

## In This Issue

Page 2 • LETTER FROM THE EDITOR

### VIE ÉTUDIANTE

Page 3 • Alumni Feature: Inspiring Change - An Interview with Rosemary Sadlier

### EXPRESSIONS

Page 4 • Black woman, you are the mother of the multiverse

Page 4 • Everything

### ARTS ET DIVERTISSEMENT

Page 5 • 20-Something Book Club: Check, Please! de Ngozi Ukazu

Page 6 • A Quick History of the Black Press

### MÉTROPOLE

Page 7 • Excel to Inspire x Pro Tem: Spread the Love

Page 8 • Toronto-area Hairstylist Combing for Solutions amid Funding Shortfalls

### SANTÉ ET BIEN-ÊTRE

Page 9 • Interview with Black People Check In

Page 10 • Vegan Jamaican Ackee Delight

### ACTUALITÉ ET OPINIONS

Page 11 • L'histoire de Marie-Joseph Angélique

Page 12 • Les personnages noirs qui ont changé le domaine de la psychologie

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Photo par Rosemary Sadlier

## Alumni Feature: Inspiring Change - An Interview with Rosemary Sadlier

Michael Aquilino  
*English Journalist*

As February comes upon us, Canadians nationwide are in celebration of Black History Month. In honour of the legacy of Black Canadians and their global counterparts, Black History Month (hereinafter referred to as BHM) commemorates all of which the Black community has contributed to society, and their illustrious achievements throughout history. BHM, a relatively young initiative, has come a long way from the hopeful proposal of which it once was. Now 26 years after this proposal was created and implemented in 1996, BHM plays an integral part within the culturally-burgeoning landscape that calls Canada home. Nevertheless, none of BHM's goals and accomplish-

ments would have been achieved without the profound efforts of one of its earliest, and strongest, proponents, Rosemary Sadlier.

Having advocated heavily for its cause, the social justice advocate, diversity, equity and inclusion consultant, historian, author, educator, and — above all — changemaker, Rosemary Sadlier was instrumental in the realization of the month of February as a national commemoration of Black history in Canada. A truly inspiring individual, Rosemary was appointed to the Order of Ontario, the province's highest official honour for outstanding qualities of individual excellence and achievement, in 2009. Through her extensive, tireless work, including her role as the president of the Ontario Black History Society from 1993-2015, it is clear that

the aforementioned characteristics are those of which Rosemary embodies.

In spite of the immense breadth of Rosemary's work, her influence hits a lot closer to home than some Glendonites may know. Rosemary is a graduate of Glendon, having earned a BA in Sociology. Thus an acclaimed Glendon alumna, Rosemary traveled along much of the same educational path as many students currently travel. With this in mind, it is important to remember that dreams can become reality, and with such a remarkable individual to look up to, this idea holds even more weight.

With that said, I had the exciting opportunity to interview Rosemary on behalf of Pro Tem. It is my hope that the Glendon community will find inspiration in her responses, and utilize this

Continued on **PAGE 3**

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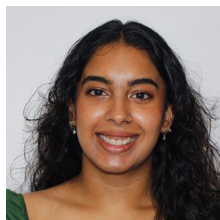
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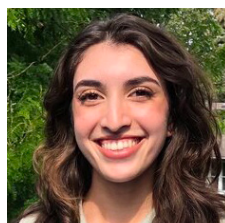
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## À propos de nous

Pro Tem est le journal étudiant du collège Glendon. Publié pour la première fois en 1962, c'est la plus ancienne publication de l'Université York.

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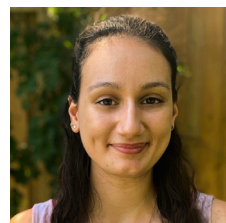
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**Anna Noumtinis**  
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& Metropolis /  
Vie étudiante, Arts et divertissement  
& Métropole

Coucou, Glendon!

I hope you're doing well and are holding on until Reading Week! Pour février, le mois de l'histoire des Noirs, Pro Tem célèbre la richesse de culture et d'innovation que les Noirs continuent à apporter à Glendon et à Canada.

We are so excited for you to read an interview with one of the founders of Black History Month, and Glendon alumna, Rosemary Sadlier. In this issue, we also had a conversation with Black People Check In, a Black mental health initiative in Toronto, along with an interview with Excel to Inspire, a Toronto-based organization that helps Black high school students. We also feature portraits of inspiring Black figures in Canadian history, a poem on multiculturalism, and a twist on a classic Jamaican recipe. We hope you enjoy!

Hier 15 février 2022, c'était aussi les 60 ans de Pro Tem ! Nous sommes si heureux de perpétuer l'héritage de Pro Tem depuis 60 ans. Merci à tous pour votre soutien et votre lectorat.

If you'd like to contribute to future issues of Pro Tem by submitting articles, editorials, poems, creative writing, visual art, recipes, or opinion pieces, send any submissions to [editor@protemglendon.com](mailto:editor@protemglendon.com).

À bientôt !

Brianna Carrasco  
Editor in Chief | Rédactrice en chef



**NEXT CONTRIBUTOR DEADLINE:  
FRIDAY FEBRUARY 18TH**  
envoyez vos articles à [editor@protemglendon.com](mailto:editor@protemglendon.com)

## Alumni Feature: Inspiring Change - An Interview with Rosemary Sadlier (cont.)

inspiration to spark their own changes within society.

I started by asking Rosemary who were influential figures throughout her journey in making Black History Month official? She replied: "The most influential figure throughout my journey, in making Black History Month official, really comes from the influences that started at home for me as a very young girl, my mother. She was a very strong advocate of me knowing and understanding that I had a proud and long history in this country."

I then asked what advice she has for Glendon students who aspire to create change in Canada. Rosemary explains that social change happens in two main ways: "It happens because people in the community, people on the ground, are experiencing something that is concerning, or troubling, or problematic, and they group together to find ways to address it," and "Social change also happens because we hope that we have informed politicians, policy makers, educators and lawmakers who are going to be able to formulate public policy that will help to create the kinds of society that we want for ourselves, and [for] our children and grandchildren."

Rosemary suggests that, "You first have to know what it is that exists, that is, what is the situation? How can you assess the issues? Are there any facts? What are

the trends? Then you have to know how the issue or problem could be eradicated, adjusted, or changed, in order to create the change that you and your community of interest want to see."

I then asked Rosemary, having authored "The Kids book of Black-Canadian History," "Harriet Tubman: Freedom Seeker, Freedom Leader," and other novels centered on African-Canadian history, what is the importance of shedding light upon Black history?

Rosemary believes that it is important because "[these are] histories that have been significantly omitted from our traditional history books, and the grand narrative of our society."

Rosemary adds, "I remember going into a library to find information on African-Canadian history, and I was absolutely disappointed [when I] went to the largest reference book - the book that claimed to be the authoritative source on history in Canada - and was shocked to realize that there was literally one line in a volume that was easily 6 cm or more thick!"

Next, I asked with issues concerning race and social differences ever so prevalent in a modern day context, and with regards to statues/recognition of racist and intolerant historical individuals, what are your thoughts upon the matter of historical commemoration?

Rosemary said: "We have a very long way to go in terms of addressing the omissions and errors of the past. For far too long, the only supported historical figures or historical actions seem to have come from White European men. Women know that. They are not the only people who have contributed to the development of this country, and racialized groups know this too. When you give consideration to the reality that there have been Africans in the West since the 1400s and 1500s, if not before, [...] when you give consideration to how long that reality is, that we are a founding people, it's odd that there is so very little to honour us in terms of public representation. So all that to say, that for those figures who we now know to have been involved in egregious acts, as a responsible community, as responsible institutions, are we not also responsible for helping to support excellence or at least a semblance of positive and purposeful action as reflected in the people that we honour?"

In offering a potential solution to the issues at hand, Rosemary states, "I think that we can begin this process by adding to the public art and the naming of institutions in honour of Black people and First Nations people who have been so very under represented and 'under honoured.'"

I asked her next, looking back upon your work in promoting the recognition of Black History Month, how has the declaration impacted the overall Canadian social landscape?

Rosemary said: "I promoted the recognition of February as Black History Month at every level of government because I knew how very important it was for us to have this time to bring particular focus and attention to the contributions, achievements, and experiences of people of African descent in this country. I did this not just by making an 'ask', but [...] by taking action in providing hundreds of Black history presentations in schools [...], by working on an African Canadian Curriculum, by cre-

ating African-Canadian traveling exhibits, by working with the ROM to create educational programs, by creating a Black International Film Festival, by creating the first Black public service announcements, by creating the first African-Canadian website, by creating the first Awards of the OBHS, and frankly, by making it possible through my hard work and resources to keep doors open, when our [OBHS] funding from the province of Ontario was cut by 90%."

Rosemary believes that, in spite of all of the work that has been done, there is still a long way to go, "I think that there have been some changes, but we still are not where we could be, given the amount of time that has gone by." In encapsulating this issue, Rosemary states, "You cannot be what you cannot see, and you cannot address what you do not know."

Lastly, I asked how students at Glendon can become involved with BHM. Rosemary responded that "Students at Glendon and elsewhere have the opportunity to benefit from the greater awareness that they have, and from the faster ability to both obtain information, and to share information. I hope that with the skills and training they receive at Glendon in both English and in French, they will use this information, this knowledge, this competence, to apply it to the world they know, and create the ideas and policies that would help to make things better for us all."

On a concluding note, Rosemary remarks, "We know that racism exists - it won't go away by ignoring it. We all have an implicit obligation to be anti-racist, to act on the inequities that we see, to challenge, to question, to be allies, or to take action. I believe that this is the next step forward."

On behalf of the entire Pro Tem team, I would like to sincerely thank Rosemary Sadlier for her time in giving us such incredible insight and words of wisdom, and for all of the hard work that she has done and continues to do.

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**Association Étudiante du Collège Glendon**

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### Join us and celebrate BHM @ York

York University is considered a leading Canadian post-secondary institution that values diversity and inclusivity. With a long history of academic research creating positive change, student engagement, and inclusive initiatives around the culture of Black-Canadians, the University is proud to celebrate our community and highlight the many events taking place during Black History Month.

Throughout February stay tuned to [yorku.ca/blackhistorymonth](http://yorku.ca/blackhistorymonth) and our social media channels for many ways our extended community are creating positive change locally and around the world through research, community service, and much more. You can also follow along and join the conversation with the hashtag **#BHMAtYU** or **#BlackHistoryMonth!**

## Black woman, you are the mother of the multiverse

Elton Campbell  
*Layout Designer*

The midnight sky paints a black queen of our universe  
A constellation of stars crowns her Afro with aromatic flowers  
Her smile is a comet more valuable than all diamonds and pearls  
Eyes opening worlds of mysterious wonders  
Black woman, you are the mother of the multiverse

Black woman, you are the breath of life  
Black woman, you thrive without strife  
Black woman, your rays of hope shine upon us  
Black woman, you deserve respect with a plus

The midnight sky paints a black queen of our universe  
A constellation of stars crowns her Afro with aromatic flowers  
Her smile is a comet more valuable than all diamonds and pearls  
Eyes opening worlds of mysterious wonders  
Black woman, you are the mother of the multiverse

Black woman, you are the sculptured icon of humanity  
Black woman, you are never a reflection of vanity  
Black woman, you are an unforgettable, eloquent utterance  
Black woman, you are the fingerprint of perseverance

The midnight sky paints a black queen of our universe  
A constellation of stars crowns her afro with aromatic flowers  
Her smile is a comet more valuable than all diamonds and pearls  
Eyes opening worlds of mysterious wonders  
Black woman, you are the mother of the multiverse



Photo par Daniel Adeyelu de pexels.com

## Everything

*Anonymous*

My heritage  
Is not something to be debated.  
I'm not Black when I'm angry  
And white when it's convenient.  
I am not too white for my Black friends  
And too Black for my white family.  
I am not too anything.  
I am everything at once.  
And it's not your job to police who I am  
So instead of dividing me into parts  
Like the recipe for a birthday cake  
—one half this, one quarter that—  
Remember that I am not one or the other.  
I am everything.



*The Jean Augustine Chair in  
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Black Artistic Expression

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Tribute Communities Recital Hall,  
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## 20-Something Book Club: Check, Please! de Ngozi Ukazu

Brianna Carrasco  
Editor in Chief

Vous savez quand vous passez une des pires journées de votre vie et que tout ce que vous voulez faire c'est de vous glisser dans votre lit en pyjama, de manger votre plat préféré et de regarder Netflix pendant des heures. Check, Please!, la série de romans graphiques de Ngozi Ukazu, est la quintessence de tels sentiments chaleureux et réconfortants dont vous rêvez d'en ressentir après une journée épuisante.

Check, Please! est notamment une série de romans graphiques sur le hockey — ce qui est plus canadien que jamais. Cependant, le récit ne traite que le hockey. Ce premier discute d'amour, de travail d'équipe, des affaires familiales, d'épanouissement et d'expression des passions : tous les thèmes auxquels les étudiants universitaires dans la vingtaine peuvent s'identifier.

L'histoire met en scène Éric « Bitty » Bittle, un étudiant de première année, qui vient de se joindre à l'équipe de hockey de son université. Le problème de Bitty, cependant, est qu'il est beaucoup plus doué à l'hébergement de sa chaîne YouTube comme vlog sur la pâtisserie qu'à jouer le hockey : il a une peur débilante de mise en échec sur la glace.

Check, Please! raconte le séjour de Bitty tout au long de ses études de première année pendant lequel ses

coéquipiers l'aident à trouver ses forces dans le sport. Il développe peu à peu une relation amoureuse avec un autre joueur de son équipe. Après son séjour universitaire, il doit par conséquent naviguer dans le monde et il doit affronter sa famille qui ignore complètement son identité sexuelle. Bitty fait tout cela avec en toile de fond des fêtes d'équipe de hockey, des farces universitaires et des rituels d'initiation hilarants ; ainsi que la blague récurrente selon laquelle Bitty prépare des dizaines de tartes pour l'équipe de hockey alors qu'il est le moins du monde dépassé. L'équilibre entre le contenu de bien-être et les problèmes de la vie de tous les jours a créé une série de bandes dessinées fantastiquement organisée.

Ce qui a rendu la série encore plus remarquable selon moi : c'est le fait d'en apprendre davantage sur l'auteur, Ngozi Ukazu. Après avoir appris que Ngozi était une fille d'immigrants nigériens (qui s'intéressait davantage aux dessins animés qu'au hockey), je me suis demandée comment Ngozi avait décidé d'écrire sur un sport aussi centré sur le Canada sans y grandir avec quelconque intérêt pour celui-ci.

Selon une interview accordée à ComicsBeat.com, Ngozi s'est intéressée à la culture du hockey après avoir interviewé un membre de l'équipe de hockey pour un film qu'elle réalisait au cours de sa dernière année de l'université. Le joueur de hockey a fait ainsi un commentaire désinvolte sur le fait qu'il « [...] n'y a point de joueurs d'hockey homosexuels ». Ngozi s'est donc posé la question suivante : « et si quelqu'un l'était ? »

D'une telle manière, Bitty — étant un joueur de hockey homosexuel — fait de lui-même autant un paria que Ngozi se sentait en grandissant. Elle mentionne se sentir comme une étrangère qui essayait



Photo par Brianna Carrasco

de s'engager à l'interview avec Syfy Wire. En écrivant Check, Please!, elle tente de faire en sorte que l'étranger lui appartienne ; alors c'est exactement ce qu'elle fait. Malgré l'identité de Bitty en tant que joueur de hockey homosexuel, il trouve un soutien comme celui d'une famille parmi son équipe de hockey qui l'accepte et qui l'accueille pleinement.

Je crois fermement que même si Bitty et Ngozi n'ont pas grand-chose en commun, Ngozi n'aurait pu construire le personnage de Bitty que comme elle l'a bien fait à cause de sa propre expérience de non-intégration. À travers ses mots et ses illustrations, elle partage le sens de l'acceptation d'appartenance et d'accueil d'un individu sans vouloir le changer.



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NOTRE VOIX NOTRE HISTOIRE

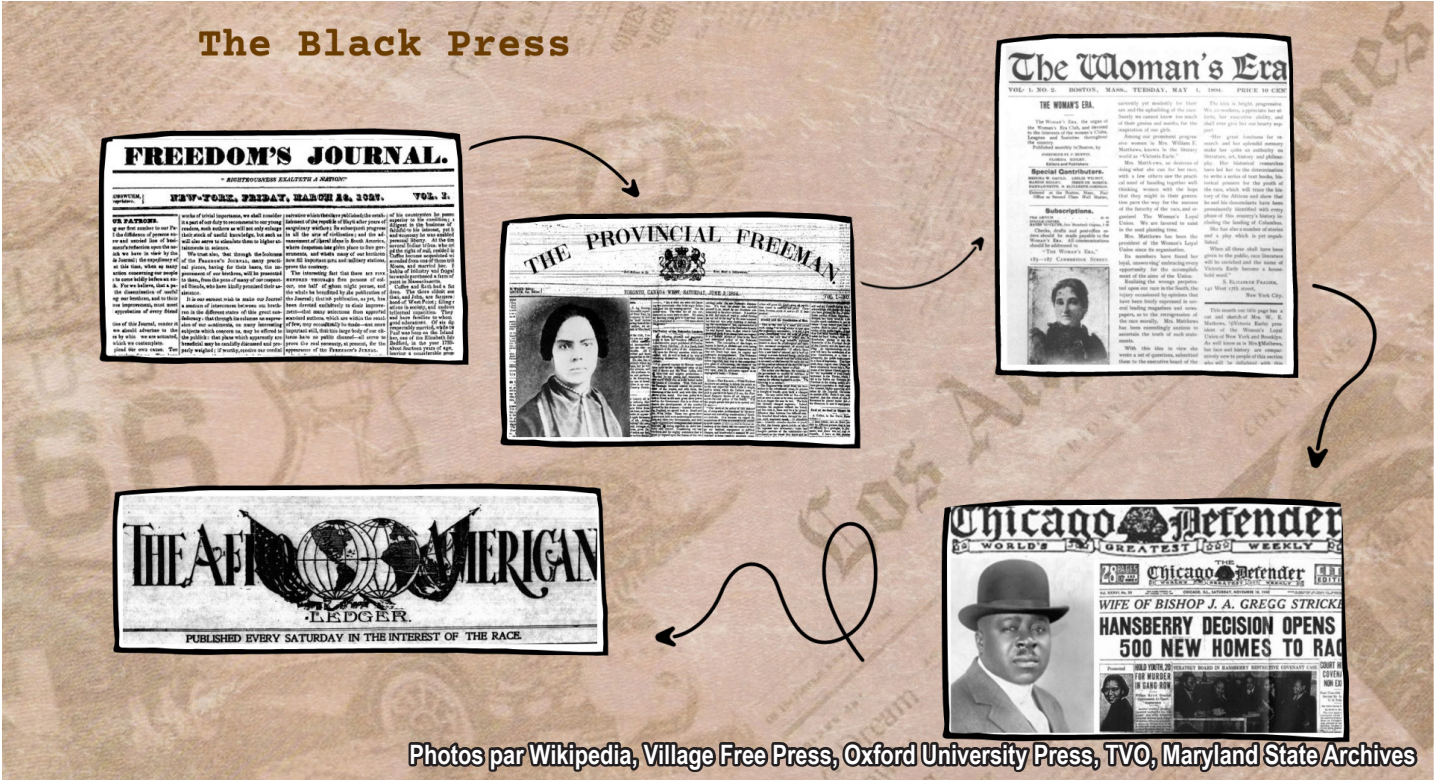
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# A Quick History of the Black Press

Josée Philips  
Chief of Operations

The Black Press, newspapers that serve the Black community, has helped to uplift the voices of the Black community and ensure that these voices are heard. The Black Press emerged in 1827 in New York City, with the Freedom Journal founded by John Russwurm and Samuel Cornish. This journal came about in the same period that slavery was abolished in New York, at a time when the African-American population did not find representation of their stories, culture, or interests in the press. Newspapers at this time would rarely publish Black obituaries, and when featured in the papers, the Black community was often greatly misrepresented. As technology made newspapers more widely available, it was also used to further circulate racist images of Black citizens.

In and around 1860, the population of free African-Americans doubled, and they used newspapers to speak out against the discrimination they were facing and about the rights they deserved. Along with this, they continued to work towards the original goals of the Freedom Journal; to improve their community, and to face the problems affecting Black communities. Through the various newspapers of the century, they defined their success through freedom, racial equity, and full citizenship. African-Americans also sought out the importance of literacy and education. Unfortunately,



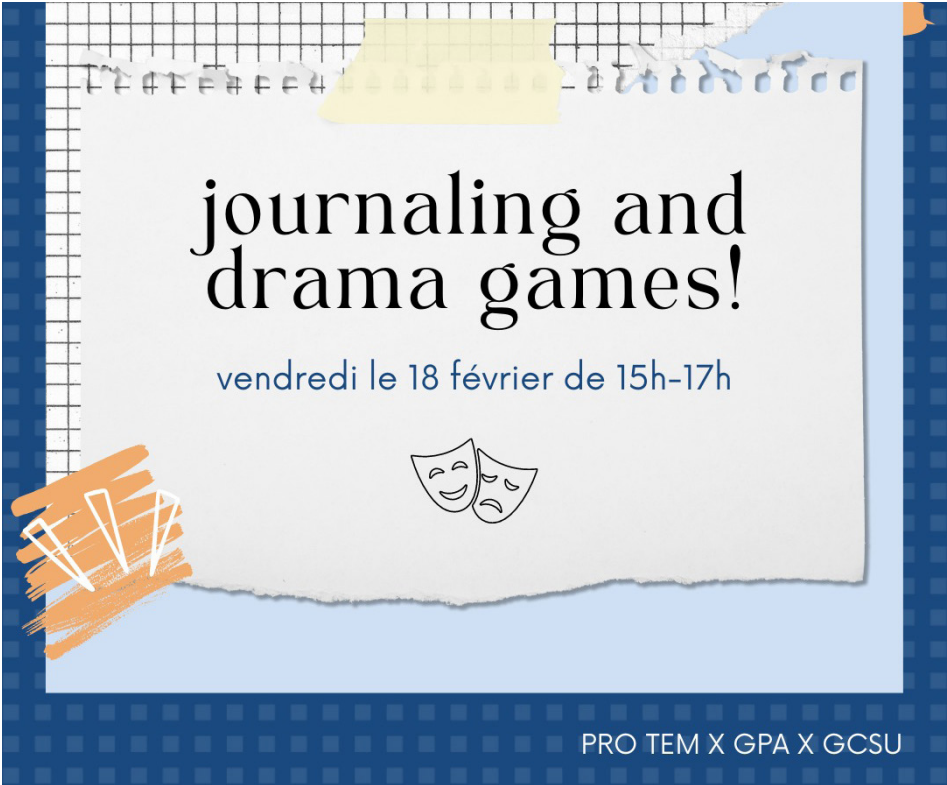
most of these journals could only last a few years, due to the expenses necessary to run a newspaper.

Women also played an important role in the early Black Press. Mary Ann Shadd was an important figure, as she was the first Black woman newspaper publisher in North America, and founded the Toronto paper Provincial Freeman. After the Civil War, women journalists took on more important roles, helped greatly by the emancipation of African-Americans, and the Black women's club movement. This movement helped many Black women gain more visibility in society, and resulted in a monthly paper, The Women's Era, which began in 1894 and grew to become the official publication of the National Association of Colored

Women. Established shortly before the First World War, The Chicago Defender is known as one of the most prominent newspapers, and helped kickstart the Great Migration, the collective movement of Black Americans from Southern states to the Northern United States. The Defender greatly focused on the success of and opportunities for African-Americans and is still publishing today.

Following the Second World War, there was a growing amount of support for the Black Press. They had more access to advertising and printing facilities, and Black women had growing opportunities in industries that had previously been closed to them.

In light of the 21<sup>st</sup> century, many smaller publications shut down, due to the ever-growing digital publications. As the sharing and accessibility of information turned mostly online, it was harder for the Black Press, along with newspapers in general, to continue running. Still, despite these challenges, Black newspapers pivoted and found new ways to cover news. The Afro-American was the first Black newspaper to transition to a digital website, paving the way for many others to do the same. To this day, many other Black digital newspapers continue to serve as counter publications to mainstream media; this has also helped them net a larger audience with a wider reach, allowing for even more voices to be heard.



## Excel to Inspire x Pro Tem: Spread the Love

Anna Noumtinis  
*Campus Life, Arts and Entertainment & Metropolis*

The month of February is a time of love, but also a time to remember the injustices and inequalities that the Black community has faced for many years. It is also a time to remember the individuals who stood up and demanded change and equality. Unfortunately, even today, the fight against inequality for the Black community continues. This week, I was able to interview Excel to Inspire, a group aiming to spread support to Black high school youth in Toronto. This interview was so inspiring and heartwarming, and I want to spread the love that this group is giving to the rest of the Glendon community.

I asked Ruby, one of the founders of Excel to Inspire, how this group came to be and what the mission of their program is. Ruby told me that her fellow co-founder, Betty, had a future goal of writing a children's book with Black youth figures and Black culture, so that young Black children could have a piece of media that spoke to them and represented them. Ruby was inspired by Betty's goal, and wanted to help Betty spread love and support to the Black youth community. Through research, Betty and Ruby discovered there were almost no peer mentoring support groups for Black youth in Toronto. In response, these innovative women came up

with a plan for a peer mentoring program for Black high school youth. They built a website, a small team of peer mentors, and multiple accounts on various social media platforms. By late August 2021, Excel to Inspire was born. Their program looks towards connecting Black high school youth — especially grade 11 and 12 students — with Black post-secondary students who will mentor and encourage these youth to pursue a post-secondary education. Ruby and Betty both acknowledge that many Black high school students do not pursue a post-secondary education, and some do not even finish high school. There are limited resources and many barriers for Black high school youth in seeking support and guidance on their educational paths, which puts them at a disadvantage.

I proceeded to ask Ruby what motivated her and Betty to be the change they wanted to see in the Black community, to which they explained that they had been fortunate enough to have great Black-identifying teachers and guidance counsellors that gave them the support they needed in pursuing a post-secondary education. They wanted to spread the support that they were given. Ruby said: "Not all students know how to ask or search for help from teachers and guidance counsellors; it's intimidating!" She also noted that "since high school students look up to their older peers, we figured they would be more engaged in the mentoring program, and be inspired to pursue a post-secondary education because their older peers are doing it and it makes it seem more like... 'cool.'" It is always nice to know that someone who has already experienced what you are going through is here to support you through your journey.

I am proud to say that a couple of our fellow York students, Alanah and Sarah, are members of Excel to Inspire. When I asked Alanah what tips she would give to other York students about being the change they want to see, she told me that the best way to be the change is by supporting the Black community, and staying educated on their history and current events. Alanah states that community is all about supporting one another and fighting for what is right; I couldn't agree more! It is important for us to stand up for what is right today, so that the next generation can have an equitable tomorrow. "Fighting for change is not always easy and not often fast-occurring, but it is our responsibility to do as much as we can for the next generation," said Alanah.

I hope that as you are reading this you are feeling the love and inspiration from this group of people, because I definitely am. Recently, with the pandemic and all the social distancing measures, it has been a bit harder to feel connected and supported, which leads me to wonder how Excel to Inspire managed to continue their mission throughout the pandemic. Ruby explained to me that they specifically intended for their program to be online, so that it was accessible from anywhere, and at any time.

Unfortunately, Excel to Inspire's amazing work did not come without its hardships. Ruby explained the hardships they faced when trying to gain funding for

their program. However, these generous women put their own money into Excel to Inspire, in order to go forth with their mission to support Black youth.

It's amazing how selfless and kind these founders are; they are truly making a difference and spreading the love this season! I felt so inspired by these women, I just had to ask how others could get involved. Ruby told me that they are looking for Black-identifying, post-secondary mentors for Excel to Inspire's busier seasons. But there are more ways to support this group outside of peer mentoring; you can share their mission, and help connect Black youth to their Instagram and website at [exceltoinspire.com](http://exceltoinspire.com). I hope that you, fellow reader, have found this article inspiring and that you too will embark on a mission to be the change you want to see. Perhaps you will become a part of Excel to Inspire's mission to spread support to Black youth and eliminate the educational support barrier for Black high school students!



NOTRE VOIX  
NOTRE HISTOIRE

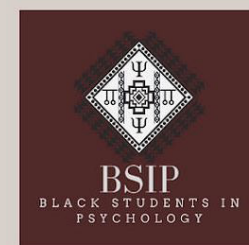
### + EQUITY, DIVERSITY, AND INCLUSION

#### Fostering Allyship Workshop with United Caribbean Islands and Black Students In Psychology

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<https://tinyurl.com/EDI170222>



# EXCEL TO INSPIRE

Photo par Excel to Inspire

## Toronto-area Hairstylist Combing for Solutions amid Funding Shortfalls

Ameer Shash  
Contributor

Local-area businesses across Canada have had their fair share of financial woes, with many in the city of Toronto struggling to make ends meet for a variety of reasons. The closure of non-essential businesses, enacted by the Government of Ontario in March 2020, saw the halt of many small and family-owned retailers. With stores having to close completely, or limited to curbside operations only, and larger-scale, big box stores being allowed to resume operations with adjusted occupancy levels, corporate greed and supremacy for corporations seem to be the government's mandate to many.

Adversely, the closure of small-scale businesses had not only resulted in reduced consumership, but also in an inability to pay for each month's rent. This has created undue reprisal from municipal governments for business owners that do not have the capital or workforce to sustain themselves in the long term. Even the gov-

ernment's aid to temporarily sustain their business has proven insufficient.

Many businesses were slated for closure, with many having to close because they cannot afford to stay, including one Toronto-area Black-owned small-scale hair salon.

Keina Morgan is a hair stylist at Urban Curls Boutique, located in Toronto's Danforth Village. Having been in the community since November 2016, she had seen steady business until the pandemic forced the temporary closure of her business.

Hair care, both during and prior to the pandemic, is important to Black identities. Hair has a sentimental value for the Black community, due to the special treatments and care required for curly-textured hair. "We have a strong connection to our hair," Morgan says, "Our clients will continue to support us as long as we are available in our community. It's unfortunate there is a lack of support but when you reach out, you are shocked to see how much support you will have."

However, while hair care services, as well as many other services that were shuttered due to the lockdown, are now open to the public, the amount of moral support received cannot negate the insufficient financial support since the beginning of the pandemic. Morgan says the survival of her business is precarious, albeit contingent on whether she survives herself. "My



Photo par Cottonbro de pexels.com

business will survive if I survive. However, if I don't have a place to work, neither of us can survive," she states.

As Toronto steps out of a Modified Step 2 semi-lockdown, keep in mind that Black-owned businesses like Morgan's hair salon need all the support they can get.

So, what can you do? Book your next hair appointment at a Black-owned hair salon or buy a gift card for a friend. If you don't need to make an appointment, make sure to support them on social media by sharing their posts and spreading the word with your friends and families!

The Faculty of Graduate Studies presents:

## Why Black History (Month) Matters

### Host:

Thomas Loebel

**Tuesday, February 22, 2022**

12:00 - 1:15 pm (EST)

Online Webinar via Zoom

### Speakers:

Muna-Udbi Ali,  
Michele A. Johnson,  
Emmanuel Frimpong,  
Océane Nyela,  
Rossini Sandjong



<https://www.yorku.ca/gradstudies/social-tree/>



## Interview with Black People Check In

Abigail Gillen  
*Bilingual Journalist*

For Pro Tem's celebration of Black History Month, I've had the pleasure of interviewing the hosts of Black People Check In (BPCI). BPCI is a Toronto-based social media page and podcast that focuses on all things relating to mental health in the Black community. The podcast was originally hosted by Mandela and Jermaine, though they will be welcoming J. River as their newest co-host for Season 2 of the podcast. If you're interested in learning more about BPCI and Black mental health in general, look no further as we dive right in!

Abigail: What are the origins of Black People Check In?

Mandela: When [George Floyd] was killed, I felt completely helpless and angry. I had no clue what to do, because our Black brothers and sisters keep being murdered, a hashtag gets created, a few protests happen, and then silence. People go about their lives as if nothing happened. I then started a Facebook Live that week, to literally just "check in" on our community. The Live went well, so I decided to move it to Instagram. Jermaine agreed to come on the Live with me, and voila, #BlackPeopleCheckIn was born. We speak about all things Black mental health, and anything to do with Blackness. Our IG Lives then morphed into a podcast.

J. River explained that she became a part of the podcast around the same time that she was "dealing with individual and collective grief. Mandela, who is a brother to me, asked me if I wanted to join the team. I just knew that I had to be a part. I take mental wellness very seriously, so it was and still is an honour to help dismantle the negative connotations of mental wellness in our community."

Abigail: Have you always been interested in mental health? What drew you to follow this path?

Jermaine: I graduated from York with a Bachelor of Social Work. My passion has always been about mental health, but more and more, it has shifted to the Black community because of the internal stigmas surrounding mental illness and seeking support. The fact that it's very difficult finding culturally appropriate mental health services that are affordable, that also address the systemic barriers which continue

to harm the Black community in education, healthcare, housing... the list goes on.

Mandela: What drew me to mental health has been my own personal battles with it. From being bullied as a kid, to other traumas in my life, I felt as though I needed to share my own experiences with mental health struggles, as well as dispel any stigmas in our Black communities about mental health by facilitating open and honest dialogue. It's okay to seek help. It's okay for Black men to seek help. My background is also rooted in being a son of educators and activists in the city of Toronto. My father was one of the founding members of Black Action Defence Committee, alongside Dudley Laws. I'll always continue to advocate for mental health in our community.

J. River: I am a York U alumna (Go Lions!). My degree is in Gender & Women's Studies and I have a diploma in Community and Justice Services from Sheridan College. I am a playwright, poet, singer, and writer. I also am the founder of Aloha Blu, where I make handmade jewellery out of clay for the everyday rockstar! I have always been interested in mental health. A lot of my artistry, and my business, is rooted in art therapy! The world can often be a difficult place. I do what I can to really advocate for Black mental wellness whenever I can.

Abigail: What is BPCI's mission?

Mandela: Our goal is to spark conversation in our community and keep the conversation going. Mental health is still a taboo subject in 2022, and we aim to eradicate that stigma. In the short term, we'd love to use our platform to work with Black students and facilitate conversations with them. Finding out what mental health means to them, what it's like being a Black student in a White institution, and what kind of healthy coping mechanisms they use to navigate these things. It's all about bridging the gap. We'd love to be featured as panelists at all post-secondary institutions, and conduct workshops for youth.

J. River: Also finding ways to fundraise and give back to our community to help lessen the stress that affect our mental health in a negative way! If you really look back, Black individuals were not afforded the privilege of making their mental health a priority. This is why one of goals is to also get funding to help offset the cost of therapy from Black therapists and prepare holiday hampers to ease the load on Black single parents during those times. I'm a visionary, so I could go on for days about the depths that BPCI will go to help our people!

Abigail: Are there common myths that you would like to dispel about Black mental health?

Jermaine: There's a lot! I would

# #BlackPeopleCheckIn

Photo par Black People Check In

say a Black man seeing a therapist is not a sign of weakness. Having a strong religious practice and going to therapy can work hand in hand. Going to therapy in general does not mean you have a problem. We go to our doctors to check our physical bodies and we can go to a therapist to check our minds.

Mandela: Talking about mental health does not make you weak or soft. It's not "White people shit," and you're not alone. Pastors are not mental health practitioners and you can't "pray it away." You're not exposing "family business" by sharing how you feel, and exposing abuse in your family is always the right thing to do if you feel comfortable enough to go that route (listen to the "Family Business" episode on Spotify). And under no circumstances should you just "suck it up," even though that's what we've been taught.

J. River: Therapy is very helpful to unpack what you've been through, especially with a neutral party, who is not going to judge or share your business with other people. Black women aren't always strong, and people need to stop assuming that they are capable of digesting mentally draining and traumatic information. It can be very harmful to the mental health of Black women.

J. River also notes that it is important to remember that "It is not Black people's job to educate, and explain our Blackness; this is taxing and exhausting to our mental health." Mandela also describes the toll that white supremacy has on the mental health of the Black community.

Abigail: Do you have any tips for York students who want to advocate for Black mental health on campus?

Jermaine: Before we start with the advocacy, it's important that all non-Black people respect and understand the experience of Black people. If you love the culture and love the Black people, don't bring your experience into our spaces because the history and context are different. Then, you'll be able to understand why it's important to advocate for better affordable mental health services for the Black community.

Mandela: Building community

on campuses would be my best advice. Creating a safe space for all Black people to come and express themselves. Being Black on campus at any post-secondary institution can be very exhausting, so Black students need that safe space to be around others that look like them, and can relate to them. It's crucial. This can be in the form of meet-ups, clubs, mix and mingles, pub nights, writing sessions, or just group chat sessions about what's happening with y'all as students. "Merely" having an open dialogue about Black mental health is a revolutionary act within itself in a white supremacist society. We as Black people deserve peace of mind, especially with all we've had to, and continue to endure.

J. River lists four tips. First, start with yourself and look for ways you can improve your mental wellness. You can't pour from an empty cup! Next, pace yourself and remember that you, as students, don't want to overwhelm yourself. Then, find a faithful few to start a mental health campaign. Get creative! Maybe get on your university radio station, or find out what the biggest stressors are on your respective campuses. How can you help alleviate that? Lastly, find out what organizations are in your communities, introduce yourself, and collaborate. That way, you are able to have a bigger impact, without the strain.

Abigail: To end the interview, how can readers support you with your podcast or other creative or professional ventures?

Jermaine: We'll be setting up a PayPal soon [laughs], but check us out on all our socials through Instagram and Twitter @BlackPplCheckIn. You can also follow me @jerm394 on Instagram and Twitter; I have a separate segment called Car Talks.

Mandela: We are reachable through email at blackpeoplecheckin@gmail.com. My personal Instagram and Twitter is @mandela\_kj.

J. River: You can find me on Instagram @iamjriver, and my business page Aloha Blu @alohablu.to. And on a serious note, you should really see how great we are in person. Have us come speak to y'all at your respective schools in person!

## Vegan Jamaican Ackee Delight

Elton Campbell  
Layout Designer

### Ingredients:

- 1 cup of carrots (shredded) or vegetables of your choice.
- 1 can of Jamaican ackees.
- 2 tsp cayenne pepper.
- 2 tsp turmeric.
- 1 tomato (diced).
- 1 sweet pepper (small), 1 onion, 2 stalks of scallion (optional), 2 cloves of garlic (all diced).
- 1/2 cup of green peas or beans.
- 4 tbsp avocado or coconut oil cooking oil.
- Pink Himalayan salt or table salt (optional).

### Method:

- Open and strain the can of Jamaican ackees of the saltwater by using a pasta or rice strainer.
- Sauté sweet pepper, scallion, onion, garlic, and carrots in a saucepan with hot cooking oil for 1 minute.
- Add Jamaican ackees, peas, and tomatoes to the pan. Sprinkle turmeric and cayenne pepper. Add pink Himalayan salt or table salt (optional).
- Stir and simmer for 1 minute.

Serve with fried ripe plantains, Jamaican hard dough bread, rice, pasta, or any food of your choice. This delicious vegan meal can be served for breakfast, lunch, or dinner. Enjoy!



Photo par Elton Campbell

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## L'histoire de Marie-Joseph Angélique

Rejean Ghanem  
French Journalist

Marie-Joseph Angélique est aujourd'hui un emblème de résistance noire et de liberté. Son histoire commence à Madère au Portugal, en 1705, où Angélique a été vendue à un marchand flamand nommé Nichus Block qui l'a par la suite vendue au marchand français François Poulin de Francheville. Ce dernier était un homme riche qui la fait travailler comme domestique dans sa maison à Montréal. Elle n'avait en effet que vingt ans lorsqu'il est décédé.

Selon la loi, la propriété serait transférée à sa veuve Thérèse De Couagne. On pense que Thérèse a forcé Angélique à avoir trois enfants, bien qu'ils soient tous morts bébés. Bien sûr, cela a été traumatisant et déchirant pour Angélique. À l'insu de Thérèse De Couagne, Angélique avait un autre amant nommé Claude Thibault avec qui elle désirait s'échapper de Montréal.

En 1733, Angélique a demandé sa liberté. Madame De Couagne a refusé cette demande sans réfléchir. Cela a enragé Angélique qui l'a amenée à détruire la maison. Elle a pleuré en renversant des tables d'appoint et en criant. Peu de temps après, elle fut menacée d'être vendue aux Antilles. Thibault et Angélique ont élaboré un plan non seulement pour libérer Angélique, mais aussi, espérons-le, pour libérer tous les autres esclaves de Montréal.

Au début de 1734, Angélique a mis le feu à la maison de Francheville ainsi qu'à la majorité de Montréal. Des dizaines de bâtiments et de maisons ont été incendiés, ce qui serait la raison pour laquelle il y a différents pavés au quartier Vieux-Montréal présentement. Angélique et Thibault s'ont enfuit à Madère. Cependant, ils ont, tous les deux, été attrapés avant de pouvoir monter sur le bateau. Ils ont tous les deux été renvoyés devant le juge pour être condamnés.

Fait : À Montréal, le roi Louis XIV a interdit les avocats. Par conséquent, tous les accusés ont été contraints à se faire représenter eux-mêmes.

Angélique a été reconnue coupable et elle a été envoyée à la basilique Notre-Dame pour s'en prendre à elle avant d'être torturée, pendue et brûlée devant la

ville. Ses cendres ont été jetées au vent. Angélique n'a jamais trahi Thibault, son amant, qui a été libéré de prison après avoir crié qu'il était innocent.

De nos jours, l'histoire de Marie-Joseph Angélique se perpétue comme un emblème de liberté et de résistance des Noirs au Canada.

Recréation de l'œuvre de Jean-Michel Basquiat par la photographe de Pro Tem Shilpa Ahluwalia.



*pro tem*  
NOTRE VOIX NOTRE HISTOIRE

Pro Tem is celebrating their  
Pro Tem célèbre sous peu son **60<sup>th</sup>** anniversary soon!  
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“Unleash your creativity and spark change in the Glendon community.”

Brianna Carrasco,  
Editor in Chief | Editeur en Chef

A celebration event is also in the works! Stay tuned for details.

## Les personnages noirs qui ont changé le domaine de la psychologie

Brianna Carrasco  
Editor in Chief

Les mêmes psychologues traditionnellement des hommes blancs ont imprégné les livres tout au long de mes quatre années d'études: Freud, Jung, Rogers, Piaget, Pavlov et la liste continue. De temps en temps, je tombais sur le nom d'une femme blanche comme Anna Freud, Mary Ainsworth ou Francine Shapiro. C'est franchement épuisant de ne jamais apprendre des gens qui ne me représentent ni représentent beaucoup de mes amis proches ou de mes membres de famille dans le domaine de la psychologie. J'ai donc décidé de me renseigner sur les psychologues noirs reconnus. Par conséquent, nous y voilà !

Inez Beverly Prosser est devenue la première femme noire à obtenir un doctorat en psychologie en 1933, ce qui signifie que cela fait moins de cent ans que les femmes noires ont pu obtenir un doctorat en psychologie. Sa thèse a analysé la réussite scolaire des enfants noirs dans des écoles mixtes par rapport à des écoles ségréguées réservées aux Noirs. Bien qu'elle disposait d'un petit échantillon de 32 paires d'élèves appariés, elle a conclu que les élèves noirs des écoles non-mixtes avaient tendance à avoir une meilleure expérience d'apprentissage globale. Ce faisant, les élèves noirs des écoles ségréguées se sentaient plus en sécurité parmi les autres élèves noirs qu'ils ne l'étaient autour des élèves blancs. Ces derniers auraient pu avoir des stéréotypes et des attitudes négatifs à leur égard. L'étude d'Inez a toujours des implications modernes, puisqu'elle souligne l'importance de « safe spaces » aux élèves noirs tels que les clubs scolaires, les espaces de travail et les autres milieux. Malheureusement, Inez est décédée à peine un an après avoir obtenu son doctorat, succombant à des blessures subies lors d'un tragique accident de voiture : son héritage perdure.

Mamie Phipps Clark et Kenneth Bancroft Clark étaient des psychologues en couple qui ont mené la plupart de leurs travaux de recherche dans les années cinquante. Le couple a organisé les célèbres Doll Studies à partir desquels ils ont étudié les préférences raciales des enfants noirs. Le couple a donné à plus de 200



Photo par sarasotamagazine.com

enfants noirs deux poupées noires et deux poupées blanches. Après avoir demandé aux enfants : « Montrez-moi la poupée que vous préférez », « Montrez-moi la poupée qui n'est pas belle » ou « Montrez-moi la poupée qui est jolie » ; ils ont appris que les enfants noirs aussi jeunes que trois ans ont commencé à conférer des attributs positifs aux poupées blanches. Cette étude a été essentielle pour montrer comment les sociétés ségréguées enseignent les croyances racistes aux enfants dès l'enfance. Alors qu'une telle étude est souvent citée

dans les textes de psychologie, je n'avais aucune idée que les chercheurs à l'origine de cette fameuse étude étaient noirs et que Kenneth est même devenu le premier président noir de l'American Psychological Association !

Herman George Canady est devenu le premier psychologue à examiner le rôle des préjugés raciaux dans les tests de QI. Pour sa thèse de maîtrise en 1928, il a appris que la race d'un examinateur de test de QI a un impact sur les résultats de QI des candidats. Ce biais a des implications

négatives pour les étudiants noirs, car les examinateurs des tests de QI pourraient inconsciemment leur donner des magasins de QI inférieurs après avoir appris qu'ils sont noirs. Il a fourni des recommandations pour améliorer les conditions des tests de QI et il a été un militant pour la condition des Noirs aux États-Unis ainsi qu'un modèle pour les étudiants noirs du monde entier.