

The JunCtian Business Networking Group presents:



The JunCtian Awards for Excellence

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<p>We embraced a record number of Recipients this year, this means that a growing collection of Professionals, Entrepreneurs and Organizations are realizing the growth of the JunCtian Network and the opportunities to Unite, Ignite and Celebrate.</p>	

## WELCOME NOTE

“People will forget what you said, people will forget what you did, but people will never forget how you made them feel” Maya Angelou was dynamic when she spoke about the powerful influence emotion has in our everyday lives. The JunCtian Award for Excellence is to **promote positive and powerful emotions**; empowering our recipients and placing them on a pedestal for their invaluable work and sacrifices in the Community. We are igniting the spark and inspiring each recipient to feel great about themselves, their business and their contributions.

**Success** is definitely a buzzword for 2017. The JunCtian “where great minds meet” is dedicated to creating that atmosphere for success, but success is dependent entirely on *you*—*your* passion, *your* drive and how much of an importance *you* place on success. The JunCtian is not satisfied with the “Status Quo” we are always a step ahead. Our events are catered to professionals, businesses, education, charities, to consistently meet and experience practicing connection with various individuals **creating an atmosphere that encourages the people of tomorrow to interact with the people of today.**



**Joan John**

Founder and President, The JunCtian Business Networking Group

“Do not be deterred by failures, mistakes, character assassination or anyone’s opinion of you...be yourself always.” JJ

# INTRODUCTION

## Mission

The JunCtian's Mission is to increase and empower our Members' productivity and Sales & Services by sharing collective experiences and resources.

## Strategy

The JunCtian's Strategy is to provide the distribution of relevant tools through workshops, seminars and social meetups with motivated and action-oriented Professionals

## Core Values

The JunCtian's Core Values are Transparency, Exceptional Customer Service and Always exceeding our goals.

## Vision

The JunCtian's Vision is to be an International Leader as a networking group with Worldwide Chapters.



*Suko Barb - As the name suggests Beautiful, Smart and Loyal in all shapes and sizes for the insecure, the creative, the bold and happy go lucky woman or man.*



*Suko Barb is a sophisticated fashion house providing customized shopping in style. Suko Barb has no speciality because beauty has no boundaries. Bring your unique vision to Suko Barb let us transform it into your reality.*

*We are all Barbs, we were created - - - hence the name Suko Barb*

*We also do swag bags for all occasions.*

## GUEST SPEAKERS

- Suzanne Nurse—Peel District school Board Trustee Vice Chair Wards 2/6
- Kathy McDonald—Peel District School Board Trustee
- Wojciech Sniegowski—President Canada Poland Chamber of Commerce
- Tristan Black—Professional Athlete CFL
- Dr. Fadumo Hassan—Chiropractor /Recipient
- Rajinder Minhas-Bal—Candidate /Recipient

## Kathy McDonald



A long-time Brampton resident, Kathy McDonald has been actively involved with the Peel District School Board as a parent volunteer since 2001. She began her four year term as Trustee of Wards 3 and 4 in Brampton on Dec. 1, 2014.

Kathy's key priorities are to help each child realize his or her full potential, to work with the community, supporting student success through increased funding, to work with the board to improve student success in math, and to advocate for increased teaching assistants for students with special educational needs.

As school council chair at Agnes Taylor Public School and Sir William Gage Middle School, Kathy led parents in organizing events, supporting school initiatives and helping parents become involved in their child's education. In her role as co chair of the Peel board's Parent Involvement Committee from 2012 to 2014, she promoted and encouraged parent involvement by organizing workshops, speakers and activities to help families best support their children.

Outside of the Peel board, Kathy is a dedicated volunteer. She is a coordinator for a community youth steel band, a children's storyteller of Jamaican folktales, a member of the Congress of Black Women Brampton Chapter and the United Achievers' Club and was previously chair of the Caribbean pavilion for Carabram, Brampton's multicultural festival.

Kathy holds a Bachelor of Science from McGill University and a post graduate diploma in the Theory of Teaching Practices from the University of Guelph.

## Suzanne Nurse



Suzanne has been a Brampton resident for almost 20 years, and for over 10 years has been committed to making a difference in the Peel District School Board. She graduated from Ryerson University with a Bachelor of Applied Arts and worked as a Project Manager in the Private Sector for 10 years.

After the birth of her second child, she decided to stay home to provide a solid foundation for learning and development of her two children. In 2006, driven by her passion for education and motivation for student achievement, Suzanne successfully ran for School Board Trustee and was re-elected in 2010.

Suzanne is passionate about her family, the community and using her voice to make a positive difference. In addition to her duties as a Trustee and Vice Chair of the Board, Suzanne serves on the Board of Directors with Rapport Youth and Family Services, is an Ambassador for the Brampton A's basketball team, and volunteers her time with several organizations such as United Way Peel, United Achievers, and resident groups in Wards 2 and 6.

Suzanne lives in Ward 2 with her husband and two school aged children.



## Wojciech Śniegowski



Wojciech Śniegowski graduated from the Department of Law and Administration of The Jagielonian University in Kraków, Poland with the degree of Master of Administration. In Canada, he founded and co-managed a consulting practice in the field of immigration that served 10, 000 clients in the period of two and a

half years.

As an associate producer Wojciech Śniegowski is in charge of the production team creating two Polish language weekly TV shows, airing on OMNI TV and has been with OMNI TV, since 1990. As a vice president, he co-created and managed an Event Management Company, staging annual ethnic festivals at Ontario Place, managing trade exhibits and hosting trade missions. During the period 1991 – 1995, he served two terms as a member of the Community Reference Group on Ethno-Racial and Aboriginal Access to Metropolitan Toronto Inc. Services advising Metro Toronto administration on a wide range of municipal issues. He currently also serves as a member of the Chief of Toronto Police Advisory Council. For 10 years he was the president of the Canada – Poland Chamber of Commerce of Toronto organization dedicated to development of economical exchange between Poland and Canada.

In 2009, he was appointed by Privy Council and currently serves as a Citizenship Judge. At the Canada-Poland Chamber of Commerce of Toronto he presently holds the position of President.

## Tristan Black



Tristan Black is a former professional athlete who spent six years playing in the Canadian Football league. His introduction to the league was first with the Calgary Stampeders. Unfortunately, he spent most of his time with the Stampeders beating the odds and coming back from what most doctors said was a career-ending foot injury. He was then traded to his hometown of Toronto where he spent the next 3 seasons playing for the Toronto Argonauts. In his time with the Argonauts, the team won the 100th Grey Cup. The following year he signed as a free agent to the Saskatchewan Roughrider football club where he again helped the team win the 101st Grey Cup.

During his time in the CFL, Tristan founded a non-profit organization called 'True North Strong'. Through their main program "The Canadian Football Factory", the organization focused on giving Toronto's student-athletes the tools needed to use their athletic ability to get to the next level in education, personal and professional lives. In its first year, the organization was able to assist 95% of its senior class in enrolling into Universities in both the United States and Canada, many through athletic scholarships. "I just wanted to make sure that none of them made the same mistake that I did when I was coming out".

During the end of his athletic career, Tristan along with one of his teammates formed a transportation company which specialized in the oil and gas industry. Most recently through his Neon Black Inc., he is currently working with several startup companies in a business development role. He hopes to provide the same value for young entrepreneurs as he did with his student-athletes, by sharing his resources and relationships, allowing them to mobilise their talents in order to follow their dreams.



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## AWARD RECIPIENTS' BIOGRAPHIES

### *Excellence in Public Service recipients:*

- Brenda Daye
- Tricia Trotter
- Allister Thomas
- Sheldon Brooks
- Mark Lodge
- Oswald Nugent
- Melissa Cole aka Mel C
- Asifa Baig

## Brenda Daye



Brenda Daye specializes in home and Back yard special occasions. Creating the ballroom “wow” factor in any empty space. Brenda is passionate about what she does as an event decorator. Her love for fashion designing led her into the world of event décor. She now designs and decorates for all special events. Brenda also operates, to compliment her décor, a dry cleaners, a shoe repair and alterations business, which is convenient for her clients and right up her alley for professionalism.. She delivers and pickup with a complimentary and personalized garment bag....how much better can that be?

Brenda is also the proud designer of the event—JunCtian Awards of Excellence.

## Tricia Trotter

Tricia Trotter operates her own mortgage company. Having over 14 plus



years of experience in the banking industry she has seen the "trial and error" approach to finances which have resulted in detrimental consequences. With the proper tools and knowledge she believes people would make sound and educated investment choices. Starting off as a bank teller, working her way up through management, to mortgage specialists to independent mortgage consultants, her experience and network can only help

you to achieve your dream home. Her company specializes in residential and commercial lending.

[www.triciatrottermortgages.com](http://www.triciatrottermortgages.com)

## Allister Thomas



Allister Thomas is the founder, co-owner and production manager of Fa.real, an artistic platform he created that would represent his creativity, ideals and work ethic. Allister first created the Fa.real Clothing Collection in 1997 that would represent a name that he could clearly identify with. While other fashion designers had their name on their labels, Allister opted to use a name that could be identified with by the masses on a personal level. Fa.real gradually

evolved to become one of the first t-shirt collections that endorses true 100% self-representation. Using graphics and illustrations, inspired by the 90's hip hop BOOM BAP era, Fa.real has established its own look of artistic urban simplicity and a nostalgic retro feel that stands out from the common overdone street styles.

Allister is the creator of several comic strips including Bigg As Life, Spare the Rod and his newest one, Cady's Kids, which is exclusively published in Soulful Image Magazine. He is the Creative Director and Co-director of Operations at Soulful Image Magazine. He is the Graphic and Content editor as well.

Allister is the husband to wife Tracey-Acadia Thomas (also an award recipient) and they share 2 adorable boys, Kal-EI and Kon-EI Thomas. He runs Fa.real Custom Tees, a t-shirt printing company that caters largely for small commercial businesses and Educational Institutions in the awesome city of Toronto.

[www.fareal.com](http://www.fareal.com)

## Mark Lodge



Mark Lodge of The Forensic Media Group (FMG) & Street Business believes that Concordia University Marketing & Economics Program has prepared him to be a dedicated consultant, providing marketing and management consulting services to small businesses looking for opportunities to increase their potential for success.

Unlike traditional management consulting firms that focus on analyzing problems for large customers, Street Business works exclusively with business establishments to develop concrete, practical and short-term action plans that will start moving their businesses in the right direction. The Forensic Media Group and Street Business takes advantage of the small business owners' need for marketing and the scarcity of those skills in the market by providing hands on and door-to-door marketing.

## Oswald Nugent



Oswald has been an Automotive Technician/Mechanic for over 30 years. He is highly skilled and dependable with hands-on experience and excellent training to perform service, diagnostics, and repairs on domestic and imported Automobiles and Trucks.

Oswald studied at Centennial College and participates in continuous training and professional development activities to maintain current knowledge of rapidly advancing automotive technologies.

Oswald's top-quality workmanship, excellent customer service, and expertise interpreting technical specifications have contributed to repeat and word-of-mouth referral business. His commitment to provide and ensure safety compliance has filtered him to the top in his career.

## Melissa Coke aka Mel C



Melissa Coke, known by her stage name Mel C, was born in Toronto, Canada and raised by Jamaican parents. Like many artists, Mel C. began her musical journey in the church and school, singing in every choir possible. Mel C loves to sing gospel music and is greatly inspired by many artists.

During her career, Mel C. has achieved many accomplishments. To name a few, she auditioned for the first Canadian Idol and sang backup for Pastor Donnie McClurkin. She opened for Richie Stephens and shared the stage with Liberty Silver, Kafinal, Luciano, Glen Washington, L.U.S.T. and Judy Mowatt. Music is her true passion and she is now working on her first CD with veteran DJ. Lord Sassafras.

## Asifa Baig



Asifa is a Chartered Accountant and works with the Ontario Government. Her expertise is in Enterprise Risk Management and she is a member of the ISO-International Standards Organization's Enterprise Risk Management Committee.

Asifa's passion is conscious enterprise and smart business models especially as they relate to the impacts of the Digital Revolution & Artificial Intelligence. As we head towards a world without work, there will be fewer and fewer ways in which people will be able to earn money; Asifa believes a paradigm shift in consciousness is needed in how business is done - it is not just good enough anymore to just make money. Business need to step up and be held accountable for giving back to humanity.

Asifa has a number of business projects she is working on. She is the co-founder of an organization called Success Foundation, owner of a health food company called Halal for Health and ending hunger through Project Feeding Kids - the goal of these initiatives is to help those that are not well become well and those that are well, helping them reach their infinite potential.



# NOMINATE

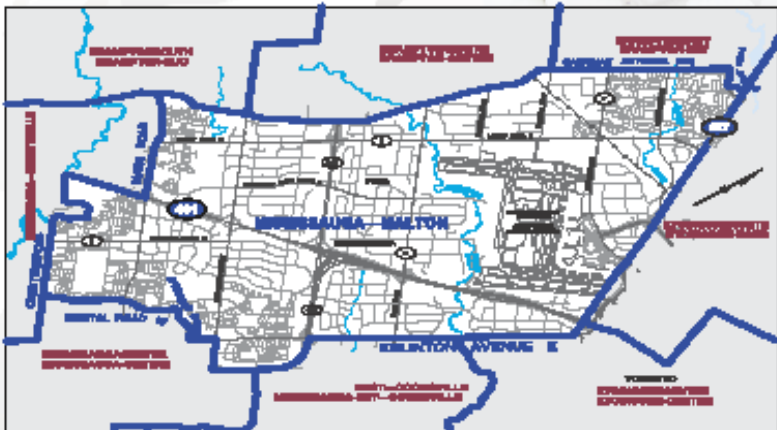
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***Excellence in Community Impact:***

- Congress of Black Women - Brampton
- Raynier Maharaj
- Karlene Grant
- Habeeb Alli
- Elaine Robinson
- Jermaine Granville
- Sandra Davis
- Princess Boucher
- CocoNatty
- Sophia Brown Ramsay

## Congress of Black Women—Brampton



The Ontario Region of the Congress of Black Women of Canada is a regional body with a number of local chapters linked to the National Congress of Black Women of Canada. It provides leadership and direction to create and maintain links among the Ontario Chapters of the Congress of Black Women in their missions to address the social, economic and cultural issues and needs of black women, regardless of ability, age, ancestry, citizenship,

class, culture, ethnicity, family status, and marital status, place of birth, political affiliation, region or sexual orientation. The Congress of Black Women of Canada will promote organizational visibility, facilitate consistency of leadership and coordinate the concerns and issues of all Ontario Chapters.

## Jermaine Granville



Jermaine Granville an Immigrant from Jamaica who migrated to Canada in the 90's and has been an active member in the community ever since., promoting youth awareness programs.

Jermaine is known by many as Mr. Western, as he was the Community Promotional Manager for Western Union for 10 years. Since 2017, Jermaine has opened his own Business as a Promoter and Producer where he now has the opportunity to spend quality time with his two (2) sons while still giving back to the community producing cultural and empowerment activities.

## Raynier Maharaj



Raynier Maharaj is a name well-known across the Canadian landscape as one of the country's most experienced journalists in the multicultural communities who has been serving the country's diverse communities for the last 28 years.

Maharaj's name grabbed national attention in 1990 when, as a new immigrant in Canada less than one year, he took a leap of faith and started *The Caribbean Camera*, a weekly newspaper for Caribbean Canadians. Maharaj saw the need for a new paper to become the voice of a unified community of Caribbean Canadians, as existing publications at the time were targeting their readers on the basis of race.

In 1992, Maharaj was offered a post as a columnist for the *Toronto Sun*, and quickly became a household name in Toronto because of his spirited opinions on diversity issues which had, at the time, torn apart the fabric of race relations in Canada's biggest and most multicultural city.

Maharaj continued the weekly column for four years, while still managing editorial affairs at *The Camera*. In 1997, he stepped aside from his duties at *The Sun* to meet the challenges of managing *The Camera* in what was becoming an increasingly difficult market for newspapers. He steered the paper until 2014.

In 2007, Maharaj put his newspapering skills to the test once again when he created the *Durham Citizen*, a newspaper geared towards the multicultural community of Durham, east of Toronto, after learning that over a two years period, more than 50,000 people of colour had moved into the burgeoning region. He discovered there was no newspaper serving that diversity.

*The Citizen*, to date, remains the only newspaper serving the multicultural communities of that region. It is now under the stewardship of a new publisher.

After leaving *The Camera* in 2014, Maharaj rose to what he saw at his biggest challenge: developing a new paper utilizing technological advancements to reach readers in multicultural communities across Canada.

He developed *The Independent*, a bi-weekly digital newspaper for minorities in the Diaspora, which is the only newspaper of its kind in the country. It was developed because Maharaj felt that minorities who move to Canada, whatever their ethnicity or country of origin, have issues in common, as well as similar interests and needs, such as housing, transport, jobs, education, etc.

Purely digital, the paper serves a readership of over 33,500 across Canada, as it is not limited to geographical regions because of its unique method of circulation. *The Independent* is available only through subscription, and is delivered to readers directly to their smart devices or computers. There is no online or print version.

*The Independent* recently partnered with the global digital platform Joom to offer the paper to 5 million readers around the world. It is the only paper of its kind on Joom, which is based in California and Argentina.

In October 2016, *The Independent* was named by the National Ethnic Press and Media Council of Canada as the Best Digital Newspaper in Canada, and in a ceremony that followed at the Lt. Governor General's office at Queen's Park, Maharaj was conferred with an Honorary Degree for his service to the community.

His understanding of multicultural communities and his sensitivity to their issues and beliefs are perhaps second to none, as his experience crosses all social, ethnic and geographic barriers.

## Karlene Grant



Karlene Grant is a registered social worker, she completed her Bachelors of Social Work Degree at the University of Ryerson and her Masters at the University of Windsor. She has 20 years of experience in the field of mental health and is trained in Cognitive Behavioural Therapy (CBT), Solution Focus Therapy and in Trauma work. Karlene is also a registered safeTALK trainer, with Livingworks. In this role Karlene provides training in suicide intervention and has

done so within the community and at the William Osler Hospital.

Karlene has worked as a therapist at the Child & Adolescent Clinic (William Osler Health System) providing individual and family counselling to youth under the age of 19 with a mental health diagnosis. She has also worked closely with the clinic psychiatrists to provide additional support during assessments. Prior to joining the William Osler Health System, Karlene was working in the community as a therapist, mental health court worker and crisis worker with COAST (Crisis Outreach and Support Team).

Karlene has been in private practice for the past 14 years and has extensive experience in custody and access, parenting coordination and mental health. Karlene continues to provide support and therapy to individuals and families using evidence based and research advised therapies. Ontario Enrichment Counselling Centre is located in Mississauga and Brampton and offers weekdays as well as weekend appointments.

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Ontario Enrichment Counselling Centre [www.ontarioenrichmentcc.com](http://www.ontarioenrichmentcc.com)

## Habeeb Alli



Habeeb Alli is a creative community builder. He has been working in community development for seven years. His passion is engaging and empowering communities in order to unleash opportunities. Habeeb has fundraised for numerous entities that are traditional, inclusive and mainstream like Masjid Qurtaba, Moeen Centre for Youths with disabilities, International Development Foundation for Syrian refugees besides numerous acts of kindness in countries like Guyana, Haiti and Canada.

Habeeb Alli was the Community Development Manager at IDRF overseeing a fundraising portfolio worth millions of dollars. He is a Chaplain in several federal institutions and has worked hard over the years to fight stigma of HIV, Islamophobia and all other stereotypes.

He is passionate about poetry and travelling and has published eighteen books, appeared on many TV and Radio shows, is a graduate of Queens College, Guyana, and the Islamic University in India. Mr. Alli has successfully facilitated diversity workshops like that at the Parliament of World Religions on Women, Development and Interfaith and values consultations on inclusion in non-profit. Follow his passion on [Twitter @iWater4Life](#)

He blogs at [whispersofkaieteur.blogspot.ca](http://whispersofkaieteur.blogspot.ca) and his article about [Giving and Inclusion](#) can be viewed at <https://www.canadahelps.org/en/giving-life/featured-series/canadahelps-and-muslims-reconstructing-giving-in-a-canadian-islamic-context/>

## Elaine Robinson



Elaine Lloyd-Robinson has spent most of her life and character building years in the beautiful and multicultural city of Toronto. She is best described as a visionary with an unyielding passion and dedication to empowering the lives of everyone that she encounters. With over 30 years of experience in community development, Elaine is equipped with the dynamism of a world changer. Mother, Grandmother, Entrepreneur, Community

worker, Change Agent, are just a few of the words used to describe her.

At age 33, she received her High School Diploma from SCAS an alternative high school where she received the Don Robb award for Outstanding Academic excellence. At 41, she received her college diploma for George Brown College where she was the recipient of the Jean Augustine Scholarship she dedicated to lifelong learning.

Elaine's experience as a mother and a seasoned community worker has been described as exemplary. Her platform of the G.H.E.T.T.O (Getting Higher Education To Teach Others Stories is about sharing the authentic stories of individuals who have over insurmountable odds.

With the understanding that the GHETTO is not about race it is about people and their circumstances.

Her mission is to redefine how we use the word GHETTO and to share stories of hope and achievements knowing that everything is possible all we have to do is believe.

The G.H.E.T.T.O Stories is an movement of humanness.

## Sandra Davis



Trinidadian born and raised in Toronto, Sandra is a former Community Service Worker who is passionate about sharing her culture with everyone she meets. She actively holds workshops for children and youth on the History of Carnival, and the Art of Costuming from a Trinidadian perspective. Her passion for the art form is a tradition in the family, having parents and

grandparents who have years of involvement in the Caribbean, Toronto and the US.

"I see an opportunity or idea for a costume or a decorative piece in everything," This is evident in the beautiful pieces she has put together over the years for dance groups in Durham Region and Carnival groups in Toronto. "I love traditional 'mas, I am not a great fan of the current trend of bikini, beads and feather that is popular today, but everything has its time; I am just waiting for the resurgence of the period pieces."

"My grandmother was a dressmaker in Trinidad and I give credit to her for my love of fabric. My parents Shirley & Selwyn "Nip" Davis for their love of "mas and my skills gained at George Brown College in the Fashion Design & Merchandising program for providing me with the basics and the teachings of the trade at a hands-on industry level".

She gives blessings to her ancestors who guide her spiritually, and her family for doing their part in the journey and sharing their skills to make up the team **Caliente Costume Creations**.



## Princess Boucher



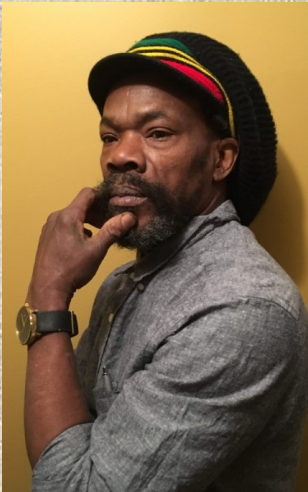
Princess Boucher was born in Manchester, Jamaica and migrated to Canada at the age 10. Boucher grew up in Toronto and attended Bathurst Heights Secondary School, DeVry Institute and the Toronto School of Business. Princess Boucher is a mother of seven and a grandmother of eleven. She is the founder of the International Women Achievers' Awards, the Princess Fae Peer Mediation Center and the president and C.E.O of Princess Promotions Enterprise.

prise.

The entertainment company is designed and structured to interlock with today's trend, mixing it with the past to create the near future and beyond. As an event planner, she said her constant interaction with people from different communities and cultures provided her with an understanding of some of their concerns and decided that it was time to take action and launched her political campaign in 2010 for Brampton City council and in 2014 Toronto City Council. Unfortunately, the campaign was unsuccessful, but this will not stop Princess Boucher who is committed to social justice, education and community programs for youth. Princess has been recognized as:

- \* BBPA Woman of Honour Award
- \* Eastern News Canada Leadership Award
- \* 100 hundred Black Women to watch for in Canada 2015 Award
- \* Sickle cell Community Development Award
- \* Veteran Promoter Award and
- \* Outstanding Employee Certificate

## CocoNatty



As the name suggests the roots, rock and culture of this dynamic true Rastaman from the Parish of St. Mary in Jamaica representing nature, CocoNatty represents the Coconut tree standing and the reflection of the foundation of where his roots were formed and the true reflections.

CocoNatty from a very young age always had his heart and mind in using Arts and Culture to teach the youths in his Community and to engage them in positive thinking.

CocoNatty formed the Manning Youth group where they travelled to Parish close to their hometown performing. He formed the Shackles

Drama group where he wrote several plays and also for the Tacky Secondary School which was performed at the School.

CocoNatty was a student at the Jamaica School of Drama, due to Financial difficulties he did not complete his Diploma but during his enrollment he captured all he could and embraced himself with the theoretical knowledge adding to his practical knowledge and experiences.

Coconatty went to Cuba for 2 years where he embarked once again into Community involvement and worked in Social work and Community development. CocoNatty has worked with Peter Tosh, The Band Fab Five, Unique Vision and has also recorded for Universal Records.

CocoNatty's love for the kitchen and great clean food took him back into the place he truly loves, pouring his love for Music and great food into his Culinary skills.

He has worked in various Caribbean restaurants in the GTA and is currently at the Scotts Hill.

His love for cooking is carrying on his mother's journey and legacy for cooking and feeding everyone in his Community. His motto is that his journey is just beginning.

## Sophia Brown Ramsay



A powerful, positive and engaging personality, Sophia Brown Ramsay is a gifted inspirational trainer and an award winning speaker. After more than twenty years of working with at-risk youth in the criminal justice system, non-for-profit sector, community development and the human service sector.

Sophia has the ability to connect with people in a way that leaves them feeling empowered and inspired to find their 'greatness' within.

Featured in the Toronto Sun, Toronto Star, Mississauga News, Milton Champion and on SUN Television, the Nikki Clarke Show as well as radio, Sophia engages her audiences with her brand of 'edutainment,' a dynamic delivery, compassion and enthusiasm for life. As a Business Partner with James McNeil's Verbal Aikido - Pure Communication Mastery Experience, Sophia uses her skills as a Positive Impact Trainer to communicate with others not with hype, but rather with worth, sincerity and understanding - where she reminds individuals that when you can See it, Believe it (act upon it), you can certainly Achieve anything!

Sophia is currently the Manager of Community Development with the Black Community Action Network(BCAN); and with her leadership and dedication BCAN has been awarded the J.S. Woodsworth Group Excellence Award for Human Rights & Equity.

Whether she is speaking on stage or simply to an audience of one, Sophia brings her brand of high energy, engaging, enthusiastic message to help her audience get inspired and move into their dreams - she has had the opportunity to do so at corporations such as...

- Nestle Purina • Suncor Energy • Hewlett-Packard Canada
- GE Capital • CIBC • BMO
- Toronto Housing Corporation • Peel District School Board
- Corrections Canada • Morguard • Ricoh Canada Inc.
- The Learning Enrichment Foundation • United Way
- Heart & Strokes Foundation • Ingram Micro • Glaxo Smith Kline
- Toromont Cat Power Systems • Big Brothers Big Sister
- Children Aids Society • Global Aerospace Corporation



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***Excellence in The Advancement of Women:***

- Dianna Jerry aka Lady Di
- DBoss
- Tracey-Acadia Thomas
- Micca Vanvield
- Angela Bollers
- Opa Favél Marsha Hope Day
- Caryn Parchment
- Pauline Brown
- Merlynda Timothea Henry
- Safia Gassem
- Cecilia Higgins
- Josephine Casey

## Dianna Jerry aka Lady Di



*Dianna Jerry aka Lady Di is the founder of Love In a New Concept of Self (Love INCS) Holistic Lifestyle Consultants and Queens Rising Together Movement.*

She is a Self Love Goddess, Holistic Beauty Expert, Wellness Coach and mother to 5 beautiful children. She is on a mission to help women worldwide, LOVE themselves more, LOVE life and live it to the fullest!

She is no stranger to struggle!

After becoming a teenage mother, she lost her mom to Pancreatic Cancer and was a lost soul in the world. Then is when she became a victim of physical and mental abuse.

She wished that through it all, she had a support system to help her overcome her struggles and become her best self ever!

Love INCS was born in 2009 when she had a clear vision to create a means in which women could reconnect with self love. She envisioned this group of women being able to embrace their unique talents, strengths, passions and virtues which would allow them to “release the blocks” to living their best life possible!

Through Raja Yoga she was able to discover her own virtues and strengths which helped her on her journey to soul consciousness.

She incorporated these virtues into the services, events, workshop and retreats provided by Love INCS and the Queens Rising Together Movement..

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## Tracey-Acadia Thomas



Tracey-Acadia Thomas is the Founder, Publisher & Editor in Chief of Soulful Image Magazine - a ministry magazine dedicated to encourage, uplift and inspire people of all walks of life. Since its inception in January 2014, Tracey has been recognized for her contribution to the community as a business owner, author, writer and entrepreneur. She was nominated and won the Woman on Fire Media Award in April 2015, Built To

Inspire Premised On Excellence Award and Queens Rising Together Award Toronto February 2016, 100 Black Canadian Women To Watch June 2016, 100 Accomplished Black Canadian Women, and selected as a Role Model for the 2016 Black Women Awards - inducted as 1 of 100 Black Canadians into the "National Wall of Role Models" to inspire, unite and showcase excellence and positive image from our community. She is the founder and part owner along with her husband of Thomex Inc. the corporation to Fa.real Clothing, Fa.real Custom Tees, Soulful Image Magazine and Faith Filled Books online Christian bookstore. Through her businesses, she has sponsored and supported many business and community events throughout the GTA.

## Micca Vanvield



Micca Vanvield is a mother of 3, travel professional, author and entrepreneur. She created the Travel Empire based for her love for travel and her zest for helping others create unforgettable travel experiences. Micca has expanded her empire by adding the swimwear line S.H.I.WEAR. The line focuses on our personal shape, health and our inner selves. The line was created when Micca herself decided to face her own battle with poor self image and low self esteem

and she realized that this journey can be used to help other women. Micca has now added being a published author to her resume by sharing with the world her stories about dating online after a divorce and how the lessons she learned has shaped her healing and her current path in life.

Phone: 416-795-8922



## Angela Bollers



Growing up Angela was bullied. It left her feeling very insecure, ugly and suicidal. Throughout Secondary school she felt the same pressure too. She went on to Brock University to study Psychology. During a weekend back home in Brampton, she walked into a makeup store and laughed when the lady asked her to have a seat, to play with colours on her face. Angela spoke up to the lady and told her, "makeup doesn't look good on me." What she didn't say was that it was because she was told she was so ugly makeup couldn't help. Angela wished that she had gotten that lady's name to be able to thank her, she feels as though this turn of events completely changed her life. Once her makeup had been applied she remarked, "Oh wow! I can wear makeup!" Due to her beauty, everyone was trying to shield her from accentuating her face.

Makeup gave her the confidence to walk with her head held high. She no longer cared what people thought of her because she felt beautiful. She started using makeup as her 'war paint'. Makeup started out as hobby which she came to quickly master.

She went on to Humber College where she did the Cosmetics Management Program. Now when her clients look in the mirror with such amazement, they don't even know how much she relates to their reveal. That truly makes Angela's day. Because it makes her feel like she paid it forward. She now owns and operates abella.u. Which means, 'a beautiful you'. Her goal is to either teach or give women the confidence to conquer life at their fullest potential. By using makeup as their 'war paint'.

## Opa Favél Marsha Hope Day



Born in St. Vincent and the Grenadines. Arrived in Canada at the age of 13. Attended Wexford School of the Arts and then pursued Fashion Design at the International Academy of Design. Attended Centennial College for Business Administration then transitioned to Tynedale University and Seminary for BA in Human Services. Single Mother of 5 dependents ages 19 to 7 years old. Healthy on the other side of Divorce and Breast Cancer both 4 years and counting. A Speaker on Mental Health Wellness ( Diagnosed with Depression and Anxiety 4 years ago) and the importance of a healthy working environment, revealing how benefit from a healthy work life/home life balance. Demonstrate the link between

increase company productivity and decrease in expense when a healthy working environment exist. Motivational Speaker to Single, Married Mothers and Divorced Heroes of the family. Worked with the City of Toronto from 1998- 2005 in the Malvern Community from the position of Program Instructor to the Youth Program Development Worker for Wards 39, 40, 41 and 42. Joined the Toronto Transit Commission from 2005 until present in the role as a Transit Operator in the West (Arrowroad Division) and East (Malvern Division) regions of Toronto. Currently holding position as a Station Manager/Supervisor for the Bloor Danforth West Zone ( Bathurst to Kipling Subway Stations). Upon acceptance in this position, she was advised that she was the first woman and woman of colour to have occupy that position in the history of the Toronto Transit Commission. Since then, 3 other women have entered into that role. Her passion for Community work has not diminished when she left the City of Toronto Parks and Recreation Division, each of her bus trip as a Transit operator, that presented itself as a moment to impact a life, was used to counsel youths and adults that are in distress or just need someone to listen. Many customers became her regular to the point of waiting specifically of her bus. She would have to advise them when her routes will change to another route. Some have taken her new routes to alter their trip to their destination to continue having their morning or evening talks. Conversation will be on issues at school, home and relationships. Opa is known by each of her names in the different roles that she took on. Currently in partnership as a Facilitator in Training for Motivating the Teen Spirit (MTS) for their new ventures into Toronto, the GTA, Montreal and Nova Scotia regions. MTS provides safe space work shops that facilitate in the process of transforming teen lives. The company provides one of the most powerful teen empowerment programs in existence today, delivering world-class content and producing lifechanging results. MTS Founder and CEO Lisa Nichols is an internationally known life coach, teacher, motivational speaker, and best-selling author who has reached millions worldwide with her powerful message of empowerment, service, excellence, and gratitude. World-class personal development trainers recognize her as "The Breakthrough Specialist of Our Time". Since meeting Lisa in 2008, Opa joined MTS in 2011. The success of MTS has resulted in serving over 150, 000 teens, prevented more than 3, 096 suicides, influenced over 1275 teen dropouts to return to school and reconnected thousands of teens with their families. These statics are from 2009, MTS is currently updating their numbers to capture the successful transformation in teens' lives.

## Caryn Parchment



Caryn Parchment, is a city girl that has been a Fashionista before the term existed. From the tender age of 8 years old, growing up watching Jeanne Becker on Fashion Television, Caryn always knew that she wanted to parlay into the Fashion world in her adult years. She started off by sketching a fashion line at the age of 16, and then headed off to Ryerson University to study print and marketing looking to work for the likes of Fashion or Flare

Magazine. As Caryn, graduated during the recession, she transitioned her career into the food industry. However, her heart strings have always tugged at an opportunity in Fashion, and thus, she left the food industry to emerge into the Toronto fashion industry as a wardrobe stylist, and blogger through [Fashionable Foodie Toronto](#) working with designers, publications, photographers, and personal clients. She is constantly looking to grow her fashion empire, such as leader and co-founder of [DivaGirl Fashion Toronto](#), which launched in November 2015.

## Pauline Brown



Pauline Brown is the mother of one daughter. Passionate about helping people, particularly women, realizing their dream in home ownership and financial wellness. Currently, owner and Broker of record for Mortgage Brokerage company. She has 7 years experience with RBC as a mortgage specialist and 12 years in mortgage financing. Former Electrical Engineering Planning with Toronto Hydro. Trained CUPE Labor Representative where she assisted in labor arbitration. She has a BA degree from York University in Labor Studies (Magna Cum Laude) and Graduate Certificate in Financial Services Underwriting (Hons). She obtained her diploma in HR from Ryerson University.

Most importantly, she is spiritually engaged and has a strong faith in the Lord Jesus Christ.

## Merlynda Timothea Henry



Merlynda Henry is a very proficient and passionate hair-stylist for over 20 years. Born in St. Lucia in January from a small town called 'Soufriere'. A woman of great vision, graduated from 'Entrepot Secondary School' in St. Lucia where she studied various subjects. In July of 2002, Merlynda migrated to Canada. Hair-styling without passion is like a

heart without soul, Merlynda was sincerely driven to create, empower and change lives through her endowment. Persistent and obedient to her calling, she continued her journey striving for excellency. Merlynda was enrolled in the hair-styling program at 'Emery Adult Collegiate' in the year of 2009, graduated with an honor roll. It's a beautiful thing when a career and a passion come together. Merlynda is a phenomenal hair-stylist who can shake dreams from your hair together.

## Safia Gassem



Safia is the Management Consultant at Safia Meta Consulting .

### PROMOTING POSITIVE COMMUNITY & BUSINESS DEVELOPMENT

- \* Safia contributed as an activist for women. She enhanced the lives of women and families in the Canadian community, and show continues effort to the emotional stability of many women, inspired them and equip them with the knowledge and skills to build safe Canadian and Somali community and live healthy life.
- \* Organized panel discussions, community leaders, and professionals on the issues of violence against women, from local organizations, academic institutions and community at large to participate as guest speaker.
- \* Safia actively engage communities in making sense of the issues which affect their lives, setting goals for improvement and responding to problems and needs through empowerment and active participation to bring about social change and improve the quality of life.
- \* Safia carried out research and data collection to understand the need of the community. and presented findings and recommendations/ solutions to stakeholders and clients.

## Cecilia Higgins



With over 12 years experience in sales, customer service and management, she has established herself as an effective and extraordinary Realtor. She has a passion for Wealth Building through Real Estate and helping people create a legacy of wealth. At IPro Realty Ltd., Brokerage they have a team of experts to accomplish your goals. Her desire is to create a win-win situation for everyone at all times.

## Josephine Casey



Josephine Casey is an Author and Poet. She is also the founder of Life's Poetry Community Empowerment which is a non-profit organization inspiring individuals through community empowerment.

Life's Poetry Community Empowerment's mission seeks to promote development through the arts, culture and literature within the community to enlighten, engage, empower and encourage individuals to achieve their full

potential in life. Some of the services and programs of include a Community Book Club for Girls, Annual Empowerment Conference and Book drive, community Open Mic Nights, fundraising Dinners and special events and workshops.

Josephine has always been motivated and determined to pursue her dreams. One of her passions is writing poetry and she uses this outlet as a way to communicate her thoughts, emotions, and feelings.

She accomplished her first poetry book publication, Life's Poetry in February 2013. Life's Poetry is a collection of poems, which are a combination of an expression of emotion as well as inspirational messages throughout life's good and bad times. Josephine has been promoting her book at different venues and bookstores. Her book is also available on [amazon.com](http://amazon.com), [barnesandnoble.com](http://barnesandnoble.com), [xlibris.com](http://xlibris.com), Knowledge Bookstore and [faithfilledbooks.com](http://faithfilledbooks.com). The ebook is available on [chapters.indigo.ca](http://chapters.indigo.ca) and [kobobooks.com](http://kobobooks.com).

Josephine continues to pursue her dreams and works on new projects with high hopes to inspire others.



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- Kwabena “Kobi” Amponsah
- Teatips Ceylon Company
- Sonja Skye
- Jelani Daniels
- Shane Suepaul
- Joel “Connector” Davis



## Dr. Fadumo Hassan



Dr. Fadumo Hassan holds a Doctor of Chiropractic degree from Life University (Marietta, GA) and a Bachelor of Arts Psychology degree from McMaster University (Hamilton, ON). She is dual Chiropractic Board Certified in Canada and the United States. She is also an active member of the Canadian Chiropractic Protective Association, Ontario Chiropractic Association, and Col-

lege of Chiropractors of Ontario.

Dr. Hassan uses a wide range of treatments and techniques to provide the best service to her clients, including but not limited to chiropractic adjustments, Activator Method, Thompson Technique, soft tissue release techniques, and joint mobilization/traction. She also utilizes in her practice, therapeutic modalities such as laser therapy, shockwave therapy, spinal decompression therapy, and electrotherapy as well as developing individualized exercise rehabilitation plans.

She is invested in refining her expertise as a doctor and continues to review current literature to incorporate evidence-based knowledge in her practice. Her approach to patient management stems from her early training in Psychology, and values the mind-body connection to healing.

## Kwabena “Kobi” Amponsah



Kwabena Amponsah aka Kobi is the Owner and Founder of Neck Couture. This all started with him always being a fashion minded individual with an entrepreneurial spirit that has been inside of him waiting to erupt. He always wanted to run his own business around something he enjoys and at the same time has a small niche to it. As a result, crafting custom bow ties is where he's ended up. Neck Couture designs a unique array of bowties ranging from fabrics found across the world.

The main reason why he started this business is to inspire other individuals to start their own businesses. With that being said he is now involved in public speaking focusing on the entrepreneurial mindset and motivation. He is a firm believer that every individual has the potential to achieve greatness and he wants to be that individual who helps people achieve it.

Aside from Neck Couture he has an advanced certificate in Occupational Health & Safety from Ryerson University and a Bachelor's degree in Kinesiology & Health Promotion from Sheridan College. Stemming from this he competes on a national level in Powerlifting and is in the midst of developing a strength & conditioning course for firefighters.

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“Teatips Ceylon” was founded by Richard & Sam who goes back to their roots of origin “Ceylon”. The Business was launched in June of 2015 in the City of Brampton with a desire to Market Fine Quality Ceylon Teas to the Canadian consumer with commitment to customer satisfaction, and with a vision to be a steward in the Tea Industry. Their Tea Business caters to a wide spectrum of Businesses: Café’s, Private Label, Bulk Tea Businesses and a large audience at Trade Shows, Charity Events & their Online Store. To do so they partnered with a prestigious Tea Company “Tea Tang LTD” in Sri Lanka, who has over 3 decades in experience within the Tea Industry serving the Globe. All of their Tea Products do conform to Ethical Sourcing and stringent International Manufacturing Standards. This is backed with over 25years experience in the Food & Beverage Industry.

[www.teatipsceylon.com](http://www.teatipsceylon.com)



## Sonja Syke



Sonja Skye is dedicated to helping people build wealth with real estate. She is a Realtor & Investment Coach with Rock Star Real Estate, An Investor, Owner and Founder of Rent To Own Wealth, and author of Stop Renting Start Saving & Stop Waiting Start Investing. She also runs real estate investing seminars for women.

## Jelani Daniels



Jelani believes everyone has a calling, a hum, something that drives them to be the best version of themselves. The trials and tribulations he's endeavored have molded him into the person he is today. He owes his life long experiences for the expertise in his craft. As the author of a nationwide best seller, "The King of Quotes", and the patience he's assimilated along the way

through interactions and primary focus on human behavior, he can confidently say, "Being a life coach and a author is my hum."

## Shane Suepaul



Shane Suepaul is currently a Mortgage Broker with Avanti Financial Services Inc. (Licence # 11977) in Toronto. He has owned and operated the very successful Avanti company for over 15 years. He is an expert in his field, having garnered over 30 years' prior experience whilst working for several financial institutions, including Banks and Trust Companies. He held Senior Credit positions with these companies

and developed solid skills in Mortgage Underwriting and Business Development. Shane's knowledge of the Mortgage Business has provided him with the opportunity of lecturing at Centennial College in Scarborough, where he has taught "the Mortgage Agents" course.

His community involvements include an active role on his local Church board. He devoted over 15 years' service with Scouts Canada where he could also spend quality time with his 3 sons. Shane has also Chaired several Boards in the Durham area including TnT Patriots for two years. At the Manning Mews Not For Profit Corporation, he was the President for several years. He was also involved with the Scarborough Twilight Rotary Club, where he participated in and helped run several successful events, including Ribfest in Scarborough. Shane views Community Involvement as his way of sharing and giving back to his community and even though he remains very humble about his various community contributions, he has been the recipient of many Community awards.

Shane has been involved with the Canadian Mortgage Brokers Association (CMBA) for over 15 years and was one of a few who held the role of President for two separate terms. As President and after, he was actively involved in Legislative updates with the Ministry of Finance. He has written "Mortgage" articles for a community newspaper and has been heard on air.

## Joel "Connector" Davis



Joel Davis is Connecting Canadians with Calypso Music Fans want Canada's Monarch to Bump and Shake His Bam Bam and of course to Put on The Dress.

He is hot. He is in demand. He is changing music overnight. Joel Davis, aka Connector, has become Canada's King of Calypso due to his creative artistry and presentation.

Earlier this summer CONNECTOR captured the country's top Calypso contest and was named Canada's Calypso Monarch. He beat out six-time winner Eulith Tara Woods, aka, Macomere Fifi, at the Organization of Calypso Performing Artists' Monarch contest. He did it by putting on a dress, adopting the manners of Macomere Fifi and singing The Dress, a song he wrote about how hard it is to win a competition these days!

"I have never seen anything like it before," said cultural historian Caldwell Taylor who has judged several competitions.

"This guy just took us to a new level of artistry. The great thing was that it was not just about the lyrics. It was the whole package. From head to toe, he was a new person. Artists are often able to transform and that was what he did. Carnival is about overturning conversations. Everything about him was turned upside down."

With a career spanning more than two decades, the singer, songwriter, performer, producer and world-stage artist is passionate and persistent about his craft so while he may put on the dress for one song, he will also be singing Chutney, traditional and contemporary Calypso music.

Calypso is in his blood and in his heart. He is a Trinidad & Tobago national, who has made a home and a substantial contribution to the Calypso music scene here in Canada. An active ambassador within the Calypso/Soca community in Toronto, Connector continues to bring his talent and music to the stage, often headlining alongside some of Calypso's greatest icons.

Connector exploded on the scene in 1992 as a new player in the industry. By 1995, he had his first hit single "Bump and Shake Yuh Bam Bam". It was a wildly popular hit. His follow up in 1996 "Doh Hide It" was the official 1996 Caribana Road March in Toronto's Grand Parade.

Connector is unstoppable. He is the first Artist to earn the titles of Canadian Soca Monarch and Caribana Road March both in the same year with his 2005 high tempo "On the Road". He was nominated for The Sunshine Award in New York City for the best political and social commentary Calypso, "De Nation Cries". He was a finalist in the 2006 international Chutney Soca Monarch Competition in Trinidad and Tobago, singing his hit song "Meh 2 Lovers" and "West Indian" both from his "Soca Lava" album.

Joel "Connector" Davis has been featured in such films as "Blues Brother 2000", "In Too Deep", "Ladies Man" and "The City". His presence is recognized locally in Toronto, Canada and Internationally. Joel Davis is a professional who shares his music, words, creativity and vision with the world through Connector Calypso.

Since winning the Calypso Monarch, Connector has had to juggle his busy touring schedule with his work on a new album and a soon-to-be completed, updated and expanded TV special with the WinTV HD Network.

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- Hands of A Hero



## Tamer “Mr. Dreamer” Hegazy



Tamer's a Canadian global business mag-nate, investor & author with the passion of strategic management. He established his reputation as “Global Entrepreneur” with the United Nations in 2005. Since then he's one of the best-known entrepreneurs of the business revolution. Tamer's been inaugurated for his business creativ-ity, solutions & tactics by world leaders at the UN in 2014 In 2008, he became the youngest expert supporting “Fortune 500” CEOs, ranked in “Fortune” magazine's list

of top 500 corporate executives. In 2012 he was listed by Bloomberg Markets one of 50 most Influential people in global busi-ness & economics. In 2013, Tamer appeared on the annual Time Magazine 100 list of the most influential people in the world. In fore-ign policy, he works with heads of states, governments, politicians & entrepreneurs to promote global sustainability, international rela-tions on issues like climate change & peacekeeping. First-hand ac-counts describe him as “Business Catalyst and solutions' leading expert” & known as "Mr. Wiseman" Tamer's contributing & serving many people, businesses & foundations worldwide; he's called "Earth Angel". In 2011, Forbes business magazine listed Tamer as one of top 40 under 40 the most influential young people in busi-ness. He enjoys addressing business problems in an analytical man-ner with patience to structure decision-making & develop pragmatic recommendations, tempered by experience. His aspiration to help clients gain or maintain competitive advantage against changing market context. While much is changing in the global economy, Tamer's always a Collaborator, Innovator, Partner & Dreamer! By 2020, he aims to have positive impact on the lives of 40 million peo-ple whether a small holder farmer or a young entrepreneur.

## Dianne Ojar-Ali



Dianne has started her media journey by establishing her own business “NVP Media Group” in 2014 then rebranded her dream as “Olive Media” in 2016. She was the host of the “DAY Show” that was broadcasted through Bell and Rogers throughout Canada and other two international stations.

She is passionate about being a pioneer for the medium looking for new opportunities for advertisers that better integrate the medium with search, mobile, content and transaction.

She is a powerhouse relationship builder, business woman, serial entrepreneur and mother. The award-winning author of her first book, “Mrs. Fraud and You”. She is the Founder of TEN (The Entrepreneurs' Network), Celebrating Life...Honouring Our Angels, International Men's Day Celebration and host the Trinidad and Tobago Independence Flag Raisings in The City of Markham to mention a few.

She is unstoppable. With a background as a Certified NLP Coach, Dianne has helped many professional business and entrepreneurial clients reach their goals and materialize their vision. She is a leader with a purpose, always driving change in her environment and motivating others to follow their passions.

A caring individual who will not accept “NO” as an answer, Dianne is a motivator, mentor and “Doer”. She makes things happen. She is always willing to offer a welcoming hand and a willingness to share her knowledge.

After spending more than two decades in the financial sector, Dianne came to the realization that there must be was more opportunity for personal and professional growth just beyond the horizon and with that in mind, she took the steps to branch out on her own. “Why work for someone else when you can work for yourself?” Dianne believes.

Lending herself to the community at large, Dianne has been a keynote speaker at many networking and community building events. What drives Dianne? —Family, passion for living, desire to succeed and spirituality.

Dianne believes, “that every person, and more so, every woman should do their utmost to explore and exploit their potential. The world is a big place, so find your place in it. Do what you know. Do what you love!”



## Mala Nivedita Sharma-Singh



Mala Nivedita Sharma-Singh is known as "Ms Bollywood" because her work in the Bollywood Film Industry. She has worked with the biggest Directors from India and and has had the honour of meeting and working with the Biggest names in the Indian Film Industry such as Shah Rukh Khan, Amitabh Bachchan, Aishwariya Rai, Salman Khan and many more. She has been the Casting Director for films shot in Canada and also acted and starred as a lead actress in a Reality show on Slice Network.

Mala was born in London, England. Her Father was a Prominent Toronto Lawyer and her mother worked with the Ministry of the Attorney General's office. Mala migrated to Canada when she was five.

Mala attended York University major where she studied Political Science and Sociology. Mala Worked as a Reporter for Chin Radio when she was 18. Mala also worked for Rogers Television on a show called "Canadian Spectrum" as an interviewer in Arts and Entertainment. Mala later produced and directed and hosted "Fashion Asia" on ATN. She then Founded SAMA Model and Talent Agency with her husband Ray in 1997. In addition to Event, Model and Talent Management, SAMA has provided Casting, Script-Writers and Production Team members for International & Local Films & Commercials, Print work, Fashion Shows and Music Videos. Mala Hosted and Produced two television shows on City TV and Global Television called Bollywood Masala. Mala started working for the for the Provincial Government at the Old City Hall Chief Judge's office where she did Law Research for 52 Judges and she then began a successful career with the Federal Government of Canada in the Department of Citizenship and Immigration as an Immigration Officer for 25 years. Mala has received many accolades for her work both in Film and the Federal Government. Mala has been involved with many Political Campaigns and has successfully raised thousands for many worthwhile charities such as United Way, Heart and Stroke, the Canadian Cancer Society and Sick Children's Hospital.

Mala is happily married and has two daughters Gita and Sarita.

## Mariam Adam



Mariam is happily married and a loving mother to three beautiful children.

She is actively involved in the community and always volunteers her time in different sectors, to support the advancement of women and children. Some of her many hats include being a community activist, business lady, working in printing, marketing professional, salesperson, promoter, counsel for young offenders, former board member for Toronto Community Housing Committee (TCHC), board of director for Montgomery's Inn community museum in Toronto, former Liberal party advisory committee member, Midaynta Somali community volunteer, former Rexdale community centre volunteer and engages herself with different projects that support her passion to encourage women and provides global awareness through charity and fundraising.

She is supportive of the different cultures surrounding her and assists women in many ways to become entrepreneurs. Her expression is "the more you give, the more you get...always" The sky is the limit!!

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## Rashid Adam



Rashid Adam is the general marketing manager of Zara Tours and owner of East Point hotel. He organized the Ngorogoro marathon in Tanzania and helped local charities. He also organizes climbing Kili-manjaro, Safaris and Zanzibar through Zara Tours.

## Deirdre Mallehe



*Musically Yours,  
Deirdre Mallehe*

Deirdre Mallehe is the Host and Producer of 'Musically Yours, Deirdre Mallehe' TV Show which airs on Rogers TV and TV Cogeco. She is also the Editor and Publisher of the 'Musically Yours'

arts & entertainment magazine promoting Canadian talent and is the Founder of 'La Musique Circle,' a musical showcase featuring all genre of music.

[www.deirdremallehe.com](http://www.deirdremallehe.com)

A group of talented musicians has had an IMPAK on the Toronto mu-

## IMPAK



sic scene. Keith (Bass), Mackel (Keys), Michael (Drums), Neil (Guitar/Vocals), Kent (Vocals) and Karen (Vocals) have combined their talents and experiences to provide the GTA with an explosion of versatility.

Ranging from R&B, Smooth Jazz, Top 40, Reggae and Soca, IMPAK never disappoints. The musicians have been entertaining fans, individually and collectively, for years. IMPAK is Committed to delivering music with professionalism and

high energy.

# Hands of A Hero



## **Eliminating Poverty and Igniting Smiles**

We are devoted to creating initiatives that aim on eliminating poverty and putting smiles on the faces of deprived children in Ghana.

## **Educating for Achievement**

We aim to educate children and youth to recognize their potential in life and provide the key resources they require to achieve their goals and aspirations.

## **Uplifting through Mentorship**

Cultivating successful mentorship relationships between mentors and mentees and promoting positive self image among youths. Uplifting through mentorship initiatives allows mentees to aim higher, excel, succeed, dream big, and attain their goals.

## **Empowerment and Motivation**

We create and maintain initiatives that allow children and youth to showcase their hidden abilities and talents. As well as helping develop their skills that will prepare them for future prospects.

## **Improving Standard Living Conditions**

Our ultimate aim is to create awareness, raise funds, and implement initiatives that will provide resources to improve the standard living conditions of children living in poverty.

## **Share Love and Confidence**

We ensure that every child and youth we come in contact with will experience love. We also enable them to gain confidence by giving them hope for a better future.





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***Lifetime Achievement Award:***

- Patricia Yeatman
- Murray Etherington
- Mark Ramsay
- Mohammed Riad
- Peter “Blessed” Skinner

***Special Lifetime Achievement Award***

- Tasha-Kay Neins
- Patrick John
- Cedenia Flake



## Patricia Yeatman



Patricia Yeatman is a proud **mother** of **four** grown children - Erin 44, Kathryn 43, Christopher 37 and Amanda 36, a **grandmother of 9** - **Nana** to Makayla, Jack, Avrey, Hunter, Sophia, Charlie, Emma, Tommy and Sadie and the **wife** of her wonderful husband Mark. Patricia has also been a **Professional Actor** for over 30 years with a career in theatre, television and film, and a **Network Marketing Professional** for the last 6 years with the most amazing Health and Wellness, Vegan, Botanically Based Company, Arbonne International.

Patricia loves to educate and empower people to live extraordinary lives. It is crucial in today's world, to be aware of what you are putting on your skin and to know that you are capable of living a life of beauty and bounty.

Patricia is also a newly published author on a book called "Dear Stress I'm Breaking Up with You" which immediately went to the number 1 spot on the Best Sellers Best Releases on Amazon. The book is also available instore and online at Chapters/Indigo and Barnes & Noble in the States.

Patricia also volunteers on a few committees for her local Chamber of Commerce and is an advocate of any group or cause that supports seniors, the disabled, and abused women and children.

Patricia believes that life is a gigantic gift that too many take for granted. She believes with all her heart that Life is there to "be lived" not just to "exist" .

She is fiercely loyal to her family, and they have always been, and will always be, her top priority, but she has learned that taking care of herself physically, mentally and spiritually is one of the major keys to happiness and success.

Her wish for everyone is that they dare to venture into the unknown. Try something new! Move out of the fear and into the excitement of new adventures. Live your life to the fullest today, tomorrow and everyday following.

## Murray Etherington



Currently an active Professional Mechanical Engineer in Safety Consulting with focus on warehouse storage systems. A significant history of machinery design and development including mining trucks, loaders, drills and tools, lifting equipment, forklifts, automation equipment and warehouse storage systems.

Volunteer Chair, Mississauga Chapter of CARP (Canadian Association of Retired Persons) for the past 6 years providing educational information to Seniors and Zoomers,

Volunteer Director, The Mississauga Food Bank, for the past 5 years participating in direction of the charity, fund raising activities and Chair of the Infrastructure Committee.

Community Educator on Issues, having participated in broadcasts on Global TV, CTV, Rogers Cable, HAZE FM and articles in newspapers.

## Mark Ramsay



Mark has also been with The JunCtian Network "where great minds meet" for over 5 years of continuous service never missing a meeting or an event. He is a very dedicated event coordinator with accolades in Smart Serve and the Hospitality Industry.

Mark is a very dedicated individual with over 20 years in the Supply Chain Logistic industry. He is highly focused with a comprehensive understanding of logistics, procurement and the supply chain. Boasting a consistent & proven track record of best business practices that improve efficiency, whilst increasing performance with the commitment to identifying and implementing continuous improvements in the supply chain.

## Mohammed Riad



Currently retired, living in Toronto, after living in Vancouver for over 30 years. Studied Visual Arts at the Washington School of Art, in Chicago U.S.A. Former Member on the Advisory Council of Sibkis International, going into Prisons and institutions speaking to youth that are involved in the criminal Justice system. Doing seminars at Schools and Community centres encouraging young men to stay in School and be a support to their wives and mothers. Supervisor with FLP !! Currently

has devoted himself to painting, and keeping active with the JunCtian Network . Has been a devoted member for 7 years, donating time, facilitating seminars and giving generously to the cause of the JunCtian Network.

## Peter “Blessed” Skinner



Blessed was born in the small parish of St. Thomas, Jamaica, island of reggae, sun and fun. In 2002, he received critical acclaim for his breakout international urban hit LOVE (African Woman), which earned him a JUNO for Best Reggae Recording. Blessed was nominated for a JUNO in 2003 for SMILE and 2004 for the single Empty Barrels Featuring Kardinal Offshall. He won the JUNO and UMAC award for Best Reggae Recording in

2005 with Reggae Time. He received another Juno nomination in 2007 for Final Road under the Explorer Universal label. He's been nominated 7 times in the Juno's best reggae recording category. His latest single **cry every day** spent 24 weeks on the Canadian reggae charts and six weeks at number one. Its currently been played on radio stations world wide!!

For all your Wine and Food pairings:



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***Excellence in Leadership & Inspiration:***

- Rajinder Minhas-Bal
- Harjeet Dhillon
- Rolando Francis
- Leonie Segall
- Rita Panchal
- Jay Harmony

## Rajinder Minhas-Bal



Rajinder originally came to Canada from Punjab, India as a young child. Educated in Canada, she achieved her Bachelor of Science degree from the University of Toronto. After graduation she worked with several mainstream companies until starting her own successful IT consulting firm RM Software Developers and Consultants, an IT Consulting Firm which provided IT Consulting services in the areas of programming and corporate training.

Currently, she is the owner of a Real Estate Brokerage with her husband, Canadian Real Estate Group, which specializes in Land Development and new home construction and sales ([www.cdnrealestate.ca](http://www.cdnrealestate.ca)) in Canada, India and Dubai.

She is also a director at Canada-India Foundation. A national organization with worldwide membership whose mandate is policy writing for Canada-India relations and to create trade relations between the two countries.

She actively supports the William Osler and Trillium Foundation and is in the process to receive an Award of Excellence for Business.

Rajinder is the current Candidate for Nomination of the Ontario PC Party for Mississauga-Malton Riding.

Rajinder is happily married to Captain H. Bal and has three children, Mankirn, Chetan, and Mantaj.

## Harjeet Dhillon



Born and raised in Birmingham, UK, she remembers telling her dad at about age 8 that she wanted to be an author. This transpires with her creative imagination which elaborates her stories when talking about her dreams or writing stories as part of English literature.

She managed to fulfill her dream of being an author and in April 2015 became published with her first fictional romance entitled, "Autumn Love".

Since November 2016 to date, she has done multiple fashion shows, with many more anticipated, several photo shoots (one of which included being the infamous SUNshine Girl in the [Toronto Sun](#)), interviews and a few acting gigs.

There have been so many ups and downs in her life and she had a hard time remaining focused. She recently published her website; [www.autumnlove.ca](http://www.autumnlove.ca) and plans to expand even further.

Her dream is now to be a TV Host and get international exposure for her current "one hit wonder" novel! She has a passion for many things, most of all, helping people.

## Rolando Francis



Inspirational figure, Rolando Francis is an international Speaker, Community Advocate, Spiritual Mentor for teenage boys and young men & a highly sought after Leadership Development Coach. With over 15+ years of leadership experience, Rolando is best known for his direct “in your face” and high energetic approach to inspiring leaders to make real connections in a heartfelt way.

From managing in major corporations, to leading in ministry, and operating his own business ventures, Ro noticed that leadership was focused a lot more on positions rather than passion and image instead of impact. Now Ro teaches hundreds of leaders how to increase their ability to influence, build meaningful relationships and leave lasting impressions so they can become exceptional leaders everyone remembers.

[www.rolandofrancis.com](http://www.rolandofrancis.com)

## Leonie Segall



Leonie was born and raised in Kingston, Jamaica. Always adventurous, she left Jamaica at the age of 20 to run a health and fitness club in Marbella, Spain despite not knowing any Spanish. Three years later, Leonie moved to Canada, where she tried her hand at many lines of work including server, bartender, event security, early childhood educator, secretary, administrative professional and law clerk.

Leonie is a survivor of an abusive relationship. She likes to say that she had lots of big dreams and goals and none of them included being abused because she was too smart and wise.

Leonie founded HFG Happy Families Support Network Inc. (HFG) in 2012 as a support group for women and children who have experienced abuse. In the almost five years over 400 families have been served and the roster of families receiving active support at any given time numbers approximately 50. One of the insidious aspects of abuse is the damage it does to a woman’s sense of self. HFG helps mothers overcome this damage and move more confidently into the world to realize their true potential.

If you would like to have Leonie present to your Organization, please contact her at [leonie@hfgfamilies.com](mailto:leonie@hfgfamilies.com)



## Rita Panchal



Rita Panchal originated from Gujrat, India. She is a brilliant woman who is the owner of Two La Unique Laser Clinics. She studied at Humber College and also worked at Radio Sargam. She is a proud Mom of two children Kajol who is a Law Student and Kunal who is studying Medicine.

La Unique Laser Centre was established in 2007 and is owned and operated by the dynamic business woman Rita Panchal.

Her wealth of knowledge in the laser hair removal and skin care industry lends itself to the success of her two clinics located in Brampton and Mississauga.

Business partner and husband, Rakesh Panchal, and her two supportive children, Kajol & Kunal Panchal are active members of this organization.

Rita's passion for changing the lives of men and women with her effective skin care treatments is what sets her clinics apart from the rest. She is a household name in the laser hair removal industry with a strong presence in the GTA and online. With a follower base of over 5000 people, Rita keeps her them continually engaged with skin care tips, specials and clinic updates on a regular basis.

La Unique Laser Centre is your go to clinic for anything skin related.

## Jay Harmony



A college professor with a passion for music, Jay Harmony's thirst for anything musical was started in the church. The winner of many music and entertainment awards, Jay Harmony was again honored at the Rose Theatre, where she received the "Raymond McKnight award of "Dedication and Excellence in Music". Jay Harmony is one of Toronto's most sought after entertainers and she is on a mission to share her talent with the world.

Fans across Canada have enjoyed Jay Harmony's performances at various events in popular venues including the Rogers Centre, Metro Toronto Convention Centre, the CNE and Massey Hall.

Until a year ago, Jay's primary performances were of soul, rock and R&B. While performing and further developing her talent, Jay began to infuse reggae beats to her R&B songs that proved to be an instant hit with her growing fan base. Jay Harmony's beautifully crafted sound is a reflection of her many inspirations and her innate ability to master genres from R&B and reggae to house, jazz and hip-hop soul. Inspired by artists like Whitney Houston, Jennifer Hudson, Rihanna, Beyoncé, The Beatles, Elton John, Bob Marley, Beres Hammond, Dennis Brown, Gregory Isaacs, John Legend, Etta James, R. Kelly and Prince; Jay recognizes that they have all had an impact on the music she writes and performs. Some by their ability to write hit songs, others for their performance styles, and their captivating vocal abilities." Jay Harmony continues to carve her own niche. She refuses to be relegated to any box. A singer and a songwriter, Jay Harmony's talent is undeniable. She is a breath of fresh air and has the makings of a mainstream and international phenomenon. From performing at prestigious galas and Board of Trade's events, to winning several urban music awards, to being a semi-finalist for CHIN. Jay Harmony has taken her love and appreciation for music to new heights. "Music is therapeutic and it is as much a therapy for me as it is for people who appreciate my music. Let's face it; with the way the world is, we could all use some musical therapy. Literally, that's my only drug. I get high on music and I'm inspired to write about my experiences because I have found that they are never unique. Others can always relate and in many instances take comfort in listening to my melodic interpretations of them."

Two albums to her credit Jay Harmony shows no sign of slowing down. Oct. 2015 released, debut album "No Giving Up", and Oct. 10, 2016, her sophomore album "Ever Present", are great inspiration; motivating others to pursue their dreams with undying passion. These albums are a testament of not only Jay's vocal ability but also her lyrical prowess. Available on iTunes and all online music distributors.

Connect with Jay Harmony: Website: [www.jayharmony.com](http://www.jayharmony.com); Twitter: @JayHarmonyMusic  
Email: [jayharmony@hotmail.com](mailto:jayharmony@hotmail.com); Phone: 416-556-2899; Instagram: JayHarmonyMusic;  
Facebook: [www.fb.me/JayHarmonyMusic](http://www.fb.me/JayHarmonyMusic)

## Harjeet Dhillon, Author



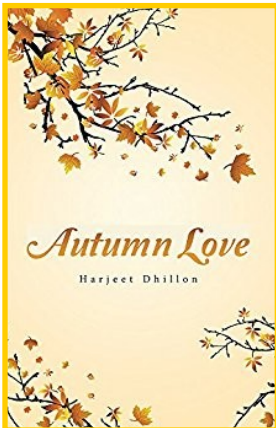
### Author Biography:

**Harjeet Dhillon** was born in Birmingham and spent most of her childhood in Oldbury in the United Kingdom. She studied Economics, Sociology, and Communications at Halesowen and currently works as an Executive Assistant. Harjeet now lives in Grimsby, Ontario, Canada. This is her first book.

Visit [www.autumnlove.ca](http://www.autumnlove.ca) for details on where to purchase, reviews and articles

### Synopsis:

Ever since she was little, Autumn's Indian mother has encouraged her to find a husband and start a family. Now twenty-six, Autumn has just returned from a week-end away with her gorgeous boyfriend of three years. From afar they appear to be the perfect couple, but beneath the surface complicated issues divide the young lovers. As she leans on her best friend for advice, it soon becomes clear that Autumn wants a commitment and that Jake wants something very different—freedom. With her heart set on stability, loyalty, and motherhood, Autumn decides she has no choice but to end her relationship with Jake. But as she sets out in her car to meet him one last time, she becomes distracted and smashes into a roadside barrier. After she awakens in a hospital, it appears that commitment phobic Jake has had a change of heart. When he proposes, Autumn hopes it is the start of better things without any idea that very soon, a phone call will change everything once again. *Autumn Love* is the tale of a young Indian woman's journey as she embarks on a determined quest to find commitment where she discovers that timing is everything and that love is nothing without trust.



### Review:

"...I give this book **3 out of 4 stars**. Anyone who has ever had to go through what Autumn did will completely relate to this book. There were a few spots in the book that I thought were not really relevant to the overall story, but for the most part I felt like it was a well written interesting tale of modern life. Add to that what anyone would do for true love and you have a pretty good book." stacihunsinger ([www.onlinebookclub.org](http://www.onlinebookclub.org))

# NOTES

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If you are interested in participating in future events by volunteering or sponsoring , we would love to hear from you. Please contact Joan at [joan@thejunctionnetwork.com](mailto:joan@thejunctionnetwork.com)

Thank you for your interest and we look forward to connecting with you in the future!

*“Ignite, Inspire and Award”*

Keeping the community engaged and together

[www.TheJunCtianNetwork.com](http://www.TheJunCtianNetwork.com)

[Joan@TheJunCtianNetwork.com](mailto:Joan@TheJunCtianNetwork.com)

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