

PrideToronto: S2 EP04: Dr. ABC

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SPEAKERS

Dr. ABC, Hollywood Jade

Hollywood Jade 00:00

You're listening to pride Toronto's Black, Queer and Trans Excellence podcast, where we honour and celebrate the Black experience through the lens of the LGBT2Q+ community with honest conversations about embracing Black joy. I'm your host, Hollywood Jade.

Hollywood Jade 00:28

Bonsoir, welcome back to Black Queer and Trans Excellence podcast presented by Pride Toronto. I am Hollywood Jade, your host. My pronouns are he/him and sometimes cis, and I like to include that because a lot of people, especially now, we tiptoe around, you know, how to address people and I, sometimes, not always, in my Whitney Houston voice, I sometimes can be and lean into the more effeminate parts of my personality, so I like to give people that grace and know that, that it's okay to be like, "Hey, girl", as long as you're coming from a place of love. I'm super excited to talk to my guest today. Dr. Andrew B. Campbell, aka Dr. ABC. He is a graduate of the University of Toronto with a PhD in Educational Leadership, Policy and Diversity. Dr. Campbell is an Ontario certified teacher and has been an educator for over 25 years, you couldn't tell based off of his skin honey, in countries such as Jamaica, the Bahamas, and Canada. He is a workshop facilitator, a motivational and keynote speaker, and if that wasn't enough, he is an author of not one, but two, books. And to top it all off, this individual is a fashion icon. Please welcome Dr. ABC to the conversation.

Dr. ABC 01:59

Thank you so much, Oliver, thank you so much, thank you so much. It's a pleasure to be here. It's a pleasure being in good company, it's a pleasure to be in good company, nothing beats good company. Nothing beats good company, so I am excited to be able to share in conversations, you know, about talking within our community, so thank you for having me.

Hollywood Jade 02:21

It is my complete pleasure. And one of the things that I have to say but she was we became familiar with each other's energies a couple years ago, and from the moment that I met you, like you walked into the room, and I'm like, this is a force to be reckoned with. Not a single word was uttered, you were just standing there and I'm like, "Okay." It's like, it's kindred spirits, I saw you and immediately knew that, that that we are kin in one way or another.

Dr. ABC 02:50

Absolutely. I remembered- I remembered that. And there's something must be said about that. Anyway, it's a, it's an energy that says, "I see you." I talk about that a lot. It was- and I will never say it's an energy that says I

see you. And when I when you say I see you with that kind of energy without words. It's love, it's community, it's trust, it's respect, admiration, like, you know,.. When I see you on doing your thing out there, I cheer you on, I'm like, yes, yes. And I tell people I know him, I know him [both laughing]. That's a ton of energy. I think we need more in our community. Because we come up with something we know the competition is problematic, we need more of complementing each other. You know, somebody says, "Hey, do you know somebody who can do this?" I said, "Yeah, I know, this person, he's Hollywood Jade, he's amazing." That's what we need more of, you know.

Hollywood Jade 03:42

I, I completely agree. And I, and I am an advocate and a champion for that. I think mentorship is a huge part of my mandate and my brand and, and especially for like young queer people of colour, I think it is so important for us to be in a space where we encourage uplift and educate not just in the way that you educate with your your multiple levels of educational influence, [both chuckle] but also just in the way of life and like reading, in particular, like people of Caribbean backgrounds who we sometimes enter spaces with a garden, a wall up to be like, this is a safe space where you can be your most authentic self. And even if it's different from how I see it, that's okay, it is welcomed here. And you- I just observing you and being around you, I see that radiate off of you, and that acknowledgement I think is important, so I acknowledge you and I see you and I celebrate you and I love your presence.

Dr. ABC 04:49

Thank you. Thank you.

Hollywood Jade 04:50

I wanted to s- I want to get into this quickly because like you are a very accomplished individual and from one black man to another black man. It makes me proud and brings joy to my spirit every time I see you, and the intersectionality of my life and the people who I know personally who know of you through many different degrees, like, I want to, I want to get into this and education is is like the core of, of what you do. So how did you get into education? Like, what was your calling into it?

Dr. ABC 05:23

I'm going to start by saying this: dreams come true. Dreams do come true. And I think you know that. A lot of times, you know, when I do motivational speeches or encouraged my, you know, the young people, my younger peeps, I could say, younger, because I'm young and fabulous, right?! I always say to them, "Believe in your dreams, don't throw away your dreams, dreams come true." And I said, see, with all emotional honesty, I am literally living my dream. I'm living my dream. I wanted to be on talk shows and events and podcasts and videos, and I'm living my dream. But as a little boy, but let's just go back to where it started as a little boy, growing up in Waterford, Jamaica, Waterford, we didn't get to see those, those kinds of possibilities, but I wanted to be a teacher, I wanted to be a teacher. And so what I did, I found out very early, what it takes, what it's gonna take to be a teacher. And I know I have to go to teaching school, so to speak, they call it Teacher's College now, right, but I have to go to teaching school. So I knew for a fact that I wanted this dream and I started to ask and inquire and find out how do I get this dream, I have to go to teaching school, I have to get my certificate, I have to pass certain exams, so immediately, I saw the path to become an educator. And then when

I became an educator, now here comes the part, you know, we like to say people are thirsty, you know, thirsty [sic] which means you know, you want some.

Hollywood Jade 06:55

Right.

Dr. ABC 06:56

Sometimes we all want some that doesn't make us thirsty. Okay, but I digress, I digress. [HJ laughing] But what happened was when I became a school teacher, I became thirsty for more because then I look around like go, wow, they are head teachers and master teachers. They are principals and vice principals. Oh, there's a specialist. There's a speech pathologist. There's a reading specialist. And so I started to learn more about my own craft.

Hollywood Jade 07:27

Craft. Yep.

Dr. ABC 07:28

Because I'm sure you know this when you walk into a space, Hollywood, when you, you know something, you and then you realize, Wow, there's more access there than I could ever imagine, how do I get more. And so that desire that thirst for more is what led me to do a bachelor's degree led me to a master's degree and led me to do a PhD because I wanted more for myself.

Hollywood Jade 07:51

Listen.

Dr. ABC 07:53

I'm living my dream. I'm living my dream.

Hollywood Jade 07:56

Well, thank you so much for coming because I don't know where else we can go from here. This was great. Go. [both laughing]

Dr. ABC 08:03

We can go so many more places.

Hollywood Jade 08:05

Listen, but that's it like it like you mentioned so many important things in there, and like, like, I want to go back to the point that you were making about figuring out what it was that you wanted to do and then asking the questions and, and setting yourself on the path towards achieving that. How- do you remember how old you were when you decided that education was your thing, being a teacher was what you wanted?

Dr. ABC 08:30

Yes. I remember I was in grade 1 in Mrs. Michael's class, I was six. I was in grade 1 Mrs Michael's class. That was also no joke when I when I think when I figured out I knew I like the boys. I was in grade one. I was six. Oh, yes. The research?

Hollywood Jade 08:44

Wow.

Dr. ABC 08:45

Yes. The research tells you that many of us figure out that by age six. It's literally in the in the research. And I knew at age six. I like the two boys. I wouldn't call them names. No. But I knew I liked Omar. Oh, yes. 2 at six. Oh, yes.

Hollywood Jade 09:05

I'm screaming.

Dr. ABC 09:07

But, but it comes the good part too, was not a good part too, here comes another good part. I also knew I wanted to be a teacher like Mrs. Michael. I remember my teacher Mrs. Michael. She was tall, she wore only pantsuit, she was fabulous, but let me tell you something, we were scared shit [sic] of Ms. Michael.

Hollywood Jade 09:27

She don't play.

Dr. ABC 09:28

Oh, shoot, I want to be like Mrs. Michael. And then. So from that time, I knew I want to be a teacher and I started doing stuff. I tell you something Hollywood, during the course of being 6, 7, 8, 9, 10, 11, 12, especially high school, there are many opportunities - I'm going to use that word - that came into my, into my space, and they would have taken me off the teaching path. You know, I remember once I want to be a flight attendant so bad. And once I want to go into fashion one day so bad. And I wanted to be an accountant one day. But those were all what I consider to be, you know, emotional, excited, opportunities. And I see that happen a lot, where everybody wants to do this, they want to do this because it looks good. I'm sure a ton of people want to be like you, Hollywood,

Hollywood Jade 10:13

Oh yes!

Dr. ABC 10:14

Because you look good on TV, and he came on TV, and he got to judge and they want that which is nothing is wrong. Covet good gifts, but ask yourself, do you think you just walk off the street and walk on the TV screen? No.

Hollywood Jade 10:29

Listen.

Dr. ABC 10:30

It's a whole process of work. And we don't like the word work cause, work is like a curse word. I like the word work. No, no. Work is like a curse word. But I like the word work. Because I tell the people work affords me the lifestyle that I desire.

Hollywood Jade 10:46

Come on. Come on. Listen, I agree. I'm a worker.

Dr. ABC 10:51

Let me tell you something. This is also the first time I traveled first class on my own money, because I've been in first class before when I was cute, and they said "Oh my God, you should, we give you a free upgrade because of my cuteness." Oh, yes.

Hollywood Jade 11:03

Same!

Dr. ABC 11:03

But I've gotten a free upgrade because of my cuteness. And I've done a free upgrade because I was polite. So don't be a bitch, be nice.

Hollywood Jade 11:12

Listen, you better speak it. That's why I always go to the airport in a full look. Depending on who you got there be like, "Oh, no, you can't sit back there. Let's just push these buttons."

Dr. ABC 11:22

Listen, listen, I won't get into, but it's a whole research that tells you about being pleasant, be nice, being a certain kind of energy, and people pull. But no, no, the first time I paid for a first class ticket, and I sat in first class, and I was like, this is what they're doing when the curtain is drawn, this lifestyle going on around here? Are they trying to flip my glass of champagne constantly? Like. I was no. And no joke, it's not a boast, I wanted more of that, and I knew to get that was I was going to use work, I was going to use work to get that. Because I'm going to be frank with you. I- in my book that I wrote on "Teachable Moments with Dr. ABC," I made a whole section where I talk about I decided education was going to get me there. I knew it wasn't going to be my body, because I don't have that kind of body, it wasn't going to be you know six pack because I don't have no six pack, it wasn't gonna be murder because I am afraid of jail. [HJ laughing]

Hollywood Jade 12:25

Me and you both boo!

Dr. ABC 12:26

Listen, I'm presented with another day we talk about why I'm afraid of jail, right. But I knew education and work was going to get me there. I am not afraid of work. I am not afraid of work, because work has afforded me

the lifestyle I have. And I encourage everybody who's listening, do not be afraid of doing your work. Do not be afraid of doing what is it, what is what is it that is going to get you to have the lifestyle you so desire.

Hollywood Jade 12:53

Yeah. And but even that, like that that mindset is, is I think one of the things that makes you impressive and stand apart is like you identified that immediately, we're like- in order to live the life that I want to live. Yeah, I know that, like you said, no one's just gonna give it to you. And I'm someone who prides myself that everything that I have acquired, I've earned, none of it was given to me, I, I worked for it, and I hustled for it because because of that no one can take it away. No one can be like, you're not that special, because boo. I didn't- no, you get no man can look at my face [sic] now. All right.

Dr. ABC 13:33

Yes. [laughing]

Hollywood Jade 13:34

All right. So it's, it's, but that's an important characteristic trait that, that I think more people need to see. And that's why I'm so glad that I get to talk to you today and share this space with you and get more context and get more depth into how you become this fabulous being from Waterford, Jamaica, who now stands before us and is sharing his, not just knowledge, but your presence and your gift with so many people. I want to talk you- you mentioned your books.

Dr. ABC 14:07

Yes.

Hollywood Jade 14:08

How did you know that that was a path that you wanted to take.

Dr. ABC 14:11

I believe there's magic in books. You know, I grew up reading, first of all, Cinderella and all these fairy tales. And then I started reading The Hardy Boys in the 90s. And from early on, you know this is not a, you know, a criticism of what is out there, but it's definitely a critique that from earlier on, the stories were not about me, right I mean Cinderella, Rapunzel, Goldilocks, Jack and the beanstalk. Like don't I know all of them, right? I have read I want to be one of N's friend, I wanted to be one of the Hardy Boys. I wanted to be one of the Bobbsey Twins. Those are the books and then I started reading other books. And so when I became I think I was formidable 14, 13, 14, I started getting books that A Cow Called Boy, you know, The year in San Fernando, The Wine of Astonishment, books with characters that look like me, and I said, I want to write books about our story. I tell you this, when I started my PhD, and they asked me at the University of Toronto, what is it I want to study, and I told them, I'm going to tell you this, I was discouraged by my first professor at that time to say, Oh, you need to study something Canadian. And I said to him, I want to write books about Black people, about us, about what we do, and I was very, very strong about it, so strong that they had to change the supervisor for me, in the very, very first year, I went to University of Toronto, because I took a stand against what is what I'm going to write, you don't want to invest all that money, because I send myself to school, and all that time, to

write about other people. There's a million books out there, that, that don't look like us. I tell people all the way I am 1 million books behind, okay?!

Hollywood Jade 14:11

Come on!

Dr. ABC 15:02

I am 1 million books behind, to be honest, I want to write about myself, and so I want to capture and share. So what I did at my first book was is called "Teachable Moments with Dr. ABC, a spoonfull, for the journey," and I would write a lot on- in my diary, and also on Facebook. What people don't know is that 95% of the content in my first book is actually on Facebook. So I used to write them, I used to write them, and people started saying, wow, Andrew you made me cry, or Andrew, they stood [out] at me and I would get so many inboxes and then I put the collection together. And it has been amazing success. It is..

Hollywood Jade 16:37

Oh my God.

Dr. ABC 16:37

I've not seen a million copies yet to you know, to travel the world on it, but guess what, I can tell you something, I have sold enough copies to buy myself nice things.

Hollywood Jade 16:46

Honey! And sit in first class, and have them serve you and fill your champagne glass. [both laughing]

Dr. ABC 16:54

You know, I say this to you. And this is not a boast the other day, I bought myself a Coach bag, and I made a post about it, and it wasn't a shock, people that know me that's not me. It was to literally say, I used an Amazon check to buy that bag.

Hollywood Jade 17:07

Come on, come on!

Dr. ABC 17:08

And I say to you right now Hollywood, and I feel every emotion just now. I used an Amazon check to buy the like, I literally am trying whoo! Because it- it's because

Hollywood Jade 17:19

Beautiful!

Dr. ABC 17:20

Dreams come true, dreams come true. And you have to realize, your dream is not gonna be like somebody else's dream. But I remember I bought, I used an Amazon check to pay for that Coach bag.

Hollywood Jade 17:33

Listen and we'd love to see it, we'd love to see it, we'd love to see it, because like you said you've done the work, you've put in the work, and you you also like stand firm for what you believe like.. I can, you're.. again, we don't know each other that well, like we know each other through like working environments and, and being out in social settings, but it's it's the way that you carry yourself and, and I can see it all over you, there's, there's like an integral integrity to the way that you do things. And like, we need to let go of not being afraid to share like you, like you share. Like I struggle with that a lot like but I grew up listening to people tell me that I'm extra, and I'm enough. And I'm bousy, and I grew up hearing all those things. So like I do a lot of amazing things, and I have a lot of amazing experiences, and I keep them so closely guarded to myself because I don't want anybody to look at me and being like, Oh, he's so full of himself or anything like that. But it's not that, I don't operate, I don't operate from that space. I operate from a space of I grew up with nothing, next to nothing. I grew up struggling and not that I'm, I'm super well off right now. But like I literally pay my rent and live my life based off of my skills that I've developed. And I'm still mastering and that needs to be celebrated.

Dr. ABC 18:58

We still growing. I have to I have to tell you something, I have to jump into something. I was in the Bahamas a couple of years ago, and I was called, asked to do a motivational speech to a whole bunch of young people. And it was very impromptu and I walked in, I don't normally do a lot to impromptu, but I walked in, and immediately what came to me was to share with them my travel story. And I said no, no, no, no, no, no, you know, they see me I'm fabulous, I just want to give them fabulous. And I'm sitting there and every minute I'm sitting there something says no, no, share that story.

Hollywood Jade 18:58

Yeah. From the heart.

Dr. ABC 19:10

And I will never forget, it's on videos out there somewhere, and I said to them, my first time they saw I started I said the first time it's gonna surprise you maybe, Hollywood, the first time I've been on a plane I was 21, and they looked up, and I said the first time I went on a plane I was 21, and I remember seeing planes pass my house and seeing people who come from, you know from foreign- you know you're in Jamaica, foreign. I mean, America, Canada is Canada, foreign is America, right? You come from fairy to come from big foreign, you bring suitcase, you bring, you know, you bring barrel, you bring box of things. And I want you to go on a plane because these people came from foreign, they look like the way to somewhere magical and I want to fly up and I want to see what was in the plane. And I saved my money, Hollywood, I sure partner draw, and I said I from partner, say my mom and I got my partner draw. And I want this, I'm using this to inspire people to say to you, I got my partner, I was 21, and I could afford to go to Curacao. So at the time, in Jamaica, all the people going away to Curacao or England are, you know, persons who buy clothes and sell. So in my mind, I was going to this amazing place, but of course I was going to hear the word of the people go to buy and sell. But I went on a plane that you wouldn't think, you would think I was on a plane to Paris. [HJ laughing] I remember I wear my best clothes, that was my choir clothes, my best clothes was church clothe, okay!

Hollywood Jade 21:09

Just so we're clear!

Dr. ABC 21:10

Those time was church clothes. So I wore my church clothes to foreign and I will never forget, I sensed somebody last, just about two weeks ago, I said I will never forget I stayed in a, in a motel, Tropical Inn I will never forget, and you thought I was in the Hyatt. In my mind, I was at the Hyatt because I don't know what it looks like. But all in today, and I get emotional and saying this, that I realized I looked at that Andrew you were in some cheap motel. But I had the best time ever. Because what I was doing, I was living in, I was living living it within my means, and I was excited. I was excited. You know, like something when I see the young people struggling, they want to come on social media, and they want to take a picture. "Look at me, I'm in Paris, and the French Riviera. I'm doing this." Listen. For those of you listening to me, your best life is the life you have. Oh no, I'm gonna say it again. I'm gonna say it again: Your best life is the life you have and more of us will be happier, Hollywood, if we realize that our best life is this life

Hollywood Jade 22:24

Right.

Dr. ABC 22:25

And then we will learn that best - better! But we have to encourage or have a baseline. You see me drink a glass of champagne? Well, you did you see me years ago when I drink a glass of Kool Aid, honey. Listen, when I had my glass od Kool Aid,

Hollywood Jade 22:38

Come on!

Dr. ABC 22:38

I was living my best life.

Hollywood Jade 22:41

Pinky up and everything drinking. Listen, I hear you, I hear you and I and again, you see this what I'm talking about where, where I say it's like kindred spirits. And where I'm at presently, I know it's not the end, so there's room for me to make it better, there is room for me to improve. And it's an important way of thinking, instead of thinking of the lack, or oh, I want this or oh, I want that, it's like I'm grateful for what I have. Like in my place, my foyer is like I got photos of posters of the covers of scripts that I- of movies that I've been in different shows that I've produced. And to a lot of people it can seem like it's arrogance, but it's not arrogance, what it is, is I remember when everything that's on this wall was a dream. Yes, was something that I thought about in my mind, and I had no idea of how I was going to accomplish these things. But I hit the pavement running and I've been able to work not just as a dancer, but as a choreographer, and as a creative director and as a producer. And these are all things that seven year old, nine year old, 12 year old me, thought about but had no idea how he was going to make it possible. Just like yourself, you didn't know how you were going to get on a plane. But you, you worked, you saved your money and you did it within your means.

Hollywood Jade 24:06

And now you're you're again back to first class. And it's it sounds like a super trivial example. But it's not because you worked and you earned that. I want to talk about you teaching in all of these places, like you mentioned. I know you're from Jamaica, so you started teaching in Jamaica first?!

Dr. ABC 24:06

Yeah, yeah.

Dr. ABC 24:26

Yes, yes.

Hollywood Jade 24:27

Can you talk us through that journey

Dr. ABC 24:31

Let's get into the journey. So I went to Teachers College in Jamaica, and I studied but I want to put that in, I studied part-time and went to Teachers College first part time, so I worked and studied. And people are always surprised, and maybe that's what gives me for those who listen to me and know me a little bit. I know I can be a little bit rough, you know, people think I'm sweet, but I've can be a little bit strong and rough sometime, because I'm a no nonsense person because I know what it is to work and send myself to school. So people are saying surprised when I said to them all my papers, I got part-time, but while working full time jobs, right. And so I went to Teachers College in Jamaica, I graduated from Mico Teachers College, and I started teaching back in the same community I grew up in, I started teaching in a safe community I grew up in.

Hollywood Jade 25:18

Beautiful.

Dr. ABC 25:19

And then I taught in Jamaica for five years, I taught in Jamaica from 1995, as a trained teacher, to 2000 - for five years. And then I got a job, I-, looking for better looking for more looking for opportunities. I got a job in the Bahamas. And so I went to the Bahamas to teach, and I taught in the Bahamas for eight years, eight years. I taught in private Catholic school, private Anglican school, private Baptist schools, I taught in one private school to another in the, in the Bahamas, seeking opportunities. And, and it was a great eight years in the Bahamas, I got to know myself, I got to use my gifts and my talents. Sure you the notice about me Hollywood, but I'm, I used to dance. I danced in Jamaica in one of the most awarded semi professional dance troupes in the entire country, Tivoli Dance Troupe.

Hollywood Jade 26:11

Come on!

Dr. ABC 26:12

I've been at the front and newspaper in my pole is doing yardon, those things. And then I really wanted to be a choreographer. I like I guess my advice is always going. As I went to the Bahamas, that opportunity came for

me. And for, I went to Bahamas for eight years for six of those eight years, I got the opportunity to teach them and sing and to choreograph for churches and for my school came into newspaper many times.

Hollywood Jade 26:40

Oh my gosh!

Dr. ABC 26:40

I got four letters award to the kids from the Bahamas to compete in America. So that dance [sic] thing there is not a joke, it's real. [HJ laughing] We had a problem of a one missing eyelash, we had a problem over one missed, of a one wrong shade of lipstick, you know what I'm talking?!

Hollywood Jade 27:00

I do! [laughing]

Dr. ABC 27:01

It's that serious. So I lived that life - costume, backstage makeup. I lived that life.

Hollywood Jade 27:07

And I had no idea. I love that.

Dr. ABC 27:11

Stage. And then I came to Canada. You know, I was all in I was like, you know what, my feet a certain level, let's leave that alone. And then I found other things I developed so I moved. So Jamaica taught teaching, went to the Bahamas 8 years and I moved to Canada in 2008. Moved to Canada in 2008 and I started my PhD in 2009, started working for the school board 2011. And yeah, they were and the opportunity start coming. And I know we don't want to go back to there again, but I want to say,

Dr. ABC 27:42

I have to do this, a lot of times I speak to younger people, they will say to me, which I love, they say tell me you know about your journeys "I want to do what you do." And I would say to them, at one point, I was all doublind down four different gates. And somebody saw me the Bahamas was one day, I will never forget, I went back to visit the Bahamas, and somebody pulled me aside and he says to me, do you consider yourself to be a teacher at Tropino? And I said no, I don't know. He said and then I explained to him all the things that I do. And I said, I'm I said I'm a hustler. And he said You are! So at one point I was teaching at the TDSB, I was teaching one course at Seneca, I was teaching online for Durham College, I got one course at University of Niagara and these people may see them as well labours, labours, title, titles, you're living the best life. But you know, I was trying to do Hollywood, I was trying to live a better life and I knew that I was coming from, and I knew again was going to take work. So I was hustling.

Hollywood Jade 28:45

No, please.

Dr. ABC 28:51

Listen to me, I want you to understand. I drive a 20- in 2021 car just bought that in October, right. But I used to take the bus as a faculty member to Seneca, from where I lived at Bathurst and Finch, I took the bus to University of Toronto. I took the subway, my first job in Canada, I took the subway for three years, and I went from North York to Kennedy. So that's two subway rides every day.

Hollywood Jade 29:04

Amen.

Dr. ABC 29:07

And all of those were not a pleasure. I have- you know, I'm looking outside and I see the snow. I drive a beautiful car. I'm not saying, I'm saying that because I want people to get context. So

Hollywood Jade 29:26

Wow.

Dr. ABC 29:26

You know, when I see people see me and I want to be frank with you. I would never want to do this with you, Hollywood, and we leave here and anybody say, Oh, he's so fabulous. He said, I want and I don't tell the truth.

Hollywood Jade 29:39

Right.

Hollywood Jade 29:39

Exactly.

Dr. ABC 29:39

I always tell people how you got here. And I have to share this with you. I remember going on a date once, and the person came by, by the way where I lived, that was when I do some live at Bathurst and Finch area. And when I came, when he came to the house where I lived, he pointed, we didn't ended up going in, we stood at the door, we came up off the bus, you know, whatever. And I used to Is this where you live, and I said, Yes, I used to live in a Jewish neighborhood big big house, big house, nice house, two storey, blah, blah, blah, t in all kinds of spaces. And he points, and he points at the garage and said, what do they do with the garage? And I said, They converted the garage in a studio.

Hollywood Jade 30:18

Mm hmm.

Dr. ABC 30:19

And then he looked at me and he said, Oh my God, I would never live. And guess what Hollywood that was where I lived.

Hollywood Jade 30:25

Love it. Love it.

Dr. ABC 30:26

That was where I lived. And you know, I lived my first apartment on Hounslow Avenue. Right in North York, Hounslow Avenue. I lived in a big house that was divided maybe six. And the piece that I could afford was the garage that they converted into a studio. Beautiful. Oh, it was beautiful.

Hollywood Jade 30:46

Yeah.

Dr. ABC 30:47

I'm talking to you from the comfort of my home. I am in my own office. This is a room in my own house. I say that again with lots of emotions, Hollywood, just say I came in 13 years ago, not 14 years ago, and that was the first place it was I would never forget, it was August 5th, 2008, and that was what I could afford: the garage converted in a studio. Beautiful job they did of it, you wouldn't know if you if you didn't know it was the garage. But that was what I could afford. And now I live in a house.

Hollywood Jade 31:21

Right.

Dr. ABC 31:22

That I own, with my name on it. I have three bathrooms that I always had to pee in all 2 of the toilets everyday [HJ laughing] And you might wonder why I say that to you Hollywood?

Hollywood Jade 31:32

I don't. Come on.

Dr. ABC 31:36

One bathroom, we have to wait, I said that but my daddy said that I need to use the bathroom, my dad he said to come into the bathroom, I could go use a bathroom, you know, now I have three bathrooms, and I peed all three of them, all three of them

Hollywood Jade 31:46

Regularly.

Dr. ABC 31:47

Regularly, I use all three.

Hollywood Jade 31:49

I am so, it's so good to get contexts, do you know what I mean?! And, and that's one of my things about the community that I really want us to do better at is, is - I love a good time, honey, you know, you know, we'd love to get dressed up and sit in our booths and drink. And like, but love it, I absolutely adore it. But I also love exchanging and, and meeting people where they're at and finding commonality and, and being inspired. And I don't think there's enough of that in this community, particularly with Black men because we, we've we've got

so many barriers built up and we've got so much that we have to unlearn, and so much that we have to like figure out about ourselves that it's hard when we are thrust into these environments. And I talked about this in another episode with Twisted and it was like the only common area and intersectionality that most of us found was in nightclubs. And I can't have a conversation, a real conversation with you when the music's blasting and my favorite song is on and I've been drinking, I've been drinking casamigos all night, like the conversation is not going to be about tell me your journey, the conversation is giving your place or mine, you know what I mean? [both laughing] So, but it's so it's so fulfilling to me to be able to through this podcast, be able to connect and share these real life stories and what it really takes for you to be able to look and be as fabulous as you are. And, and and that you you've done it yourself. A lot of people don't understand I'm a first generation Canadian. I am directly responsible for what my family's lineage is in this country. What a privilege. Yeah. And I don't take it for granted. And I, I love being able to, to hear other people's stories because it motivates me to keep going and, and, and I'm not a home owner yet, but baby, it's going to happen. Because, because I deserve it. And I think, uh, in in looking at you and reading about you and in listening to some of your podcasts and, and reading your posts and following you on social media, it is abundantly clear to me that you have manifested the life that you're living. Yes. And earlier last year, at the end of December, I was listening to something online and one of the guys I was talking said, You are living in the results of your faith. So when you pee in all three of those bathrooms and you start your 2021 car and, and you, you adorn yourself in all of the gar-gourmands that, [Dr. ABC laughing] that your hard work has afforded you, you are living in the results of your faith. And what a beautiful time to be us.

Dr. ABC 34:44

Yes, you know, I'm going to tell you something when I have to go there and you know, we're also connected spirit people. When I went to look and I, I only share this with my best friends and I'm going to share with the world Okay, that's me, my best friend, then I share it with the world. When I went, I went to get this car, I went, I walked in, I will never forget, and I was just talking, talking, getting information very, very easy, and I walked out and I was busy doing my work. I remember I went and I got lunch afterwards, and I came home. I don't know what it was, I came upstairs and I went into my bedroom, I didn't know what I was doing. And I started to cry. Like, I started to cry uncontrol- I was like, What the hell. And I started to cry. All I could think about was growing up in Jamaica, and pushing my father old taxi, I started to cry like, so this was, this is my first new car. Now I have a car before, you buy a used car, you get into stage, you know, young people, honey, it's a stage, you don't come out of your mother's womb, and just walk out and buy a big car. No, no, no, that's not a trick. Yeah.

Hollywood Jade 35:51

Not us not from where we are from,

Dr. ABC 35:54

Not where we are from, because I'm telling you something. I've been to university and see students come on to cars in the car park and I go What the hell?! Expensive cars and I go upstairs using the subway, and I'm their professor. Okay!

Hollywood Jade 36:07

This is what we're talking about.

Dr. ABC 36:09

So I cried. And all I could think about was, I wish my dad was alive. He passed in 2008, when I connect, when I got here into Canada, he's passed away of cancer. I wish he was alive to see this. And my tears just run. And all I could think about was, I wish my dad was alive to see that we bought a whole new car, like a new car with a letter sent on it, and a bow on it, like a bow. Listen to me, no no, Hollywood [HJ laughing]. I told the people I want my bow on it. Yeah, the guy wants a big bow on it. It was like, oh, whatever, whatever. I said, honey, I want a bow on the car, like in the TV movies. I want bow on the car. And I call him, I said to them, is there a bow on the car because I'm coming to pick up the car. Like, don't play with me, don't rob me of the full experience. But it was part of the know where we are coming from, it is our journey. And you know, going back to talking to our community, you said something about community, we have to do that I have a friend have said to me Oh, Andrew, you know you shouldn't share a certain story. And I said, I said what?

Hollywood Jade 36:12

Why not?

Dr. ABC 36:13

Oh, how would the young people know that it's possible?

Hollywood Jade 36:21

Exactly.

Dr. ABC 36:22

I want them to know it's possible.

Hollywood Jade 37:16

Exactly.

Dr. ABC 37:17

And you know, it's possible. And guess what, I won't be doing this all the time. They are things that opportunities coming up but I want younger people to do than me, and that they are going to need to do, you know what I'm saying? So I want them to know, it's possible. I want them to know it's possible. I pull them aside, you know, when we make mistakes, I want us to love each other more. I want I know you don't reach that part of the interview, but my spirit said go there. I

Hollywood Jade 37:43

No. Yes.

Dr. ABC 37:43

- love each other more, and to care for each other. You know, I've been, I went somewhere a couple of months, it was about a year or so ago, and somebody was sharing wine and they didn't do the wine the right way. And I heard a group of people kinda, you know, giving them attitude. And I pulled them aside and I said, No, darling,

I said, I remember the first time I had red wine, I chilled the red wine. And somebody had to pull me aside and said,

Hollywood Jade 38:07

Educate you.

Dr. ABC 38:07

You're not supposed to chill red wine I didn't know where red wine come from red wine. My mother wasn't drinking wine. My father was drinking beer. Which wine school I was gonna learn that at. So we have to learn to nurture each other, don't be so critical of each other and show shade. You know, I- every time you go us, I see, you know, we do shade, I can do shade too. But I also realize it's, it's better for me to pull you in and educate you and hug you and to nurture you want to correct you.

Hollywood Jade 38:39

Come on. How I look at it, it's like, Yes, I can do shade, but I also give grace.

Dr. ABC 38:44

Of course, you said at the beginning, you said at the beginning.

Hollywood Jade 38:47

We have to Yeah, we have to, because we like and and I am a man of a certain age now, and I'm really realizing the the more and more daily it's becoming abundantly clear to me that I am who people are looking at as an example. There's a whole generation of, of young, even within my career, there's a whole generation of young talent. I just did this job. And I hired a bunch of dancers and realized only when we were on set that this was their first time working on set. I have now created a narrative and this is going to be the example that they hold every other opportunity to, right. And they weren't necessarily hitting it the way that I wanted. But instead of being angry and snapping and deciding the third No, I use it as a moment to teach them and I'm like, This is why it works this way so and so and so and so and now they're gonna carry that with them for forever. Yeah, that person that you pulled aside and was like, This is not how you do this. You showed that person grace because someone showed you grace and and it's it takes nothing to do it. It really takes nothing to do it. But we're so accustomed, and have been programmed to be like, tear that person down and I just refuse, I really I really, really refuse to, for that to be the narrative that we continue to push forward. You know, people are like, Oh, that's just the way it is. And Toronto's this Toronto's that. I'm like, No, I'm going to be an example that it can be different. Yeah, yeah. And you are an example of that. We are the word elder sounds it

Dr. ABC 40:27

No, no, no, don't do it. Please do not do. If he says elder please pause the video. Use the word I like I said, I am the more mature one.

Hollywood Jade 40:42

Yes. Okay. Exactly.

Dr. ABC 40:44

I've lived a little longer.

Hollywood Jade 40:48

But that's exactly it. Like, and with our, with our lived experience, it is up to us to educate like, I remember being 18, 19 and, and going out. And there's this one guy I'll never forget. I was at this club one time and I went to the bathroom. And he was in the restroom and washing his hands, I took the brown paper towel. And I started like drying my face. And he slapped the paper towel out of my hand and said don't use that rough stuff on your skin. You don't know what that is made out of? Yeah, his name was Anthony. And I'll never forget, I'll never forget. And it's just these little things that people have deposited into my life and these little lessons and I'm grateful. And I think we need more of that. We'd like mentorship, mentorship, in particular, in our community is vital. Like there's a lot of people who move here in not necessarily the best under the best circumstances. And they don't know any better. And they're there they're walking into this and observing and trying to figure out an alchemist themselves into this new world. And we have to show them grace. Because that then that becomes the example that they then pass on to their friends. And they take they take what they've learned and experience from me or you or somebody else and deposit that into their world, there's so much divide in the community that there's that needs to come together there's there's more common ground than we'd like to give ourselves credit or recognition for and I love that you in, even with your podcast and your teachings and how you take how you take all of the your different areas of studies and you relate them directly back to community. And, and you're an advocate for communication. And you do it from such an authentic place. Like listening to your podcast is funny as hell. Like you, you are funny. And, and, and, and smart and and poignant. And it's, it's so it's so important to see it really really is important to see and I love that issues of the LGBTQ+ community are part of your mandate. Because there's a lot of people who shy away from bringing their whole selves into these environments and into these spaces and you're like no child, you go, if you if you're gonna get me, you're gonna get all of me on me. What was that process? Like? Like, did you find it easy moving to Toronto and living in your full self? I know you had mentioned like in Bahamas, you learned a lot about yourself through that period. And as most of us do, like when we leave our home. And we go somewhere else, we're able to like, flex our muscle a little bit more and be like, I can put on this shirt today and not know what I mean.

Dr. ABC 43:43

Yeah, exactly. Exactly.

Hollywood Jade 43:46

So what was the process? Like from Bahamas to Toronto? Like, was there? Was there a drastic difference in you showing up in your fullness?

Dr. ABC 43:54

Yes, yes, yes, absolutely. I even go a little further back from Jamaica, to Bahamas to Toronto. Because I you know, when people see me and you know, LGBTQ, or whatever tourists, LGBTQI + conversations, I always tell people, you're looking at a result, you're looking at a product. I said, Don't forget you're looking at the product at my age, I tell my age look at a product. I have been through a process. So I'm, you know, people look at me and I'm bored and I stopped myself. I come from Jamaica, where I used to be afraid of my own shadow.

Hollywood Jade 44:30

Come on.

Dr. ABC 44:30

I remember I remember, Hollywood, having been pulled aside I would never forget I was in New Kingston there's a restaurant at years ago called Jamrock, where all the children used to go but of course it was hush hush. But we used to hang out there you go in a good couch, who you know was gay was a spot that we go it was called a Jamrock. And when I used to go into those places, my body usually just like just got so tense. And my and my best friend I will never forget. That time he touched One day and he says, you know, when people look at stare at you, they're not always saying something negative.

Hollywood Jade 45:04

Negative. Oh my gosh!

Dr. ABC 45:07

He said to me, some people are saying, Wow, he's tall because I was six before that time. Some people are saying, I like your skin because I've always had good skin. Some people said, Oh, I like your maybe they're saying I like your teeth. He said to me, it's not always a bad thing. And I wrote in my book, at part that says, You are not always in trouble. If you look at my body, that section that says, You are not always in trouble, and I told the story of just oh, I used to police myself. Because I went to an all boys school, I was effeminate. I used to be able to, I used to do a whole situation with myself. The parts that I could control, some parts I couldn't control. I was just fabulous. I didn't know I was fabulous. I was just gay. I didn't know I was gay. I was just effeminate, if I didn't know that was effeminate, because that time or they use the word sissy, right? The word sissy was nasty and negative. So I knew I was a sissy. But I realized, now that I'm grown, I realized, no darling you are effeminate, you are fabulous. You are extra with like five different x's. You are just amazing. Your Supercalifragilisticexpialidocious Yes, ma'am. Yes, honey, do it. Go ahead. And if you listen to me be like, Oh, my God ihe's getting extra. I'm gonna extra because I just told you. I just tell you a minute ago, I used to be terrorized by my friends and, and high, I remember going to high school at an all boys school and scared of going on the bus. I used to be slapped in the back of my head. So many times, because I was a sissy you know, and I used to do the want to go to school. I went through all of that. Yeah. And then remember now I am now a teacher. And let's let's get very let's get very honest. In Jamaica. We we group almost sexuality and pedophilia in the same sentence. So now I am gay. And I am now a teacher. Right? Whoa. I'm around people's children. Whoa. So now I used to have to police myself sometime it's sad to say I don't want even go there sometime to wonder. Maybe that's why I'm such a damn good teacher. Because I'm always on hold myself to the highest degree of respect. Because I know, slip your slide honey, you gonna dieyou're gonna die because you are gay. And they know it. And you teach and people's children and you're going to get the blame. So I used to hold myself so circumspect. That was not even good. But I guess that's but that's survival. That's denigrating. And then I went to the Bahamas and like you said, I Bahamas was a little bit more freer. And then I'm going to tell you something on a podcast. Why am I telling all my business? I do like you a lot, actually like you a lot. Okay, that's for the podcast. Yes, I did say that. But I was a virgin until I was 25.

Hollywood Jade 48:13

Wow.

Dr. ABC 48:14

Yes. And so when I went to the Bahamas, I had lost my virginity a month before that. So when I went to the Bahamas, I was new to this world. And so I was getting all this attention. But no, I didn't want to do it just yet. But it was coming to me in good droves, because I was also the new kid on the block. I was. I was intelligent. But also let's be honest, I was also fresh meat.

Hollywood Jade 48:38

Listen. That's real talk. That is real. That is very real.

Dr. ABC 48:47

And let me get into it. The first person that came after me was a bishop. I said it because I want to go there. I didn't say a pastor. Come on somebody. I said a bishop. I didn't say the choir member. Come on somebody. I said the bishop.

Hollywood Jade 49:03

Bishop. All right.

Dr. ABC 49:06

Did I say say sent his car. He sent his car. We got to have a part 2 because I can't tell you all my business. When he realized I am not into that situation. He said, You're so beautiful. I want you to meet somebody and he introduce me to his nephew.. He said I realized he couldn't have me. So he introduced me to his nephew. Okay.

Dr. ABC 49:27

Listen but that's -

Dr. ABC 49:29

Oh, yes. So I get to learn myself. I've gotten the attention. But I also school teacher, I'm teaching up in a Baptist School. And I get to then I started to be able to dance because before that my church don't believe in dancing. I held up my career a lot, I must say this to you. I always wonder if I was able to dance when I was 11 like I wanted to, if what my life would have been, but I went to join dance classes and my mother says don't go back because we don't believe in dancing. And that's the devil's work.

Hollywood Jade 50:00

Listen but this is these are the things that I'm talking about, like we had to, you have to unlearn and let go of all of these things that were spoken into you and told to you and like, there's, there's, there's and for you to be a product of all of that unlearning and relearning of learning to love yourself and mastering who you are as an individual versus what was projected onto you. It's it's a journey. And a lot of people I don't think really fully understand the struggle of being a queer individual, because you're born and your parents and and and your family all have ideas and perceptions for you, that might not be aligned with who you actually are as a person. So you have to let go of all of that, and then take that go on the journey of discovering self. And that takes time.

Dr. ABC 50:57

And it's surprising because you know what, I'm going back to your word. He said, That grace we talked about, I didn't learn until years later, when I came to Canada, that even those family members needed some of that grace. When I came up to my mother had a conversation, I understood the dream she had, you know, I am very close to my mom and my mother know that if I had a bunch of kids, they would have been on with a grandma as a clock strike ology, you know, that she doesn't have that now, you know, because of my other brothers and sisters who have kids, they're just not that person. But she knew I when she articulated that, if I had a bunch of kids, she'd have our grandkids with her every time because that's so you know, she missed that. You know, she must not have been that I have to tell her, you know? Yeah, sure she missed out having that. So I realized so it's a it's a level of mourning for her and sadness. Until now she gets it. I know, we come we have amazing time together.

Hollywood Jade 51:57

I love seeing you post your mom.

Dr. ABC 52:00

Every now and then she remind me that Jesus is ont he main line, like, Come on somebody. You know, what are you gonna do? She's All she knows is Christian and Jesus, I leave her. You know, she told me you know, you know, I love you and I love you. And I said, you know, but I need you to whatever. I said, Mommy, trust me. I know Jesus. And Jesus knows me. You know, I learned to explain that too. I said, trust me, is goodness. And Mercy is what I is what I love. It is what I show it in is what I did. So I know him. So we have to come to that place. You know, where, where? A lot of companies a journey. My journey is not over. I know there's a lot of stuff to happen. You know, I am I you know, I'm still waiting for love. I love before, baby. I'm single. Yes, I'm single the podcast people. Yes, you could set up you could send application you know via us.

Hollywood Jade 52:50

Yes. Listen.

Dr. ABC 52:52

How will they know if I don't tell them.

Hollywood Jade 52:55

I was just about to say my very. Look at this skin. My grandpa, my grandfather used to say it all the time, closed mouths don't get fed, so if you want something you have to say something, right?

Dr. ABC 53:06

My husband may be on the podcast, hello husband, hello husband.

Dr. ABC 53:10

You know, I have never, this is gonna surprise you. I have never had marriage in my mind. Never just about the last year. I say to myself, You know what? I will get married. When, again, I'm gonna have a wedding honey. Yes, but I wasn't a mad person. I was like, whatever. I just wanted love.

Hollywood Jade 53:38

It's interesting. I I've gone from I go in and out of it. Because like, right now I've been single for a while now. And like, I live on my own now. And I've things in my career are advancing. And I really, genuinely love being by myself. I'm learning to love me in all aspects of me like this, the pandemic happened. And I sat down and I really took stock. And I really started thinking about and figuring out like, who I am as the adult version of myself, and I love love. I think love is so beautiful. And being in love is lovely. But I also love being by myself. And one of the things is whoever if, if and when and whoever has to add value. I I have a great network of friends and, and for the first time I have like a great network of male friends who are predominantly queer. And I was saying to one of my friends, I said, whoever's coming into my life has to be more than all of you combined. And that's a very, very tall order.

Dr. ABC 54:52

Yeah, I'm gonna say this, and it can be filled. It will be. So, you know, tall, I know is a tall order is what discards people no, it's funny because you and I are that opposite places because I have mastered the art of being by myself. They were shocked. I said, I've lived on my own. I've lived on my own from I was 26. I have lived on my own for 20 years by my said when I said by myself, I have never had a boyfriend move in. I've never had a roommate. Other one. I've never had a housemate. I have long lived by myself. So I've mastered the art of that. No, I want I want. I want I want to shout downstairs, babes bring me a glass of water, please. I can't wait to show downstairs. I cannot wait see that I'm looking for people to be surprised. They think I'm looking I'm I'm looking for sympathy.

Dr. ABC 55:48

simple joys I get that

Dr. ABC 55:50

I want somebody to say there's a car outside. I put it inside because it was snowing. I was like, Guys, that the little things. I'm looking for the simple joy. I want to quarrel with somebody because they put black pepper on the egg. And no, I don't want black pepper on the egg. I want to quarrel over that. That's what I want to quarrel over the black pepper on the egg. I don't want no other quarrel. I want to call about that. I think that is so romantic. I want that. I want I want a quarrel whose turn it is to bring the wine glasses downstairs because I'm not getting up to bring it downstairs. You know? Yeah, I guess it's your turn. And that's the thing I'm looking forward to. Because I've lived on my own by myself a year, I've mastered that but you know what here's another part that I want to say too, but I'm not in a hurry. It just it just gonna happen. It will happen.

Hollywood Jade 56:40

I love that I do.

Dr. ABC 56:42

It was and is commensurate with yourself. It was on Grindr. I went to I was with a Grindr supposed to be a hook up. I went to have coffee. And I forget we went we went on Sheppard there to have coffee. And when he walked in, I was like, Oh Lord, because he was exactly what I like. He was juicy, I like juicy. Okay, and he walked in I was like, what an ass? Because I like a I love to see a beautiful ass.

Hollywood Jade 57:08

You and me both.

Dr. ABC 57:09

He was black like I like because I you know, I like black. He was African. He's from the Congo. Come on drums. I heard the drums. He walked in I was like, and then we had a best conversation ever. And I'm going to surprise you. And this is for the for the podcast. I know. I said to him at that time, because it was so good. I said, I invite you for dinner tomorrow. And he said, Oh no. You only said because you want to have sex. I said yes. I want to have sex. I want to sex today. We were supposed to be for a hook up and I want to hook up but I'm going to invite you to dinner still. We had a hook up the same day. And when he left and I went back, I call him the same evening. And I invite him on for dinner. And he was shocked. I said Yeah, it last one year, eight months, I thought he was going to be the husband. But you know, life happens.

Hollywood Jade 58:02

We this is why I'm saying like you we are kin because I'm the same way. I with my ex. He walked into the club. I saw him and I said that's it. And literally we started dating. We went to we went for breakfast after the club and we started dating at that breakfast table. And I said, you are it.

Dr. ABC 58:21

Yes, yes, it was. It was a good one year and eight months and that is something about me. When when he said he was the one that ended he said he wanted to be single and he wanted to be young or whatever, whatever that means. I have no idea. Um, I cried a river. I cried a river. But then after the cryin, I have to dry my tears. I have to dry my tears. And I have to leave so that is it's up. It's been over two years now. And I'm ready I've been ready you know, and I think you know, whoever's out there is getting ready for me. But so yes, it's gonna happen it's gonna happen. Yeah.

Hollywood Jade 58:57

If you are Dr. ABC's husband and you're listening, I support this message because like you know seriously, you are such a lovely lovely lovely being and you are a ray of light and i i I feel grateful. Being in your presence and knowing you and getting this opportunity to get to know more about you and i love i get i love the intersectionality of not just your educational mind but like the spirit and soul of you and that that shines through in everything. I won't hold it against you that I still to I am still waiting for dinner I am still waiting for dinner.

Dr. ABC 59:44

No no joke. What if I tell you what if I tell you that five seconds ago my mind I can I can sense you know we're wrapping up and I five seconds ago I said it when you finish wrapping up. I am going to remind him that We do have a dinner date that I am responsible for, and it's going to happen. No, I promise you, I promise you.

Hollywood Jade 1:00:07

But this dinner, everybody has been like four years in the making.

Dr. ABC 1:00:12

Three years, let's be three years, but COVID messed up.

Hollywood Jade 1:00:16

But yeah, COVID definitely mess everything up. But like, I I seriously, I celebrate you and I love, I love everything that you have done and that you're going to continue to do. Is there anything that you want to leave us with, you've given us more than we could have asked for are ready. But if there's anything that you want to leave us with

Dr. ABC 1:00:36

All of us with this, let us continue, let us continue to love ourselves, let us continue to choose ourselves. It's not a selfish act, you know, you know, Bell Hooks, you know, is gone, you know, I we didn't get to talk much about, you know, my work and equity, anti black racism, I guess the next time we'll do that we want to focus on our community. But of course, there are issues of racism and anti black racism in our community that I wish to talk about, but we get the next time, but I wanted to say to all of us, you know, to continue to love ourselves, to continue to trust ourselves, to continue to invest in ourselves, to continue to be kind to ourselves. And when you understand love, honesty, kindness, joy, passion you give to yourself, take it and give to others, oh, take it and give to others. And maybe that's why you know, I treat others the way I do because I treat you know, I wrap this up when people come to my house, people always made mention when I host and they come to my house, I've had people tons of time pull me aside and said that you really are a good host. And it's not because of what is there it says that you really take care of the people. And I said, because that's the kind of person I am, I want you to do that for me. And when I go to people's house, I have friends who take good care of me. And so how dare you not take good care of people. So take good care yourself. And then give that to others. Give that love to others give that grace you said to yourself, give it to others give all that to others, because I know my capacity to love is there and to be forgiving and to be kind and to all that kind of stuff. So yeah, that is it. Let us take care of ourselves and give each other that same goodness

Hollywood Jade 1:02:09

We definitely need to do another one of these because I I definitely want to dive more into like your work with not just teaching but like the equity and around blackness and queerness. And it I think it's a it's an also another important conversation. But I think what's great about what we got accomplished today is we got to really see and dive into the human side of you. And I truthfully believe like that is vital because people need we need to see ourselves in each other and you know you you talking about your journey of being from Jamaica to Bahamas to Toronto and your growth and being able to, to live the lifestyle that you live now based off of your work ethic and and your your clear vision and determination for yourself is also a vital conversation. And I thank you so much for your time. I look forward to our dinner and yes, yes, yes and seeing and seeing what else you do let everybody know where they can follow you how they can keep in touch with you.

Dr. ABC 1:03:24

Yes, so you can definitely follow me on Twitter. I'm Dr. ABC14 @DRABC14 I'm very good it's on my Instagram I do a lot of stuff there personal stuff LGBTQ stuff stuff on my Instagram a tall boy wonder so that is tall boy one that's me. I'm telling them a boy and wonderfully guys, your boy one and just see my work. You must go to my website at Dr. ABC.ca Can you imagine that was available that was available. I was so happy. Dr.abc.ca Dr.abc.ca it was available I was too excited. So that's where to find me and of course on Facebook at Andrew Campbell can find me there follow me there join me and we'll connect even more.

Hollywood Jade 1:04:09

Yes, I hope you all enjoyed this as much as I have been smiling since the moment he came on the screen for us to record this please stay tune. Keep following like, subscribe and share. Once again I am Hollywood Jade. Thank you Dr. ABC for being here. You are you are you are a rare, rare gem and I celebrate and I honor you sincerely thank you all for listening peace, love and hair grease until the next time.