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WELCOME

Welcome to the Second Edition of the Griot Newsletter



Dear ACCA Family,

As President of the African Caribbean Cultural Association (ACCA), I am thrilled to welcome you to the second edition of our Griot Newsletter. This publication is not just a means of communication; it is a vibrant celebration of our community's spirit, achievements, and aspirations. We hope that it will serve as a modern-day "Griot" that enriches, empowers, and connects our diverse and vibrant Black communities.

Youth Engagement and Education

We continue to empower our youth with the ACCA Diaspora Youth Development Recreational programs which have been a cornerstone of our efforts to educate young minds about their rich heritage and potential. We have expanded our program scope to include a critical focus on mental health, ensuring a well-rounded approach to personal and community development.

Exciting Collaborations

Our new partnership with MacEng introduces an engaging STEM initiative that promises to ignite a passion for science and technology in a way that resonates with our Black youth, providing them with the tools to succeed in increasingly tech-driven fields.

Community Events

The upcoming First Tee "Try Golf" event at the RBC Canadian Open is another fantastic opportunity for our children to learn new skills and enjoy a day filled with fun and learning, reflecting our mission to offer diverse experiences to our community.

Support for Our Elders

The ACCA Seniors Program has recently been successful in securing federal funding, allowing us to enhance our support for our seniors. This funding will expand our ability to deliver crucial services and create moments of joy and connection through events like the upcoming Mother's Day Brunch.

Celebrating Our Leaders and Achievers

We are proud to feature local profiles including the President of the Nigerian Association of Hamilton, business owner Nika, and our own board member Angie Armstrong in this edition. We are thrilled to celebrate the remarkable stories of Black women in Hamilton with the new book "Standing Tall: Black Women's Stories of Triumph in Hamilton".

Each article, announcement, and profile within these pages is a testament to the dynamic and indefatigable spirit of our community. I encourage you to engage with our programs, participate in our events, and continue to support each other in every way possible.

Together, we are building a legacy of strength, unity, and cultural pride that will empower generations to come. Warm regards,

Warmest regards,

Evelyn Myrie

President
Afro-Canadian Caribbean
Association.



ACCA YOUTH PROGRAMMING

The ACCA Diaspora Youth Development Program

The ACCA Diaspora Youth Development Program is a comprehensive 12-week initiative designed to educate youth on Black history and culture. This weekly program offers workshops that focus on life skills, and leadership development, and provides a foundation to learn about their rich heritage. We are now introducing a mental health component tailored specifically for Black youth in Hamilton, aiming to offer a holistic approach to their mental health needs. In the next series of sessions, we will be focusing on mindfulness and well-being.

ACCA partnership with MacEng

We are excited to announce a partnership with MacEng for an empowering 8-week program, scheduled for every Tuesday from May 7 to June 25, 2024, between 4:30 PM and 6:30 PM. Designed for youth aged 7-14, this initiative offers weekly STEM workshops that include a mix of tech and non-tech experiments. Aimed at sparking interest in STEM fields, these workshops are tailored to be culturally relevant for racialized individuals, enriching the learning experience for our Black youth. For more details and

to sign up, please contact us at @accayouthprogramcoordinator@gmail.com

ACCA & First Tee “Try Golf” Event at the 2024 RBC Canadian Open

Join us for a dynamic afternoon of golf with the First Tee “Try Golf” event at the 2024 RBC Canadian Open. Enjoy an array of activities including First Tee golf sessions led by Ontario coaches, a guided tour of the golf course, and a pizza party! This event is free of charge, no prior golf experience is required, and equipment and food are provided.

Details:

- Date: May 29, 2024
- Age Group: 7-13
- Time: 4:30 PM – 7:30 PM
- Location: Hamilton Golf & Country Club, 232 Golf Links Rd, Ancaster, ON L9G 2N5.

For more information and to register your child, please contact us at accayouthprogramcoordinator@gmail.com. Don't miss this chance to introduce your child to golf at one of Canada's premier golf events!



ACCA SENIORS PROGRAM RECEIVES FEDERAL FUNDING

The ACCA Senior's Program recently received a two-year funding of \$300,000 to deliver volunteer-based practical support services for low-income and otherwise vulnerable seniors at home. The ACCA will be able to expand its food program to home delivery of hot nutritious meals and support seniors with light house-cleaning, gardening, snow removal, and regular wellness checks for vulnerable and isolated seniors across the City of Hamilton.

"We are committed to helping our community members lead full lives. All of our programs are designed to increase each member's social interactions and promote a sense of community", says Evelyn Myrie, President of the ACCA. "We aim to reduce the feelings and effects of isolation and loneliness with events and various interactions targeting our aging community," she continues.

Seniors Gathering

Through our 'Senior's Social Monthly Meeting', our members can get out of their homes, have fun and socialize with other seniors while learning about interesting topics geared towards health

and wellness. These meetings are held at the Faith United Church at 842 Main Street East from 11 AM - 1 PM every 1st and 3rd Wednesday of the month. Some other events on the horizon to look out for are our:

- ACCA is hosting a senior's 'Mother's Day Brunch' on May 8, 2024. Look out for more information on this exciting activity!
- Also in May, we are preparing to start our Food Delivery Program where we provide a hot meal twice a month to assist low-income and otherwise vulnerable seniors.
- **'Move together'** once the weather is warmer; we plan to organize field trips - taking in different scenic locations across Hamilton. We want to help our members get active and sustain healthy lives.

A fair amount of our program's success is attributed to our volunteers. We would like to thank them for their diligent work and also request others to join our team and help us make a difference.



SPOTLIGHT ON LOCAL BUSINESS

Drinks By Nika



How many years have you been in business and what inspired you to start this business?

Drinks By Nika has been in business for a little over 2 years, however, I would always help friends and family out with their events long before there was ever an official business. I was doing this on the side while working in corporate communications. Then in March 2023, I left my job, incorporated DBN, and pursued this full-time.

I've always had a passion for mixology, creating drinks, and bringing people together. Growing up, I'd make Wray & Tings and other drinks for my family gatherings and domino nights. I guess that's where it all started. Then over the years I always found myself making drinks for different occasions, and my friends kept pushing me to start the business. Then one of my friends came up with the name and created business cards for me and the rest is history!

What has been your biggest success to date?

This is hard because there have been a lot. I would have to go with two because of how they made me feel. First, I'd say my biggest success to date has been bartending on behalf of Rhum Barbancourt at Milan Fashion Week for the Stella Jean Show. That was an unforgettable experience and it happened so early on in the business, that it reassured me that 1) I was on the right path and 2) I could handle anything thrown my way. There were a lot of obstacles - language barrier, sourcing ingredients, delays, but in the end everything worked out and the client was impressed. I skipped back to the hotel after that booking, overwhelmed with joy, literally crying. I was on cloud nine and I'll never forget that feeling. And then there was partnering with Island Queens (a Caribbean-infused restaurant in Hamilton) to run the bar. I always wanted to open a bar one day - it was in my five to 10-year plan.

Being in business for under 2 years at the time and being brought on to help in launching the restaurant was an incredible accomplishment. I still can't believe it. Seeing my drinks on the menu and working with Keyshia to create something bigger than us has been an out-of-this-world experience.

What has been your biggest challenge?

Transparently, I'd say my biggest challenge has been myself - my imposter syndrome. It's me being in my head sometimes being like I'm not good enough, I haven't worked at the most prestigious bars, I don't know everything, and second guessing myself and my capabilities. But I've been working extra hard to combat that. I know, intrinsically, I'm great at what I do. So it's me affirming that more, quieting the outside noise and doubt, and really trying to uncover where that fear stems from in the instances when it arises.

What inspires you to hit the ground running each morning?

My drive to be better and to make an impact. I'm always amped to wake up - see what I can accomplish each day, what I can learn, and how I can grow personally and in business. It's also seeing how I can make my day or someone else's day better. I love our clients, our community and our supporters and I'm always excited to engage with them. I especially love the opportunity I get to be creative. That overall drive and excitement continue to fuel me.

What's an interesting fact about your business that most people don't know?

Most people don't know that there's a team of us. There are three other people - Schae, Richmond, and Ellyn who help make Drinks By Nika happen. They bartend events, help with prep and strategy planning, and go above and beyond to represent Drinks By Nika in the best light. Not to mention, there's also my amazing support system of family, friends, and past clients working behind the scenes putting our name in rooms and advocating for us every chance they get. Most people think it's just me, but no, it's a village.

When you're not working, what is your favourite thing to be doing?

Sleeping, lol. Rest is so underrated but so necessary. I very much look forward to a solid eight hours of sleep. It's hard to come by so when I get it, I appreciate it. Aside from sleep, I'd say getting to unwind by myself (with a nice bevy of course), eating popcorn (my favourite snack), and watching Housewives. Right now I'm binging The Real Housewives Of Beverly Hills. It's my guilty pleasure.



NEW BOOK TELLS THE STORY OF BLACK WOMEN IN HAMILTON

Dr. Patricia Daenzer



Dr. Patricia Daenzer is a retired McMaster Professor whose work examines how race, gender, and social status influence the pursuit of justice.

Sandi Bell, Chloe Cooley, Dr. Juliet Daniel, Doreen Johnson, Tilly Johnson, Beatrice McLean, Wilma Morrison, Evelyn Myrie, Fleurette Osborne, Eleanor Rodney, and Nerene Virgin were and are outstanding female leaders who reshaped the way forward for today's generation by enshrining pathways to social progress, political awareness and policy remediation in Hamilton's civic relations. They are honoured and celebrated in this series because they stood Tall and gave us voices which we refuse to be silenced about their achievements.

These stories are also about the historical and political emergence of the City of Hamilton, an industrial town in Southwestern Ontario, Canada. But the work and lived experiences of our heroic women touched lives far beyond Southern Ontario. As members of the African Diaspora born in Canada and in the colonial West, their varied political and social expectations converged in action which challenged institutions and called into question archaic practices that tended to universally diminish Black lives. When Doreen Johnson chose Hamilton as the place to make her North American economic contribution, she encountered a small town which rejected racial equality and had enshrined a negative social stratification of peoples. But unlike many, she stayed, challenged and

educated toward more enlightened social practices. Similarly, Tilly Johnson would witness inequality of opportunity from her modest commercial niche in the private sector and take steps to highlight the importance of higher education through her scholarship endowment. Dr. Juliet Daniel charged through barriers toward becoming an accomplished scientist with focus and determination to lengthen the lives of all women.

We celebrate these women firstly because they are women. The accomplishments of women are often relegated to stereotypes of mothering and domestic obscurity. But these women parented with distinction, structured domestic lives with grace and ingenuity, and still stood out

above others for their political vision, public determination, and social accomplishments. They defied the odds! They exemplified triumph! Eleanor Rodney, for example, rejected the popular 1970s narrative that Black learners were inherently deficient and needed special remediation simply to be intellectually average in outcome. She was an accomplished educator and then educational administrator. She educated educators and never grew tired of eradicating a legacy of blindfolded biases in teaching.

The political acuity of Evelyn Myrie, Fleurette Osborne, and Doreen Johnson continues to shape change for a broad public sector and thus locate Blacks as political priorities. Osborne in particular who completed graduate education during the period of political turmoil for Black university students would transform and grow Black women's

political organizing in the international community. The work she began in the 1970s would be carried on by Myrie and others. Myrie's political determination has transformed relations in Hamilton and her name has become synonymous with change.

This series which heightens the visibility of Black Women's triumphs in enriching lives holds immense importance for current generations of males and females across ethno-racial boundaries. In our Twenty-First Century, Black women are still under-assumed, disparaged and subject to lower expectations forged more than one century ago. Heralding their accomplishments is intended to remind those who need reminding that the determination of Black women who led and travelled the underground railroad to Canada has grown in intensity and numbers and is forever the way forward.

BOOK LAUNCH A RESOUNDING SUCCESS



Honourable Jean Augustine



Over 100 people attended the book launch on Friday, April 5 at the Art Gallery of Hamilton. The event was hosted by Joelle Kabisoso, founder of Sisters in Sync with a dance performance by Shelly-Ann McLeod, drumming by Mosa McNeilly, and poetry by Crystal Mark.

YOU MAY PURCHASE YOUR COPY HERE:
<https://accahamilton.com/product/standing-tall/>



Afro Canadian Caribbean
Association



Volunteers Needed

HELP US MAKE A DIFFERENCE



Senior's Programs

AGE WELL AT HOME

LUNCH PROGRAM

BI-MONTHLY SOCIAL EVENT

MOTHER'S DAY BRUNCH



SCAN HERE TO SIGN UP

OR CONTACT THE PROGRAM COORDINATOR AT: SALACCASENIORS@GMAIL.COM

MEET OUR BOARD MEMBER



Angie Armstrong

It's hard to believe that Angie Armstrong is retired. She is a non-stop fireball of energy. Mrs. Armstrong works part-time and still has time for family and numerous volunteer positions on various Associations and Committees. It is not unlike her to fly to Ottawa in the morning, chair a meeting, and return to Hamilton on the same day. Mrs. Armstrong affirms the old adage, "If you want something done, give it to a busy person."

Currently serving as Board Member and Membership Chair for ACCA, she is also a Board Member of the Hamilton Council on Aging, Chair of the Age Friendly Collaborative Committee, Chair of the Governance Committee, and a Member of St. Matthews House Capital Projects and Facility Committee.

Born in Barbados and raised in England, Mrs. Armstrong immigrated to Canada in 1981. She credits her parents for her volunteer mindset. "They taught me to always give back," she said. I don't know any time in my life when I wasn't giving back.



HAMILTON ANTI-RACISM RESOURCE CENTRE (HARRC): DRIVING CHANGE IN OUR COMMUNITY

Lyndon George, Executive Director, HARRC

The Hamilton Anti-Racism Resource Centre (HARRC), under the leadership of Executive Director Lyndon George, stands at the forefront of combating racism and promoting systemic change in Hamilton. Established to confront and dismantle racial inequalities, HARRC has become a crucial element in the city’s efforts to develop a just and equitable society.

Since its re-launch in 2021 with a new independent board, HARRC has been strategically located at the McMaster University Continuing Education Centre in downtown Hamilton. This central location serves as a hub for the vital work of tracking and collecting data on incidents of racism in Hamilton.

HARRC’s approach to addressing racism is through a multi-layered program – namely, education, advocacy, and direct support. An important aspect of this strategy is conducting educational programs aimed at increasing awareness about the history and roots of racism and the many ways that racism and the impact of racism are still being felt today. These programs are designed for

diverse audiences including students in school, employers and their workspaces, community groups, and the general public.

“Our initiatives are not just about raising awareness but also about driving real change,” explains Lyndon George. “HARRC advocates for government policy changes at local, provincial, and federal levels to address systemic racism and discrimination.

George’s dedication to anti-racism work is rooted in his personal experience with racism that almost cost him his life and highlights the existence of discrimination in healthcare.

As a younger man in Ottawa, George faced a severe health scare involving blood clots in his leg which led to a heart attack. While being rushed to a hospital he endured excruciating pain. Shockingly, as he suffered, he was questioned about illicit drug use and was nearly sent home without proper care.

Years later, in Hamilton, George faced similar dismissiveness when he sought medical help for chest pains and shortness of breath. Remembering his previous ordeal, he took steps to be cautious about the image he presented at the hospital — unfortunately, it still took three weeks for him to receive the care he needed.

“These experiences force you to look at the world differently and challenge the systemic issues you face,” George reflects. With HARRC, he is determined to promote systemic change in Hamilton and to prevent such discriminatory encounters. “At HARRC, we provide a supportive space for individuals affected by racism to learn and seek accountability.”

Community engagement is another critical area of focus for HARRC. The centre organizes rallies, press conferences, and other forms of collective action to empower marginalized communities, build coalitions, and mobilize grassroots support for anti-racist initiatives. These activities have led to significant changes, including recent adjustments to the police service board and the Hamilton Board of Health.

Research, data collection and analysis are important to HARRC’s work and inform all of the organization’s targeted initiatives. By documenting incidents of racial disparities and monitoring discrimination trends and experiences, the centre seeks to identify necessary areas for intervention. One notable project includes the analysis of police use of force which provided essential insights into institutional behaviours and practices.

HARRC’s mission is clear: to eradicate racism, discrimination, and oppression in Hamilton through education, advocacy, and support. “The vision is to have a Hamilton where people are valued, respected, and treated equitably regardless of race. We strive for a community where diversity is respected, systemic barriers are dismantled and antiracist principles are the norm.” says George.

This spring HARRC will be announcing their Spring 2024 series of community engagement sessions. These sessions are designed to identify concrete actions to further address the issues of racism in our community, ensuring that Hamilton is a place where all individuals are treated with respect and equity.



UPCOMING EVENTS

May 10 - 14

Lucky Lion Night Market

Bayfront Park
FRIDAY: 4 PM - 12 AM
SAT: 2 PM - 12 AM
SUN: 12 PM - 8 PM

May 10

Refugee Health, Black Health and Social Services: "Advancing Health Equity for Communities Made Marginalized"

9:30 AM - 2:30 PM.
David Braley Health Centre
Tickets: <https://shorturl.at/rMSZ3>

May 23

Empowerment Squared 2024 Community Report

5:30 PM
Hamilton Public Library
55 York Blvd.

May 24

Hamilton Newcomer Day

12 PM - 6 PM
Hamilton City Hall

May 25

Africa Day Celebration

10 AM
Calvin Christian School
547 West 5th, Hamilton

May 29

ACCA Youth First Tee Try - Golf Event

4:30 PM - 7:30 PM
Hamilton Golf and Country Club
232 Golf Links Rd, Ancaster
Register: 905 385 0925 or email accayouthprogramcoordinator@gmail.com

May 30

Chocolate Fest

6:00 PM - 9:00 PM EDT
Art Gallery of Hamilton
123 King Street West Hamilton, ON L8P 4S8
Tickets: <https://shorturl.at/rKUVY>

June 9

BLK OWNED - Brewing Success

1 PM - 4 PM
Art Gallery of Hamilton
123 King East
Tickets are \$145
Tickets: <https://shorturl.at/ckyC2>

June 10

Hamilton Seniors Kickoff Event!

10:00 AM
Michelangelo Banquet Centre
Call for a free ticket: 905-777-3837 ext. 12434, before May 31!

June 14

ACCA Seniors Wellness and Empowerment Forum

11 AM TO 2:30 PM
Bernie Morelli Centre
Registration is free: 905 385 0925

June 21

National Indigenous Peoples Day

Watch for events

June 29 - Mon July 1, 2024

It's Your Festival:

Sat Gage Park, Hamilton



DRAGON STOUT BBQ CHICKEN

For the chicken

- 3lb of chicken thighs
- 1/2tsp of Salt
- 1 Tsp Dark Soy Sauce/
Browning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 tsp Cayenne/Paprika
- 1/2 tsp black pepper
- 1 Tbsp Lemon Juice
- 1 Tbsp Neutral Cooking
Oil
- 1 Tsp All-purpose
seasoning

For The Sauce

- 1 bottle of Dragon Stout
- 1.5 cups Ketchup
- 1/4 cup Brown Sugar
- 1/4 cup Molasses
- 1 tbsp. Apple Cider
Vinegar
- 1 tbsp. Worcestershire
Sauce/Liquid Smoke
- 2 tsp. Smoked Paprika
- 1 tsp. Onion Powder
- 1 tsp. Garlic Powder
- 1/2 tsp. Salt
- 1/2 tsp. Black Pepper

INSTRUCTIONS

CHICKEN

Trim and discard excess fat from the chicken.

Let the chicken soak for 30min in (1/3 cup vinegar, 1/4 cup sugar, 3 cups water). After 30 min, pour off the water and pat dry the chicken.

Mix seasonings in a small bowl until well blended; stir in lemon juice and oil to form a paste.

Rub evenly onto the chicken. Let it marinate for 1hr.

Place the chicken, skin side up, on the grill; cover the grill with a lid.

Grill 15 min.; turn over.

Brush with 1/4 cup of the Dragon Stout BBQ Sauce.

Grill an additional 15 min.; turn over.

Brush with remaining 1/4 cup barbecue sauce.

Continue grilling for 5 minutes or until the chicken is cooked through (internal temperature of 170°F or until juices run clear).

SAUCE

Trim and discard excess fat from the chicken.

Let the chicken soak for 30min in (1/3 cup vinegar, 1/4 cup sugar, 3 cups water). After 30 min, pour off the water and pat dry the chicken.

Mix seasonings in a small bowl until well blended; stir in lemon juice and oil to form a paste.

Rub evenly onto the chicken. Let it marinate for 1hr.

Place the chicken, skin side up, on the grill; cover the grill with a lid.

Grill 15 min.; turn over.

Brush with 1/4 cup of the Dragon Stout BBQ Sauce.

Grill an additional 15 min.; turn over.

Brush with remaining 1/4 cup barbecue sauce.

Continue grilling for 5 minutes or until the chicken is cooked through (internal temperature of 170°F or until juices run clear).



7 QUESTIONS FOR OLAWALE (WALE) WILLIAMS

When Olawale Williams arrived in Canada in the early 1990's he had no intention of staying. He was looking forward to returning to Nigeria to the life he knew and enjoyed. However, after the 1993 elections in Nigeria, his family made a decision that he should stay in Canada. With a background in Business Analysis, his primary economic activity is private equity investments.

Owale became president of the Nigerian Association of Hamilton on October 1, 2023 on the Nigerian Independence Day. As President of the 15-year-old organization one of his greatest desires is to see the Association play its part in bringing about a community that is truly united in its diversity - one that smoothly integrates newcomers and ensures equal access to all the necessities of life in Canada i.e. housing, jobs, social support etc.

The Griot Community Newsletter put a few questions to Owale and his answers are insightful and offer much food for thought.

1. Who or what inspired you in your life?

My inspiration stems from the resilience and determination of Nelson Mandela. His 27-year imprisonment in the Apartheid South Africa - with a little more than hope and ambition, and his unwavering dedication to building a better and unified country inclusive of everyone continues to inspire me every day. One of his quotes "It always seems impossible

until it's done," is a mantra I repeat to myself every morning before heading out.

2. How did that person or thing inspire you?

Mandela's perseverance in the face of adversity and his commitment to overcoming his challenges in such a difficult, scary, and charged climate have taught me the importance of hard work, integrity, and perseverance in achieving my goals.

3. Which 2 books would you want to have with you if you found yourself on a deserted island?

If I found myself on a deserted island, I would choose "The Alchemist" by Paulo Coelho for its timeless wisdom and "How to Survive on a Deserted Island" for practical guidance in such a situation.

4. If you could have one superpower, what would it be?

Superpowers are things I do not think about. They are a fantasy whereas we live in the real world. Real superpower is going out of your way to do the little things that are within your power to get done - things that positively impact people's lives. That being said, I believe we all have superpowers in our own way.

5. Share three words that your close friends would use to describe you.

My close friends would likely describe me as dedicated, empathetic, and visionary.

6. What do you hope to accomplish as President of the Nigeria Association of Hamilton and District?

As President of the Nigerian Canadian Association of Hamilton and District, while advocating for the needs and interests of our community members, I hope to set a blueprint for building and fostering a stronger sense of community among the Nigerian community and other Hamiltonians. Our various initiatives

and programs aim to promote cultural exchange and foster understanding.

7. What is the best advice you would give to this up-and-coming generation?

The best advice I would give to everyone, not just up-and-coming generations is to never underestimate the power of believing in yourself, persevering during difficult times, and showing kindness towards one another. We all need to embrace challenges as opportunities for growth, stay true to our values, and always strive to make a positive impact on the world around us.



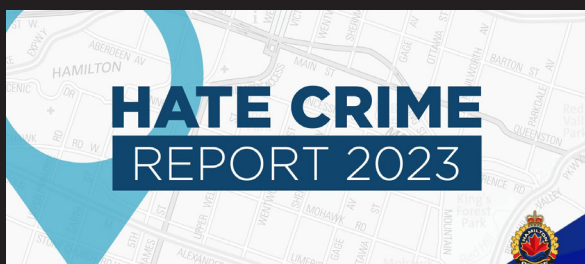


OF NOTE

On March 21, 2024, American author, professor, and activist **Ibram X. Kendi** was a guest speaker at the International Day for the Elimination of Racism forum organized by Hamilton Anti-Racism Resource Centre (HARRC). More than 100 people attended the event held in downtown Hamilton.



Hamilton Urban Core Health Centre has recently moved to its new 26,000-square-foot space located at 430 Cannon Street East, where it will offer all its programming under one roof. Programs include the Consumption and Treatment Services, dental, chiropody, mental health counselling, addictions services, programs for youth, health promotion for seniors, nutrition programs (enhanced by a new, large industrial kitchen!), newcomer services, and access to primary care through physicians and nurse practitioners.



2023 Hate Crime Report Highlights Ongoing Issue of Anti-Black Racism

In its recently released Hate Crime Report, Hamilton police reported a 26% increase in hate incidents and crimes in 2023, with Black, 2SLGBTQIA+, and Jewish communities most targeted. Read the report here:

<https://pub-hpsb.escribemeetings.com/filestream.ashx?DocumentId=4956>



DONATE TODAY!

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Twitter: @accaham • Insta: accahamilton

To volunteer contact acca1979info@gmail.com