

# BLACK HISTORY MONTH 2016



NATIONAL BLACK COALITION OF CANADA-EDMONTON

[www.nbccedmonton.ca](http://www.nbccedmonton.ca)



"I look to a day when people shall not be judged by the colour of their skin, but by the content of their character"

-- Martin Luther King

KEEP MOVING FORWARD

A woman with long dark hair, wearing a light pink tank top and blue jeans, is running through a lush green field. She is holding the hand of a young girl with curly hair, wearing a bright pink t-shirt and denim shorts. They are both smiling and appear to be enjoying a run in a park or field. The background is a soft-focus green landscape with trees.

Alberta's NDP Caucus is showing

# CLIMATE LEADERSHIP

Protecting our health, environment, and economy  
**FOR FUTURE GENERATIONS**

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WEST EDMONTON MALL



# NATIONAL BLACK COALITION OF CANADA

The National Black Coalition of Canada – Edmonton (NBCC) is very proud to be a sponsor of the celebrations for Black History Month 2016, and to highlight the decisive contributions that Blacks in Canada have made, in building a country that is enriched today, by its blending of cultures and by its diversity.

The theme for Black History Month 2016 is “Keep Moving Forward”. Black History Month is not just about learning from the past. It’s an anthem of courage, determination and perseverance, and a time to unlock tomorrow’s opportunities by overcoming obstacles and moving forward.

NBCC’s events are an opportunity to focus on ways, all people contribute to our cultural, social, political and economic life. It is also important to foster connections with other ethnic groups in ways that recognize and celebrate differences, while building a cohesive shared Canadian society.

Thank you for supporting NBCC, and may we continue to work together to make Canada a place “where we shall not be judged by the colour of our skin, but by the content of our character”.

Respectfully,

Joy Thomas  
Vice President (NBCC)

## NBCC Executives 2015/2016

The board of the National Black Coalition (Edmonton Chapter) is elected from the membership to be as diverse and representative of the community as possible.

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PRIME MINISTER · PREMIER MINISTRE

February 2016

Dear Friends:

I am pleased to extend my warmest greetings to the members of the National Black Coalition of Canada (NBCC), Edmonton chapter, and to everyone commemorating Black History Month in Canada.



Since it was established in 1969, the NBCC has worked hard to research, preserve and promote Black history and heritage in Canada. For more than four centuries, Black Canadians have left their mark on our nation, from explorer Mathieu Da Costa to Canada's first Black elected official, Mifflin Gibbs. As a country, we are made great, not in spite of our differences, but precisely because of them. We are bound as a people by our shared belief in the principles of equality and fairness, and remain committed to working together to end discrimination and inequality.

This month, I encourage all Canadians to take the opportunity to learn more about the integral role that Black Canadians have played in making Canada into the diverse, inclusive country we know and love.

Please accept my best wishes for a memorable celebration and for a successful month of activities.

Sincerely,

The Rt. Hon. Justin P.J. Trudeau, P.C., M.P.  
Prime Minister of Canada



Premier of Alberta

Office of the Premier, 307 Legislature Building, Edmonton, Alberta T5K 2B6 Canada



**Message from Honourable Rachel Notley  
Premier of Alberta**

*On behalf of the Government of Alberta, it is my pleasure to send greetings as you recognize Black History Month 2016.*

*Every year, we take the time to honour the legacy of our Black community. This is a time for us to remember the past and embrace the future; time to salute those who overcame obstacles, and celebrate individuals who continue to make great achievements in our province.*

*Today, Alberta is woven from a wealth of cultural strands and the heritage of many nations. Our province's collective wisdom comes from diversity, and learning about each other's past will help ensure a stronger future.*

*I want to express my sincere thanks to the organizers and volunteers for dedicating countless hours to showcase the Black community in Edmonton and around Alberta.*

Rachel Notley

*February 2016*



ALBERTA  
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*Office of the Minister*



**Message from Honourable David Eggen  
Minister of Culture and Tourism**

As Minister of Culture and Tourism, it is my pleasure to welcome everyone to the festivities for Black History Month.

It is important to commemorate the past and remember the hardships and sacrifices that have been endured. It is also a chance to celebrate and rejoice in the progress that has been made and helped shape Alberta as a province. Black History Month provides a wonderful opportunity to come together as a community, to renew the connections that are vital for collaborations and to continue exploring ways to tell the stories of Alberta's black community.

I want to extend my gratitude to the organizers and volunteers of the National Black Coalition of Canada's Edmonton Chapter for all your hard work in promoting Black History Month. Your continued efforts help strengthen Alberta's vibrant multiculturalism, helping to foster a deeper understanding and appreciation of our diversity.

Enjoy the events and happy Black History Month!

**David Eggen**  
Minister



**Message from His Worship  
Mayor Don Iveson**



On behalf of City Council and the people of Edmonton, Alberta's Capital City, I am honoured to help recognize Black History Month in our city.

Officially established in Canada in 1995, Black History Month celebrates the history, accomplishments and contributions of African and Caribbean Canadians in areas such as education, medicine, art, public service, economic development, politics and human rights. Today it continues to provide opportunities to increase public awareness and promote diversity and inclusion.

I thank the National Black Coalition of Canada – Edmonton Chapter for their commitment to making our annual Black History Month so memorable, year after year. Your efforts help to create a more vibrant, welcoming city for all of us and enhance our community's understanding of African-Canadian culture.

I wish you all enjoyable and meaningful Black History Month celebrations!

Yours truly,

A handwritten signature in black ink, appearing to read 'Don Iveson', with a stylized flourish at the end.

Don Iveson  
Mayor





## Message from the Edmonton Police Service Chief Rod R. Knecht




On behalf of the Edmonton Police Service, it is my pleasure to extend warm greetings to everyone attending Black History Month 2016 celebrations.

The EPS appreciates the many contributions that our Black community makes to this city. From helping newly arrived immigrants adjust to Canadian life to hosting social events for friends and neighbours, Black community groups play key roles in ensuring that Edmonton remains a great place to raise a family.

Multiculturalism is a cornerstone of a truly vibrant community, and the EPS is committed to ensuring that our membership reflects the cultures of this great city. I encourage all young people to consider a career in policing. Please visit [joineps.ca](http://joineps.ca) to learn more about the recruitment process.

Best regards,



Rod R. Knecht  
Chief of Police

# Awards of Excellence 2015 Winners

The National Black Coalition of Canada (NBCC) - Edmonton Chapter, recognizes and honours individuals or groups in Edmonton, Alberta, who have made, outstanding contributions to our community and society at large.

## 2015 Fil Fraser Award Winner – Sangea African Performance Group

The Fil Fraser Award is presented to an individual or group who has done outstanding work in literary, performing and/or visual Arts



## 2015 Rosalind Smith Professional Award Winner – Rev. Cr. Adenike Yesufu (CCC)

The Rosalind Smith Professional Award for Exceptional and Prolonged service working in a Profession



## 2015 Rosalind Smith Business Award Winner – Frank Barnett

The Rosalind Smith Award for Exceptional and prolonged Service from individuals or group from the Black Community Owning and Running a Business.



## 2015 NBCC Youth Award Winner – Morenike E. Olaosebikan

The NBCC Youth Award for achieving academic excellence & or delivering exceptional programs and services in any area of the Black Community or society at large.



## 2015 Clarence “Big” Miller Award Winner – Ian Alleyne

The Clarence “Big” Miller Award is for demonstrating excellence in music (vocal, instrumental performance, composition or instructions



## 2015 James Bell Award Winner – Mr. Qedamandla (Amandla) Ngwenya

The James Bell Award is for Personal Achievement and Courage against Challenging Odds.



## 2015 Mary Burlie Award Winner – Jeannette Austin-Odina

The Mary Burlie Award for effective program/and or services to the Black Community & or Community at large



*10 years of*



5 Artists 1 Love is an annual Black History Month event that provides Edmonton residents the opportunity to celebrate the cultural mosaic within the black community. It explores the rich history of the African diaspora through art, music, dance, and poetry.

5 Artists 1 Love is a refuge for music lovers, visual art enthusiasts, and culture buffs alike. Attendees and participants of the annual 5 Artists 1 Love Black History Month concert will tell you that if you're looking to be impressed by Edmonton this February, grab a ticket to 5 Artists 1 Love. The show's curator, Darren Jordan, fearlessly pairs opera and rap, country and R&B.

5 Artists 1 Love features the cultural diversity of Edmonton. It highlights the truth that within the black community, there is a mosaic of experiences that need to be recognized.

## THE CONCERT

This exclusive one-night engagement explores the evolution of Black Music as it left Africa and landed on the shores of North America. From soul to R&B, jazz, gospel, reggae and contemporary sounds—it's all here. Even other genres such as country, folk and classical music have received unique soulful interpretations in the show. This along with a few surprises and you will be treated to a truly immersive musical journey.

## THE ART SHOWCASE

Several of Edmonton's talented Black artists who have been featured in previous shows over the last 10 years have returned for a retrospective year. They will showcase their works at the prestigious Alberta Gallery of Art (AGA) and for the first time, in other selected galleries across the city during the month of February. These venues include Latitude 53, Scott Gallery, and the University of Alberta's Augustana campus (Camrose) Each artist is chosen based on the quality and uniqueness of their pieces as well as their personal stories.



[www.5artists1love.com](http://www.5artists1love.com)

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NATIONAL BLACK COALITION OF CANADA-EDMONTON

# CALENDAR OF EVENTS

**FOR MORE INFORMATION GO TO  
WWW.NBCCEDMONTON.CA**

*Add your event for FREE!*

## **Black History Month Opening Ceremonies**

Saturday, January 30th, 2016  
New Cap Stage by HVM (West Edmonton Mall)  
Level 1 Entrance 55 – 56  
Entertainment: 11 am to 6 pm  
Official Opening with Dignitaries: 1:00 - 3:00 pm  
Special Performances: 3:00 - 6:00 pm

## **Black History Month Church Service**

Sunday, January 31st, 2016 – 3:00 pm  
St. Faith Anglican Church  
11725 – 93 Street, Edmonton  
Rev. Dr. Adenike Yesufu – Officiating

## **Black History Month Gospel Concert**

Saturday, February 13th, 2016 – 7:00 pm  
Northern Alberta Jubilee Auditorium  
Tickets – \$25  
Jubilee – 780-427-2760 Ticketmaster – 1-855-985-5000 & NBCC 780-425- 0319  
Featuring: Essence of Praise, Soul Fuel, New Season of Praise All Nations, Fresh Manna, House of Glory, Choirs, Rhema Voices, The Masters Quartet, Cheryl Allen, Deadra Chester & More

## **NBCC'S AWARDS OF EXCELLENCE**

Saturday, March 12, 2016 - 6:00 pm  
Chateau Louis Hotel & Conference Centre  
11727 Kingsway Northwest  
Adults \$50 Seniors & Youth \$40 Children 12 & under \$20 4 and under FREE  
For more information contact 780-425-0319 or nbccedmonton@gmail.com

# NBCC IN THE COMMUNITY

## BRIDGING THE GAP

“Bridging the Intergenerational Gap between African-Canadian Seniors and Youth” is an outreach and gap-bridging project targeting seniors and youth that encourages community participation and capacity building and provides avenues for socialization & nurturing activities.

Some of the project activities will include: cultural heritage appreciation potluck, internet/computer literacy, storytelling, self-expression through poetry and music, information sharing, personal development, networking and learning opportunities. The participating seniors will interact with people of all ages, sharing information about their cultural heritage and ideas of common value. This project will provide a forum for participants to learn from one another, and help bridge the gap between people from different generations within similar cultural heritages.

Through active participation, the community’s needs will be fulfilled, and its ability to respond to social challenges will be strengthened. Individual and community capacity will also be developed. The social isolation of vulnerable members of our community will be reduced, and their self-esteem and self-confidence will be increased.

Through this project, African-Canadian youth will be able to get a sense of their own heritage and participate in cultural activities. African-Canadian seniors, with their wealth of experience from their home countries, will be able to impart their knowledge, wisdom, experience and leadership skills to youth. They will provide a critical outlook on life and past history in a non-classroom or textbook setting, while the seniors will learn life skills and computer/internet skills from youth. This will provide an opportunity for African-Canadians of various backgrounds to bond, learn, network, and make new friends in a culturally appropriate environment. In such a pro-cultural environment, participants will be able to feel a sense of belonging as part of a group, as well as to find their own distinct identity.

## SEWING PROGRAM

Children & Youth will be provided with interactions, presentations & cross dialogue with positive peers, adult mentors & role models from the community that inspire them & with who they can identify.

In Addition to the Sewing Curriculum below there will be a series of creative arts based activities to connect to our African/Caribbean/Canadian black culture.

Children and youth will learn to sew at their own pace in a creative & encouraging environment:

### **BASE CURRICULUM**

- The basic parts & operation of a sewing machine
- Using sewing equipment & tools safely (iron & ironing board included)
- Choosing fabric/notions

Visit the website for more information: [www.nbccedmonton.ca](http://www.nbccedmonton.ca)

# BLACK

# HISTORY



# MONTH

Despite a presence in Canada that dates back farther than Samuel de Champlain's first voyage down the St. Lawrence River, people of African descent are often absent from Canadian history books.

There is little mention of the fact that slavery once existed in the territory that is now Canada, or that many of the Loyalists who came here after the American Revolution and settled in the Maritimes were Blacks. Few Canadians are aware of the many sacrifices made in wartime by black Canadian soldiers, as far back as the War of 1812.

In an attempt to heighten awareness of black history in the United States, historian Carter G. Woodson proposed an observance to honour the accomplishments of black Americans. This led to the establishment of Negro History Week in 1926. Woodson is believed to have chosen February for this observance because the birthdays of the renowned abolitionist Frederick Douglass (February 14) and former U.S. President Abraham Lincoln (February 12) fall in this month.

During the early 1970s, the week became known as Black History Week. It was expanded into Black History Month in 1976.

In December 1995, the House of Commons officially recognized February as Black History Month, following a motion introduced by the first black Canadian woman elected to Parliament, the Honourable Jean Augustine. The motion was carried unanimously by the House of Commons.

In February 2008, Senator Donald Oliver, the first black man appointed to the Senate, introduced a motion to have the Senate officially recognize February as Black History Month. It received unanimous approval and was adopted on March 4, 2008. The adoption of this motion completed Canada's parliamentary position on Black History Month. Senator Anne Cools was the first black woman to be appointed to the Senate.

[www.cic.gc.ca/english/multiculturalism/black](http://www.cic.gc.ca/english/multiculturalism/black)

[www.blackhistorycanada.ca](http://www.blackhistorycanada.ca)

Website for Black History Month across Canada





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# Gospel Concert

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*The Annual Black History Month 2016 Concert  
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Jubilee Auditorium  
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Saturday February 13, 2016 7:00 pm

For more information contact:  
780-425-0319 or [info@nbccedmonton.ca](mailto:info@nbccedmonton.ca)



# WORD Scramble

Unscramble the letters above each photo to spell the name of a black person who has made a significant impact in Canada. *Answers on page 21*



**1. RRITEAH NTUBAM**

This woman fought the slavery of Blacks and was a heroine of the Underground Railroad. She is believed to have made 19 secret trips to the American South and guided more than 300 slaves to freedom in Canada.



**2. FFIINLM WISRAT BBSIG**

This man was a leading merchant and one of the first Blacks to be elected as a city councillor in Victoria, British Columbia.



**3. MWILLAI LHAI**

This man was born in Horton Bluff, Nova Scotia. He became the first Black, the first Nova Scotian and one of the first Canadians to be awarded the Victoria Cross, the highest medal of honour given in the British Commonwealth.



**4. HAIISOJ HONNSE**

This man and his family escaped to Canada from the United States. He helped many slaves adapt to life in Upper Canada and is the inspiration behind Harriet Beecher Stowe's character Uncle Tom.



**5. DR. WISLNO DONAHAIJ HAED**

This man moved from the United States to Canada in 1959. He created the Urban Alliance on Race Relations in 1975. The organization still fights discrimination against all ethno-racial communities.



**6. AVIOL DSEMOND**

This Halifax woman was arrested for sitting in the "Whites-only" section of a movie theatre. The Nova Scotia Association for the Advancement of Coloured People supported her actions for equal rights.



**7. NLOCNIL AXLENDERA**

In September 1985, this man was sworn in as Ontario's first black Canadian lieutenant-governor. He was the first black Canadian to sit in the House of Commons.



**8. ĘMIALLHCE NJEA**

This woman was appointed Governor General of Canada in September 2005. She became the first black Canadian to be appointed to the position.



**9. TINSAU RKECAL**

This renowned black novelist won the Giller Prize for fiction in 2002 and the Regional Commonwealth Prize for best book in 2003 for his ninth novel, *The Polished Hoe*.

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**IG** Investors  
Group

# Reakash Walters

[www.reakash.com](http://www.reakash.com)

twitter & instagram: @reakash



Reakash Walters is a lover of Edmonton who often tends to have her hand in multiple things at once. She is frequently seen running around. Over the last few years she has invested time in running an online community for Canadian black women, running protests after officer Darren Wilson was not indicted for the death of Michael Brown, and running for office in Edmonton Centre.

Reakash's ventures have been featured in publications like *Afropunk*, *Marker Magazine*, *Edmonton Journal*, *Vue Weekly*, *CBC's The National* and multiple others.

Through her adventures Reakash has learned the power and importance of community. *BlackHairSpot.com* taught Reakash that when the world tells you that you don't exist, connect with your sisters and take up space until you do. In her article, "Feed the Hungry Black Female Entrepreneurs" in the popular online publication *Afropunk.com* she says,

"While there are millions of products, thousands of Youtube videos, and hundreds of blogs dedicated to the maintenance of straight hair, black women can feel invisible, unrepresented and excluded from discussions about hair and beauty. Like our coily, kinky hair has no place in these conversations. Sort of like we don't matter or our abnormal hair type is not important enough to cater to. Validation only comes when you are sitting across from your African sister and the topic of hair is raised. Both your faces illuminate with hunger for hair knowledge. We are chomping at the bit to talk and relate to someone who understands "the struggle."

Through her work at Black Hair Spot, Reakash was able to unite women in cities across Canada with campaigns like, "You Can Touch My Hair... if I Can Touch Yours" and other tools to connect black women through one of their most unique and beautiful traits: their hair.

During this time, the reckless murder of young black men in America started to gain international attention and the #BlackLivesMatter movement was born. In November of 2014, Darren Wilson was not indicted for the murder of young Michael Brown and certain Edmontonians started to get restless. Reakash was particularly restless. In her short story "When the Beatings" in Edmonton's *Marker Magazine*, Reakash recounts the way poets, musicians and activists joined in a vigil and protest for Michael Brown. Over a hundred Edmontonians gathered with just a few hours notice to stand in solidarity with folks in cities around the globe. They reminded the world that black lives, in fact, do matter.

Early this year, Reakash nominated one Rachel Notley as the New Democrat candidate for the provincial election in Edmonton Strathcona. To a crowd of hundreds, Reakash uttered the few words her speech coach warned her not to say. He told her this phrase would put her at risk of sounding like she had bad judgement. Or was a little loopy. Reakash said it anyways: "I for one will not rest until Rachel Notley is my Premier and New Democrats form government in this province." What was thought to be impossible just twelve months ago became reality and we now call Ms. Notley Premier. Reakash's consistent drive to make the impossible possible lead her to run for the NDP nomination in Edmonton Centre. Reakash believed it was time for Alberta to elect their first black woman to the House of Commons. Her campaign sent shockwaves across the province. Donations rolled in and her volunteers were activated for change. They called themselves the hope mongers. Once again, Reakash found herself in the middle of a groundswell of community action.

Sixteen votes short after over 400 cast ballots, Reakash and her hope mongers lost the nomination to the President of Alberta's largest labour union. Thankfully, Reakash did not lose heart and now works for Alberta's New Democrat Government Caucus at the legislature grounds. She continues to contribute to her community through volunteering, activism and her role as a public servant.

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### Word Scramble – Answers

1. RRITEAH NTUBAM – Harriet Tubman
2. FFIINM WISRAT BBSTG – Mifflin Wistar Gibbs
3. MWILLAI LHAL – William Hall
4. AISOJ HONNSE – Josiah Henson
5. DR. WISLNO A. AHAED – Dr. Wilson A. Head
6. AVIOL DSEMOND – Viola Desmond
7. LOCNIL AXLENDERA – Lincoln Alexander
8. ÉMIALLHCE NJEA – Michaëlle Jean
9. TINSAU RKECAL – Austin Clarke

# BUSINESS SUCCESS

## Cheryl Applewhaite



Cheryl Applewhaite and her husband David opened their physiotherapy practice--Corona Station Physical Therapy Ltd. in May 1988. Originally located at in First Edmonton Place, they later moved to the HSBC Building at 106 Street and Jasper Avenue.

Cheryl's area of specialty was head and neck pain. "I started my business to be able to have more control over my future and to have some flexibility in my lifestyle," says Cheryl. "I also had a strong interest in outpatient orthopaedic physiotherapy and in particular, the temporomandibular joints and related structures." Together, Cheryl and David set out to achieve the goal to develop this specialty in her private practice.

David, the Business Manager, looked after financial, marketing/promotion and other items critical to a successful business practice while Cheryl delivered physiotherapy services and managed the staff complement of four or five physiotherapists and the administrative team. Although primarily physiotherapy services, at different times they offered massage therapy. Three part-time Occupational Therapists worked from the facility, and they even had a dentist with an orofacial pain practice part-time for about a year.

While her practice often dealt with body-parts, Cheryl understood that many people were involved in making an individual well. "I included the whole person's wellness and referred them to psychologists, dental, and other medical practitioners as necessary to make this happen. The goal was not only the person's head and neck wellness, but the whole person," she maintains.

Central to her practice was education for all parties. Building trust with the patient was critical—communication and ongoing education as you treat and interact. "Interaction is what builds the trust," she recalls. "If a patient reported long-lasting pain after doing an exercise, I would provide modifications. But if only painful for one hour, I would say stick with it."

At the end of a therapy regimen, they administered a client satisfaction survey and would follow up on what was stated that could improve their practice. They would also follow up on clients' whose charts hadn't been pulled in three weeks, to find out if they were well, sought out other care, or other reasons to explain why they had not returned.

One of the most challenging episodes came after a few years in practice. The government suddenly changed their funding structure where clinics had to submit proposals and compete for the available funds.

*"We were small, and didn't receive funding for two years, which was difficult," she recalls. "There were many clinics in the downtown core and the new funding model was geographically based. Then we had to deal with fallout since some assumed that if you didn't get funding, you weren't good."*

However, like many things in life, this disadvantage turned out to be a blessing in the long run. "It forced us to employ more marketing, to insurance contacts, physicians and dentists and the public. In the end, it worked out better with improving financials that carried over to subsequent years.

In marketing to all parties, educating them as to how her practice could contribute to the wellness of the client, was very important. She would take the time to help them understand what it was that she did.

After 27 years, they've decided to sell this successful practice. "We wanted the opportunity to do something altruistic in another country while still physically able," says Cheryl. For budding entrepreneurs, Cheryl advises to start with a good business plan. "A short term and a medium term one. If it makes good business sense - go for it! One will not have all the answers but one has to stay open to new directions and be willing to adapt along the way that is most beneficial."

# ABOUT HONEY SPICE

*“Please Grandma Melessi, please make some more Honey Spice for me to buy! Nobody will come to my restaurant unless I serve your Honey Spice drink!” pleaded a desperate restaurant owner from a neighboring village in Ethiopia.*

For 60 years, Grandma Melessi has never revealed the secret recipe of her Honey Spice Cinnamon beverage, despite numerous offers to purchase her famed recipe... Africa is a source of organic and natural food. Now, Dehnamar is bringing you all that natural goodness with its feature drink, Honey Spice.

Honey Spice is a sweet, exotic drink that has no refined sugar or artificial sweeteners. Instead, what we're offering is the fabulous taste of one of nature's oldest gifts – Honey.

We welcome you to enjoy the great taste of a modern drink with ancient roots!

In the hot Ethiopian summers Honey Spice was known to refresh and cool your body and mind. Grandma Melessi was known to enjoy the drink best mixed as a cocktail with friends and on occasion turned to Honey Spice the next morning if one had too many cocktails.

**\* A TASTE OF THE EXOTIC \* A TASTE OF LOCAL \* A TASTE OF THE FAMILIAR**

**\* AFRICAN BORN • CANADIAN MADE**

Honey Spice is made with simple, clean taste in mind. There are no chemicals, no artificial preservatives, no additives and simply no junk. We still make Honey Spice just like Grandma Melessi made it, just the way she wanted it to be.

We have made minor changes to the process and stopped using a wood stove, but the tradition, recipe, natural ingredients and heritage have all stayed the same.

Honey Spice has the taste of good old fashioned lemons, sweet Alberta honey and savory cinnamon, all in one bottle.

Grandson Thomas keeps his promise to share Honey Spice with the world as a healthier, all-natural beverage choice that has always brought him happiness, joy and refreshment.

Honey Spice can be served hot or cold. Grandma Melessi served the drink to help villagers fight against fatigue, stress, flu and other ailments. When it is cold out Honey Spice can be enjoyed hot and will warm you up faster than a Cheetah can catch an Antelope.

*Maybe it's the refreshing, thirst-quenching essence.*

*Or maybe it's the image of an African safari, surrounded by open plains, woodlands, and exotic creatures.*

*Or maybe it's knowing we've combined a genuine Ethiopian recipe with genuine Alberta honey.*

*Or maybe it's just the great new taste...*



**Whatever the reason, you can get more by ordering from Thomas:**

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# Brown Queen

Brown girl

You've hit the jackpot.

Born mother Earth, soothing sun and blue, blue song.

Molded by hands rich in her-story,

You were a battle cry before you opened your mouth.

A revolution and a lover.

It took you a long time to realize this.

To recognize the pigment of your skin, a blessing

To behold your crown in all its iridescent glory

Placed atop hair that shouts defiance

Growing upright towards heaven and truth

Coiling, weaving, stretching beyond all expectation

Brown girl

This was not your fault.

You were born in to a system that feared you even at your most innocent.

A system so threatened by your effortless divinity and fire they waged war on your body and spirit in attempts to render your powerless

They said: Cover your hair! Your intricate hairstyles are too different, too unachievable by my European locks. You are attracting too much attention from my white men.

You said: Alright. Then proceeded to fashion your head-wraps in ways more lavish and glamorous than they could have ever imagined.

Brown girl

You can not escape the spotlight

Even when they turn that shit up just a little too hot

They said: Shake ya ass! Watch yourself! Shake ya ass! Show me what ya workin with.

You were turned accessory, dollar sign and puppet to your fellow black men-

Who despite the bravado, bling and booze are just as manipulated as you.

Brown girl

This was not your fault.

You have been stripped of the rights to your body, your culture, your beauty and your voice.

You are being celebrated in the most destructive of ways



You go missing at alarming rates and are only spoken for in relation to  
your male counterparts  
Everybody wanna be you but don't nobody wanna be you  
Brown girls,  
I get it.  
I understand the anger and frustration brought on by the myriad of  
micro-aggressions beating you compliant  
how the question "why do you talk so white" could mean anything other  
than "eloquent speech is property of the white man"  
or  
desperately trying to grasp how "you're pretty for a black girl" could ever  
be taken as a compliment  
or  
why a dark skinned man could pridefully state "i don't date dark skinned  
women" as if joining this war on black makes him any less black  
Brown girls,  
I too have rejected my Africa  
Prayed on hands and knees for lightness, not in spirit but in skin  
Wondered why God would create me Big and Brown in a world at the feet  
of the fair and fragile.  
But brown girls,  
This world, although birthed from our womb is no longer ours.  
And like a Mother who's child has gone astray, we must tend to it  
lovingly but with a firm hand.  
Brown Queens  
It is crucial to remember that the root of hate is fear.  
And that you are worth this fight.  
And that I am fighting for your worth.

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# David Shepherd

*MLA for Edmonton-Centre*

David Shepherd is a second-generation Canadian and lifelong resident of Edmonton. His mother Annette's family arrived in Canada from the Netherlands in 1948, fleeing the wreckage of the Second World War. His father, Ruthven, arrived from Trinidad in 1967 at the age of 22 in pursuit of a better future. The two met at Edmonton's Sharon Gospel Chapel and were married in 1970.

David recalls his father telling him stories of those early days in Canada – how an older white woman saw Ruthven coming down the street and turned and ran the other way, how some landlords refused to rent to a black man with a white wife, and the time it took for his new in-laws to accept him. Still, Ruthven worked hard to build a life in Canada, devoting himself to providing for his family and supporting his church community.

Even as a child, David was fascinated with leadership, gravitating to political cartoons like Bloom County & Doonesbury, and aspiring to be a pastor. He was a voracious reader, and showed early skills with writing. At the age of 14, a piano teacher taught him to play by ear, providing a creative outlet he embraced whole-heartedly as he began to write his own songs.

Shortly after graduating high school, David entered the music program at Grant MacEwan Community College, graduating in 1995 and returning in 2001 for a second major in Recording & Live Sound. He spent over 12 years working as a musician & studio engineer, and released his album, *Gotta Leave Where You're From*, in 2010.

While he struggled for years with anxiety & depression, David continued to seek opportunities for leadership, coordinating music and speaking at his church. He returned to school in 2010, first in Education, then Professional Communications.

"I've always had a strong sense of justice," says Shepherd, and that was put to use in his first political position as a member of his condominium building's board. When concerns were raised with how their president was using building resources, David led owners in removing him and establishing new governance.

For years David had kept a close eye on federal and provincial politics. He knew upon first getting involved that he'd one day run for office himself. Knowing the experience of struggling on the social margins, David was drawn to Alberta's New Democrats, a party he saw fighting against the arrogance of an entrenched government to ensure Alberta's advantages were for everyone.

In late 2014, after a stint as a local cycling advocate, he reached out to the NDP to volunteer, hoping to learn and gain experience for his own run some time down the road. When asked if he'd consider candidacy, he at first said no. However, a coffee chat with then MLA David Eggen convinced him the best way to learn was to do, so David tossed his hat in the ring. David's plan was to build his name in the community and run again in 2019. Those plans quickly changed as political winds shifted, and after a vibrant, intense campaign, David was elected as the MLA for Edmonton-Centre.

Since then, David has been a fixture at community events, fundraisers, and organizations, working to ensure the residents of Edmonton's urban core are heard, supported, and protected. He has emerged as a champion for the arts, often speaking on behalf of David Eggen, Minister of Culture & Tourism. In December he brought forward Motion 507 in support of live music venues which passed in the Legislature with near unanimous support.

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