night, the beginning of a weekend of freedom, which also happens to include your birthday. Your family, friends and spouse all have celebratory plans for you.

You have a rewarding career and a network of beautiful people who want to rejoice in your life. As you walk out to your car to officially kickoff the fun, a giddy thrill washes over you.

But as you click the seatbelt into place, rather than sitting in awe of how lucky you are, a list of concerns begin worming their way into your consciousness: "I need gas, but the conveniently located gas station charges more than others ... I hope it's not a surprise party ... Maybe I should get the beverages I like before going home ... I haven't been to the gym all week ... Did I pay the electric bill?"

And so it goes.

"I think we've all had this experience, which often has us psychically living 30 minutes into the future – no matter how great the present circumstances might be," says Steve Gilliland (www.stevegilliland.com), a member of the Speaker Hall of Fame and author of the widely acclaimed "Enjoy The Ride," for which he is set to publish a follow-up that will be released in May 2015.

"Are we doomed to this torrent of noise which distracts us from enjoying our life? We don't have to be."

• Don't live your life 30 minutes ahead of the present. If you won't live your life now, in the present, then who will?

"An older man came up to me,

grabbed my hand, and said he wished he'd heard me speak decades ago," Gilliland says. "After I asked why, he said that when he was eating lunch on break or dinner with his family, he was always thinking about what he had to do after the meal, which represented his daily life. 'At the age of 97,' he said, 'I've officially lived my life 30 minutes ahead' – 30 minutes ahead of whatever he was doing at the moment."

• Laugh more! It's better than crying before you're hurt. Don't put your umbrella up until it rains. Worry restricts your ability to think and act effectively, and it forces you to mortgage fear and anxiety about something that may never occur. Laughter is the opposite. When you laugh, you're living almost completely in the moment, and it's one of the best feelings you can have.

• No one can ruin your day without your permission. As much as we cannot control in life – our genes, our past and what has led up to today – there is much control we may take upon ourselves. Today, for example, we can understand that life picks on everyone, so when the going gets tough, we don't have to take it personally. When we do take misfortune personally, we tend to obsess, giving a legacy to something that may make you a day poorer in life.

• Cure your destination disease. Live more for today, less for tomorrow, and never about yesterday. How? You might have to repeatedly remind yourself that yesterday is gone forever, yet we perpetually have to deal with now, so why not live it? And what if tomor-



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row never occurs? There is a difference between working toward the future, which is inherently enjoyable in light of hope, and living in an unrealistic future that remains perpetually elusive. If tomorrow never comes, would you

be satisfied with the way today ended? "It is not how you start in life and it is not how you finish," Gilliland says. "The true joy of life is in the trip, so enjoy the ride!" **PRIDE**

Should You Flip That House For Quick Profit?

NC – Many of us envision the gutsy move to flip a house for quick financial gains – and some people are quite successful at doing so, say advisors in this field.

For those with the time, energy and technical skills, buying a property to fix up and sell later at a higher price or to rent out for a period of time, can be a worthwhile investment. But do your research.

"Challenges can quickly mount for the novice who chooses to invest in real estate," says Lincoln Thompson, broker-owner with Royal LePage Gardiner Realty in Fredericton, New Brunswick. "But if you take the time to choose the right home and rely on the right people for expertise, your investment can pay dividends."

Thompson offers three recommendations for success:

1. Take note of the taxes. As the saying goes, the only things certain in life are death and taxes. Depending upon the municipal, provincial and federal taxation requirements for your area, sales tax and land transfer tax will apply at differing levels across the country. You could even be taxed based on the level of renovations if a lot of work has been done. Also, consider the personal or business taxation implica-

tions from the sale of the property or on rental income that is generated. An accountant and lawyer are two people you'll want to bring in early before you venture into this realm. If you find the right home in the right location, taxes may not be a deal breaker, but be aware that paying them will cut into your profits.

2. Consider a joint venture, but choose your partners wisely. Each party should bring to the relationship what others within the deal cannot. For example, if you have trade or technical expertise but are lacking funds or financial expertise, you'll want to concentrate on finding investment partners who bring these skills to the relationship. Don't partner with people who have the same strengths and weaknesses as you. If you are lacking expertise in any area, including real estate, hire a real estate agent with experience in real estate investment within the location you are considering. An experienced agent will also aid in bringing together the right deal makers.

3. Don't buy a property without answering these basic questions: Can I buy it below retail market value? Can I do small renovations to increase the value? Is there an increase in demand



for the area? Are there sales over list price in the area? What is the nature of the surrounding properties? What amenities and services are within walking distance? Do I need to purchase appliances? Can this property be rented? If so, what are the going rental rates for

similar properties in the area? Real estate investment is a great way to supplement your income if you do your homework and set yourself up for success with the right expertise. More information can be found at www.royallepage.ca. **PRIDE**

HEALTHY REASONING:

Too Much Salt Is Still Bad For You



By Allan Bucka Jones
Pride Health Columnist

I have tackled the too much salt in our diet situation a number of times in this column, but based on recent observations, I realize there is a constant need to remind our community and the restaurant operators, who cook food for the community, that too much salt is a killer. Too many of us are dying from eating too much salt.

Recently I sat in front of a young man, about 30 years old, who took the salt shaker and doused his meal with a lot of salt. I cautioned him that this amount of salt could lead to a serious health situation, he laughed, and said he will deal with the problems when they occur. This is predominantly the reaction in the Black community, a basic "don't care attitude" until it's too late. We get busy and run to the doctor and ask our pastors and church members for prayers when we get a stroke, a heart attack, end stage kidney disease requiring dialysis, stomach cancer, and many other serious life threatening situations, all related to the high salt content of our diet. This happens because we are using our teeth to dig our grave. Very sad.

Salt (sodium) is a vital nutrient and is necessary for the body to function, but for many of us, the average daily consumption exceeds the maximum recommendation.

The Sodium Reduction Strategy for Canada was released in 2010. It recommended that the current average daily intake of salt (sodium) be reduced from 3400mg to 2300mg by 2016 on an interim basis. While this reduction in salt intake is useful, it is not adequate for some population groups, including the Black community. A Toronto based group, Advocates for Black Health Improvement, has suggested a need to go even lower with the daily recommended salt level to 1500mg for Black individuals. They recognize that in Canada we do not have race based health data, but the United Kingdom have specific recommendation for the Black community. Also, the US Institute of Medicine, whose expertise is used for many of Canada's nutrition-related laws and policy, recommends 1500mg as daily average intake of salt for persons older than 51 years, and for all Black individuals. About 77% of the daily intake of salt in the overall Canadian diet, comes from processed foods, however it is documented that the main source of sodium for Black individuals, comes from salt added during cooking, and at the table.

We are too complacent. For example, I suggested in a previous column that cooking green bananas in the skin is dangerous because of the pesticides and other chemicals released into the cooking water and then absorbed by the fruit. I have also used the airwaves to alert individuals of this danger. I



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personally conveyed this concern to a manager of a West Indian restaurant, but they still continue to cook bananas in the skin, and many individual still purchase the bananas, risking their health. Let's challenge our restaurant owners and processed food manufacturers. Talk to the restaurants that you visit to pick up your ox-tail, roti, jerk chicken or curry goat and other meals. Let them know your continued patronage is based on them reducing the amount of salt they put in the food they are supplying to our community. And you should mean what you say. You taste some of these cooked meals and you can feel the "zing" from the high quantity of salt they use. And the situation continues, we are still using our teeth to dig our grave.

High blood pressure or hypertension is a common result from a high salt diet. It is the high blood pressure that leads to the heart attack, the stroke, the kidney damage and other serious health concerns. High blood pressure is a medical condition in which the blood pressure is chronically elevated. In Canada there are approximately 6 million Canadians living with high blood pressure, but it is estimated that more than 2 million Canadians, are not aware of that they have high blood pressure. Black individuals are at higher risk for developing high blood pressure and at a younger age. It is a silent killer. You can have high blood pressure and not know, and could have a heart attack or stroke without any warning...and you could die suddenly. It is serious. Cut the salt.

If you are an adult and do not know your blood pressure measurement, ask your family doctor to do a measurement when next you visit him or her. If you are found to have high blood pressure, your doctor will institute measures, lifestyle adjustments and / or medications to keep your blood pressure under control. It is a good routine to have your

blood pressure checked every time you visit your family doctor, and make sure you understand what the numbers represent. Some pharmacies have blood pressure meters. Ask for help in using these meters and make sure you know how to interpret the numbers.

Reduce your salt intake today !!!... The longer high blood pressure remains untreated, the greater the possibility to inflict serious damage or even cause death. For more information about blood pressure, speak to your family doctor or visit heartandstroke.com ... Too much salt is still bad for you. **PRIDE**

Allan Bucka Jones is a Health Promoter and Broadcaster. He can be heard on "Allan Bucka Jones LIVE", Sundays from 3 to 5pm on CHRY 105.5 FM, www.chry.fm option RDO.to, Rogers Digital Cable 945, Bell Fibe 973 or mobile app TuneIn Radio. You can contact Allan Bucka Jones at ajones@jjmedical.ca.

HOROSCOPES BY CERISE



Pisces

(Feb 19 - March 20)
HAPPY BIRTHDAY!!!

Give it all you got! You might as well!

Aries

(March 21- April 19)

Be aware of your surroundings, pay attention to directions and if you are not sure, then get clarification.

Taurus

(April 20 - May 20)

An old friend will pop up. If you are interested in reconnecting then go for it. It does seem as if this person will be a negative influence, however, they will need your friendship more than you need theirs.

Gemini

(May 21- June 20)

Give what you can, but do not worry if you cannot give more. There is only so much you can do. At the end of the day, if you cannot do as much as you would like to, then just send positive energy out to the universe with thoughts of prosperity. What you want will come back around to you.

Cancer

(June 21- July 22)

Try to be patient with others. It will do you no good kicking up dust and yelling.

Leo

(July 23- August 22)

Treat people how you want to be treated. The only way you can truly gain respect is through a pleasant character and humbleness.

Virgo

(Aug. 23 - Sept. 22)

Say your peace and then move on. Remaining in a conflict or allowing others to stress you out with their opinions will only make you feel drained. Do yourself a favour and save yourself from the stress.

Libra

(Sept. 23 - Oct. 22)

Get going! Mush, mush, mush. Keeping busy will help you not to stress.

Scorpio

(Oct. 23 - Nov. 21)

Listen to your heart; even when it is broken,

it can help guide you to a place of mending.

Sagittarius

(Nov. 22 - Dec. 21)

Eat well, sleep efficiently, and speak positively. By doing this, you will increase your mental energy, physical energy and spiritual energy too.

Capricorn

(Dec. 22 - Jan. 19)

Thinking of a vacay? Now is a good time if you are able to get away. You might want to visit a tropical island or somewhere in your own backyard. No matter where you decide to go, you will have a peaceful time.

Aquarius

(Jan. 20 - Feb. 18)

Your determination will pay off. Try not to allow frustration to interfere with your positive state of mind. **PRIDE**

Cerise Fairfax is a Life Coach and can be reached at: (416) 722-5233 and cerisefairfax@gmail.com. Visit www.cerisefairfax.com for life coaching advice and daily inspiration.

How To Break The News To Bad Lovers

By Amirah
Pride Sex Columnist

Have you ever had an awful sexual experience? Have you been with someone that just didn't know what they were doing? Sloppy, all over the place sex? Sex that wasn't worth you pulling out your best moves, because you already regretted wasting the shower water on preparing your body for that disaster?

How do you tell your lover that their bedroom skill is not the business?

I have had two and a half bad lovers in my lifetime, (the half is important because I loved him, and we were young and inexperienced) and they were all beautiful learning experiences, and ones that I never want to repeat ever again. How do you break the news? Over breakfast in the morning? As you lay sad and confused in the bed beside your lover after another unfulfilling session? If you are like me, you would just put on your clothes and walk out.

Granted he tried his best, after spending many months trying to woo me, we had agreed to a sex with no strings attached relationship. I had high expectations when I arrived at his house—you would too if "I'm going to take care of you like no man has ever done before" was hanging over your head. Yes please! Give me the business.

When I had to ask him if he was in yet mid-thrust, I knew we both had lost. When I had to ask him to please stop licking my clit, I knew we were at

the point of no return. I had lost the precious time I would never get back, he had lost my respect, and my horny feelings were hurt.

So without a word I slid out from underneath him, put on my clothes, and left. I didn't love him and we weren't in an agreed monogamous relationship so I didn't take care to spare his feelings; and when he asked me if I was coming back for more, I simply said no. I didn't even say "No thank you". The extra effort to be polite just wasn't worth it.

If you are in love with your mate however, it can get tricky, because you do not want to hurt their feelings, so there is always the route of compromise. His thrust game may be weak, but his tongue game may be on point, he can finger you from sunrise to sunset, and you'll meet God each time.

She may not be active during sexual intercourse, and may be lacking in the vagina squinting Olympics, but her head game is the breakfast of champions. Thankfully we are very creative beings, and there are plethora ways to cause sexual pleasure. Are you open to spending the time to teach your mate how to please you? It's important to ask yourself what you are willing to live with.

And if you are in a committed, monogamous relationship, is the love strong enough to endure a lifetime of bad sex?

Divorce rates are climbing higher and higher, with too much sex, too little sex, or unfulfilling sex being a major



contributor to marriages and relationships ending. I believe in lifelong unions, I cherish the thought of growing old with the person who I love, and with who I am in love.

So I am for sex before marriage because, God forbid, I pledge the rest of my life to someone that makes me feel drier after sex than before. Yes, there is something to be said about the process it takes to learn each other's bodies, preferences and sexual styles, and there is also something to be said about natural fit, energies, and coordination. When two bodies do not fit, they just do not fit. The truth at the end of many days and nights of bad sex could be that we may just not be the right lovers for each other, and that is ok.

We are all worthy of the kind of sexual intimacy that will cause us to rush home after work, we are all worthy of mind

blowing, body and spirit refuelling sex. If you have resigned yourself to living with bad sex for the rest of your life, I wish you many batteries and pulsating shower heads.

I made the decision long ago that bad sex was no longer one of the things I would accept out of life.

If you have made the same decision, take some time, evaluate your sexual needs, wants, strengths and weaknesses, and do not settle for less than what your heart—and your horniness—desires. **PRIDE**

Do you have questions or problems regarding your sex life? Amirah can help you with answers. Your name and information will not be published. Amirah welcomes your feedback! Send your comments or questions to: amirah@pridenews.ca. Follow her on Twitter: @I_amAmirah.

Look What's Trending On The Home Fashion Runways

NC - What's new and next on the home décor front and how to make it work for you? Karl Lohnes, a home interior and product designer who also dispenses decorating advice weekly on television, radio, in newspaper and magazines, says the following:

- Rugs with softer designs (less chevron and stripes) such as rounder images with cut and pile to add texture, are hot. Graphic designs will show up on tiles and draperies.

- Gold metallic is all the rage. To make it look less precious, try adding zinc or pewter to it.

- Copper is emerging as a style statement for 2015. For example, a flash of copper metallic on your window treatments will add a 70's appeal to the home.

- Mirrored furnishings and accessories are nothing new, but their finish is. Smokey, antiqued mirror finishes help to give the look of patina.



Make a style statement with copper, trending for 2015. In this living room, the windows are dressed in Modern Precious Metals aluminum blinds from Hunter Douglas in Antique Copper. The blinds also include wood elements.

- Navy blue is being matched with a soft warm taupe as an accent, whereas before navy took on a crisper look by being teamed with fresh white.

More information is available online at www.hunterdouglas.ca. **PRIDE**

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Recipes

Roasted Garlic And Potato Soup With Homemade Croutons

1 head	(large) garlic, unpeeled
6 tbsp.	extra-virgin olive oil
2	bay leaves
¼ loaf	day-old French baguette, cubed
¾ tsp.	sea salt, plus more to taste
1	medium yellow onion, chopped
1	small carrot, chopped
1 ½ pounds	red creamer potatoes, peeled and cut into ½-inch cubes
½ tsp.	freshly ground white pepper, plus more to taste
3 cups	low-sodium chicken or vegetable broth
4 ounces	Fontina, cut into ¼-inch cubes

Preparation:

Preheat oven to 400°F. Using a serrated knife, slice off top quarter of garlic head, revealing cloves. Place on a 12-by-8-inch sheet of heavy-duty aluminum foil, cut-side up, and drizzle with 1 tablespoon olive oil. Add 1 bay leaf. Fold foil over garlic and seal edges. Roast in a baking dish until garlic cloves are soft and golden brown, about 45 minutes. Transfer to a wire rack and let cool. Meanwhile, on a rimmed baking sheet, toss together bread, 2 tablespoons olive oil, and salt to taste. Bake, stirring once or twice, until golden brown, about 15 minutes. Using a slotted spoon, transfer to a paper-towel-lined plate to drain.

In a medium heavy-duty pot over medium-high heat, heat remaining 3 tablespoons olive oil. Add onion, carrot, and potatoes and cook, stirring occasionally, until onion and carrot have softened, 8 to 10 minutes. Mix in ¾ teaspoon salt and ½ teaspoon white pepper and add remaining bay leaf. Add broth and 2 cups water to vegetables, increase heat to high, and bring to a boil. Reduce heat to medium-low and allow soup to simmer until potatoes are very tender, 30 minutes. Remove bay leaf. Squeeze garlic head, from bottom up, to push out each clove into soup; stir. Simmer soup for 5 more minutes, then remove from heat. Using a blender, puree soup. Whisk Fontina into soup over low heat until cheese melts and is fully incorporated. Sprinkle soup with croutons and serve hot. Serves: 6.



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Grilled Lamb Chops With Roasted Garlic

¼ cup	extra-virgin olive oil, plus more for drizzling
4	thyme sprigs
1 clove	garlic, minced
2 heads	garlic, halved crosswise
2 tsp.	chopped rosemary leaves
¼ tsp.	ground cumin
8	lamb loin chops
	Salt and freshly ground black pepper

Preparation:

In a large, shallow dish, combine the ¼ cup of olive oil with the thyme, minced garlic, rosemary, and cumin. Add the lamb chops and turn to coat with the marinade. Refrigerate overnight. Preheat the oven to 350°F. Set the halved heads of garlic cut side up on a large sheet of foil and drizzle with oil. Wrap the garlic in the foil and roast for 1 hour, until tender. Light a grill. Remove the chops from the marinade; discard the thyme and scrape off the garlic. Season the chops with salt and pepper and grill over moderate heat until lightly charred and medium-rare, 5 minutes per side. Serve the chops with the roasted garlic. Serves: 4.



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Classic Sangria

2 bottles	(750 milliliters each) red wine
1 cup	Grand Marnier or triple sec, for richer flavor
2 cups	orange juice
½ cup	simple syrup
7-UP, to taste	
1	orange, cut into wheels
1 cup	strawberries, hulled and sliced
Few dashes	ground cinnamon

Preparation:

Combine all the ingredients (except the 7-UP) in a large jar. Keep covered and refrigerate overnight. (If you're running short on time, make it at least a few hours in advance and keep out at room temperature.) Add the 7-UP just prior to serving, but only as needed. (The longer a sangria sits out, the sweeter it gets, so you may not even need it.) Serves: 5. **PRIDE**



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