



The Beginnings of The Black Rose of Durham Radio Show

By Cora Reid
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This is week Episode number 8, exactly 2 months of broadcasting on The Black Rose of Durham Radio Show. It has been a ride connecting with artists, music labels, industry executives, community sponsors and partnerships. It has been challenging, exciting, rewarding and exhausting all at the same time. I am earning to be sensitive to the requests and needs of all the people, artist, companies, organizations, mixing and mastering shows, marketing, and communication while that I am serving with compassion and truth. It is a hard balance but worth the experience. This is about service to me. Serving and uplifting my community. Each interaction, conversation, song, company is important. I give full attention, respect to every interaction conversation and contact. This is about uplifting the artists, music messages and community while sharing information inspiration and positive vibes. My intention is first service to the people.

The purpose of the show is to about bring awareness to the non-racialized community regarding the issue of anti-black and systemic racism, highlighting community leader's and black history while infusing the best in Reggae, Soca, House, and Gospel Music. Having the hard discussions about racism while leaving listeners inspired, empowered, and encouraged in hard times. It is about good music good vibes, being a bridge and bringing people TOGETHER!

There is so much in our world pitting and pulling us apart. Music is the way to bring us together and help soothe the fearful weary soul. I had to be mindful and sensitive to our community in understanding that we are all at different levels in our understanding about racism. I had to finding creative ways to focus our attention on positivity while speaking the truth about a subject that can feel heavy. I decided that I would be honest, truthful sincere and encouraging all at the same time. I needed to find that balance and wanted listeners to feel encouraged after listening to each show. The Black Rose of Durham is about lifting the Black community, celebrating our leaders of our community music, and inviting our non-racialized friends to stand with us, be informed and enjoy good vibes and music. It is about unity, positivity, truth, and love.

I am honoured and blessed with all my friends, community connections, conversations, and partnerships. Each artist, business, and community sponsor are very important locally and world-wide. I have had the honour of playing local artists while connecting to Italy, Paris, London, Tokyo, and other parts of the world. It is my pleasure to introduce Canadian artist's to platforms that otherwise would not know they exist.

I am excited about The Black Rose of Durham Featured Artists of the Week May 18. Each week I select artists and highlight their music on my show.

This week Multiple Award and Juno Winner Blessed, Multiple Award Winner and Juno Nominee Ammoye, Multiple Award Winner Empress Divine, Kandice Kash, Londa Larmond and Pasquale Landi are all on this week's show. I am also in partnership with Pulse Radio in Ottawa who is celebrating having 1 million listeners. Congratulations Pulse Radio and Lady One Love Hour Show. You are making a positive difference in so many lives. I am honoured to be going live weekly on Pulse Radio and speaking about important issues that affect our community and world.

It has been only 8 weeks exactly 2 months of The Black Rose of Durham Radio Show. In a short span of time, I have gained many friendships, community connections, sponsors, and supporters. I want to Thank Wayne Vernon from Caribbean Express Radio, Brian Kotler Indie Roots Records, Acadia Thomas from Soulful Image Magazine, Eddie Bullen from Thunder Dome Sounds Productions, Kandice Kash from O-TUNE Radio, Pasquale Landi Productions, Lady One Love from One Love Hour on Pulse Radio, Jackman Jones Productions, Pulze Radio, Richard Miller from Keep6org and Joe Ingino from Central Newspaper Durham for blessing me with this platform to share my thoughts music and community with the friends in Durham Region. It is truly an honour and blessing.

The caterpillar now ready to leave the cocoon and fly into the world sharing positive vibes and impacting lives. I am humble in recognizing that I have a long way to go. I may make a few mistakes on the way, but my heart is genuine and in the right place. I appreciate the connections, journey, and experience. As I record each radio show, write each week in Central Newspaper article I am growing while I am sharing. I truly thank all of you for your continued support.

I invite you to check out my radio show The Black Rose of Durham Radio on Spotify, Mixcloud, Google and iTunes and check out my LIVE broadcast on Pulse Radio every week.

WE are truly better when we work TOGETHER than we are divided separated and APART!

WEAPONIZING SCIENCE TO JUSTIFY PROTEIN CHOICES A DANGEROUS GAME

Suggesting humanity got it wrong by eating meat is unsupported by scientific evidence

By Sylvain Charlebois
 Professor
 Dalhousie University

Protein wars have taken a back seat to the COVID-19 pandemic since March 2020. Most of the attention was obviously given to the virus, variants, vaccines and how to keep safe. That makes sense. But since we're seeing the light at the end of the tunnel, proteins appear to be back in the spotlight.

Just last week, the popular cooking website Epicurious made the call that it would no longer carry recipes that included beef. It claimed the decision was motivated by its intention to become a better servant for the planet.

And we learned this week that one the world's best restaurants, Eleven Madison Park in New York, a Michelin three-star establishment, is going vegan.

Every other day, some chef or website is making a claim on proteins.

For Epicurious, this was a business decision motivated by the will to differentiate. The site has almost 10 million followers, and many of them are younger millennials and generation Z members in Canada and elsewhere.

According to a recent survey by Dalhousie University, 64 per cent of millennials have thought of reducing their meat consumption in the last 12 months and 57 per cent of generation Z members did the same. So most Canadians 40 years old or younger are thinking of reducing their meat intake, despite the complications COVID brought to our lives.

Epicurious's decision was also reported by several media outlets and the publicity was quite significant. Good for them.

For restaurants like Eleven Madison Park, it's very much about the reset the food service sector will experience. The will to innovate and offer different fare is something we should expect as we exit the pandemic.

What vegetable proteins and more plant-based products have brought is more protein plurality. Many Canadians who still eat meat daily have appreciated the excitement vegetable-protein-based products have brought to the meat counter. Things got boring with the meat trifecta of beef, pork, and chicken. Vegetable-protein-based products got Canadians to think about proteins differently.

And, coincidentally, Canada is one of the largest producers of pulses in the world. We grow plenty of lentils and chickpeas in Canada, as an example, but 95 per cent of it is exported. Now, with more processing happening here, Canadians are slowly mixing things up in the kitchen and on the grill.

However, the rhetoric used to motivate these decisions is concerning.

First, beef can be a sustainable source of protein. The science exists. It's misleading to consider all beef products to be the same. Grazing cattle maintains the health of grasslands, improves soil quality with manure, and preserves open space and wildlife habitat.

Obviously, not all cattle graze and can contribute to a regenerative lifecycle, and the industry should think about how it can make itself more sustainable. Still, beef production is very much part of a natural equilibrium that humans have maintained with our food systems for centuries. Most importantly, food is culture. Eliminating a very important element of our dietary traditions is disrespecting our history.

The average Canadian will eat 69 kg (152 pounds) of meat this year. If consumers want to make a change, all the power to them. But seeing more companies and restaurateurs suggesting humanity got it wrong from the get-go is simply using a dangerous narrative that doesn't provide a full, clear scientific picture of what's at stake.

With the arrival of more vegetable proteins on the market, consumers have more choice, not less. But suggesting we should remove choices by using half-truths and scientific innuendo isn't serving the public well.

Treating science like a buffet is just not helpful. Picking and choosing studies to support a certain narrative isn't science.

Climate change is an important issue, no doubt. And some choices are more sustainable than others. But suggesting we can save the planet by eliminating meat from our diets is oversimplifying a complex situation.

Restaurants or websites becoming meat-free is fine, but they shouldn't be weaponizing some of the science to support an increasingly populist narrative.

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