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AFRICAN  
CARIBBEAN  
HERITAGE  
STUDENTS

*"Celebrating Oneness Through Diversity"*

Newsletter Fall 2008

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## Welcome from the President...



### Welcome to the 2011/2012 academic year!

The African & Caribbean Heritage Students' Association welcomes new and returning students to our SFU community. We trust that you had a fun, yet relaxing summer and that you are now ready to take on this year by storm.

If you have not yet found a club home, we invite you to make ACHSA your home. We look forward to welcoming new members to our club - we are always anxious to share our unique and exciting cultures with you. Because we believe that your time at university should be among the best and most rewarding experiences of your life, our gregarious executives have ensured that a host of stimulating and fun activities await you. Last year, we had a blast! This year we aim to triple that. So join us and be in on the ACHSA adventures! Don't be caught on the outside looking in....and by the way, you need not be of African descent – you just need to be you. We promise that you will find it enlightening, fulfilling and tons of fun!

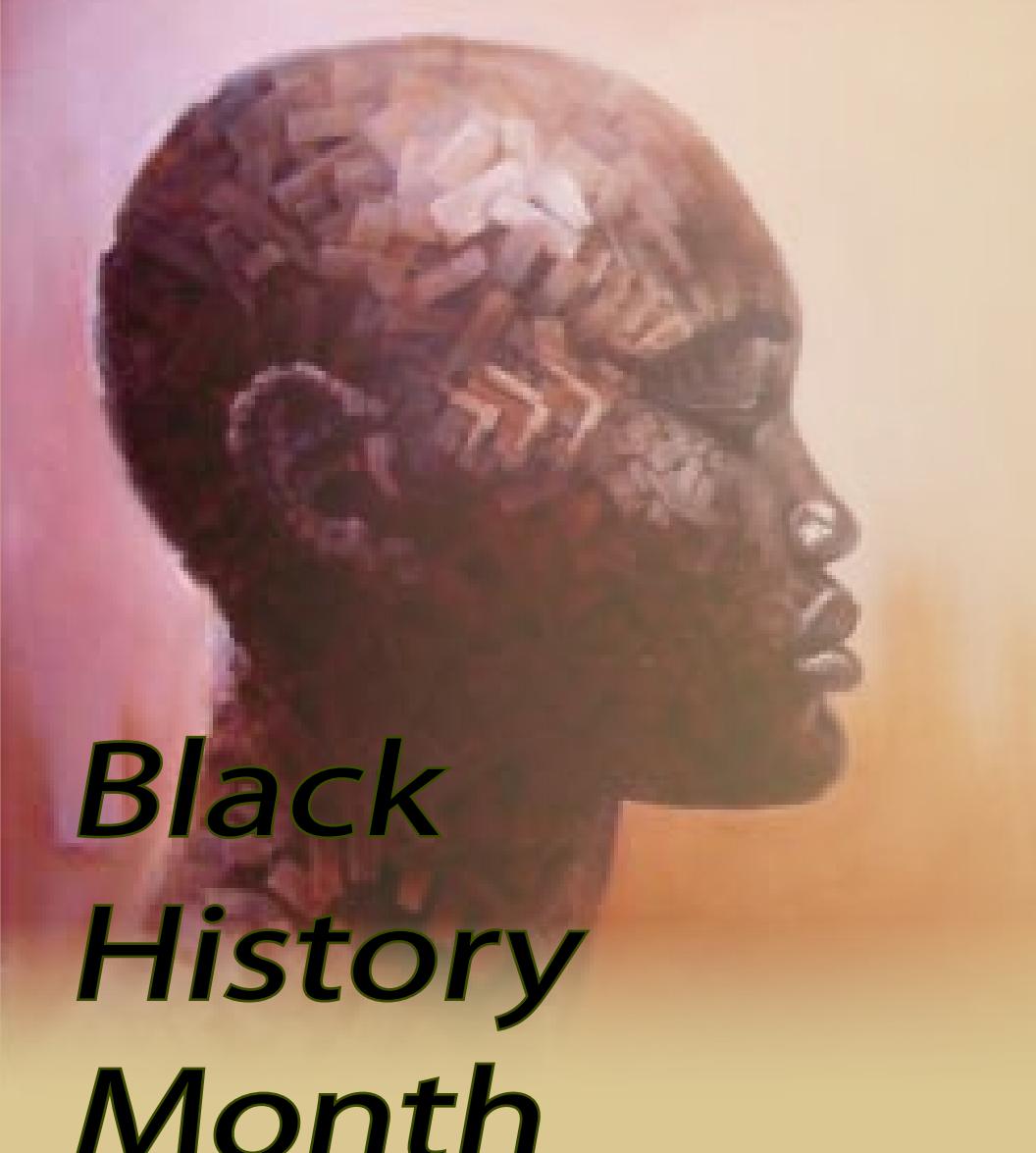
Best of wishes on a productive semester!

Joy Walcott-Francis  
President - ACHSA



### ACHSA Executive Officers

President: Joy Walcott-Francis  
Vice-President: Colin Francis  
Secretary: Teniola Agbebi  
Finance Officer: Esther Asimo  
External Relations Officer: Ex Tax  
Internal Relations Officer: Mona-Lisa Delva  
IT Officer: vacant  
Events Coordinator: vacant



## Black History Month

For the month of February, ACHSA was a "buzz" of activities in celebration of Black History Month. Whether it was a movie and commentary night or a display of the many talents of the African and Caribbean community at Simon Fraser; the activities were geared towards taking a critical look at the various issues concerning "blackness," and also a celebration of the many successes that we have had as a people.

The highlight of the activities was the opening ceremony. The focus was on the journey of the 19th century black slaves, via the Underground Railroad, en route to the free states of the United States and Canada. The theme for the event was: "A Passage Through Time."

There were a variety of displays detailing the major contributors to this secret network (Underground Railroad) and the various routes that were taken by the slaves to their freedom. The journey was made possible with the aid of abolitionists and allies who were sympathetic to the slaves struggle for freedom. In aiding the cause, these contributors provided many "rest stops" and "safe houses" during the journey.

The creativity of the African and Caribbean community was also showcased through dance, song, dub poetry, and a fashion show. How can we forget the food?! As the mainstay of any African and Caribbean event is the tasty cuisine. Yes, the patties and plantains did add some spice to the day and were sold out before the end of the event!

Dr. Martin Luther King Jr. once said: "If you can't fly, then run; if you can't run, then walk; if you can't walk, then crawl. But whatever you do you have to keep moving forward." This must have been the mantra of the sojourning slaves during their passage to freedom via the Underground Railroad. The journey continues...

-Marsha-Ann



# ACHSA Pub Nights!

ACHSA pub nights are what most students look forward to each semester. For the most part, they are fundraisers for awards to assist students financially. Otherwise, they are a time to let go and simply have an awesome time! Among the events that took place this past year were the "Dream Weaver Halloween", "Soul Train (70's 80's)" and the "Celebrity Summer Swagger" pub nights. They were all huge successes and everyone left the club exhausted yet knowing they had a unique experience.

## Dream Weaver Halloween

"dress as something; someone from your worst nightmare or your wildest dream"

Fall 2010's Dream Weaver pub night was truly outstanding. It had people from various ethnicities getting geared up for Halloween. Almost everyone could be spotted during that night, from nurses in scrubs, storm from X-men, Pocahontas and a very unique lion... or lioness.



Moreover those who didn't have any time to get a costume, body paints were provided for a small donation. Needless to say, door prizes, drink specials and a prize for the best dressed had people excited.

## Soul Train...



Next, was Soul Train pub night during the spring semester of 2011. Pub nights were growing in popularity, and this was the time to let out the afro puffs and bell bottoms. It was like heading back in time. "Get down on it" and "now that we've found love, what are we gunna do with it" are a few songs that were played that night.



## Celebrity Summer Swagger!

The summer of 2011 brought the Celebrity Summer Swagger pub night. It was an exceptional night that gave the guests a chance to live the celebrity life for the night and be in the spot light. Everyone who came took pictures on the red carpet by the "paparazzi" and danced the night away. They partied like celebrities with DJ Kizum and the Dynasty Boys. It was beyond doubt a night to let yourself be the star.



ACHSA members have tons of ideas for pub nights and each one beats the previous in awesomeness. Hope to see you at the next one!

-Afaf Ahmed "Fiffy" Muhumad



## Buffalo Soldiers



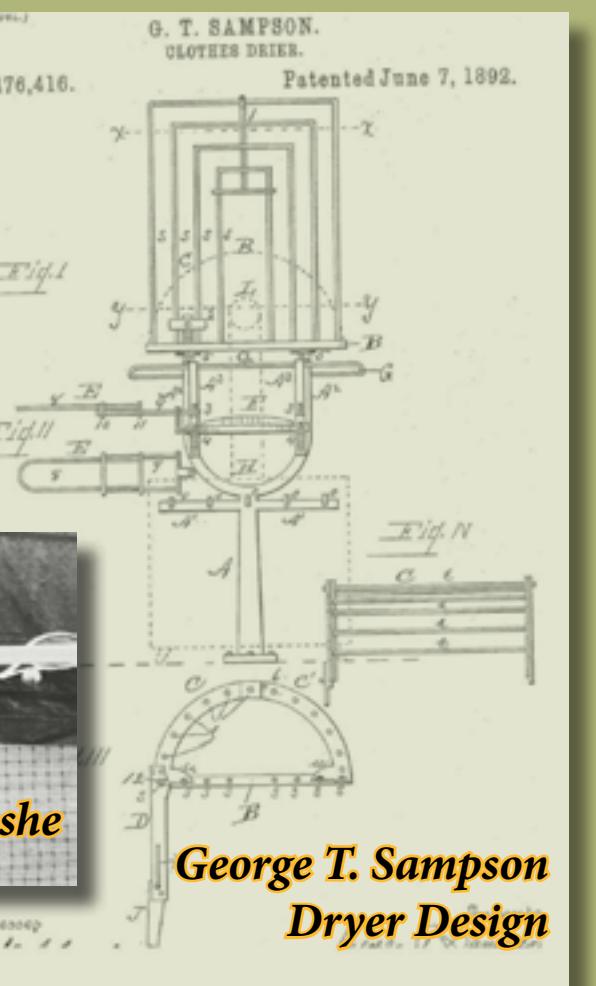
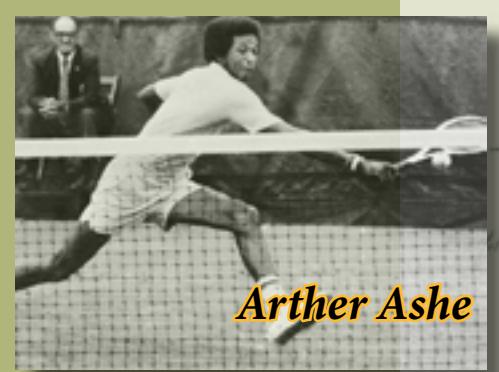
## A Little Bit of History...

### Did you Know?

- The first black astronaut to travel to space exited the earth's atmosphere 28 years ago. In 1982, Guion Bluford was a crew member of the Challenger shuttle on Mission STS-8. Along with being a former NASA astronaut, Bluford also has a Ph. D in Aerospace Engineering and is a retired Colonel of United States Air Force. The first black female to become an astronaut was Mae Jemison in 1992.
- The largest number of Medal of Honours received by any United States military unit was given to an all black regiment. In 1866 the U.S. Army started an all black regiment, commonly referred to as "Buffalo Soldiers". In total these men received more than 20 Medals of Honour; the last of the Buffalo Soldiers, Mark Matthews, passed away in 2005 at the age of 111. Canada established an all black battalion in 1916 during World War I, the No. 2 Construction Battalion.
- In 1985 the first African American was inducted into the International Tennis Hall of Fame. Arthur Ashe was the first African American to win the U.S. Open in 1968 and Wimbledon men's singles in 1975. To this day he remains the on black man to win men's singles at Wimbledon, the U.S. Open or the Australian Open

## Black Inventors

- John Love invented the pencil sharpener in 1897.
- Thomas J. Martin patented a fire extinguisher in 1872.
- The dryer was invented by a Black man in 1892! George T. Sampson created a device that used heat from a stove to dry clothing.



Arthur Ashe

George T. Sampson  
Dryer Design

## Spotlight on Students at

SFU

### Jocelyn John

Health Sciences Major

#### Founder of the Dzaleka Project

A student-run non-profit organisation committed to changing the lives of refugees in Dzaleka Refugee Camp in Malawi, South East Africa. Currently partnering with other non-profit organizations and working towards raising \$30,000 needed to sponsor a 9 member refugee family from Dzaleka Refugee Camp to Canada.



I used to be disturbed by the fact that I was once a refugee and my family and friends still live in a refugee camp. However, I realised that past experiences don't determine present capabilities. I have chosen to use my past experience, which I consider inevitably negative, to make a difference in others' lives. Wondering in the Dzaleka Refugee Camp, in Malawi, South East Africa, I received a scholarship through the World University Service of Canada to study at SFU, in 2007. A year later, I was inspired to establish the Dzaleka Project to illuminate the condition of refugees in Dzaleka camp and raise \$30,000 to resettle a family of 9 to Canada. The Dzaleka Project has created a ground for the SFU community to live up to the motto of "Thinking of the World". Enthusiastic Dzaleka Project volunteers have the opportunity to appreciate the world differently. Learning about the realities of refugees allows for a different perspective about the world. In the midst of a hectic day at school, filled with assignments and papers, you may quickly think that life sucks. A student in a refugee camp has no right to sense how busy it gets in school. Indeed my experience living in refugee camps, under various disadvantages such as lack of rights for an education and poor living conditions, has turned into a positive; a chance for the determined Dzaleka Project volunteers to make a difference. The Dzaleka Project is also a humanitarian journey. We are determined to keep it going until we are able to change lives. We have risen over \$6,000 so far. As part of our ongoing efforts, On September 25th, we are hosting a fundraiser called:

#### Flying with Wings Pub Night.

It will be a fun night and a fundraiser, featuring live band, Mechanical Surf Board Riding, 5 Cents Chicken Wings, Drink Specials and Prizes, including Canucks Ticket Giveaway, Gift certificates, Gift baskets and more. Limo Bus transportation is available to pick you up from Lougheed skytrain station to the venue.

Date: September 25th, 2011

Time: 7pm-12am

Address: Roosters Country Cabaret,

#4 - 19040 Lougheed Highway, Pitt Meadows

Tickets: \$10 (Includes a free drink)

Purchase tickets on line:

<http://www.dzaleka.org/events/>

OTHER PLACES TO PURCHASE TICKETS:

SFPIRG-SFU (TC 326)

Monday-Friday 10:30am-3:30pm

**Address any inquiry to:  
[info@dzaleka.org](mailto:info@dzaleka.org)**

Please help promote this event by forwarding invitation. We are giving \$25 gift certificate to individuals or groups who sell the most ticket (must be over 15 tickets). Please email [dfw1@sfsu.ca](mailto:dfw1@sfsu.ca) if interested.

**Donations to the Dzaleka Project are accepted and appreciated**

# Ruky Abdulai

## ATHLETES



Sport: Athletics

Originally from: Ghana

Current Residence: Coquitlam, BC

I am a Canadian Olympic athlete. I have competed for Canada in track and field in the 2008 Olympics in Beijing, 2009 World University Games in Serbia, 2009 Berlin World Athletics Championships and the 2010 Commonwealth Games in Delhi, India. I'm originally from Ghana but I came to Canada as a student athlete for Simon Fraser University and studied Women studies, Criminology and Visual Arts. I was the 2008 Canadian National Champion in the long jump and the most accomplished collegiate female athlete in the history of the

National Association of Intercollegiate Athletics (NAIA) with a record 17 national championship titles. I'm also the NAIA record holder and set the Canadian record of 6.72 meters in the spring of 2008 and as well won the 2011 Canadian Champion in the heptathlon (7 events).

My childhood dream came true when I made the Canadian team, and represented Canada in the Beijing 2008 Olympic Games. I am currently preparing for the 2012 London Olympic Games and 2012 World Athletics indoor Championships. My goal is to win a medal for Canada at these major Games. I am currently training with some of the best coaches in Canada to achieve these goals. Two of these coaches are SFU Track and Field head coach, and Olympian, Brit Townsend and SFU Track and Field assistant manager Jerrold Jones. My goal is to be: the best that I can be, to be a medal contingent in the London 2012 Olympics, to be a well respected, contributing member of our community and to help and encourage kids in our community to keep persevering in whatever sports they're involve in and never give up. I pledge to create a better Canada by inspiring and motivating the youth in our community, helping them develop the ability to set goals and dedicate themselves to achieving them.

## Priye Iworima

Sports: Long jump although every once in a while you try out high jump

Originally from: Port Harcourt, Nigeria

Current Residence: Burnaby, BC



I came to Canada in 2004 for my university degree. I've always been involved in some sports event throughout the course of my high school, so I was pleased with trying out for the track and field team at SFU. Sports had always been very interesting for me as a child, especially since my sister was teaching me the different events for track and field. We would have competitions on who could get the most medals while I was competing in secondary sports and she was at a higher level. Every time I won she would remind me that her medals were worth more than mine. She currently competes for the Nigerian team in triple jump.

Training is the biggest commitment that one can make and it is hard and frustrating sometimes, but so worth the while; it not only improves on your performance. You get to meet incredible teammates and form lasting friendships in the process. They are also able to push your abilities to greater than you expect of yourself and make for constructive critics. My goal at the moment is to make a long jump of over 6:30m in competition, mostly for my self-satisfaction.

The philosophy that motivates me is "when you think you've given all you've got, you have a little extra left" I have it in writing on my wall so that I can see it every time I wake up.

## Finding Your Way Around Town



## Need a Haircut?

Why not visit **Shirel's Hair Salon and Beauty Supply** located at 813

12th street, New Westminster, BC? Shirel's Salon and Beauty Supply is your one stop salon/barbershop and beauty supply store, providing all of you hair care needs.

<http://www.shirelsbeauty.com/>

**Ice Kol Kut Barbershop** located at 2709 Commercial Drive, Vancouver, BC. The team at Ice Kol Kut Barbershop specializes in styling, grooming and overall hair care for men, women and children.

<http://www.icekolkut.com/home.php>

Feeling nostalgic and reminiscing on food from home? Pine away no more! Just head into New Westminster and stop at **Caribbean Market**. The Caribbean Market located at 804 12th Street is the place to get your favourite African and Caribbean foods.

<http://www.caribbeanmarket.ca/>

And how about some spicy Jamaican patties? ...scrumdiliosious!

**Calypso Foods limited** located at 8322 130 Street, Surrey, BC serves up your tastiest Jamaican patties, whether you want to buy them retail or stock pile them in your freezer at wholesale cost.



# Famine in East Africa...



Dadaab Refugee Camp, Kenya

12 million  
people

in...



Kenya  
Ethiopia  
Somalia  
Djibouti  
Uganda  
and more

need our help!

Over 12 million people within the Horn of Africa are at risk of starvation due to the worst drought the region has seen in 60 years. United Nations has officially declared "famine" in East Africa and immediate humanitarian assistance is required.

The loss of crops and livestock, along with internal conflicts and rises in food prices, has caused people to leave their homes for places such as Dadaab Kenya; where the world's largest refugee camps are located. Some travel for days, or even weeks to seek refuge; as a result these camps are becoming over crowded. Helping all the people in the camps is becoming more difficult as thousands more arrive each day. With an unlikely probability that Mother Nature will improve the drought situation, this crisis is going to spread throughout other regions of the continent. Children are the most affected by the famine. Child mortality rates and malnutrition are at emergency levels and there are limited resources available to take proper action.

No person, especially a child, should ever starve to death. A lot of things are going on in the world right now, and people are falling on hard times all around, however that doesn't mean that we do nothing...

The government of Canada is matching donations towards the crisis in Horn of Africa until September the 16th, 2011; therefore placing a donation before the 16th of September means that you are making twice the impact.

There are a number of organizations providing aid to those who are affected by the famine, but be sure to check out the Humanitarian Coalition to find out ways that you can help these people in need.

Humanitarian Coalition  
[www.together.ca](http://www.together.ca)

#### Other organizations

UNICEF  
[www.unicef.ca](http://www.unicef.ca)  
Canadian Red Cross  
[www.redcorss.ca](http://www.redcorss.ca)  
World Vision Canada  
[www.worldvision.ca](http://www.worldvision.ca)

#### *What are ACHSA's plans to help?*

The members of the African & Caribbean Heritage Student Association have decided to donate proceeds from our "**NIGHT ON REZ**" to the Humanitarian Coalition.

The event was put together to celebrate African and Caribbean culture and will take place on Thursday September 15th at the Residence Dining Hall.

Tickets will be \$15.

This price includes a large helping of traditional African and Caribbean foods and entertainment such as:

African Fashion Show  
Carnival Sensations displays  
Steel Drum Band  
African and Caribbean music  
dancing and much more

Be sure to come out and experience this cultural celebration, while supporting a good cause.

-Esther Asimo

# RECIPES

## Ackee & Saltfish

(Jamaican Recipe)

Ackee is the national fruit of Jamaica; ackee and saltfish is the national dish. The ackee tree grows in various places in the world where it has many non-edible uses but it is used for food in Jamaica. Ackee trees originated from West Africa in the 1700s aboard slave ships. It was Captain William Bligh who introduced this strange plant to England in the 18th century. If you just can't get to Jamaica to enjoy this beloved delicacy, canned ackee is a major export of Jamaica, and remains popular in the U.S., Canada, the U.K., and wherever there are large communities of Jamaicans.



### Ingredients (Serves 4)

1/2 lb Saltfish (dried, salted codfish)	1 sprig fresh thyme or 1 tsp dried thyme
12 fresh ackees or 1 (drained) can of tinned ackees	
<b>Optional ingredients:</b>	
1 medium onion	2 cloves of garlic
1/2 tsp black pepper	4 Scallion (or spring onions)
3 tbsp of butter	6 Slices of bacon
1/2 a hot chilli pepper (ideally Scotch Bonnet)	
1 sweet pepper	
1 chopped tomato	

### Preparation

Cover the saltfish in cold water. Let soak overnight (minimum 8 hours) changing the water several times (this removes most of the salt). Bring a pan of cold water to the boil and gently simmer the fish for 20 minutes (until the fish is tender). Chop the onion, sweet pepper, chilli pepper and tomato. Remove the fish from water and allow to cool. Remove all of bones and skin then flake the flesh of the fish.

### Cooking

If fresh ackee (not canned), cook for approximately 10 minutes then drain. Melt the butter in a frying pan and stir fry the onion, black pepper, sweet pepper, chilli and thyme for about 3 minutes. Add the tomatoes and flaked fish and stir-fry for another 10 minutes. Add the Ackee and cook until hot throughout. Stir gently to avoid breaking-up the Ackee.

### Serving

Serve with your choice of starchy food, e.g. yam, green banana, fried dumplings and Irish potato

## Liberian Ginger Beer

Ginger beer both tastes good and is good for you. Ginger root is high in vitamins K and B6 and also has magnesium. Ginger root is believed to relieve symptoms of arthritis, motion sickness, nausea, gastrointestinal distress, and cold symptoms.

### Preparation

Wash the ginger root. Cut it into 1/2 " pieces.

Move half of cut ginger into the blender. Add 1 cup of water. Cover and set blender to high. Blend until ginger coarsely chopped and mixed well into the water. Transfer this mixture to a large pot(8 quart).

Repeat with the rest of the ginger. Add this mixture to the pot.

Wash the pineapple. Use a sharp knife to remove the peeling. Slice the peeling off so that you also remove a half-inch of pineapple along with the skin.

Cut the peeling into one-inch pieces. Transfer half of the cut pineapple peeling to the blender. Add 1 cup of water and blend on high until pineapple is in small pieces and mixed in the water. Move to the pot of ginger.

Repeat with the rest of the cut pineapple. Add to the mixture in the pot.

Add 10 more cups of water to the pot. Half-cover the pot with the top. Bring to a boil on high and boil on medium for about 30 minutes.

Remove the pot from the stove. Cover the pot completely and allow the mixture to sit for 8 hours or overnight at room temperature.

Pour the mixture through a metal strainer to remove the larger pieces of ginger and pineapple peel. Use a wooden spoon to press the liquid through the strainer.

Use a clean cotton kitchen cloth (or clean wash cloth) to strain out the finer particles. Use your hand to squeeze the ginger beer out of the cloth.

To sweeten, first add 1 cup of sugar and stir. Add more sugar to desired taste.

Chill and enjoy.

Keep refrigerated.



# STUDENT GROUPS OF THE ROTUNDA!



We are student-run organizations who can help you get involved in the campus community in a meaningful way. We all operate independently, although some of us are funded by the Simon Fraser Student Society, and are technically part of it. Others are funded directly by SFU students through small fee levies and are incorporated as independent non-profit societies.

As well as our different focuses, we all offer volunteer and job training opportunities, skills and training, social space and a way for you to plug into life on the SFU campus and beyond.

## Where are these groups located?

We're located in "the Rotunda", which is officially called the Transportation Centre. Hence all our addresses begin with a "TC". We're right above the first bus loop as you enter the campus.

**SFPIRG** is a student funded and directed resource centre on campus. We are dedicated to social and environmental justice through education, action, and research. Come by and check out our services, resources, library, workshops & trainings, research program (ARX) and volunteer opportunities.

**The First Nations Students Association (FNSA)** is a student funded and student run rotunda group which is instrumental in supporting an Aboriginal community of campus. The FNSA provides relaxed social gatherings, support, cultural awareness and sensitivity, and communication with other Aboriginal organizations.

**CJSF** is a non-profit, volunteer-run, SFU campus and community radio station situated. Our mandate is to provide diverse, high-quality radio programming, the kind of programming mainstream media often ignores. You can say our musical tastes are eclectic--hip-hop, reggae, thrash metal, electronica, 1960's surfer rock, and Portuguese folk music are just some of the sounds you'd find in our jukebox.

**Out on Campus (OOC)** is a volunteer-run centre at SFU that seeks to create & maintain a safe place for people of all sexual orientations and genders. We are a department of the Simon Fraser Student Society.

The **Women's Centre** offers a comfortable space where all self-identified women can go to relax study, cook, eat, learn practical skills, and access resources. It is a place where women can connect with each other, share experiences and find support in making university life the best it can be. We strive to make this space anti-racist, non-homophobic, pro-choice, sex-positive, pro-feminist and inclusive of trans-women. The lounge is open 24 hours a day, 365 days a year. We are a department of the Simon Fraser Student Society.

The **African & Caribbean Heritage Students' Association (ACHSA)** is a student organization at Simon Fraser University that works to initiate and maintain fellowship between students interested in the African and Caribbean cultural heritage and students of African and Caribbean descent. Membership is open to anyone who is interested in our unique cultures.

Each semester each Rotunda group hosts an open house to welcome and introduce students to its space. Make sure you check them out!

SFPIRG – September 21, 2011  
The other groups – Dates TBD

<http://www.studentrotunda.ca/joomla/>



Trinidad  
& Tobago



Barbados



Jamaica



Haiti



Congo



Uganda



South Africa



Nigeria



Kenya



Sierra Leone



Ghana



Tanzania



Ethiopia



Somalia



Mozambique

**Notices:** ACHSA would like to say congratulations to the following graduates:

**Danielle Reid**

**Jason 'Floetic' Joseph**

**Diepiriye 'Priye' Iworima**

**Rukayatu 'Ruky'Abdulai**

**Chongo Mwila**

*We wish you continued success in your future endeavors*

## **Upcoming Events**

**ACHSA General Meeting in TC 317 (club room)**

**Monday September 12th @ 3:30pm**

**Night on Rez Famine Fundraiser**

**Thursday September 15th**

**Movie Night**

**Friday September 23rd**

**Games Night**

**Friday September 30th**

**Halloween Pub Night**

**Friday October 28th**

**Aids Awareness Month**

**November 2011**

**Black History Month**

**February 2012**

## **ACHSA Contact**

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Ph: 778-782-3072

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

**Join us on facebook by searching "ACHSA (new group)"**

**Follow us on twitter: ACHSA @ACHSAatSFU**

*Edit and Design of Newsletter by Esther Asimo (cover by Mona-Lisa Delva)*

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