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# THE NIGERIAN CANADIAN NEWSPAPER

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## GHANAIAN-CANADIAN WINS GILLER PRIZE FOR FICTION FOR THE SECOND TIME

By Sandra Beagan

Edugyan has won the \$100,000 Scotiabank Giller Prize for a second time. She won it in 2011 for the fictional novel Half-Blood Blues, which centres around a mixed race jazz bass player who is abducted by Nazis during WWII.

This time she won the award for the fictional novel Washington Black, which follows the life of a man who escapes from slavery in the US.

Accepting her award at

the Toronto Ritz-Carlton, Edugyan told the crowd, "I wasn't expecting to win, so I didn't prepare a speech."

She said that winning the award for this novel felt all the more meaningful amid a climate in which truth is "under siege."


The novel was also short-listed for the Rogers Writers' Trust Fiction Prize award and the Man Booker Prize.



www.govamedia.com

Published by Patrick Crean Editions, the novel follows continued on p(23)

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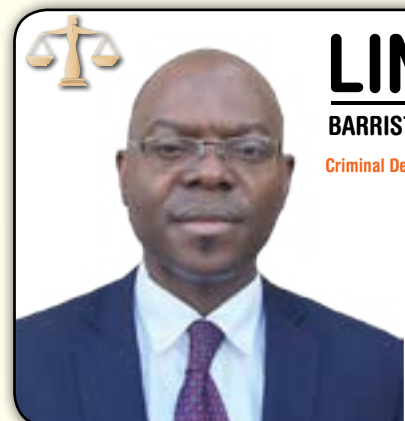


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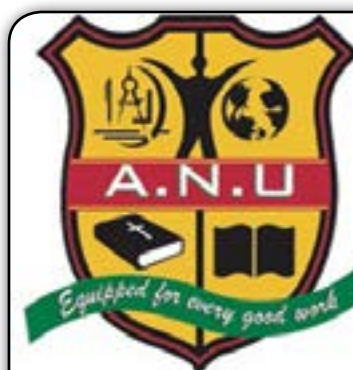
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NEWS RELEASE

# PREMIER DOUG FORD ANNOUNCES CHANGES TO CABINET

NOVEMBER 5, 2018

TORONTO — Premier Doug Ford today met with the Honourable Elizabeth Dowdeswell, Lieutenant Governor of Ontario, to share his recommended changes to the Executive Council following the resignation of Jim Wilson as Minister of Economic Development, Job Creation and Trade.

Following his meeting with the Lieut-

enant Governor, Premier Ford announced the following changes to ministerial assignments within the cabinet.

The Honourable Todd Smith, MPP for Bay of Quinte, who has been serving as Minister of Economic Development, Job Creation and Trade on an interim basis, will assume full-time responsibility for this

portfolio in addition to his ongoing responsibilities as Government House Leader.

The Honourable John Yakabuski, MPP for Renfrew-Nipissing-Pembroke, is appointed Minister of Natural Resources and Forestry.

The Honourable Sylvia Jones, MPP for Dufferin-Caledon, is appointed Minister of Community Safety and

Correctional Services.

The Honourable Jeff Yurek, MPP for Elgin-Middlesex-London, is appointed Minister of Transportation.

The Honourable Michael Tibollo, MPP for Vaughan-Woodbridge, is appointed Minister of Tourism, Culture and Sport.

Bill Walker, MPP for Bruce-Grey-Owen Sound, is appointed to *continued on p(45)*

# LIBERAL MP RAJ GREWAL STEPPED DOWN DUE TO PERSONAL REASONS

By N.Ugoh

Liberal MP Raj Grewal has resigned from federal politics and he cited “personal and medical reasons” as factors influencing his decision to back out from federal politics.

The decision to quit politics was announced on his Facebook page. The Facebook post announcing his retirement

reads thus:

“Yesterday, I informed the chief government whip that I will be resigning my seat as a member of Parliament for Brampton East due to personal and medical reasons. To the people of Brampton East, serving as your MP has been the greatest privilege of my life. This has been a decision *continued on p(45)*

# 10 THINGS YOU NEED TO KNOW ABOUT CANADA'S NEW VERTICAL \$10

As you may have heard, a new \$10 note will soon be making its way into your wallet. Its vertical orientation and portrait of social justice defender Viola Desmond likely caught your attention.

forth by a Black woman in Canada.

**It's vertical**  
This is the first vertical note issued by the Bank of Canada. In keeping with the Bank's innovative approach to design, this sets it apart from current polymer notes and allows for a more prominent image of the portrait subject.

Here's a quick and easy list of the top 10 things to know about Canada's new \$10 bill as it gradually enters circulation:

**It's the first time a Canadian woman appears on a regular bank note**  
Portrait subject Viola Desmond, a successful Black Nova Scotia businesswoman who fought against racial discrimination, is the first Canadian woman to appear on a regular bank note. She was chosen for her courageous stand for equality and social justice.

**It features an icon of human rights and freedoms**  
In November 1946, she defiantly refused to leave a whites-only area of a movie theatre and was subsequently jailed, convicted and fined. Her court case was one of the first known legal challenges against racial segregation brought

It's the first time Canadians decided who should be featured on a bank note

Viola Desmond was selected after the Bank launched an extensive public consultation to nominate an iconic woman for a new bank note. She is the first portrait subject nominated by Canadians.

**It was a successful consultation**  
We received A LOT of nominations. Canadians definitely wanted to have their say on who should appear on the next bank note. The six-week consultation produced more than 26,000 nominations and 461 eligible nominees. These choices were then whittled down by an independent advisory council to a short list of five Canadian women. The Finance

Minister ultimately made the final decision.

**It has a theme: human rights and social justice**  
The back of the new \$10 note features the Canadian Museum for Human Rights in Winnipeg, Manitoba—the first museum in the world dedicated solely to human rights. The note also includes a depiction of an eagle feather, a symbol of truth, power and freedom for many First Nations peoples in Canada. It's intended to represent the ongoing journey toward recognizing rights and freedoms for Indigenous peoples in Canada.

**It has some bold new security features**  
As with all Bank of Canada notes, security is paramount, and the vertical \$10 includes several enhanced security features. These include transparent areas, raised ink on the front of the note, detailed metallic images and symbols, and the colour-shifting eagle feather. The bold features on this note are easy to check and difficult to counterfeit.

**Yes, it's a polymer note**

The vertical \$10 is printed on a polymer substrate, as all Canadian bank notes have been since 2011. Polymer notes are more secure, last longer (about 3.5 times) and they're even recyclable!

**It doesn't mean you need a vertical wallet**  
This may be the first vertical bank note in Canada, but you won't have to handle it differently. It's the same size as other bank notes and you can use it in the same way.

**It's going to be around for a while**  
This is the new regular \$10 note you'll see in circulation for years to come. The Bank issues new notes to stay ahead of counterfeiting threats and keep pace with advances in technology.

*Follow the Bank on Twitter (@bankofcanada) for the latest news about Canadian bank notes.*

*The Bank of Canada Museum is on Facebook! Follow, like and share the latest information about Canada's upcoming \$10 bank note and much more. @BoCMuseum.*

# NEW RETAILERS HAVE OPENED OFFICIALLY AT TORONTO PREMIUM OUTLETS



www.toronto.citynews.ca

By N.Ugoh

With the recent emergence of new retail stores at Toronto Premium Outlets, the number new retailers are has increased above 40.

The new openings were borne out of TPO's 140,000 square foot expansion which also included presenting TPO's number 1 optimum-service restaurant, Madison's Restaurant and Bar on the northwestern area of the holding across from Starbucks.

Some of these newly opened stores in-

clude Zadig et Voltaire, Gucci, Montblanc, Bluenotes, Aritzia, Geox and Cultures la Duperie.

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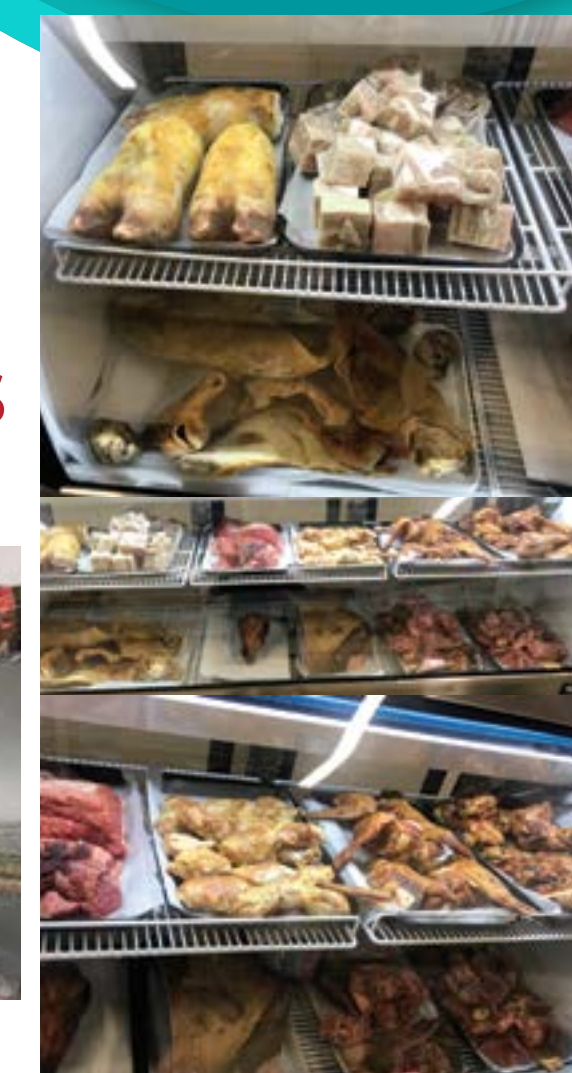
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# ASYLUM SEEKERS FROM THE US TO CANADA HIGHEST

By Julius Oyekunle

In 2017, some 2,550 US citizens applied for asylum in Canada – an increase of more than sixfold from 2016 and the largest such number since at least 1994, according to data from Immigration, Refugees and Citizenship Canada. Americans were the third largest contingent of asylum seekers in 2017, after Haitians and Nigerians. The vast majority are children born

to Haitian parents, according to experts. “Most of the Americans applying for refugee status are the children of non-residents,” says Stéphane Handfield, a Montreal-based immigration lawyer. “They are US citizens because they were born there, but they come across the border with their parents because they don’t want to be separated.” Trump has repeatedly said he wants

to find a way to end birthright citizenship, although he’s likely going to meet with legal bottlenecks. Tiroude and Gislyne fled Haiti for Brazil in 2014, in search of work and safety after Gislyne was targeted for her advocacy. Two and a half years later, they headed north after Tiroude lost his job, entering the United States in November 2017 – just as the Trump government announced that

it wanted 59,000 Haitians living legally in the US to leave the country. In May, the couple moved again – this time with a newborn baby – becoming some of the roughly 6,000 Haitian asylum seekers who fled the US for Canada last year. “We left because President Trump said he wanted to deport people,” said Tiroude, who, like his wife, didn’t want his last name used.

# NS CABINET MINISTER: ALLEGED RACIAL WORK INCIDENT IS OPPORTUNITY FOR DIALOGUE

By Sandra Beagan

Race relations are improving in Nova Scotia but there is still a lot of work to do, says the province’s minister of African Nova Scotian Affairs, Tony Ince.

He made the comments after reporters asked him about Nhlanhla Dlamini who was shot in the back with a nearly four-inch-long framing nail from a nail gun in September.

Dlamini, 21, suffered a collapsed lung and required emergency surgery.

He says he faced racial harassment at the construction job in Abercrombie, NS and endured verbal and

physical abuse that included people throwing objects at him and stapling his coat to a structure. Dlamini believes the nail gun incident was deliberate.

Shawn Wade Hynes, 43, was arrested on Sept. 27 and is scheduled to face a charge of criminal negligence causing bodily harm on Dec. 21.

Minister Ince would not comment specifically on allegations that the nail gun incident was racially motivated. “But I do know that there will be times where people will feel that an incident such as this could be racially motivated given past histories,” he said. *continued on p(45)*

# ONTARIO CANCELS FUNDING FOR FRENCH-ONLY UNIVERSITY

By Sandra Beagan

Ontario’s Progressive Conservative government caused a huge backlash this month when Premier Doug Ford announced he is canceling the province’s plans to build a French university and eliminating the position of French language services commissioner.

As a result of the backlash, Ford announced on Nov. 23 that the government will take steps to bolster the French language in the province, but will not backtrack on its decision to cut funding for the French university.

In 2017, Kathleen Wynne’s Liberal government announced plans for the province’s first French-only university, to be located in southwestern Ontario. It was to be governed “by and for Francophones.”

There are more than 700,000 Francophones living in the province. Ford said his

government inherited a \$15 billion deficit, making the new French university, along with three new English post-secondary institutions, not feasible right now.

After Ford announced the government’s plans to scrap the funding for the university, Andrew Scheer, leader of the federal Conservative party, “expressed his concerns” but did not ask Ford to reverse the decision.

“It’s up to Mr. Ford to manage those types of things,” Scheer said at a news conference. “I told him as prime minister in 2019 I would absolutely work with premiers across the country to ensure that French-language services are not affected by any kinds of changes.”

Prime Minister Justin Trudeau told a news conference that he was “deeply disappointed” by the decision.

“The protection of official language minorities across our country, the protection of the French language across our country is

something that’s extremely important to me and my government,” Trudeau said.

The federal government’s minister of official languages, Melanie Joly, also criticized the decision.

She tweeted “Scheer and Ford’s Conservatives should know that Francophones cannot and will not be shortchanged.”

Scheer suggested the Liberals are trying to politicize something that has nothing to do with him. “My support for the official languages is unwavering,” he said. “People in the next federal election will be voting on federal issues, and people in provincial elections are voting on provincial issues.”

In his Nov. 23 statement, Ford thanked said he looks forward to building a “constructive dialogue” with Franco-Ontarians.

“They’re fighters. They’re part of the history of Ontario. They continue to work hard for generations to promote and preserve

their beautiful culture and language in our province,” he said.

In that statement, Ford said the government will:

- Hire a senior policy adviser responsible for francophone affairs in the premier’s office.
- Appoint Caroline Mulroney as the minister of francophone affairs.
- Re-create the position of French language services commissioner, attached to the ombudsman’s office.

Mulroney, who is also the province’s attorney general, said in a press release, “The fiscal realities of our province’s finances prohibit a new stand-alone French Language University right now.” She added that she will continue to advocate for the project.

The Francophone Assembly of Ontario has announced plans for a day of action against the cuts on Dec. 1 in dozens of locations across the province. *continued on p(39)*

# FEW COUNTRIES PATRONIZING NIGERIA’S OIL - DPR

By Julius Oyekunle

It is indeed a bleak picture for budget implementation in 2019 if recent reports is anything but true. With the US producing its fuel and needing to buy a little from others, the move to other sources of energy is even more damaging to Nigeria’s economy, which depends largely on oil.

The Director, DPR, Mr Mordecai Ladan, said the oil and gas industry seemed to be under a new threat,

which he described as the renewed dislike and global war against fossil fuels and the quest for renewable and cleaner energy.

“Over the years, the threat against fossil fuels had always been on paper, but today, it is more real than ever, based on some clear evidence I like to draw our attention to,” he said at the 18th edition of the International HSE Biennial Conference on the Oil and Gas Industry in Nigeria.

*continued on p(39)*

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# SMART TIPS TO HELP YOU DECLUTTER YOUR LIFE

(NC) The idea of living with less may seem difficult but it can be easier than you think. Making a change can help you be more productive and make your home a more enjoyable place. It can also benefit the environment, especially if you plan to use less disposable plastic.

Tanya Otero, volunteer engagement coordinator for the Great Canadian Shoreline Cleanup, says that too many single use plastics end up as litter on shorelines.

She recommends finding reusable alternatives to disposable plastic for everything

from personal care products to cleaning supplies and groceries. “I’m not eliminating all plastic in my life, but I’m much more conscious about my purchases.

“Where I can, I’m reducing the plastics that are single use and disposable. I think before I buy, and ask myself if I really need an item or if I can buy it used or package-free.”

Otero says switching to sustainable alternatives can also help you save money while reducing the litter that can end up on shorelines and in waterways.

Here are some tips to get started:

1. Carry a reusable water bottle. Fill up on fresh water from the tap.
2. Bring your own mug. Choose a travel mug you love and take it wherever you go.
3. Shop in bulk. Fill a reusable bag or jar with snacks, pastas and other items sold in bulk.
4. Buy fresh. Choose fresh produce over packaged frozen foods and ready-made meals.
5. Pack it. Keep a reusable shopping bag handy in your purse, backpack or car.

Find more tips online at [shorelinecleanup.ca](http://shorelinecleanup.ca).

# WORKING WITH THE NEEDY WILL MAKE YOUR PERSONAL LIFE BETTER

By Nicole Anozie

Whenever you offer help to others, you develop a better feeling as your level of self-gratification increases. Offering help to those in need is a good thing. As a matter of fact, many people don’t like to help others and

that accounts for excess demand for labor in today’s nursing industry. People are too self-centered, as such, they provide zero care for the needy.

According to research findings, there are people who are passionate about helping those in need but don’t know how to go about it in a way

that the needy will not overburden them. There are several ways that people can be helped without them becoming a burden in your life.

For those who are passionate about helping troubled children, you can be of help to these kids by getting in touch with call centers *continued on p(39)*

# SIX CATHOLIC SCHOOL STUDENTS IN TORONTO CHARGED FOR SEX ABUSE

By Juilius Oyekunle

Six male students from a private all-boys Catholic school in Toronto have been arrested and charged after displaying a video of alleged sexual assault by members

of the school’s football team on the internet. The students from Saint Michael’s College were charged with assault, gang sexual assault and sexual assault with a weapon.

The arrests came amid a growing scan-

dal over violent “hazing” rituals at St Michael’s – a private Catholic school which has high-ranking politicians in both Canada and the United States among its alumni.

Videos of the locker *continued on p(45)*

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# PARLIAMENTARY SECRETARY TO THE MINISTER OF INTERNATIONAL TRADE DIVERSIFICATION OMAR ALGHABRA OP-ED FOLLOWING HIS PARTICIPATION IN THE AFRICA INVESTMENT FORUM

NOVEMBER 7-9, 2018, JOHANNESBURG, SOUTH AFRICA

Canada has heard a lot recently about the thriving and expanding market opportunities in Asia and the significance of North American trade to Canada's prosperity. And both these statements are absolutely true. Many Canadians, however, might be surprised to learn that according to the International Monetary Fund, six of the 10 fastest-growing economies in the world are in Africa, including Ethiopia, Côte d'Ivoire and Senegal.

With our dynamic and entrepreneurial African-Canadian community, longer term, strategic and more comprehensive engagement with Africa on trade is a compelling draw for Canada, and an important pillar in our trade diversification strategy. The UN Conference on Trade and Development states that African economies can expect a 20% increase in foreign direct investment in 2018, worth \$50 billion. The opportunity this presents for Canadian businesses to build on our strong people-to-people ties is one of the many reasons I led a delegation of Canadian investors and development experts to the African Investment Forum in Johannesburg, South Africa, from November 7 to 9.

Rapid economic growth in the African markets is expected to double overall energy demand and triple electricity demand by 2030. Canadian companies, with their outstanding technological innovations and reputation for energy efficiency, effective energy storage, smart grids and clean electricity, are well placed to capitalize on these opportunities and can leverage international climate finance

funds to do so. Canada is committed to helping realize the region's huge economic potential. And the presence of Canadian expertise in Africa supports economic growth that benefits everyone.

The Africa Investment Forum, hosted by the African Development Bank to bring together governments, investors, project developers and the private sector to sign deals, provided an excellent platform for Canada to highlight its expertise in energy, infrastructure, project financing and agriculture. When Canada looks to Africa, it sees not just challenges but opportunities. The trade and development nexus in Africa offers Canadian companies the space to develop projects in support of the United Nations 2030 Agenda for Sustainable Development Goals. And as the fourth-largest shareholder in the African Development Bank, Canada is well placed to ensure good projects move forward—those that support women's economic empowerment and jobs for youth, both in Africa and at home.

While at the forum, I was proud to witness the signing of a memorandum of understanding between Canada's new Development Finance Institute (FinDev) and the African Development Bank. This collaboration toward Africa's sustainable industrialization through private sector investments with a development impact focus will target climate action, job creation and empowering women.

This agenda is driven by Canada's Feminist International Assistance Policy, which seeks to reduce

extreme poverty and build a more peaceful, inclusive and prosperous world. Gender equality is at the heart of Canada's international assistance and its policies for promoting trade and investment.

We know that empowering women, youth and small and medium-sized enterprises creates positive change and benefits the overall economy. We also know through research organizations and institutions, such as the McKinsey Global Institute, that advancing women's equality can add some US\$12 trillion, or 11%, to global economic growth by 2025, and that is probably a conservative estimate.

Canada recognizes and encourages the efforts of many African countries as they work toward gender equality, including Zambia, which leads international efforts on child, early and forced marriage; Rwanda, which has over 60% female parliamentarians; and Ethiopia, with its gender-equal cabinet, its first woman president and its first woman supreme court chief justice.

Canada, along with Sierra Leone and Iceland, was proud to champion the Joint Dec-



**Investing in Women:** PS Alghabra participated in a panel on women's economic empowerment to talk about what Canada is doing at home and abroad.



**FinDev:** During the Africa Investment Forum, an agreement was signed between the Africa Development Bank and FinDev Canada, creating an important nexus for trade & development



**G20 Compact:** Canada is looking to diversify trade with African partners, and the Compact with Africa is an important vehicle to spur investor confidence as we work towards the Sustainable Development Goals.



**RocoMamas:** PS Alghabra visited popular South African burger chain, RocoMamas, who are considering opening locations in Canada

laration on Trade and Women's Economic Empowerment (December 2017), endorsed by over 120 World Trade Organization members and observers. The declaration seeks to remove barriers to women's economic empowerment and increase their participation in international trade. Canada sponsored the first workshop under the declaration earlier this year at the WTO on gender-based analysis of trade policies.

But there is more work to do to achieve the UN's 2030 Agenda for Sustainable Development Goals, including eliminating poverty and creating decent work and economic growth.

As Canada knows well, regional integration is key to accelerating job and wealth creation in Africa—outcomes that can only help to foster economic opportunities for women and girls. We are proud to support the Africa Trade Policy Centre, which aims to strengthen African trade policy capacity and was instrumental in advancing the African Continental Free Trade Area negotiation process. Seven African countries have already ratified this historic agreement, and Canada stands ready to support the rest of the continent in putting the agreement into force.

To further help Canadian companies compete and succeed in this thriving region, the Canadian government has negotiated foreign investment promotion and protection agree-

ments (FIPAs) with Benin, Burkina Faso, Cameroon, Ivory Coast, Guinea, Mali, Senegal and Tanzania. These agreements encourage increased bilateral investments between our countries by helping to reduce risk and by increasing investor confidence in our respective markets. We continue to advance FIPA negotiations with a number of other African countries.

Like the African continent, Canada is surrounded by oceans and is rich in coasts, waterways and fisheries. Healthy oceans, seas and waterways promote economic, social and environmental well-being and play an important role in the global climate system. They support communities, jobs and livelihoods, food security, human health, biodiversity, economic prosperity and ways of life.

We are excited to be co-hosting the Sustainable Blue Economy Conference together with Kenya at the end of November in Nairobi. The conference provides a unique opportunity for business and government leaders from around the world to come together and collaborate on how to best build and profit from the blue economy.

This we know: trade and investment build a vibrant economy, and trade diversification is the engine that drives growth. From Cape Breton to Cape Town, we embrace this truth whether we are in Canada or on the African continent.

# HOW DEBT AFFECTS YOUR RELATIONSHIP?

By Ajay Oberoi

Was Shakespeare right when he said, "Neither a borrower nor a lender be?" It often depends on the nature of the relationship. Borrowing and lending makes the world go round when it comes to national economies, corporations, or small business, but it's a very different story when it comes to your spouse.

Debt can have a devastating effect on a relationship. It's often cited as the No. 1 reason couples argue, and among the most common causes of divorce.

An American university study last year reported that couples who argue about money early in their relationships are at greater risk of divorce, whatever their income, debt or net worth. The 2012 study, "Examining the Relationship between Financial Issues and Divorce," also said that arguments about money were longer and more acrimonious than arguments about other topics. Another university in 2009 found that couples who disagreed about finances once a week were more than 30% more likely to di-

vorce than couples who reported disagreeing about finances less often.

The best way not to join their ranks is to make good choices from the beginning. When you're contemplating a major relationship commitment, talk to your partner about money.

Talk about your attitudes, your culture, what you think money is and its role in society. Talk about your financial priorities. If one of you wants to save for retirement and the other wants a speed boat,



By Ajay Oberoi

you'll need all the open communication you can get. Disagreeing doesn't mean your relationship is doomed, but it will take continued non-judgmental communication and regularly revisiting the issue to keep from developing resentments and creation.

Financial tensions down the road. Talk *continued on p(47)*

# NEW CANADA PENSION PLAN CHANGES TO ENHANCE YOUR RETIREMENT

(NC) In January 2019, the Canada Pension Plan (CPP) enhancement will take its first step toward improving retirement benefits for all working Canadians.

Starting this January, you and your employer will begin making higher contributions to the CPP. In 2019, the contribution rate will increase from 4.95% to 5.1%. Contribution rates will rise gradually from 2019 to 2025, so you have time to readjust your yearly budget. By increasing your contributions, you'll receive more from the CPP when you are eligible to receive these benefits.

Your employer will deduct the increased CPP contributions from your pay-

cheques as they have in the past. If you file your taxes electronically there will be no extra work for you to do at tax time. If you file on paper, Canada Revenue Agency (CRA) forms will guide you through calculations needed to claim a tax credit on the base CPP contributions and a tax deduction on the enhanced CPP contributions.

The CRA offers resources and tools to help you understand the enhancement, how the enhancement will affect you, and what you need to do in order to be prepared.

Find out more at [canada.ca/cpp-enhancement-employees](http://canada.ca/cpp-enhancement-employees).

# TAKE THE STRESS OUT OF THE HOLIDAYS: MANAGE YOUR DEBT

(NC) Yes, the holidays are a wonderful time of the year. But the festivities can also be stressful!

It's not just the last-minute shopping, overcooked turkey and tangled lights that take the fun out of the holidays. Gift giving is expensive, especially for families. Who doesn't feel the pressure of hosting perfect meals and buying everyone just the right thing? It all adds up.

So how do you get through the festivities with minimal financial stress? Being in control of your spending is one important way of reducing stress at holiday time.

Here are some tips:

- Have a realistic budget - and stick to it!
- Pay off your credit card in full to avoid costly credit card interest.
- Cut back your shopping list as a way of managing your debt.

It seems intuitive to spend within your means. But the reality is Canadians are saving less and spending more, which has led to record rates of household debt. In 2015, average household savings were 4% of disposable income, a significant drop from the 1980s when Canadians saved 20% of their disposable income, according to Statistics Canada.

Canadians are falling behind on managing their money in general. The holidays are a good time to revisit your finances. They're also a good opportunity to teach your children about saving, smart spending and budgeting—knowing what you "need" versus what you "want."

You can find more tips and resources at [canada.ca/financial-literacy-month](http://canada.ca/financial-literacy-month).





FAMILY

GADGETS THAT ARE USEFUL FOR THE ELDERLY

Elders generally need a lot of domestic help and in most cases, members of the family may not be physically present to help them at home. A normal household does not always possess a hired nurse, as such, assisting the elders automatically becomes the duty of the owner of the house.



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Elders need assistance with walking, getting an item, washing and so on. Solutions to the needs of the elders can be either be achieved entirely within the sphere of practicality or parting with cash. The most glaring and cost effective solution is leaving their entire personal assets downstairs if they reside in houses with stairs. Doing this will mitigate against occurrences like slipping down the stairs, dizziness and so on. To make this happen as caregivers, you must put in place a lot of necessities in sensitive areas like the bathroom. To do this, spread a slip repellent material inside the tub and showers. Also, place bath mats outside the tub. This method is relatively inexpensive and minimizes injuries.

Furthermore, you can consider auto reminders which remind elders of specific tasks at due time via pre recorded messages. When you feel they are bored, buy handheld portable games like crossword puzzles and other games that boost coordination and critical thinking for them. These games can be accessed on Nintendo's DS Lite.

Parting with cash means exposing the elders to technology, as such, you can connect a wireless headset to the television for elders' use. Through this connection, several adjustments can be made to the television without elders leaving where they are while they disturb no one. You can also activate subtitles and captions for

Robots

As artificial intelligence gains more prominence, the use of robots for household chores has also increased. As a matter of fact, many domestic robots have helped the elderly ones live longer than expected.

Some of the helpful robotic gadgets are dolls, vacuum cleaners, lawnmowers, and washing machines.

Alarms

A noticeable improvement has been witnessed in the home alarm system and mobile phone security apps for elders. There are now advanced gadgets that can monitor patterns of activity and produce alerts when their elders' routine is interrupted. Wireless alarms that can be installed around the house to guide elders are now available as well.

GPS shoes

GPS shoes are shoes and soles that contain devices that are wearable. These devices track people's movements and inform contacts remotely regarding their location. Elders who roam around as a result of dementia or Alzheimer's can enjoy GPS shoes. These shoes periodically update informa-

tion and from the updated information, caregivers can get real-time update concerning the elders' location with frequencies that range up to every 10 minutes.

Memories' treasures

There are gadgets which refresh memories of elders and make them enjoy their later years by boosting their happiness and well being. Example of these gadgets is a digital photo frame which displays thousands of photos. The digital photo frame displays audio and video content as well. These memories' treasure gadgets help the elderly ones by offering them companionship and they can be updated from the mobile phones and computers of the relatives of the elders.

BLOCKED, DISTANCED AND BETRAYED

There's a "joke" about a mother who keeps calling her son, only to continually be routed to voicemail. Is her son that busy? She decides to follow him. When she sees him sitting alone in a restaurant, she calls him. She watches as he looks at the caller ID . . . and declines the call.

Unfortunately, this is a painful reality for many parents. They chase after their children's attention, only to be rejected or blocked out. Young children, teenagers, and even adult children can choose to distance themselves from their parents, claiming they are too busy to talk on the phone, or answering questions with monosyllables: "How are you?" "Fine."

As a parent, you may feel humiliated, insulted and betrayed. The emptiness feels like a knife turning in your heart. It's even worse if you've also been locked out of the lives of your grand-

children, just when you long to share your love and wisdom with them.

WHY DO SOME CHILDREN DISTANCE THEMSELVES? ANSWERS MAY INCLUDE:

• **Excess monitoring and criticism.** When parents are overly critical or overly enmeshed with a child during his formative years, a child may feel that he cannot wait to escape their clutches. He no longer wants to feel stifled by their advice and humiliated by their criticism, told how to dress, think, speak or behave, or told that his decisions are wrong. After hearing "not-good-enough" messages from his parents, he has become "allergic" to them and creates distance to avoid more pain.

• **Lack of bonding in early childhood.** Many children get used to being distant from parents because there was so little interaction with them during their formative years. Babies who get lots of cuddling produce more oxytocin and vasopressin, the social-

bonding hormones. Without that early bonding, a child produces fear hormones, adrenaline and cortisol. If parents are absent for many hours, the reach-out reflex shrivels up and dies. A loving bond is built by endless mini-interactions, which occur when children are touched frequently, given a hug or asked, "How did the test go? Do you need a Band-Aid for your knee? Did that bully bother you today?" If parents do not take time to show interest and listen non-judgmentally, a child feels unloved and unimportant. He may have difficulty bonding, not just to his parents but to people in general. Later, when parents seek a relationship, the foundation is missing. Many children feel, "You didn't have time when I needed you, so how can I relate to you now? You are strangers. I don't even know who you are, and you don't know who I am."

• **Lack of trust.** Parents who have addictions or emotional illnesses are so

self-absorbed that there is no emotional space for a child. If a parent is narcissistic, depressed, dysfunctional, obsessive or addicted, the child feels isolated, neglected and unwanted. Borderline parents have violent tantrums, lie, and are so unpredictable that it is impossible to build trust. Children learn to protect themselves by disengaging. For many, the "connect" button cannot be turned on again. It's just too painful to go there.

• **Parental strife.** Children cannot feel respectful towards parents who do not respect each other. Imagine a child hearing, "Your father/mother is crazy/lazy/stupid. That's why I'm so miserable." A child is ashamed to be connected to parents who cause him so much confusion and shame.

On the other hand, there are many parents who did their best to be loving and attentive, but the children suffer from addictions or emotional problems which

WHAT GRANDPARENTS NEED TO KNOW ABOUT CAR SEATS

(NC) Every family needs help sometimes, and grandparents are a wonderful resource for many. Despite their enthusiasm to help with after-school pickup or take the kids for a day of fun, a lot has changed from the time they were transporting children.

A 2018 survey found that four out of 10 parents are concerned that secondary caregivers will not install or buckle the car seat correctly. Follow these tips when selecting a car seat for grandparents to use.

• **Proper installation.** Ensure grandparents know how to check for a proper install. Key checkpoints include: removing excess slack in the harness straps and at the belt-path; ensuring the base of the car seat is a minimum of 80 per cent on the vehicle; positioning the chest clip at armpit level; using

the level indicator and; verifying the harness so straps are at the appropriate height, whether rear or forward-facing.

Always use the manufacturer's installation directions to install the seat safely and properly. When in doubt, find a local certified car seat technician or car seat clinic to have your installation verified.

• **Longevity is a priority.** Make grandparents' lives easier by selecting a car seat that will grow with your child, like Graco's Extend2Fit Convertible Car Seat. It features a four-position extension panel that provides five inches of extra legroom. The seat also makes switching from rear facing to front facing super easy so parents and grandparents can feel confident that children are comfortable and safe for all the car rides ahead.

have created distance. Narcissistic types are interested only in their own looks, pleasures and accomplishments.

Manipulative types make contact only when they want something. Disturbed types cannot give; they want only to take.

So, how do you deal with the pain? First, realize that nothing will take away the awful ache in your heart, that empty place where your children or grandchildren "should" be. But the following will help:

1. **Stop fighting to connect.** Do not pursue, hound, threaten ("You won't get any money from me") or guilt-trip ("How can you be so selfish and cruel to me?"). Pressure tactics create resentment, rebelliousness and resistance. However, keep the lines of communication open so that your children know they are always welcome in your heart and home. And if a child reconnects, smile and act happy! Do not act bitter and angry, even if that is how you feel. Do not criticize, blame or scold, or he will disengage again.

2. **Get active!** You have time on your hands. Put your energy into projects where your love and concern will be appreciated. There are thousands of organizations in need of devoted people like you. Or go back to school. People in their eighties are getting degrees today! Be interested and involved in the world.

3. **Take care of yourself.** Make sure you exercise daily and eat right. Become

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REAL ESTATE

ANALYZING YOUR REAL ESTATE INVESTMENT

"YOUR HOME IS NOT AN ASSET, IT IS A LIABILITY" - RUSSEL SAGE

The discuss for this last month of the year is taking a different dimension looking at what happened in the real estate market especially with the rising interest rate over the past year. Although it is obvious that the cost of borrowing and stress test are preventing investors from continuing to invest, the fact remains that there are properties out there that remain good investments regardless of the market conditions. All that is required is that every investor should understand the principles of having an investment objective and a sound knowledge of investment analysis to ensure that what she is going into will yield good return.

Real estate investment analysis is about asking relevant and decision-making questions to help you understand your investment objective and how to realize it. The questions that every investor should be asking in this regard will include: what is the property worth?, does it break even?, what is the payback?, what return will I get?, how does it compare with another property? what about cashflow?,

what kind of risk is associated with this property?. can you provide a detailed discounted cash flow analysis from before tax and after tax perspectives?, what is the after tax yield, including operations and sales proceeds cash flows?, if I capitalized the return, and what should I pay today?

Getting answers to the questions above is the reason for carrying out the investment analysis. The answers will help you determine the relationship between price of purchase and the returns at the time you want to sell the property (OREA Real Estate Investment Analysis, p.5). Establishing this relationship will help you decide if the investment will be beneficial or not. In other words, an evaluation of the property in question needs to be carried out.

With that said, let's take the 234 Albion Road property as a case study of what an investment analysis looks like. Using Keyspire's '4-Ways To Win' worksheet, this 2-bedroom apartment with a living room, kitchen, dining and one washroom situated in a residential complex shows three elements of a return on investment (ROI): Cashflow, Appreciation and Principal Recapture. The summation of these three elements will give the investor an idea



Steve Ezeude

on the viability of her investment. As you can see, the property with purchase price of \$240,000 required \$54,100 (20% downpayment and closing costs) has a 43% return on the first year based on the assumptions made (provided all things are equal). As part of the analysis, look at the property sale price, determine the income, expenses, mortgage amount, cost of acquisition and then work out the returns. This will be a good guide on the next step to take.

If you have not started real estate investment and you are thinking about it, here is how. Have an objective, have a plan on how to achieve this objective, engage the right team and work the plan.

Steve Ezeude is a Realtor with Royal LePage Signature Realty and a Real Estate Investment Syndicator. For questions and/or feedback, please send email to steveezeude@yahoo.ca or call 6478608304. www.mitorontohomes.com



Flaking is likely to be caused by poorly adhering, powdery old coatings. Check for the presence of powdery coating by rubbing your hand over the surface - powder on your hand indicates a problem. This may be due to any of the following factors:

- Moisture trapped beneath the surface of the paint film.
- If the paint is applied over a powdery or friable surface.

flake. Resin bleed and flaking is a common problem where dark colours are used on south facing elevations. This is because dark colours absorb more heat than light colours.

**Putting it right**  
Scrape off any loose flaking and poorly adhering coating, and wash off the powdery material with clean water. The surface should then be suitable for painting when dry. If the plaster is exposed in areas, prime these areas first and then follow with your choice of top coat.  
Source:Dulux

**Gloss Vs. Sheen**  
The gloss and sheen of a paint are not the same. The gloss is measured with a 60-degree gloss meter (60 degrees from the vertical - 30 degree from the surface). The sheen is measured with an 85-degree gloss meter (85 degrees from the vertical - 5 degrees from the surface). An alkyl eggshell, for instance can have a gloss of 15 and a sheen of 35.  
-Dulux

- Surface contamination such as dirt, oil, and grease.
- Polish residues on the surface, which impair the adhesion of the paint.
- Excessive movement of the substrate, such as joints, imposing stress on the paint film which can result in cracking which in turn lets in moisture, ultimately resulting in a flaking paint film.
- Resins present in knots causing light coloured paints to discolour or even

HOME INSURANCE: WHAT'S ACTUALLY COVERED?

(NC) We all know we need home insurance, but it can be hard to understand what exactly is included in the price you're paying. Here's what you need to know.

**Protecting your most valuable asset.** For starters, insurance will protect the dwelling (if owned), such as a house. Home insurance also provides you with liability insurance, which ensures you are covered in the event someone is injured at your home. But for condos, the condo corporation insures the building and your policy will work with theirs to make sure your contents are covered.

**Flooding.** Your home insurance policy most likely will protect you against

sudden accidental flooding or water in your home, like from a burst pipe. However, a standard home insurance policy doesn't usually cover you against "overland flooding," which is water that enters the home from dry land through the doors and windows due to rivers or banks of snow overflowing or sewer back up. Speak with your insurance provider to make sure you have the coverage you need, as they can add coverage if desired.

**The "Act of God" policy.** Basically, there is no such thing as an "Act of God" policy - at least not in the insurance world. Most home insurance policies already cover wildfires, hailstorm damages, lightning, etc. You can always inquire about whether or

not the type of policy you are interested in covers more, such as earthquakes or landslides.

**What's not covered.** There are a number of scenarios or claims your insurance won't cover. These usually include personal liability due to a home business, general wear and tear, damage caused by pests (rodents, insects, termites), damage caused by landslides and damage caused by destruction due to intentional or criminal acts.

Do your research beforehand and look around at a few different options. Insurance providers such as Belairdirect will work with you to make sure you have the appropriate protection. Find more information at belairdirect.com.

TOP 4 BARRIERS TO HOME OWNERSHIP

(NC) For thousands of Ontario's aspiring home buyers, the dream of home ownership is getting harder to achieve.

The Ontario Real Estate Association (OREA) partnered with Nanos Research to learn more about the challenges facing young Ontarians and future homeowners trying to get into the market. Here's what they found:

1. Close to 50 per cent of buyers can't save enough for a down payment. Housing prices are increasing, but household income is not growing at the same rate. The average price of an Ontario home in 2017 was \$585,290, yet the average Millennial income is just \$52,000.

2. Debt is hindering first-time buyers. Post-secondary graduates owe on average over \$20,000 in student debt, which typically takes 10 years to pay off. Couple that with rental fees and other expenses like transportation, healthcare and prescription drugs, and owning a home slips further out of reach.

3. It's difficult to get mortgage approval. The new OSFI stress-test rules combined with higher interest rates have reduced buying power by approximately 20 cents on the dollar. This not only impedes first-time buyers, but also deters seniors from right-sizing and growing families from upsizing.

4. Many struggle to find the right type of hous-

ing. More people are chasing after fewer and fewer homes. Without increased supply and more housing options - specifically "missing middle" housing, such as townhouses, stacked flats and mid-rise buildings - many will be forced to leave the province altogether, robbing the Ontario economy of potentially skilled workers.

Ontario's aspiring home buyers are counting on governments at all levels to keep the dream of home ownership alive. To ensure affordable home ownership remains a top priority for policy makers, OREA has launched the Keep the Dream Alive campaign. Find more information at www.keepthedreamalive.ca.

PREPARE FOR CLOSING COSTS WHEN BUYING A HOME

OREA - Buying a home is probably one of the biggest purchases most people make. However, the cost of the home is not the only financial responsibility you'll encounter. Your home buying budget needs to include the various other costs associated with a real estate transaction.

When you are buying a home, ask your Realtor to explain all of these additional costs so there will be no surprises. He or she will be able to help you understand all aspects of the real estate process including determining how much you can and what afford and what you will need to set aside for extras.

Some of these additional costs will be related to obtaining a mortgage and insurance for your home while others include things like legal fees and taxes. The various charges involved in buying a house can add up, and for the most part, they are all legally required payments in buying a property. To understand what extra fees you will need to pay, here is a list of some of the major closing costs courtesy of the Ontario Real Estate Association and your local Realtor.

**Application fee**  
Find out whether or not your lending institution charges to process your mortgage application. In many cases, if you are dealing with a bank that you have other accounts with, they will waive the application fee.  
**Appraisal fee**  
Mortgage lenders usually loan a percentage of the home's purchase price

or the market appraisal of the property, whichever is lower. The appraisal is either done by someone on the lender's staff or by an outside professional approved by the lender. The cost of the appraisal is most often the responsibility of the home buyer.

continued on p(47)

FOOD

FISH SELLERS LAMENT AS US BANS NIGERIA'S PROCESSED FISH



www.icirnigeria.org

By N.Ugoh

Fish Sellers lament as the US Bans Nigeria's Processed Fish... The Catfish and Allied Fish Farmers Association of Nigeria (CAFFAN) has said since February this year, processed fish from Nigeria has been denied access to the United States of America's market.

National President of CAFFAN, Mr. Oloye O. Rotimi, said this after the inauguration of the newly elected executive of the Abuja Chapter of the association in Abuja.

"The problem with us is dual: one caused by our civil servants. There is a documentation they needed to go through the United States Department for Agriculture that was requested for three times, they refused to comply so America banned our processed fish. That has been since February. And you won't believe that up till November, this problem is still there."

"A lot of the fish people had on the way to America were seized and destroyed. This is serious, I know a farmer who exported fish worth \$55,000 and he lost it to this carelessness on the part of the civil servants," Mr. Oloye said.

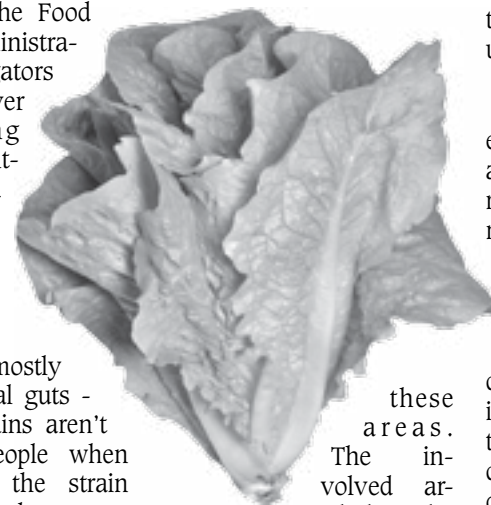
He said other people around Africa are taking advantage of Nigeria, adding that "they will come here, take our products packaged it as the products of Ghana and Kenya and send it to this same America. I have been there and at least I have studied some of the African shops in America, the fish that comes from Nigeria is the best."

Also speaking after the inauguration, the newly elected chairman of the Abuja chapter of the association, Alhaji Mundu H. Mohammed, promised to put a structure in place that will make farmers make a profit from their investments.

ROMAINE LETTUCE CAUSING E COLI OUTBREAK - FDA

By D.Forrester

Romaine lettuce contaminated with E. coli is making people sick according to the Food and Drug Administration. Investigators working over Thanksgiving traced the tainted lettuce back to the Central Coast growing region of California.



E. coli is mostly found in animal guts - and many strains aren't harmful to people when ingested. But the strain involved in this latest outbreak, E. coli O157:H7, produces dangerous toxins and can cause kidney failure. So far, 45 people in the US and 22 people in Canada are sick, an FDA statement suggests.

According to a statement from FDA Commissioner Dr. Scott Gottlieb. "Our investigation at this point suggests that romaine lettuce associated with the outbreak comes from areas of California

that grow romaine lettuce over the summer months and that the outbreak appears to be related to 'end of season' romaine lettuce harvested from these areas. The investigation involved areas that include the Central Coast growing regions of central and northern California."

A task force within the lettuce industry has also been established to determine better solutions for labeling long-term in order to help with tracing. "Based on discussions with major producers and distributors, romaine lettuce entering the market will now be labeled with a harvest location and a harvest

date," Gottlieb said. "Romaine lettuce entering the market can also be labeled as being hydroponically or greenhouse grown. If it does not have this information, you should not eat or use it."

"If consumers, retailers and food service facilities are unable to identify that romaine lettuce products are not affected -- which means determining that the products were grown outside the California regions that appear to be implicated in the current outbreak investigation -- we urge that these products not be purchased, or if purchased, be discarded or returned to the place of purchase."

PLANT-BASED HOLIDAY SMOOTHIES

(NC) Whether you're looking to indulge in a festive holiday treat or need a quick solution to fill up before a late-night dinner party, holiday smoothies are a great option that can be whipped up in no time. Check out the recipes and benefits below.

**Plant-based "eggnog" smoothie.** Enjoy the same taste as conventional eggnog without the added sugars. This version is made fresh with spices, fruit and vegetables to provide you with an extra boost. Simply blend together and sip away.

- Ingredients:
• 2 cups water
• 1/2 cup raw cashews
• 1 tsp vanilla extract

- 1 tsp cinnamon
• 4 medjool dates, pitted
• 1/2 cup spinach
• Fruit of choice and any other spices preferred, sprinkled on top.

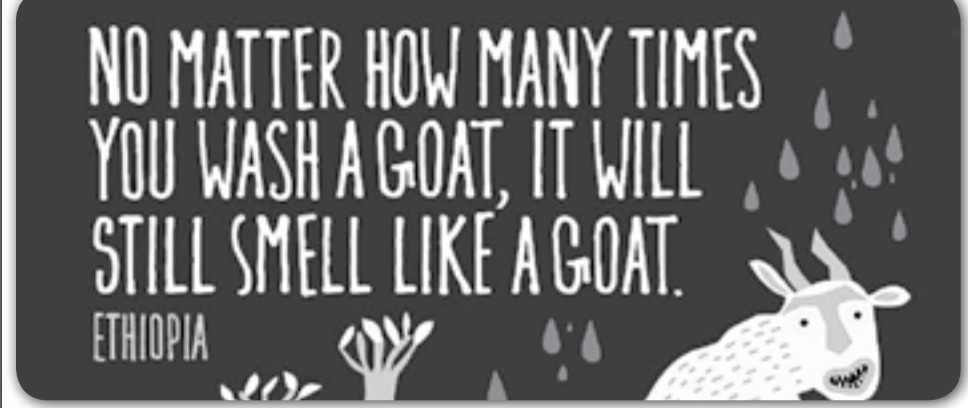
**Plant-based gingerbread smoothie.** Adding dried ginger powder or root can give your digestion the kick it needs to reduce inflammation from all the holiday fair.

- Ingredients:
• 1 cup of almond milk
• 1/2 tsp freshly grated ginger or the dry equivalent
• 1/2 tsp cardamom
• 1/2 tsp turmeric powder
• 1 banana
• 1 tbsp coconut oil
• 3 tbsp hemp hearts

**Plant-based pumpkin pie smoothie.** Pumpkins aren't just for the fall. Indulge in this delicious treat full of antioxidants to support your immune system at large.

- Ingredients:
• 1 cup organic pumpkin puree (from can or a pie pumpkin)
• 1 cup almond milk
• 1/2 tsp cinnamon
• 1/2 tsp nutmeg
• 1 banana
• 1 tsp local honey
• Squeeze of 1/2 lemon

Visit your local Canadian Health Food Association member store to find a variety of ingredients to give your smoothies an extra kick of nutrition. Find your nearest location at chfa.ca.



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REDUCE BLOOD SUGAR LEVELS WITHOUT DRUGS
By N.Ugoh
You don't necessarily have to begin a new round of medications when you can lower blood sugar and avoid Type 2 Diabetics and other health concerns. According to David Friedman, author of food sanity, apple cider vinegar can lower sugar levels by half and reduce insulin sensitivity. Sipping 1 1/2 tablespoon of added with 1/4 cup of water before dinner can reduce sugar levels especially for those prediabetic.

# DAVID ESHO

## ASPIRE TO BE A PARLIAMENTARIAN

David will be running for nomination in ETOBICOKE NORTH. A graduate in Economics and Administrative Studies from York University and Atkinson college respectively. He also holds a Diploma in marketing from Seneca college of Applied Arts and Technology where he later worked as an Economics Professor.

A Member of Institute of Marketing, The Economics professor turned Realtor is also an ordained Minister with an honorary

Doctorate in Divinity.

David Esho held some positions in community notable as follows:

Former Public Relation Officer of Nigerian Canadian Association

Former PRESIDENT OF IJESHA PROGRESSIVE ASSOCIATION OF CANADA

FORMER VICE PRESIDENT OF NIGERIAN-CANADIANS IN DIASPORA

RAN FOR THE OFFICE OF REGIONAL COUNCILLOR IN WARD 2 AND 6 IN BRAMPTON, 2006.

ESHO is appealing to residents of ETOBICOKE NORTH to fill out a Federal Conservative Party membership form which costs only Ten Dollars provided you are not a registered member of another Federal political party. The beauty of this is the fact that if you are a member of a political party at the provincial level, you can sign Conservative party membership at the Federal level.

ESHO said that signing for membership is only the first step but you must

come and vote on Nomination day.

DAVID ESHO further indicate that Conservative Party are versatile in fixing Economy and balancing the budget which is good for everyone while reducing taxes due to effective management of the Economy.

BLACKS ARE OVER REPRESENTED IN OTHER POLITICAL PARTIES BUT UNDER REPRESENTED IN conservative party for obvious reasons indicate ESHO but unknown to most people



David Esho

only Conservative party can lift the burden of racism. It is essential that we have more minorities in this party because politics is a numbers game. if you have the numbers in this coming election that will be won by Conservative party

who can discriminate against you? nobody concludes DAVID ESHO.

HE CAN BE REACHED BY SENDING EMAIL eshodavid44@yahoo.ca Or call 905-565-9565

# OLOBA OF OBA-ILE EULOGIZES AREGBESOLA, PRAYS FOR OYETOLA

By N.Ugoh

Oloba of Oba-Ile, Osun State, Oba Adekunle Oyeyemi has called on indigenes of the ancient town, the Oloba-ile in-Council and members of the Oloba-ile Descendants Union (ODU) to appreciate the efforts of the erstwhile governor, Ogbeni Rauf Aregbesola for his unparalleled achievement in his eight years in office.

In a statement signed and released on the 5th of November, 2018, the former governor had approved the elevation of the Oloba of Oba-Ile to the position of Deputy Chairman of Osun State Council of Obas. Oba Oyeyemi prayed for Aregbesola to succeed in his future endeavors.

"By itself this act of elevating Oloba-ile within my two years on the throne is significant and the position to which the elevation

places Oloba-ile on the Osun State Council of Obas is not only significant and huge but it also attest to the level of good working relationships we maintained with Aregbesola's government and our traditional institution in the State." Kabiesi stated.

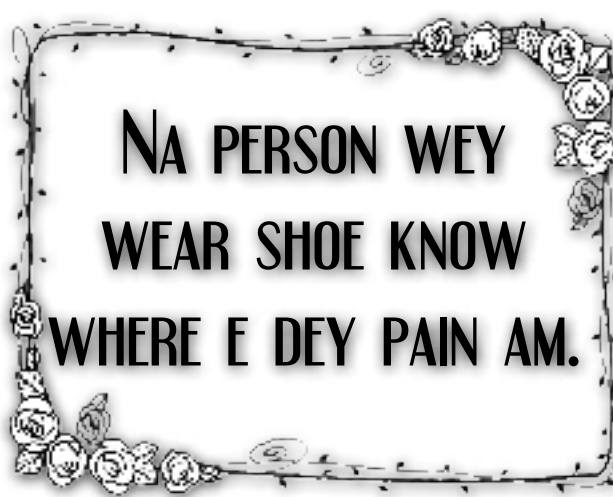
He also released a statement congratulating the newly sworn-in governor of Osun State, Gboyega Oye-



HRH OBA ADEKUNLE OYEYEMI  
OLOBA OF OBA-ILE

tola, stating that Oloba-ile will support him as he takes the mantle of taking Osun State to the Next Level, while wishing him success.

"Oba-ile, o'k orire o. Obedu Oba, o'seun o. Eledumare a'dupe o. Olorun loke; Oba awon gbogbo Oba aafi ogo fun e o." Oloba wrote.



## REFLECTIONS ON RELATIONSHIPS

# IS IT POSSIBLE TO HAVE A CHRISTIAN RELATIONSHIP WITHOUT SEX?

A QUESTION FROM A SINGLE LADY:

You tell your partner that no sex before marriage, and the next thing you know, he ends the relationship. This has happened twice to me and I am beginning to wonder, does it mean that a Christian relationship can't work without sex?

ANSWER BY PASTOR TAIWO IREDELE ODUBIYI

A Christian relationship can work and should work without sex, because the word of God makes it clear that there should be no sex before marriage. This is God's will.

For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God; that's no one transgress and wrong his brother in this matter, because the Lord is an avenger in all these things, as we told you beforehand and solemnly warned you. For God has not called us for impurity, but in holiness. Therefore whoever disregards this, disregards not man but God, who gives his Holy Spirit to you.

1 Thessalonians 4:3-8 ESV

A so-called Christian man who wants sex before marriage, and who ends a relationship because the lady says no to sex, is obviously the wrong man. He clearly has no regard for the word of God, has not encountered God, and lacks self control.

A Christian lady who knows her identity and purpose in Christ should not be upset but rejoice that such a man is out of her life, so that the right man who will encourage her to please God and fulfill her destiny can come into her life.

Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

James 1:2-4 ESV

What does the Bible say about a Christian's identity and purpose in life?



Pastor Taiwo Odubiyi  
www.pastortaiwoodubiyi.org

But you are a chosen race, a royal priesthood, a holy nation, a people for his (God's) own possession, that you may proclaim the excellencies of Him who called you out of darkness into His marvelous light.

1 Peter 2:9 ESV

Marriage to a man who wants sex before marriage will be a big struggle, and a problem, because some things are clearly not in place in his life.

In one of my novels, THE ONE FOR ME, I wrote this:

Blessing met Yemi the following year, prayed about him and when she didn't seem to hear anything negative from God, she took the silence to mean yes but she was wrong. She knew that, as a Christian, she shouldn't have sex before marriage but because Yemi wanted it and she didn't want to lose him, she agreed. Wrong again ... She got married to Yemi a year after, conceived almost immediately, and gave birth to Olu, a bundle of joy to her and Yemi ... Blessing and her husband began to have misunderstandings and quarreled a lot. A year

They continued seeing each other and also continued with the kissing and hugging. She kept him at an arm's length but saying no to sex became more difficult every time they were together. She knew as well as Fred that having sex was only a matter of time. By the third week, her decision about no sex had changed. Well, they

into the marriage, she discovered that he was having an affair. She told his parents but they blamed her and told her to let him have peace. The troubles in her marriage drew her closer to God and she rededicated her life to Jesus. As she grew spiritually, she realised that choosing to marry him was a mistake on her part, and she should have said no and risk losing him when he asked for sex before marriage. Because she was already married to him however, she knew that she would have to trust God to heal and save her marriage, which she was willing to do. She believed that nothing was impossible for God to do. She began to attend church more while he went to church less. (Excerpts from The One for Me)

And in TEARS ON MY PILLOW, Moni make the same mistake of giving in to sex before marriage, and getting married to a man who claimed to be a Christian but had not surrendered his life to Jesus. Night after night, there were tears on her pillow as she realised that she should have said no to sin.

Fred visited Moni the following day in her parents' house and went to her office twice during the week. When she returned the visit on Saturday, he tried to take her to bed. She resisted, claiming to be a Christian. He feigned surprise and simply smiled. That was fine but could they kiss and hug? He asked. She agreed to that.

They continued seeing each other and also continued with the kissing and hugging. She kept him at an arm's length but saying no to sex became more difficult every time they were together. She knew as well as Fred that having sex was only a matter of time. By the third week, her decision about no sex had changed. Well, they

liked each other and if she played her card well, he might marry her. She justified her actions and they continued their relationship.

... Coming back to the present, Moni shook her head in regret. Her brain must have shut down at the time she met Fred. What was she thinking? She now knew that sleeping in his house and getting pregnant before marriage were wrong. She shouldn't have married a man who did not have the fear of God.

But she had asked God for forgiveness several times! Would there be no end to her punishment and sorrow? Would her tears never end? She continued weeping. (Excerpts from Tears on my pillow)

To glorify God and make the right decisions in your relationship, here are some of the things you should do.

- 1) Remain focused on God,
- 2) Don't be distracted,
- 3) Read the Bible and meditate on God's words.
- 4) Stay away from wrong influences and bad company. Do not be deceived: "Bad company ruins good morals." ... For some have no knowledge of God ... (1 Corinthians 15:33-34 ESV)
- 5) Surround yourself with godly people who will encourage you to do the right things and make the right decisions. Walk with the wise and you shall be wise. (Proverbs 13:20)
- 6) You should also read my novels as I have dealt with the issue of sex before marriage in some of the books, e.g. TO LOVE AGAIN, IN LOVE FOR US, LOVE ON THE PULPIT, SHADOWS FROM THE PAST, YOU FOUND ME, THE FOREVER KIND OF LOVE, MY FIRST LOVE, SHIPWRECKED WITH YOU, etc.

Couple of the Month



Mr. Felix and Mrs. Franca Udoh

## TRUDEAU APOLOGIZES TO JEWS FOR TURNING DOWN SHIP IN WWII

By NCNC Staff

Canada's Prime Minister Justin Trudeau says he was sorry for his country's refusal to provide shelter to a ship carrying more than 900 Jewish refugees almost 80 years ago.

In May 1939, German ocean liner MS St Louis left Hamburg with more than 900 Jews fleeing the horrors of Nazi persecution in search of a safe haven for themselves and their families.

When Cuba, the United States and Canada turned the ship away, it returned to Europe where several countries took the refugees in and, according to historians and the American Jewish Joint Distribution Committee (JDC), 255 of them were later killed in World War II, most of them in concentration camps.

"We apologise to the 907 German Jews on board the St Louis as well as their families," Trudeau said in a parliamentary sitting early November.

"We are sorry for the callousness of Canada's response. We are sorry for not apologising sooner.

"While decades have passed since we turned our

backs on Jewish refugees, time has by no means absolved Canada of its guilt or lessened the weight of our shame."

The apology came following the October 27 Pittsburgh synagogue shooting, where 11 people were killed, including a Canadian woman.

Trudeau admitted that Jewish Canadians "are understandably feeling unwelcome and uncomfortable" and shared that 17 percent of all Canadian hate crimes target Jewish people and "discrimination and violence against Jewish people in Canada and around the world continues at an alarming rate."

"And I pledge to you all now, we will do more," he said.

Shimon Koffler Fogel, head of the Centre for Israel and Jewish Affairs (CIJA), applauded Trudeau's "historic apology" and his pledge to expand security measures for Jewish institutions.

"Acknowledging moments in our history when Canada failed our ideals will help us remain vigilant in upholding those values today," CIJA said in a press release.

**STOP**  
Violence Against Women

AFRICAN NEWS

**ETHIOPIA OPENS VISA-ON-ARRIVAL TO AFRICAN TRAVELERS**

By N.Ugoh

A visa-on-arrival service is launched in Ethiopia this November. All African travelers, including the open borders of Kenya and Mozambique will take advantage of the convenient innovation.

In a speech during the launching ceremony,

Ethiopia Airlines Group CEO Tewolde Gebremariam emphasized the benefits of the visa-free and visa online services. He said the services will help fellow African brothers and sisters improve investment, trade and tourism across the borders as well as strengthen African integration.

Meanwhile, Kenyan President Uhuru Kenyatta and Mozambican President Filipe Nyusi signed an agreement waiving visa for travelers in their respective countries. The bilateral agreement came into existence to eliminate visa requirements and to make trade and travel more convenient both in Kenya and Mozambique.

**BOTSWANA ADOPTS VISA FREE POLICY FOR AFRICANS**

By N.Ugoh

Botswana has joined the list of African countries who have adopted the visa-on-arrival policy for Africans. Among other things, this will boost tourism and business around African countries.

The free flow of Africans around the continent has always been a worthy point of a solution that arises whenever the issue of

African unity and development arises.

This integration model is a welcome development as the continent seeks regional integration.

The policy takes effect on November 24, 2018.

The announcement was made by President Mokgweetsi Masisi, who is expected to attend the extraordinary African Union summit in Ethiopia. The African Union (AU) has

set a 2018 deadline for the removal of visa requirements for all African citizens in all African countries.

However, with less than 45 days to the end of the year, only 22% of African countries have complied.

Rwanda, Benin and recently Ethiopia, are some of the African nations that relaxed visa requirements for all African citizens this year.

**COURT ORDERS GABONESE VP TO TAKE OVER IN BONGO'S ABSENCE**

By N.Ugoh

According to the ruling, Pierre Claver Maganga Moussavou has been given approval to oversee the Council of Ministers so as to enable him attend to urgent matters that has been at a standstill and remained unattended for the past three weeks while the president has been away on what many suspect to be health related issues.

The court said it became mandatory to

take the decision 'in order to ensure the continuity of the State and the public service, as well as the regular functioning of the government.'

The government has made no explanation as to why President Ali Bongo is no where to be found. There has been speculations on the matter with a media house in the country going as far as announcing that the president had died in the Saudi hospital.

A news for which

they received a length ban from the country's media watchdog; but if President Bongo isn't dead, then where is he and/or what illness is he suffering for.

The people have the right to know the whereabouts and health conditions of their president. The only information provided by the presidency so far is that Ali Bongo has been hospitalized in Riyadh, Saudi Arabia since October 24 following doctor's orders due to stress.

**AFRICA'S FASTEST TRAIN OPENS IN MOROCCO**

By N.Ugoh

The train was inaugurated on the 15th of November in the renovated station of Tangiers by King Mohammed VI in the company of French president Emmanuel Macron.

They were on board the first trip from Tangiers to Rabat, the administrative capital. Tangiers is a city of northern Morocco at the west end of the Strait of Gibraltar. Known as the Tangier-

Casablanca line, it has a total length of 350 km, which is set to connect the two most dynamic regions of the kingdom in about 2 hours 10 minutes instead of the hitherto 4 hours 45 minutes.

Moroccan Ministry of Transport says, fifty percent of the project was financed by France through various loans, estimated at €2 billion, almost 15% more than the initial estimates, but well below the average

European costs.

The high-speed train is projected to run at 320km (198 miles) per hour, cutting the Casablanca-Tangier journey to over half the normal time 2:10 from 4:45. The distance is 200km (124 miles).

It is around twice the speed of the second fastest train. South Africa's high-speed Gautrain linking Johannesburg's international airport to the city's financial district Sandton.

**BUHARI CUTS COSTS OF JAMB, NECO FORMS**

By NCNC Staff

Buhari administration announced the reduction of the costs of the JAMB UTME, NECO SSCE and Basic Education Certificate Examination forms in the Federal Executive Council (FEC) meeting this November.

President Muhammadu Buhari was on official travel to Borno State, nonetheless, Vice President Yemi Osinbajo presided the meeting and New Media Aide Bashir Ahmad made the first announcement via Twitter after the council decided to cut the cost for the final year secondary and post-secondary school examination forms.

Effective January 2019, the N5,000 cost of the Joint Admission and Matriculation Board (JAMB) forms will be lowered to N3,500, on

the other hand, the previous N11,350 cost of the National Examination Council (NECO) forms will be decreased to N9,850.

President Buhari also approved the reduction of the cost of Basic Education Certificate, under NECO. It was lowered to N4,000 from the previous cost of N5,500.

Many Nigerian citizens demanded for the reduction of the forms after the House of Representatives contended that JAMB turned into a revenue generating entity having earned hundreds of millions of naira profits since the assumption of office of Ishaq Oloyede. In 2017, the federal government received proceeds amounting to N7.8 million from JAMB from the sale of Unified Tertiary Examination (UTME) application forms.

Adamu Adamu,

Minister of Education, told journalists in a briefing after the meeting that he called for the fee reduction through a memo in answer to the pleas of the parents. The president tried to find ways of cutting the charges including the establishment of a prudent management in JAMB. This way the agency was able to avoid the possible corruption cases.

Moreover, during the meeting the council also established ecological intervention projects and approved ECOWAS biometric cards. Eleven ecological projects were put in place in Abuja, Kaduna, Lagos, Ondo, Oyo, Abu Zaria, Jigawa, Bauchi, Adamawa and Cross River worth N9.6 billion. On the other hand, the biometric cards were made as replacement to the present ECOWAS travel certificate with estimated cost of N14.7 billion.

**TWO SOUTH AFRICAN TEENS DEVELOP ROBOT THAT FIGHTS FIRES**

By N.Ugoh

Two South African students have been awarded the HIP2B2 3M Innovation Challenge for students established by Billionaire Businessman, Mark Shuttleworth in 2002 to promote the study of Maths, Science and Technology-related subjects.

Trevor Simelane, 16, and Joseph Mdluli, 17, invented a fire fighting robot and will now go home with a grand prize of \$100 each, iPad and other great prizes.

Simelane said after the event, "We decided to tackle the problem of fires because it is one of the top three [problematic] issues in the country."

"The robot is meant to detect people in the building and extinguish class A to F fires. It uses dry powder and wet chemicals to stop the fire instead

of water.

"This robot can transform smoke from the fire into carbon dioxide, which then extinguished the fire. It must be controlled by a firefighter who is away from danger."

The robot was made from readily available recycled materials and passes the green environment challenge.

Other young inventors who presented novel innovations include; Ledwaba sisters - Nomvula, 16, and Elizabeth, 15 who invented a solar bookcase that lights up desks for pupils without electricity.

Hudson Mashalinga and Thokozani Mlauzi invented a backpack for storing litter, which prevents people from dropping litter in their environment in areas where there are no waste bins, ultimately solving environmental pollution and health hazards.

**DENMARK CUTS AIDS TO TANZANIA OVER GAY RIGHTS**

Denmark is cutting about \$10 million in aid to the government of Tanzania over what it called "negative developments" in human rights in the East African country.

Ulla Tornaes, Denmark's minister for development co-operation, said on Twitter she was "deeply concerned" by developments such as a Tanzanian official's "completely unacceptable homophobic statements."

Tanzania is increasingly under the spotlight over its human rights record. Denmark is one of the largest do-

nors to the country.

Most recently the commissioner for the country's commercial capital, Dar es Salaam, urged Tanzanians to "report" suspected homosexuals, comments widely criticized by rights groups and disavowed by Tanzania's federal government.

Human Rights Watch says Tanzania's government under President John Magufuli "has restricted basic rights through repressive laws and decrees" targeting journalists, activists, and perceived opponents.

www.news24.com

**SOUTH AFRICAN TWINS WHO MARRIED ONE MAN, PLANS A TV REALITY SHOW**

South African twin sisters who are married to the same man want to make a reality show about their life.

Owami and Olwethu Mzazi (28) from Roodepoort in Joburg told Daily Sun a lot of people asked how their marriage to Mzukiseni Mzazi (54) worked and they believed a TV show would answer these questions.

Speaking to the Sun-Team during a visit to Durban over the weekend, Owami said: "We would appreciate support and funding to make the show a reality."

She said they had made a calm home life for their husband and



faceofmalawi.com

two daughters.

"We grew up doing everything together and we were never separated. Some people even told us we would marry the same man and this ended up happening. While some people find this strange, we love and enjoy every minute of it," she said.

Owami said they met their husband in 2011.

"Our husband was our mentor at the time but he fell in love with us. We got married in 2012 and started living together. We got pregnant at the same time," she said.

Olwethu said they married the same man

because their souls were joined.

"We would not have wanted another life. We grew up not wanting anything or anyone to separate us. If we had different husbands, we would not be happy."

Olwethu said most people were shocked when they heard about their life.

Their husband said he supported the idea 100%.

"I've submitted a proposal and one big broadcaster is interested. If it all goes well, we might start shooting in January," said Mzukiseni.

**continued from p(1)**  
**GHANIAN-CANADIAN...**

the saga of an 11-year-old boy who, with the help of the owner's kinder brother, escapes slavery at a Barbados sugar plantation.

The Giller Prize jury praised Washington Black as "a supremely engrossing novel about friendship and love and the way identity is sometimes a far more vital act of imagination than the age in which one lives."

Edugyan is based in Victoria, BC. She was raised in Calgary and her parents are immigrants from Ghana.

During her acceptance speech she said, "In a climate in which so many forms of truth telling are under siege, this feels like a really wonderful and important celebration of words."

While being interviewed after the awards ceremony, Edugyan thanked her fellow Giller

contenders, Patrick deWitt, Eric Dupont, Sheila Heti, and Thea Lim.

She said that this year's finalists have bonded during a recent multi-city reading tour.

Edugyan said that she thought she might be taking a risk with the new subject matter in Washington Black: "I sort of feel maybe that it's opened me to writing about anything...to be able to go out there and just choose any topic."

Edugyan said she plans to use some of her \$100,000 prize on practical concerns such as taking care of her father, household debt, and supporting her literary ventures.

But she's not saying what the next story will be about.

people and the government, therefore declare free tuition at the University of Liberia and other public universities for undergraduate

programs," Mr. Weah concluded.

Sierra Leone is also in the process of implementing free primary education.



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## OPINION

### FROM THE DOCTOR'S DESK

# CHANGE AND EL DORADO

By Dr. Ignatius Odianosen Okosun (PhD)  
From: Toronto-Canada  
Email: [odyseries@gmail.com](mailto:odyseries@gmail.com)

Change management refers to the adoption of an idea, procedure, process or behavior that is new to an organization (Pierce & Delbecq, 1977). Berger (1994) defined change management as the continuous process of aligning an organization with its marketplace and doing it more responsively and effectively than competitors. Lichtenstein (2000) opined that organizational change is a transformative change through a complex adaptive system model of change, which consists of three stages: increased organizing, tension and a threshold and newly emerging configuration. It is a movement of an organization from the ex-

isting plateau towards a desired future state to be able to increase organizational efficiency and effectiveness (George & Jones, 2002; Cummings & Worley, 2005). According to Bumes (2000) change is a multi-level, cross-organizational process that unveils a disorganized and incompetent trend and comprises a series of interlocking projects. He also considered organizational change management as a continuous process of experiment and adaptation intended to match an organization's capabilities to the needs of a volatile environment. Also, Struckman and Yammarino (2003) consider change as a process or an action. They define organizational change as "a managed system, process and/or behavioral response over time to a trigger event. Forthrightly the

process of urbanization in the contemporary world is quite an inevitable that everyone must come to grips with. This is more so in outlying societies where the average lifespan is not increasing, infant mortality and maternal morbidity, unemployment and penury are on the rise so much so that the misery index has been exerting a tremendous push on rural-urban migration and the quest of majority for a better life. However, it is within this scenario that we are being called upon to cross-examine the spectacle of mass movement toward a meaningful existence and better standards of living resulting in larger towns and cities. The global inclination is toward massive populations inhabiting large cities. Accordingly, it is intended to explore the problems

and prospects of communicating development in the context of evolving smart cities. It should be instantly stated that Africa's largest conurbation; Lagos, Cairo and Johannesburg are indeed no El Dorado, plagued as they are by the contradictions of mass poverty in midst of plenty, oases of great affluence in a desert of want and squalor, awful traffic jams and endless lines of commuters waiting at bus stops. This appalling situation which people have found themselves render them so upset that they are compelled to fling caution to the winds in their bid to shelter a better future. Also, confronted with this situation, policy makers would seem to have their jobs cut out for them. The stark reality of these illogicalities of growth against development

brings exceptionally hard choices in trying to plot the graph of living in a bid to make life worth living and ensure that they attain life more plentiful for their teeming millions. Many are faced with a losing battle as victims of the lottery of life with little or no chances. As is well-known, exponential growth in GDP and other indices of production, distribution and exchange does not necessarily decipher into development or factual improvement in the existential circumstances of preponderant majority of the people. The gap between growth and development is so wide that no volume of statistics can whitewash. According to Josef Stalin, there are statistics and damn lies. The battle for survival makes a mockery of the proclamations of official statistics.

Accordingly, it is judicious to wash with figures of growth are thrown in the public realm regarding betterment in the living conditions of the people. The task of autonomous observers especially scientific students of society is to strip and lay bare claims of governments on the improvement of people's lives through tangible empirical data in the hope that things would really get better, not in the long run, when Keynes reminded us we would all be dead, but in the immediate future. As the eyes and ears of the people, the mass media show a critical role in the development process. However laudable a government programme can be, the mass media can make or mutilate it. As is commonly said, the

*continued on p(45)*

# WHY TRUMP'S PROPOSED EO ENDING BIRTHRIGHT CITIZENSHIP IS BAD NEWS TO NIGERIANS

President Trump said in a newly released interview he plans to sign an executive order ending so-called "birthright citizenship" for babies of non-citizens born on U.S. soil -- a move that would mark a major overhaul of immigration policy and trigger an almost-certain legal battle. Many migrants and indeed Nigerians have hid under the birthright citizenship to travel to the US for what is known as birth tourism. If Trump goes ahead with this

policy, it's simply bad news for many Nigerians who may be interested in the freebies enjoyed by children born in the US. Birthright citizenship allows any baby born on U.S. soil to automatically be a U.S. citizen. The policy, which stems from a disputed but long-recognized interpretation of the 14th Amendment, has given rise to what Trump considers abuse of the immigration system. Trump told reporters "that the U.S. is the only country in the world "where a

person comes in and has a baby, and the baby is essentially a citizen of the United States ... with all of those benefits." Fact Check: The U.S. is not the only nation to have birthright citizenship, but the policy is rare outside of the Americas. Trump called birthright citizenship "ridiculous" and said that "it has to end." Under current policy, anyone born in the U.S. -- regardless of whether they are delivered by a non-citizen or undocumented immigrant -- is consid-

ered a citizen. The interpretation has been blamed for so-called "birth tourism" and chain migration. The 14th Amendment states: "All persons born or naturalized in the United States and subject to the jurisdiction thereof, are citizens of the United States and of the State wherein they reside." Trump, should he pursue the executive order, would face court challenges, and it remains unclear whether he could prevail. Many legal scholars would argue such

a change requires a constitutional amendment. But some conservatives argue the existing amendment holds room for interpretation. Michael Anton, a former national security adviser for Trump, pointed out in July that "there's a clause in the middle of the amendment that people ignore or they misinterpret -- subject to the jurisdiction thereof." "What they are saying is, if you are born on U.S. soil subject to the jurisdiction of the United States -- meaning you're the

child of citizens or the child of legal immigrants, then you are entitled to citizenship," Anton said in a July interview. "If you are here illegally, if you owe allegiance to a foreign nation, if you're the citizen of a foreign country, that clause does not apply to you." The interview was released after Trump had told reporters that Central American migrants who are approaching the U.S.-Mexico border in caravans are "wasting their time" and vowed, "they are not coming in."

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# THE MEANING OF DESERT

By NCNC Staff

A desert is a barren land without any vegetation. A desert can be defined as a landscape region with little or no precipitation. A piece of land can be classified as a desert if it receives less than 250 mm of precipitation annually. Deserts support little areas of life because of their low precipitation. Having said that, if we examine deserts critically, we will discover that some animals still live in deserts. These animals hide during the day to conserve moisture.



www.disfruta-marruecos-viajes.com

Approximately, a third of the world's total land mass is desert. Most deserts of the world exhibit similar characteristics. Sand Dunes are often present in deserts because the soil of desert is made up of sand. Normally, rocky terrain

is exposed in some regions and the exposure reveal vegetation's sparseness and soil development.

Some of the most popular deserts in the world include Sahara desert, Namib Desert, Kalahari Desert, Judean Desert, Great Sandy Desert, Simpson Desert, Taklamakan Desert, Sturt's Stony Desert, Little Desert, and the Ran-

gipo Desert.

Deserts in areas that were exposed by erosion or locations that were formed in the arid environment have an abundant deposit of valuable mineral. Also, deserts are perfect locations for preserving fossils and human artifacts and fossils due to their dry climate.

Majority of the world's major deserts are trade wind deserts, by implication, the deserts are heated by sunlight that emanates from cloud cover that wind dissipates. An example of this is Sahara desert in North Africa. Sahara desert is a trade wind desert that has encountered temperatures that are higher than 56°C.

# POSTAL CODE DISCRIMINATION EXISTS IN ONTARIO BUT IS IT FAIR?

For some auto insurance consumers in Ontario, it's not how old you are or if you are a good driver, but where you live that matters most in determining your premiums. "Drivers in the Peel region and other parts of the GTA pay significantly higher auto insurance rates than others in the same region, for no good reason," said NDP MPP Gurratan Singh in a press release. "In the last year alone, my community of Brampton has seen premiums increase at a rate nearly five times higher than the provincial average, and the average Brampton driver's annual premiums are nearly \$1,000 more than the average driver in much of Toronto."

Drivers in the city, which is northeast of Toronto, face the highest insurance rates in the province, annually averaging \$2,268 per year, according to Kanetix.ca, an online insurance quote marketplace. To combat this disparity, the Brampton East MPP in Ontario introduced a private member's bill in the Conservative-dominated legislature

on Oct. 15 that would end the practice. It would have compelled the Financial Services Commission of Ontario (FSCO), which regulates insurance in the province, to consider the Greater Toronto Area (GTA) as one single postal area and it would prohibit insurance companies from basing pricing on this type of category.

continued on p(37)

# SENATE APPROVES BACK-TO-WORK LEGISLATION FOR CANADA POST



www.toronto.citynews.ca

By NCNC Staff

Federal legislation to bring post workers of Canada Post back to work has officially been passed, as such, rotating strikes has been forcefully ended.

The Senate voted to pass Bill C-89 initially during the proceeding but it obtained royal consent that same day. In a statement issued by Minister for Employment, Work-

force and Labour, Patty Hajdu, he said that the legislation became "last resort" after the government expended "over a year" trying to ensure Canada Post and the Canadian Union of Postal Workers (CUPW) are on the same page regarding new collective bargaining agreement.

Patty's statement revealed further that government's efforts included support from

continued on p(37)

# TTC METROPASSES WILL SOON BE ABOLISHED



www.qp24.com

By N.Ugoh

Very soon, TTC Metropasses will be discontinued and substituted with monthly passes.

According to what Nigerian Canadian Newspaper, Canada gathered from TTC website, "The only difference between a TTC monthly pass on PRESTO and a Metropass is that you need to tap your PRESTO card on a card reader instead

of showing it to a collector, operator, Transit Fare Inspector, or swiping it on a fare gate."

Monthly passes can be bought at select TTC subway, Shoppers Drug Mart locations, PRESTO Fare Vending Machines and online.

Monthly passes will always be available for sale from Nov. 23 until Dec. 5.

Metropasses will be abolished officially on December 31, 2018.

# 2018 RBC CANADIAN WOMEN ENTREPRENEUR AWARD FINALISTS



**TORONTO, NOVEMBER 22nd, 2018** - The 26th annual RBC Canadian Women Entrepreneur Awards, presented by Women of Influence, have named seven winners of this year's prestigious awards. They join the six recipients of the new up-and-coming entrepreneur 'Ones to Watch' category, announced earlier in September. This year's winners and recipients span sectors that include innovative apparel solutions, trailblazing food conservation, next-generation fertility treatment, progressive childcare and much more.

"RBC is honoured to celebrate the achievements of Canadian women entrepreneurs who have been instrumental in driving business success in Canada," says Greg Grice, Executive Vice President, Business Financial Services, RBC. "We're proud to put a spotlight on this year's winners who are exceptional leaders, innovators and rising stars. Their leadership, passion and entrepreneurial spirit serve as an inspiration for the next generation of Canadian entrepreneurs to pursue their aspirations and be part of Canada's thriving business community."

Now in their 26th year, the awards recognize the country's leading female entrepreneurs who have made impressive and substantial contributions to the local, Canadian or global economy. We are honoured to have a panel of 12 judges that is comprised of some of Canada's top business leaders, including: Karen Greve Young, CEO Futurpreneur; Bonnie Foley-Wong, Chief Investment Innovator, Pique Ventures & Founding Investor, Pique Fund; Paulette Senior, President & CEO, Canadian Women's Foundation and Karen Brookman, Partner and Chief Innovation Office West Canadian Digital Imaging.

The announcement was made at a gala reception on November 21st, hosted by Marcia MacMillan, National TV News Anchor, Host and Reporter, CTV News Channel.

Following yet another record-breaking 7,400 nominees, this year's winners are:

- Glain Roberts-McCabe, The Roundtable, Toronto, ON, **Micro-Business Award presented by Diversity Institute & Magnet Export Business Portal**
- Joanna Griffiths, Knix Wear Inc., Toronto, ON, **Staples Start-Up Award**
- Dr. Marjorie Dixon, Anova Fertility and Reproductive Health, Toronto, ON, **RBC Momentum Award**
- Latha Sukumar, MCIS Language Solutions, Toronto, ON, **Social Change Award**
- Toni Desrosiers, Abeego, Victoria, BC, **TELUS Trailblazer Award**
- Victoria Sopik & Jennifer Nashmi, Kids & Company, Toronto, ON, **Excellence in Entrepreneurship Award**

The Gala also honoured the recipients of the Ones to Watch Award, Presented by Freshco.ca: Kate Latos, Ecofence and Decking Ltd.; Jessica Ching, Eve Medical; Humera Malik, Canvass Analytics; Thao Nguyen, Bonbon Collections Inc.; Sonja Mills & Alicia MacDonald, Port Rexton Brewing Company Ltd.

Alicia Skalin, Co-CEO and Head of Events and Programming, Women of Influence Inc., congratulated the winners for their incredible achievements, and for inspiring future generations of female entrepreneurs. "The incredible growth of our program reflects the increasing number of successful women-owned businesses in our country and the growing diversity in industries across Canada. The 2018 winners have turned their personal passions - from art and fashion to development to medicine - into thriving businesses. They have earned the esteem of their peers and their communities and are truly paving the way for future female entrepreneurs." explained Ms. Skalin.

For more information on this year's award winners, visit [www.womenofinfluence.ca/rbc-cwea](http://www.womenofinfluence.ca/rbc-cwea)

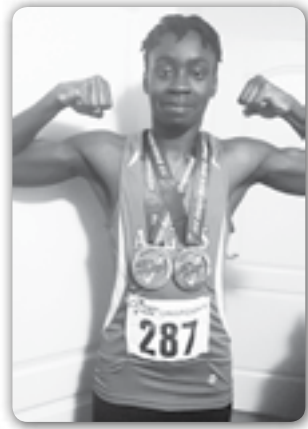
About the RBC Canadian Women Entrepreneur Awards

The RBC Canadian Women Entrepreneur Awards are the pre-eminent national business awards recognizing the country's leading female entrepreneurs. The awards are an initiative of Women of Influence, an award-winning organization dedicated to advancing women globally.

About Women of Influence Worldwide Inc.

Women of Influence, now in its 24th year, is one of North America's leading organizations working towards gender equality in the workplace - by empowering individuals. Through our events, content, awards, courses and coaching, Women of Influence annually reaches a community of over 300,000 professional women and men across Canada and internationally. Providing insights and inspiration, sharing the stories of extraordinary women, and creating opportunities to connect - we are making change happen for women, today. For more information, please visit [www.womenofinfluence.com](http://www.womenofinfluence.com)

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 JOSEPH  
 JOY  
 HOLIDAY

answers on page (39)

### BOOKS OF THE MONTH

Readers are leaders. Happy reading.

Hurray! It's that time of the year again when we're looking set to embrace the joy and comfort of the season with family and friends. Hey! Remember don't hang out without a book this yuletide. We've got you a perfect shot.

### WHAT COLOR IS YOUR PARACHUTE? FOR TEENS: DISCOVERING YOURSELF DEFINING YOUR FUTURE

BY RICHARD NELSON BOLLES AND CAROL CHRISTEN



### CANADIAN PRIME MINISTERS MATCH THE YEAR WITH THE NAMES

Lester B. Pearson	1891-1892
Pierre Trudeau	1930-1935
Alexander Mackenzie	1896-1911
Kim Campbell	1979-1980
John Abbott	1873-1878
Joe Clark	1984-1993
Brian Mulroney	1980-1984
Wilfred Laurier	1963-1968
R.B. Bennett	1993-1993

answers on page (39)

### HOW MUCH TIME HAS ELAPSED

- 1:00 a.m. to 3:22 a.m. \_\_\_\_\_
- 7:00 p.m. to 3:26 a.m. \_\_\_\_\_
- 3:00 p.m. to 10:50 p.m. \_\_\_\_\_
- 11:00 p.m. to 2:59 a.m. \_\_\_\_\_
- 2:30 a.m. to 6:20 a.m. \_\_\_\_\_

answers on page (39)

### WORD OF THE MONTH SAGACIOUS - WISE



### TELEPHONE SCRAMBLI

BY DIVINE CHIMSOM UGO

a)  
 3 6 6 6    9 2 4 8    8 4 3    8 4 6 3    9 4 5 5

6 3 8 3 7    2 3    5 8 7 8    7 4 7 7 8

b)  
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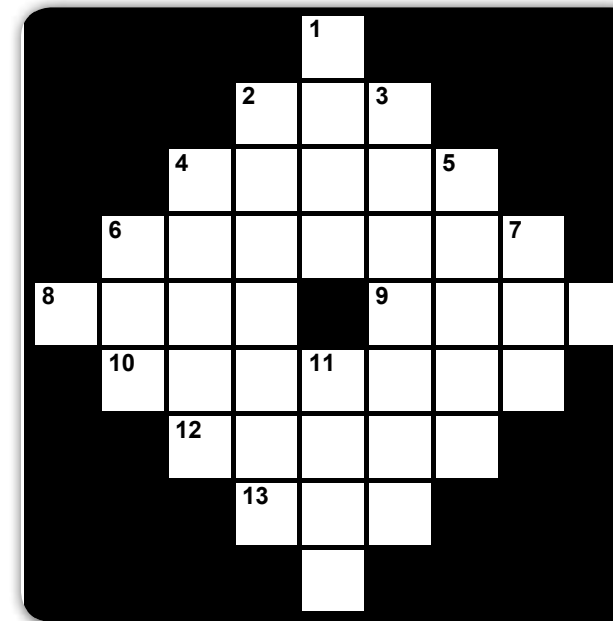
3 9 4 2 5 3    8 4 3    7 2 7 8

answers on page (39)

### 5 WAYS TO SAY "VERY"

Avoid saying very	Instead say
loved	adored
big	immense
poor	destitute
weak	feeble
clever	brilliant

### DIAMOND CROSSWORDS



- ACROSS**
- "And She \_\_\_" (Talking Heads tune)
  - Symbols of aggression
  - Below
  - Not working
  - Go through
  - Stepped lively
  - Tidy the floor
  - Dispirited
- DOWN**
- Bud holder
  - Look out points
  - Began
  - Dreads
  - Pricely
  - Lay odds
  - Ate
  - Steeped drinks

### TRUE OR FALSE

- Dogs are colour blind. T/F
- St. Patrick was Irish. T/F
- Camels store water in their humps. T/F
- Bats are blind. T/F
- Toads can give you warts. T/F
- The British invented baseball. T/F

answers on page (39)

### SUDOKU

by Myles Mellor and Susan Flanagan

Each Sudoku puzzle consists of a 9X9 grid that has been subdivided into nine smaller grids of 3X3 squares. To solve the puzzle each row, column and box must contain each of the numbers 1 to 9. Puzzles come in three grades: easy, medium and difficult.

Level: Medium

			7	2				
		5	1		8			
8	2	6	3				9	7
5		4				2		
			9		5			
		1				3		6
6	3				2	9	1	5
			6		9	7		
			3	1				

answers on page (39)

### MATH

#### ROMAN NUMERALS

- I = One
- V = Five
- X = Ten
- L = Fifty
- C = One hundred

#### FILL IN THE BLANK SPOTS WITH THE RIGHT ANSWERS

- L1 = \_\_\_\_\_
- XL = \_\_\_\_\_
- XXV111 = \_\_\_\_\_
- XXXV = \_\_\_\_\_
- LV = \_\_\_\_\_
- LXV = \_\_\_\_\_
- XCIV = \_\_\_\_\_
- XCV = \_\_\_\_\_
- LXXX = \_\_\_\_\_
- XLV = \_\_\_\_\_

answers on page (39)

## EDMONTON MP KERRY DIOTTE SUES STUDENT NEWSPAPER

By Sandra Beagan

Edmonton MP Kerry Diotte is seeking \$150,000 in damages from a student newspaper for calling him a racist. In November, the University of Alberta's student newspaper, The Gateway, published an online editorial and a news story that criticized Diotte for supporting Faith Goldy, a far-right political commentator and white nationalist. Goldy lost her job with The Rebel Media, a far-right political website, after her sympathetic coverage of white supremacists at the 2017 Charlottesville rally.

Diotte's defamation lawsuit claims the articles made "unfounded and defamatory comments" about him. He says he will donate the money to charity if he wins.

Almost two weeks before filing the lawsuit against The Gateway, Diotte had threatened legal action against some Twitter users.

In response to the articles, Diotte posted a statement on Facebook. "I find racism and racists abhorrent," he said in the statement.

"My grandmother was an indigenous woman and my family has been on the receiving end of deplorable and racist comments. My constituency of Edmonton Griesbach is made up of very ethnically diverse communities and I'm proud and happy to serve them." When The Gateway received notice of the lawsuit, the paper retracted the offending statements from the articles. They also added an editor's note and an apology.

"The Gateway is in the process of reviewing the statement of claim, and will be filing a statement of defence in due course," the statement said. The organization of post-secondary school

publications, Canadian University Press (CUP), said that the paper's actions were an appropriate remedy. Curtis Rideout, communications officer of CUP told HuffPost Canada, "Mr. Diotte's choice to continue in his pursuit of legal action against The Gateway shows that his intentions go beyond protecting his own reputation and extend onto the dangerous territory of stifling and financially devastating an independent student publication."

Despite the paper's attempts to remedy the situation, Diotte went ahead with filing the lawsuit. The Gateway did not "fully retract and apologize for the damaging articles," he said. Diotte filed his statement of claim on Nov. 19. In part, the statement said, "Kerry Diotte has been injured in his personal credit, character and reputation as a citizen, in the practice of his profession and has been brought into public scandal, odium and contempt."

the courts to protect their reputation is not the best way for politicians to deal with criticism. "Anytime you resort to courts, it sends the message criticism is going to result in punishment in court," she said. "People should have the opportunity to express opinions about someone without fear they'll end up in court."

Zwibel suggests "counter speech" as an alternative. For example, a politician could request a publication to apologize and issue corrections or they could respond to criticism on social media. Alberta has no laws to protect citizens from strategic lawsuits against public participation (known as SLAPP) - lawsuits filed for the purpose of intimidating or censoring critics.

According to Hillary Young, a defamation expert and law professor, this case would fit the definition if Alberta did have such legislation. "It's important politicians have a thicker skin than the rest of us," she said. "The concern is that people with democratic power can silence criticism by threatening lawsuits, and that's a really big problem."

According to Young, while calling someone a racist is defamatory, there are defenses The Gateway can use in court to prove the statements are true or a product of responsible journalism.

She said they have to show that they checked their facts, that they gave Diotte an opportunity to respond, and that the editorial meets the definition of a fair comment of opinion. Diotte, a former journalist (Edmonton Sun, Calgary Sun, Alberta Report, Maclean's, CBC) and a former director with the Canadian Association of Journalists, says he is "a strong defender of free speech."

The organization of post-secondary school



BUSINESS

# 27 RONA STORES 'TIS THE SEASON' CLOSING SOON

By Sandra Beagan

The American home improvement company that bought Canada's Rona stores for CAD \$3.2 billion in 2016, is closing 27 Rona stores in early 2019. Lowes is also closing a block plant in Kamloops, a truss plant in St. John's, and the regional support centres in St. John's and Mississauga.

The company wants to put its focus on the more profitable parts of its business.

The president of Lowe's Canada, Sylvain Prud'homme, said the changes will allow the company to provide its customers with better service, but did not say how many employees will be affected by the closures.

In a statement, Prud'homme said: "Everything will be done to ensure a smooth transition until the stores are closed. And Lowe's Canada will support impacted employees, including by transferring eligible employees to other locations within our network whenever possible."

The company is closing one store in BC, two in Alberta, six in Newfoundland and Labrador, nine in Ontario, and nine in Quebec. It's also killing 20 US stores.

Lowe's Canada, based in Boucherville, Que., has more than 630 corporate and independent affiliate dealer stores in Canada, including 430 Rona stores and 68 Lowes's stores.

The company's share price was not changed by the announcement. Credit Suisse analyst Seth Sigman said,

"We view this as a positive step towards improving productivity of the chain... That said, we continue to look for additional progress in driving higher sales in existing stores, and monitor the investment required to do that."

Here is the list of stores that will be closed in Canada by February:

**Newfoundland**

- RONA Conception Bay South (Killigrews)
- RONA Goulds
- RONA St. John's (Topsail)
- RONA St. John's (O'Leary)
- RONA St. John's (Torbay)
- RONA Bay Roberts

**Ontario**

- RONA Mississauga (Westdale Mall)
- RONA Mississauga (Lakeshore)
- RONA Sault Ste. Marie
- RONA Sudbury
- RONA Peterborough
- RONA Kingston (Bath Road)
- RONA Lakefield
- Lowe's North York - Centerpoint
- Lowe's Sault Ste. Marie

**Québec**

- RONA Ste-Clotilde
- RONA Iberville
- RONA L'Assomption
- RONA Granby Moeller
- RONA Ste-Rose
- RONA Rivière-des-Prairies
- RONA Rouyn-Noranda
- RONA Ange-Gardien
- RONA Saint-Elzéar

**Alberta**

- RONA Calgary (Douglasdale)
- Reno-Depot Calgary West

**British Columbia**

- RONA Columbia Square

By N.Ugoh

Tim Hortons have recently announced the return of their famous holiday cups with a new design.



These holiday cups will be in circulation for a limited time. In addition to the holiday cups announcement, Tim Hortons announced their new holiday treats.

According to the management of Tim Hortons, this year's holiday treats will include a raspberry vanilla jelly roll and a holiday donut.

Furthermore, the company revealed that their popular filled sugar cookie that is produced with frosting in the center and wrapped with white and blue snowflake shaped sprinkles is coming back.

continued from p(14)  
**TRYING TO SAVE....**

"I support the people out there and we're going to do everything we can to make sure they get back on their feet," he said.

Ford also said that the Progressive Conservative Ontario government and the Liberal federal government - which have had frequent public clashes - will work together on the GM matter.

Bains backed him up saying, "This is not a political issue. This is not about pointing fingers. This is about standing up for the automotive sector. This is about standing up for the auto workers."

But opposition politicians at both levels are applying pressure.

Andrew Scheer, leader of the Federal Conservative party,

said that Trudeau's Liberals should explain immediately how they will help the GM workers and protect other manufacturing jobs in Ontario. He also demanded that the House of Commons hold an emergency debate on the issue.

Brian Masse, an NDP Member of Parliament, criticized the government's plans to provide tax incentives worth \$14 billion to corporations over the next five years, especially if major companies such as GM are planning to abandon their Canadian employees.

Masse also urged Trudeau's government to create a national auto strategy to ensure that manufacturing processes and product lines meet the industry's changing needs.

Ontario's Leader of the Opposition, NDP Andrea Horwath, said that Ford did not try hard enough to save Oshawa's car-making industry. "In 14 years of being in this house I've never seen a government roll over so quickly and throw in the towel on good jobs in this province," she said.

John Fraser, the province's Liberal Leader, said that GM's closure of the Oshawa plant will be the "worst economic catastrophe" to hit the province since 2008's Global Financial Crisis.

Greg Moffatt, a representative of Unifor, the union that represents more than 2,500 Oshawa auto-workers, said that the plant is not closing without "t.

# DISGRUNTLED FRANCHISEES SUING SECOND CUP

By Sandra Beagan

As Second Cup struggles to re-make itself to fight off tough competition, several of its franchisees are suing the Canadian coffee chain.

The franchisees, past and current, filed a lawsuit against their franchisor in Quebec's Superior Court early in November. The suit includes a long list of allegations the franchisees say have been detrimental to them.

Spokesperson Ali Azzopardi wrote in an email statement, "It is not Second Cup's practice to comment on matters that are active before the court, particularly when, as in this instance, they are at a very early stage of the proceedings."

According to documents filed in court, franchisees continue to suffer although the company itself has seen positive change as it has tried to win back customers over the past three years: "On the contrary, during these three years franchise revenues have continued to decline."

Allegedly, the company misused an advertising reserve that is funded by franchisees who contribute the equivalent of 2-3% of their sales to the fund: "Second Cup does not use this money in an adequate manner to advertise and fails to fulfill its contractual obligations to that end."

The suit also claims that Second Cup forced franchisees to go into debt to buy equipment that has failed to improve their own bottom end, such

as machines needed to make Pinkberry yogurt smoothies.

Second Cup tested the Pinkberry concept at four locations in the summer of 2017 and signed an exclusive agreement with the company later that year to roll out the brand. As of November of this year, 84 Second Cup locations are serving Pinkberry and the company says it has added considerably to overall sales.

However, according to the lawsuit, franchisees that were already "swimming in debt suddenly went further in debt."

"Not only was the increase in franchise sales disappointing, it turned out that Second Cup customers were either having coffee or a Pinkberry smoothie, but not both," court documents say.

The franchisees also claim that there are product problems, including "problematic" food quality, stock shortages due to supplier changes, and being required to buy products at a "far higher" price than their market value.

The suit originated when one franchisee made a claim against the company and eight other franchisees later asked to join it.

In a court filing, Second Cup has argued that the additional plaintiffs should be treated as separate claims: "Each claim is extremely fact-specific in connection with a given franchisee location and a given plaintiff-franchisee relationship and would not be able to be tried at the

same time and determined on the same evidence."

Second Cup has been struggling with increased competition from both high-end coffee chains and fast-food chains offering better caffeine products than they used to.

In light of its problems, the company recently initiated a strategic review. As a result, it has recently embarked on a joint venture with a cannabis firm and is converting two of its Alberta stores to sell recreational marijuana. It has plans to do the same with several Ontario outlets.

Second Cup is not the only coffee company dealing with unhappy franchisees. For over a year, Tim Hortons' parent company, Restaurant Brands International (RBI), has been fighting with an outspoken and un-sanctioned franchisee group.

The Great White North Franchise Association (GWNFA) was formed in an effort to remedy the alleged mismanagement of the brand. It claims to represent more than half of Canada's Tim Hortons franchisees.

GWNFA has launched lawsuits against the RBI, its subsidiaries, and several executives. Like the Second Cup franchisees, GWNFA has alleged mismanagement of the chain's advertising fund (among other things).

RBI has also initiated lawsuits against GWNFA and some of its members

# IKEA PLANS TO CUT 100 JOBS



Swedish home furnishings outfit, Ikea has revealed that up to 100 jobs in Canada could be wedged over two years as the company adapts to changing customer behaviour.

The retailer is expected to cut 7,500 jobs globally in an effort to address urbanization, digitalization and new technology that are affecting the way customers live and spend.

Ikea disclosed that the cutbacks of jobs will allow the company to focus "on its e-commerce platform, to better meet the needs of its customers and be more convenient and

The retailer revealed further that it will make use of new store formats, advance the in-store experience, make investment in its digital experience, ameliorate its service and maximize its distribution networks.

The plan includes opening stores in city centres to complement the existing larger locations. Ikea opening stores in not less than 30 major city centres around the world to expand its reach, but Canadian plans are not under consideration at the moment.

Ikea Canada currently has 6,300 employees all over the country.

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# TORONTO EX-COP SENTENCED AFTER EATING POT ON DUTY

By Sandra Beagan

On Nov. 26, Justice Mary Misener of the Ontario Court of Justice sentenced a former Toronto police officer to a nine-month conditional sentence for attempting to obstruct justice, saying his actions could not go unpunished.

The ex-cop, Vittorio Dominelli, pleaded guilty earlier in November. As part of his sentence, Dominelli will have to serve 60 hours of community service and spend six months under house arrest.

Dominelli, 36, resigned from the police department in November after serving for 13 years. During a January raid on Community Cannabis Clinic, an illegal cannabis dispensary, he stole several pot-oil-infused chocolate bars.

While conducting surveillance at another location several hours later, Dominelli and

another officer ate one of the chocolate bars out of curiosity. Dominelli became extremely intoxicated within about 20 minutes.

He thought he was going to die and ran down the street radioing for help.

When other officers responded, one of them suffered a severe head injury after she slipped on the ice and fell. Ten months later, she has not been able to return to work and has "significant difficulties with speech and vision."

Due to Dominelli's actions (stealing the pot edibles), the charges against people arrested in the marijuana shop raid were dropped.

Justice Misener said that Dominelli was a "complete idiot" for tampering with evidence.

She also said that Dominelli put others at risk by acting reckless-

ly in order to satisfy his curiosity about pot.

"His decision to take the cannabis was both impetuous and immature," Misener said. "He was wandering outside in a haze. That is the state he put himself in while armed with a handgun...the danger to the public is obvious."

The judge did acknowledge that Dominelli was not a corrupt officer and "did not act for nefarious purposes."

She also noted that he had no prior record, had previously received accolades from the public and his supervisors, and that he had suffered as a result of his actions.

"Mr. Dominelli has lost his career and been humiliated," she said. "The unforgiving nature of the internet means he will bear the shame of his actions for the rest of his life."

But she added that

his actions degraded trust in the police and endangered others.

"The ramifications of his evidence tampering go well beyond the immediate case," Misener said. "Evidence tampering even of a minor nature strikes at the heart of the justice system."

"He might have taken cough syrup or a pair of woolly comfortable socks that he wanted to try on his feet. It's interfering with evidence," she said.

Dominelli's lawyer, Peter Brauti, said he was disappointed with the judge's decision.

Brauti told reporters: "He's pretty distraught, but I think the most important thing for him is to get some closure, because it's been hanging over his head... He knew he made a terrible mistake and he was prepared to take responsibility for it."

# BENIN BRONZE, ARTIFACTS TO BE RETURNED TO AFRICA

By Julius Oyekunle

French President Emmanuel Macron has agreed to return 26 cultural artefacts to Benin Republic "without delay". The move could put pressure on other former colonial powers to return looted African artworks to their countries of origin including Nigeria's Olukun Bronze and several others stocked in British museums.

The decision — which Macron said should not be seen as an isolated or symbolic case — came as the president received the findings of a study he commissioned on repatriating African treasures held by French museums.

Macron agreed to return the 26 works, mainly royal statues from the Palaces of Abomey — formerly the capital of the kingdom of Dahomey — taken by the French army during a war in 1892 and now in Paris' Quai Branly museum.

In addition, he proposed gathering African and European partners in Paris next year to define a framework for an "exchange policy" for African artworks.

The president "hopes that all possible circulation of these works are considered: returns but also exhibitions, loans, further co-operation", the Elysee palace said.

Ousmane Aledji, director of the Benin cultural centre Artistik Africa, said he was pleased to see "a new form of cultural exchange" with France. Britain has also faced calls to return artefacts, including the Elgin Marbles to Greece and the Benin Bronzes to Nigeria, while museums in Belgium and Austria house tens of thousands of African pieces.

Works are considered: returns but also exhibitions, loans, further co-operation, the Elysee palace said.

Another way of helping the needy without them putting the burden on you is by finding employment as nurses' aides if you are qualified to be one.

In 2016 Benin demanded France return items including statues, artworks, carvings, sceptres and sacred doors. While that request was initially denied, in November 2016 Macron raised hopes in a speech in Burkina Faso, pledging to "return African heritage to Africa".

Following his speech, Macron asked French art historian Benedicte Savoy and

that specialize in providing help to troubled kids in a bid to find out if they need volunteers. Also, you can team up with schools that specialize in offering help to troubled children. You can even try to discover hospitals that need people who can help them cater to troubled children. There are hospitals that request volunteers that will work with the elderly by visiting them. You can imagine how a lonely elderly person would feel if you pay him a visit.

another way of helping the needy without them putting the burden on you is by finding employment as nurses' aides if you are qualified to be one.

the qualities that will develop your skills are in you and you need to discover them. For example, every individual has the ability to observe humans through

## WORKING WITH...

### Working With People And Life Improvement.

When you help others in life, your life becomes better. Your life becomes brand new and you live your life in a new way. There is a great reward in helping others. You will discover your body gets healthier whenever you help someone.

### How to develop qualities to help people?

To help other people, you need to develop some qualities/skills. The qualities that will develop your skills are in you and you need to discover them. For example, every individual has the ability to observe humans through

self-awareness, or observational equipment. By taking time to study people around you, you will discover what their needs are. After discovering their needs, you get to know the areas where they need help and you can plan towards helping them. For instance, if you discover someone close to you is struggling to carry some items inside his house, you are an observant person who just discovered someone in need. You must help him.

If there is an elderly person around you, you can offer help by walking them upstairs, carrying their luggage and so on. The helping hand you render today will be rendered back to you in the near future. Note that.

Helping others can be in form of offering a listening ear. A lot of people encounter challenges and need help in overcoming their challenges. If you hear these people out, you can offer them solutions to their predicaments.

## CROSSWORDS

Crossword puzzle grid with starting letters: 1. V, 2. W A S, 3. F I S T S, 4. B E N E A T H, 5. D E A D R E A D, 6. T R O T T E D, 7. S W E E P, 8. S A D S.

## WORD SEARCH

Word search grid containing words like: WEDNESDAY, JERUSALEM, BLESSING, US, MESH, CANDELAPEL, GJOLLY, N. L H B E. E, J, M. R E, T, O, T M, A D V E N T Y, H, J E S U S.

# THEY'RE USING US TO MAKE MONEY, WE'RE DYING LIKE CHICKENS - SOLDIERS LAMENT IN VIDEO

By Julius Oyekunle

They're using us to make money, we're dying like chickens - Soldiers lament in video Nigerian troops fighting Boko Haram and the Islamic terror affiliate in West Africa have released a video claiming dozens had died in a recent attack and deploring the poor state of their equipment.

In the five-minute video posted after recent casualties, a soldier narrating in the background shows the

burnt shells of several tanks and vehicles in the Metele base, which was attacked by the IS-affiliated Islamic State West Africa Province on November 18.

At least 43 soldiers were killed in the attack according to military and civilian sources, though the army disputes the death toll.

The release of the video underscores growing desperation among troops, who in June protested being redeployed to a battlefield in the remote Lake Chad region after fighting Boko Haram jihad-

ists for years without relief.

"No less than 100 plus soldiers died here. Many are missing in action, they are nowhere to be found," said the soldier in the video, which was obtained by AFP from a military source who confirmed its authenticity.

"See the weapons they bring here. These are not working," he said as the footage revealed the charred remains of tanks and other military equipment.

"These are outdated vehicles, they are not working. They just

keep them here for formality," said the soldier.

"Imagine, they are killing us every day," he said. "The situation is getting worse."

The video shows the sprawling camp in the middle of the desert, 260 kilometres (161 miles) from the Borno state capital of Maiduguri.

More than 27,000 people are thought to have been killed in the nine-year Islamist insurgency that has triggered a humanitarian crisis and left 1.8 million people without homes.

The video, the first public glimpse of the base since it was attacked, shows piles of blackened zinc sheets that were the living quarters of the troops.

The army is yet to respond on the video. Personal effects and cooking pots lay scattered across the ground as soldiers move around the debris under a bright blue sky.

ISWAP said it had killed "more than 40 Nigerian soldiers" in Metele and carted away "four tanks" along with other vehicles and ammunition late in No-

vember. The jihadist group claimed that its fighters killed 118 Nigerian soldiers in five attacks on military bases across the northeast in the past week.

The Nigerian military broke its silence afterwards to confirm that the Metele base had been attacked.

It said in a statement that while it is "true" there was an attack, it observed that "several social media, print and online publications have been brandishing false casualty figures."

## FEW COUNTRIES...

He said three among the biggest technology companies, including Google and Apple, had made attempts at electric cars to replace petrol and diesel engines, with that of Tesla taking the world by surprise.

Ladan said, "Not only did the first two releases of Tesla outsell sales forecasts, they were actually oversubscribed, and the demand keeps rising while new models are being added. As we speak, some of the big international oil companies here seated are funding

## MATH

- 1. L1=51
2. XL=40
3. XXV111=28
4. XXXV=35
5. LV=55
6. LXV=65
7. XCV=94
8. XCV=95
9. LXXX=80
10. XLV=45

## HOW MUCH TIME...

- 1) 1:00 a.m. to 3:22 a.m. 2 hours and 22 minutes
2) 7:00 p.m. to 3:26 a.m - 8 hours and 26 minutes
3) 3:00 p.m. to 10:50 p.m = 7 hours and 50 minutes
4) 11:00 p.m. to 2:59 a.m. = 3 hours and 59 minutes
5) 2:30 a.m. to 6:20 a.m. = 3 hours and 32 minutes

## SUDOKU SOLUTIONS

9x9 Sudoku grid with numbers filled in to solve the puzzle.

## TELEPHONE SCRAMBLE..

- a) Don't wait the time will never be just right.
b) Inhale the future, exhale the past.

## TRUE OR FALSE...

- 1. True
2. False
3. False
4. False
5. False
6. True

## CANADIAN PRIME...

- Alexander Mackenzie 1873-1878
John Abbott 1891-1892
Wilfred Laurier 1896-1911
R.B. Bennett 1930-1935
Joe Clark 1979-1980
Lester B.Pearson 1963-1968
Pierre Trudeau 1980-1984
Brian Mulroney 1984-1993
Kim Campbell 1993-1993



RELIGION

# MY MONTH OF PREPARING FOR HIS COMING

My month of preparing for the coming of the Lord. It is with delight and great joy that I welcome you to the month of November, our month of Preparing for the coming of the Lord. Are you ready for the coming of the Lord? "The voice of him that crieth in the wilderness, Prepare ye the way of the LORD, make straight in the desert a highway for our God." Isaiah 40:3. There is a voice crying from the heavens saying 'prepare for the coming of the Lord.' The coming of the Lord Jesus Christ is in two phases, he first came as a lamb to save mankind (fulfilled), the second phase, he will come as a lion to harvest souls and give rewards. This month the Spirit of the Lord is periscoping Chris-

tendom and beyond to see how ready we are if Jesus should appear today. The scriptures are full of how he will come. At the tail end of his exit from this world, they asked Jesus, "When they therefore were come together, they asked of him, saying, Lord, wilt thou at this time restore again the kingdom to Israel? 7 And he said unto them, it is not for you to know the times or the seasons, which the Father hath put in his own power." Act 1:6 "For you yourselves are fully aware that the day of the Lord will come like a thief in the night.3 While people are saying, "There is peace and security," then sudden destruction will come upon them as labor pains come upon a pregnant woman, and they will not escape." 1 Thes 5:1-2.

The unfortunate thing about this subject is that, some people argue, these words are written some 2000 years ago, and yet Jesus is yet to come. The bible warns God does not count time the way we count time -"But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day.2 Pet 3:8" For a thousand years in thy sight are but as yesterday when it is past, and as a watch in the night" Psalm 90:4 People trivialize, jovialize, simplify, derogate, ignore, argue and make jest, about the coming of the Lord. One thing those people with that school of thought forget is that delay is not denial, also that those who share those thoughts like them of

old are no more on planet earth, meaning he will either come while you are alive or when you are dead. Whichever one comes first, terminates the period of preparation. So, the issue is not when He will come, the issue is the period of preparation. The issue is more personal than corporate.

What is delaying Jesus second coming? I am amused when individuals, families, groups of people or nations are going through rough and difficult times and they blurt out, 'Let Jesus come now, so that the world will just end and everybody will just go to where they wish to spend eternity!' Really! Maybe such a person is in Etobicoke like me, forgetting there are some people in Beijing, Columbus,



Pastor Amos Dada  
amos.dada@gmail.com

Ibadan, El-Salvador who are having the best of times and wishing that the world should not end! That is why the coming of the Lord is not narrowed down to individual whims and caprices. Jesus is focused and strategic. He gave two reasons why he is delaying and once we are through with those he will show up. The first reason is given as: "And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come." Matt 24:14 Secondly, "The Lord is not slow in keeping his promises, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to

come to repentance." 2 Pet 3:8- 9. What is the assurance that he is coming back? I guess this is the second most difficult part for many people. The first being how are we sure Jesus is the only way? Some people just cannot deal with that powerful declaration: "Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me" John 14:6. Are there not many roads to the market, to a school, to a city, to this and to that, what happens to all the religions? Nobody can answer these questions for you, you have to search them out. The vehicle plate number in Ontario is designated 'yours to discover!' I discovered both myself. Let me share my personal experience, that buttresses my conviction that he is the only way and he is coming back; you may need to get yours.

TO BE CONTINUED.

# WORLD'S LARGEST CHURCH AUDITORIUM OPENS IN ABUJA

By N.Ugoh

The general overseer Of Dunamis international Gospel center Abuja, Dr. Pastor Paul Eneche has reportedly set the record for the world Largest church auditorium as the Lord's Garden (The Glory Dome) was dedicated today by Bishop David Oyedepo.

The building which has a 100,000 seating capacity is located along the Umaru Musa Yar' adua Express way, in Abuja.



# WOMEN COMPLAIN OF PAIN ASSOCIATED WITH BIOCELL TEXTURED BREAST IMPLANTS

By Sandra Beagan

A number of studies have looked into the longevity and possible adverse health effects of breast implants, particularly textured breast implants.

One such study by Vancouver-based plastic surgeon Dr. Nicholas Carr was recently published in the journal Plastic and Reconstructive Surgery.

Dr. Carr analyzed 539 implants he had removed from patients and, of all the different types he removed, Biocell textured implants had the shortest "shelf life."

The texturing on

this type of implant is intended to promote adherence and keep the implant in place more firmly.

"The Biocell implants came out sooner than other types of implants we looked at... sooner than saline implants, sooner than smooth gel implants," he said.

Carr found that saline implants lasted the longest, being removed after seven years on average, while textured implants were removed after an average of four years.

He also said that 25% of his patients wanted the

## RELIGIOUS BOOKS EDITOR'S PICK FICTION & NON FICTION BOOKS

It's about that time of the year when we anticipate Christmas. God's love is revealed in many ways and here are some books that can help us get the best of God this season. Happy reading!!

### DEAR GOD: HEAR MY PRAYER BY LAKISHA JOHNSON



When individuals we depend on take advantage of our ignorance, holding on to the past isn't the path to freedom. Regardless of our attitude towards God, He listens when we call in distress.

Pastor James Madison glorified God with the same mouth he used to defraud a 14 year old damsel. He was a man of God who had turned her away from the same God he told people they needed to serve.

Now, 14 years and a son later, she finds herself needing God yet she doesn't know how to reach Him. She longs for God but isn't sure He can hear a sinner's prayer until she starts to pray.

textured implants removed because of pain.

Other doctors have become increasingly concerned about the Biocell textured breast implants, made by Allergan, because their patients are reporting debilitating pain and other symptoms including irritable bowel syndrome, memory fog, and hair loss.

Though all textured implants form fluid around them at the implant site, but doctors are saying that the Biocell implants are the worst and believe it is because their texturing is so aggressive.

Breast implants have been associated with BIA-ALCL, a rare form of cancer, though the actual number of cases reported in North America is actually very low. And some women report other illnesses such as muscle weakness and fatigue.

However, Health Canada asserts that there is no scientific evidence that breast implants cause and of

### A MOTHER'S PRAYER BY MZ. BIGGS



What we sometimes run away from in our ignorance holds the most potent tool for victory - Prayer. Readers are going to be delighted with this epic that dwells on our rage and solace in grace.

Esther's faith was called to test at a time of great distress as Levi and Zechariah moved away from home, hoping to escape the world they were familiar with. The familiar setting haunted them daily and they had to escape. Zech gave up on God as a whole and became closely knit with wrong people. Life's lessons soon hit hard, yet prayer was never going to be the answer. Can the brothers reconcile. Esther tries hard to protect her children by asking God to hear A Mother's Prayer....

these conditions.

In 1992, Health Canada banned silicone implants because of concerns that ruptured implants could cause connective tissue diseases and autoimmune diseases. But subsequent research did not bear that out.

They allowed a new generation of silicone implants back on the market in 2006 and scientists have continued to study them.

Dr. Carr says that between 2005 and 2012 as many as 3,000 procedures per year were done in Canada using textured implants, both for mastectomy reconstruction and for cosmetic reasons.

The texturing prevents the implants from sliding on the chest wall. Doctors also saw them as a way to reduce capsular contracture, a tightening of scar tissue that forms around the incision.

The Biocell implants became available in Canada in 2006. Doctors soon began to notice

### THE DEACON AND HIS FIRST LADY BY TAMMY T. CROSS



Is God's work really a personal thing? Or rather should couple's agenda for marriage exclude things related to God? When you marry wrong, it's easy to guess the answers.

Bentley, a deacon at Kingdom Cometh Baptist Church. His beautiful wife Glinda was busy working and taking care of their only son Benny. She was a caring woman until Bentley becomes a deacon. All hell breaks loose, leading Glinda on a straight path to heartache. Is Glinda able to weather yet another storm or will this be the final run for this deacon and his first lady? What really went wrong is anyone's guess.

our colleagues are finding. The only way we find that out is by communicating directly with our colleagues."

Allergan said in a statement to CBC that the company fully supports informed consent and provides patients with information leaflets. "The safety profile of Allergan's breast implants is supported by extensive pre-clinical device testing, more than a decade of worldwide clinical use, as well as a large number of peer-reviewed and published studies," the statement said.

And Health Canada said to CBC in a statement that it "considers reporting of medical device incidents, including those for breast implants, to be an important part of our post-market surveillance activities."

Amid calls for a central registry, Health Canada said that registries "do not necessarily

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