Coltilda Adessa Coward Douglas-Yakimchuk née Coward. Born 1932 Whitney Pier, Nova Scotia. In 1954 Coltilda was the 1st Black woman to graduate from the Nova Scotia Hospital School of Nursing, Dartmouth. She went on to earn a post graduate diploma in midwifery, Colony Hospital, Grenada, West Indies, where she lived for more than a decade. She also earned a post graduate certificate in psychiatric nursing from the Nova Scotia Hospital and a diploma in adult education from St Frances Xavier University, Nova Scotia. Coltilda began her career as Head Nurse of the Admission/Discharge Unit of the Nova Scotia and would spent 50 years of service in her profession. After the death of her 1st husband she moved back from the West Indies with her five children. In 1988 she became the 1st Black person elected president of the Registered Nursing Association of Nova Scotia. She also served on numerous national, provincial and local committees and working groups. She was the founding President of the Black Community Development Organization, leading the movement to provide affordable housing in low-income communities. She is also committed to education for Black youth and is a determined fundraiser and mentor. In 1991 she received the National Harry Jerome Award acknowledging her cultural and community service. Coltilda retired as Director of Education Services, Cape Breton Regional Hospital, Sydney, Nova Scotia in 1994. She was a recipient of the College of Registered Nurses Association of Nova Scotia Centennial Award of Distinction. In 2003, in recognition of the significant role she played in getting a nursing program up and running at the Cape Breton University and her being a role model for youth she was inducted into the Order of Canada. November 6, 2018 she was invested with the Order of Nova Scotia.