

Fall 2010

# ACHSA

African and Caribbean Heritage  
Students' Association



*“Celebrating Oneness  
through Diversity”*

# Welcome from the President...



On behalf of the African and Caribbean Heritage Students' Association (ACHSA) @ SFU, I extend a warm welcome to all new students. And to those who are returning, welcome back – you have successfully made it through another year!

University is not just about study - which is why ACHSA is here. It's a time to get involved in the many adventures that university life brings – meet new people, know new cultures and of course do new and exciting things. If this is your plan, then ACHSA is where you want to be. We look forward to welcoming new members to our club, for we are anxious to share a plethora of cultural experiences with you.

Thanks to past and current members, last academic year was a huge success for ACHSA. We managed to churn out our first ever newsletter, held a successful Black History Month & Haiti Fundraiser event and 2 sensationally AWESOME parties. With plans already in place for exciting new projects, including establishing a bursary/award for members, we have every expectation that this academic year will be as fun and eventful as the last.

We therefore invite you to come and share in our very colourful Caribbean and African cultures...and don't worry, you don't need to be of African descent – you just need to be you. The experience promises to be enlightening, fulfilling and tons of fun!

*Joy Walcott-Francis, President - ACHSA*

## ACHSA Executive Officers

Vice-President - Colin Francis

Secretary - Amaka Onukwulu

Finance Officer - Esther Asimo

External Relations Officer - Ex Tax

Internal Relations Officer - Mona-Lisa Delva

IT Officer - Richard Vickery

Events Coordinator - Danny Tshitumbu

**GLOW IN THE DARK  
SUMMER  
PARTY EVENT RECAP**



The “Glow in the Dark” summer party held at the Highland Pub on the 25th of June, 2010 was an amazing night for the wonderful people who turned out to have a good time and support the cause of the organizers, ACHSA, which was to raise funds for a student bursary for individuals in need

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... good times

Planning for the event was both hectic and exciting for the organizing team. ACHSA had organized a similar event the year before and the success of that event drove the association to do it BIG once this summer came around.

The turnout for the event was larger than expected thanks to the organizing team, friends and family. The glow theme complimented by fluorescent accessories at the entrance as well as the lighting contributed to a delightful environment, and DJ Kizum and his buddy Grindhouse couldn't have done a better job! Thanks too to our resident artist Mona-Lisa for the stunning glow body paint designs...GREAT JOB!

Special thanks to all the sponsors who contributed to the success of this event and to the wonderful time had by the guests who were in attendance. The sponsors were Kingston 11 Reggae Café, Chartwells Dining Service @ SFU, The Afro News, Waves Coffee House (Hastings & Richards), and The Highland Pub @ SFU. The event in the eyes of ACHSA was another success and ACHSA is pleased to have seen people leaving the event with smiles and laughter.

Exuperius G.R. Tax, External Relations Officer

-ACHSA



# Black History through the Arts & Haiti Fundraiser

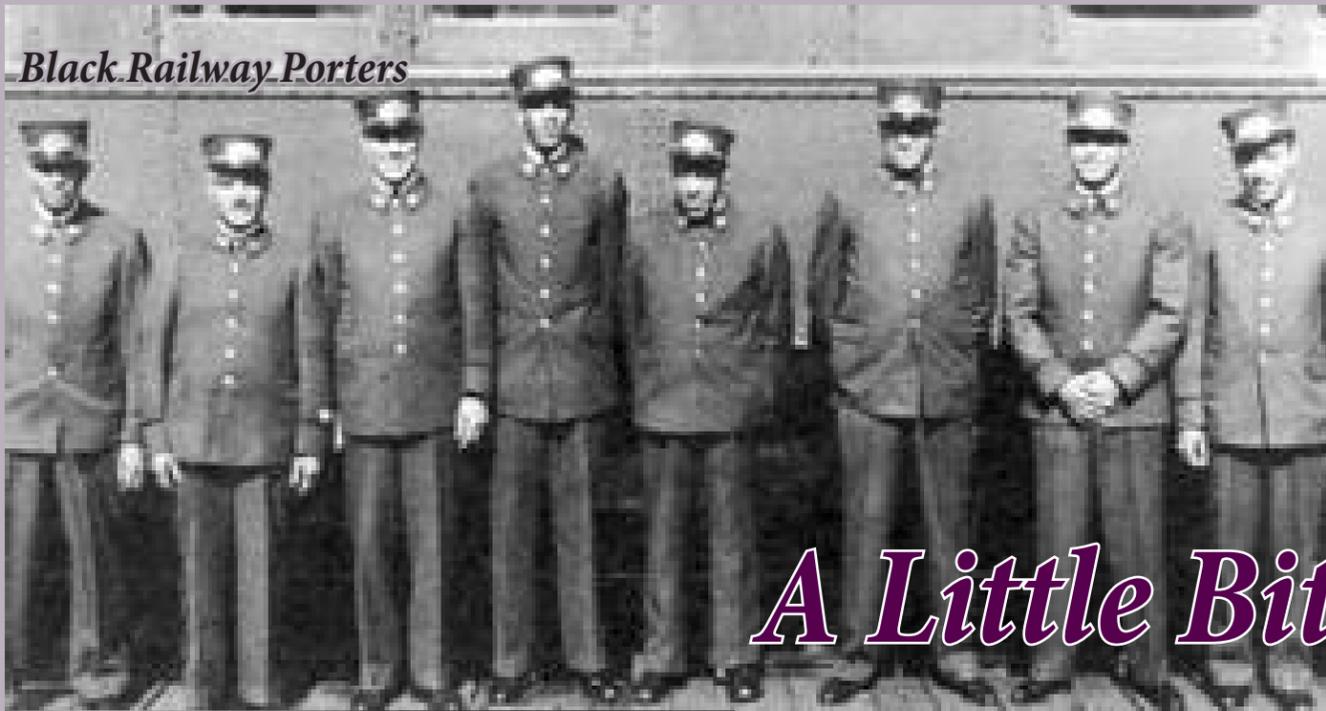
## CLUB EVENTS!!!!



On Tuesday, March 2, 2010 a mouth-watering aroma of Jerk Chicken and Jamaican Patties wafted through the air, encircling the Convocation Mall amidst star performances from our members, past members and friends. This year's Black History Month event, dubbed "**Black History through the Arts**", was more than a celebration of the artistic and creative talents of black people, locally and globally. It was a solemn time for us as we reflected on the devastation caused by the earthquake in Haiti. As such, the event was also our culminating activity to the **Haiti Fundraiser Drive** that we had started a few weeks prior by placing donation jars at the Library and the Student Central.

The event showcased an excellent line-up of performances from **Danielle & Janelle Reid; Amaka Onukwulu; Mona Lisa Delva; Kevan 'Scruffmouth' Cameron; Junie Desil; Grupos Capoeira Males; Danica Denomme; and steel band aficionado, Mike Layne.** All performances attracted the enthusiasm and participation of a number of passers-by. There were several artistic works on display, and on sale, a range of African craft and jewelry items. The rain held up, the sun came out, and we had a good vibe going. Special thanks to our sponsor **Calypso Foods, Surrey** for the Jamaican patties that were such a huge hit with the crowd – all were sold within the first half hour of the event; our volunteer performers and those members who diligently assisted in making the event the success that it was.

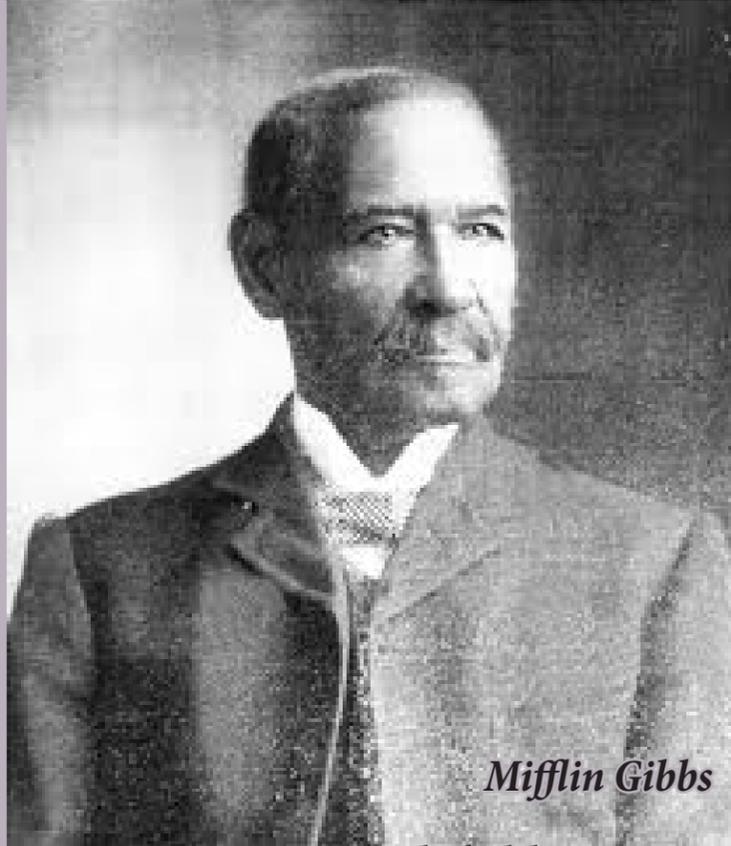
*Black Railway Porters*



*Mathieu Da Costa*

## *A Little Bit of History.*

### **Did you know that...?**



*Mifflin Gibbs*

- The first recorded person of African heritage to set foot in what would become Canada arrived on Canadian shores some 400 years ago? It is believed that in 1604, *Mathieu Da Costa* arrived with the French explorers Pierre Du Gua De Monts and Samuel de Champlain. Da Costa, a free man, worked as an interpreter, providing an invaluable link with the *Mik'maq* people encountered by the Europeans.

- In 1779, in an effort to win the War of American Independence (1775-1783), the British invited all Black

men, women and children to join the British cause and win their freedom for doing so? Many accepted the invitation, and as a result 10 percent of the United Empire Loyalists coming into the Maritimes were Black.

- Railway porters played a major role in the struggle for Black rights in Canada? Starting in the late 1880s, they emerged as leaders of Black communities in Montréal as well as other urban centres. Through their unions, such as the *Brotherhood of Sleeping Car Porters* and the *Order of Sleeping Car Porters*, they gained recognition for Black workers. After the Second World War, the porters made important contributions to the campaign for human rights, particularly through their struggle to end discrimination in railway employment.

- In 1858, nearly 800 free Black people left the oppressive racial conditions of San Francisco for a new life on Vancouver Island? Governor James Douglas had invited them to settle in British Columbia. Though still faced with intense discrimination, these pioneers enriched the political, religious and economic life of the colony. For example, *Mifflin Gibbs* became a prominent politician, *Charles and Nancy Alexander* initiated in 1862 the *Shady Creek Methodist Church* (still in use), and *John Deas* established a salmon cannery. The group also formed one of the earliest colonial militia units, the *Victoria Pioneer Rifle Corps* (*The African Rifles* – 1861-1865).



*Victoria Rifle Corps*



# A tribute to Africa at the Games...

# FIFA WORLD CUP

# A S O u t h A F R I C A



*Spain's win.*



*Ghana in its final game*



*Crowds at the World Cup*

This year South Africa had the honour of being the first African nation to host the FIFA WORLD CUP. It was one of the most suspense-filled and exciting games to date, where favourites were eliminated early, underdogs rose beyond expectations and the entire world was introduced to vuvuzelas. In the end, Spain won the title of FIFA World Cup Champion (for their first time); but it was Ghana that captured the hearts of millions when they solidified a place in the quarter-finals. They made history, as the first African team to make it so far, and FIFA ranked them 13th overall out of the 32 teams that participated.



# Spotlight on our Sponsors



## Kingston 11 Reggae Café Jamaican Food at its best!

If you haven't had Jamaican food before, or if you are craving some home cooked deliciously flavoured Jamaican food, then go no further than Kingston 11 Reggae Café.

Described by food connoisseurs as “home cooking for the soul,” Kingston 11 Reggae Café offers patrons a low keyed, unpretentious environment, mouthwatering food, great service, great hosts, starting with the chef, a huge Jamaican guy with a similarly huge smile to match. Kingston 11 serves a changing daily menu of meats and fish that are Stewed, Curried or Jerked to perfection, and they have an awesome selection of Jamaican soft drinks (pop).



*Fish*

In the mood for fish, why not try the escovitched red snapper or some ackee and salt (dried cod) fish? Both are mouth-watering. The ackee and salt fish comes with two large dumplings, some fried plantain, steamed ground provision and callaloo. Other dishes are served with sides of salad, fried plantain and rice and peas. Enjoy two of Jamaica's favourite – spicy jerk chicken or pork with the meat falling easily from the bone. However, my personal fave – the succulent oxtail! Cooked and seasoned to the bone, the meat deliciously melts away in your mouth leaving you begging for more.

Prices range from between \$9 and \$12 for a small or large serving respectively. But beware, if you go large, someone may have to roll you out – large is LARGE!

Kingston 11 Reggae Café, located at 232 Lonsdale Ave, North Vancouver, BC V7M 2G1 is easily accessible by seabus and is approximately 3 blocks up Lonsdale Quay from the waterfront.



*Jerk Chicken*

*Joy Walcott-Francis*

# Spotlight on our Sponsors

## Mawunyo Komla (Honore) Gbedze

- Afro News Publisher
- La Palabre radio show producer
- Chef

Mawunyo Komla (Honore) Gbedze was born in Atigbe Abayeme, a village in the province of Agou, in Togo, Africa. From the age of eight, Honore learned to work, earn and be responsible. From his teacher father and his entrepreneurial mother he

inherited the legacy of community development and participation. His great grandparents instilled their wisdom and the family's commitment to meeting and solving challenges positively. Working with Togo's top Hotels and Resorts he achieved his professional certification as chef. Togo's political and economic hardships required that Honore begin again in Canada.

Now in Vancouver and eager to contribute, he continues his 16 year career as chef (see one of his recipe's under Food Anyone? section) and has expanded ways for Africans and the world to understand more about each other. Honore bridges communication as host and producer of La Palabre radio show, as publisher of The Afro News and founder of charitable efforts to share resources.

Honore's belief that education is critical in building a strong, vibrant and competitive Canada is what keeps him committed in his efforts to helping students excel, and indeed speaks much about his support for ACHSA. We are truly appreciative.

And as we thank Honore for his support and dedication to the Afric community, I wish to use this opportunity to invite members who are interested to contribute articles to The Afro News, a community-based newspaper that deals with issues in BC, Canada and worldwide.



# Food Anyone?

*Haitian drink recipe from Mona-Lisa...*



## **PAPAYA JUICE**

(this is a very rich and filling recipe. So it is better accompanied with small/ light lunches)

*SERVES 5-6 people*

### **INGREDIENTS**

One ripe papaya

**Note:** When buying the papaya, the color should be very yellow. Beware of soft or sunken spots, which indicate bruising and possible spoilage. Papaya can turn very easily in warm climate. So it's best to buy it at the time of making the drink

1 can of evaporated milk

2/3 cans of water

Sugar to taste

Pinch of salt

Ice



### **METHOD**

1. Peel the papaya completely, cut away any spoiled spots, and cut in half lengthwise.
2. Using a spoon, remove all the seeds and light colored flesh, and dice the papaya into cubes.
3. Into a blender, add the diced papaya, a can of evaporated milk, and a pinch of salt.
4. Using the can the evaporated milk was in, fill the can 2/3 the way with water and add to the blender.
5. The usually recipe calls for about a cup of sugar. You can blend it without it the sugar, and allow your guests to add sugar to their liking.
6. Fill blender with ice.
7. Blend until smooth.
8. Serve and enjoy.
9. Best if this is prepared the day of and consumed immediately.

***Drinks are  
great but, what  
about dinner?***



**Preparation Time: 25 min. Cooking Time: 25**

**ROASTED  
CORNISH GAME  
HEN WITH  
SAUTEED  
CHANTERELLE'S  
AND FRESH  
CORN SAUCE**  
*By Chef Honoré Gbedze*

SERVES 2

**INGREDIENTS**

1 whole Cornish Game Hen	Fresh chopped parsley
8 big Chanterelle's (mushrooms)	1 tea spoon fresh pepper corns
8 small golden potatoes	3 tea spoons olive oil
8 oz (1 cup) of green beans	1 tea spoon of butter
2 tea spoons chopped garlic	1 big shallot
1 tea spoon lemon zest	$\frac{3}{4}$ cup of red wine
1 tea spoon coarse Salt	1 table spoon brandy
Fresh chopped thyme,	2 tea spoons fresh cream

**METHOD**

1. Marinate the Cornish Game Hen with fresh thyme, 1 tea spoon garlic, olive oil,  $\frac{1}{2}$  cup red wine for about 25 minutes in fridge. Clean the chanterelle mushrooms well. Boil the potatoes
2. Pan sear the Cornish Game Hen season with lemon zest salt (mix zest and salt) and flambé with the brandy and transfer to roasting pan and finish by cooking in 350° F oven for about 25 minutes. Let the cooked hen rest for 5 minutes after cooking. Cut in half.
3. Quickly blanch the green beans (place in boiled water)
4. Cut the cooked potatoes in half and sauté, add the beans and the chopped garlic and season with salt and pepper to taste, add parsley.
5. Sauté the chanterelle mushrooms and chopped shallot in butter. Deglaze the pan with remaining  $\frac{1}{4}$  cup red wine, add the pepper corns let the sauce reduce and finish with fresh cream.
6. Dress your plate and serve.

# Spotlight on a CURRENT MEMBER!!



## *Mona Lisa Devla*

She is ACHSA'S Internal Relations Officer.

An active participant in almost every event and fundraiser.

She knows how to make great papaya juice. (see "Food Anyone?")



*... and she's  
an amazing artist*

*-but  
her work  
speaks  
for  
itself.*





Trinidad  
& Tobago

Barbados

Jamaica

Haiti

Congo

Uganda

South Africa

Nigeria

Kenya

Sierra Leone

Ghana

Tanzania

## **Notices:**

We bid adieu to *Kevin Harding*, Coordinator, SFSS GO who will be leaving us to begin graduate studies at York University in Toronto. It was great working with you Kevin. Best wishes!

The incoming executive body wishes to thank out-going execs *Priye Iworima*, *Chiaka Drakes*, *Samar Haroun*, and *Shansi Adderley* for their hard work and commitment to ACHSA over the past year, and for some, years!

## **Upcoming Events:**

### **Halloween Pub Night (Party)**

Friday October 29 - Highland Pub, SFU  
9pm - 1am

### **World AIDS Day 2010**

Wednesday December 1  
Project/Event - TBA

### **Black History Month 2011**

February 2011  
Events & Opening Ceremony -Dates TBA

## **ACHSA Contact**

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<http://www.sfu.ca/achsa>

**Join us on Facebook by searching "ACHSA" (in capitals)**

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