



B E A C O N

Spring 2020

B L A C K H I S T O R Y

MESSAGE FROM THE PASTOR

Our Children Write

ACTIVITIES

HEALTH
YOUTH
Recipes

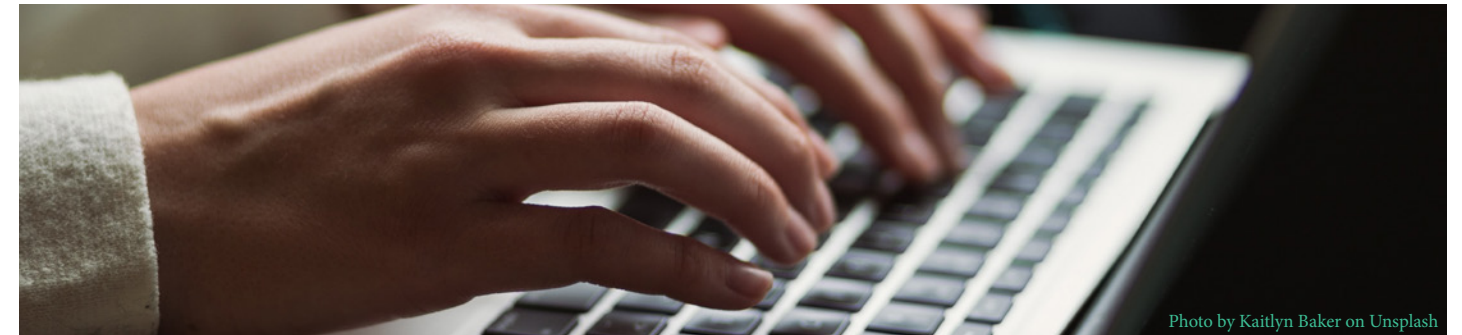
Member Profile

E L D E R

R O D N E Y N E M B H A R D

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Message from the Editor

It is with enthusiasm and a desire to be led by the Holy Spirit that the Communications Department embark on our journey this year. We recognize that with God leading us and the support of our church family we can strive for "Mission Driven Excellence." It's therefore, with great pleasure that we present our first magazine for the year, which features a variety of events which occurred during this quarter.

Our goals for this year are replacing the Message Board and the Welcome Poster with monitors and changing the church signage at the front of the church building. We would also like to organize a pictorial directory for our church members and with your contributions we will be able to print and distribute the newsletter quarterly.

One of the highlights of the quarter was the baptism of five precious souls who have decided to walk with Jesus Christ. The church members plan to enhance the spiritual growth of these new members by nurturing and supporting them. We do look forward to their involvement in our church activities and programs.

Our team would appreciate your support in helping us to manage the Message Board. We are requesting that all messages and advertisements be given to one of the Communications Secretaries prior to posting to ensure that they will be placed in a timely and orderly manner.

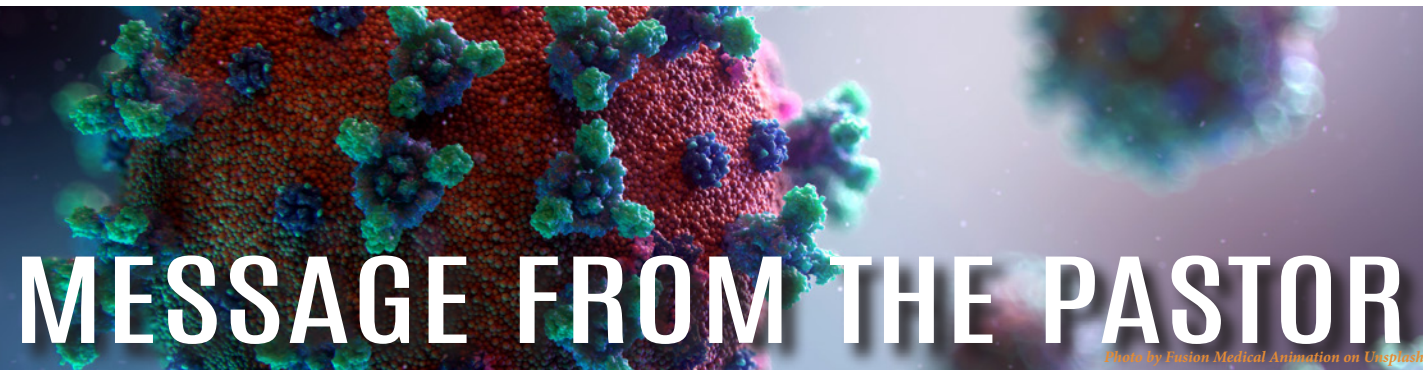
COVID 19, a global pandemic, has the world in a virtual lock down and unprecedented fear. All non-essential services are lock down, even churches. This is indicative of God's imminent return. We are kept abreast with pertinent information and preventative measures by all levels of government as the virus spreads. Although our church is closed, our conference leaders, friends, family members and church family assured us with prayers and comforting words. In addition, our church has online services and programs which remind

us that that God is in control and that our faith should be stronger than our fear. With earnest prayers, good hygiene practices and complying to social distancing, we will get through this pandemic victoriously by God's grace. He is able.

The Communications Department wishes to thank the pastoral staff for their fervent support and encouragement. We also encourage them to keep God at the center of their lives as they lead His people through these trying and perilous times. We are living in a volatile era of earth's history and now more than ever we need to pray and spiritually uplift and support each other.

We continue to look forward to your contribution in the form of poetry, recipes, articles or any other submissions to make our newsletter a true representation of the rich diversity of our congregation. Please email your contribution to mtcommunications1030@gmail.com. Please visit the website at www.mtoliveon.adventistchurch.org. The department also created a YouTube account.

V. Lyttle



Pastor Frankie Lazarus

The Power of Hope in Hopeless Times

The Coronavirus (COVID-19) is now at a global risk level. It is no longer if we will be impacted here in Canada, but when. The level of intensity regarding the concern about this virus is seen in the shortage of face masks, hand sanitizers, and an increase in racist attacks against those perceived to be the originators of the virus. The intensified fears have seen the stock market have its worst week since the financial crisis of 2008.

People are genuinely afraid, and for some they are at the point of despair. We have been through this before - remember SARS! Severe acute respiratory syndrome. 8,098 people worldwide became sick of which 774 died. We here in Toronto were personally impacted by the virus and will never forget its devastating impact. We should never take these things lightly or minimize the impact on peoples lives, for the results can be life-altering. However, as a people of prophecy we understand that things can and will indeed get worse. As a people of prophecy, we can, with discernment appropriately contextualize the situation and face the coming events with hope.

Hope is an interesting word, especially from a Biblical perspective. In the Bible, hope is never static or passive; hope is not an escape from reality or from problems. Hope does not leave us in a state of idleness, wishing something would happen whilst sitting in a rocking chair. Biblical hope shifts us into gear and keeps the engines running in preparation for moving forward. Biblical hope is dynamic, active, directive and life sustaining. A brief survey of the Bible verses with the word hope leads to the discovery that there is a positive active result in our lives as a direct result of Biblical hope.

Mission Driven excellence (MdX) is a by product of the hope that “burns within our hearts”. Our relationship with Jesus as Lord and Saviour is forward looking and upward bound; and is not distracted from the goal of giving glory to God. Hope drives us to bring glory to God in everything we do and to everything we touch from the perspective of excellence. Our hope motivates this excellence, even when circumstances around us are not excellent. The great Apostle Paul encourages us, “in everything give thanks.” Hopeful people are thankful people and thankful people are constantly seeking ways to bring glory to God.

Hope changes how we see ourselves and our eventual destiny – Hebrews 12:14

Hope changes what we value – Matthew 6:19-21

Hope affects the trajectory of our lives – Titus 2

Hope gives us joy and peace – Romans 15:13

Hope protects us – Psalm 33:18

Hope strengthens us with courage and boldness – Psalm 31:24

Hope gives us endurance, comfort, and confidence even in the face of death – Romans 8:18-39

We are facing uncertain time. Let us unite in prayer that we may be strengthened and enlightened by our hope in Jesus Christ.

Member Profile



Elder Rodney Nembhard

Tell me about yourself?

I am a normal guy just trying to figure this thing called life out. I’m a private person, who has a small circle of close friends. I don’t really need much material things to be content, as long as my needs are met, I’m good. Family is extremely important to me. I continually try to work on my relationship with God, and it’s still a work in progress. I’m a sports fanatic, with football being my favourite sport.

How has Christianity influenced your life?

It’s been huge. I have been in many different environments and often being a Christian almost forces you to look at things differently. I think that a relationship with God and a knowledge of sin leads you to see things that an average person would not see. It’s like being a doctor looking at an x-ray or an MRI. Often the doctor knows what to look for, what certain illnesses and diseases look like and helps them form educated decisions. Being a Christian enables me to look at situations in my life, see how sin and how God influence me and I’m able to make educated life decisions.

What is your greatest challenge and how did you overcome this challenge?

Peer pressure and dealing with loss. Each led me to question my beliefs and what Christ meant to me. There was also a focus on me to see how I would react. Learning about who I was/am and educating myself before making choices helped me get over those challenges. Honesty with myself and a strong support system of people I could trust was a massive help as well.

What advice would you give to members and non-members who are grieving their loved ones?

It’s ok to feel. Be honest with your feelings and realize that you may not always be in control of them. Your emotions will be an absolute mess at times and other times you will be just fine. Don’t force the feelings, allow them to flow. However, don’t allow them to overcome you. Have people in your life that you can communicate with. People who are not afraid to be honest with you but are understanding and loving. Finally, give control to God. Allow Him to govern your thoughts and actions. For non-members it’s hard to just say, “Trust God” because they may not have the connection and relationship with God that someone who is a member has.

However, it's cool to give God a chance. Take the time to look at His life and how He dealt with anger, pain and loss. Also understand His character and discover that although He can judge, He allows us to be human and vent and feel. I can say you will never be worse off for it.

What are some of the programs you would like to see implemented in the church for members who have lost loved ones?

A grief support group would be nice. Somewhere that people can feel free to vent and be open about what they feel. Perhaps more education on the state of the dead and what Seventh-day Adventist beliefs are regarding the dead. This can help to alleviate the stigma and fear of death. The effects of a loss of a loved one can be long lasting and hard to handle or deal with. I feel that you can never get over the loss but you learn to deal with the void that is left by the missing person. Supports can help make that transition easier.

What department would you like to work in and why?

I would like to work in the Adventist Youth Department (AY) I feel that I have views and life experiences that may be able to help the youth in the church today. It would also be a great challenge to find creative and logical ways to relate to others whether they are younger or older.

“Be honest with your feelings and realize that you may not always be in control of them. Your emotions will be an absolute mess at times and other times you will be just fine.”

Interviewed by: V. Lyttle



An Abundant Life

During one of his sermons, Pastor Doug Bachelor of Amazing Facts Ministry shared a humorous quote from his father about health, saying that, “If [he] knew [he] would live this long, [he] would have taken better care of [him]self” (paraphrase). For Adventists, taking care of the body goes beyond looking and feeling good. It is a form of worship that falls under the umbrella of stewardship. The Holy Spirit inspired the Apostle Paul to inform us that our bodies are His temples, and that it does not belong to us, but to God (1 Corinthians 6:19 NKJV). When God created us, He linked every aspect of our being to function in harmony with each other as a model for how the church should function: “one body... in Christ” (Romans 12:4-5). Like Pastor Bachelor’s dad, we may have no idea how long we will live for, but what God’s word and science has proven is that: 1) God has given us the responsibility to care for our bodies; 2) that caring for our bodies helps support our minds and mental wellbeing; and 3) that through His Word, God proves Himself to be a reliable Source of information on how to care for our bodies.

The Genesis account of the Garden of Eden shows that God’s first directive to Adam was about food. Unaware of how to operate the body he had been given, God lovingly told Adam that, “Of every tree of the garden you may freely eat...” (2:16 NKJV). From a health perspective, Adam’s diet consisted of leafy greens and garden vegetables which, continues to be the most nutritious food for the human body. Enloe (2018) notes that “Eating a diet rich in leafy greens can offer numerous health benefits including reduced risk of obesity, heart disease, high blood pressure and mental decline” (para 2; Aubrey, 2018). Furthermore, various types of vegetables provide all the nutrients needed for the human body as outlined in the Canadian

Food Guide, including protein (e.g. edamame, lentils, and

asparagus; Hatanaka, 2019); and calcium (e.g. chia seeds, almonds, and collard greens; Jennings, 2018). While having good health may be enough motivation to care for our bodies, let us not forget that God considers caring for the body as a form of worship. In Romans 12:1, Paul urges us to “offer [our] bodies as a living sacrifice, holy and pleasing to God” as this is a form of “true and proper worship.” Again, the apostle Paul tells us that “whether [we] eat or drink, or whatever [we] do, do all to the glory of God” (1 Corinthians 10:31 NKJV). If we can eat, drink, and work to the glory of God, that means we can do the opposite. Therefore, let us carefully consider how we treat the temples God has given us to maneuver this world in, and use it to glory Him.

Taking care of our bodies is proven to support cognitive health, which, along with an active prayer life and regular Bible study, gives us the ability to discern God’s voice more clearly. Cognitive health, which is “the ability to clearly think, learn, and remember” is aided by eating healthy foods, being physically active, keeping our minds active, staying connected with social activities and reducing risks to cognitive health (National Institute on Aging, n.d). What is amazing to note is that these practices are all consistent with the Christian lifestyle. For example, reading and memorizing scripture keeps the mind active; attending church and Wednesday Night Prayer Meeting, singing in the choir and group Bible study are forms of healthy social engagement; abstaining from risks to cognitive health, such as smoking, and alcohol are also consistent with the Adventist Health Message. When our cognitive health is functioning well, we are better able to “learn to do good; reason together; and “rightly [divide] the word of truth” in careful study of God’s word (Isaiah 1: 17;18; 2 Timothy 2:15 NKJV).



Mental health and well-being, and in our ability to worship God. Mental illnesses, such as depression and anxiety, causes individuals to focus on themselves (e.g. people with depression tend to ruminate on negative thoughts about themselves; anxiety sufferers tend to focus on external factors that make them feel afraid; Goldberg, 2015; Bhandari, 2018) rather than on God and on the people around them. This is one of the

reasons why Jesus encouraged other-centered love: because when we use our energy to focus on the needs of others, we not only help others, but we forget about ourselves and our problems. Focusing on others can take the form of meeting physical needs (i.e. such as providing food and clothing); spending time with isolated individuals; or praying with and for others. Research shows that people who give social support experience positive psychosocial outcomes including “reduced activation in brain areas related to stress responses” (Bargland, 2016). In other words, when we give support to others, we become more equipped to handle stressful situations when they arise. When we follow God’s protocol for our minds and bodies, we obtain His divine protection upon our faculties and this gives us the ability to “not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, [to] present [our] requests to God. And the peace of God, which transcends all understanding, [guards our] hearts and [our] minds in Christ Jesus” (Philippians 4:6-7 NIV).



God created us and because He is our Creator, He understands us better than anyone else. This extends beyond a parent’s knowledge of their child; Luke 12:7 tells us that God knows the exact number of hairs on our head (and how many strands we lose in a day!). Scientific studies continue to prove what God has been showing us all along in His word, and in some cases, is only being discovered now. Consider for example, Adam. The Bible says that God “put [Adam] in the Garden of Eden to work it and take care of it” (Genesis 2:15). God put Adam in the garden because it would benefit Adam, as well as the creatures living in the garden. Working and caring for the garden would require planning, organizing, prioritizing, in addition to physical work, which is proven to be beneficial for mental, physical and cognitive health (Planning, n.d.). We also see God’s knowledge of the human frame in the way He dealt with Elijah’s major depressive episode, which is consistent with what psychologists recommend when supporting someone

with depression: encouraging sleep, eating healthy foods, social contact, and challenging negative thoughts (1 Kings 19:5-8, 10, 18; Goldberg 2015). In another example, we see how God can bring about true change in the hearts of His people so that they can stop harming themselves and others. When King David killed Uriah to cover his sin with Bathsheba, God brought it to David's awareness using a technique similar to mirroring mode of empathy (which causes a person to experience pain just at the sight at someone else getting hurt; Thagard, 2015). When David heard Nathan's story about the poor man losing his only lamb to the rich man, David had a physiological response and his "anger was greatly aroused against the [rich] man" not realizing that "[he was] the man!" (2 Samuel 12:5). God knew that David needed see his sin from an outsider's perspective to understand the gravity of his wrongdoing, which evoked true change and conversion in David. The above are only a few examples of how God has an intimate knowledge of His created beings. For "we are His workmanship, created in Christ Jesus for good works" (Ephesians 2:10 NKJV).

In conclusion, our bodies are the temple for the Holy Spirit, and it is our responsibility to take care and nurture our bodies. While eating healthy and exercise is important to our physical health, science has shown that it also benefits our cognitive health and mental well-being. Furthermore, keeping our minds active through regular Bible study and scripture memorization will slow down age-related deterioration, along with eating plenty of leafy greens. Engaging with others socially helps us to prevent and, where it exists, overcome some mental illnesses, such as depression. When we follow God's command to love others as ourselves, and serve others in their time of need, we benefit in several ways including spiritually, physically, mentally and neurologically. God is our Creator and He is more familiar with our bodies that we are. His word is full of treasures that will teach us to care for ourselves; and when we do so, we will "have life" and "have it more abundantly" (John 10:10).

K. Sueann Brown

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Church Events Building a Supportive Group

Mount Olive Baptism

One of our young members, Sister Jenell Austin, conducted a very informative session on January 4, 2020 entitled "Building a Supportive Group". The presentation provided an opportunity for the church officers to learn and to implement new strategies to promote departmental growth.

Sister Austin provided feedback on how to address certain situations with positive attitude. Throughout her presentation, she encouraged leaders to highlight the good work the members in their departments have done then provide suggestions for improvement. She provided handouts as well as website where information can be gleaned.

Some of the topics emphasized were creating foundation, uncovering strengths and debriefing. There were thought-provoking questions and they were eloquently answered by Sister Austin. One of the attendees who was not a member of our church shared a scenario that happened in his church. He then gave examples how to motivate others.

She encouraged the attendees to participate in group activities. She further indicated that group activities can lead to discover hidden talents or skills that can be fostered to enhance departmental involvement and growth. While Sister Austin was presenting the topic, "Providing Constructive Feedback", she stressed that constructive feedback is designed to uplift and promote growth. Although it takes more time and effort, the outcome is more conducive to a healthy and supportive team environment.

The presentation was interesting and well received and she has left a tremendous impact on the attendees. May God continue to strengthen Sister Austin as she continues to uplift and motivate God's people to do His work.

V. Lytle



It was a Grand day for the Mount Olive saints on Sabbath, January 18, 2020, despite the terrible snow storm. Our church gained five souls through baptism in the name of the Lord. Four sisters, one brother, and a couple were among the five candidates.

Pastor Charles Mahadeosingh read the baptismal vows to the candidates. He commended them for making the decision to accept the Lord. He told them that heaven rejoices over one soul that comes to repentance and admonished them to read their Bibles daily and pray consistently.



Pastor Frankie Lazarus led the Baptismal Service. Shouts of praise, and hymns were echoed as each candidate was being baptized. Pastor Lazarus encouraged the newly baptized members to stay on the path of righteousness. He implored them that their spiritual guardians, church members and the pastoral staff will be there to support them when they get discouraged.

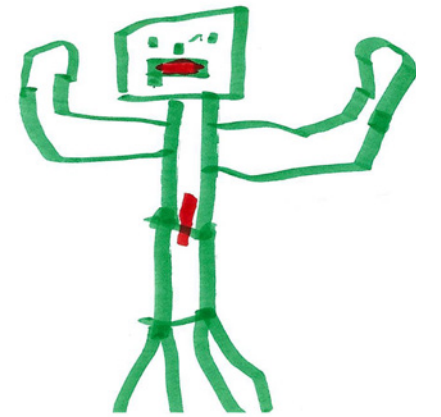
We give thanks for the newly baptized members and we hope our church will continue growing in 2020. Our Bible workers are eagerly working with our visitors for them to give their lives to God. The Personal Ministry Department along with other departments are very dedicated in bringing souls to Christ.

We will continue our mission to keep praying for souls as our duty is to sow the seed and the good Lord will do the rest. Together we can strive for "Mission Driven Excellent."

Daphney Lyttle-Dixon



I like to go to church because I like Sabbath School and preaching, I like to see my friends and talk about Jesus.



Kory Brown

My Testimony

When I was about eleven years old my school was having a Halloween dance, when they were going to begin, I got up and told the teacher I wasn't allowed to participate because of my religion and she let me sit on the bench.

I hope that she has learned about God and now knows the love of Jesus.

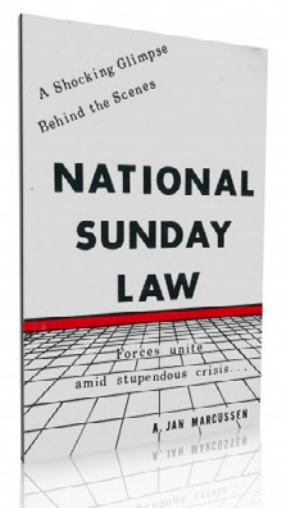
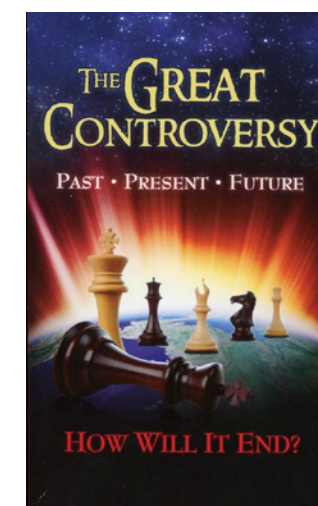
Carla Cousins

A few moments later another teacher came up to me and asked me why I was sitting on the bench. I told her that I wasn't allowed to participate in the Halloween dance because of my religion. Then she asked me if I wanted to leave the gym where the dance was happening. I said yes, and we went outside.

While we were there, she told me that she was Catholic and she didn't celebrate Halloween either but she participated because of her job. She started asking me about my religion and beliefs. I told her that I was a Seventh-day Adventist Christian, and I go to church on Saturdays.

We talked until the dance was done and I went back to my class. When I got home, I told my mom what happened and she decided to give her a Great Controversy and National Sunday Law books. The next day I gave it to her, and she was very thankful.

When I was talking to her at that time, I didn't really know that much about my religion but I told her what I knew.



Jesus Teaches About Prayer

For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. Luke 11:10 (NIV)

The puzzle is based on Luke 11:1-9 (NIV).



P R A Y Y B S L E F X E B P H
 U K I N G D O M L T S P D Q A
 A Y Z A U B Q Q S E E E R X L
 U Q B S B U R W F Z A A E G L
 O R R K P U J I U R Z D C K O
 O N E O L F N P I P I A Q H W
 T A A P X A A F V I X E M M E
 E M D E D M F T W T F S N U D
 M E C N H R D O H N L F B D W
 P P K K R N E G R E S M Y Y U
 A V N I I Q I C C G R T C D Y
 T N O F U N J C E S I N S A O
 I J C W D K S D G I J V Q I A
 O Q K I F B E K P I V J E L A
 N M M W N M J J P V W E M Y P

FIND	PRAY	OPEN	TEMPATION	FRIEND
SEEK	FATHER	NAME	KNOCK	RECEIVE
MIDNIGHT	DAILY	TEACH	LEAD	BREAD
SINS	KINGDOM	HALLOWED	FORGIVE	ASK



Summer Breeze



1 orange, peeled (leave white pithy part)
 1 medium bunch of green grapes
 2 cups of watermelon pieces with rind
 Push these three simple and easily accessed ingredients into your juicer (strain afterwards, if needed). Pour into a glass with ice and enjoy!

This may seem really simple but it is packed with nutrients like: Vitamin C, Potassium, Copper, Vitamin B5, Vitamin A, Thiamine, Folate, Vitamin K, Riboflavin, Vitamin B6 and so much more!

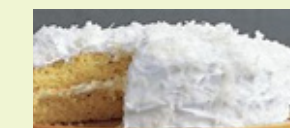
Rooted and Grounded



1 medium size beet (clean and cut into small pieces)
 1½ - 2 carrots
 2 pieces of turmeric
 1 piece of ginger
 ½ a lemon
 Juice and strain (if needed). Pour into your glass and taste and feel the energy!

Just to lists a few of the nutrients: Folate, Manganese, Iron, Vitamin C, Vitamin E, Zinc, Vitamin B-6, Niacin, Potassium, Vitamin A, Biotin, Vitamin K1, Vitamin B3, Phosphorus, Riboflavin just to name a few!

Vegan Carob & Coconut Cake (Gluten Free)



Dry Ingredients

- 100grams of rice flour
- 100 grams of tapioca flour
- 1 tsp spoon of baking soda
- ½ tsp cinnamon
- 4 tps carob powder

Wet Ingredients

- 100 ml of maple syrup
- 100 ml of coconut oil
- 50 ml of water
- 200ml of coconut cream
- 2 tsp of vanilla extract

Topping

- Handful of dates
- Handful of cashews
- 150 ml of coconut cream
- Carob bar for grating or desiccated coconut for sprinkling (optional)

1 – An hour or two before making the cake, soak the toppings ingredients. Chop the dates and place in a pan with the cashew and coconut cream. If the coconut cream has thickened, just melt it gently in the pan until it is runny. The idea is that the cashew and dates absorb the cream to make them softer for blending later.

2 – Mix all the dry ingredients together in a mixing bowl.
 3 – Melt the coconut oil and mix all the wet ingredients together in a jug.

4 – Add the wet ingredients to the dry ingredients and mix together thoroughly before sharing evenly between two parchment lined cake pans

5 – Place in a preheated oven at 375 degrees Celsius or 190 degrees Fahrenheit and bake for approximately 25 minutes. Allow to cool before adding the icing.

Juicing For Life-Authors: Cherie Calbom & Maureen Keane
 Submitted by: Precilla Haynes

BLACK HISTORY MONTH

Canadian Black History

Black History Month is celebrated in Canada in February. The aim is to acknowledge and honour the memories and learn about the sacrifices, contributions and achievements of men and women of African descent, who fought relentlessly for equality, justice, culture, social and economic recognition in our society. Their struggles enabled them to break racial barriers and make a difference for future generations. Although, some have paid the ultimate sacrifice with their lives, this did not deter others from continuing the fight.

Black History Month was introduced to Parliament in 1995 by the Right Honourable Jean Augustine (Caribbean descent) who was the first black woman elected in the House of Commons. The then Prime Minister, the Right Honourable Jean Chretien passed the Bill for its official recognition.

African descendants in Canada have created history in health care, politics, education, law enforcement, sports, engineering and many other areas. Schools, roads, parks, scholarships, and many more monuments are named in their honour. They have served on numerous boards as director, and chairpersons and are recipients of various awards. Many have excelled and have contributed immensely to the re-defining of our economy and society.

African Canadians have come a long way since the era of injustice and segregation ended. They now have an equal opportunity to identify, establish and achieve their goals. They can now pursue and excel in their chosen careers. What was once a dream has now become a reality.

Let us not forget the invaluable contributions that have been made by activists, abolitionists and, the countless others who have helped to pave the way for equality, justice and granted us our freedom.

The Communications team have chronicled three Black Canadians who have contributed significantly to our history and made a difference in our society.

We trust that our readers will find these articles informative and enjoyable to read.

V. Lyttle



Viola Desmond

Viola Irene Desmond (née Davis) was born on July 6, 1914. She was one of ten children of James Albert who was black and mother, Gwendolin Irene Davis, who was white. Viola grew up with her grandparents who were active in the black community in Halifax, Nova Scotia.

As Viola was growing up, she noticed that there was a scarcity of products for hair and beauty care for black women, so she set her sights on becoming a beautician. In those days in Halifax, being of black descent, women were not allowed to be trained to become a beautician. Viola left Halifax and received her training in Montreal, Atlantic City and New York. Upon completion of her training she returned to Halifax where she opened her hair salon and The Desmond School of Beauty Culture so that black women would not have to leave Nova Scotia to be trained to become beauticians. The students were provided with the skills required to open their own businesses which also provided jobs for other black women within their

communities. Viola also started her own line of beauty products.

On November 8, 1946 while Viola was on a business trip to Sydney to sell her beauty products, her car broke down in Ne Glasgow. She was told that she would have to wait a day before the parts to fix it would become available. To pass the time while she waited, she went to see a movie, The Dark Mirror starring Olivia de Havilland at the Roseland Film Theatre.

In Glasgow there were no formal laws to enforce segregation and there were no posted signs at the theatre to inform its patrons about the policy. However, the main floor seats were usually reserved for white patrons. Viola was sold a ticket to the balcony and was unaware of the segregation. Being nearsighted, she went to sit in the front section to be close to the screen. She was asked to move from her seat and to sit in the area reserved for non-white. She realized what was happening and refused to move because she had a better view from the main floor there. She was then forcefully removed from the theatre causing an injury to her hip and was also arrested for 12 hours in jail and she had to pay a \$20.00 fine. The tax on the balcony price of 20 cents was two cents; the tax on the floor price of 40 cents was three cents. She was convicted of depriving the government of one cent in tax. Desmond was kept in jail overnight and was never informed about her right to legal advice, a lawyer, or bail.

Viola returned to Halifax after she was released from jail. She discussed the matter with her husband who advised her to put the issue behind her and move on but Viola was determined to get justice and sought advice from the leaders of her church, The Cornwallis Street Baptist Church. The church leaders supported Viola and decided to fight the charge against her in court.

With the support of the church and the Nova Scotia Association for the Advancement of Coloured People (NSAACP), Viola hired a lawyer who represented her in the criminal trials and was unsuccessful with filing a lawsuit against the Roseland Theatre.

During the trials, the government insisted on arguing that the case was of tax evasion which was a provincial act to regulate cinemas and movie theatres which required the payment of an amusement tax based on the price of the theatre ticket. Since the theatre had sold Viola a cheaper ticket allowing her to sit in the balcony and she had insisted on sitting on the main floor which is the much more expensive seat, she was only one cent short on the tax she should have paid. This statute that was used to convict Viola was nothing of any racist or discriminatory action

towards her. They had only agreed to sell Viola a cheaper balcony ticket but she had insisted upon sitting in the much more expensive main floor seat, she was only one cent short on tax. The statute used to convict Viola contained no explicitly racist or discriminatory language.

Viola was convicted of tax evasion. Her lawyer along with the NSAACP tried to appeal the decision on the basis that she was being wrongfully accused of tax evasion and was being racially discriminated against. This proved disastrous in the court and the case was dismissed. One wonders if the manager of the theatre who laid the complaint was so zealous and believed that there had been an attempt to defraud the province of Nova Scotia of the sum of one cent or was it a misuse of a public statute.

Her lawyer, Frederick William Bissett, refused to bill Viola and the money was used to support the newly established Nova Scotia Association for the Advancement of Coloured People (NSAACP).

After the trial, Desmond closed her business and moved to Montreal where she enrolled in a business college. She later settled in New York City where she died from gastrointestinal bleeding on February 7, 1965, at the age of 50. She is buried at Camp Hill Cemetery in Halifax, Nova Scotia.

Viola was often compared to Rosa Parks given they both challenged racism by refusing to vacate seats in "Whites Only" sections and contributed to the rise of the Civil Rights Movement.

In 2012 Viola Desmond was portrayed on a commemorative stamp issued by Canada Post. On July 7, 2016. A Halifax harbour ferry was launched bearing her name along with two others.

On December 8, 2016, she was chosen as the first Canadian woman to appear on the Canadian ten dollar note after being on a shortlist of five. On November 26, 2018 the Bank of Canada released a new design of the \$10 bill celebrating Viola Desmond's achievements in the civil rights movement.

January 12, 2018, Viola Desmond was named a National Historic Person.

In June 2018 Canada's Walk of Fame star was unveiled at the Halifax Ferry Terminal.

Desmond's younger sister Wanda Robson and Graham Reynolds, a professor of Cape Breton University, worked with the Government of Nova Scotia to ensure that Desmond's name was cleared, there was a public acknowledgement of the injustice and Nova Scotia

reaffirmed its commitment to Human Rights. The provincial government declared the first Nova Scotia Heritage Day in her honour in February 2015. Viola Desmond's portrait also hangs in Government House in Halifax, Nova Scotia.

Reference: https://en.wikipedia.org/wiki/Viola_Desmond

Grace Carless-Anderson

Michaëlle Jean PC CC CCM COM CD



There are many black Canadians who have significantly contributed to the growth and development of Canada as a nation. Included among them is Michaëlle Jean PC CC CCM COM CD. She was born in Port-au-Prince, Haiti, on September 6, 1957, and was baptized at Holy Trinity Cathedral as a baby. Her early childhood

years were spent between Port-au-Prince and Jacmel (first city in entire Caribbean to have electricity in 1925) before migrating to Canada in 1968. Her father was a principal/teacher at a prestigious protestant private school, but Jean and her sister were home schooled to avoid them having to swear allegiance to then Haitian President, Francois Devalier. This was required of all school children.

Jean's father suffered torture and imprisonment under Devalier's oppressive regime, so her dad made his escape to Canada and the family followed a year later. Upon arrival they settled in Thetford Mines in Quebec. Her father became distant and violent. This resulted in the breakdown of the marriage, and Jean, her Mom, and sister then moved to a basement apartment in Little Burgundy, Montreal.

Jean's educational journey spanned Canada and Europe. She received a Bachelor's degree in Italian and Hispanic languages and literature from the University of Montreal and taught Italian studies at her alma mater while completing her Masters in Comparative Literature. At the Italian Universities of Florence, Perugia, and Catholic

University of the Sacred Heart (Milan), she climbed another rung on the academic ladder by continuing her studies in language and literature. Jean is fluent in French, English, Spanish, Italian, Haitian Creole and reads Portuguese well.

Between 1979 -1987 while studying, among other things, Jean co-ordinated a study on spousal abuse and worked at a women's shelter. She also established a network of shelters for women and children across the country. As an immigrant she had a passion for immigration issues and worked with organizations to facilitate entry into Canada. While working at Employment and Immigration she began writing about the experiences of immigrant women.

Jean also had an illustrious career in journalism, broadcasting, and film making. She worked at Radio Canada all news channel, Réseau de l'information (RDI), and Canadian Broadcasting Corporation (CBC). She was the first person of Caribbean descent to be seen on French TV news in Canada and to host CBC's English language programs. By 2004 she was hosting her own show. Jean, along with her husband, made several films including the award-winning Haiti dans tous les nos rêves (Haiti in all our Dreams).



On August 4, 2005, the Office of the Prime Minister of Canada announced that Queen Elizabeth II had approved Jean's appointment as Canada's Governor General (GG). She was the first black woman to hold this position which she held until 2010. As the country's twenty seventh Governor General, her appointment sparked a lot of controversy particularly about her allegiance due to her dual citizenship (she also held French citizenship) and allegations of being a Quebec separatist. She also had many challenges. The most notable was the handling of the parliamentary dispute between a coalition of three opposition parties with the Cabinet led by Prime Minister Stephen Harper. This led to the proroguing of Parliament, under strict conditions, until January 2009. Areas of focus during her tenure as GG include promotion of the arts, Aboriginal issues, support for the armed forces, and

women's rights.

Jean also served as Chancellor of the University of Ottawa (2012-2015), Special envoy to Haiti for the United Nations Educational, Scientific and Cultural Organization (2010-2014), and the Secretary General of the LA Francophone (2015-2019).

Jean is married to film maker, Jean-Danielle Lafond and has two steps daughters and an orphaned daughter whom they both adopted from Jacmel, Haiti.

While her life as a public figure has been controversial, Jean has always risen to the challenges, focused on accentuating the positives, and pursuing her passions such as helping disadvantaged women and children and Immigration advocacy. As one who has triumphed over adversity, she continues to be a role model and inspiration especially to black Canadians.

<http://en.wikipedia.org/wiki/michaëllejean>

Sandra Williams

Chief Saunders began his policing career after graduating from high school. He has served with the Toronto Police for thirty-five years. Chief Saunders currently lives with his wife and four children in Etobicoke. He is an accomplished photographer and often donates his work to charitable organizations.

His passion for policing and his personal commitment to provide fair, impartial and bias-free policing services to all, are some of the attributes why chief Saunders was meticulously chosen to be Chief Bill Blair's successor on April 17, 2015, making him the first black Canadian to lead the Toronto Police Force. He is only the second black Canadian to head a police force in Canada. Devon Clunis was the first black Canadian police chief who served in the Winnipeg Police Service in 2012.

Chief Saunders takes an active leadership role in the community, He represents the Toronto Police Service on numerous committees and partnerships that address diversity and community safety issues on local, Provincial, National and global levels. Chief Saunders currently is the Co-Chair of the Canadian Association of Chiefs of Police - Organized Crime Committee and participates as a mentor for the Black Community Consultative Committee.

Recognizing current trends in technology, Chief Saunders created an investigative cybercrime Unit called "C3". This investigative Unit is housed within Specialized Operations Command-Detective Operations and was developed in order to maximize the use of technology in policing. Combatting these current trends and issues have been recognized by Chief Saunders as a way to improve the type of policing vehicle used to not only solve and prevent cybercrimes but to foster and improve communication with all communities that he serves.



Another accomplishment that is alluded to Chief Saunders is being the Toronto Police Service's Executive Sponsor of the Toronto Pan Am/Parapan American Games which are recognized as the third largest in the world after the Olympics and the Commonwealth Games. His responsibilities entail both safety and security of the athletes, spectators, venues and the citizens of Toronto, during the hosting of the 2015 Games. He was chosen by his predecessor, Chief William Blair to be a contributing author on the, "Police and Community Engagement Review", now known as the PACER Report.

CHIEF MARK SAUNDERS



To Serve and Protect is the motto of the Toronto Police Force. This is an enormous sacrifice, yet, the chief of police, Chief Mark Saunders, knowingly and willingly made this commitment to all Torontonians. Let's find out more about our chief.

Chief Saunders was born in England to Jamaican parents in 1962. His family moved to Quebec and in 1969 and they settled in Milton, ON. While attending Milton District Middle school he was a student council president. He also attended W. I. Dick Middle School, J.M. Denyes School, and Martin Street Middle School.

BIBLICAL JOKES

He is deeply committed to excellence in policing and service to the community, and has been the recipient of numerous awards, including Officer of the Order of Merit of the Police Forces, the Queen Elizabeth Diamond Jubilee Medal for Outstanding Community Contributions and the Black Canadians Award for Public Service.

Under Chief Saunders' leadership the Toronto Police Force created its first-ever Missing Persons Unit in wake of the tragic investigation of eight missing men. This new unit will review all the city's missing person cases dating as far back as 1990. It is believed to be a valuable tool because it will also be used as a contact point between the police officers and the families of the victims.

Chief Saunders holds a Bachelor of Arts degree in Justice Studies from Guelph Humber University. He was selected to participate and completed the Leadership in Counter Terrorism Course (LinCT) which included studies in Scotland and Ireland, specializing in counter-terrorism with the supporting themes of leadership and intelligence.

Chief Mark Saunders career has been controversial. His leadership and his integrity were challenged. However, his beliefs and commitment to all Torontonians never wavered. He has risen to exemplify determination, courage and excellence.

<http://www.torontopolice.on.ca/bios/saunders.php>

V. Lyttle

Q. Why couldn't Jonah trust the ocean?

A. Because he knew there was something fishy about it.

Q. Who was the greatest financier in the Bible?

A. Noah; he was floating his stock while everyone was in liquidation.

Q. Where is the first tennis match mentioned in the Bible?

A. When Joseph served in Pharaoh's court.

Q. What did Adam say on the day before Christmas?

A. It's Christmas, Eve!

Q. How do we know Peter was a rich fisherman?

A. By his net income.

Q. Who was the smartest man in the Bible?

A. Abraham. He knew a Lot.

Q. Why didn't they play cards on the Ark?

A. Because Noah was standing on the deck.

Q. Who was the fastest runner in the race?

A. Adam, because he was first in the human race.

Q. What animal could Noah not trust?

A. Cheetah

Q. Who was the greatest comedian in the Bible?

A. Samson. He brought the house down.

Q. What kind of man was Boaz before he married Ruth?

A. Ruthless.

Q. Which Bible character had no parents?

A. Joshua, son of Nun (Joshua 1:1).

Q. What kind of motor vehicles are in the Bible?

A). Jehovah drove Adam and Eve out of the Garden in a FURY.

B). David's TRIUMPH was heard throughout the land.

C). HONDA...because the apostles were all in one Accord.

Q. Where is the first baseball game in the Bible?

A. In the big inning. Eve stole first, Adam stole second. Cain struck out Abel. The Giants and the Angels were rained out.

Honesty is the Best Policy

A story was told of a man who had a debt and for a long time failed to settle it with his debtors. One day seated outside his house, he saw his debtors coming and very quickly he called his young son and told him if anybody asks about his whereabouts, he should answer that he has gone for a journey to see his people in another village. He then quickly decided to hide behind a large cabinet in the living room.

When the debtors arrived, they asked the young boy, "Son! Where is your father?"
"He said he was going to another village to see his people." the boy replied.

Then debtors asked the boy "When is he coming back?".

The young boy confused rushed towards the house and to the cabinet shouting,
"Dad! When are you coming back?"

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Submitted by: V. Lyttle

UPCOMING ANNOUNCEMENT

Mt. Olive SDA Academic Scholarship
Deadline for application: June 30, 2020

Criteria

The Mt. Olive SDA Scholarship for Academics awards students \$500.00 for the year. It's open to two students in the Rexdale community who:

- Have demonstrated community leadership
- Have an acceptance letter from a college or university

How to apply:

- Write a 600 -word essay describing your community leadership experience
- Write a 250- word stating what makes you a good candidate for this scholarship
- A letter of recommendation from your school
- A letter of recommendation from a community group

Please send information to the following email address:

Mountoliveducation@gmail.com

EMPLOYMENT OPPORTUNITIES

jobadmin@yorku.ca.

100655 Manager Information Security

100737 Senior Advisor, Case Resolution

100756 Manager, Special Initiatives

100760 Data Assistant

100764 Manager, Academic Honesty

100768 Animal Care Committee Coordinator

100772 Grounds Assistant

100775 Communications Coordinator

100617 Programs Assistant

100736 Project Coordinator, Student Success

100761 Junior Financial Assistant

100740 Housekeeper, Undergraduate Residences

100741 Lead Hand, Housekeeper - Undergraduate Residences

100743 Senior Lead Hand, Housekeeper - Undergraduate Residences

100745 Cleaner - York Apartments
100746 Lead Hand, Cleaner - York Apartments
100749 Principal's Office Assistant (Bilingual)
100755 Registration Administrative Assistant
100713 Secretarial/Administrative Support
100721 Communications Assistant
100742 Maintenance Helper/Cleaner
100744 Telephone Data Collection Clerk
100747 Lead Hand, Maintenance Helper/Cleaner
100645 Grounds Assistant, Glendon
100689 Housing Assistant
100722 Disability Support Coordinator
100723 Manager, Student Systems
100726 Bookstore Customer Service Assistant
100730 Recruitment Officer - International
100732 Front Desk Clerk, Ancillary Services
100733 Front Desk Clerk, York Apartments
100734 Residence Assistant, Ancillary Services
100735 Research Support (Bilingual)
100705 Director of Construction Project Development
100714 Student Success Coordinator, Economics
100694 Admissions& Enrollment System Assistant
100704 Visual Analytics Developer
100712 Review Counsel
100715 Disability Support Specialist
100696 Academic Advisor (Bilingual)
100699 International Recruitment Support Assistant

100703 Software Applications Developer

Compiled by: Tracey and Adin McFarlane

