

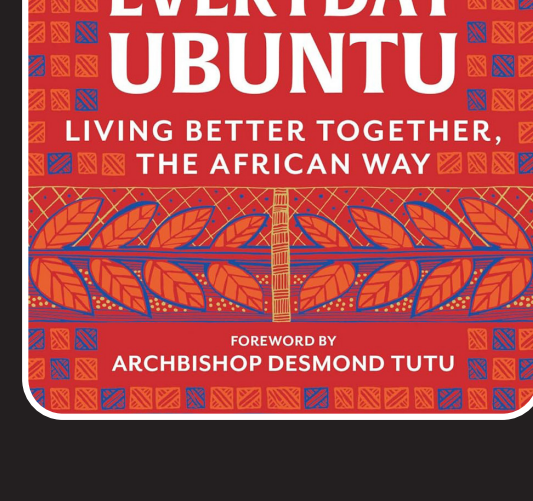
To learn more about the BERG (Black Employees' Resource Group), please email [berg@nspower.ca](mailto:berg@nspower.ca).

# African Heritage Month Reading List

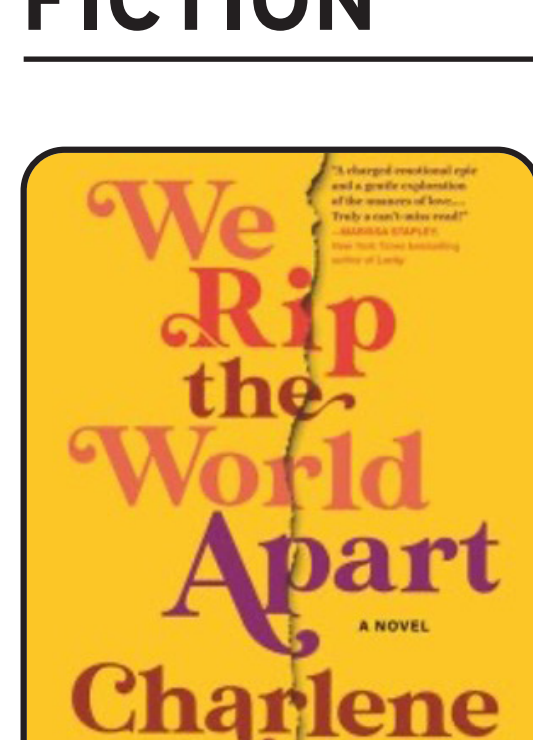
## Book of the month: Everyday Ubuntu: Living Better Together, the African Way

Mungji Ngomane

*Ubuntu* is a Xhosa word originating from a South African philosophy that encapsulates all our aspirations about how to live life well, together. It is the belief in a universal human bond: I am only because you are. And it means that if you are able to see everyone as fully human, connected to you by their humanity, you will never be able to treat others as disposable or without worth. By embracing the philosophy of Ubuntu and living it out in daily life it's possible to overcome division and be stronger together in a world where the wise build bridges, not walls.



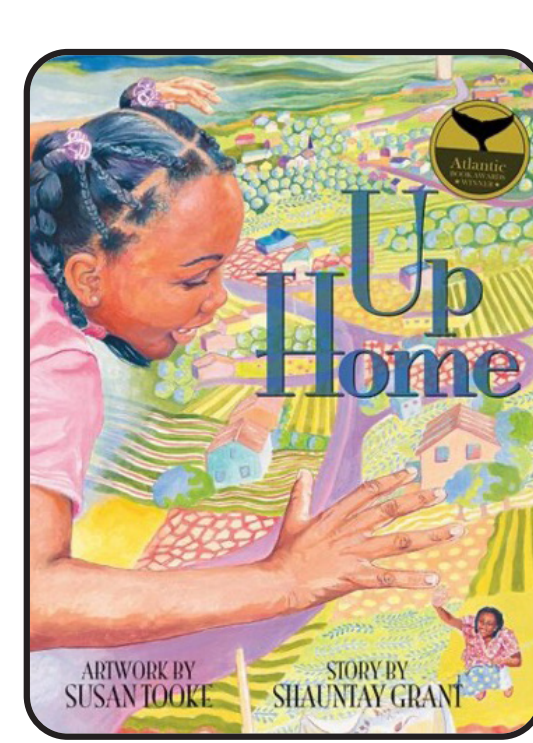
### FICTION



#### We Rip the World Apart

Carlene Carr

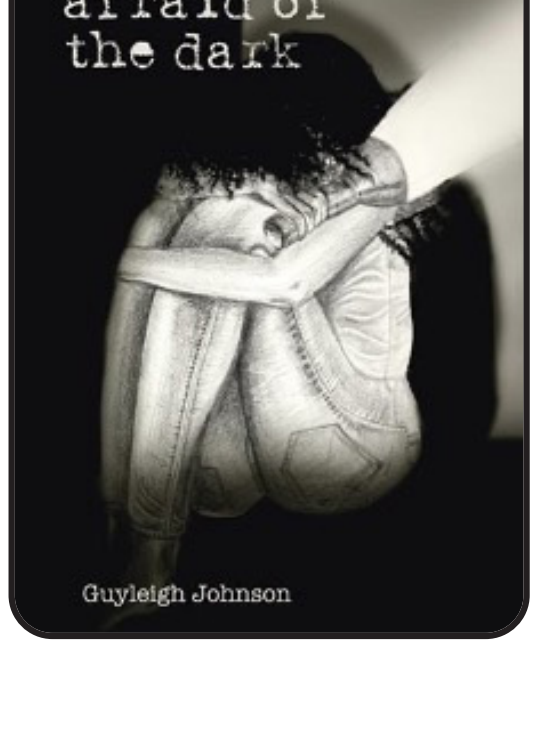
*We Rip the World Apart* follows the life of a young bi-racial woman, pregnant with a child she isn't sure she wants and struggling to make sense of and find healing from the generational trauma passed down to her through her family's experience of violence, specifically the loss of her brother, who was killed by police.



#### Up Home

Shauntay Grant

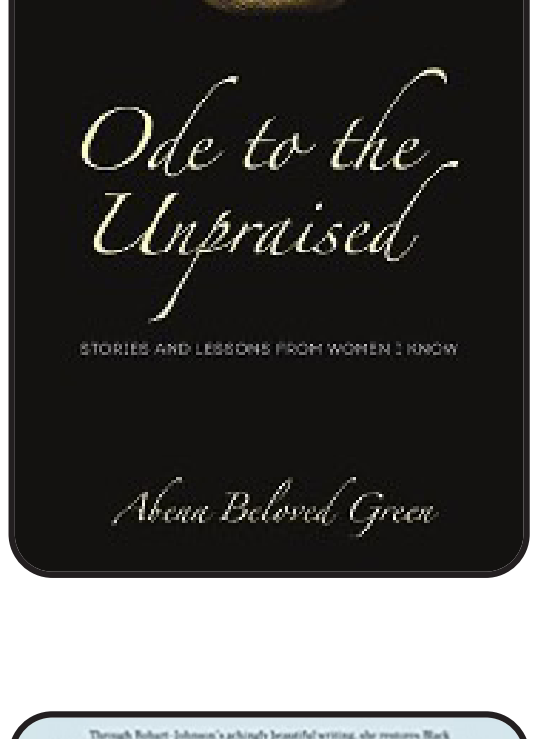
Happy memories sparkle in this journey through poet Shauntay Grant's childhood visits to North Preston, Nova Scotia. Her words bring to life the sights, sounds, rhythms, and people of a joyful place, while Susan Tooke's vibrant illustrations capture the warmth of one of Canada's most important black communities. *Up Home* celebrates the magic of growing up, and the power in remembering our roots.



#### Afraid of the Dark

Guyleigh Johnson

Through prose and poetry, Guyleigh Johnson tells the story of sixteen-year-old Kahlua Thomas. An absent father and an alcoholic mother leave Kahlua feeling neglected, but her real pain stems from being black. She finds it hard surviving in a poor neighbourhood and even tougher society. Trapped by her own insecurities, she cannot relate to the person in the mirror. She believes that if she doesn't acknowledge her thick hair, big lips, and dark skin maybe, just maybe, she'll be able to blend in. Yet the lack of diversity, equality, and heritage in her world makes her more intrigued about the black roots she tries to stray away from. With a hard life at home, on the streets, and in school she finds an escape during her grade ten history class through writing poetry. Hiding in the back of the class, she writes, passionately expressing and releasing emotions about identity, home, community, culture, and forgiveness. All Kahlua wants is freedom, whatever that really means.



#### Ode to the Unpraised: Stories and Lessons from Women I Know

Abena Beloved Green

Insightful and experimental, *Ode to the Unpraised* explores the practical knowledge, life lessons, and personal essence of women in Canada and Ghana through conversation, prose, and poems. Those featured are located in Nova Scotia, Ontario and Ghana. This book was born out of Abena's curiosity about her late grandmother's humble yet textured life as a wife, homemaker, and respected community member.



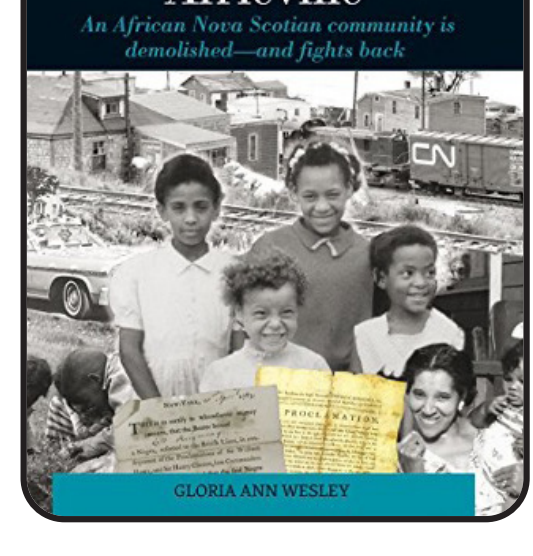
#### Jude and Diana

Sharon Robart-Johnson

The only mention of Jude in Nova Scotia's official history is of her death. In 1801 a slave-owning family was brought to trial for her murder. Robart-Johnson pays tribute to archival glimpses of enslaved people by recreating the fullness of the sisters' survival.



### NON-FICTION



#### Righting Canada's Wrongs: Africville: An African Nova Scotian Community Is Demolished - and Fights Back

Gloria Ann Wesley

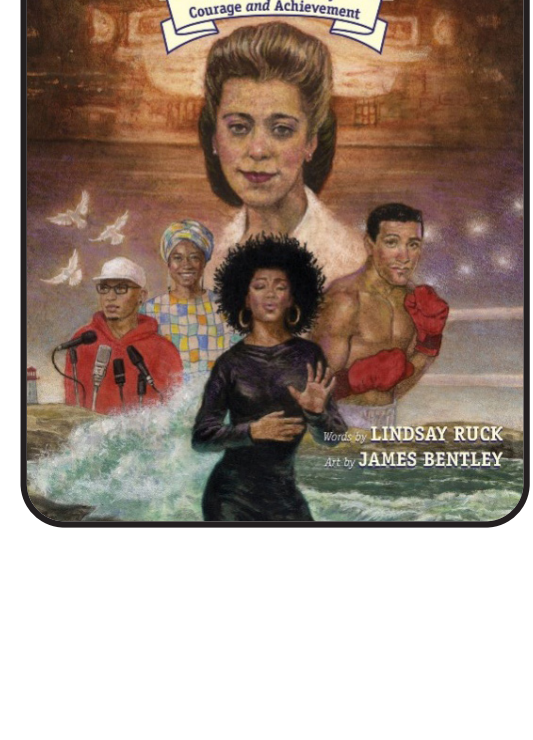
In the 1960s, after ignoring the Black community's repeated petitions for basic services, the City of Halifax bulldozed Africville in the name of urban renewal. Through historical photographs, documents and first-person narratives, this book tells the story of Africville. It documents how the City destroyed Africville and much later apologized for it - and how the spirit of the community lives on.



#### In the Africville Kitchen: The Comforts of Home

Juanita Peters, Claudia Castillo-Prentt, and Adina Fraser-Marsman

A collection of real recipes handed down through generations from the actual residents of Africville, so put on your apron and enjoy coming home again!



#### Amazing Black Atlantic Canadians Inspiring Stories of Courage and Achievement

Lindsay Ruck

Featuring over 50 historical and contemporary profiles, this fascinating book takes a look at the lives of Black Atlantic Canadians that saved lives, set records, and enacted great change.



### HISTORICAL



#### The Life of Boston King

Boston King

Memoirs of the Life of Boston King is a spiritual autobiography written by Boston King in 1798. The memoir details King's life as a Black Loyalist during the American Revolution, including his enslavement, escape to the British, and life in Nova Scotia.

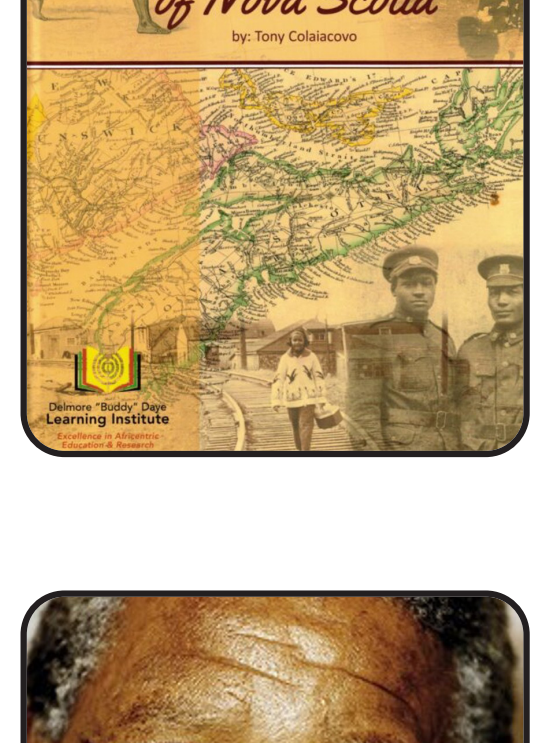


#### Black Loyalists: Southern Settlers of Nova Scotia's First Free Black Communities

Ruth Homes Whitehead

"They had a passion for freedom, and they acted upon it."

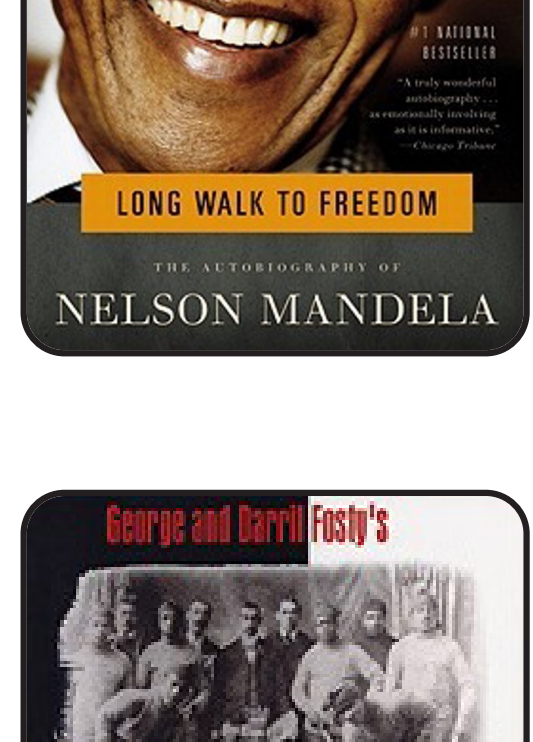
*Black Loyalists* is an attempt to present hard data about the lives of Nova Scotia Black Loyalists before they escaped slavery in early South Carolina, Georgia, and Florida, and after they settled in Nova Scotia to bring back into our awareness the context for some very brave and enterprising men and women who survived the chaos of the American Revolution, people who found a way to pass through the heart, ironically, of a War for Liberty, to liberty and human dignity.



#### Black History of Nova Scotia

Tony Colaiacovo

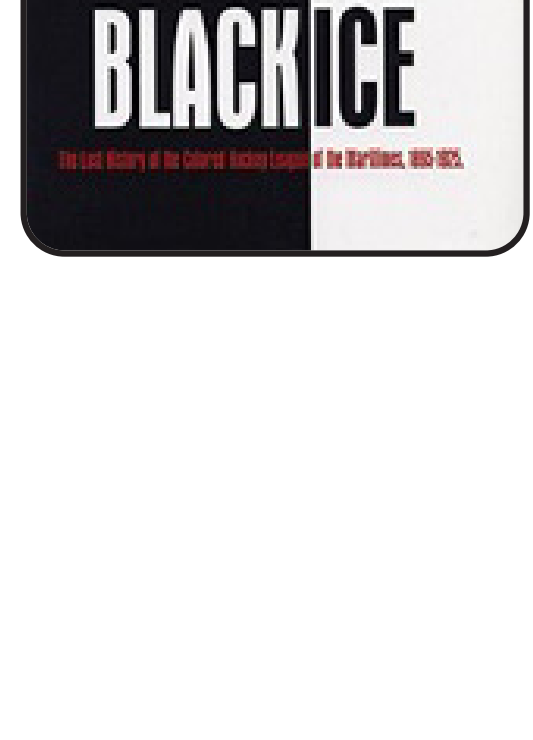
This book is about the history of Nova Scotia and the Black people that have been part of its settlement since the beginning of the fifteenth century. Black people have often been overlooked when relaying the history of Nova Scotia and Canada. They have lived here since the first recorded attempt at the colonization of the "New World" by Europeans and, until the 1960's, Nova Scotia had the largest black population in Canada. African Nova Scotians have forged a unique cultural identity and their history is integral to Canada's history.



#### Long Walk to Freedom

Nelson Mandela

*Long Walk to Freedom* is an autobiography by South Africa's first democratically elected President Nelson Mandela, and it was first published in 1994 by Little Brown & Co. The book profiles his early life, coming of age, education and 27 years spent in prison.



#### Black Ice: The Lost History of the Colored Hockey League of the Maritimes, 1895-1925

Darril Fosty and George Fosty

In 1895, The Colored Hockey League of the Maritimes was formed in Halifax, Nova Scotia. This was Twenty-five years before the Negro Baseball Leagues in the United States, and twenty-two years before the birth of the National Hockey League. The Colored League would emerge as a premier force in Canadian hockey and supply the resilience necessary to preserve a unique culture which exists to this day. Unfortunately their contributions were conveniently ignored, or simply stolen, as white teams and hockey officials, influenced by the black league, copied elements of the black style or sought to take self-credit for black hockey innovations. *Black Ice* is the first written record of the Colored Hockey League in the Maritimes.



★ Nova Scotian authors and/or books about African Nova Scotians or their communities