

LAO NEWSLETTER

Volume 1, Number 3

July 2025

stronger together

Message From The Board Chairs



Fellow Community Members:

Every time I get the chance to share a few words, I dare not forget to reflect on the strides we've made, the hope you continue to carry, and your unwavering support that has brought us to where we are today. Since the new leadership took office, we've seen a renewed spirit of togetherness. I'm reminded of a quote by Henry Ford: "Coming together is a beginning; keeping together is progress; working together is success."

It's my daily desire that we continue to work together to achieve the goals of our community. As we move through this year of activities, including implementing the CEEP grant from the city, I encourage each of us to get involved, offer our support, and continue building strong bonds with one another. In union strong, success is sure!

Thank you for what you've done so far, and thank you for your willingness to do even more. Happy Pre-Independence Day to each of you! We look forward to celebrating together in the coming weeks.



HAPPY 178th INDEPENDENCE

Prezo Expresses Frustration Over Members' Reluctance To Pay For Gala Tickets

LAO President, Mr. Kelvin N. Suah, has voiced strong frustration over the reluctance of some members to pay for tickets to the Association's upcoming Independence Day Gala and Dinner. He emphasized that active participation and financial support from members are critical to the success of the event.

Writing in the association's chatroom, Mr. Suah pointed out the noticeable gap between the number of invited guests who have already paid for their tickets and the slower response from community members. He stressed that such hesitation undermines the collective effort to make the gala a memorable and successful occasion.

All financial payments to the association can be made through the email below:

Lao.ncr.ca@gmail.com

MEET OUR 2024-2025 GRADUATES

Adolphus John BoimahPort

Vamuyan A. Sesay

Shyla Harper



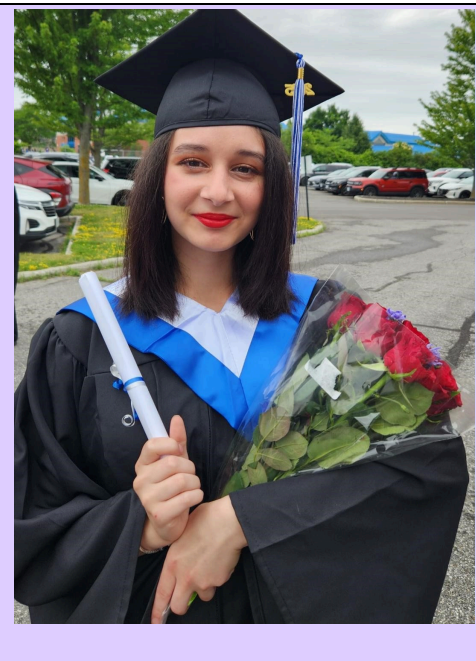
Master of Applied Business Analytics Carleton University, Class of 2025

Adolphus earned his Master's degree in Applied Business Analytics from Carleton University. Even before graduation, he was already applying his skills in real-world settings, volunteering with respected local businesses such as **Mill Street Brewery and Pub** and **Dominion City Brewing Company**. There, he helped develop data-driven strategies that boosted customer retention and expanded client bases. Adolphus has expressed his strong commitment to using his expertise to benefit our community—an inspiring example of giving back.



Master of Arts in Economics, Specialization in Data Science Carleton University, Class of 2025

Vamuyan Sesay graduated with a Master of Arts degree in Economics, with a specialization in Data Science. He was also awarded the prestigious **Randell Geehan Memorial Scholarship in Quantitative Economics**, an honor given annually to graduate students whose academic work emphasizes quantitative research in economics. Vamuyan's accomplishment is a proud testament to academic excellence and commitment to advancing knowledge through data and economics.



High School Graduate – A.Y. Jackson Secondary School, Kanata, Ottawa

Shyla, the granddaughter of community member **Edlyn Shepherd**, graduated from A.Y. Jackson Secondary School in Ottawa. Inspired by her mother's medical journey and moved by seeing her MRI images, Shyla made a life-changing decision: to become a **medical doctor**. Though the path ahead is long and demanding, Shyla is focused and determined to achieve her dream of helping others through medicine. Her story is one of early ambition fueled by compassion and purpose.

COMMUNITY UPDATES

LAO Independence Day Gala on Course for Success

Excitement is building as preparations for the **Liberian Association of Ottawa (LAO)'s 178th Independence Day Gala** move into high gear. Organizers are working diligently to ensure this year's celebration—the first under the leadership of President **Kelvin Suah**—is both memorable and impactful.

In a recent update shared in the LAO community chatroom, **Secretary Dekote (Dee) Woods-Mosindi** announced that several distinguished guests have confirmed their attendance, including **representatives from the Ottawa Police Service**. Additionally, Liberian associations from neighboring provinces have pledged their participation, adding to the significance and reach of this year's celebration.

While ticket sales are reportedly going well among invited guests and dignitaries, Woods-Mosindi expressed concern over the slow response from local community members in purchasing tickets. She encouraged members to show their support by securing their tickets early to ensure a strong turnout and vibrant celebration.

The **Independence Day Gala** will take place on **Saturday, August 2, 2025**, and promises a lively program of **cultural performances, official speeches, and live entertainment by local artists**. The event will not only honor Liberia's rich history but also bring together Liberians and friends of Liberia in Ottawa for a night of unity, pride, and celebration.

Let's make this Independence Day one to remember—**get your tickets, spread the word, and come celebrate Liberia in style!**

SPOTLIGHT

Ramsey Mulbah: A Legacy of Leadership, Service, and Impact

Ramsey Mulbah conjures up many images—dedicated healthcare professional, dynamic community leader, entrepreneur, and humanitarian. A committed bedside health service provider, Ramsey currently serves as President of the **Ontario Nurses' Association Local 084**, representing his peers with distinction. In addition to his healthcare leadership, he is also the founder and CEO of **NAZO Farms, Inc.**, an Agro-business based in Liberia that employs, trains, and sponsors disadvantaged youth, creating both economic opportunities and hope for the future.

To the members of the **Liberian Association of Ottawa (LAO)** and the greater Liberian community, Ramsey is widely known and respected for his exceptional leadership and compassion. On **June 10, 2022**, he was unexpectedly called upon to lead the Association following the tragic passing of LAO President **Dr. John McCarthy** in a car accident. As he mourned the loss of his best friend, Ramsey stepped forward to guide the community through one of its most difficult times. And he rose to the challenge.

Through his strong leadership and diplomatic approach, Ramsey led the Association through a series of **reconciliation meetings and healing initiatives**, fostering unity and restoring trust within the community. His efforts culminated in the successful ushering in of a **democratically elected administration on April 27, 2023**—a milestone in the Association's history.

As Vice President of the Association, Ramsey also championed impactful development initiatives. One of his notable accomplishments was advocating for **Safe Drinking Water Project in Zolon Town, Marshall District, Montserrado County, Liberia**. With unanimous approval from LAO leadership, the project was launched and completed. Today, residents of Zolon Town no longer rely on unsafe stream water but draw clean, safe water from a modern well—a lasting legacy of Ramsey's vision and commitment.

Ramsey Mullahs' journey is a testament to the power of service, resilience, and community-centered leadership. His ability to lead during times of crisis and inspire hope has helped transform challenges into opportunities, paving the way for the brighter days we now celebrate.



Community Spirit Shines at Inaugural Women's Culinary Event

"Our women are the pillars of this community—always giving, always showing up for us. Let return that love by showing up for them"—Kelvin Nya Suah, President, LAO



The vibrant spirit of our community was on full display on June 28, 2025, when more than fifty members of the Liberian Association of Ottawa (LAO) gathered at the residence of Messrs. Stanley Cooper, Antonio Henry, Paul Gobah, and Adolphus BoimahPorte for a memorable evening in support of the women of our community.

The occasion marked our first-ever **Women's Culinary Event**, a heartfelt and flavorful celebration organized by the Association's Women Committee. The event brought together Liberians to share traditional recipes, culinary skills, and cherished stories from home. It was more than a food event—it was a cultural homecoming.

The primary goal of this initiative was to create a platform for women to preserve and showcase Liberian culinary traditions, especially for those growing up in the diaspora. Through shared dishes and storytelling, the event aimed to ensure that the rich heritage of Liberian cuisine continues to be appreciated and passed on to the next generation.

This Culinary Event is part of LAO's broader mission to highlight and preserve Liberian culture while fostering a strong sense of community and belonging among Liberians in Ottawa. As part of this mission, the LAO Executive successfully secured funding through the **City of Ottawa's Emerging Community Need Funding**. This grant supports programs that empower women, immigrants, youth, and seniors in our community.

We extend our heartfelt thanks to everyone who contributed to making this inaugural event a success, and we look forward to future celebrations of culture, community, and connection.

For more information about the CEEP Project, please contact CEEP Coordinator Juliana Jablason

at: Sayedounyon@gmail.com

UPCOMING COMMUNITY EVENTS

You are invited to

LIBERIA'S 178TH

Independence Celebration
&
Dinner Ball

AUGUST 2, 2025
6:00 PM - 1:00 AM

The Ukrainian Banquet and Convention Hall
1000 Byron Avenue, Ottawa, ON

TICKET - \$60
@lac.ncr.ca@gmail.com

DRESS CODE: FORMAL ATTIRE

FAMILY DAY PICNIC

Join us for a delightful day of fun, food, and festivities!

Sunday, August 3, 2025 | 11 AM - 8 PM

Vincent Massey Park
Heron Rd, Ottawa

Ticket - Free!

[Click LAO 2025-2026 Activity Calendar for more updates](#)

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