



OCTOBER 2022

# NABC NEWS

*Read about the latest news and updates from NABC!*

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NABC group that came together to pack donated items to be shipped to The Bahamas.

## Brand Spanking New!

NABC News is the official newsletter for the NABC in Canada. If you are a Bahamian living in Canada (or a friend of The Bahamas) or if you're concerned about Bahamian issues, this is the place to stay informed.

NABC News is a newsletter intended to keep you informed about the activities of the National Association of Bahamians in Canada and on issues affecting the Bahamian community from a local perspective. We hope this newsletter will serve as an informative and valuable resource for our readers.

NABC News is a newsletter to inform the Bahamian diaspora within Canada of upcoming events and affairs related to NABC activities. As part of our mission to inform, engage and educate the community about initiatives impacting the Bahamas, we seek to share information about cultural development, research, politics and other issues relevant to our shared experience in Canada.

Keep reading to discover what your outgoing board has been up to over the past few challenging, heart-wrenching, exciting, fantastic three years!

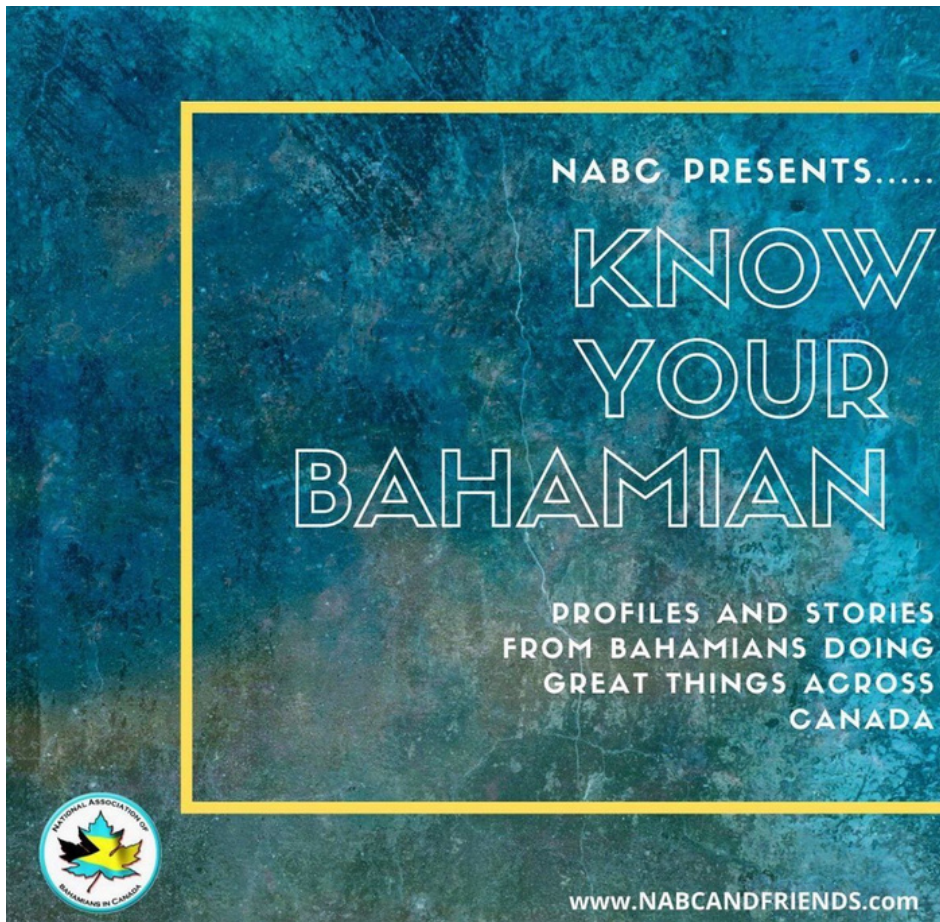
## ***Sustainable Ocean Alliance***

The Sustainable Ocean Alliance (SOA) is an international non-profit founded in 2014 whose mission is to restore the health of our oceans by mobilizing a workforce of "next-generation leaders, entrepreneurs, advocates and partners." By developing innovative solutions and cultivating a robust network of ocean champions, SOA sees a future where prosperity isn't at odds with conservation - but thrives alongside it."

Solving the ocean's biggest challenges is no easy task. The SOA believes that TOGETHER, we can create an ocean workforce and community of empowered, young leaders who will do whatever necessary to ensure a sustainable future for our ocean.

Our own Cyerra Gibson, sent a call out to the community for assistance with gathering information regarding Caribbean Deep Sea Mining. If you have some time, please complete the Sustainable Ocean Alliance-Caribbean Survey by Sunday, October 31 at 5 PM. The information gathered will be presented at the International Seabed Authority November 2022.





## KNOW YOUR BAHAMIAN

NABC has been hosting a "Know your Bahamians" segment on [Instagram](#), where members and friends of the group can share their success stories in Canada. This segment features not just Bahamian entrepreneurs, but also young Bahamian individuals who have obtained education and are making great strides in their respective professions.

If you know someone who should be the next profile of the "Know Your Bahamian" Segment, please do not hesitate to reach out to the NABC executive at [info@nabcandfriends.com](mailto:info@nabcandfriends.com).



# #BahamasStrong Benefit Event

It was a category five hurricane when Dorian hit the Abacos and Grand Bahama on September 1, 2019. The resulting damage to both islands was catastrophic. The LGBTQ+ Community in Toronto organised a benefit event to raise funds to assist communities in The Bahamas severely impacted by the most powerful Atlantic hurricane on record outside of the Caribbean Sea.

The event raised over five thousand dollars. A cheque was presented to the NABC President, Montez Knowles, at Toronto's famous 'The 519' on September 25, 2019.



Presentation of the cheque from the LGBTQ+ to the NABC.



The 519 - Toronto, Ontario



## ***NABC Election Candidates 2022***

The following candidates are running for positions on the board. The election is scheduled to occur on Saturday, October 15, at the Annual General Meeting at 627 Queen's Quay West.

**Name:** Jasmin W. Dorsett

**Running for:** President

**Bio:** Jasmin is a fierce advocate for Diversity, Equity and Inclusion and actively fights for the advancement of women and people of colour in STEM companies. She is a Chartered Professional Accountant and a leader at a Canadian software company that has lived in Ontario for the last 20 years. Hamilton, Ontario, is currently her home. She has earned an Honours Bachelor of Commerce and is skilled in Leadership, Project Management, Corporate Financial Planning and Financial Literacy.

**Name:** Nikisha Evans

**Running for:** Secretary

**Bio:** Nikisha is an inspirational speaker, author, host of The Soul Check podcast, entrepreneur and licensed Paralegal of The Law Society of Ontario. She is also the interim President of The Congress of Black Women London Chapter, an organisation promoting education and community service that empowers black women and their families. She is a fellow of the International Black Women Public Policy Institute, Dorothy I. Heights Leadership Academy. She has obtained a Bachelor of Science in Professional Management with graduate diplomas in Human Resource Management and Honors in Paralegal Studies.

**Name:** Joshua Moss

**Running for:** Director of Membership

**Bio:** He is both Bahamian & Canadian; having lived in The Bahamas for 14 years, he's always wanted to find a way to connect both countries and cultures. He is a realtor in the GTA looking to help Bahamians establish their community and culture here in Canada.

**Name:** Hazel .C. Thompson

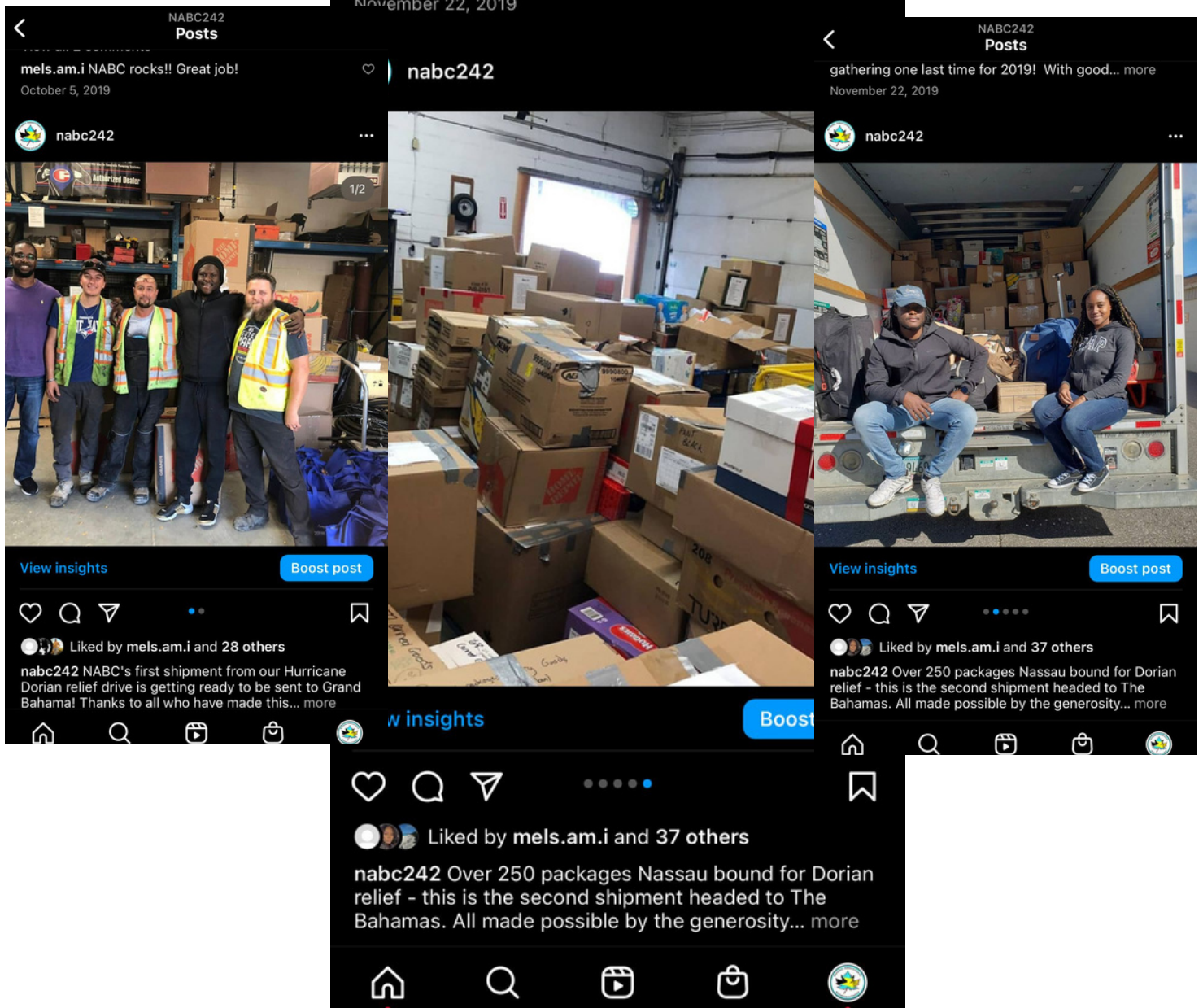
**Running for:** Director of Communication

**Bio:** Over the past few years, she has had the privilege and the benefit of opening a few developing companies both in The Bahamas and The United States assisting with the business development aspect of many brands worldwide. She uses critical systems and strategies to create brand awareness and client engagement.

She is a certified Radio and Television Broadcaster and Certified Event Decor, Specialist. Based on her understanding as it relates to the direction of NABC, she believes that she can add to the executive team.







# HURRICANE RESILIENCY

## NABC DONATED!

The 2019 - 2022 NABC executive contributed collected donations from the Bahamian diaspora and friends within Canada to help those in The Bahamas that were effected by Hurricane Dorian in 2019.

Boxes of goods were collected from many people within Canada and shipped to The Bahamas to help with the hurricane efforts that decimated Abaco and Grand Bahama.

The executive thanked all those who gave their time and money to ensure that the donated items could get to those most affected.

Thank you!

## Ranfurly Home Donation

With all the donations gathered from members of the community and friends of The Bahamas, NABC was able to donate over five thousand dollars (\$5,000) to the Ranfurly Home for Children.

The money was to assist in maintaining the home and the children who were affected by hurricane Dorian. A thank you letter from Joy Anne Premock (Vice President - Ranfurly Homes for Children) is included on the following page.



Montez (NABC President) and Ranfurly Homes Representative





March 12<sup>th</sup>, 2020

National Association of Bahamians in Canada  
149 - 639 Dupont Street  
Toronto, ON  
Canada, M6G 1Z4  
Corp. #1029512-4

Dear Friends of Ranfurly,

On behalf of the Children, Board of Management, Association, Administration and Staff of Ranfurly Homes for Children, kindly convey our gratitude for your generous donation of Five Thousand Six Hundred Seventy-Five CAD dollars (\$5,675.03) given to Ranfurly on March 12<sup>th</sup>, 2020.

Your gift will help us to maintain the home and continue to ensure a safety net over the children, so that they can have the reassurance and confidences knowing that their growing lives are secure and guarded with love.

On September 1<sup>st</sup>, 2019 one of the most powerful hurricanes in history unleashed its deadly force on our northern islands of Abaco and Grand Bahama. Ranfurly Homes for Children has opened their arms to the most vulnerable, adding an additional 27 children into our home. The capacity of Ranfurly has more than doubled overnight. The outpouring of love has been incredible and supporting.

Thank you again for your tremendous generosity.

Yours sincerely,



Joey Ann Premock  
Vice President

Please "Like" us on  [Ranfurlyhomesforchildren](https://www.facebook.com/Ranfurlyhomesforchildren)

Nassau, The Bahamas | P.O. Box N 1413 | [242.393.3115](tel:242.393.3115) | [www.ranfurlyhome.org](http://www.ranfurlyhome.org)





## Vegan Pumpkin Chocolate Chip Cookies

PREP TIME: 10 MIN

COOK TIME: 12 MIN

TOTAL TIME: 22 MIN



### Ingredients

2 ¼ cups whole wheat pastry flour or all purpose flour	⅔ cup brown sugar
1 teaspoon salt	½ cup pumpkin puree (canned pumpkin)
1 teaspoon baking soda	⅓ cup vegan butter
1 teaspoon baking powder	½ cup coconut oil
1 teaspoon pumpkin pie spice	10 oz dairy free chocolate chips
½ cup sugar	

### Directions

1. Whisk flour, salt, baking soda, baking powder, and pumpkin pie spice in a bowl until combined
2. Measure the coconut oil and vegan butter while solid, then melt in the microwave until liquified.
3. In a separate bowl, cream together the sugar, brown sugar, pumpkin, melted vegan butter, and melted coconut oil until combined
4. Add the dry mixture to the wet, beat to combine
5. Stir in the chocolate chips
6. Use a mini cookie scoop to pack the batter into, then drop scoops onto a baking sheet
7. Bake the vegan pumpkin cookies at 350 degrees for 10 - 14 minutes
8. Once done, remove from oven and top immediately with sea salt flakes
9. Enjoy!

# NABC

Contact your Association



The National Association of Bahamians in Canada (formerly "ABC") is a non-profit organization comprised of Bahamians, Bahamian-Canadians, their families and friends, and other supporters. We host Bahamian social events, fundraisers, promote Bahamian culture in Canada to further a prosperous relationship between The Bahamas and Canada. The Association has specific charitable purposes that it supports. Most notably, disaster resiliency efforts through our hurricane relief fund and educational sponsorship.

Admin Office

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Website:

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