

MUDIOS MEDICAL PHARMACY
WELL EXPERIENCED, FRIENDLY & TRUSTED PHARMACISTS
FELIX ODIGIE, B. PHARM. R. Ph.
 PHARMACY MANAGER/OWNER
 6-1780 Albion Road, Etobicoke, ON M6V 1C1
 email: odigiof@yahoo.ca
 Cell: 647-888-5093
 Tel: 416-743-5093
 Fax: 416-745-2242

BUY • SELL • LEASE • INVEST
CALL FOR FREE HOME EVALUATION
Nana Osei-Wireko
 Sales Representative
Cell: 416-917-4298
www.NowHomesRealty.com
 HomeLife HomeLife Realty Ltd. Email: soldbynana@gmail.com
 Each Office Independently Owned & Operated

Higher Standards Agents... Higher Results!
Sunday (Sunny) Adodo
 Sales Representative
Cell: 647-200-7359
 HomeLife Woodbine Realty Inc., Brokerage
 Each Office Independently Owned & Operated
 680 Rexdale Blvd., Unit 202, Toronto ON M9W 0B5
 Off: 416-741-4443 sadodo@rogers.com
 Fax: 416-679-0443 www.sundayadodo.com



TO INFORM • EDUCATE • EMPOWER • ENTERTAIN

THE NIGERIAN CANADIAN NEWSPAPER

CANADA

Vol 15 | Issue 2 | FEBRUARY 2020 | "THE THIRD EYE OF THE COMMUNITY" | Tel: 416-318-3506 | publisher@nigeriancanadiannews.ca | www.nigeriancanadiannews.ca | CDN\$1, US\$1, #200

Sanni Amike CPA
 Professional Corporation
 Accounting/Tax/Mgt. Services



SERVICES:


- Personal Tax & Corporate Tax
- Bookkeeping & Payroll
- Tax Planning • CRA Audit
- Legal Practice Accounting
- Law Society Audit
- Company Registration/Restructuring

CONTACT:
416-803-2632
 Samike@sanniamikecpa.ca
 www.sanniamikecpa.ca
 1280 Finch Avenue West
 Suite 313, Toronto
 Ontario M3J3K6

Pentium Ministries Holds First Dinner With The King, Canada



RICHARD ODELEYE
 LAW FIRM
 (RICH LAW)



Area of Practice
 IMMIGRATION & REFUGEE
 CIVIL LITIGATION, FAMILY LAW
 CRIMINAL LITIGATION

1110 Finch Avenue West,
 Suite 815, Toronto
 Ontario M3J 3J4
 info@richlawfirm.ca
 www.richlawfirm.ca

Tel. (416) 603-9195
Fax: (416) 603-9190

event in Canada.
 The dignitary-laden event witnessed the gathering of who is who to celebrate and honor the Lord Jesus Christ.
 Several reputable men and women of God took turns to speak to the attendees on the message of Jesus Christ.
continued on p(24-25)

STARK
 AUTO SALES
 Insurance • Financing • Specialist

Contact:
Dave Mullett
 Manager

INSURANCE RECOVERY CENTRE
 119 Benny Stark Street, Toronto, ON M6N 3N4
AUCTION EVERY MONDAY
 We have around 3000 cars at all times



Contact: **416-654-7222 ext. 270**
 dmullett@starkautosales.com
 www.starkautosales.com

By NCNC Staff

History was recently made in Toronto Canada when Pentium Ministries had her first dinner with the king

RAZA
CALL WORLDWIDE
 STARTING AS LOW AS **1¢**



STARTING AS LOW AS **1¢**



Dreaming of Buying / Selling A Home or Business?
You Are Tired of Renting?

Call Us Today & Benefit From
Our Professional & Uncomplicated Experience.
 At Canadian Excellence Realty Inc.,
We Dont Just Buy And Sell
 Our Agents Are Well Positioned
 To Give You Added Values In:

- Real Estate Buying / Selling & Leasing
- Investment In Residential / Commercial Properties
- Assisting You In Purchasing Profitable Businesses

CLEMENT ESENE CPA, MBA
 BROKER OF RECORD



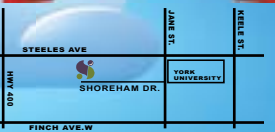

Dir: 416-558-0564 • Off: 905-856-3000
 120 Woodstream Blvd. Unit 10 Woodbridge Ontario L4L 7Z1
 www.realestate4all.ca

Shoreham Dental
 FAMILY DENTAL CARE
For A Brighter, Whiter Smile

Dr. Nosente Bollo-Kamara and Associates
 171 Main Street N, Unit 1. Brampton, ON L6X 0H4
905-459-7778
www.shorehamdental.ca

4732 Jane Street, Toronto ON M3N 2L2
 (Next to Smart Choice)
416-661-6117

Call For Your Complimentary Consultation!

Actual LEGAL SERVICE

- Personal Injury
- Debt Recovery
- Insurance Claims
- Criminal (Summary)

Contact
Adam S. Ridolfi
 Tel: 416-896-0396
 Fax: 416-667-1446
 2901 Steeles Ave. W,
 Suite 23, Toronto
 Ontario M3J 3A5
 E-mail:
 adamridolfi@aol.com
 www.actuallegalservices.ca



The Law Society of Upper Canada | Barreau du Haut-Canada

Study Medicine or Nursing at All Saints University, Dominica
 and practice in the United States, Canada, United Kingdom or Africa

ASU DOMINICA PROFILE:

- A Fully Accredited Medical University
- A proven track record-licensed graduates in the USA, Canada, UK, Nigeria.
- Clinical training at top notch teaching hospitals in the United States, Canada and United Kingdom.
- Offers up to 50% tuition fee scholarships

ADMISSION IN PROGRESS:
 Applicants can commence their degree program in Jan., May or September of any given year.
 High School Science or University graduates can apply for January, May or September admission.
 Earn an MD (Doctor of Medicine) or MBBS degree in as little as 3 years and 4 months.

For more information, application and upcoming seminar, visit
 www.allsaintsuniversity.org or call 416.743.9222



THE LAW OFFICE OF PIUS L. OKORONKWO



BARRISTER, SOLICITOR AND NOTARY PUBLIC

Dr. Pius L. Okoronkwo
LL.B., BL, LL.M. (Dalhousie, Canada),
Ph.D. (Osgoode, Canada)

AREAS OF PRACTICE

- Criminal Law
- Family Law
- Civil Litigation
- Corporate and Commercial Law
- Immigration and Refugee Law
- International Economic Law and Investment
- Estate and Trust Law

Your Legal Problems Solved with Competence and Professionalism

Tel: 647-831-7487 • Fax: 416-650-0168

1183 Finch Ave. W, Suite 603, Toronto, ON M3J 2G2

ISLINGTON NORTH CHIROPRACTIC

Dr. M Agyemang, B.Sc. (Hon.), D.C.
Chiropractic & Rehabilitation

NOW INTRODUCES:
SPINAL DECOMPRESSION THERAPY

STATE OF THE ART TREATMENT FOR:

1. Protruding and Herniating Discs
2. Degenerative Disc Disease (DDD)
3. Spinal Root Impingement
4. Degenerative Joint Disease (DJD)
5. Compression Fractures



As well we offer services for:
Motor Vehicle Accidents • Extended Health Care
Soft Tissue Massage • Custom made orthotics

Tel: 905-264-8010

Fax: 905-264-9010



CLINIC HOURS

Mondays & Thursdays - 9:30-5:30 pm
Tuesdays & Wednesdays - 9:30-8:00pm
Fridays: 9:30-1:00pm
Saturdays by appointment only
Location: 7007 Islington Ave., Unit 14, Woodbridge, Ont. L4L 4T5
(NORTH-EAST corner of Islington & Steeles.)

NEW COVENANT CHURCH OF MISSISSAUGA INC.

WE THE ECCLESIA

SUNDAYS @ 10 AM
THURSDAYS @ 7 PM

Sheridan College
Hazel McCallion Campus
Room B 204
4380 Duke of York Blvd
Mississauga, On L5B0G5

Skype: nccmississauga@nccmississauga.com
nccmississauga@nccmississauga.com

JAMES IDOWU AUTOS INC. **Dele**
Complete Auto Mechanic Repairs & Used Car Sales **Chief Mechanic**

Tel: 437-388-5646
106 Regina Road,
Unit 3, Woodbridge,
ON L4L 8M8

- Fuel Injection Specialist
- Electronic Repairs
- Brake & Tune-ups
- Air Condition

Safety Inspection
All kinds of Taxi D.O.T.
Email: jamesforgod29@gmail.com

RAZA
CALL WORLDWIDE

STARTING AS LOW AS **1¢**

Canada, Italy, USA, UK

NO EXPIRATION DATE, NO HIDDEN FEES, NO GIMMICKS.
Restrictions applies. Rates are subjected to change without notice.

2549 Hurontario St. Mississauga, ON (HWY 10 & Dundas) 905-232-7292	991 Albion Road Etobicoke, ON (Albion & Islington) 416-746-9797	1971A W. Finch Ave. North York, ON (Jane & Finch) 647-352-3322	695 Markham Road Scarborough, ON (Lawrence & Markham) 647-748-3400
-----------------------------------------------------------------------------	--------------------------------------------------------------------------	-------------------------------------------------------------------------	-----------------------------------------------------------------------------

THE APOSTOLIC CHURCH LAWNA CANADA

"Jesus Christ the same yesterday, today, and forever" - Heb 13 : 8

Are you under the bondage of Satan ? - come unto Jesus now - Mark 16:17
Are you terrified by bad dreams ? - come unto Jesus now - Pro 3:24
Do you want total freedom from demonic forces ? - come unto Jesus now - Luke 1:8

You are cordially invited to celebrate Jesus with us at

TORONTO ASSEMBLY
NEW LOCATION
425 EDDYSTONE, UNIT 3,
TORONTO, ONT. M3N 1H8
Sunday Service: 10:00am - 12:30pm
Friday Service : 07:00pm - 08:00pm
Tel: 647-863-5736 • 647-770-5890

CALGARY ASSEMBLY
Hounsfeld Heights Briar
Community Center
1922-14 Avenue NW, Calgary,
Alberta T2N1M5
Sunday Service:
09:00am - 11:00am
Tel: 587-718-9633
403-801-2980

AJAX ASSEMBLY
Michelle Jean
Public School
180 Williamson Drive East,
Ajax, ON. L1Z0G7
Sunday Service:
10:00am - 12:30pm
Tel: 647-770-5890
647-621-4877

FISDES MEDICAL CENTRE

DR. AYOKUNLE FAGBEMIGUN MD., C.C.F.P.

Family Medical Practice / Walk-in Clinic

1525 Albion Road,
SUITE 210, Etobicoke,
ON M9V 5G5
(Albion Rd. & Finch Ave. West)

- New Clinic
- Accepting New Patients
- We accept Walk-in Patients
- Convenient Location

Opening Hours:
Monday-Friday: 9am-6pm

Tel: 416-401-8888
Fax: 416-743-9797
info@fisdesmedical.ca
www.fisdesmedical.ca

Quality Care • Comfortable Space
Convenient Location

Injured?

NO WIN - NO FEE
Car Accidents - Slip and Fall - Denied Benefits

L4M ODETOYINBOS LLP LAWYER4ME
PERSONAL INJURY LAWYERS

Call today! **905-487-6333**
Visit our web site at **www.lawyer4me.com**

ALL NATIONS UNIVERSITY COLLEGE, KOFORIDUA, GHANA
offers the following programmes:

SCHOOL OF ENGINEERING
Bachelor of Engineering (Oil and Gas)
Electronics & Communications Engineering
Bachelor of Engineering (Biomedical)
Bsc. (Hons) Computer Science
Bachelor of Engineering (Computer)

SCHOOL OF BUSINESS
Bachelor of Business Administration in Accounting
Bachelor of Business Administration in Marketing
Bachelor of Business Administration in Entrepreneurship
Bachelor of Business Administration in Human Resource Management
Bachelor of Business Administration in Banking and Finance

DEPARTMENT OF HUMANITIES & SCIENCES
Bsc. Nursing (Joint Programme with Kwame Nkrumah University of Science & Technology)
Biblical Studies with Business Administration

Equipped For Every Good Work **Apply Today:** www.anuc.edu.gh • admissions@anuc.edu.gh • registrar@anuc.edu.gh • Ghana: 233-82-21587 / 215888 • Canada: 416-667-9333 • Toll Free: 1-866-845-5505



Victory HOUSE

THE CHOSEN GENERATION

"For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. 1 John 5:4"

Come worship with us for:

- SALVATION
- HEALING
- BLESSING
- DELIVERANCE
- FRUITFULNESS

Sunday
Worship Service: 10.00am -12:30 PM

Tuesday
Digging Deep: 7.00pm - 8.30pm

Friday
Faith Clinic: 7.00pm - 8.30pm
Night Vigil :
Last Friday of the month at 10.00pm -2:00am

Location:
175 Rexdale Blvd Etobicoke ON
(Intersection is Rexdale and Kipling)

Contact Us

647 478 3319 | 647 774 3319 | 416 835 4676



SURE FOUNDATION CHAPEL

(For other foundation can no man lay than that is laid, which is Jesus Christ 1 Cor.3:11)

The Lord Is Waiting For You To Address All Your Foundational Problems Today As You Worship With Us. Don't Be Left Out.

You Shall Be Established On A New Foundation

WHEN: EVERY SUNDAY
Hour Of Worship: 10.00AM - 12.30PM

TUESDAY:
TIME: 7.00PM
LOCATION: 71 Milvan Dr, North York, ON M9L 1Y8

TELE - CONFERENCE on (416) 639-2426, CODE: 7880#

Some And Be Expectant As You Come.
TELE - CONFERENCE on (416) 639-2426

FOR PRAYER AND COUNSELLING: 647-721-6870 • 647-701-6871 • 647-693-2611
Jesus Is Lord



GIVE YOUR **Smile** A BOOST

DR. JIDE ODUSANYA
DENTAL OFFICE



NEW PATIENTS WELCOME

1280 Finch Avenue West, #418
Downsview, ON M3J 3K6
Tel: 416-736-9119

377 Burnhamthorpe Rd. E., #109
Mississauga ON L5A 3Y1
Tel: 905-896-9578

NASFAT PEEL REGION ONTARIO CANADA

May you be blessed as you make it a date with us



Weekly Program: Every Sunday
Assalat Rendition
Lecture, Fiqh
Qur'an Recitation - Tankara
Talks, Hadith, Children Arabic Class

Monthly Program **Quarterly Program**
Special Prayers Tahajjud - Night Vigil
Birthday Celebrations
Guest Lecturer

EID PRAYERS as may be announced by Muslim Clerics

VENUE: 68 Bramalea Road, Brampton ON CA L6T 0H2
Major Intersections: Bramalea & Steeles

TIME: 1100 am Prompt

Tel: 1. 905-598-1940
Email: nasfatpeelregion@gmail

Facebook: Nasfat Peel Region • Instagram: Nasfat Peel Region

MONEY PROBLEMS?™

Make one small interest free payment for all your DEBTS!



YES, We Can

- ✔ Stop Collection Calls
- ✔ Reduce your Debts
- ✔ Stop Wage Garnishment
- ✔ Stop Interest Right Away
- ✔ Re-Establish your Credit
- ✔ Deal with your Tax Issues



Five Convenient Locations:
Mississauga, Scarborough
North York, Brampton & Toronto

416 650-5800 GtaCredit.com

Contact us for a **FREE & CONFIDENTIAL** meeting with Govt. Registered Counsellor



BISHOP MIKE OKONKWO PRESIDING BISHOP OF THE THE REDEEMED EVANGELICAL THE REDEEMED EVANGELICAL MISSION (TREM)



WELCOME TO TREM YORK BRANCH (SHALOM HOUSE)
The LORD is inviting you to HIS Awesome and Peaceful presence
Come WORSHIP and Celebrate GOD
Pls. Call / Email for Service Schedule.
GOD BLESS YOU GRACIOUSLY.

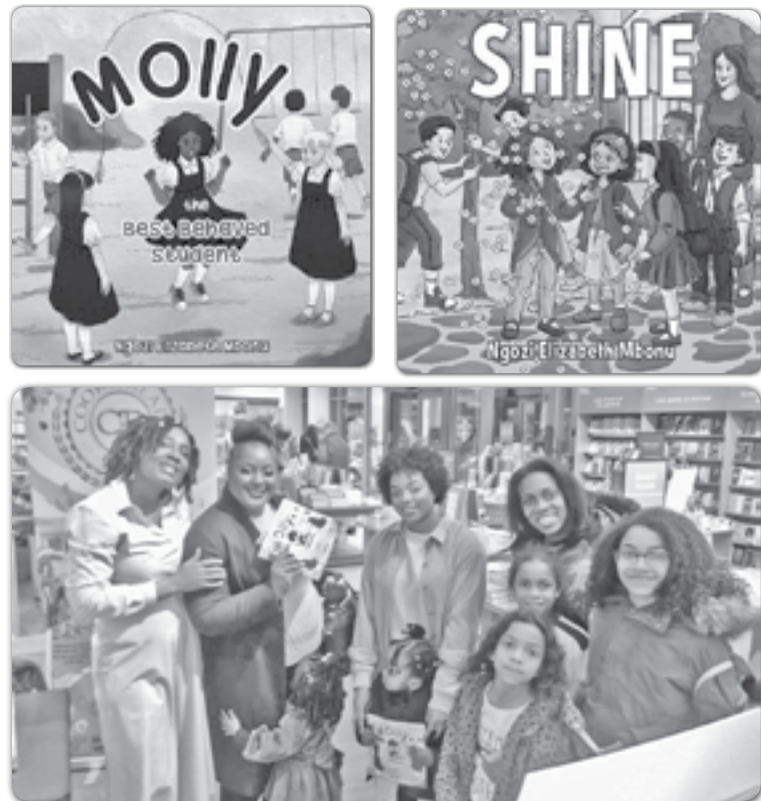
CONTACT:
Tel: 416-890-1726
Fax: 1877-221-6759
email: trem_york1@yahoo.com
Website: www.tremyork.org

Book Launch MOLLY THE BEST BEHAVED STUDENT

By Ngozi Elizabeth Mbonu at Indigo Bookstore, Yorkdale Mall on the 22nd of Feb., 2020

Author of Children's books
Company: CookieReads

Email: gozibonnu@yahoo.ca
Website: www.cookiereads.ca
Mobile: 647.380.1119



Ngozi Elizabeth Mbonu was born in Ottawa, Canada and raised in Nigeria.

Writing has always been a passion of hers and as a kid she was nicknamed Storyteller and created a lot of stories.

Her coming to Canada benefited her a lot as her teachers discovered that she is a gifted writer and encouraged her to continue writing.

In 2015 she published her first book TATIANA which was made into a movie by TIFF kids, the book was used to teach children about Bullying. In 2016 she published her second book SHINE which is a christian version of Tatiana and 2020 she published Molly the best behaved Students which teaches Soft skills like Kindness, Team work, empathy, encouragement .

You can find her books on amazon platforms and via her website @ www.cookiereads.ca
Connect on Facebook @ Ngozika Mbonu
Instagram as Cookiereads1



Pics by NGOZIKA

Black History Month Reception at Queen's Park hosted by Black Caucus & the Ontario NDP Leader

Feb. 19, 2020



L-R: Andrea Horwath The Ontario NDP Leader, Ngozi Ugoh (Nigerian Canadian Newspaper) and Laura Mae Lindo (MPP Kitchener Centre)

Pics by NCNC

Tel: 416-917-2790 • 416-744-1078
Fax: 416-748-8957

MOSAIC

WHOLESALE

(A DIVISION OF FILAD ENTERPRISES)

HIGH QUALITY AFRICAN PRODUCTS AT WHOLESALE PRICE

- Mosaic Food Products
- African Movies / Music (CDS / DVD)
- Mini Food Products

RETAILERS & DISTRIBUTORS OF GROCERY, COSMETICS, AFRICAN MOVIES & MUSIC

MOSAIC MEATS

High Quality African Meats

- Full Goat
- Fresh Fish
- Cow/Goat Tripe
- Cow Skin
- Cow Foot
- Oxtail
- Hard Chicken
- Smoked Meats & Fish
- African Groceries

416-745-1044
62 EDDYSTONE AVE, NORTH YORK, ON M3N 1H4

mosaicafricanfoods.com
mosaicfoods@hotmail.com

THE
NIGERIAN
CANADIAN
NEWSPAPER,
CANADA

Publisher:
Ngozi Ugho

admin@nigeriancanadiannews.ca
publisher@nigeriancanadiannews.ca
ncnewsoffice@gmail.com
www.nigeriancanadiannews.ca

Tel: 416-318-3506

Youth:
Dima Ugho

admin@nigeriancanadiannews.ca

Advertising Executive:
Ogo Anozie

admin@nigeriancanadiannews.ca

Contributors

Pastor Taiwo Odubiyi
(PhD.)
Oluchi Ugho
Divine Chimsom Ugho
Dima Ugho
Nicole Anozie
Oluchi Ugho
Pastor Amos Dada
Tunde Ajibode
D. Forrester
Marcel Chukwu
Dele Akintilo
Stanley Ugagbe
Kolapo (Kola) Abdul

**ALBERTA REGION
REPRESENTATIVE**

Edmonton, Calgary, Fort Mc-
Murray
Mercy Ighomitedo

Graphics & Layout

Mevlana Media Solutions Inc.
Tel: 416-789-9933
computertrusting@gmail.com

**AWARD WINNING
NEWSPAPER**

Tel: 416-318-3506

E-mails:

publisher@nigeriancanadiannews.ca
admin@nigeriancanadiannews.ca
ncnewsoffice@gmail.com

* Member Of The National
Ethnic Press & Media Council
Of Canada, Inc.
The Nigerian Canadian News
and The African Canadian
News are published monthly
by The Nigerian Canadian
Business & Resources
Directory.

Views expressed in newspaper
do not necessarily reflect the
opinion of the publisher.
All rights reserved. No part
of the newspapers may be
reproduced in any form
without the written consent of
the publisher.

Editorial

Strengthening Nigeria-Canada Relations

On the margins of the 33rd AU Summit in Addis Ababa, Ethiopia, President Muhammadu Buhari and Prime Minister Justin Trudeau dialogued and harped on the bilateral relations of both Nations. The Nigerian number one citizen was said to have described Nigeria-Canada relations as very cordial, expressing his desire to further strengthen bilateral ties.

Buhari underscored the relations between Nigeria and Canada, noting commonwealth membership of both nations and the choice of Canada for higher education by Nigerian students.

The Nigerian leader said "We have a lot of students in Canada. We

are aware of our vital roles to keep the country together. We are eager to expand trade because you are one of the 'biggest customers', of Nigeria's crude oil".

On his part, PM Trudeau who described Buhari as "a leader in Africa," said "Your leadership and reflection on the current situation challenging Africa but also the potentials and opportunities are something that I am very much looking up to".

"Canada and Nigeria have a long-standing and deep connection and friendship, and I very much look forward to hearing your perspectives on many big issues facing not just Africa but the

world".

BUT, with the continued unscrupulous unabated issues emanating from Nigeria, the Nation's image at the international scene is being immensely dented. It's no longer news that the most populous black nation is being plagued with poverty, suffering, gruesome killings, kidnappings, armed robbery, unemployment etc.

We are perturbed that despite the incessant calls by both local and international bodies to curb the lingering issues, the President Muhammadu Buhari administration has continued to pay deaf ears to the plight of Nigerians and rather continued to thrive on jiggery-pokery, nepotism, tribalism and bad governance.

It is alarming that lugubrious, insalubrious news have become the order of the day in Nigeria. It is uncalled for that Nigerians wake up every morning to meet killings by Boko Haram, herdsmen or kidnappings or some global embarrassment. That suicide has become the norm in the society due to the acute hardship is all thanks to Buhari's government.

Without mincing words, that United States placed Visa ban on Nigeria is a major blow to the country's global image. To exacerbate issues, President Donald Trump has pledged reward of \$7m to anyone who provides information that will lead to the arrest of Boko Haram leader, Abubakar Shekau. This could only denote that the Buhari-led government has failed in its duties to the citizens.

Recently, Concerned Nigerians stormed the Nigeria High Commission in Canada to protest over the insalubrious state of things in Nigeria, calling for the resignation of President Muhammadu

Buhari. The convener of the group, Olujimi Adekanle while addressing the embassy, had said "We the representatives of Concerned Nigerians in Canada are gathered here today to make known our fears on the leadership and government of General Mohammed Buhari in Nigeria.

"Events and heart-breaking contingencies in our dear nation as a result of gross incompetence of the Buhari led administration which can no longer be tolerated judging by the humongous negative effect they are having on our nation Nigeria.

"We unequivocally submit that Buhari's government has failed in all departments of governance; Security, Economy, Educational Sector, Social welfare, rule of law and others too numerous to mention".

From all indications, Nigerians both home and abroad are feeling the gruesome heat of Buhari's government. It is evident the Nigerian leader who promised the citizens empyean in 2015, had not only failed in his duties but has also aggravated the masses' suffering.

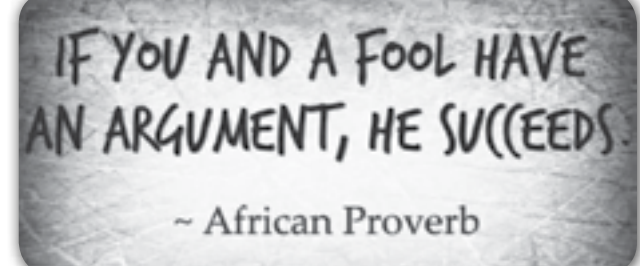
It is worrisome that all these image denting happenings across the globe concerning Nigeria are not giving the government sleepless nights. More worrisome that Buhari is planning of sending 'repentant Boko haram members' abroad for studies.

Be that as it may, the recent meeting between the Nigerian leader and his Canadian counterpart where they harped on the bilateral ties between

both nations is one, we believe should yield some positive results for both parties.

According to records, Canada and Nigeria established diplomatic relations in 1962, shortly after Nigeria's independence in 1960. Over the years, both countries have entered several agreements. It is on record that Canada is providing security assistance in Nigeria through Global Partnership Program (GPP) which is strengthening biological security in Nigeria; Counter-Terrorism Capacity Building (CTCB) Program: training on investigation techniques in accordance with international standards and human rights; Regional technical assistance: strengthening border control, criminal justice systems and the capacity of law enforcement authorities to prevent and address terrorism in the region.

We believe that strong diplomatic ties between the two countries can be strengthened by utilizing their resources to foster their bilateral relations. Nigeria is said to be Canada's second largest export market in Africa. We call on the leaders of both Nations to take their words to heart and exert concerted efforts to strengthen the nations' bilateral relations. As evident in the records, both Nations have enjoyed symbiotic relations over the years. We urge them to continue to build on this bilateral relation and see to each other's continued growth.



HEALTHY LIVING

HEALTH IS WEALTH, TAKE CARE OF YOURS

Disclaimer: In no way are any of the suggestion herein meant to take the place of advice given by a licensed health care professional. Please always consult your doctor before commencing any medical treatment.

Key questions to ask when you get a new prescription

(NC) For most of us, when our doctor writes us a prescription and goes over how many pills to take and when, the next move is to go to the pharmacy to get it filled. But if that prescription is for opioids, this is the time to be asking questions.

- What benefits can I expect?
- What are the risks and potential side effects?
- Are there safer options?
- When should we have a follow-up appointment to assess the benefits and side effects, and whether I should continue with this treatment?

It's important to have this conversation at the outset, before beginning any opioid treatment. Is this the right approach for your individual situation? What other alternatives might be available?

"There are three things I generally tell people," says Dr. Irfan Dhalla, a recognized authority on opioid-related issues. "First, decide with your physician whether an opioid is really the right choice for you. If it is, what is the lowest dose that will be effective? And third, what is the shortest time you need to be on it?"

Dhalla says people should feel comfortable asking their doctor questions such as:

- Why am I being prescribed this drug?

Wellness hacks from an expert

(NC) The first couple of months of a new year are the most common time to set resolutions, but in a matter of weeks, many of us will have fallen off the wagon. Andrea Walmsely, WW coach (WW is the new Weight Watchers) shares tips on how to set, keep and track wellness resolutions.

"The biggest mistake I see people make is that they start off in January with too many restrictions, rules and lofty ambitions when it comes to eating and exercise," says Walmsely. "I urge people to identify liveable, sustainable changes and adopt healthier habits that allow them to enjoy life but make meaningful impact over time. Sustainable success and change do not happen overnight, and every day is a new chance to live healthier and make smarter choices."

Here are Walmsely's top tips:

1. **Be realistic.** Identify realistic goals and

map out concrete, achievable steps you need to take to meet them.

2. **Be accountable.** Find a way to keep yourself accountable to your goal. Wellness apps can be a great way to track your progress and keep you focused on your goal.

3. **Be social.** Find a friend or community to give you support and inspiration. Integrate a coach into your life, start attending wellness meetings, connect with others on your program, and get your friends involved!

4. **Be kind.** Don't beat yourself up when you go off-course! Every new day (or your next meal) is the chance to get it right.

5. **Have fun.** Celebrate success and don't forget to treat yourself. Programs like myWW mean there's no need to put favourite foods on a "bad" list. By giving yourself permission to live a little and enjoy life, you're more likely to stick with your plans and see success.

Foods that make you beautiful

We know we need the right foods to make our insides work beautifully, and it seems there is a miraculous superfood with new health benefits in the news every day.

A healthy diet keeps our organs and muscles working like new. In addition to a healthy gut and immune system, the right foods can have cosmetic benefits as well. From glowing skin to an improved mood, the right foods can take our appearance to the next level. So throw out that new wrinkle cream and fill up your plate with some of these delicious and antioxidant-packed treats!

PLAIN GREEK YOGURT

Because Greek yogurt is packed with protein, it will keep you feeling fuller longer. This means you will be less tempted when those not-so-healthy foods appear in the work break room or at a birthday party. It also contains amino acids, which can repair skin and even reduce the appearance of dark circles under your eyes.

Yogurt helps when used on the outside, too. It contains lactic acid, which naturally sloughs away dead skin cells. Try spreading a thick layer over your face and letting it sit for 10 minutes.

STRAWBERRIES

To slow down those inevitable signs of aging, try adding in more strawberries to your diet. These juicy little snacks are high in vitamin C, which can actually prevent fine lines and wrinkles!

Strawberries can even brighten your smile. They contain alpha hydroxyl oil, which is gentle on teeth enamel, but removes stains. Try mashing a small amount of strawberry into your teeth a few times a

6. **Be patient.** Change doesn't happen overnight, so learn healthy

and sustainable habits to integrate into your life for the long run.

BLUEBERRIES

Next time you're whipping up that yogurt parfait or fruit salad, toss in a few blueberries to really make your skin shine. Blueberries are high in both vitamins C and E. These antioxidants work together to not only brighten tired-looking skin, but also even out redness and uneven skin tones.

BANANAS

If you've been feeling low on energy, try peeling open a banana. They are rich in vitamin B6, potassium, and folic acid. These nutrients improve blood flow to your brain, so not only will you be quick-witted, you'll feel happier.

Bananas can also give you softer, smoother skin. Try rubbing a mashed banana on your face or legs before shaving to soften the hair follicles and give you a smoother appearance.

CARROTS

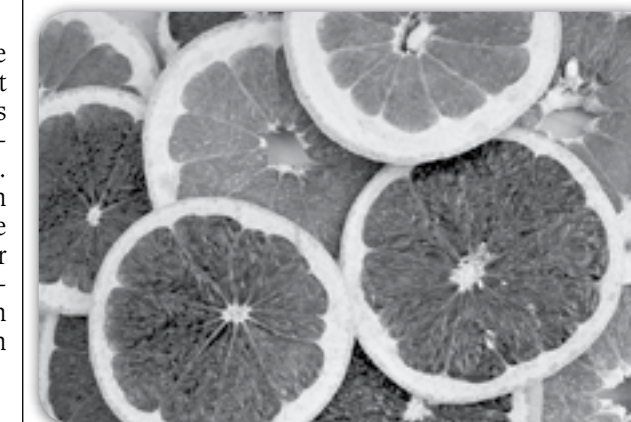
Next time you hit the beach, be sure to pack the carrots. Carrots contain carotenoids, which reduce your skin's sensitivity to UV rays. Still pack the sunscreen, but your afternoon snack can add a little more protection for your skin. Try pairing raw carrots with hummus or guacamole for an easy snack on the go.

RED BELL PEPPERS

Red bell peppers are high in antioxidants, which repair skin and hair cells, giving you a more youthful appearance. Try tossing some chopped red bell pepper in your next salad or egg scramble. The crisp, sweet flavor pairs well with almost anything!

Read More: www.the-list.com

The surprising effects of grapefruit for your skin



Grapefruit is delicious, nutritious, and loaded with those all-important citrus juices. But this particular fruit is also surprisingly great for your skin, too. Boasting a range of essential vitamins and minerals, grapefruit can be eaten whole, juiced, or hollowed out and devoured depending on preference. It's incredibly easy to add to your diet.

According to a 2013 study, grapefruit is even associated with a reduced risk of type 2 diabetes, so it might have actual superpowers too. Medical News Today notes grapefruit is low on the glycemic index, meaning it provides nutrients but doesn't significantly impact your blood sugar levels, which is great news because it's super sweet but not actually bad for us (and therefore great for curbing junk food cravings).

GRAPEFRUIT HELPS TARGET THE SIGNS OF AGING

Aside from the reputed weight loss benefits of grapefruit, it's also a must if you're looking for healthy, naturally glowing skin, because it contains vitamin C, which is vital to the formation of collagen, i.e. the main support system of the skin and the substance people pay thousands of dollars to get injected into their faces on a regular basis.

According to a 2017 study, vitamin C also helps protect against the signs of sun damage and aging. The Healthy advises the retinol antioxidants contained in grapefruit help repair damaged skin and even fight fine lines and wrinkles. They cite a 2009 study of mice, during which spermidine, which is contained in grapefruit, was added to the animals' diets and subsequently slowed their cell aging process. Grapefruit also contains natural astringent properties to make your skin less oily and can even tighten pores.

Grapefruit can help target cellulite

Grapefruit may even help to get rid of the dreaded cellulite. As aromatherapist Gina Kambrowski explained to Stylecter, the collagen helps retain elasticity in skin over time. Likewise, Kim Laudati, of Kim Laudati Skin Care & Laser, advised cutting a grapefruit in half and rubbing it in tight, circular motions while using pressure over your cellulite before hopping in the shower. "If you sleep in pajamas, you can rub a grapefruit in tight circular motions across cellulite post-shower, too," advised Laudati.

Grapefruit can also ensure your skin remains clear, glowing, and spot-free. Dr. Roshini Raj, gastroenterologist and founder of TULA skincare, explains, "Citrus fruits are a rich natural source of vitamin C, which helps destroy free radicals in your body while providing a radiant glow to your skin and rejuvenating skin from the inside." The essential oils contained in citrus fruits like grapefruit provide cleansing and anti-inflammatory benefits, too. Grapefruit is an all-round super-food for your skin, whether you're using it from the inside — or out.

Nigerian Canadian News

Supports

Sickle Cell Awareness

Know your Sickle Cell Status.

Get tested today



SCAGO
Sickle Cell Awareness Group of Ontario

Canadian Military urged to double Female Recruitment to reach target

By D.Forrester

An internal study from the Department of National Defense has disclosed that Canadian Armed Forces needs to nearly double the number of women it has been recruiting in recent years to reach its clear-cut goal of having women represent one-quarter of all military personnel by 2026.

According to the study which was prepared by Defense Research and Development Canada, the military must recruit around 3,500 women each year to meet its own internal deadline. Recall that over

the past decade, the military has never recruited more than 1,850 women in a single year. However, the study, which was done by the research arm of the department does not come to any conclusions about the possibility of meeting it targets, but the numbers suggest the Forces would hard-pressed to declare mission accomplished.

In an email made available to newsmen, Defence Department spokesman Derek Abma said "Although there was a slight rise in the number and proportion of women recruited into

the CAF over the past three years, it has not reached a level necessary to achieve the goal of having women represent 25 per cent of the CAF by 2026".

According to reports, the drive to grow female representation in the Forces stems from an order that chief of the defence Gen. Jonathan Vance delivered in February 2016, shortly after he took command of the military. Recall that the Vance had said he wanted one in four service members to be women within the next decade.

It was clarified that the directive was

part of a broader push to have the military better reflect Canadian society and coincided with efforts to eradicate sexual misconduct in the Forces, which had recently been flagged as a significant problem in the ranks.

However, official records have it that new figures show there has been only minimal progress in the intervening four years. The records have it that as of last month, the percentage of those in uniform who are women have only grown from 15 per cent when Vance issued his order to 15.9 per cent.

I am ready to challenge Justin Trudeau - Peter Mackay



By D.Forrester

Peter Mackay, a former federal cabinet minister has announced plans to run for the leadership of the federal Conservative party.

Recall that the

former minister who made the announcement at the Museum of Industry in Stellarton, N.S Mackay, served in a number of portfolios under prime minister Stephen Harper.

continued on p(43)

Duchess Meghan Reportedly back on Vancouver Island

By D.Forrester

Alarmed by the lingering issue, Queen Elizabeth II has moved to take control of the crisis surrounding the decision by Prince Harry and Meghan, the Duchess of Sussex, to distance themselves from the royal family, ordering royal courtiers to sort out a future role for the pair within days.

Meanwhile, it has been disclosed that Meghan has returned to Canada, where she and Harry spent the Christmas holidays, instead of with other royals at Sandringham. The former actress is American but has longstanding ties to Canada, having lived in Toronto while filming the TV show "Suits."

Meghan was on a flight headed to Vancouver before returning to Vancouver Island, where the royals had spent Christmas. Reports have it that the royal family is said to be "hurt" by Harry and Meghan's recent statement that they want to step down from being senior royals, with reports further claiming they were not told of

the statement beforehand. But in their bid to address the issue, the queen, Charles and William have told their teams to work with the Sussexes to sort out a solution.

after spending the December break visiting relatives in Iran. In a recent sermon during prayers, Iran's supreme leader called the downing of the civilian airliner a bitter accident that saddened Iran and made its enemies elated.

The leader, Ayatollah Ali Khamenei averred Iran's international rivals have seized on the crash to question the country and its armed forces.

Also, while calling President Donald Trump a clown, Khamenei attacked the United States for its killing of a top Iranian general, which was a factor in putting Iranian air defenses on high alert.

Parks Canada unveils new rules for climbing Canada's Highest Peak

By D.Forrester

As part of their efforts to protect lives, Parks Canada has unveiled new rules for climbers on the country's highest peak after having to rescue eight people in seven years.

Among others, the rules which are posted on the agency's website, include a ban on solo climbing on 5,959-metre Mount Logan and a moratorium on winter mountaineering expeditions in Kluane National Park in Yukon.

The official statement had it that climbers are also required to have insurance to cover search-and-rescue costs for any trip in the park's Icefield Ranges before they are issued a permit.

Speaking on the development, Ed Jager, director of visitor experi-

ence with Parks Canada said "It's an incredibly beautiful place and we still want people to come visit and experience all national parks, including Kluane, and we also want to make sure, when they do, that it's safe".

In his words, that includes safety for both visitors and the teams who have to rescue people when something goes wrong.

The director succinctly averred that the moratorium on winter travel runs from Nov. 15 to March 15. Solo climbing won't be allowed until further notice.

He said "Both of those combined together are because of increased rescues that we've been seeing".

"Those two factors — time of year and being alone — make expeditions more compli-

cated, more difficult and increase the chance that a rescue might be required."

Following this development, climbers who intend to do an expedition in the Icefield Ranges from late March to mid-November require a permit from Parks Canada.

In his words, "We are adding a condition to the permit that you must have search- and-rescue insurance". He added that "If you do require a rescue, we will be asking you to pay through your insurance."

According to the director, the eight rescue missions in the last seven years have cost between \$60,000 and \$100,000 each.

"It's a complex operation."

With this development, the insurance re-

RAZA
CALL WORLDWIDE
STARTING AS LOW AS 1¢
NO EXPIRATION DATE, NO HIDDEN FEES, NO GIMMICKS.
Restrictions applies. Rates are subjected to change without notice.

2549 Hurontario St. Mississauga, ON (HWY 10 & Dundas) 905-232-7292	991 Albion Road Etobicoke, ON (Albion & Islington) 416-746-9797	1971A W. Finch Ave. North York, ON (Jane & Finch) 647-352-3322	695 Markham Road Scarborough, ON (Lawrence & Markham) 647-748-3400
-----------------------------------------------------------------------------	--------------------------------------------------------------------------	-------------------------------------------------------------------------	-----------------------------------------------------------------------------

Ottawa to compensate families of each Canadian killed in Ukrainian Crash

By D.Forrester

Canada's Prime Minister, Justin Trudeau has disclosed that Ottawa will provide \$25,000 to the families of each of the 57 Canadian citizens and 29 permanent residents who died when Iran shot down a Ukrainian passenger jet.

According to the number one citizen of Canada, the money is intended to cover the cost of funeral arrangements or travel, and it's on top of an earlier commitment to waive fees and speed up processing times for visas for those affected by the crash.

In a news conference, Trudeau said

"This is a unique and unprecedented situation, because of the international sanctions placed on Iran and the difficulties that that imposes on these families".

While noting that it could take time, Trudeau succinctly averred that "I want to be clear: we expect Iran to compensate these families".

"I have met them. They can't wait weeks. They need support now."

On his part, Foreign Affairs Minister Francois-Philippe Champagne was in Oman recently to meet with his Iranian counterpart, Javad Zarif, to dialogue on the shooting down of the Ukraine Interna-

tional Airlines flight PS752, which killed 176 people.

That meeting comes after Canada and four other countries with citizens aboard the downed airliner came up with a list of demands for Iran, which includes pressing that country to co-operate with the investigation.

According to official reports, all the countries are asking that Iran punish those responsible and compensate the families of victims.

Reports have it that the Canadian Press has independently confirmed at least 90 victims with ties to Canada, many of them students and professors returning

after spending the December break visiting relatives in Iran.

In a recent sermon during prayers, Iran's supreme leader called the downing of the civilian airliner a bitter accident that saddened Iran and made its enemies elated.

The leader, Ayatollah Ali Khamenei averred Iran's international rivals have seized on the crash to question the country and its armed forces.

Also, while calling President Donald Trump a clown, Khamenei attacked the United States for its killing of a top Iranian general, which was a factor in putting Iranian air defenses on high alert.

One Love Media presents the 8th One Love Gala

Leap days are meant to be celebrated !! Feb 29 2020 was a memorable evening for all who

attended the eighth annual One Love Gala at Elite Banquet Hall on Albion Road in Etobicoke.

Hosted by DJ Ryiad and Lubna Alli, the evening was enjoyed by a diverse group of individuals

who share the common goal of recognizing the accomplishments of interfaith chaplaincy and the successful reintegration of men and women who were formally incarcerated.

The gala was kicked off by the very talented Raj Naiken, who serenaded the crowd throughout the evening. Chair Chaplain Habeeb Alli and co-chair chaplain Juliane martin welcomed all the attendees and the festivities were underway !

Keynote speaker Dr Imam Hamid Slimi discussed the effects of



diversity chaplaincy on inmates reformation and how community members can assist in welcoming prisoners back to the community.

A delicious buffet of Indian and West Indian cuisine was appreciated by all. DJ

Navi delighted the crowd with a full evening of great music.

Thanks to Dmitri Kanovich, founder of Looking at the Stars, gala

attendance were treated to a

live musical performance by trained classical musicians. Looking at the Stars brings classical music behind bars and gives prisoners an experience of hope and healing that only music can

deliver. Former inmate, James, shared a heartfelt testimony to the impact of how music and community in-



presented to Andrea Tabnor for her community leadership and founding the Unity BBQ in Jane and Finch Toronto for the past ten years.

Hon. Rob Oliphant, MP Don Valley West, was present to bring greetings from Prime Minister Justin Trudeau in recognition of the event.

The evening was sponsored by Canada Mortgage & Financial Group, Zabiha Halal and HCI.

in Canada where you have all these peaks over 5,000 metres where helicopters don't work well and you need to significantly change your approach to rescue. There's very, very few people in that part of the world."

"There's the isolation. The place where people are getting rescued from is 100 kilometres from the nearest road.

"There's the altitude. There's no other place

Proceeds of the silent auction & fundraising from the event are in support of Looking at the Stars, and FEAT for children. FEAT (fostering, empowering, advocating, together) provides supportive programming for children affected by parental incarceration.

Co Chairs- Habeeb Alli and Juliane Martin
onelovegala.org
416-823-1738

Black Groups aim to Launch Credit Union



By Dele Akintilo

The black population of Toronto could once again have its financial institution if the three African Canadian Organizations can acquire the needed community support to get the Pan-African Credit Union that was proposed off the ground.

According to Adoama Patterson, the President of Jamaica Canadian Association (JCA) who is one of the three entities pushing for the project, the proposed institution is not limited to people of colour but the goal is to offer an alternate banking system that will serve the Black community better in Greater Toronto and later serve the rest of Canada.

Patterson said: "It's a lofty goal. Well overdue, though. We hope that we can get through all of the stages to launch by the summer of 2021. The main aim is to provide financial services to Blacks who have been traditionally underserved or un-banked. People have been asking for it for a while. This piece was the next logical step. While families will be the core of the credit union's membership, making investments in Black-owned businesses is also key. The community has always talked about economic empowerment. It enables all of the other conversations when you have that economic ownership."

This is not the first time JCA will run a credit

union. JCA ran a credit union that folded up in 1995.

Plans to resuscitate the credit union started to gather momentum in 2016, after Patterson became the President of the JCA.

While talking about plans to revive the credit union, Patterson said: "We were tackling a lot of other things, but it seemed like the financial institution piece was missing."

Patterson discovered on time that the JCA was not alone in fighting for the come back of a financial institution that focuses on blacks. The Lions Circle African Mens' Association was also making moves to establish its own credit union. After her discovery, she made sure the associations pulled resources together.

After Canadian Black Chamber of Commerce joined the partnership, the idea started gaining steam and the steering committee which include people from various financial backgrounds has been having series of meetings lately.

The President of Black Chamber of Commerce, Andria Barrett said she always receive complaints from owners of small businesses about the difficulties they encounter in a bid to access loans from traditional banks.

She said: "I've heard countless stories from Black business owners, who have made some money, but can't get a

Universities on alert as a case of Corona Virus disease confirmed in Nigeria

By Dele Akintilo

Following the announcement that a case of Coronavirus disease (COVID-19) has been discovered in Nigeria, some universities have stepped up sensitization programmes and taken measures to avert the spread of the fast-spreading disease.

It should be recalled that the news of the first recorded case of Coronavirus broke recently following Lagos State Government's confirmation.

An Italian citizen that came into the

country recently on a business trip tested positive at the Lagos University Teaching Hospital (LUTH) and was immediately taken to the Infectious Disease Hospital (IDH) in Yaba.

In their responses to the latest development, officials and Vice-Chancellors of some universities have revealed that measures are in place to avert the spread of the deadly disease.

The Vice-Chancellor of Lagos State University (LASU), Olanrewaju Fagbohun disclosed that he had

instructed appropriate officials (his deputies and the director of the health services) to step up the already existing awareness programme and ensure that sanitisers are available in every office and classroom.

He stated further that as much as the university is fully committed to ensuring necessary preventive measures are put in place, the university would not likely create panic among the people.

He said; "In fact, I just gave instructions this morning for direc-

tor health services to have a meeting with the DVCs and registrar to alert staff and students on the preventive measures. We are also buying hand sanitisers, hand washing facilities for the offices and classrooms. We want to bring it to people's consciousness, but also do not want to create a panic. With our respective large population of staff and students, we must not leave anything to chance. Our director of health services will also be on LASU Radio this morning and afternoon."

Olisa Metuh bags Seven years Jail term

By N.Ugoh

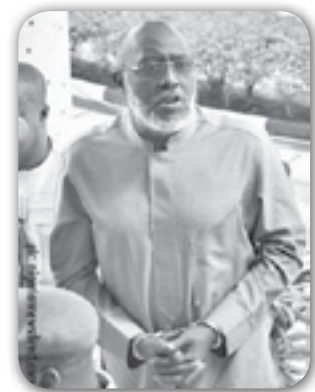
Justice Okon Abang of the Federal High Court in Abuja has sentenced the former spokesperson of the Peoples Democratic Party (PDP) Olisa Metuh, to 7 years in prison for laundering not less than NGN400 million.

Prior to the judgement, Justice Abang declared Olisa Metuh guilty of the seven-count-charge. Part of the seven-count-charge include fraudulent receipt of NGN400 million from National Security

Adviser's office in November 2014 and deployment of the money for PDP's political activities and his personal purposes.

The judge also sent Metuh to prison for engaging in transactions with \$2 million in cash without going through any financial institution.

Abang sentenced Olisa Metuh to seven years in prison for counts 1, 2, 4 and 7, five years in prison for count 3, and three years in prison for counts 5 and 6.



He said the prison terms will run concurrently. By implication, Mr Metuh will spend a maximum seven years in jail unless a higher court rules against this judgement.

Abang also directed Metuh to pay a fine of N375 million to the Federal Government Nigeria and ordered Destra Investments to pay a fine of N25 million to the Federal Government of Nigeria.

Furthermore, The judge directed that the accounts of Destra (the second defendant) in Diamond Bank (now Access Bank) and Asset Resource Management be closed and their proceeds remitted to the federal government.

VOLUNTEERS WANTED

- CONFERENCE/EVENT CO-ORDINATORS
- PUBLIC RELATIONS CO-ORDINATORS AND WRITERS
- SOCIAL MEDIA MANAGERS
- MARKETING MANAGERS
- PHOTOGRAPHERS/VIDEOGRAPHER

USHERS FOR THE 2ND OF MAY, 2020

MUST BE COACHABLE, FRIENDLY, RELIABLE AND PUNTUAL.

416.318.3506 • NCNCEVENTS@GMAIL.COM

FINANCE

Your employees' financial stress may adversely affect your company's performance

(NC) Money worries are the first source of stress for Canadians. It's their main concern, before health, work and family obligations.

According to a Canadian Payroll Association's employee survey, almost half of working Canadians admit that stress related to personal finances has an impact on their performance at work.

There are many sources of financial stress, which may include a high debt level, living from paycheque to paycheque, managing family expenses, difficulty of saving to reach short- and long-term objectives, and so on. This can affect employees, regardless

of their income and age.

Fortunately, there are resources you can use to reduce the impact that financial stress may have on your employees. When you introduce financial wellness programs in your work environment, you can help your employees alter their behaviours and set financial objectives, such as establishing a budget and creating savings or debt reduction plans.

Use the tools and resources available on the Financial Consumer Agency of Canada website. It's a comprehensive, no-cost and impartial resource that provides detailed

information on how to set up a financial wellness program. You can adapt it to your employees' specific needs and to the nature of your organization or company.

Some benefits to investing in your employees' financial wellness include better mental and physical health for your employees and lower stress levels. Higher productivity for your company is another advantage, as your employees will be less distracted at work and their performance will improve.

Learn more at canada.ca/financial-wellness.

How Job Loss Leads to Insolvency and What you Need to Do

By Ajay Oberoi



Ajay Oberoi

Losing one's job is among the popular reasons people wind up needing debt relief such as bankruptcy or consumer proposals in Canada. Whether you were in debt before you lost your job or had no option but to cover your expenses with credit, job loss can quickly lead to winding or increasing debt and an inability to pay it back.

However, before getting to point about dealing with this rising issue attached to job loss let us view some common reasons which mostly lead to job loss.

- Downsizing – a leading issue especially in places where the companies are not performing well

cost anyone their job. However, once you have suffered your loss there is a whole list of problems to face.

One of the major effects of job loss is insolvency. It is the state of being unable to pay the money owed, by a person or company, on time. When one loses a job that means a cut of a regular

pending debts. The following points highlight and discuss what is needed to be done.

Avoid Further Debt

Do not, in any case, get yourself into a new debt in this situation. That is a no go for you whatsoever. Do whatever little jobs you have to for making it work the routine, but in no case borrow more money. It will worsen the situation and make insolvency an inescapable trap for you.

Evaluate Your Assets

When it comes to finances and that too of an unemployed person, you must take your current assets into consideration in order to be very much aware of your current financial condition. Understand your assets and look into the details of the ones which can help you particularly with paying off your debts.

Contact the Creditors

In this view, what is vital to be taken into consideration is to contact your creditors. Contact them and explain your current status to them. Once you make your financial conditions and worth clear to your creditors, you can request for modifications in your agreement. This can be in the form of lower interest rates or amounts or even an extended time for the payment of the debt.

What are you required to do?

Being jobless and becoming insolvent is one thing, but dealing with it must be your top priority as you have to get rid of all the



Does your chequing account still meet your needs?

(NC) For many of us, the beginning of the year is an opportunity to start off on the right foot. One way to do this is by making sure your finances are on track.

A good place to start is evaluating your chequing account. What features are right for you? How many transactions do you make each month? Do you prefer making your banking transactions

online, at a bank machine or in a branch?

Carefully read your account agreement. How many transactions are allowed? Are there extra fees for certain transactions, such as electronic money transfers?

If your account no longer meets your needs, check out the account comparison tool developed by the Financial Consumer Agency of Canada

(FCAC) to find the package or bank account that best suits your needs.

If another financial institution offers banking services that better suit your needs, move your account there. Most financial institutions have processes in place to help you make this change, such as transferring all your pre-authorized debits to the new account.

If you change your account, keep your previous account open during the transition period so you can easily keep track of your transactions. During this period, check your bank statements from both financial institutions to ensure that things are seamless with the new account and you are not making duplicate payments.

Learn more at canada.ca/money.



TAX RETURN FILING

Across GTA & Surrounding Area

Call Anytime
Evening & Weekend Welcome
416.528.1530
R. Anthony

My date turns out to be my Granddaughter

Dear Agatha,
I am aged 72 and a grandfather to three teenagers, two girls and a boy. Two years ago, my wife relocated to Quebec, Canada to be with our last born when she gave birth to a set of twins. At first, she was meant to stay for only a couple of months but she kept postponing her return until she made it clear she preferred that country to Nigeria. Both she and our daughter tried to persuade me to relocate but I told them that I couldn't walk away from my business and life in Nigeria. Though my wife has since come twice to visit me but I am leading a very lonely life. My first and second are boys, married with their own families and having challenges of their own. Though they call from time to time to find out how I am faring but, nothing compares to having my wife around me.



Agatha Edo
gataedo@yahoo.com
agatha.edo@gmail.com

To face me. I couldn't comprehend why my granddaughter was into prostitution. Her parents were very well off and I made it a point of duty to credit the accountants of my grandchildren with a sizeable amount every month.

The only answer I got for all the questions I asked her was, she was doing it for the fun. That night I felt bad, ashamed and belittled. I have tried seeking her out so we can really talk but she told me to mind my business. That it is too late for her to mend her ways as she enjoys the thrill of having sex with older men. I feel helpless because since I don't want my children and wife to know about my sex-life, I haven't told anyone anything about her. The big surprise is her lack of remorse and shame. From her attitude, she expects me to be the only one to be ashamed. At least I am but, she is carrying on as if nothing is wrong with what she is doing and has convinced herself that I wouldn't dare say anything to the family to protect my image. On that, she is right but I want to help her beat this bad habit.

Agatha, please help with suggestions on how to save my granddaughter from herself.

Atunda.

Dear Atunda,
You can start by calling her again for a heart to heart talk. Begin first by apologizing to her for the incident in the hotel room. No matter how you see it, she is also very disappointed in you just as you are in her. Bear in mind that until that incident, you were perhaps one of her ideal men, her grandfather who in her opinion could do no wrong.

Fortunately I was under the sheet hence she didn't see my nakedness nor did I see hers as she had a towel wrapped around her naked body. If she was shocked, she didn't display it. She simply went back into the bathroom to wear her clothes and came back

managed by you could further drive her deep into the abyss. For a young mind, nothing destroys them like a punctured trust.

Yes, her conduct is disappointing but more than hers, you are the one with the greater shame because at your age, you ought to know better than to run after young girls, the age of your grandchildren. You could argue the point that the decision of your wife to relocate to Canada is the reason for your debauchery but must you find comfort in the company of young girls? If you had been found by her in the company of an older woman, she might have overlooked your decision to play the field since her grandmother had abandoned her duty post.

The shock of her walking in on you half naked is an image that would take a very long time to erase from her mind. She is not only ashamed at being found out but dealing with the bigger problem that she almost slept with her grandfather. What if the electrical system had gone off and wasn't restored on time? Do you realize that you could have slept with your granddaughter before you both knew what was happening? This is one of the many things that could have gone wrong on the night you contacted your pimp for a young girl to grace your bed for the night.

She may be acting all tough and recalcitrant but somewhere is that child that needs the attention, care and love of her family. Trust me, that incident has also taught her one or two lessons but she needs urgent help to put to proper use the lessons she has learnt.

Irrespective of the ugly incident, you are still in the best position to help her. Your apology will soften her sufficiently to listen to whatever you have to say. In getting her to listen to you, don't try to justify your action or condemn hers, at least not for now. Plenty of time to scold her but now is the time to listen to her reasons and offer her the help she needs to turn her back on this destructive path she has chosen.

It would take a lot of patience and tolerance to get her to completely trust you with her reasons. Be warned that she could also try to blackmail you into allowing her to be but let her know you are prepared to tell the family about your little secret and that she, and not you has more to lose if that happens.

Good luck.

PASSION With this Ring

By Pastor Taiwo Odubiyi
Continued from the last issue



Pastor Taiwo Odubiyi

"I made a huge, big mistake." Grace added. "I have to agree with you on that. I didn't think this far."

"You didn't think at all."

"We didn't think at all." He corrected her. "I have to agree with you." She said and smiled.

He chuckled. "I'm happy we're able to agree on some things. But why did you first say nothing?"

She smiled again. "I'd like us to be honest and open with each other. If there's something on your mind you don't like, tell me, and I'll do likewise."

"Alright. Have you told your family?" She asked.

"I've not told my parents but my brother and sister are aware."

"What do you think your parents will say?"

"I'm not sure but..." she shrugged, "they definitely won't be very happy."

He took a deep breath before he added, "There's not much they can do about it though, it has already happened. Besides, I'm an adult."

"My pastor and family will like to meet with you."

"Why?"

"It's just to discuss with you and probably ask you some questions."

"Do I need someone to come with me for the meetings?"

"Er, I don't know. It may not be necessary."

"Your mother is very angry with me, right?"

"Not really. She's angry at the situation, not with you in particular."

"What will they do to you?"

"I'm definitely going on suspension."

He was surprised. "Suspension?!"

"And you don't mind?"

"Well, I asked for it. The way I went about getting pregnant is wrong."

"For how long will the suspension be?"

She shrugged. "Four months."

"They were quiet for some seconds. Then he spoke again, 'Who do you think we should meet with first?'"

She shrugged. "We can meet with the pastor first as you said."

"When do you want us to go?"

"It depends on you. I can always create the time."

"Can we go this Saturday?"

"It's okay. I'll inform him right away." She said and took her phone.

She called Pastor Femi to confirm. When she ended the call, she told Albert, "He asked us to come on Saturday afternoon, by one."

"One? I guess that should be fine. I'll be there. Should I pick you up?"

"Yes." She answered.

"I should be able to get to your house by twelve-thirty." He told her.

He spoke again. "Will Sunday be okay to see your folks then?"

"Yes."

gan to ring. Thinking it was Grace, he quickly picked his cell phone and checked the name. It was Patience.

He put the handset down and hissed. Why was she calling him? What part of 'I'm not interested' didn't she understand? He wondered.

After ringing several times, it cut off but began to ring again almost immediately. He took the handset and checked again, it was Patience.

He had to do something to make her realise he meant every word he told her on Sunday.

He took his phone and called her back.

"Hello," she said in that tiny, whining voice of hers.

"Hello Patience. How's work?"

"I've been sacked."

"Sacked? What happened?"

"Er, my boss' wife asked me to go."

"Your boss' wife? Why?"

"I don't know. The woman hates me." She said.

Albert didn't believe that excuse. He knew Patience must have done something wrong which the woman could not tolerate.

"That's unfortunate." He said.

"I'm desperate for a job. My family depends on me. Have you submitted my CV to your friend?"

"Yes. I'm sure she will call you."

"It's a woman?"

"Yes. She will call you if she has to; she has your contact details."

"Okay."

"I hope you get another job soon but... as I told you on Sunday, don't contact me again. I... I'm in a relationship and the woman is carrying my child."

"Oh! I'm sorry. Er..."

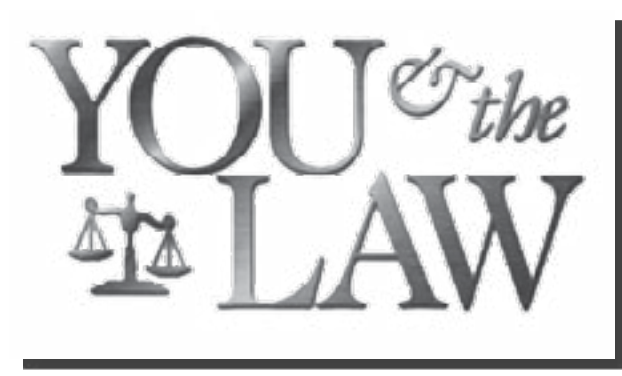
"Goodnight, Patience." He said and ended the call.

To be continued.

This story is from the novel - With This Ring by Taiwo Iredele Odubiyi

To read this novel and other books by the same author, please visit:

Amazon Kindle
www.pastortaiwoodubiyi.org
WhatsApp: +2348023000773



Winnipeg Police Officer Charged

By N.Ugoh

A police officer in Winnipeg has been accused of deleting records related to his own speeding ticket.

According to Manitoba's Independent Investigation Unit, Patrol Sgt. Sean Cassidy was driving a private vehicle when photo radar caught him speeding last October.

The Investigation Unit also disclosed that Cassidy was on

duty at the time.

It was further alleged by the investigators that the officer returned to his office and used the police computer to stop the speeding ticket from being issued.

Following the discovery, Cassidy has been charged with unauthorized use of a computer, fraud and obstructing justice.

The embattled police officer is billed to appear in court in March.

Duceppe Family Sues for \$1.25 Million Over Mother's Death

By NCNC Staff

A year after the ugly incident, the family of former Bloc Quebecois leader Gilles Duceppe is suing the luxury seniors' residence where their mother died after being trapped in a courtyard during a false fire alarm last winter.

Recall that 93-year-old Helene Rowley Hotte Duceppe died of hypothermia a year ago on a morning when it was a bitter minus 35 degrees outside and snowing.

Speaking on the development, Lawyer Marc-Antoine Cloutier averred that while the death may have been accidental, the alleged negligence of staff at the Lux Gouverneur Montreal contributed to the tragedy.

According to multiple reports last June, video surveil-

lance showed that the woman was trapped in the courtyard for six hours. It further disclosed that the 93-year-old deceased tried to get back inside the building to no avail, since her access card wouldn't let her back inside and no one noticed her absence.

Delineating on the development, Lawyer Cloutier succinctly stated that the family and the estate are seeking just under \$1.3 million for both the suffering experienced by Rowley Hotte Duceppe, and the pain her death has caused her seven children.

It would also be recalled that as of last July, the family sent the Lux Gouverneur notice that they were seeking damages, and were prepared to take legal action if the residence fails to comply.

votes cast in that election in two-thirds of the eight local government councils in Bayelsa State," Oshiomhole stressed.

He added, "Therefore, from the fact available to us and in due consultation with our lawyers, it is clear that there is no candidate that meets the requirements of the Supreme Court - which means no one can be sworn in legally tomorrow unless there is a deliberate abuse of the legal process."

"We have accordingly asked our lawyers to look at all the windows that exist in law and take steps to ensure that the will of the people of Bayelsa State is not undermined on the altar of technicalities."

Reacting to the threats, the Peoples Democratic Party (PDP) described the comments of Adams Oshiomhole, on the ruling of the Supreme Court as an empty and inconsequential ranting.

In a statement by its National Publicity Secretary, Kola Ologbondiyan, the party "warned Oshiomhole, to steer clear of Bayelsa state as his apparent plots to trigger violence in the state has failed."

"The PDP further counseled Oshiomhole to be careful with his utterances and not use any forms of venomous garb and clear misuse of language to destabilize our nation and truncate our hard-earned democracy."

"The people of Bayelsa state knows as a fact that the Independent National Electoral Commission (INEC) under our laws, cannot take instructions from any individual, let alone a factional national chairman of a dysfunctional political party like the APC."

"The PDP, as a law-abiding party, counsels Oshiomhole to rein in himself and desist from all odious designs against Bayelsa state, her people and government."

However, INEC had according to the directive of the Supreme Court issued certificate of return to Douye Diri and he has been sworn-in as the governor of the State.

Unsatisfied by the judgment, the All Progressives Congress (APC) has written to the Independent National Electoral Commission (INEC) calling for a fresh governorship election in Bay-

Uproar as Supreme Court Sacks David Lyon

By Stanley Ugabge

In a dramatic development that caused unscrupulous uproar across the nation, the Supreme Court had in a day to his swearing-in, nullified the election of Bayelsa governor elect, David Lyon and his deputy Biobarakuma Degi-Eremienyo

According to reports, the apex court sacked Lyon for contesting the election on a joint ticket with Degi-Eremienyo, whom it said forged the certificate he presented to the Independent National Electoral Commission (INEC).

It would be recalled that a Federal High Court in Abuja had earlier disqualified Degi-Eremienyo from the election for the same reason.

Following the unfortunate development, a five-man panel of the Supreme Court led by Justice Mary Peter-Odili ordered INEC to withdraw the certificate of return issued to Lyon.

The court ordered INEC to issue a certificate of return to the Peoples Democratic Party's candidate, Senator Douye Diri who came second in the election.

In his swift reaction to the judgement, the National Chairman of the All Progressives Congress (APC), Adams Oshiomhole, rejected the judgement of the Supreme Court.

In his threatening remarks, the APC national chairman emphasized that the implication of the judgement delivered by the Supreme Court was that nobody was qualified to be sworn in as governor of Bayelsa State.

He said "If as the Supreme Court has ruled, David Lyon cannot now be sworn in as governor and as the person who has the highest number of votes and the spread to be sworn in, it simply means from tomorrow (Friday) there will be no government in Bayelsa State".

According to him, not even the Peoples Democratic Party (PDP) has met the recruitment stated by the law for its candidate, Diri Duoye, to be sworn in as governor of the state.

"As far as we know, the next candidate (because these facts are before court) who happens to be a PDP candidate does not have one-quarter of the total lawful

votes cast in that election in two-thirds of the eight local government councils in Bayelsa State," Oshiomhole stressed.

He added, "Therefore, from the fact available to us and in due consultation with our lawyers, it is clear that there is no candidate that meets the requirements of the Supreme Court - which means no one can be sworn in legally tomorrow unless there is a deliberate abuse of the legal process."

"We have accordingly asked our lawyers to look at all the windows that exist in law and take steps to ensure that the will of the people of Bayelsa State is not undermined on the altar of technicalities."

Reacting to the threats, the Peoples Democratic Party (PDP) described the comments of Adams Oshiomhole, on the ruling of the Supreme Court as an empty and inconsequential ranting.

In a statement by its National Publicity Secretary, Kola Ologbondiyan, the party "warned Oshiomhole, to steer clear of Bayelsa state as his apparent plots to trigger violence in the state has failed."

"The PDP further counseled Oshiomhole to be careful with his utterances and not use any forms of venomous garb and clear misuse of language to destabilize our nation and truncate our hard-earned democracy."

"The people of Bayelsa state knows as a fact that the Independent National Electoral Commission (INEC) under our laws, cannot take instructions from any individual, let alone a factional national chairman of a dysfunctional political party like the APC."

"The PDP, as a law-abiding party, counsels Oshiomhole to rein in himself and desist from all odious designs against Bayelsa state, her people and government."

However, INEC had according to the directive of the Supreme Court issued certificate of return to Douye Diri and he has been sworn-in as the governor of the State.

Unsatisfied by the judgment, the All Progressives Congress (APC) has written to the Independent National Electoral Commission (INEC) calling for a fresh governorship election in Bay-

elsa State.

According to the party's national leader, the party acknowledged the judgment of the apex court, but noted that the court did not void its party's votes from the elections, even as he noted that the PDP candidate did not meet the requirement to be declared winner of the election.

In a letter made available to newsmen, Oshiomhole wrote: "Kindly recall that the Governorship election in Bayelsa State was conducted on the 16th November, 2019 and our great party, the All Progressives Congress, duly participated at the said election. You will also recall that the All Progressives Congress emerged victorious at the election leading to our Lyon David Pereworinimi being declared and returned as winner of the election".

"Our attention has been drawn to the judgement of the Supreme Court delivered on 14th February 2020 in the pre-election appeal filed by the Peoples Democratic Party (PDP) and its governorship as well as deputy governorship".

"In the said judgement of the Supreme Court, the candidature of our governorship and deputy governorship candidates were nullified and the commission was ordered to issue fresh certificate of returns with the highest number of votes and with the required geographical spread."

"It is however to be noted that the Supreme Court did not void the votes that our party polled at the election and the implication of this is that the votes of the All Progressives Congress must be reckoned with in determining whether any other candidate polled majority of lawful votes cast in one-quarter of at least two thirds majority of the state."

"We have reviewed

Uproar as Supreme Court Sacks David Lyon

By Stanley Ugabge

In a dramatic development that caused unscrupulous uproar across the nation, the Supreme Court had in a day to his swearing-in, nullified the election of Bayelsa governor elect, David Lyon and his deputy Biobarakuma Degi-Eremienyo

According to reports, the apex court sacked Lyon for contesting the election on a joint ticket with Degi-Eremienyo, whom it said forged the certificate he presented to the Independent National Electoral Commission (INEC).

It would be recalled that a Federal High Court in Abuja had earlier disqualified Degi-Eremienyo from the election for the same reason.

Following the unfortunate development, a five-man panel of the Supreme Court led by Justice Mary Peter-Odili ordered INEC to withdraw the certificate of return issued to Lyon.

The court ordered INEC to issue a certificate of return to the Peoples Democratic Party's candidate, Senator Douye Diri who came second in the election.

In his swift reaction to the judgement, the National Chairman of the All Progressives Congress (APC), Adams Oshiomhole, rejected the judgement of the Supreme Court.

In his threatening remarks, the APC national chairman emphasized that the implication of the judgement delivered by the Supreme Court was that nobody was qualified to be sworn in as governor of Bayelsa State.

He said "If as the Supreme Court has ruled, David Lyon cannot now be sworn in as governor and as the person who has the highest number of votes and the spread to be sworn in, it simply means from tomorrow (Friday) there will be no government in Bayelsa State".

According to him, not even the Peoples Democratic Party (PDP) has met the recruitment stated by the law for its candidate, Diri Duoye, to be sworn in as governor of the state.

"As far as we know, the next candidate (because these facts are before court) who happens to be a PDP candidate does not have one-quarter of the total lawful

votes cast in that election in two-thirds of the eight local government councils in Bayelsa State," Oshiomhole stressed.

He added, "Therefore, from the fact available to us and in due consultation with our lawyers, it is clear that there is no candidate that meets the requirements of the Supreme Court - which means no one can be sworn in legally tomorrow unless there is a deliberate abuse of the legal process."

"We have accordingly asked our lawyers to look at all the windows that exist in law and take steps to ensure that the will of the people of Bayelsa State is not undermined on the altar of technicalities."

Reacting to the threats, the Peoples Democratic Party (PDP) described the comments of Adams Oshiomhole, on the ruling of the Supreme Court as an empty and inconsequential ranting.

In a statement by its National Publicity Secretary, Kola Ologbondiyan, the party "warned Oshiomhole, to steer clear of Bayelsa state as his apparent plots to trigger violence in the state has failed."

"The PDP further counseled Oshiomhole to be careful with his utterances and not use any forms of venomous garb and clear misuse of language to destabilize our nation and truncate our hard-earned democracy."

"The people of Bayelsa state knows as a fact that the Independent National Electoral Commission (INEC) under our laws, cannot take instructions from any individual, let alone a factional national chairman of a dysfunctional political party like the APC."

"The PDP, as a law-abiding party, counsels Oshiomhole to rein in himself and desist from all odious designs against Bayelsa state, her people and government."

However, INEC had according to the directive of the Supreme Court issued certificate of return to Douye Diri and he has been sworn-in as the governor of the State.

Unsatisfied by the judgment, the All Progressives Congress (APC) has written to the Independent National Electoral Commission (INEC) calling for a fresh governorship election in Bay-

elsa State.

According to the party's national leader, the party acknowledged the judgment of the apex court, but noted that the court did not void its party's votes from the elections, even as he noted that the PDP candidate did not meet the requirement to be declared winner of the election.

In a letter made available to newsmen, Oshiomhole wrote: "Kindly recall that the Governorship election in Bayelsa State was conducted on the 16th November, 2019 and our great party, the All Progressives Congress, duly participated at the said election. You will also recall that the All Progressives Congress emerged victorious at the election leading to our Lyon David Pereworinimi being declared and returned as winner of the election".

"Our attention has been drawn to the judgement of the Supreme Court delivered on 14th February 2020 in the pre-election appeal filed by the Peoples Democratic Party (PDP) and its governorship as well as deputy governorship".

"In the said judgement of the Supreme Court, the candidature of our governorship and deputy governorship candidates were nullified and the commission was ordered to issue fresh certificate of returns with the highest number of votes and with the required geographical spread."

"It is however to be noted that the Supreme Court did not void the votes that our party polled at the election and the implication of this is that the votes of the All Progressives Congress must be reckoned with in determining whether any other candidate polled majority of lawful votes cast in one-quarter of at least two thirds majority of the state."

"We have reviewed



pic: mashviral.com

elsa State.

According to the party's national leader, the party acknowledged the judgment of the apex court, but noted that the court did not void its party's votes from the elections, even as he noted that the PDP candidate did not meet the requirement to be declared winner of the election.

In a letter made available to newsmen, Oshiomhole wrote: "Kindly recall that the Governorship election in Bayelsa State was conducted on the 16th November, 2019 and our great party, the All Progressives Congress, duly participated at the said election. You will also recall that the All Progressives Congress emerged victorious at the election leading to our Lyon David Pereworinimi being declared and returned as winner of the election".

"Our attention has been drawn to the judgement of the Supreme Court delivered on 14th February 2020 in the pre-election appeal filed by the Peoples Democratic Party (PDP) and its governorship as well as deputy governorship".

"In the said judgement of the Supreme Court, the candidature of our governorship and deputy governorship candidates were nullified and the commission was ordered to issue fresh certificate of returns with the highest number of votes and with the required geographical spread."

"It is however to be noted that the Supreme Court did not void the votes that our party polled at the election and the implication of this is that the votes of the All Progressives Congress must be reckoned with in determining whether any other candidate polled majority of lawful votes cast in one-quarter of at least two thirds majority of the state."

"We have reviewed

the judgement of the Supreme Court and we are of the firm opinion that the candidates of the Peoples Democratic Party cannot be issued certificate of return and or sworn in as the Governor and Deputy Governor of Bayelsa State respectively.

"We are aware of that section 179(1)(b) of the 1999 constitution of the Federal Republic of Nigeria mandatorily requires a candidate for an election to the office of governor of a state to have not less than one quarter of the votes cast at the election in each of at least two thirds of all the local government areas in the state before the candidate

FAMILY

KENYA WOMEN REJOICE OVER LEGALIZING POLYGAMY

By N.Ugoh



Uhuru Kenyatta

The President of Kenya, Uhuru Kenyatta has signed the controversial marriage bill legalizing polygamy into law.

This passage came after a time when women complained and protested against the shortage of men that would impregnate them. The women marched with placards to express their dissatisfaction with the situation of not being able to get men to sexually

satisfy them.

As a nation, the number of women is about five times higher than that of men and the old law of one man to marry only

one woman had left many women without a man.

With this new law, one man can marry as many wives as possible. This saves women the problem of remaining single.

Kenyan women have welcomed this development with mixed feelings. The already married women are not happy with the development while the single ladies are jubilating and praising the president for his kind gesture.

Plan a multigenerational trip everyone will love

(NC) When it comes to vacation planning, it's relatively easy to pick a romantic retreat or a fun destination for the kids. But where do you go when everyone's along for the ride?

With so many divergent interests and different tastes, creating a trip that pleases everyone — from grandparents and couples to mercurial teens and young children — suddenly becomes a lot harder.

Here are some tips for a smooth holiday the whole extended family will love:

DESIGNATE A LEAD PLANNER.

Too many planners can lead to confusion, stress and even family squabbles. Instead, have one person be in charge of coordinating the itinerary and bookings and keep everything organized in a central location, like a Google spreadsheet, where everyone has access and can con-

PICK THE PERFECT SPOT.

Planning multigenerational and multi-age travel is all about one thing: location, location, location. So, get creative with a destination that has something for everyone. Think winter adventures in Montreal, with plenty of attractions for the kids and dining hotspots for adults. Or a skiing and pampering vacation at Whistler, your family can choose to tucker themselves out on the slopes or stay in for some rest and relaxation.

BE OPEN TO SPLITTING UP.

Can't agree on whether to visit the museum or shopping mall? Or whether to have Italian or Chinese for dinner? Just because it's a family trip doesn't mean ev-

eryone has to spend every minute together. You'll all have more fun if you're flexible and open to the idea of parting ways for some of the day. This will let everyone do more of what they want, and less of what they don't.

Make your stay part of the fun. Not everyone has the stamina for spending the day sightseeing. Consider staying where grandparents can enjoy a dip in the hot tub while the others are out, or the kids can join an exciting supervised activity while you hit the spa or gym. Check out Westin Hotels & Resorts, which offer rejuvenating spa services, exercise gear lending, Peloton cycling classes, family travel journals and local activity guides, and even a cozy doggy bed if you're bringing your pup along too.

Get the best rates guaranteed when you book directly on the app or marriott.com.

Helping teens succeed at school

(NC) Homework can be tough to deal with at any age, but once your kids hit high school, the assignments get more complex, and you find yourself wondering how you ever graduated when you can't remember Grade 10 fractions. Fortunately, the internet has plenty of resources to help. Here are some of the best ones for popular subjects.



HISTORY.

Textbooks can make historical events and figures seem dull and disconnected, when the behind-the-scenes motivations and politics are often fascinating, and everything is interconnected. Educational YouTube videos are great at breaking down complex events like wars to make them interesting and memorable. A standout series is Crash Course, which takes a nuanced look at world history and tries to go beyond a Eurocentric view of the past.

WRITING.

Being able to write well is a critical skill that will help your child succeed in post-secondary studies and

in their career. Since it is often taught as part of a broader English course that primarily focuses on literature, it's a smart idea to devote some extra time to honing writing skills specifically. The Language Portal of Canada is a free website from Public Services and Procurement Canada that has resources on clear communication, punctuation, prepositions, vocabulary, grammar and more, to help high school students of all grades become better writers.

MATH.

One of the trickiest subjects for many of us, math is another important life skill we all need to master. Fortunately, there are plenty of online resources that help, no matter how your child learns best. The

BBC has some great videos and tools, and some provincial governments even offer one-to-one afterschool online tutoring with certified teachers.

FRENCH.

Knowing another language — especially an official one — is an invaluable ability that will pay dividends in years to come, eventually helping your child stand out when applying for work and qualify for more jobs. The Language Portal can also help them improve their French, with translation glossaries and vocabularies, and language quizzes.

Get access to tools and resources for help with grammar, writing and English and French homework at canada.ca/our-languages.

Kids applying to university? How to help them stand out

(NC) Applying to post-secondary programs is a stressful experience — for both students and their parents. One of the best ways to calm anxieties is by working hard to put together a strong application. If you're a stressed but supportive parent, here are some tips you can share with your child.

BRUSH UP ON GRAMMAR.

Special programs and scholarships often require a personal letter, and a polished piece free from grammar errors can make an impact. Take advantage of the Language Portal of Canada, a free website from Public Services and Procurement Canada that anyone can access to improve their writing. Resources on clear commu-

nication, syntax, punctuation and more can help your teen craft an eloquent statement.

GET HELP WITH SPECIAL COMPONENTS.

Certain programs, such as architecture, graphic design and most of the fine arts, have a more robust application that goes beyond grades to include a portfolio.

This part of the application can be challenging to put together, especially if your child isn't taking related courses in high school. Fortunately, many universities and colleges have portfolio days, where faculty review student portfolios and offer constructive criticism — even for students applying to other schools.

continued on p(39)



REAL ESTATE

Tips for getting your home ready for spring

(NC) As we emerge from winter hibernation, it's time to turn our attention to the seasonal chores that come with the first signs of spring. Here are some tips to help make sure your home is in tip-top shape.

Move winter gear TO STORAGE.

Ever find yourself stumbling over your snowblower to get your hands on the lawn mower? Now's the time to organize your garage to make sure spring tools are easily accessible and ready for use. Check that machines are operating well and that tools are rust free,

sharpened and ready for when you really need them.

Clear out your gutters and downspouts. Winters can be rough, causing wear and tear to outside fixtures. Check that all gutters, downspouts and soffits are still secure and attached and that there is no snow, ice or leaf build-up that can block drainage and cause flooding or damage to your roof.

CHECK AND REPLACE FILTERS.

Spring is the perfect time to change your furnace filter and make sure your A/C unit is ready for the warmer weather. Un-

wrap your unit and make sure there are no animal nests, debris or tears in the equipment.

REVIEW YOUR INSURANCE POLICIES.

With warmer weather and melting snow comes the risk of water damage. Take the time to review your home insurance and make your policies cover your current needs. PC insurance will consult up to nine different insurance companies to compare your policy, so you can rest easy knowing you have the best rate. Find more information at pcinsurance.ca.

3 tips for renting out your space for additional income



(NC) According to a recent poll, four in five Canadians who are interested in hosting on short-term rental platforms like Airbnb cited additional income as the main reason they would open their home. There is demand from everything from spare bedrooms to cottages and listing space is easy, simple and secure.

With many Canadians looking for accommodations during the holiday season and spring break, the next few months are an ideal time to try out hosting for the first time. In fact, some short-term rental sites estimate you could make as much as \$830 per month just by sharing a room in your home.

2.DECIDE HOW YOU WANT TO HOST.

To help you start earning some extra money, and maybe even make some new friends, follow these tried and true steps:

1.LIST YOUR SPACE FOR FREE ON A SITE.

Whether you have a second bed-

room or a second home, you can offer your extra space with no sign-up charges or membership fees. Be sure to check local laws to see what restrictions there may be on hosting in your area. Remember to include plenty of high-quality pictures to show off your space and increase interest from potential guests.

to see if they provide a host guarantee or insurance.

3.WELCOME YOUR FIRST GUEST.

Once your listing is live, it's ready to book. Make sure that the site you use offers a mutual review system and a secure method to communicate with guests ahead of their stay. Be sure to provide check-in instructions including contact information, Wi-Fi passwords, your neighbourhood guide, house rules and any other vital information guests may need to get situated and comfortable. Local tips and recommendations go a long way towards creating a truly memorable stay.

PARTICIPANT.

Your real estate salesperson is your guide, but you also need to do your part by being involved. Make sure you understand how the process works by asking questions along the way and communicating openly so your salesperson understands what's important to you.

Bought or sold recently and have opinions about real estate? Sign up to be a consumer representative for the organization's consumer industry advisory group at reco.on.ca.

CHURCH PREMISES FOR RENT

We are looking for a growing church to share our place of worship space. Everything you need for a church in one location. Perfect for growing or established a church. Rental space includes Sanctuary, Children rooms, washrooms, kitchen area, and all utilities like chairs, musical equipment included with ample parking.

- Various times available during weekdays
- Available after 3pm on Saturdays & Sundays

Conveniently located just off Finch & Weston rd. Our facility is professionally cleaned, well maintained, and maybe a good fit for your church, conference, recital, or other events. Please come in and have a view or request for pictures. Thanks

For more information:
Senior Pastor: 416-562-6714
Email: greatpastors@yahoo.ca

FOOD

14 Ways to Save Money on Meat

Are the current meat prices butchering your grocery budget? If so, there's plenty you can do about it. Here are 14 simple ways to save money on meat.

MAKE IT STRETCH
Purchase smaller amounts of meat. Then, stretch it with oatmeal, breadcrumbs or another cheap and healthy filler. If you follow these steps, no one in your family will even notice.

GRIND YOUR OWN MEAT
Instead of buying ground beef, purchase a chuck roast on sale and either grind it yourself or ask the butcher to do it for you. The end product will be the same, but you'll spend far less on it.

BUY REDUCED PRICE
Snatch up packages of meat that have been marked down for quick sale. Then, use them by the date on the package or freeze them for later use.

BUY CHEAPER CUTS
Choose more affordably priced choice cuts of beef instead of pricier prime cuts. Then, marinate, tenderize or braise them to frugal perfection.

BUY BIG
Family-sized packages of meat usually cost less per pound than smaller packages. So, buy one big package, and divide it into the portions that you need.

ENJOY MORE MEATLESS MEALS
Aim for at least one meatless dinner a week. Then, increase from there as your family gets used to the idea.

BUY LEAN CUTS
Sure those packages of 70% lean ground beef are cheaper than the 96% lean ground beef, but guess what? After the fat cooks away, that lean package will net you more meat for your money.

BUY ENDS

Need lunchmeat? Many delis will sell you the lunchmeat ends for far less than the price of a pound of deli meat. Ask, and you may net yourself a real deli deal.

DO THE TRIM WORK YOURSELF
Meats that have been sliced butterflied, cut into tenderloins or made into patties cost more than meats that haven't; so, buy simple cuts, and do the trim work yourself.

EXPLORE OTHER SOURCES FOR MEAT
Do some research to find out if there are any butcher shops, farmers or meat lockers in your area that sell meat below the grocery store price.

STOCK UP AROUND THE HOLIDAYS
Fill your freezer with turkey and ham around Thanksgiving, Christmas or Easter. Holiday sales will push these meats down to their lowest advertised price of the year. For an even sweeter deal, wait until the week after these holidays. Any remaining inventory is sure to get marked down quickly.

COUPON
Meat coupons aren't super common, but you can find them if you know where to look.

PAY WITH OVERAGE
Shop at a store that lets you keep your coupon overage. Then, use it to buy meat.

BUY BONES
Did you know? Honeybaked Ham sells their ham bones for \$5 a piece (the price may vary in your area). With a full two to three pounds of meat on each bone, that's a great deal.

www.thespruceeats.com

The best winter cocktails and how to prepare them



Winter is an excellent time of year to curl up in front of a cozy fire with friends or just a good book, especially if it is snowing outside. It's a great time to enjoy a seasonal cocktail. There are so many classic and signature cocktails that are prepared and served around the holidays. Here are some ideas for traditional and creative drinks that you can enjoy when the weather is chilly.

ESPRESSO MARTINI
Espresso is such a nice treat on a chilly afternoon. Next time you brew a pot of espresso, make enough for martinis that you can serve to family and friends before a festive holiday meal. These will get the party going.

INGREDIENTS:
• Ice
• 2 ounces brewed espresso, chilled
• 2 ounces good vodka
• 1 ounce coffee liqueur, such as Kahlua
• 3 whole espresso beans for garnish

INSTRUCTIONS:
1. Fill a cocktail shaker halfway with ice. Pour the espresso, vodka, and coffee liqueur over the ice. Place the top on and shake for 30 seconds until the spirits are frothy.
2. Strain into a chilled martini glass. Garnish with the beans and serve.

AROMATIC MULLED WINE
Have you ever walked into someone's house and was struck by the aroma of a pot of mulled wine simmering on the stove? This is one of the best ways to welcome friends after snowshoeing or

cross country skiing. This recipe should easily serve 4 people.

INGREDIENTS:
• 1 bottle of full-bodied red wine, such as Zinfandel or Cabernet
• 4 cups fresh apple cider

• Zest and juice of 1 orange
• 1/4 cup honey
• 2 cinnamon sticks
• 4 whole cloves
• 2 star anise

INSTRUCTIONS:
1. Place a large pot saucepan over me-

Lola's Catering

We Cater To All Occasions

SPECIALIZING IN:

- Meat/Beef Pastries • Sausage Roll
- Fish Roll • Puff-Puff • Buns-Scotch Egg
- Chin-Chin • Moin - Moin - Akara
- Jollof Rice • Fried Rice • Rice & Beans
- Fried Yam Etc...

Call us today for all your party needs
Tel: 647-427-4773
Tel: 416-522-8625
1822 Jane St. (Jane & Queen Dr.)

dium-high heat. Add wine, cider, orange juice, zest, and honey. Stir to combine until the honey melts. Add the cinnamon, cloves, and star anise.

2. As soon as the wine comes to a boil turn the heat down to low and allow the mixture to simmer for 5 to 10 minutes until the spices are fragrant.

3. Remove the spices with a slotted spoon. Serve the wine in glass tea mugs while still warm.

www.accuweather.com

NIGERIAN CANADIAN BUSINESS DIRECTORY 2020

To advertise, call **416.318.3506**
publisher@nigeriancanadiannews.ca

YOUR AD IS HERE 2 in x 1 in

YOUR AD IS HERE 2 in x 1 in

YOUR AD IS HERE 2 in x 1 in

YOUR AD IS HERE 2 in x 1 in

SONA DISTRIBUTORS

www.220v.com

VOLTAGE TRANSFORMERS, MULTISYSTEM TVS/DVD/VCR, HOME THEATRE SYSTEMS, 220V CORDLESS PHONES, GASOLINE/ DIESEL GENERATORS, 220V AIRCONDITIONERS, AND MUCH MORE...

NEW GENERATORS SALE!!!

5707 Steeles Avenue West
@ Fenmar/Pine Valley - South East Corner
Toronto, ON M9L 1S7

info@sonadistributors.com
Tel: 416-646-0495
Fax: 416-646-0498

LAURI MEAT MARKET

BIGGEST SUPPLIERS OF FRESH MEAT PRODUCTS
Burnt Goat Wholesalers - Half or Whole

Beef, Goat, Sheep, Chicken, Tripe

Now Open on SUNDAY 10AM - 4PM

1696 Jane St. Toronto, Ont.

A TO Z AFRICAN & WEST INDIAN MARKET

A to Z Foods Wholesale & Retail

We Specialize in African Foods
Rice, Beans, Yam, Gari, Plantain, Elubo, Stockfish etc.

West Indian Foods
Hallah Meat & Fish
Cosmetics & Hair Supplies
All Types of Diapers

Nigerian Movies
Tel: 647-436-2550
Cell: 416-880-6796

West Indian Foods
Hallah Meat & Fish
Cosmetics & Hair Supplies
All Types of Diapers

NEW ADDRESS:
1040 Albion Rd, Etobicoke (Albion & Islington intersection)
ON M9V 1A7

UNCLE SETH TROPICAL FOODS

Specializing in African, Caribbean, Asian & Canadian Foods

Rice	Beans	Potato Flakes
Gari	Plantain	Palm Soup
Nigerian Spices	Meat	Stockfish
Fish - Frozen & Dried	416-288-9330	

Large selection of Body & Hair products and much more

We open 7 days a week. Delivery available.
Location: 2069 Lawrence Ave., E, Scarborough, ON (Warden & Lawrence by The Ministry of Health)

AFRICAN CARIBBEAN GROCERIES INC.

African Foods. Yams, Garri, Beans, Semovita, Fufu, Palm-Oil, Pepper, Plantain, Spices, Fish Maggi etc.

Meat & Fish * Spices * Vegetables and more

Also Carry:
Beauty & Hair Products
Shea Butter, African Black Soap etc

63 Dundas St. West
Mississauga, ON L5B 1H7
Tel: 905-281-9515

OPINION

Mr. President Buhari stop the Killings

President Mohammed Buhari Stop the Killings

There's a cliché "once a soldier always a soldier." How come that is not the case with the Nigerian President Mohammed Buhari? Despite the fact that he is currently sworn in as a democratically elected leader, one of the credentials he touted for desiring the greatest office of the nation is that he was once a general in the army. Even though his qualification was shrouded in controversy as to whether he passed the mandatory West African School Certificate to make him eligible for the office of the President, widely displayed were certificates he got from military training around the world as equivalent qualification. It is expected that if he is not strong in academics his strength and capability should be in his military training. Meaning that if Nigerians forgave his academic incompetence, they are holding him accountable for his inability to tackle the insecurity in the country. His inability to tackle the insurgencies in this country will give the impression that he is a fake general. Recently the CAN President Dr Samson Ayorinde gave the statistics of the gruesome killings in Nigeria "from 1980-2019, the Stephanos Foundation' record shows a total of 1,785 attacks in 32 states of the country. This led to the death of not less than 28, 878 innocent people. In 121 Muslim-riots in 19 states, the death of 9, 451 lives were lost. Boko Haram militant groups were responsible for 701 attacks that claimed 12,812 lives in 15 states. Again, 963 attacks from Fulani Militant groups in 32 states were responsible for 6,615 deaths."

It is time that President Muhammed Buhari stops behaving like Emperor Nero of old who delighted in parties and fantasies while Rome burned. To stop these killings, I want to suggest four areas of immediate action to you Mr. President.

1. Silence is Not Golden. It has become your stock in trade that when serious matters of this nation is being discussed you retreat into Aso Rock and refuse to say anything. When you are not in Aso Rock you waste tax payers' money flying to unnecessary global or regional meetings while your nation burns. Although the phrase was first recorded only in 1848, it is part of a much older proverb, "Speech is

silver and silence is gold-en." If that is the principle you want to live by, it cannot work on crucial national matters. Your party APC, came to power with a mantra of tackling three major issues of this nation: economy, corruption and insecurity. The Nigerian nation cannot see you doing much in any of these three areas. Whereas the first two may even be bearable, insecurity is not bearable. Every soul matters. All those people who have died are human beings like you. They had hopes for a long life, bringing joy to their families, perhaps for even making Nigeria better but, they were shot down in their prime. Their families are mourning, many of them are in International Displaced Camps. The question I will like to ask is "if any of the people killed was your wife or children will you keep quiet?" It is sad that you will watch a group of people in this country under any name brutally beheading other people and it will not warrant a word from you. Recently the Chairman of the Christian Association of Nigeria (CAN) in Michika Local Government Area of Adamawa State, Rev. Lawan Andimi, was beheaded by the terrorist group, Boko Haram boldly recorded and shown around the world on social media. Mr. President the appropriate thing is to condemn that act personally. Mr. President you need to visit that family and bring a word of comfort and condolences to the family. It shows a great sense of insensitivity to the citizenry. The implication of your silence is that it pleased you in a way or, at least it does not matter, it shows a great sense of insensitivity to the citizens. Matters of such grave concern demand that you address this nation on world media. The entire leadership of the Christians in Nigeria are protesting. Mr. President, you should have a word of assurance that this is a secular country and that the killings are not acceptable and that it will not continue. Sir you do not well in this matter. Going forward, you should lead a delegation to the communities where the insurgents are killing people and reassure the citizenry of your capability for leadership and good governance. Mr. President, keeping silence over the killings in this country is NOT golden.

2. Stop Manipulating the Judiciary. You are operating the judiciary as "He who pays the piper

dictates the tune." The expectation in a democracy is that the judiciary is an autonomous third tier of the government, that they execute justice based on the rule of law and the integrity of the judges who are on oath to defend the law just as you are on oath to defend the nation. When someone accused the former Chief Justice of Nigeria -Justice Walter Onnoghen of corruption, in an unprecedented manner he was suspended and removed and the present Chief Justice of Nigeria -Justice Muhammed Tanko was sworn in. The Nigerian populace may not have the power to stop you but they sure know this is "the voice of Jacob and the hand of Esau." Without me mentioning any of the judgments from our supreme court, it is very clear that these are not "free judgments" whether in favour of your party or the opposition party. More worrisome is that you came to power touting your integrity pedigree. Is this current issue evidence of integrity? Stop manipulating the judiciary. The three arms of government should be allowed to function independently without executive interference. This hand of Esau and voice of Jacob syndrome must stop.

3. Fight corruption. Mr. President this is your moment to shine. Your moment to make history. Your moment to make Nigeria great. This is your moment to write a befitting legacy for yourself and your generation. You started as a military personnel and became a military head of state, fortune smiled on you after several attempts and you became the democratically elected president of this country in 2015 and again in 2019. What do you want to be remembered for? One of the major problems of Nigeria is corruption not just at the leadership level but across the strata. Christians, Muslims and other religions put all their differences aside to vote for you twice to be president with the hope you will be able to "deliver" them from this systemic, pandemic, endemic, cankerworm called corruption. Will you spend eight years in office and still leave Nigeria in this state of corruption or is the speculation true that you're planning a third term? Where is the strength you mustered to prosecute War Against Indiscipline (WAI) that earned your junta the heart of Nigeria in the 80s, where is your stamina to heal this country of her pains from

pen and political robbers? Do you not know that time is critical, that "time waits for no man?" Don't you realize that all eyes are on you to tackle the evil monster of corruption?

One of the three issues you promised to tackle is corruption yet, the global watch dog on Corruption is saying Nigeria is not improving rather getting worse under your leadership. Don't you bother about the fact that many think you are just protecting the league of corrupters under your party? Your Party Chairman was quoted as saying "when you join our party your sins are forgiven" does that not bother you? Many people like me have advised that you need a separate court to fight corruption yet we are yet to see you do anything in this regard. If you, nick named Mr. Integrity cannot do anything meaningful about corruption who are you hoping should do it? I wrote a book entitled "To the Rescue (Say No To Corruption)" with the aim of supporting your anti-corruption program, the book is lying there unused. Books like these litter the Nigerian space and are available to be used to re-train the mind of Nigerians through various anti-corruption agencies, to educate our generations through educational institutions, elementary to tertiary. My counsel is seize this moment to deal with corruption. Nigerians don't believe you are tackling corruption, at best they believe you are using EFCC to witch-hunt your political foes.

4. Stop the Killings. Mr. President do for Nigerians what they elected you to do, protect them by tackling insecurity in the nation. Protect Nigerians from this untimely death. Protect them from Boko Haram. Protect them from Herdsmen. Protect them from Kidnappers. Protect Nigerians from armed bandits ravaging the villages, maiming, raping women, children and burning their houses. Protect them from those kidnaping their girls and selling them to foreigners as slaves and marrying them to strangers. Protect Nigerians from those destroying their farm products and animal stock. Nigerians are afraid of travelling by night or by day. Nigerians are helpless in their nation. You are the Commander in chief, Nigerians have appealed to you that your security chiefs have run out of ideas and that you need

continued on p(39)



North York - On Friday, MPP Tom Rakocevic stopped by the Northwood Neighbourhood Services to formally congratulate them on the work being done by four organizations as a result of a \$107,000 Capital grant from the Ontario Trillium Foundation last year. Funds from the grant were used to buy semi-industrial kitchen equipment, IT equipment and furniture for the organizations to use with meetings and workshops.

With the addition of the new equipment and furniture, the space will be more accessible and accommodating for community groups wishing to host meetings, as well as for the four organizations involved with the grant.

In addition to the investment made by the Ontario Trillium Foundation, the City of Toronto through its EarlyON (Child/Parent and Early Learning initiative) awarded a grant to Northwood for capital program enhancement, which will help provide services to the entire community within a safe and home-like environment.

If you wish to enquire about using the space for a meeting, or hosting an event, please visit the website at: www.northw.ca

The Ontario Trillium Foundation (OTF) is an agency of the Government of Ontario, and one of Canada's leading granting foundations. OTF awarded \$108 million to 629 projects last year to build healthy and vibrant communities in Ontario.

*Francois Yabit MBA, PhD
Executive Director
Northwood Neighbourhood Services
1860 Wilson Avenue, Suite 400, Toronto, ON, M9M 3A7
Tel: +416-748-0788 Ext 212
E-mail: fyabit@northw.ca*

REFLECTIONS ON RELATIONSHIPS

Don't let bitterness separate you from love

By: Pastor Taiwo Iredele Odubiyi
www.pastortaiwo-odubi.org



Pastor Taiwo Odubiyi

In one of my novels, The Forever Kind of Love, Bola told her father, Pastor Femi, "I feel sad sometimes. Sad and angry."

"Thank you for being honest with me." He took her hand. "I appreciate your honesty but I need to say that you must be careful about such feelings. They are dangerous. Bitterness can destroy the person who harbours it."

"Bitterness?" She said in a thoughtful way. "I'm not bitter."

What is bitterness? Bitterness is when someone who feels deeply hurt and angry acts in a bitter or nasty way such as withdrawing from people and places or doing things to hurt the feelings of the other persons.

Bitterness makes a person push people away. It severs a person from love and people. It makes it difficult for people to love that person and eventually, the

anything change you into what you're not. Be hopeful and remain cheerful, for everything will be alright.

This is God's word to you, Let not your heart be troubled, believe in God, believe in Jesus. (John 14:1)

The Bible has a lot to say about bitterness, and the following are some Scriptures.

So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath, for the wrath of man does not produce the righteousness of God. (James 1:19-20)

Pursue peace with all people, and holiness, without which no one will see the Lord; looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled. (Hebrews 12:14-15)

Let all bitterness, wrath, anger, clamour, and evil speaking be put away from you, with all malice. And be kind to one another, tender-hearted, forgiving one another, even as God in

Christ forgave you. (Ephesians 4:31-32)

As Femi mentioned in the novel, some of the things that could cause bitterness in a person's heart are: betrayal, abandonment, being used and taken advantage of.

As a result of those causes, love no longer lives in the person's heart. Hate replaces love and bitterness replaces joy.

Bitterness disconnects you from people and love as people would rather leave a bitter person than associate with him or her.

If you feel hurt, angry, resentful, and betrayed:

1) take the matter before the Lord in prayer. There's nothing you cannot pray about.

2) Seek to forgive whoever offended you.

3) And then, get up and get going!

Put the past behind you and move forward in life. Christ died to set you free!

The novel THE FOREVER KIND OF LOVE is available on Amazon Kindle.

"That Night in Room 401" B Part 14

Opeyemi Ojerinde Akintunde ©



Ifakolade looked very happy as we journeyed to the city. We took the first bus out of Igbonla. I wanted to take my jeep, but he said my Jeep could leave tracks for the police to trace the death of Larry to me... That made sense. In the public bus we took, I had people who recognized me in the bus and I tried to give my fake smile.

We got to the city by 6:30am. The plan was to stay at a motel till later that day. I went into the motel with my head covered with a scarf and I wore black shades to hide my identity...

Getting into the room, it was a torture room. The room was definitely a daily hang out for loose men and prostitutes. The room had that sexual stench even though it was clean... Ifakolade settled in quickly on the bed, and he asked me to join him...

"You need to rest your back and your feet" Ifakolade said

He was right... My back was aching... I sat on the bed with my back against the wall. Ifakolade looked at me with eyes that were different from the ones I had been see-

ing... The look was soft and innocent...

"Oosamuyiwa... Pregnancy does look good on you... I wish the circumstances were right and you were my wife... I wish I was one of those guys who put on suits, you know the corporate guys... and having you as my wife... I would have been the happiest man on earth, but... Destiny!!!! I didn't choose my background, my background choose me..." He said as he laid on the bed turning his back to me...

"Oosamuyiwa, imagine if I am the son of a rich man, or a pastor, maybe I would have turned out like your Pastor James... and maybe you would have found me attractive enough to be your husband... but I guess Pastor James is the winner..." He said with a dry laughter

"Ifakolade, we shouldn't let our backgrounds nail us to the ground"...I found myself preaching to Ifakolade... and I guess I was preaching to myself too...

"Ifakolade, you can decide to rewrite your story, because no matter where we find ourselves or even if by

need less of the Larrys in this world"...I nodded in agreement.

"And I meant everything I said this morning... You look beautifully pregnant and if you ever have a rethink, I can try to be like Pastor James..." "That made me smile..."

All day I had seen a different Ifakolade, soft and warm. Truly, if he had been raised differently, he might have turned out a better man...and if the circumstances were right this would have been a great opportunity to win a soul for God, but unfortunately I also needed to be saved...

"We are there" Ifakolade jolted me back to the harsh reality of life. We were already few blocks away from Larry's house. Then it dawned on me, I never asked Ifakolade how we were going to get into the house...

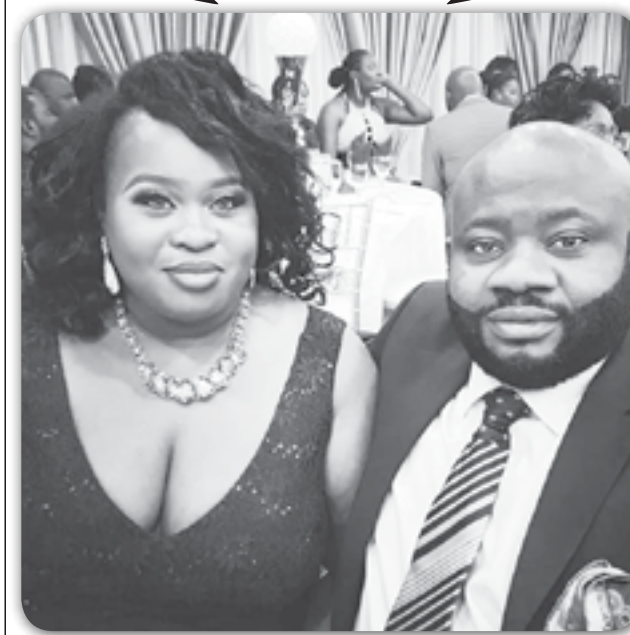
"How do we go in? I asked

"Trust me" He said simply...

We paid the taxi fare and walked towards Larry's gate. Suddenly, Ifakolade held me by the hands and said some incantations, something about becoming like the wind...

To my utmost surprise, Musa, Larry's security man did not see us. Ifakolade had knocked, but as Musa opened the gate, he kept asking who was there... It seem like he didn't see us. Ifakolade held my hand and we walked in unnoticed. Larry's dogs start-

Couple of the Month



Lize & Samson Obodoechina

ed barking at us, but they couldn't come close...

"They can see us?" I asked him

"Yes... the animals can see us..." Ifakolade replied

"Not just the animals, I can see you..." We heard Larry's voice and just like in the movies, he surfaced before us...He started laughing at us...

"Really, Sis Grace...My Sister in the Lord, so you can go this diabolical... Wow... Change really is the most constant thing in the world. You never know a true Christian, until he or she is faced with serious challenges" Larry said mockingly

"I hate you". I said meaning every word...

"But that was not what you said months back. Have you forgotten how you used to cry and you will tell me "Larry I wish I had met you before my husband, I love you so much I can't help myself..." He said mimicking my voice... Tears dropped from my eyes.... Larry looked at my pregnancy and said...

"I can also see my baby is growing" He moved closer to touch me...

"If you dare..." Ifakolade said...

"Hey, so you are the new catch, well for your information, if it is what I came to get from her life you are also looking for, Sorry! You came too late... I have taken everything..." Larry said proudly

"I don't need her money... I am not a gold digger like you... So this is why you were after her, Oosamuyiwa can you hear this?, he did this all for your money" Ifakolade said with Irritation in his voice...

I was speechless because Larry never took money from me... Except for his professional charges as my keyboardist...

"Who is talking about money...? Well, let me hint you a bit, Sis Grace. I never had any business with you, it

was my father who brought your Audio CD home 10years ago and he sat me down telling me you were a goldmine... My Father who was an herbalist was able to count your stars through your image on the Audio CD... numbering 70,000 stars... He told me if I could only have one sexual intimacy with you, I could take those stars and use it for myself..."

What was Larry Saying? I stood transfixed to the spot...

"I was never a Keyboardist, I had to learn the keyboard for 3 years in order to get access to you... For five years, I became your keyboardist just to have that one night of Star capturing and I did... So don't worry, in no time, I will be a household name, thanks for lending me your stars... And I am sorry, I don't intend returning them..." Larry was saying so much and my small head couldn't understand it... It felt like the ground was shaking, I staggered a little, but I felt Ifakolade's strong hands holding me from falling.

Ifakolade was speechless as well, but out of the blues, Ifakolade brought out his gun and aimed it at Larry... Larry laughed at him with so much mockery IN His laughter. He turned to return back to his house.

"I am in a very good mood today and besides I don't want to kill my baby, you both should go back the same way you came..."

Ifakolade took my very numb hand and placed it on his own, and he fired the gun at Larry...

To be continued...

Deep thots novels inspired by the living word written by Opeyemi O. Akintunde

Facebook@opeyemi ojerinde akintunde
instagram@opeyemiakintunde

tunde
@opeyemithinks deep
youtube@deep thots films

Disclaimer: The opinions, beliefs, and views expressed by writers on the opinion page of Nigerian Canadian Newspapers and its website or on its social media page do not reflect the opinions, beliefs and viewpoints of the publisher of the Nigerian Canadian Newspapers and its online publications. It is solely the author's contribution.



CLI COLLEGE
OF Business, Health and Technology
Your Future. Your Passion. Your Success



OFFERS

- Personal Support Worker (PSW) Program
- Developmental Service Worker (DSW) Program
- Legal Office Administration (HOA) Program
- Health Office Administration

REGISTER TODAY
416-747-5152

Suite 208, 2300 Sheppard Ave West, Toronto, ON M9M

CLI HIGH SCHOOL

Get One Step Closer to Achieving Your Ontario Secondary School Diploma (OSSD)!

OFFERS

- Math
- Biology
- English
- Chemistry
- Physics

REGISTER TODAY
416-747-5152

ONKAR TRAVELS (Etobicoke) Name is Now changed to **SUPREME TRAVELS**



LET US SHOW YOU THE WORLD

Call us for the BEST Fares to:

Cel: 416-771-9285
Fax: 416-249-2225

 tico # 50011859

LAGOS, ACCRA AND ALL OVER AFRICA
Guaranteed Lowest Fare



TRAVEL VACCINE CLINIC AVAILABLE



Michael Ansu
(President)

Tel: 416-649-9999
Toll Free: 1-877-249-2243

Air Tickets

Hotel Reservation

Car Rentals

Honeymoon Packages

Cruises

Medical Travel Insurance

Super Visa Insurance

Passport Photos

ONLINE BOOKING NOW AVAILABLE

www.supremetravels.ca
info@supremetravels.ca

Location:
415 The Westway, Etobicoke, ON M9R 1H5
(Martin Grove/Westway, S of Dixon)

LOOKING FOR A PRAYERFUL - VIBRANT - HOME CHURCH?

SUNDAY 10AM-1PM
WEDNESDAY 7:30PM-9PM

JOIN US

CHRIST APOSTOLIC CHURCH BETHEL TORONTO

+

647-430-8936

www.cacbethel.com

The church where the Lord answers prayers.

Unit 22, 94 Kenhar Dr. Toronto, ON M9L 1N2

AFRO CARIBBEAN BUSINESS NETWORK



Present:

'MEET THE MEDIA' EDITION


Karlene Nation
Sauga 960am


Ngozi Ugoh
Nigerian Canadian News


Trish Browning
Toronto Caribbean News


Jacqueline Dixon
GBKFM


Nikki Clarke
Nikki Clarke Show


Erica Elita
TCNTV


Kevin Yarde
MPP


Wayne & Abby
Synergy, Afroglobal TV

FRIDAY, MARCH 6TH, 2020 @
FROM 6:30PM - 11:00PM

*****VENUE CHANGE*****

EMPOWERED 4X
16 RUTHERFORD ROAD, SUITE 203
BRAMPTON ON

Canadian Charged after \$15M of Meth Smuggled into Australia

By Stanley Ugagbe

A 26-year-old dual French-Canadian citizen is currently facing a possible life sentence for his part in the alleged import of nearly AUD\$17 million worth (C\$15 million) of methamphetamine from Mexico to Australia.

According to reports, the accused was charged after more than 150 kilograms of the controlled drug was found hidden inside a 19-tonne shipment of silver concentrate in Melbourne, Victoria, in January this year.

It was gathered that the dual citizen named "A. Forcade" in court documents, was arrested by members of the Victorian Joint Organized Crime Task Force (JOCTF) in a suburb of Melbourne.

The Australian Federal Police stated that Forcade was remanded into custody. He was charged with importing a commercial quantity of a border-controlled drug, attempted possession of a commercial quantity of a border-controlled drug and attempted trafficking of controlled drug.

It was also gathered that a 34-year-old Sydney man was also arrested in connection with the case. According to reports, he was charged with attempting to possess a commercial quantity of a border-controlled drug.

It was disclosed that JOCTF worked with partners in the Indian Narcotics Control Bureau to identify a suspicious shipping container arriving into Melbourne from Mexico on Jan. 23.

AFP acting assistant commissioner Bruce Giles said "Together, the JOCTF has prevented 154 kilograms of illicit drugs from reaching the community and causing considerable harm, while also simultaneously dismantling and disrupting the work of an organized crime syndicate"

Victoria Police Crime Command Assistant Commissioner Tess Walsh said the arrests were a significant win for police and the Victorian public.

She said "It also highlights the fact that drugs and organized crime are not just Victorian issues - they cross borders and we make no apology for targeting those who seek to bring that harm here".

It should be noted that the JOCTF is comprised of investigators from the Australian Federal Police (AFP), Australian Border Force (ABF), Victoria Police and Australian Crime Intelligence Commission (ACIC), along with members from the Department of Home Affairs.

The maximum penalty for the offences of the accused includes life imprisonment.

Group Launches Association of Black Conservatives



By Stanley Ugagbe

In their bid to harness the numbers of black conservatives across Canada, certain concerned and purposeful individuals have launched the Association of Black Conservatives.

Following the launch, the group constituted its board of directors with Garnett Manning emerging as the President. Kimberlee Shelley Ajibolade scooped the VP of Communication while Frances Bradshaw, Benn Adeoba, Adeyemi Lawrence Adesina, Fred Sherman emerged VPs of Outreach and Membership. Others are William Luke - VP of By-laws & Policy, Mandy Nwobu - Secretary while Zamal Whyte emerged as the Treasurer.

In an interview with our correspondent, the VP of Communication, Ajibolade said the purpose of the organization will be to: "Promote Conservative value and Civic Engagement in the Black Community; Raise the social, economic, and educational standards of Black Canadians; Be the pre-eminent organization for representing the Black diaspora in Canada and Recognize success in the Black community in Canada".

When asked on what inspired the initiative, Ajibolade said "this was inspired by a need for greater representation in politics across the political spectrum".

On how it is different from the mainstream, the Communication VP averred that "We are galvanizing grassroots conservatives and will be engaging the party on issues faced by our communities from our perspective, giving us a seat at the decision-making table".

She succinctly noted that the initiative is open to black conservatives across Ontario with both provincial and federal party memberships.

When questioned on the sustainability of the initiative, she said "Black conservatives have existed in isolation often. What we

are building is a community and a dialogue that is important to the Canadian political spectrum"

While delineating on the initiative, she said the ABC is a national organization, Alberta and Ontario are amongst the first to launch but the plan is to set up chapters in every Province and Territory across Canada.

According to her, "There is an upcoming Federal Leadership election in June 2020 and we look forward to meeting all the candidates and learning more about their platform and priorities for our country."

In what was a historic day, the event which took place at The Albany Club, commenced with opening remarks from the host - Kimberlee Shelley Ajibolade, followed by comments from Richard Tattersall (Board of Direc-

tors - The Albany Club) who welcomed everyone to the Albany and congratulated the organizers on the launch and expressed that the Albany was happy to host them.

He also presented the guest of honor (Minister Kaycee Madu) with the stamp of Lincoln Alexander (President, ABC-Alberta) then gave remarks and announced the board and introduced Hon Kaycee Madu who inaugurated the esteemed board of directors

Minister Madu also read remarks from Leader of the Ontario PC Caucus, Hon Doug Ford and Hon Prabmeet Sarkaria (MPP Brampton South) who both sent congratulatory certificates to recognize the Association's launch.

In his scintillating remarks, the Minister reminded those in the room that the Conservative Party

is one of many firsts, the party of Lincoln Alexander, first Black to be elected to Parliament and that the party is for a strong economy that provides an opportunity for everyone.

He continued by encouraging the crowd saying "the time for political Unity has come", we have the smarts, the numbers and the capacity and that there is no reason why every electoral cycle we (members of the black community) shouldn't have candidates represented, to highlight a few points.

The newly appointed president, Garnet Manning then gave his remarks while Frances Bradshaw gave the closing remarks.

There's an upcoming Federal Leadership election in June 2020, we look forward to meeting all the candidates and learning more about their platform and priorities for our country.

Alberta And Two First Nations Reach Deal For Proposed Oilsands Mine

By Stanley Ugagbe

In a development that is set to create thousands of jobs, the Alberta government has struck deals with two northern Alberta First Nations over a proposed open-pit oilsands mine that's awaiting Ottawa's approval.

According to reports, the \$20.6-billion project would create an estimated 7,000 construction jobs, 2,500 operating jobs but has massive greenhouse gas impact

It would be recalled that the Mikisew Cree and Athabasca Chipewyan

an First Nations had previously reached deals with Teck Resources Ltd. for the Frontier mine, but were still negotiating with the province over environmental and cultural concerns.

It was gathered that sometime in February, Alberta's Indigenous relations minister expressed concern that a public spat over the negotiations with Athabasca Chipewyan Chief Allan Adam, who also called for a share of tax revenue from resource projects, could give the federal government a reason to reject the project.

continued on p(43)

ABC ASSOCIATION OF BLACK CONSERVATIVES

Association of Black Conservatives - ONTARIO

Meet The board


Garnett Manning
President


Kimberlee Shelley - Ajibolade
Vice President/
Communications


Mandy Nwobu
Secretary


Zamal Whyte
Treasurer


Frances Bradshaw
VP - Outreach & Membership


Adeyemi Lawrence Adesina
VP - Outreach & Membership


Fred Sherman
VP - Outreach & Membership


Benn Adeoba
VP - Outreach & Membership


William Luke
VP - By-laws & Policy

PENTIUM MINISTRIES HOLDS FIRST DINNER WITH THE KING, CANADA



L-R: Guest, Lady Janet, Rev. Mrs. Funke Adejumo, Bishop Felix Adejumo, and Florence Okeke



Apostle Ausbeth Ajagu
Host



Rev. Mrs. Funke Adejumo



Bishop Felix Adejumo



Prof. Joshua Yusuf



L-R: Pastor Amos Dada, Rev. Mrs. Funke Adejumo, Bishop Felix Adejumo, Apostle Ausbeth Ajagu, and a guest



A cross section of the audience



Apostle Ausbeth Ajagu and family



Ngozi Ugoh, Kemi Amusan and Apostle Ausbeth Ajagu



Florence Okeke, Lady Janet, Anthony Isiyere, Chidinma and Oscar Ajagu



L-R: A guest, Pastor Amos Dada, Chaplain Ojo and Mrs. Frances Tewogbade



L-R: Anthony Isiyere, Chidinma, Lady Janet, Kemi Amusan, Apostle Ausbeth Ajagu, Oscar Ajagu and Florence Okeke



Adediran King, Dr. Adeleye King and Pastor Mrs. Yemisi Aladesuwa



Chaplain Ojo Tewogbade and team



Kemi Amusan, Peju Oke, Apostle Ausbeth Ajagu & Kenny Bazz



Evgeny Tovbin, Apostle Ausbeth Ajagu and Ressler Myshasty



Choir members



Russell Myshasty, Evgeny Tovbin, Kemi Amusan and Dr. Adeleye King



Lady Janet, Florence Okeke and Chidinma



Pastor Testimony & Mrs. Franciscia Eriamiatie



Florence Okeke & Chidinma



Members of the choir



Ngozi Ugoh, Kemi Amusan and Prof. Joshua Yusuf

continued from page (1)

It was a great night of total celebration and preaching of undiluted word of God, total healing, and Salvation (leading people to Christ.)

Some of the speakers were Bishop Felix Adejumo (Founder of Agape Ministries worldwide), Reverend Mrs. Funke Adejumo, Pastor Dr. Amos Dada (Head Pastor of Christ Apostolic of Bethel Ministries Toronto), Pastor Dr Timothy Oyeyinka (Central Administrator of Redeem Christian Church of God, Canada.) Chaplain Ojo Tewogbade (Chaplain of Toronto Police Services).

Others are Pastor and Pastor Mrs. Testimony (Founders of Crown of Glory Gospel Church), Pastor Anthony Aigbe (Song of worship Ministries.) Pastor David Sunday Akoleaje and several others.

Also at the event were Dr. Joshua Yusuf, Florence Okeke, Lady Janet, Ms. Kemi Amusan (Lady Kay), Anthony Isiyere, Mrs. Ngozi Ugoh who are all

members of the said Pentium Ministries.

Reputable Gospel Singers also took turns to add glamour to the iconic event.

In his exhortation, the host Pastor, Dr. Ausbeth Ajagu (Chief Servant of Pentium Ministries) preached a word in season, pointing all present to the fact that man came from dust and dust shall a man go back to.

He, however, noted that "our souls will be judged according to our deeds on earth. Thus, the need for everyone to stay out of bad behavior and Sin by the daily renewal of our minds".

In his vote of thanks, the host Pastor Ajagu, thanked all for attending and advised of the need for the body of Christ to unite and stop fighting one another, competition and acrimony and concentrate in kicking out the devil from the society. Kudo to Pentium Ministries.

The remarkable event was spiced up with a sumptuous meal.

Pictures by Pentium Ministries

Buhari Must Go - Concerned Nigerians in Canada

By Stanley Ugagbe

Alarmed by the deteriorating state of insecurity in Nigeria, Concerned Nigerians in Canada recently held a protest in the nation calling for the resignation of President Muhammadu Buhari.

The concerned individuals led by Olujimi Adekanle stormed the Nigerian High Commission in Canada to air their grievances.

Addressing the commission, Olujimi said "We the representatives of Concerned Nigerians in Canada are gathered here today to make known our fears on the leadership and government of General Mohammed Buhari in Nigeria."

"Events and heart-breaking contingencies in our dear nation as a result of gross incompetence of the Buhari led administration which can no longer be tolerated judging by the humongous negative effect they are having on our nation Nigeria".

The Convener continued that "We unequivocally submit that Buhari's government has failed in all departments of governance; Security, Economy, Educational Sector, Social welfare, rule of law and others too numerous to mention".

In his detailed remarks, Olujimi stated that "Buhari has become nothing but a puppet in the hands of his cabal. Who else should know him more than his wife, when she said, the administration has been hijacked by strangers

"The recent infighting between the National Security Adviser General Monguno(rtd) and Buhari's Chief of Staff Abba Kyari is a RED SIGNAL that all is not well with Nigeria Security system. Buhari have totally lost it. What a shame!

"Nigeria went in search of solution and elected a problem. Today we have graduated to the third position in the global terrorism index after Syria and Iran. With over 27,000 deaths recorded by Boko haram as at 2019 and more deaths recorded by Fulani herdsmen bandits according to Global Terrorism Index submission. This of course you will agree with us is still far cry from the actual death toll as the government struggled daily to toll down the death-account with specific instructions and threats by the communication apparatus of Buhari government headed by Mr Lai Mohammed and the Nigerian Broadcasting Corporation.

"It is quite disheartening that Buhari government has not only continued to play the 'deaf and blind' but encouraged his tribesmen to thrive in our nation through wanton destruction and desecration of lives and properties. Where exactly is the hope of struggling to school



ending that Buhari government has not only continued to play the 'deaf and



hind fulani banditry. "What is obvious to the whole world is that General Buhari and his cohorts have continued to engage in lethargic divisive ethnic and sectarian sen-



our children in the midst of lack and mere herders armed with sophisticated weapons and knives sniffing lives out of our children and Nigeria's future. Till date Buhari security appa-

timentality with alarming impunity". While lamenting the state of things in Nigeria, Olujimi continued that "We can no longer entrust our collective destiny in the

hands of such wicked leaders and therefore call on Patriotic Nigerians all over the world to rise up to this occasion and join us to resist General Buhari's kakistocracy

"Buhari's government has shown and remained in the last 5 years a government with solutions that are far worse than the problems.

He questioned that "How more irrational can a government asking for a Ministry of Boko Haram to be signed into law be?"

The convener who is popularly known as JAF succinctly remarked that "We unequivocally say NIGERIA IS UNDER SIEGE! Buhari Must Go!

"We want to assure you that this protest will be staged round the globe to finally end a grossly incompetent and self-centered government where leaders are quick to reject made in Nigeria goods but force stone rice down Nigerians' throats.

"Leadership they say is by example. A government where a private business organization Miyetti Allah now speaks, threatens, abuse and breathes down the throats of law-abiding Nigerians with the government support.

"Enough is Enough, we must take our country back by coming together as a force with one voice".

In a brief interview with our correspondent, Olujimi who berated Buhari over his "gross incompetence" explained that the protest was all about insecurity, nepotism, tribalism, bad governance being perpetrated by Buhari.

He bitterly noted that the group is concerned and perturbed about the state of things in Nigeria; hence there was need to voice out. While noting that there are lot of things Buhari is not doing right, JAF stated that it is alarming that Buhari is recycling terrorists.

JAF alleged that Buhari is a sectional leader, noting that the Nigerian number one citizen is only passionate about the North. According to him, there is a political undertone behind Buhari's nepotism. Olujimi was of the view that there are plans by Buhari and his cabals for North to continue ruling the Most Populous Black Nation by 2025.

When asked on what could be the solution to the state of things in Nigeria, he opined that international bodies need to wave in to be able to curb the chronic issues facing the nation. He explained that the Buhari-led government cannot fight the war because it is part of the war.

False Accusation: Quebec Education Minister Makes U-Turn, Apologizes To McGill Don

By Stanley Ugagbe

After several days of mixed messages, Quebec's education minister has formally apologized to a renowned McGill University ethics professor for removing him from consultations based on false information.

It would be recalled that Daniel Weinstock was to speak at a forum on the future of a provincial course on ethics and religious culture, but the Education Department withdrew its invitation shortly after the publication of a column that erroneously accused Weinstock of supporting symbolic circumcision on girls.

Reports had it that after the withdrawal, the Journal de Montreal columnist admitted that his piece was inaccurate but did not apologize, and Weinstock was told by the province he could attend the forum but not as a speaker.

It was gathered that on the sidelines of a conference in Montreal, Roberge said he wished the situation had been handled differently and that he contacted Weinstock to "make amends," but he did not offer an apology, and he

stood by his decision to remove him as a speaker.

The Education Minister described a "cordial" phone discussion with the university professor, but in Le Devoir's recent edition, Weinstock, who'd learned of his disinvitation through the media, succinctly stated that he planned to sue the government for damage to his reputation.

The Education Minister later changed his tune and apologized to the University don.

In a short statement, Roberge said "I would like to offer my sincere apologies to Mr. Daniel Weinstock for having excluded him, as an expert, from the consultation forum on the review of the course on ethics and religious culture".

The Education Minister added that the government wants to hear from Weinstock and hopes he will be able to present at a later date.

Reacting to Roberge's apology, Weinstock in a Facebook post said he knows "apologies in politics are not easy, and I truly appreciate the fact that the minister has made them publicly."

FG Implements New Visa Policy

By N.Ugoh

President Muhammadu Buhari recently in Abuja said Nigeria Visa Policy 2020 is aimed at attracting special skills, innovation and knowledge from abroad to support local capacity.

While talking at the official public presentation of the Nigeria Visa Policy (NVP) 2020, President said "the implementation of the Nigeria Visa Policy 2020 will support the attainment of a globally competitive economy for Nigeria by building on the efforts of the Presidential Enabling Business Environment Council."

President Buhari said the policy will ameliorate the business environment, bring about Foreign Direct Investment and promote tourism without compromising national security.

He said: "Earlier in the course of this Administration, we introduced the Economic Recovery and Growth Plan (2017-2020) with one of the objectives being to minimize bottlenecks which impede innovation and market based solutions for building an inclusive economy.

"The Nigeria Visa Policy 2020 is intended to attract innovation, specialized

skills and knowledge from abroad to complement locally available ones."

The President also noted that the Nigeria Visa Policy 2020 provides an avenue to achieve African integration by introduction of visas on arrival for short visits to Nigeria for holders of passports of African Union countries.

"I therefore commend the document to the international community, foreign and local business entities. We are open for business."

The Minister of Interior, Rauf Aregbesola, in his remark said the visa policy considered specific needs of foreigners who would love to visit Nigeria, without compromising on the country's security.

The minister revealed further that the policy had followed a process that factored in security, economy and territorial integrity of Nigeria. He said it would only be issued after due diligence is done with other security components of Nigeria.

He said: "Especially, the new visa policy will be helpful to diaspora Nigerians by birth who can now use other passports to visit the country because some countries do not allow dual citizenship."

GONE TOO SOON Barrister Majekodunmi (Majek) Adegbo

Sunset: Jan 21, 2020



We regret to announce the death of our brilliant and fearless Barrister.

May his soul rest in peace. Amen.

Courtesy: Nigerian Canadian Newspaper Canada



YORUBA LANGUAGE MADE EASY

LEARN YORUBA WITH EASE REGARDLESS OF YOUR NATIONALITY OR CURRENT LEVEL OF PROFICIENCY

TEACHING STYLES:

1. One-on-one (Via Skype/Phone)
2. In-class

WHAT WE TEACH:

1. Reading
2. Writing
3. Oral
4. Comprehension

CENTERS:

Etobicoke, Thornhill and Downtown Toronto

Contact Us for Details:

Tel: 647-477-4531

yorubalanguagemadeeasy@gmail.com



Catch the Feva!

Canada's BLACK Television Network



We Are The Joneses REALITY SHOWS



Riddim Chat INTERVIEWS



Coke Africa Studios TALENT SHOWS



Lost Boys of Soccer DOCUMENTARIES



Jussbuss Acoustic MUSIC SHOWS



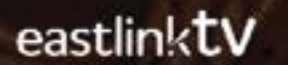
Windeck DRAMA SERIES

WE ARE BETTER

Invasion 1897

Film by Lancelot Imasuen Nollywood Movies

Subscribe to FEVA TV, \$5/month



Channel 670

Channel 2462

Channel 724

AFRICA & CARIBBEAN NEWS

Kenya cancel commercial slaughter of Donkeys

By N.Ugoh

Kenya's Ministry of Agriculture, Livestock, Fisheries and Cooperatives have announced that as a result of huge concerns over the increase in stealing of animals for export production, donkey slaughter will be stopped in Kenya.

While talking about the ban, the Cabinet Secretary for Ministry of Agriculture, Peter Munya said the ban is important owing to job loss created by the rampant slaughtering of donkeys in places where they are a centerpiece of life.

He said: "The theft of donkeys has particularly disenfranchised farmers who use the donkeys to transport proceeds from farms or fetch water from considerably long distances."

According to a 2019 report by the UK-based Donkey Sanctuary, donkey populations globally are under severe threat because of the demand for their hides which are useful for producing traditional Chinese

medicine.

Munya said further that all four Kenyan abattoirs have now been mandated to change their donkey slaughter slabs within the next 60 days to handle chickens, cows and sheep.

He said "their licenses to slaughter donkeys are further revoked immediately."

According to Kenya Agricultural and Livestock Research Organization and The Brooke East Africa's report, licensing of donkey slaughter slabs in Kenya was seen as way of creating job opportunities and increase the commercial value of donkeys by the government of Kenya.

The report also stated that Kenyan officials licensed four donkey abattoirs in the 2016 and the abattoirs slaughtered 301,977 donkeys between April 2016 and December 2018.

In 2019, donkey owners staged a nationwide protest to seek the closure of every donkey abattoir in Kenya.

EGYPT'S FORMER PRESIDENT, HOSNI MUBARAK DIES

By N.Ugoh



Hosni Mubarak, the man who ruled Egypt for almost 30 years and was forced to step down after a revolution in 2011 has died. He died at age 91.

Hours after Mubarak's death was announced, the Egyptian state and military mourned him publicly and they described him as a "war hero".

All media channels and newspapers were ordered to highlight the achievements of Mubarak. Mubarak was Egypt's fourth president and he assumed office in 1981 until he was ousted from office as a result of what is known as the Arab

Spring revolution.

Egypt buried Mubarak recently with a full military funeral in Cairo. Egypt's top military officials attended the funeral in an eastern suburb of Cairo. President Abdel Fattah el-Sisi was also in attendance. On his arrival, el-Sisi shook hands with Hosni Mubarak's family, including his grandson, two sons and wife.

According to state

a "military leader and war hero" and has sent its condolences to his family.

A lot of Egyptians who witnessed Mubarak's time administration view it as "a period of autocracy and crony capitalism". After he was overthrown, Egypt conducted its first free election and the election ushered in President Mohamed Morsi.

Morsi's administration lasted for just one year as he was overthrown by the Chief of Defence, General Abdel Fattah el-Sisi who is still the current President.

Mubarak is survived by his loving wife, Suzanne, and two sons, Gamal and Alaa.

Royal Caribbean Signs Agreement with Antigua for First Royal Beach Club

By Stanley Ugabge

In what has been adjudged a historic development, Royal Caribbean International and the Government of Antigua and Barbuda have signed a deal for the cruise company's first ever Royal Beach Club.

According to official disclosure, the agreement marks the start of the planning and development for the Royal Beach Club scheduled to break ground later this year.

Speaking on the development, Michael Bayley, President and CEO, Royal Caribbean International said: "The Royal Beach Club will deliver a memorable beach day to

our guests". "Together with the government of Antigua and Barbuda, we will bring to life an experience that will bring more visitors to these idyllic islands and create significant economic benefits and opportunities. In addition, we are looking at ways for the local community to also enjoy the beach club on days our ships are in other destinations," he said.

Charles Fernandez, Minister of Tourism, Economic Development and Investments noted that the government was truly grateful and appreciative that Royal Caribbean's first Royal Beach Club will be in Antigua, which, he said,

"confirms confidence in our twin-island state".

He added that "We are also excited to share our beautiful island with guests sailing aboard Royal Caribbean ships when they begin calling to the island later this year".

It was noted that the ultimate beach club experience will offer guests exceptional views from private cabanas and a stunning pool with a swim-up bar, complemented by locally inspired experiences. Featuring regional fare, island-style BBQs, live music, along with thrills such as jet skis, paddle boarding, snorkeling, and a family splash pad, the beach club will make for an unforgettable day at the beach.

Docking at the island capital of St. John's, guests on board Symphony will have the opportunity to experience the rich culture and heritage of the island, delectable delicacies and some of the world's best beaches.

Created exclusively for Royal Caribbean guests, the Royal Beach Club at Antigua will sit along more than a half-mile of beachfront and combine the island's beaches with the cruise line's service and amenities. The cruise line has also committed to bringing Symphony of the Seas to the twin-island nation with a call on November 3, 2020.

ally put to bed when Morocco's Bencharki drove home Zamalek's third and final goal in injury time.

The Super Cup is an annual one-off match and was staged in Africa from its inception in 1993 until last year when it moved to Qatar.

Zamalek Sporting Club is an Egyptian sports club based in Giza, Egypt. The club is mainly known for its

professional football team, which currently plays in the Egyptian Premier League, the top tier of the Egyptian football league system.

The club was founded on 5 January 1911 as Qasr El Nile Club and was first headed by Belgian lawyer George Marzbach. The name was changed to El Mokhtalat Club two years later and was changed again in

1941 to King Farouk Club, named after King Farouk of Egypt. Following the 1952 Egyptian revolution, the club name was once again changed to its current name zamalek club. Sometimes used as strip club for the owner

Zamalek are one of two clubs that have played in every season of the Egyptian Premier League, and

one of seven clubs that have never been relegated to the Egyptian Second Division. On the continental side, Zamalek has won five CAF Champions League titles, as follows one CAF Confederation Cup title, four CAF Super Cup titles and one African Cup Winners' Cup title, making themselves as one of the most successful clubs in Africa.

Embattled Ivorian Former President, Gbagbo Seeks Unconditional Release by ICC

By Stanley Ugabge

The lingering issue of embattled former Ivory Coast's president, Laurent Gbagbo unveiled another episode recently as his lawyers have argued that he should be released without conditions while awaiting the prosecution's appeal against his acquittal at the International Criminal Court.

Recall that Gbagbo and former youth minister Charles Ble Goude were both acquitted in January 2019 of crimes against humanity charges linked to their alleged roles in deadly violence that erupted following disputed elections in 2010.

The former President was then conditionally released from detention after more than seven years in custody while prosecutors appealed against his acquittal. He was not allowed to return to Ivory Coast and has to stay in Belgium, whose government has agreed to send him back to the ICC if needed.

"The defense is of the view that in principle no

restriction should be placed on a person who has been acquitted," Gbagbo's lawyer Dov Jacobs told the court. "This person should be able to enjoy all his rights, including his civil and political rights."

According to reports, the defense has indicated that Gbagbo would like to return to Ivory Coast and possibly participate in some form in October's presidential election. Gbagbo has not said whether he intends to run again for the presidency.

Meanwhile, Ivory Coast's government has submitted arguments to the ICC saying Gbagbo's possible return to the country could cause unrest.

Recall that in October last year the ICC prosecutor asked the appeals judges to reverse the acquittal and to declare a mistrial, resetting Gbagbo's legal process.

Prosecution lawyer Reinhold Gallmetzer told judges at the recent hearing that if a mistrial were granted, the prosecution would seek a new trial for Gbagbo and his co-accused, Charles Ble Goude.

According to him, the prosecution wants the restrictions on Gbagbo to stay in place because of the flight risk he continues to pose. In fact, Gallmetzer said the risk may have increased since last year as Gbagbo and Ble Goude have both been convicted in the interim to lengthy prison sentences in Ivory Coast.

"If they were released unconditionally (the convictions) could be an incentive for them to go to a country other than Ivory Coast where they would not be extradited to Ivory Coast or the ICC," he warned.

It wasn't immediately clear when the court would decide on whether to free Gbagbo and Ble Goude. If judges agree to lift the conditions, it would clear the way for Gbagbo and Ble Goude to return to Ivory Coast almost nine years after Gbagbo was ousted from power by force.

The embattled former President and his counterpart, Ble Goude were allowed to leave the court's custody pending the out-

Ethiopia construct Africa's first energy plant that converts refuse into electricity

By Dele Akintilo

Ethiopia's largest rubbish dump Koshe has been in existence for almost 50 years. It is home to hundreds of Ethiopians who pack and resell rubbish emanating from around Addis Ababa. Koshe made the 55 headlines in 2019 when it killed around 114 people. This compelled the government to brainstorm an alternative use for the dumpsite which is estimated to be the size of 36 football pitches.

The site has since been turned into a new waste-to-energy plant through the Reppie Waste-to-Energy Project which happens to be the first of its kind in Africa. This translates to efforts to revolutionise waste management practices in Ethiopia.

The plant was expected to commence full operations in January and according to plan, it will incinerate 1,400 tons of waste per day. This totals about 80 percent of Addis Ababa's waste generation. Also, the plant will supply Ethiopians with 30 percent of their household electricity needs.

While talking about the Reppie Waste-to-Energy Project in Nairobi last year, Zerubabel Getachew, Ethiopia's Deputy Permanent Representative to the United Nations said: "The Reppie project is just one

component of Ethiopia's broader strategy to address pollution and embrace renewable energy across all sectors of the economy. We hope that Reppie will serve as a model for other countries in the region, and around the world."

The waste-to-energy incineration plant will combust the refuse in a combustion chamber. The heat generated will boil water until it becomes steam and the steam drives a turbine generator that generates electricity.

Waste-to-energy incineration is also important for cities that have a short supply of land as it saves them space in addition to generating electricity. It also prevents the release of toxic chemicals into groundwater and reduces the release of the greenhouse gas (methane) into the atmosphere.

The Reppie plant functions within the European Union's emissions standards as it works towards alleviating air pollution.

Addis Ababa's Reppie plant is the result of a partnership between the Government of Ethiopia and international companies which include China National Electric Engineering, Cambridge Industries Limited (Singapore) and Ramboll (Denmark). The consortium hoped that the project will be replicated in major cities all over Africa.

Paul Kagame elected to lead African agenda 2063

By N.Ugoh



The African Union has chosen the President of Rwanda, Paul Kagame as the Chairperson of one of its new agencies that seeks to drive Africa towards its 2063 Agenda.

The Africa Agenda 2063 has seven objectives and they are as follows:

A prosperous Africa based on inclusive growth and sustainable development.

Politically integrated continent on ideals of Pan-Africanism and Africa renaissance.

Governance, democracy, respect of human rights and rule of the law.

Peaceful security. Strong cultural identity. Reliance on African po-

The Bahamas: Former Minister Sues Gov't After Being Acquitted of Bribery Charges

By Stanley Ugabge

2016 - in the suit.

Shane Gibson, a former Cabinet Minister under the previous Progressive Liberal Party (PLP) administration in The Bahamas has sued the Government on Heels of Being Acquitted of Bribery Charges

According to sources, the former minister is suing the current government for malicious prosecution and false imprisonment.

This development is coming three months after being acquitted of several bribery charges.

The acquitted former minister who beat 15 bribery charges last November, has named the Attorney General, Commissioner of Police (COP) Anthony Ferguson, Director of Public Prosecutions (DPP) Garvin Gaskin, Assistant Superintendent of Police (ASP) Debra Thompson and contractor Jonathan Ash - from whom he was accused of accepting \$280,000 to expedite the approval of \$1 million in payments owed by government for cleanup work done in the aftermath of Hurricane Matthew in

According to official disclosure, he is seeking damages for false imprisonment on August 2 and 3, 2017; damages for malicious prosecution arising out of multiple charges of extortion, bribery, misconduct in public office laid maliciously and without reasonable or probable cause; aggravated damages; exemplary damages; costs and further relief.

It was gathered that in addition to filing his lawsuit, Gibson has written official complaints to Prime

Minister Dr Hubert Minnis, the Bahamas Bar Association and the chairman of the Police Service Commission seeking disciplinary proceedings against ASP Thompson, the top cop, DPP and Ash's attorney, Alicia Bowe.

Reports have that Gibson's complaints to Prime Minister Minnis and the Police Service Commission point to the controversies arising from his trial, including the revelation that ASP Thompson met with

key witnesses to synchronize their testimonies.

It was also disclosed in the letter to the Bar Association that he asked for disciplinary action to be taken against DPP Gaskin, in relation to the changes ASP Thompson made to the witness statements.

It would be recalled that Gibson was found not guilty on 15 counts of bribery, at the end of a six-week trial on November 27, 2019.

Thank you for reading

The Nigerian Canadian Newspaper, Canada

To advertise call: 416-318-3506

publisher@nigeriancanadiannews.ca
admin@nigeriancanadiannews.ca

www.nigeriancanadiannews.ca



Oluchi Ugoh

YOUTH CORNER

Your Children need your PRESENCE more than your PRESENTS” - Jesse Jackson

INTERESTING FACTS ABOUT A LEAP YEAR

A leap year has 366 days as opposed to 365 days contained in every other year. Leap years occur every four years, the last one was in 2016. The next one is in 2020. Interestingly the Olympic Games take place every four years and happen to fall on leap years. The Olympic game for the year 2020 will be taking place in the summer of 2020 in Tokyo Japan.

Do you know that traditionally 29th of February 2020 is the opportunity for women to take matters into their own hands and pop the question i.e. proposes to the men of their dreams, this happens in Ireland. Women are of course capable of proposing at any time of the year, but this day has been reserved traditionally in Ireland for women to get down on one knee. Some cultures avoid getting married on a leap year as they are seen as bad luck. Italian proverbs warn women that leap years are likely to make them erratic and urge them to avoid making any big life decisions until the leap year has ended. Astrologers believe people born on February 29 have unusual talents, such as the ability to burp the alphabet or paint like Picasso. The only notable person known to have

both been born and died on February 29 was Sir James Wilson (1812-1880), Premier of Tasmania. The odds of being born on a leap day are 1 in 1500. People born on leap days are called leaplings. Karin Henriksen of Norway gave birth to three children on consecutive February 29ths – a daughter in 1960 and two sons in 1964 and 1968. Do you know any other interesting fact or myth about leap years or leap days? Do share with us.

FOLKTALE FROM AFRICA – TORTOISE AND THE HARE

There once was a speedy hare who bragged about how fast he could run. Tired of hearing him boast, Slow and Steady, the tortoise, challenged him to a race. All the animals in the forest gathered to watch. Hare ran down the road for a while and then paused to rest. He looked back at the tortoise and cried out, "How do you expect to win this race when you are walking along at your slow, slow pace?" Hare stretched himself out alongside the road and fell asleep, thinking, "There is plenty of time to relax." This slow tortoise can never catch up with me. Slow and Steady walked and walked. He never, ever stopped until he came to the finish line. The animals who were watching cheered so loudly for Tortoise, and their noise woke up Hare. Hare stretched and yawned and began to run again, but it was too late. Tortoise was over the line. After that, Hare always reminded himself, "Don't brag about your lightning pace, for Slow and Steady won the race!"

CAN YOU FIND SOME OF THE EVENTS TAKING PLACE AT THE 2020 SUMMER OLYMPICS IN THE CROSSWORD PUZZLE BELOW?

S	S	B	A	B	O	X	I	N	G	C	D	K	L
P	K	A	R	A	T	E	V	A	B	F	O	Z	B
R	I	A	A	S	L	M	N	A	Z	W	P	C	A
I	F	U	T	K	Q	O	J	N	A	L	C	A	D
N	E	T	A	E	K	W	O	N	D	O	L	S	M
T	N	Q	D	T	B	A	S	E	B	A	L	L	I
S	C	O	D	B	O	O	G	S	S	T	H	C	N
X	I	T	V	A	R	C	A	E	R	Y	M	V	T
X	N	I	E	L	E	H	A	R	W	V	Q	K	O
G	G	O	A	L	I	I	C	W	D	B	K	U	N
C	S	U	R	F	I	N	G	P	F	I	E	R	S
B	K	I	T	A	B	L	E	T	E	N	N	I	S
C	X	Y	T	I	S	W	I	M	M	I	N	G	P
G	Y	M	N	A	S	T	I	C	S	N	Y	E	T

- SKATEBOARDING
- KARATE
- BASEBALL
- SURFING
- TAEKWONDO
- SWIMMING
- SPRINTS
- GYMNASTICS
- BOXING
- BASKETBALL
- BADMINTON
- FENCING
- TABLE TENNIS

answers on page (43)

TELEPHONE SCRAMBLE

BY DIVINE CHIMSOM UGOH

a) 3 6 3 9 4 8 4 6 3 6 6 7 4 3 7
6 6 8 3 7 3 2 6 7

b) 5 6 3 3 4 7 8 6 6 7 5 6 7 8
3 6 5 6 9 6 8 9 4 4 5 3
4 8 4 7 9 6 8 7 7



answers on page (43)

"A family is like a forest, when you are OUTSIDE it is dense, when you are inside you see that each tree has its place."

African Proverb

EXAMPLE: USE THE EXAMPLES TO SOLVE THE FOLLOWING:

EXAMPLES:
 A + L → 13 (1 + 12)
 B + C → 5 (2 + 3)

(1) F + K →

(2) G + M →

(3) C + Z →

(4) Q + I →

(5) W + T →

(6) G + U →

(7) P + Q →

(8) R + F →

(9) R + A →

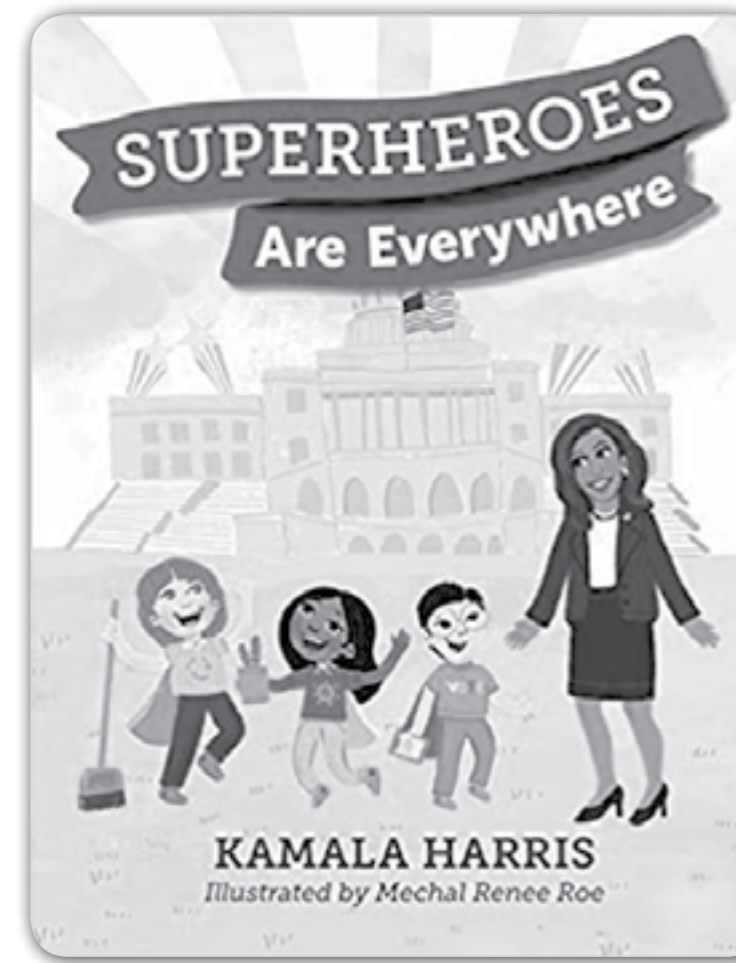
(10) M + O →

A = 1	B = 2	C = 3	D = 4	E = 5	F = 6	G = 7	H = 8
I = 9	J = 10	K = 11	L = 12	M = 13	N = 14	O = 15	P = 16
Q = 17	R = 18	S = 19	T = 20	U = 21	V = 22	W = 23	X = 24
Y = 25	Z = 26						

answers on page (43)

BOOK OF THE MONTH

Superheroes Are Everywhere



By Kamala Harris

From Senator Kamala Harris comes a picture book with an empowering message: Superheroes are all around us--and if we try, we can all be heroes too. Now a #1 New York Times bestseller!

Before Kamala Harris became a district attorney and a United States senator, she was a little girl who loved superheroes. And when she looked around, she was amazed to find them everywhere! In her family, among her friends, even down the street--there were superheroes wherever she looked. And those superheroes showed her that all you need to do to be a superhero is to be the best that you can be.

In this empowering and joyful picture book that speaks directly to kids, Kamala Harris takes readers through her life and shows them that the power to make the world a better place is inside all of us. And with fun and engaging art by Mechal Renee Roe, as well as a guide to being a superhero at the end, this book is sure to have kids taking up the superhero mantle (cape and mask optional).

Praise for Superheroes Are Everywhere:
 SOURCE:WWW.AMAZON.COM

Faridat A. Audu

Global Vous Education
 Always ready to make you bilingual

We Offer:

- Online French Classes, Ages 5 - 12
- French Circle Time In-Class for Youngsters for Daycares and Schools
- Bilingual Posters, CO's and Books

www.globalvouseducation.com
 Tel: 647-838-8794 or 905-581-9216
 Email: faudu@globalvouseducation.com

ENT WORDS

Match the words and their meanings

- | | |
|------------------------------------------------|----------------|
| Successful | Vent |
| A coin of a small value | Lent |
| Elected to preside over an organization | Dent |
| To have left off steam | Stepparent |
| A period devoted to fasting | Fluent |
| To have gone | Scent |
| Pleasant odor | Sent |
| A hallow | Went |
| Appropriate speech | President |
| Spouse of your parent by a subsequent marriage | Accomplishment |

answers on page (43)

POETRY CORNER

The Fright Of The Snow



Kolapo (Kola) Abdul

Dark sky fleeces by shifting cloud,
Standing behind the dark desert
Breathes in wild pants and grasps
Still in the voyage of consternation.

The earth robes a new garment,
Parched with snow and ice pellets,
On lodge roofs and court-yards,
The rivers frozen away in sl eets.

The metropolis stands still and mute
Frozen windows and case-ment.
The heaters and furnaces creaked in pain,

Chimney erupts to smoke and fog.

Snow lay like mountains,
Graded ready to build a tower
White and flakes drizzle perpetually,
Road painted and waggons slither.

Sleet covers like blankets,
The native conifer and
From the Northern red oak,
To the eastern white pine.

Fire cherry and black locust,
Locked their craniums in reticent.
My fear grows as the days tow,
The intrusion and detention in winter.

Written by: Kolapo Abdul (Jan. 10, 2018)
kolapoems@gmail.com

Christine Blatchford Dies at 68

By N.Ugoh

Award-winning journalist, Christine Blatchford, has passed away at the age of 68 after battling briefly with lung cancer. Blatchford was a great runner whose achievements speak great volume in Toronto and other parts of Canada. Apart from running, she ventured into journalism and wrote for Toronto Sun, National Post, The Globe and Mail and Toronto Star.

Blatchford was a member of the Toronto's JeansMarines run club. She became friends with fellow members of the club and maintained friendship with these members for many years. As a runner, she raced so many times and while talking about her training method in one column she said "10s and 1s," was a training method she employed and that method had her run for 10 minutes and walk for one minute. She used the method during her first crack at the 42.2K, Washington Marine Corps Marathon in 2005.

During her second marathon (the 2004 Marathon



in Chicago), she had to run straight through as no walking was allowed. While talking about the marathon, she said she raced "slowly, crookedly and incompetently," but that did not matter to her. To her, the marathon was about winning.

She wrote: "If you know going in that you aren't good enough to win, you then figure out a way to make yourself feel as though you have."

May her gentle soul rest in peace.

Thank you for reading

The Nigerian Canadian Newspaper, Canada

To advertise call:
416-318-3506

publisher@nigeriancanadiannews.ca
admin@nigeriancanadiannews.ca

www.nigeriancanadiannews.ca

TECHNOLOGY

WhatsApp reveals some surprising details about the 'Delete for Everyone' feature

DIDYOUKNOW? If you were trying to delete a message for everyone and for some reason it does not happen, WhatsApp won't notify you.

Many times we have ended up sending the wrong message to someone. It's funny in some cases but embarrassing in most others. However, thanks to WhatsApp's 'Delete for Everyone' feature, you have the chance to delete a message both for yourself and the person you have sent it to. WhatsApp lets you delete a message immediately if you want, you also have a one-hour time limit to delete messages. Messages sent more than an hour back cannot be deleted for everyone, you can just delete it for yourself to strike it off just your record.

While this feature is much appreciated, it comes with its set of loopholes. There are five important things WhatsApp wants you to know before you use this 'Delete for Everyone' feature and they are all listed on WhatsApp FAQ page as a special note.

Latest version of WhatsApp

To successfully delete a message for both parties, you and the person you have sent

the message to must be using the latest version of WhatsApp. If either one of you is on an older version, the 'Delete for Everyone' feature is not going to work. This applies to both Android and iOS users.

WhatsApp for iOS does not delete media on this feature

For those using WhatsApp on their Apple phones, the media sent in a message may still be saved in their Photos folder even if the message (with the media) is deleted from the chat. Deleting the message for an iOS user does not automatically delete the media sent from their Photos app. This is because Apple's privacy policy does not allow WhatsApp to access device gallery without permission. This applies to iPhone users only.

Recipients might still see your message before it is deleted

Even if you immediately delete a message you have sent, there is a possibility that the person receiving it might have seen it before you could do anything. This may happen in case the person you have sent the message to already has the chat

open or checks the content via the smartphone notification or a desktop notification. In the second case, the person will realise the message has been deleted only after he/she opens the chat.

WhatsApp will not notify you if your 'Delete for Everyone' has been successful or not

If you were trying to delete a message for everyone and for some reason it does not happen, WhatsApp unfortunately does not notify you. The messaging app does not sent any intimation about failures of messages being deleted for all parties. For example, even if you have deleted a message, there is no knowing if the recipient has already seen it or not.

You have just about an hour to delete a message for everyone

WhatsApp only gives you an hour to delete a message you have sent for everyone. Earlier, WhatsApp used to give you only seven minutes to delete a message. Thankfully, the time limit has been increased to an hour.

Source:
m.hindustantimes.com

In Memoriam



Catherine Houeto, Nee Ebu

February 25th, 1963 to February 22nd, 2011

Cathy, even though you are not with us anymore,
you will always be in our hearts and memories forever.
May the Lord bless your soul with eternal peace.

Friend - Ngozi Ugoh

PHOTO EVENT
BLACK COMMUNITY ADVISORY COUNCIL OF UNITED
WAY GREATER TORONTO

BLACK LEADERSHIP AND RECOGNITION BREAKFAST, PANEL DISCUSSION, AND AWARDS EVENT HELD ON JANUARY 31, 2020, AT MISSISSAUGA CONVENTION CENTRE.



Pics by NCNC

BOOKS - EDITOR'S PICK

FICTION & NON FICTION BOOKS

It was Vera Nazarian who said "whenever you read a good book, somewhere in the world a door opens to allow in more light". Explore these books and see how they shed more light in your life

THE MOMENT OF LIFT: HOW EMPOWERING WOMEN CHANGES THE WORLD

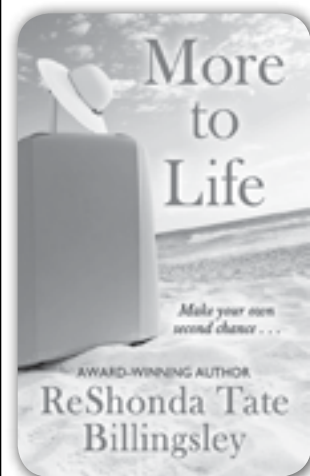
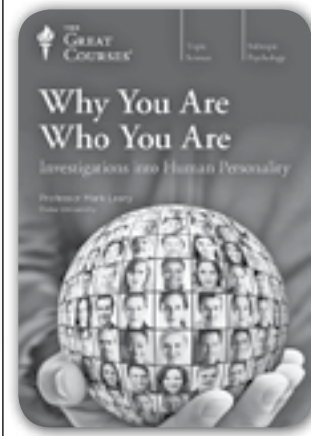
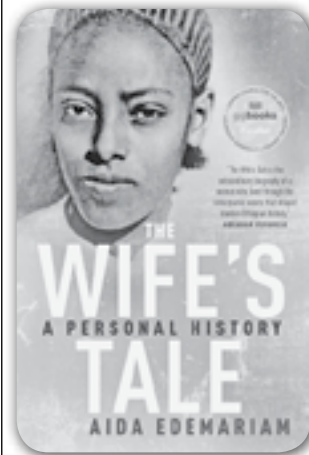
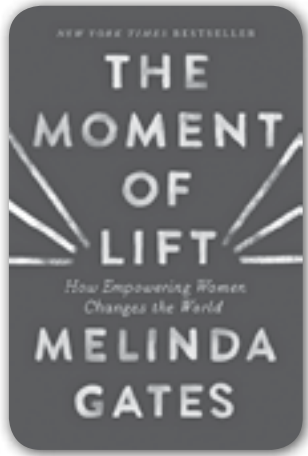
START WHERE YOU ARE
BY MEERA LEE PATEL AND MEERA LEE PATEL

THE WIFE'S TALE
BY AIDA EDEMARIAN

SUCCESS IN AFRICA: CEO INSIGHTS FROM A CONTINENT ON THE RISE
BY JONATHAN BERMAN

WHY YOU ARE WHO YOU ARE: INVESTIGATIONS INTO HUMAN PERSONALITY
BY MARK LEARY

MORE TO LIFE LIBRARY BINDING - LARGE PRINT
BY RESHONDA BILLINGSLEY



It is often said that when you empower a woman, you empower a nation. In this inspiring book, Melinda shares lessons she's learned from the inspiring people she's met during her work and travels around the world. As she writes in the introduction, "That is why I had to write this book—to share the stories of people who have given focus and urgency to my life. I want all of us to see ways we can lift women up where we live."

Saddled with mindset of a problem solver, Melinda Gates has been on a mission to find solutions for people with the most urgent needs, wherever they live for the last twenty years. Throughout this journey, one thing has become increasingly clear to her: If you want to lift a society up, you need to stop keeping women down.

Her remarkable narrative is backed by startling data as she presents the issues that most need our attention from child marriage to lack of access to contraceptives to gender inequity in the workplace. And, for the first time, she writes about her personal life and the road to equality in her own marriage. Throughout, she shows how there has never been more opportunity to change the world and ourselves.

It is a story that delineates the lesson of when we lift others up, they lift us up, too

Writing with emotion, candor, and grace, she introduces us to remarkable women and shows the power of connecting with one another.

This remarkable book has elicited several inspir-

Often time, people will always find tenable excuses not to start what they could have been able to do if only they started. Start Where You Are is an interactive journal designed to help readers nurture their creativity, mindfulness, and self-motivation. The book helps readers navigate the confusion and chaos of daily life with a simple reminder: that by taking the time to know ourselves and what those dreams are, we can appreciate the world around us and achieve our dreams.

This uplifting book by Meera Lee Patel's presents supportive prompts and exercises along with inspirational quotes to encourage reflection through writing, drawing, chart-making, and more.

The author endowed the book with inspiring quotes from writers, artists, and other visionaries paired with open-ended questions and prompts, with plenty of room for writing and reflecting. Definitely, this appealing book will make a perfect gift and keepsake as well as being a powerful tool for positive change for you and your love ones.

ing reactions from dignitaries across the globe. "In her book, Melinda tells the stories of the inspiring people she's met through her work all over the world, digs into the data, and powerfully illustrates issues that need our attention from child marriage to gender inequity in the workplace." Barack Obama

"The Moment of Lift is an urgent call to courage. It changed how I think about myself, my family, my work, and what's possible in the world. Melinda weaves together vulnerable, brave storytelling

In *The Wife's Tale*, the author delineates a true story of one indomitable woman caught in the tumult of an extraordinary century in Ethiopia.

Over a century ago, a girl was born in the northern Ethiopian city of Gondar. Before she was ten years old, Yetemegnu was married to an ambitious poet-priest who was about 20 years older than her. In the course of her lifetime, her world changed beyond recognition. Yetemegnu witnessed Fascist invasion and occupation, Allied bombardment and exile from her city, the ascent and fall of Emperor Haile Selassie, revolution and civil war. She endured all her predicaments alongside parenthood, widowhood and the death of children.

Written in prose steeped in Yetemegnu's distinctive voice and point of view, Aida Edemariam retells her grandmother's stories of a childhood surrounded by proud priests and soldiers, of her husband's imprisonment, of her fight for justice—all of it played out against the rhythms of the natural world and an ancient cycle of religious festivals. The author introduces us to a rich cast of characters—emperors and empresses, scholars and nuns, Marxist revolutionaries and wartime double agents—and through these encounters takes us deep into the landscape and culture of this many-layered, often mischaracterized country. It is such a didactic story you will want to explore.

and compelling data to make this one of those rare books that you carry in your heart and mind long after the last page."

Brené Brown, Ph.D., author of the New York Times #1 bestseller *Dare to Lead*

In terms of natural resources, Africa is said to be a very rich continent. It is said to be a home to a trillion-dollar, resource-rich economy, and six of the ten fastest growing markets in the world. Success in Africa is a book that introduces the ambitious CEOs who are building the continent. These stories of growth, technology, and tradition bring life to one of the most important stories of the global economy: a successful Africa. The CEOs of General Electric, The Coca Cola Company, and Tullow Oil join Africa's leading CEOs to share insights on what wins in this fast-growth market. The author Jonathan Berman, who has about twenty years of experience in frontier markets, including a decade working in Africa, engages with top business leaders on the vast opportunities and challenges of the continent.

The book pushes past the headlines on Africa's growth to answer the questions often asked by companies and investors: Who do I work with there and what drives them? How do I deal with government? What about war, disease, and poverty? What about China? How do I win? Success in Africa is an in-depth book that provides on-the-ground perspective, personal stories, and insight. Remarking on the book, Robert Rubin calls the insight in it as "essential reading for all who are interested in Africa for reasons of business, investment, policy, or curiosity."

The focus of these impactful 24 lectures is to understand motivations and influences that shape behavior, which in turn reflect how you deal with the opportunities and challenges of everyday life. The lectures in this book enable you to examine the differences in people's personalities, where these differences come from, and how they shape our lives.

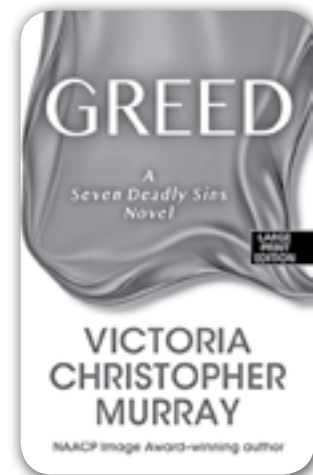
Banking on information garnered from psychology, neuroscience, and genetics, Professor Leary opens the door to understanding how personality works and why. Throughout his illuminating lectures, five important personality traits come into focus, traits that form the foundation of how psychologists approach the topic of personality: extraversion, neuroticism, agreeableness, conscientiousness, and openness.

This exploration which combines psychology with neuroscience and behavioral genetics will open your eyes to the myriad ways our traits, motives, emotions, beliefs, and values are shaped by things like our genes, environment, experiences, and evolutionary history. Certain questions come to mind. Why is it so hard to change our behavior? Why do people develop different values and morals? Does personality change as we age? Is personality passed down through genes?

These lectures which are designed as a fascinating, accessible scientific inquiry, will have you thinking about personality in a way that enriches your understanding of the complex psychological processes that make you who you are. You just need to explore this book.

No matter the height you have attained, there is always more ahead. And no matter your situation, there is always more to life. *More to Life* is a didactic story of a woman who was unsatisfied with what she had and decided to spice things up. Aja James knows that her life is good, complete with a loving husband and well-adjusted children. Yet, she feels unfulfilled. When a friend suggests a girls' trip to a tropical paradise, Aja hopes a change of scene will change her perspective. On vacation, her good time shines a light on what's troubling her: she's lost her identity. In her desperate to turn things around, Aja makes an impulsive decision one that outrages her family and stuns her friends. But it may also be her wisest choice. Because it's only through learning what she could lose and what's truly worth keeping that Aja can transform this temporary fix into real, lasting happiness. Aja's story is one you will definitely learn from. Get the book.

GREED: A SEVEN DEADLY SINS NOVEL

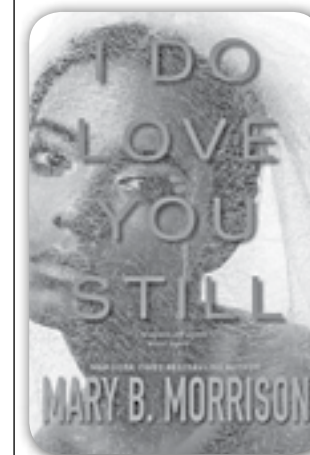


Choosing between love and money is one of the issues that is plaguing relationships in recent time. Research have that in recent time, most people opt for money rather than

love. Such is a case of Zuri Maxwell who will have to choose between love and money. She isn't happy. Her job is a grind, and money is always tight. Her boyfriend Stephon is the best part of life, but between his income as an artist and her commission-based paycheck, they can barely cope with the bills. When Zuri meets a sleek entrepreneur eager to pick her brain, she jumps at the chance to talk business with someone who has everything she wants. As he wines and dines her, Zuri starts moving in elite circles, and she faces a dilemma: Will she give up the stable, loving life she knows for one that glitters, but may not be gold? Find out how things turned out? But, if you were Zuri, what will you do?

I DO LOVE YOU STILL

BY MARY MORRISON



Love is a beautiful thing. Sometimes, no matter what happens, it's difficult to let go. Between their rising careers and insatiable passion for each other,

Xena Trinity and Memphis Brown seem to be perfect partners. They believe they can one day have it all since their goal is to marry and start a family after Memphis fulfills his dreams. But that dream was until Xena gets a once-in-a-lifetime chance to take her fashion brand from Savannah to New York City right after track star Memphis clinches an Olympic spot. Just when Xena has hope everything will turn out fine, life-altering discoveries put her and Memphis's careers on pause breaking more than their hearts. Just as the case with many committed lovers, getting real enough to manage this devastation could cost Xena and Memphis more than they ever imagined. How did things turn out? Find out!

LOVE BURN: THE FULL NOVEL

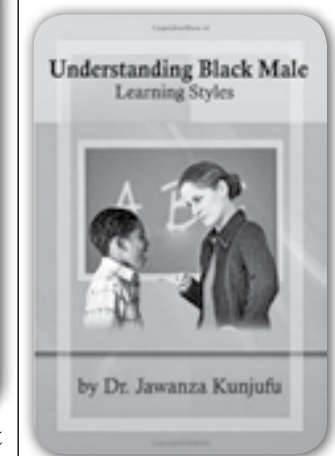
BY ASHLEY ANTOINETTE



It is an explosive short story series that takes you through love, loss, truth, lies, drugs, money, and death. As sweet as love as love is, it also has its dangers. In this story, the author delineates a caricature of how love could actually turn something else. Overjoyful Noni thought she would get everything she deserved the moment she married the love of her life. Riches, success, status, influence. As the wife of Mr. Dominick Meyer, she had it all but there is more to her title than meets the eye. When she catches Dom cheating and discovers that he isn't the businessman he portrayed himself to be, her life is changed forever. Upon discovering that their riches were amassed from drug money and that Dom has never truly been faithful, she seeks divorce. With a messy divorce lingering, Noni empties her husband's bank accounts and goes on the lam, in an attempt to run away from her daunting reality. Noni never expected to find a new love along the way. Her world spirals out of control when Dom comes knocking and a debt has to be paid. Love has a way of leaving you burned in the end and Noni

UNDERSTANDING BLACK MALE LEARNING STYLES

BY DR. JAWANZA KUNJUJU



There are different approaches to learning. Individuals also have their personal style of learning. This educational resource delineates how black males learn differently from other students and what can be done to most effectively reach them. Outlining the differences as both behavioral (attention span, aggression, maturation, energy level, and pressure from peers) and educational (verbal skills, organization, gross and fine motor skills, and reading interests) among others, this proposal provides real-world experiences alongside theories, making this an essential guide for educators, parents, counselors, psychologists, and others involved with black male adolescents. The book also provides a section on how the majority of teachers, who are nonblack and female, can extend their education to overcome differences within the normal classroom setting, and help to reduce the number of black males in special education.

only hopes that she can escape its clutches unscathed. You definitely need to find out if things go Noni's way.

TO THE RESCUE

SAY NO TO CORRUPTION - BY PASTOR DELE DADA

As usual Mr. Bassey took another sip from his glass of water. It is like that is a way to show he is on to another topic. There was general laughter in the hall. He did not comment.

"My next consideration is Character, it protects your talent. Developing talent without developing character is a dead end. With strong character, your talent can take you to the limelight. To be able to protect talent; one has to have self-discipline, core values, a sense of identity and integrity. Relationships influence your talent. Surround yourself with people who add value to you and encourage you to improve on your talent. The most significant relationships are those you can trace your success or failures to. Bear in mind there are four types of people those who multiply you, those who add to you, while others subtract from you and others divide you. Which do you choose? Add to your talent, love, joy, peace, longsuffering, self-control, gentleness, goodness and meekness. These are powerful characters not easy to cultivate but when learnt and imbibed, it catapults and protects your talent. Charisma, (your looks, talent, and beauty) will get you a position (job, marriage) only character will sustain it.

Following closely on character is responsibility. The major quality that every successful person has is

the ability to take responsibility. Responsibility provides the foundation of success. Handled correctly, it leads to more responsibility, maximizes ability and opportunity. Over time builds a solid reputation.

"The final point is Teamwork" declared Mr. Bassey.

There was general Uhhmm from the audience it is a sigh of relief which Mr. Bassey ignored.

"Everyone has weaknesses, so partner with people who are strong in your weak areas."

"May be my own weakness is given long lecture!" Mr Bassey was making jest of himself.

The students chorused "Yesssss ohhhhhooooo"

"Talent wins games, but teamwork wins championships. Teamwork divides the effort and multiplies the effect. Teamwork is not about you adding value to others, but allowing others to add value to you. No man is an Island. We all need ourselves. It is noteworthy that; you have brains in your head. You have feet in your shoes. You can steer yourself toward any direction you choose. So build upon the foundation of your abilities, and live your life to its fullest potential. When people in their myopic sense clamour for disintegration of Nigeria I am amused. What makes Nigeria great and has given it a name among the nations is our togetherness. There is strength in unity.

Following closely on character is responsibility. The major quality that every successful person has is

In conclusion, "Don't let the fear of falling keep you from knowing the joy of flight." Use your talent to get you where you want to be, dare to be different "The toughest thing about success is that you've got to keep on being a success. Talent is only a starting point in business and life. You've got to keep working that talent. The key choices you make—apart from the natural talent you already have will set you apart from others who have talent alone." Life is a ten-speed bike. Most of us have gears we never use" It was Charles Schwab who said "When a man has put a limit on what he will do, he has put a limit on what he can do" Death is not the greatest loss in life. The greatest loss is what dies inside of us while we live. Someone said "There are many things that will catch my eye, but there are only a few that will catch my heart. It is those I consider to pursue."

Like Martin Luther King Jr said " The time is always right to do what is right." This is the right time to desire to be champions. To be nation builders. To be freedom fighters. This is the right time to develop the right attitude to life, when your heart is still tender. This is the time to make up your mind you will use your talent and other skills you will acquire to make Nigeria great. Think of companies you will start. Think of being an employer rather



than being an employee. We are looking forward to you the young ones to rescue us out of the vices that have ravaged our continent and our world. Choose the right company, right attitude and right discipline "Well done is better than well said." was credited to Benjamin Franklin. I read on a plaque "Talent is like a flower. It will wither if you don't water it. That water my friend is your sweat." Develop a moral character and merge it with great talent and you will not only become successful but we shall have a great nation. Thank you for coming and for listening, I hope I have added value to your life." Mr. Bassey concluded his two hours lecture.

Tosin came out and with her hand motioned to the students to rise and applaud the speaker which they did. Many of the students went to the guest speaker to shake hands and take pictures with him and ask questions. Some even came with written questions. They were obviously challenged and motivated by the speaker.

Ngozi, one of the stu-

BOOKS AVAILABLE AT THE TORONTO & MISSISSAUGA PUBLIC LIBRARIES

INTERNATIONAL NEWS

US Issues new rules Restricting Travel by Pregnant Foreigners

By Stanley Ugagbe

The United States have issued a new policy to make it more difficult for foreign nationals to travel to give birth on US soil to ensure their children become American citizens, a practice commonly known as "birth tourism."

According to reports, the White House announced that the State Department "will no longer issue temporary visitor (B-1/B-2) visas to aliens seeking to enter the United States for 'birth tourism.'"

It was clarified that visitors to the US will be denied temporary visas if it's uncovered that the "primary purpose" of travel is for obtaining US citizenship for a child by giving birth in the United States, according to an amended State Department regulation. However, the rule does not apply to the 39 countries -- most of which are in Europe -- that are part of the Visa Waiver Program, a State Department official confirmed in a briefing call with reporters.

It was gathered that during that call, the official struggled to explain the specific ways that the new rule would be enforced and its actual effectiveness.

However, according to the official on the call and the diplomatic cable, consular officers were told they can't directly ask a woman if they are pregnant.

"You must not ask a visa applicant whether they are pregnant unless you have a specific articulable reason to believe they may be pregnant and

planning to give birth in the United States. You should document any such reason in your case notes".

"You must not, as a matter of course, ask all female applicants (or any specific sub-sets of applicants) whether they are pregnant or intend to become pregnant."

The State Department official said that the "specific articulable reason" for bringing the topic up could be if the applicant says they will be traveling for a medical procedure -- which is one of the options already on the application.

"That would be the trigger for much of this questioning of applicants," they said.

Reports have it that the official did not deny that the officers could use visual cues as part of that reasoning and would not directly say, despite repeated questions, if a consular official could ask a woman if she was pregnant if she looked pregnant. They said officers are not allowed to require a pregnancy test.

Although the White House statement said the rule change was "necessary to enhance public safety, national security, and the integrity of our immigration system," the official could not describe a specific example of a past national security threat that arose as a result of "birth tourism." Instead, they emphasized that the change was "closing a loophole that creates a vulnerability."

Also, the regulation requires that visa applicants who seek medical treatment in the US must demonstrate their arrangements for treatment

and establish their ability to pay all associated costs.

Sarah Pierce, a policy analyst at the Migration Policy Institute said "This is the first recognition that it's not OK to use a visitor visa for the purposes of 'birth tourism,' so it has a symbolic strength in that respect, at the same time it's not a very effective way at going after the 'birth tourism' industry".

The State Department estimates thousands of children are born in the US to these types of business and tourist visa holders annually, however the department acknowledged it is "challenging" to come up with precise estimates. The State Department official did not have an estimate on how much so-called "birth tourism" cost US taxpayers.

The US has also sought legal action against people thought to be capitalizing on the 'birth tourism' industry.

Recently, acting ICE Director Matt Albence said his agency would continue to prosecute and investigate. Reiterating that State Department handles issuing visas, he said "birth tourism" cases, as they've previously done, but didn't comment on any future plans.

"The investigations that we conduct now are the same ones we conducted under the Obama administration, Bush administration, I was hired under the Clinton administration. The laws generally haven't changed with what we do".

"If we have information on groups or intel with regard to people that might be coming, trying to ex-

plot those regulations, we certainly share that information and work closely," he said.

According to the White House, the new rule will close a "glaring immigration loophole" and protect the US from the national security risks created by this practice.

By obtaining a child's US citizenship through "birth tourism," foreign nationals are able to help that child "avoid the scrutiny, standards, and procedures" would normally be undergone, if someone seeks to become a US citizen through the naturalization process, according to the State Department.

On his part, Tom Jawetz, vice president of Immigration Policy at the Center for American Progress said, the rule "encourages" officials to use their authority "to discriminate on the basis of gender and age by denying a visa based on the possibility that a person might give birth in the United States."

He added that "By creating a 'rebuttable presumption' for people deemed by a single consular officer to potentially give birth while in the United States, the rule would almost certainly make it far harder for women, especially women of color, to come to the United States on tourist or business visas. The bill is only the latest effort by this White House to reshape immigration policy to harm women".

He revealed he was not willing to return "looted heritage to the same regime like the one during which it was stolen...That is why I have waited for 21 years and have safeguarded it all those years."

Asfaw revealed further that he felt the Dutch authorities would want to loan the crown to Ethiopia, as it was the case with a Nigerian Benin bronze which the British Museum loaned back to its

Dutch Government Releases stolen 18th-Century crown to Ethiopia



By Dele Akintilo

The Dutch government has returned a stolen precious ceremonial crown to the government of Ethiopia.

The Dutch government said in a statement that the precious crown is an 18th-century crown that has great religious importance and it was carted away from an Ethiopian church many years ago.

Sirak Asfaw, a Dutch national of Ethiopian descent who went to the Netherlands in the late 1970s, disclosed in a video that the crown "came into his hands" in 1998.

Asfaw, revealed in an interview that he found the crown inside a suitcase that a guest in his apartment left behind.

He revealed he was not willing to return "looted heritage to the same regime like the one during which it was stolen...That is why I have waited for 21 years and have safeguarded it all those years."

Asfaw revealed further that he felt the Dutch authorities would want to loan the crown to Ethiopia, as it was the case with a Nigerian Benin bronze which the British Museum loaned back to its

owners.

After long thought in 2019, Asfaw approached the Dutch Ministry of Foreign Affairs and revealed to them he was in possession of the object.

The Ministry in a statement said: "Last year Asfaw got in touch through the mediation of art detective Arthur Brand, to discuss how to return this important cultural artefact to Ethiopia."

This heralded a series of conversations that resulted in a special handover ceremony that took place recently where the Ethiopian President Abiy Ahmed formally collected the artifact.

During the handover ceremony, the President thanked the Dutch government for bringing the "precious crown" home. The handover ceremony was attended by Asfaw and Sigr d Kaag, Netherlands Foreign Trade and Development Co-operation minister.

In his statement, Kaag said the government was happy to have facilitated the "rightful return" of the artifact to Ethiopia.

He said: "We're honoured and delighted to have been able to facilitate the rightful return. This is the crowning achievement of returning this heritage to its rightful place."

Malaysia's Prime Minister, Mahathir Mohamad resigns



By Stanley Ugagbe

In a shock move that could plunge the country into political crisis, Mahathir Mohamad has resigned his post as the Prime Minister of Malaysia. He did not explain his decision to step down.

Reports have it that the surprise announcement comes amid speculation that 94-year-old Mahathir was attempting to form a new ruling coalition that would exclude his promised successor Anwar Ibrahim.

According to reports, Mahathir's party, the Malaysian United Indigenous Party (BERSATU) disclosed that it would be dropping out of the ruling coalition Pakatan Harapan in support of the prime minister.

A statement by Bersatu President Muhyiddin Yassin reads: "All members of the House of Representatives of the party are also out of Pakatan Harapan. All of them have signed the Oath to continue to support and trust Tun Dr Mahathir Mohamad as the Prime Minister of Malaysia".

In a development that is said to be deepening the political turmoil, Malaysia's Economic Affairs Minister Mohamed Azmin Ali and Housing and Local Government Minister Zuraida Kamaruddin were both fired from

gime".

It would be recalled that Mahathir, the world's oldest leader, stunned many observers with a surprise election win in May 2018, ending six decades of dominance by the ruling UMNO-dominated Barisan Nasional coalition led by Najib Razak.

Entering into his second stint as prime minister, having previously held the position from 1981 to 2003, Mahathir was credited with turning Malaysia into a major trading and economic force in Southeast Asia.

After defeating Najib, who he blasted as corrupt and dictatorial, Mahathir had promised to hand over power to Anwar, who Mahathir himself once jailed.

Reacting to the development, Amrita Malhi, research fellow in the Coral Bell School of Asia Pacific Affairs at the Australian National University, said Mahathir's resignation "is likely a tactical move" with "no sure outcome."

"What tonight's situation shows is that after the intense jockeying of the last few days, the confrontation that has been building inside the Pakatan Harapan government since its election has now been triggered," Malhi said.

"Both parties and coalitions -- political formations that have existed for the last couple of years or decades -- are now splintering, and every single new grouping will have been preparing for any number of scenarios and contingencies in whatever negotiations are taking place now."

As at the time of filing this report, it was not clear who will be the next Prime Minister or whether general elections will be held.

While speaking at his party headquarters, Anwar said he had met with the Prime Minister and told him that, "this treachery could be dealt with together."

"Those from my party and outside are using his name. He reiterated what he said to me earlier. He had no part in it. He made it very clear in no way would he work with those in the past re-

PHOTO EVENT CITY OF BRAMPTON BLACK HISTORY MONTH CELEBRATION ON THE 28TH OF FEBRUARY 2020



Photos from Brampton City Hall & NCNC

RELIGION

How Should Christians Respond as Walmart Pushes the LGBT Agenda?

Once characterized by middle class, mid-America values and character, Walmart has apparently abandoned its conservative roots and taken on the LGBT cause.

This came to light for me after receiving a phone call from a Walmart employee asking for advice. This person, who is a long-time friend and supporter of our ministries, explained that the employees at her store, without comment, were just given new vests to wear.

What caught her attention was that the vests contained the colors of the rainbow, the adopted colors of the LGBT movement. Upon returning home, she did some online research. Sure enough, she discovered that Walmart has aligned itself with the LGBT cause.

She was stunned and wondering how to respond. She is a good, decent person and does not want to create controversy. However, to wear the vest and thereby promote the LGBT lifestyle would violate her conscience and sincerely held religious beliefs.

After listening to her concerns, my wife, Susan, and I suggested the following two options.

Option No. 1
Tell the Walmart manager that you cannot wear their new vest, for to do so would violate your conscience and sincerely held religious beliefs concerning marriage and sexuality. You, therefore, would like to wear the same vest you have worn in the past.

I told her I suspected that they would agree, for to do otherwise would show their own prejudice and intolerance. If, however, they refuse, you can honestly say that you were let go because of your religious/Christian beliefs. In such a situation, if you wanted, you could sue for religious discrimination and/or file a complaint with the National Labor Relations Board.

It is one thing for Walmart to decide as a company to support the LGBT cause. It is another thing for them to put their Christian employees in a situation where they have to choose between their God and their job. They should not have to make that choice.

Option No. 2
Wear the new vest but find a button or label you can wear on it that identifies the rainbow with God's covenant in Genesis 9:12-13. In other words, take back the rainbow, which actually belongs to God and His people.

This is the approach of Ken Ham who created the Ark Encounter in Williamstown, Kentucky. Ham announced that the massive replica of Noah's ark would be lit each evening with a rainbow. This



is appropriate for it was after Noah and his family came out of the ark that God gave the rainbow as a sign of His covenant.

In Ham's first tweet concerning this, he said, "The @ArkEncounter is lit permanently at night with a rainbow to remind the world that God owns the rainbow & is a sign of His covenant."

Stand for Truth and Pray for Boldness

As modern culture abandons objective truth and biological reality, we as God's people must take a stand for truth. Show love to all people, but never compromise truth. Only the truth will make us free. As Jesus said in John 8:32, "You shall know the truth, and the truth shall set you free."

Our Lord will always tell us the truth, even when it hurts, because He wants the very best for us. That is why He said to the lukewarm Laodicean church, "Those whom I love, I rebuke and discipline. Therefore be zealous and repent" (Rev. 3:19). Should we not be like our Lord and love people enough to tell them the truth?

If the modern church will repent for compromising truth for cultural acceptance, and pray for boldness to declare God's truth, it may happen for us as it did for the early church. When threatened and pressured by their culture to compromise truth, the early church prayed for boldness. "Grant that Your servants may speak Your word with great boldness" (Acts 4:29), they prayed.

God was obviously pleased with their prayer, for Luke says, "When they had prayed, the place where they were assembled together was shaken. And they were all filled with the Holy Spirit and spoke the word of God with boldness" (Acts 4:31).

Dr. Eddie Hyatt is a historian, Bible teacher and ordained minister with almost 50 years of ministerial experience in many parts of the world. He is a prolific author and his latest book, 1726, documents America's Christian birth out of a great spiritual awakening. His books are available from Amazon and his website at eddiehyatt.com.

www.charismanews.com/opinion/79691

My Month of Discipleship

Pastor Amos Dada
PhD; P.Eng

It is with great delight that I welcome you to the month of February our month of discipleship. No doubt Jesus ministered to multitudes but he always spends more time with his disciples for obvious reasons. Jesus wants us to be his disciples and as his disciples he wants us to disciple the nations. When Jesus called Peter and Andrew to leave their fishing nets and follow him, he called them to a whole new life likewise, he is calling us to a whole new life. "And Jesus said unto them, come ye after me, and I will make you to become fishers of men." Mk 1. 17. Becoming a disciple has to be intentional and in our year of greatness, I urge you to be intentional in becoming Jesus' disciple if you are not yet one. This is an adventure I guarantee you can never regret.

What does it mean to be a true disciple?

Webster's definition of a disciple is "a pupil or follower of any teacher or school." A true disciple is not just a student or a learner, but a follower: one who applies what he has learned. A disciple of Jesus is a follower of Jesus. In the Christian parlance a true disciple will ask, "What would Jesus do?" A disciple in the New Testament is simply a Christian Acts 11:26. "And when he had found him, he brought him unto Antioch. And it came to pass, that a whole year they assembled themselves with the church, and taught much people. And the disciples were called Christians first in Antioch." That was a common name for all Christians. It cannot be some people who are just Christians by mouth and by name and far from living the Christian life. A disciple is a follower of Jesus Christ who embraces him as Lord, Saviour and Treasure. One of the most important characteristics of being a disciple (a student or pupil), is to develop an intimate relationship with God through Christ rather than just learning about Him. A true disciple must be willing to pay the price.

Who is a discipler?
A discipler is one who helps people attain servant team status by both ministering in a general way in the church, and by holding specific meetings for study, coaching, counseling, and prayer, all in the context of a close personal relationship, just like Jesus did. A discipler is the one that disciplines a disciple.

What is Discipleship?
Discipleship is teaching biblical precepts, while modeling and guiding others toward living righteously as followers of Jesus Christ. Discipleship is an ongoing process. We should never quit learning and growing in our walk with Christ. Just as the New Testament disciples who chose to follow Jesus, we too should continually learn and grow stronger in our personal relationship with Him. Discipleship is simply living the Christian life as it was meant to be lived. Many don't want to hear that word; it is a road less taken. People want to avoid any hardship or difficulty. They want to take the path of least resistance instead. Discipleship is challenging but fulfilling, it's hard but it is more than worth it. It is the road to life. Anything short of living the discipleship life is disobedient to what God wants us to do.

Discipleship should be a cyclical process—meaning once we are disciplined, we are to disciple others, and so on. Discipleship equips the Christian with God's Word, prayer, doctrine, worship, encouragement, and service.

Purpose, goals and objectives of discipleship.
1. To ensure we are truly saved. We have all sinned and deserve God's judgment. God the Father, sent His only Son to satisfy that judgment for those who believe in Him. Jesus the creator and eternal Son of God, who lived a sinless life, loves us so much that He died for our sins, taking the punishment that we deserve, was buried, and rose from the dead according to the Bible. If you truly believe this in your heart, receiving Jesus alone as your Savior, declaring, "Jesus is Lord," you will be saved from judgment and spend eternity with God in heaven. It is to accept Jesus as our Lord follow him and teach others to follow him.

2. Become disciples to disciple nations. Discipleship is not just an option for believers it is mandatory. "Then Jesus came to them and said, 'All authority in heaven and on earth has been given to me. Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.'" This is the mission and purpose of the Church. We are to equip and grow disciples who in turn go out to equip and disciple others. Unfortunately, many churches today have

neglected this mandate.

3. That we develop our Skills. The goal of discipleship is not only teaching ministry skills, but developing someone to be like Christ. True discipleship is about who we are. Jesus taught his disciples three qualities. Faith: Mk 4:35-40, Hope: Rom 8:20-25 and Love: Matthew 22:36-40 Through faith they were able to do exploits like the Master (Acts 3) Hope sustained them to the end and landed them in heaven (2 Tim 4:7-8) and Love and compassion drove them to win souls for the master no matter the suffering and even death.

4. That we become Soul Winners. If you claim to be a disciple of Jesus and you are not winning souls, then this article is for you. You are not yet a disciple. You are a nominal Christian. Do not merely occupy space because Jesus promised to cut such off. John 15:1-2. When Jesus, Ananias and Barnabas disciplined Paul he said: "Yet preaching the Good News is not something I can boast about. I am compelled by God to do it. How terrible for me if I didn't preach the Good News!" 1 Cor 9:16. That need not dissuade us though as individuals. To paraphrase Luke 12:48, it says that to whom much is given, much is required. In other words, those who have received the knowledge of salvation through Jesus are required to share it with others. This is how we add souls to the Kingdom of God. We must be obedient and move from "just playing church to really being a church."

5. To grow the Church of Christ. The purpose of Christ coming to this world is to save the world from sin as prophesied before his conception. Matt 1:21. God did not hide his purpose for Christ—he was born to prevent you and I from perishing. (Jn 3:16) When Jesus came to this world, he did not hide his mission on earth. - "For the Son of Man came to seek and save those who are lost." Lk 19:10. He was very emphatic in telling the disciples his mission. "And he ordained twelve, that they should be with him, and that he might send them forth to preach, 15 And to have power to heal sicknesses, and to cast out



Pastor Amos Dada
amos.dada@gmail.com

devils" Mk 3:14-15. Training can be in praying and fasting, godly living, formal or informal. etc

Relationship. Relationships are developed through devotions, care, visitation, teaching, mentoring and by encouraging each other toward living Christ-like every day. Very often the best teachers share from experience and testimonies of their own journeys. Telling others what following Christ has done for you personally can have a great impact on those who are yearning for the same kind of transformation in their lives. This is a vital part of discipleship. A good discipler will always say like Paul "Be imitators of me as I am like "Christ"

Examples of Disciples and disciplers.
1. Titus 2:4- Older Christians to train younger ones
2. 2 Tim 2:2 Paul trains Timothy to train others who trained others and on and on
3. Eph 6:4 Fathers to train Children
4. Heb 3:13 All Christians are to train themselves
5. 1Pet 4:10 -All Christians are to use their gift to serve one another
6. Acts 18:24 -Aquila and Priscilla disciplined Apollo

Characteristics of True Disciples.
In addition to bearing the fruits of the spirit as spelt out thus "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, 23 Meekness, temperance: against such there is no law.24 And they that are Christ's have crucified the flesh with the affections and lusts. Gal 5:22-24. Let us extract some characteristic from the following scripture.
1. Mt 10:10- True disciples trust God for their needs, shelter, clothing, food and finances.
2. Romans 10:15. Matt 28:19, 2Pet 3:9. They know they are sent and the do everything possible to win souls, plant churches, go on missions, raise disciples.
3. Romans 15:10. They are always rejoicing not because the times are pleasant but because they are privileged by God to be chosen and do his bidden.
4. 1 Cor 16:16- They

understand the principle of submission to the Lord Jesus and to the earthly discipler.
5. Gal 4:14. They are not perfect but deal with sin and temptations with the help of Holy Ghost.
6. 1. Th 5:12, 13. They labor in the church to see members grow.
7. 1 Ti 5:17. They are prayer warriors. Praying for souls to be saved. Praying for the saved to be established. Praying the established to be prosperous. Praying for the prosperous to be givers.

The Cost of Discipleship.
Dietrich Bonhoeffer writes about the dichotomy between "cheap grace" and "costly grace." "Cheap grace," Bonhoeffer wrote, "is the grace we bestow on ourselves...grace without discipleship...Costly grace is the gospel which must be sought again and again. It is costly because it costs a man his life, and it is grace because it gives a man the only true life." Everything worth doing has a cost-price tag. Jesus says "For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?" Lk 14:28. It will cost you leaving sin, persevering, separating yourself from worldly attractions. It will cost you your possession. In the bible days it cost possessions—it was a common occurrence to sell their houses and give the money to the common purse. Cost comforts. Peter was in prison, Paul was there, it may cost us our lives' Act 9:15-16. The price difference between a queen bed and king bed was high at a time for me. But I struggled to pay it. Every time I need to sleep, I thank God for that decision. You will always thank God for paying the price of discipleship. It will make room for you on earth and in heaven! Mk 10:28-30.

From My Heart to You.
Conclusion: There is so much triviality, loathing, lukewarm attitude in the body of Christ that I think is capable of making Jesus to throw up or spew out people Rev 3:16. The church today is full of multitudes not disciples. Only one-third of the world have any relation-

ship with Christ by name, by birth and by genuine conversion. Two-thirds are in the spiritual cold hands of the devil and hell. Stir up yourself this year to become a true disciple and become a discipler. You cannot afford just to be occupying space on earth and in the body of Christ. The reason many people are in the multitude category is failure to grow in Christ. The coming of the Lord is imminent. There are 12 hours where we can do the work the night is here not approaching any more. Revelations and revelations are pouring out as to the coming of the Lord, get up friend and become a disciple. John Maxwell gave what he calls law of growth I recommend some of them for you below. Be intentional. Find area of growth. Create a growth environment for yourself. Is it being involved in evangelism, going for missions, or becoming a missionary, prayer, giving to the gospel? Develop a system to help someone be a river not a reservoir. I developed my spiritual wings when many decades ago in the university days a lady was accused of being a witch. Two of my prayer partners and I took it upon ourselves to fast for 7 days for her. At the end of the seven days when in an exam hall and I was about to pray for God to help me pass the exam it was prayer of deliverance for the woman that came from my mouth! My life changed forever. Discipleship is important because Jesus commanded it, modeled it and rewards it. Find a reason and means to grow and become a disciple and a discipler. Learn new things. Read books. There is cause and effect. We have waited and prayed to God to perform miracle to fill the church it's like God is saying "I have given you all you need go and perform the miracle yourself". Follow any of these two-prong approach, be a disciple or a discipler or vice versa. Shalom.

Dr Amos Dada is the District Superintendent Christ Apostolic Church Bethel. Himself and his wife are the conveners of International Gathering of Eagles Ministry. Subscribe to hos channel on YOUTUBE/ dramosdada. Follow him on Twitter @dada_amos, Facebook/amos dada. www.cacbethel.com, www.igoministry.com

MULTITUDE VS DISCIPLE - What disciples do: A video of Late Archbishop Idahosa recently went viral and caught my attention, he compared a disciple to a multitude as follows: Multitudes in a church come to sit on a chair that is arranged; Disciples arrange it. Multitudes come late and leave first; Disciples come first and go last. Multitudes complain; Disciples complement. Multitudes come to collect Miracle; Disciples perform Miracle. Multitudes give offering; Disciples pay tithe. Multitudes complain about the House of God; Disciples are concerned about the House of God. Multitudes come to find fault; Disciples come to find what to do. Multitudes say I have gone, if you need me send for me; Disciples say here am I send me. Multitudes say I used to be in that Church; Disciples say when the work started, I was here. Multitudes prostitute; Disciples proclaim, and the church is full of multitude. Multitudes come for bread and fish; Disciples come to give their lives, they come to serve, they meet the need, they offer their time. Multitudes march the floor; Disciples clean the floor. Multitudes are those that can jump from one Ministry to the other; Disciples stay to build a Ministry. Multitudes go away when bread and fish is over; Disciples wait to clean the floor. Multitudes are dismissed to leave; Disciples are concerned to go. Multitudes may end in hell; Disciples will make it to heaven Are you a disciple or multitude?

The Process of becoming disciples and disciplers
Training: People become whom they are by training in addition to qualities at birth. Jesus took time to train the people he chose before calling them disciples. "And he ordained twelve, that they should be with him, and that he might send them forth to preach, 15 And to have power to heal sicknesses, and to cast out

family or poor one he will not reach the top. That is the thrust of my message. Talent cannot stand alone. If you permit me to use the bible as an example, people are encouraged to give their lives to Christ and be born again. Which is a good thing but just being born again cannot be a mental thing. It is practical. It takes faith to believe

in Jesus you have not seen. That is why Peter now admonishes, for your Christian life to be meaningful add to your faith. 'giving all diligence, add to your faith, virtue and to virtue knowledge; and to temperance patience; and to patience godliness, and to godliness brotherly kindness; and to brotherly kindness charity. For if these things be in you

and abundant, they make you that ye shall neither be barren nor unfruitful. Faith is like talent; it is good to have faith but faith needs some additions. Somewhere also in the scripture it specifically says add to your faith works. Faith and works will take you to the top. I hope I make myself clear" concluded Mr. Bassey.

answers from p(35) TO THE RESCUE ...

answers from p(20) OPINION ...

to be continued

Ontario Premier's Mother Passes On



By N. Ugoh

Diane Ford, mother of Ontario Premier is dead. She died recently at the age of 85.

The death was confirmed by the office of the Premier in a statement. According to the statement: "Mrs. Ford was an active member of her community who supported numerous charitable causes. But most of all, she was the rock for her family, especially her 10 grandchildren. The Ford family is extremely grateful for the outpouring of support from members of the community in recent weeks. The family would also like to thank Mrs. Ford's caregivers for their com-

passionate care."

Diane Ford met her husband, Doug Ford Sr. in the 50s, when working at Glenview Terrace as lifeguard and got married to him in 1956. The union produced four children.

Diane was a hard worker who stood by her family during their political and business pursuits. She offered to help Doug Ford Sr. with the books at Deco Labels and apart from that, she was a stay-at-home mom who offered up her Etobicoke home as a meeting place for the campaign events and press conferences of her sons'.

Her youngest son, Rob Ford, was elected as Toronto's Mayor in

2010 after he served as Etobicoke North's city councillor for 10 years.

In 2016, Rob Ford was diagnosed with cancer. Diane stood by Rob and gave him all the support he needed. Sadly, Rob passed away that same year and while mourning Rob, Diane said: "What you saw was what you got with Rob and I loved him for it. He'll be in my heart forever. I miss him."

After Rob's death, Diane Ford persisted in hosting Ford Fest and other events for Doug Ford during his campaign to be the mayor of Toronto. In 2018, Diane was by Doug's side when he became Premier of Ontario.

answers from p(16) KIDS APPLYING TO UNIVERSITY?

Highlight unique skills. Sometimes when prospective students have similar grades, the deciding factor can be extracurricular activities or special skills. If your child is on the student council, takes part in an academic activity or

sports team, or can speak an additional language, encourage them to call attention to it if possible. Need to boost their French writing for an award or supplementary application? The Language Portal can help with this too, with transla-

tion, vocabulary and grammar resources in both official languages.

For great tools and resources that both you and your kids can use to create a stronger post-secondary application and more, visit canada.ca/our-languages.

answers from p(20) OPINION ...

to search for more capable hands to address the great insecurity issue, why are you adamant? What are you waiting for? The highly revered man of God Pastor Enoch Adeboye and the entire CAN community said and I totally agree with them, "Whether Christians or Muslims life matters". The life of each Nigerian matters. The bible says life is in the blood. We are wit-

nessing pogrom and genocide under your watch in Nigeria. Recently the Western States gathered together to form an outfit called "Amotekun" to complement your police and other security agencies to ward off the killers in their region, you took offence to that through your Attorney General and Minister of Justice. Hunger is killing Nigerians. Lack of power supply is killing

Nigeria. Nigerians are tired of promises. You keep borrowing money as if it is a grant that future generation will not pay. Use this money to stop the killings. Good night.

Pastor Amos Dada is the District Superintendent Christ Apostolic Church Bethel Canada and Conventer, International Gathering of Eagles Conferences.

SPORTS

Anyanacho clinches Tokyo 2020 Olympics Ticket as World Champion shatters Okuomose's dreams

By Tunde Ajibode

Nigeria's Elizabeth Anyanacho will be at Tokyo 2020 Olympics for her first ever Olympics after securing the Olympic berth on the opening day of the African Qualification tournament in Rabat Morocco, holding on 22nd and 23rd February 2020.

The 20-year old Statistics undergraduate of the Federal University of Technology secured the historic berth after defeating a five-time continental medalist, Gabon's Urgence Mouega, who was a former African Champion.

The result makes Elizabeth the first female to qualify for the Taekwondo event of the Olympics in 16 years, and the second ever female after Princess Dudu's qualification for the Athens 2004 Olympics.

Nigeria's Benjamin Okuomose narrowly failed to clinch the Olympic ticket after narrowly losing 17 - 19 to former World Champion and Olympic Silver medalist, Gabon's Anthony



Obame.

The Nigerian had defeated Mozambique 10 - 0 in the opening round before the semi-finals defeat to Obame.

In the bronze medal match against Kenya's Newton Maliro Nambani, Benjamin Okuomose beat the Kenyan 27 - 2 to win the bronze medal.

The bronze medal winner is on stand-by in case of any doping infractions by the eventual finalists.

At the pre-tournament head of team meeting, organizers confirmed that only

finalists will clinch the Olympic tickets to Tokyo, and finals matches would not be held given the non-significance of the finals match.

Hostilities will continue today for the remaining eight tickets, with Nigeria's duo of African Champion Chinazum Nwosu and Ifeoluwa Ajayi poised to join teammate Elizabeth Anyanacho on the winning ticket.

Chinazum Nwosu Number who is the tournament's number two seed and is the current African Cham-

panion, will meet the winner between number seven seed, Rwanda's Aline Ndayisenga and Algeria's Nesrine Soiad Soualili.

The African Champion needs to win two crucial matches to qualify for the Tokyo 2020 Olympics.

Ifeoluwa Ajayi who is the tournament's number five seed and the 2019 Nigeria Open gold medalist, will meet Madagascar's Steve Rakotobe in the round of 16, whom he needs to defeat before meeting the winner between Benin Republic's Jehudiel Kiki and Sierra Leone's Suliaman Suwaiabu.

The upcoming taekwondo star needs to win three matches to qualify for the Tokyo 2020 Olympic, including a potential and crucial semi-final qualifying match against current African Champion and the number one seed, Ismael Yacouba of Niger Republic.

Only finalists earn the tickets to Tokyo 2020 Olympics, holding later this year in the summer.

Vanessa Bryant sues Helicopter Company that Killed Kobe and Gigi



By D.Forrester

The widow of Late Kobe Bryant, Vanessa Bryant has filed legal suit against the company that owned the helicopter which crashed and killed her husband and her daughter.

In her suit, Vanessa accused Island Express of allowing Kobe, Gigi and seven others to fly an aircraft that was unsafe.

According to the court papers, the widow revealed that the company caused the deaths of the people listed above by carrying them in a chopper that was not approved to fly under bad weather conditions.

It was reported that Vanessa's lawsuit asserted that the chopper that crashed on January 26, 2020 should only be permitted to fly under visual flight rules, but the weather conditions on the day of the crash were not perfect for such flying.

Vanessa's suit also implicated the pilot Ara George Zobayan, who flew at 180 miles per hour under heavy fog and a steep decline some moments before the crash happened in Calabasas, California.

Vanessa was not specific as to the amount she wants but she is requesting that Island Express and the pilot should be punished for their recklessness.

According to the accusations of Vanessa, the pilot slept on duty and did not properly monitor and assess the weather before takeoff, failed to possess accurate weather data prior to the flight, failed to cancel the flight when he noticed that the condition was cloudy, failed to properly control the helicopter in a flight that saw her lose her husband and daughter.

Vanessa in her suit seeks damages or compensation by Island Express for burial and funeral expenses.

She also demands damages for loss of counseling, love, affection, service, care, society, comfort, support, right to support, counseling, moral support and expectations of future. She included "pre-impact" terror damages for the emotional trauma Kobe and Gina encountered when the pilot struggled to get out of the clouds before the fatal crash.

Other already on the train to Tokyo are Cameroun's Sarah Hanffou, Tunisia's Adam Hmam and Algeria's Larbi Bouriah.

Oshonaike, Diaw, Garci, others land in Tokyo

By Tunde Ajibode

Ibrahima Diaw launched into frenzied celebrations here in Tunis following his surprise qualification for Tokyo 2020 Olympic Games after the Senegalese defeated Nigeria's Aruna Quadri 4-2 to book his ticket to Japan.

Also, 18-year-old Fadwa Garci celebrate with her supportive father, Jalel, after the Tunisian sensation se-

cured a seat on the Tokyo train.

However, the qualification of Africa's highest ranked player in the world, Nigeria's Aruna Quadri, has been delayed following his withdrawal from the competition because of a recurring thigh injury which marred his second group tie against Diaw.

This development means that the Nigerian will secure his spot through the world

ranking, being the only player in the top 20 that is yet to pick a slot in Tokyo.

Meanwhile Nigeria's Olufunke Oshonaike etched her name in the annals as the first African female athlete to qualify for seven Olympic Games after the former African champion won all her matches to install herself among the four women who picked their slots to Japan in Tunis.

Oshonaike made her debut at Atlanta 1996 and has featured in all the Olympic Games till date.

Nigeria's duo of Offiong Edem and Olajide Omotayo also secured their places at the multi-sports championship holding in Japan.

Other already on the train to Tokyo are Cameroun's Sarah Hanffou, Tunisia's Adam Hmam and Algeria's Larbi Bouriah.

Saleh, Meshref win ITTF Africa Top 16 Cup



By Tunde Ajibode

Egypt's Ahmed Saleh and Dina Meshref claimed their titles at the 2020 ITTF Africa Top 16 Cup which ended in Tunis.

Saleh, whose last major title was in 2012 defeated number one, Nigeria's Aruna Quadri 4-3 (11-6, 5-11, 11-9, 6-11, 11-9, 9-11, 11-3) to emerge as the new champion.

Unlike Saleh, Meshref continues her dominance in Africa when she edged out Nigeria's Offiong Edem 4-1 (11-2, 11-8, 8-11, 11-5, 11-6) to retain the title being her fourth trophies in the competition.

In the third place matches, Egypt's Omar Assar beat Senegal's Ibrahima Diaw 3-0 (11-6, 11-8, 12-10) while Cameroun's Sarah Hanffou defeated Egypt's Yusra Helmy 3-1 (11-8, 5-11, 11-6, 12-10) to settle for

bronze medals. An elated Saleh said: "I am very happy because I could not imagine that I will go past Aruna in this tournament. All I did was to focus from the first point to the end," he said.

The Egyptian veteran added: "I really don't want to quit at 40 as I want to play until my body cannot do it anymore. I love table tennis and I will continue."

For Meshref, winning the title this year was a bit tasking. "When I started the competition, I just stay focus, play my game and not think about how many times I had won it in the past. I must commend Edem because she is an experienced player who played extremely well. She changed tactic every time which sometimes make it difficult to play against her," admitted Meshref.

Kayza Massey named in Canadian U-20 CONCACAF Squad

By N.Ugoh

Ghana-born Kayza Massey was named as part of the Canadian Women's Soccer U-20 National Team for the ongoing CONCACAF Women's Under-20

Championship. As such, she is representing Canada as part of the team that is competing in the tournament. The tournament which is hosted by Dominican Republic started on February 22

Tyson Fury beats Deontay Wilder in rematch for WBC Heavyweight Title

By Stanley Ugagbe

In what was a deadly fight, Britain's Tyson Fury recently defeated American boxer Deontay Wilder of Alabama in Las Vegas to capture the WBC heavyweight title.

It would be recalled that Fury's previous fight with Wilder, in Los Angeles in 2018, ended in a draw.

But in this recent showdown, the Britain's boxer knocked down Wilder in the third and fifth rounds -- and dominated the bout until Wilder's team threw in the towel during the seventh round.

After the deadly fight, Fury who was apparently beamed with satisfaction, said "The king has returned to his throne!"

According to reports, the rematch was billed as one of the biggest heavyweight title fights since Lennox Lewis defeated Mike Tyson nearly two decades ago.

Referee Kenny Bayless ended the bout at 1:39 of the seventh round after it was clear Wilder was taking a severe beating, with blood seen pouring from one of his ears.

Video posted on social media appeared to show Fury trying to lick blood off Wilder's neck during the fight.

The AP reported that the loss -- in Wilder's 11th defense of the championship he won in 2015 -- was his first in 44 fights.

Reports have it that in their previous fight in 2018, Wilder came in as the undefeated defending WBC



heavyweight champion and Fury came in as the former WBA, IBF, WBO, IBO, The Ring and lineal heavyweight champion.

The fight took place at the Staples Center in Los Angeles and ended in a controversial split decision. The scorecards read 115-111 Wilder, 114-112 Fury and 113-115.

Speaking after the recent fight, Deontay Wilder blamed his heavyweight title defeat against Tyson Fury on the three-stone costume he wore to the ring to celebrate Black History Month.

While stating that he intends to activate his rematch clause against newly-crowned WBC heavyweight champion Mike Tyson nearly two decades ago.

While stating that he intends to activate his rematch clause against newly-crowned WBC heavyweight champion Mike Tyson nearly two decades ago.

According to reports, Wilder claimed that he was not able to try the 40-pounds outfit on until the night before the fight, when it was too late to change his plans.

Fielding questions from Yahoo Sports after the seventh-round defeat, Wilder said: "He didn't hurt me at all, but the simple fact is my uniform was way too heavy for me.

"I didn't have no legs from the beginning of the fight. In the third round, my legs were just shot all the way through.

"I was only able to put it on (for the first time) the night before but I didn't think it was going to be that heavy. It weighed 40, 40-some pounds with the helmet and all the batteries.

"I wanted my tribute to be great for Black History Month. I wanted it to be good and I guess I put that before anything."

The American boxer has 30 days from the fight to trigger his rematch clause, which he intends to do, and under the terms of his pre-fight agreement with Fury, the trilogy fight must take place before the end of July, giving the pair five months to agree to terms and hold what would be one of the highest-earning heavyweight contests in boxing history.

"So I told my team to never, ever, no matter what it may look like, to never throw the towel in with me because I'm a special kind. I still had five rounds left. No matter what it looked like, I was still in the fight.

However, it appears that Wilder will not have former world champion Mark Breland in his corner after Wilder criticised him for throwing in the towel during the seventh round, prompting the referee's intervention.

While confirming he would remove Breland from his team, Wilder said "I am upset with Mark for the simple fact that we've talked about this many times and it's not emotional.

"I said as a warrior, as a champion, as a leader, as a ruler, I want to go out on my shield. If I'm talking about going in and killing a man, I respect the same way. I abide by the same principle of receiving.

"I understand he was looking out for me and trying to do what he felt was right, but this is my life and my career and he has to accept my wishes."



BYBLACK AWARDS FOR NIGERIAN CANADIAN NEWSPAPER AND OTHERS

FEBRUARY, 16, 2020



Pics by NCNC

ASTROLOGER, SPIRITUAL HEALER & PSYCHIC

Pandit: RAM JI

Call for 1 FREE QUESTION

Solves Problems: Health, Depression, Love, Family, Husband-wife, Job, Children, Court, Jealousy etc

Removes Black magic, Butu, Jinn, Jadoo, Voodoo, Witchcraft, Obeya, Evil Spirits. & GIVES PROTECTION

647-768-8555

2540 Finch Ave W, North York, Inside **TECH DIRECT ELEC.,**
 (PEARLDALE AVE & FINCH AVE W) **FINCHDALE PLAZA**

ALL RELIGIONS WELCOMED

100% SATISFACTION GUARANTEED

VENDORS WANTED

MAY 2, 2020

Come and network, market your products, and services. **ONLY FEW SPOTS LEFT.**

PANEMONTE BANQUET & Convention Centre. 220 Humberline Drive, Etobicoke, Ont. M9W 5Y4

5th ANNUAL REMARKABLE MOTHERS GALA. (RMG) 2020

Skincare Health & Wellness Cosmetics Clothing Jewelry

We are also looking for Sponsors & Advertisers

Contact: Ngozi **416-318-3506**
 ncncevent@gmail.com

NIGERIAN CANADIAN NEWSPAPER

NEW WORLD FOOD MARKET

164 Oakdale Rd. Toronto

FOR ALL YOUR WHOLESALE AFRICAN FOODS.

DELIVERY AVAILABLE **We Carry All African Major Brands.**

Wholesale Only. Cash & Carry. Best Prices In Town.

416-836-2652

By Appointment ONLY PLEASE.

White Oil, Yellow Oil, Dudu-Osun, Premium Parboiled RICE, Lady B Custard powder, TITUS, FUNBACT-A TRIPLE ACTION CREAM, OLA-OLA, Guinea

SUE & CHARLIE'S MEAT & SEAFOOD

IN MISSISSAUGA

SPECIALIZING IN AFRICAN GROCERIES, MEATS & SEAFOODS

- YAMS
- GARI
- FUFU
- PLANTAIN
- COSMETICS
- HAIR PRODUCTS
- KINGFISH BOX
- MACKEREL BOX
- HARD CHICKEN
- SMOKED FISH
- STOCKFISH
- MOVIES
- PALM OIL
- AND MUCH MORE!

FRESH CHICKEN, GOAT, BURNT GOAT, SHEEP, BEEF

AFRICAN SNAILS NOW AVAILABLE

IF WE DON'T HAVE IT, WE'LL GET IT FOR YOU

GREAT PRICE, GREAT QUALITY, GREAT SERVICE

OPEN 7 DAYS A WEEK

3057 HURONTARIO STREET, MISSISSAUGA, L5A 2G9
 905-896-2226 OR 905-896-3663

OYATO FOOD AFRICAN MARKET

AFRICAN, WEST INDIAN AND CARIBBEAN

1550 Jane Street, North York, ON M9N 2R5
 Beside Ola Restaurant and Catering Services

647.272.0339 • 647.476.4566

Quality Food Superior Service, Top Quality Rich & Fresh African Food Produce from the Source @ a Discounted Trade Price

OUR PRODUCTS

Ofada Rice, Honey Beans, Yam Flour, Plantain Flour, Garri Ijebu, Yellow Garri, Pounded Yam, Palmoil, Indomie, Spices, Custard, Hard Chicken and Turkey, Goat Meat and Beef, Fish, Cosmetics, Bitterkola and Kolanut and much more.

Beauty Products and much more

www.oyatofood.ca • email: oyatofood@yahoo.com

AFRICAN CARIBBEAN MARKET

3MS WHERE SHOPPING IS A PLEASURE

African and Caribbean Products

Fresh Produce, Meat/ Fish, Spices, Yam, Oil, Frozen Vegetables, Garri, Beans, Rice, Semovita, Yam Flour, etc.

Beverages, Hair & Body Products

RAZA and Many More

Tel: 905-455-4500

5 McMuchy Avenue N. Unit 7, Brampton, ON L6X 2R6
www.3msafricanmarket.com

NIGERIAN CANADIAN NEWSPAPER CANADA



5th Edition



REMARKABLE MOTHERS AWARD (RMA) GALA

Recognizing Distinguished, Inspirational & Accomplished Mothers

SAVE THE DATE **May 2, 2020** 220 HUMBERLINE DR. ETOBICOKE, ON M9W 5Y4

For details - Ngozi Ugoh: 416.318.3506 • nencevents@gmail.com

MORTGAGES, REFINANCING & LOANS

HOME OWNERS GET APPROVED

Do you need Extra Cash?

We are confident to find the solution. Don't hesitate to contact us"

Bad Credit
Bankruptcy
Consumer Proposal
NO PROBLEM

We do Commercial mortgages 1st and 2nd in GTA and out of GTA (Hotels, Motels, Plaza, and Vacant Land)

WE BEAT THE INTEREST RATE AND LANDER FEE

Private 2nd mortgages upto 95% LTV including CONDO Unsecured LOC UP TO 50K

Purchase and Refinance: New Alternate Lending for lower scores- rates starts at 5.5%

We will get you the best rate (we work for YOU not The BANK)

Our Goal Is To Help Quality People For Their Mortgages and Finances



NATWEST CAPITAL
TIMES CHANGE. VALUES DON'T

Powered by 

BERNADINE PONNIAH
CEO/MORTGAGE PLANNER LIC.12546
Tel: 416-550-1364
Email: Bernadine.Ponniah@gmail.com
1585 Markham Road, Suite # 304, Toronto, ON M1B 2W1

*Some conditions may apply.

INDIAN ASTROLOGER & PSYCHIC READER

PANDITH: SWAMY

QUICK RESULTS, 100% GUARANTEE

COME TO KNOW YOUR PAST, PRESENT & FUTURE PALM, FACE, PHOTO PATRA READING




ALL RELIGIONS ARE WELCOME

TO GET PERMANENT SOLUTIONS TO ALL YOUR PROBLEMS

HEALTH * DEPRESSION * SICKNESS * JEALOUSY * LOVE/MARRIAGE RELATIONSHIP * WORK * BUSINESS * COURT * BAD LUCK * BLACK MAGIC * EVIL SPELLS * CURSE * STOP DIVORCE ETC

437-219 0951
130 Mill St N Brampton ON L6X 2P2



BEST MC

Available for:
Weddings, Birthdays, Special Family Occasions, Anniversaries
Corporate/Private
And all events.

Greet guests and make them comfortable
Work as a team member
Acting as the face of the event
We Create Memories that last a Lifetime
Peace of Mind guaranteed.

Lolo Ngozi Ugoh
416-318-3506

NIGERIAN CANADIAN
2020

BUSINESS DIRECTORY

To advertise, call
416.318.3506
publisher@nigeriancanadiannews.ca

YOUR AD IS HERE
2 in x 1 in

YOUR AD IS HERE
2 in x 1 in

YOUR AD IS HERE
2 in x 1 in

YOUR AD IS HERE
2 in x 1 in

ViaMar

VIAMAR SCILLA TRANSPORT INTERNATIONAL INC.

The #1 Automobile & Cargo Shipping To WEST AFRICA

CARGO SHIPPING ! LAND-SEA-AIR



- Weekly Shipping to Lagos, Nigeria and other African Countries
- Full Car Loading Service / Blocking and Bracing in 20' and 40' Container
- Complete Shipping Documents Service * FAST TRANSHIP TIMES
- Lowest Rates Guaranteed * * OVER 30 YEARS of SERVICE



Weekly Shipping Service to :

Nigeria, Ghana , Senegal ,
Cameroon, Benin, Angola ,
Namibia, Congo , Ivory Coast and
other worldwide destinations



WE SHIP

CARS , 4x4 JEEPS , Personal Effects, Used Clothing, Barrels , Computers, Lap Tops
MACK TRUCKS , DUMP TRUCKS , FARM EQUIPMENT , TANKERS , GENERATORS etc..



Container and Ro/Ro Service Available :

**Full Heavy Truck and Equipment Loading & Dismantling Service in Containers **

Container Special – Toronto to Lagos, Nigeria :
20' - \$ 2600 USD ** 40' - \$ 3500 USD **
(Rates are for Commercial Cargo only)



Call Joe for a free Quote : 416 - 747 - 9774

Visit and deliver your cargo at :
4000 STEELES AVE., W., Unit 9, Vaughan, Ont. L4L 4V9

Email : ship@viamar.ca
website : www.viamar.ca

Dr. Victor Obasuyi

Optometry Professional Corporation

(Formerly Dr. J. George Sewell & Associates)



Comprehensive Eye Examination
Contact Lens • Glasses
Laser • Surgery
Consultation • Visual Field

We Cherish
Your Eyes.
The Windows
To Your Soul.

Contact Lens Glasses
Laser Surgery Consultation Visual Field

1333 Neilson Rd. Suite 215, Scarborough M1B 4Y9
Tel: 416-283-4345, Fax: 416-283-7112

2 Campuses to serve you better
(TORONTO & BRAMPTON)



Dominion COLLEGE
Business
Health
Technology

VOCATIONAL COURSES OFFERED:

Personal Support Worker (PSW) &
Developmental Service Worker (DSW)
Diplomas

TECHNOLOGY:

BASIC COMPUTER CLASS (CERTIFICATE)
COMPUTER INFRASTRUCTURE (WINDOW SERVER
& VMWARE) (CERTIFICATE)

OTHER NON-VOCATIONAL COURSES:

IV Therapy & Medication Certificate
Physical Examination & Health
Assessments For Nurses Certificate
Underwriting, Management Assessment
Musculoskeletal Services (MAMG)
Mental Health & Addiction Certificate
CND/RPN & RN Edw Preparation
Plus your OIG without Stress!

Need Certification in:

CPR & First Aid
Sales Management
Child Prevention & Intervention
Safe Medication Administration
Others

Toronto Campus
1290 Finch Avenue West
Unit 11, Toronto, ON,
M3J 3K2
Tel: 647-352-7228
Cell: 647-409-0768
Fax: 647-352-7229

NON-VOCATIONAL COURSE:

GENERAL EDUCATIONAL DEVELOPMENT
(GRADE 12 DIPLOMA EQUIVALENT)
RESTORATIVE CARE AIDE (CERTIFICATE)
PALLIATIVE CARE FOR SUPPORT WORKER
(CERTIFICATE)

**NOW Offering Diploma in
MENTAL HEALTH & ADDICTION
COURSE**

BUSINESS CLASSES:

BUSINESS ANALYST (CERTIFICATE)
OFFICE ADMINISTRATIVE ASSISTANT
(CERTIFICATE)
PROJECT MANAGEMENT (CERTIFICATE)



**Enroll
TODAY !!!**

Brampton Campus
121-2 Automatic Road
Brampton, ON L6S 6K8
Tel: 905-791-9108
Cell: 647-502-0768
Fax: 905-790-9109

info@dominioncollege.com / www.dominioncollege.com