

Advertise

Your Brand Here



Higher Standards Agents... Higher Results! Buy • Sell • Lease

Sunday (Sunny) Adodo
Sales Representative

Cell: 647-200-7359
HomeLife Woodbine Realty Inc., Brokerage

680 Rexdale Blvd., Unit 202, Toronto ON M9W 0B5
Off: 416-741-4443 sadodo@rogers.com
Fax: 416-679-0443 www.sundayadodo.com



Merry Christmas

NIGERIAN

CANADIAN NEWSPAPER CANADA

TO INFORM | EDUCATE | EMPOWER | ENTERTAIN

VOLUME 16 • ISSUE 12 • DECEMBER 28, 2021
"THE THIRD EYE OF THE COMMUNITY"

Tel: 416-318-3506 | publisher@nigeriancanadiannews.ca
www.nigeriancanadiannews.ca | CDN\$1, US\$1, N200

South Africa's

anti-apartheid icon, Archbishop Desmond Tutu, dies at 90

By Dele Akintilo

South African anti-apartheid icon, Desmond Tutu, has died. He died at the age of 90.

HIS demise was announced by South Africa's President, Cyril Ramaphosa. While announcing his death, Ramaphosa said: "The passing of Archbishop Emeritus Desmond Tutu is another chapter of bereavement in our nation's farewell to a generation of outstanding South Africans who have bequeathed us a liberated South Africa.

"Desmond Tutu was a patriot without equal; a leader of principle and pragmatism who gave meaning to the biblical insight that faith without works is dead.

"A man of extraordinary intellect, integrity and invincibility against the forces of apartheid, he was also tender and vulnerable in his compassion for those who had suffered oppression, injustice and violence under apartheid, and oppressed and downtrodden people around the world.

"As Chairperson of the Truth and Reconciliation Commission, he articulated the universal outrage at the ravages of apartheid and touchingly and profoundly demonstrated the depth of meaning of ubuntu, reconciliation and forgiveness.

"He placed his extensive academic achievements at the service of our struggle and at the service of the cause for social and economic justice the world over.

"From the pavements of resistance in South Africa to the pulpits of the world's great cathedrals and places of worship, and the prestigious setting of the Nobel Peace Prize ceremony, the Arch distinguished himself as a non-sectarian, inclusive champion of universal human rights.

"In his richly inspiring yet challenging life, Desmond Tutu overcame tuberculosis, the brutality of the apartheid security forces and the intransigence of successive

He placed his extensive academic achievements at the service of our struggle and at the service of the cause for social and economic justice the world over

apartheid regimes. Neither Casspirs, teargas nor security agents could intimidate him or deter him from his steadfast belief in our liberation.

"He remained true to his convictions during our democratic dispensation and maintained his vigour and vigilance as he held leadership and the burgeoning institutions of our democracy to account in his inimitable, inescapable and always fortifying way.

"We share this moment of deep loss with Mam Leah Tutu, the Archbishop's soulmate and source of strength and insight, who has made a monumental contribution in her own right to our freedom and to the development of our democracy.

"We pray that Archbishop Tutu's soul will rest in peace but that his spirit will stand sentry over the future of our nation."

Desmond Tutu won the Nobel Peace Prize in 1984 for fighting white minority rule in South Africa.

He was the first black Archbishop of Cape Town and Bishop of the Anglican Church of Southern Africa). He received many global accolades while he was alive, including the Nobel Peace Prize in 1984, the Albert Schweitzer Prize for Humanitarianism in 1986, the Pacem in Terris Award in 1987, the Sydney Peace Prize in 1999; the Gandhi Peace Prize in 2007 and the Presidential Medal of Freedom in 2009.

He initially trained as a teacher after he left school but he started studying theology after he had taught at a high school for three years and was made a priest in 1960.



He furthered his studies in England and bagged a Master of Theology degree in 1966.

He was appointed Dean of St Mary's Cathedral in Johannesburg in 1975. Between 1976 to 1978, he was Bishop of Lesotho and became the first black general secretary of the South African Council of Churches in 1978.

After apartheid ended, he headed the Truth and Reconciliation Commission. In 1996, he retired as Archbishop of Cape Town after serving for 10 years. He was made emeritus Archbishop of Cape Town, an honorary title that is rare in the Anglican church.

DOES TEA TREE REALLY PREVENT ACNE?

PG. 12

HUMAN RIGHTS AWARDEES

PG. 16

RENT INCREASES YOUR RIGHTS

PG. 8

ENNY AFRO SUPERMARKET NOW OPEN

PG. 15

Tutu was diagnosed with prostate cancer and was successfully treated in the United States in 1997. He was later admitted severally thereafter to tackle the cause of recurring infections. However, he was in good spirits.

Tutu is survived by his wife, Leah, and four children.



Are you considering Grade 1 French Immersion or Grade 7 Extended French for your child?

Applications are open until Jan. 28, 2022.

Learn more about the French Immersion and Extended French programs by visiting www.peelschools.org/French.



RAZA

DOWNLOAD THE APP

\$2 AND GET FREE

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

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

- Quality Care • Comfortable Space
- Convenient Location

Tel: 416-401-8888

Fax: 416-743-9797

info@fisdesmedical.ca

www.fisdesmedical.ca



Injured?

NO WIN - NO FEE

Car Accidents - Slip and Fall - Denied Benefits



ODETOYINBOS ⁴LLP
LAWYER 4 ME

PERSONAL INJURY LAWYERS

Call today! 905-487-6333

Visit our web site at **www.lawyer4me.com**



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.

RAZA.COM
keep talking



**DOWNLOAD
THE APP
AND GET
FREE**



CALL DIRECT
RECHARGE
INTL. MOBILE TOP UP



*Eligible for first-time downloads only. 1800-550-3301

BUY | SELL | INVEST

C21

FLORENCE ADEBAYO
SALES REPRESENTATIVE
647-208-0052
FLORENCE.ADEBAYO@CENTURY21.CA
@BUYYOURDREAMHOME
C21 LEADING EDGE REALTY INC.

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



LET US SHOW YOU THE WORLD

Call us for the BEST Fares to:

Cel: 416-771-8285
Fax: 416-249-2225



TICO tico # 50011859

LAGOS, ACCRA AND ALL OVER AFRICA

Guaranteed Lowest Fare

- Air Tickets
- Hotel Reservation
- Car Rentals
- Honeymoon Packages
- Cruises
- Medical Travel Insurance
- Super Visa Insurance
- Passport Photos

TRAVEL VACCINE CLINIC
AVAILABLE



Michael Ansu
(President)

ONLINE BOOKING NOW AVAILABLE

www.supremetravels.ca
info@supremetravels.ca

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

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

Shoreham Dental
FAMILY DENTAL CARE

For A Brighter, Whiter Smile

Dr. Nosente Bollo-Kamara and Associates

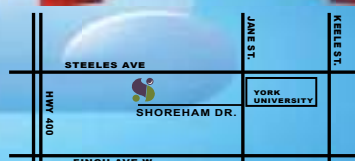
171 Main Street N, Unit 1. Brampton, ON L6X 0H4

4732 Jane Street, Toronto ON M3N 2L2
(Next to Smart Choice)

905-459-7778

416-661-6117

www.shorehamdental.ca



Call For Your
Complimentary
Consultation!



THE NIGERIAN CANADIAN NEWSPAPER, CANADA

Publisher:
Ngozi Ugoh

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

Tel: 416-318-3506

Youth:
Dima Ugoh

admin@nigeriancanadiannews.ca

Advertising Executive:
Ogo Anozie

admin@nigeriancanadiannews.ca

Contributors

Pastor Taiwo Odubiyi
Oluchi Ugoh
Pastor Amos Dada
Tunde Ajibode
Marcel Chukwuka
Dele Akitilo
Stanley Ugagbe
Kolapo (Kola) Abdul
Ernest Nnamdi Onuorah,
MBA, FRM, CRISC
Agatha Edo
Faridat Audu
FR. Stan Ilo
S. Aremu

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

Despite another difficult year, 'better days ahead'

In his usual undeterred message, Prime Minister Justin Trudeau strongly opined that there is still reason for Canadians to be hopeful despite the ongoing crisis of the COVID-19 pandemic. The PM in his annual Christmas message, averred that while 2021 was another tough year, Canadians got through it together.

Trudeau went further to state that in the past year Canadians helped neighbours, supported local businesses, skipped social gatherings, and wore masks to keep each other safe. "This holiday season, like last year's, we continue to deal the impacts of the COVID-19 pandemic. Yet, we have seen Canadians continue to meet these challenging times with generosity, kindness, and hope to find different ways to celebrate, help those in need, and give back to the community".

The Prime Minister urged Canadians to reflect on how they can keep up efforts to mitigate the effects of the pandemic now and into the new year. "Today, we look back on the challenges of this past year and reflect on the progress we have made. This year marked the beginning of extensive immunization campaign in our country's history. As we finish the fight against

COVID-19, let's continue to follow public health guidance as we celebrate Christmas, so we can keep our communities and our front-line heroes safe. For those who have not done so, I encourage all eligible Canadians to get their vaccines and booster shots".

Despite cases of COVID-19 surging across the country, Trudeau said brighter days are ahead that Canadians will reach together.

As a people-oriented paper, we pitch tent with the PM as the year ends. As he strongly stated, we also believe that despite another challenging year, there are better days ahead of the nation.

We particularly want to commend the government for its sincerity especially in the fight against the ravaging virus which has held the world almost captive in the last two years. We also want to commend Canadians for their cooperation with the government to ensure that the nation progresses amidst all the hurdles of life.

While we hope that better days are ahead, we implore both the government and the citizens to continue to synergize especially in the coming year to foster growth and development. In the coming year, we urge every-

one to always remember that irrespective of colour or background, there's only one race - the human race. To this effect, every form of discrimination or racism should become a thing of the past for a better society.

We dare to also reiterate that the ferocious fight against the devastating virus is yet to be over so it's imperative to remain on guard. With the Omicron currently wrecking havoc, we urge the government and citizens to remain on the track of precautions and safety measures.

Particularly, we urge the government to continue to adhere to the recommendations of the WHO - undertake, including enhancing surveillance and sequencing of cases; sharing genome sequences on publicly available databases, such as GISAID; reporting initial cases or clusters to WHO; performing field investigations and laboratory assessments to better understand if Omicron has different transmission or disease characteristics, or impacts effectiveness of vaccines, therapeutics, diagnostics or public health and social measures.

The Health body has also reiterated its caution that the most effective steps individuals can take to reduce the spread of the COVID-19 virus is to keep a physical distance of at least 1 metre from others; wear a well-fitting mask; open windows to improve ventilation; avoid poorly ventilated or crowded spaces; keep hands clean; cough or sneeze into a bent elbow or tissue; and get vaccinated

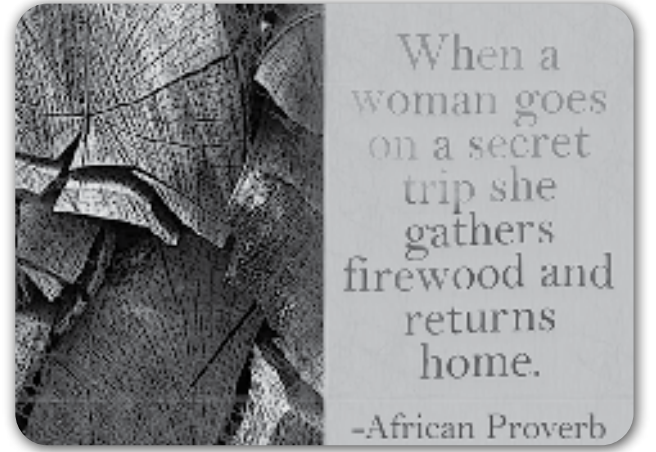
when it's their turn.

In the same vein, we commend the Nigerian government for the fight against the virus so far. However, we believe that if the efforts being exert to combat the virus is also meted on other issues such as banditry, unemployment, kidnappings, corruption, etc, the nation will be a better place.

In the coming year, we urge the President Muhammadu Buhari-led administration to chicken out of its nefarious, lugubrious blame game and take responsibility for happenings across the country. We urge the government to be proactive and not reactive. We call on the government to focus on policies that will restore sanity to the nation in all spheres in the coming year. The nation has been plagued with too many anomalies and it's currently on the brink - like other well-meaning Nigerians and corporate groups, we fear that if the country continues on this drastic retrogression in the coming year, what we dread

most might eventually happen. As we have always emphasized, Nigeria is unarguably one of the most blessed nations in the world with vast natural and artificial resources but it's being milked by a generational greedy, Mephistophelean rulers and that is why the African giant has been reduced to an Almajiri state - Buhari needs to perish the plan of borrowing fresh N12tr in the coming year.

More importantly, we are calling on Nigerians to awake and halt the suffering and smiling syndrome in the coming year - and rather ensure that the government either performs or resigns. Need we remind the Nigerian masses that they are the ones who put the supposed leaders in office and have the right to demand accountability! Nigerians need to know that the days of romancing non-performing leaders are long gone. It's time to speak truth to power, put the government in its right place because a government cannot be bigger than the people.



SUBSCRIBE TO NIGERIAN CANADIAN NEWSPAPER CANADA

Name.....

Address.....

City.....Postal.....

Code.....Country.....

Phone.....

Email.....

Cash Cheque Money Order

Individuals - 12 issues \$60.00, 24 issues - \$120.00
Business/Corporate - 12 issues \$100.00, 24 issues - \$200.00

Please complete the above form and mail it to:
Nigerian Canadian News

Emails:
publisher@nigeriancanadiannews.ca
admin@nigeriancanadiannews.ca
www.nigeriancanadiannews.ca
Tel: 416-318-3506

NIGERIAN CANADIAN NEWSPAPER, CANADA
Your Best Community Newspaper
Thank You For Your Support

Our Services:

-Brochures -Business Cards -Directories
-Posters -Magazines -Calendars -Bulletin

416-318-3506 • publisher@nigeriancanadiannews.ca

RESURGENCE



Kolapo (Kola) Abdul

We all pleaded it's gone,
We all assumed we're done.
Until noises of horror
echoed in cities,
And worries reappear on
streets of nations.

The laboratories are still
burdened,
Sickbays and rooms are en-
cumbered.
Fear, misery and anxiety
are returned,
As the cases of victims in-
creased.

Omicron garbled, caged our
life again,
Rocking the root of human
society.
Increased economy and so-
cial strain,
Crumbling the global links
in severity.

Lockdowns and quaran-
tines eminent,
Paralysed by frustration
and loneliness.
When would it, would it be,
all quest,
The resurrection of our
common life.

Terrifying stories blissfully
unaware, yet,
Well-guarded deeds of dark-
est secret.
Hazardous microbes' scien-
tific underworld,
The history and setters of
an enforced world.

Little we know, much and
more unknown,
The old world of serenity is

gone almost.
The beautiful realm is slid-
ing and drown,
Emergence of a new age of
detachment.

Hostage by a novel variant;
Omicron,
Global booster jabs as pre-
scription.
Still muddled in a lasting
resolution,
In the fallout of modern ci-
vilisation.

Driven from the real to vir-
tual world,
Where customs of human-
ity is ruined.
In multiple attacks and in-
creased fear,
The resurgence of a new
war of the year.

(Still on COVID-19 Pan-
demic)

Written by:
Kolapo Abdul
kolapoems@gmail.com

HEALTH AND WELLNESS

Brain health tips for older adults



(NC) Practicing healthy habits can help you live well throughout your life. Not only do they promote general overall health, but they also have the added benefit of reducing your risk of developing dementia.

Dementia can affect

anyone. There's currently no cure and some risk factors like genetics can't be changed. Fortunately, there are many things you can do throughout your life to help reduce your risk of developing the condition. Here are some ideas to help:

1. BE ACTIVE

- Try new activities you've always wanted to adopt — whether that's snowshoeing, hiking or salsa dancing.

- Vary your fitness routine to avoid boredom.

- Go outside to get some fresh air.

2. STAY SOCIAL

- Reach out to old friends to catch up.

- Make new friends by joining a group activity — even if it's virtual.

3. EAT A WELL-BALANCED DIET

- Plan your meals in advance so you have ingredients on hand.

- Frozen vegetables are convenient and are often less expensive than fresh. They're great for soups and stir-fries.

- Try a new recipe each week and develop a roster of your favourite healthy recipes.

4. CHALLENGE YOUR BRAIN

- Learn how to play a new musical instrument or study a new language.

- Try a familiar task or activity in a new way: go for a walk in a new-to-you neighbourhood or park.

Find more information at canada.ca/dementia.

HOUSE & HOME

Outdoor activities to do with your kids this winter



(NC) Many of us are dreading another pandemic winter cooped up at home. But instead of worrying, now is the time to plan some fun things to do with the family outside the house when it's cold or snowy.

Here are some creative ideas kids and

parents are sure to love:

Embrace friluftsliv

We've all heard of hygge, the Danish idea of a cozy home. This year, you can try another Scandinavian concept called friluftsliv. Part of Norwegian culture, it literally means "free air

life" and is all about being one with nature even when the weather isn't ideal. Go for a walk in the park and pay attention to your surroundings, whether it's the soft song of winter birds or the beauty of a fresh snowfall.

Try something new

There are plenty of fun winter sports we've heard of but never given a try. Why not challenge the whole family to explore a new activity? Curling, snowshoeing and ice fishing are easy enough for almost all ages and can be quickly learned while practicing social distancing. Not feeling

too sporty? You can try snow sculpting or painting a gorgeous wintry landscape.

Go on a local road trip

While a vacation to a tropical beach may be out of the question, there are many beautiful and exciting places to explore in your own province. Whether it's a day trip or weekend getaway, look for something an hour or two away that piques your interest, like a vast lake, hiking trail or frozen waterfall.

Before hitting the road, make sure to keep your family safe

TRAVEL

Tips for seniors returning to the skies



(NC) After skipping a year due to lockdowns, many seniors are facing the challenge of having lots of family to visit and just one holiday season in which to do it.

It's a nice problem to have, but it might mean taking a plane to quickly cover more ground, even if it's not something you do very often. Fortunately, following just a few quick tips before hitting the airport can help you up move through security screening with ease and make flying a breeze.

- Remember your mask: Even with vaccinations in place and some measures being lifted, you still need a mask when you get to the airport.

- Pack your liquids properly: Liquids going in your carry-on bag should be in containers of 100 millilitres or

less and should all be able to fit in a single re-sealable one-litre bag. Prescription and non-prescription medications are exempt, but you should make sure they're clearly labelled. Either way, they should be removed from your carry-on when going through screening.

- Understand allowable extras: You can also bring medical supplies, equipment and mobility aids on board with you in addition to the two carry-on bag limit.

Find more tips and information from the Canadian Air Transport Security Authority. *You'll find a page dedicated to seniors and special sections for people with limited mobility or medically necessary equipment on their website at catsa-acsta.gc.ca.*

by installing winter tires on your vehicle. While not all tires are created equally and performances vary, the differences become greater when a tire wears. So choose one

built to last, like the Michelin X-Ice Snow, which has been tested and proven in Nordic test centres under the most rigorous and extreme winter driving conditions.

Nigerian Canadian News

Supports

Sickle Cell Awareness

Know your Sickle Cell Status.

Get tested today



ABUSED WOMEN'S RESILIENCE CENTRE (AWRC)

2965 ISLINGTON AVENUE, UNIT 13, ETOBICOKE, ON. M9L 2K8

PERSONAL SUPPORT WORKER TRAINING – FREE GOVERNMENT-SPONSORED TRAINING.

Join Us, Now!

Phone: 647-700-8586

647-388-3127

FOR IMMEDIATE RELEASE

CANADIAN LAW ENFORCEMENT OFFICIAL RECEIVES INTERNATIONAL HUMAN RIGHTS AWARD

By Nicole Crelin

Ricky Veerappan, former Superintendent of Community Services Division of the York Regional Police, was honored with the Human Rights Award during the Youth for Human Rights International 20th Anniversary Global Online Conference, for "his dedication and outstanding service to promoting human rights set out in the United Nations Universal Declaration of Human Rights."

Executives of the

Youth for Human Rights chapter in Toronto introduced the Youth for Human Rights International campaign to Ricky Veerappan in 2008 who saw in the educational materials, a mean to disseminate the 30 human rights into the community. After discovering the materials, Mr. Veerappan immediately trained about 120 police recruits using the Story of Human Rights video and the 30 public service announcements. The York Police department then established the Human

Rights classroom in their Community Safety Village, where they do early intervention programs for children and youth.

"I thank you for this very special award which I accept on behalf of my many policing colleagues who, as moms, dads, brothers, sisters, sons, and daughters in uniform, champion the cause of peace building, human rights and social justice through public service every day," says Mr. Veerappan. "On March 10, 2020, York

Regional Police opened its Human Rights Education Classroom which mission's statement is to promote learning and education in human rights and human responsibilities, peace building, and global citizenship, while inspiring action towards peaceful coexistence in an ever-changing world."

The Youth for Human Rights 20th Anniversary Global Virtual Conference was attended by over 1,600 human rights advocates from 97 nations, gathered a panel of renowned human rights advocates and personalities. These included Mr. Jorge Luis Fonseca Fonseca, Deputy of the



Legislative Assembly of Costa Rica; Michael Shevack, Councilor-General of the World Cultural Organization; Laura Guercio, President of Legal Aid Worldwide; and Fabio Amicarelli, the Humanitarian Programs Director of the Church of Scientology International.

For the past 20

years YHRI has grown to a worldwide movement of 150 groups and chapters, partnered with 1,500 organizations and government agencies across 92 nations, educated 1.7 million youth with its educational materials, reached over 700 million people, and left its mark at every level of society.

Siksika Nation reaches \$1.3-billion settlement over wrongful land surrender claim



By Stanley Ugagbe

In what has been adjudged as one of the longest running land claims in Canadian history, the Siksika Nation has voted to accept a one-time \$1.3-billion payment as resolution to a wrongful surrender claim from more than 100 years ago.

According to a news release from Siksika Nation, with a 70 per cent turnout at polls on Dec. 16 and 17 on Siksika reserve and in Calgary, as well as mail-in ballots from those who couldn't vote in person, 77 per cent voted in favour of the settlement.

The release also had it that in addition to the compensation, there is an option for band members to apply for up to 115,000 acres of land purchased by the nation to be added to the reserve from anywhere in Alberta.

Harping on the development, Siksika Nation Chief Ouray Crowfoot expressed satisfaction with turnout, but acknowledged that it was a difficult decision for band members to make.

Crowfoot said "This settlement is not reconciliation. We will never be restored to the same as before these breaches took

place. We lost almost half of our landbase and access to ceremonial sites and our connection to the land," said Crowfoot.

"One thing the settlement can provide is opportunities. Financial opportunities that can open many doors for our people and be a move towards financial sovereignty. Opportunities that can help remove barriers, build capacity and provide services to help better the standard of life for all our People."

Crowfoot alleged that Siksika's 1910 land surrender to the Crown was based on a fraudulent vote, with many of the yes votes coming from people who had died or were underage.

It was clarified that the agreement also covers the confiscation of land to build the Canadian Pacific Railway, flooding and release of sewage onto reserve without the nation's approval, and the illegal seizure of about 500 acres of reserve for the Bow River Irrigation Project.

Crowfoot said

14 additional vehicles stolen from Canada intercepted by Customs

By N.Ugoh

In the final weeks of the year, 14 additional vehicles, stolen from Canada and shipped to Kuwait, were seized by Customs in Malta.

These 14 vehicles were seen hidden inside eight 40-foot containers. Customs officials at the Freeport intercepted the following through their scanning equipment: nine Ford F150 trucks; two Lexus RX 35; one Lexus 1S30;



one Dodge Dura; and one Jeep Wrangler.

To date, 32 containers with 58 stolen vehicles from Canada were seized by Customs during operations. The Malta Police Force and the Canadian Authorities have been

notified about the interception and an investigation has been launched.

The efforts of Malta Customs' has helped Canadian Police file charges against 9 people in connection to violent car-jackings.

"This is a case of basically righting a wrong that should've never happened".

The Nation's chief dated efforts to redress this wrong to the 1960s.

It was gathered that Siksika Nation and the federal government have been in negotiations since 2016.

"There's been a lot of chiefs, a lot of technicians that put in a lot of work over six decades," said Crowfoot.

He added that the nation intends on using the funds to establish a trust to ensure its future financial independence.

Delineating on the development, Crow-

foot stated that the investments made with the trust funds will also benefit people outside the nation's membership, with infrastructure and construction jobs attracting people from off reserve.

He said "This is not just a win just for Siksika, this is a win for all of southern Alberta".

Nigerian government insists on legality of marriages conducted at Ikoyi registry



By S.Aremu

The Federal Government has insisted on the legality and constitutionality of marriages formalised and conducted at Lagos State's Ikoyi Registry.

This was contained in a statement released by the Federal Ministry of Interior's spokesperson, Blessing Lere-Adams, amid several reports that marriages that took place at federal registries were illegal as local governments were responsible for conducting marriages.

Meanwhile, Lere-Adams noted that such reports are false and meant to mislead the public.

The statement read: "The Federal Government wishes to assure the general public—especially prospective couples wishing and planning to contract their marriages at the Ikoyi

Marriage Registry or any other Federal Marriage Registry under the Ministry of Interior, that they are free to do so, as the 1999 Constitution legally empowers the Federal Government to contract such marriages.

"The Permanent Secretary and Principal Registrar of Marriages, Dr Shuaib Belgore confirmed this statement while fielding questions in his office. Belgore emphatically submitted that the misinformation and totally incorrect news making the rounds recently in social media was incorrect and should be disregarded.

"He further stated that there should be no cause for apprehension to all intending couples who have planned to be married during this festive period—and at any other time at the Ikoyi Marriage Registry in Lagos or at any other Fed-

eral Marriage Registry.

"He stressed that the Federal High Court in three previous decisions had affirmed the powers of the Ministry to conduct statutory marriages, based on the provision of the Constitution, marriage acts, and Legal Notices issued by the President and Minister of Interior. He stated that these judgements are valid, subsisting, and binding until set aside by a superior court, which is not the case.

"Dr Shuaib Belgore, therefore, wishes to again reassure the general public, especially intending couples that the contraction of all Marriages at the Ikoyi Marriage Registry is constitutional and Valid.

"The Permanent Secretary wishes all prospective couples planning their marriages during this yuletide a pleasant ceremony."

CBN, others to shut down money lenders harassing Nigerians

By S.Aremu

It has been announced by The Federal Competition and Consumer Protection Commission (FCCPC) that a joint committee which would tackle companies that operate illegally and those harassing customers has been established.

The announcement was made by the FCCPC Chief, Mr Babatunde Irukera recently in Abuja.

According to Irukera, the team is

made up of representatives of FCCPC, Central Bank of Nigeria (CBN), Economic and Financial Crimes Commission (EFCC), National Information Technology Development Agency (NITDA) and National Human Rights Commission (NHRC).

The committee has been saddled with the responsibility of coming up with rules money lending companies must obey.

They will close down businesses and

liaise with App stores to shut down applications that are infringing and abusive.

Irukera said: "We are also going to be writing interim regulations and some basic information for all these money lenders to provide information so that people will know who they are.

"Some of them are just Apps that we do not even know who the promoters are. We are going to provide certain frameworks for them to

Shatu Garko becomes first Muslim to win Miss Nigeria



Shatu Garko

By Stanley Ugagbe

18-year-old hijabi, Shatu Garko has become the first Muslim to win the Miss Nigeria pageant since its inception in 1957.

The Kano State indigene was crowned the 44th Miss Nigeria after beating 17 other finalists at the grand finale of the show on December 17, 2022, in Lagos.

Remarkably, Garko was also the youngest contestant this year, winning N10m, a one-year residency

comply with."

While addressing complaints about insurance companies' services, Irukera said

at a luxury apartment, a brand new car and brand ambassadorship opportunities.

Speaking shortly before being crowned Miss Nigeria Garko said, "Winning this competition means a lot to me. I have always wanted to be a Miss Nigeria. I'd like to thank Miss Nigeria and its sponsors. I would also like to thank my mum for supporting and loving me".

The history maker had earlier stated that she loves riding horses and is passion-

a Memorandum of Understanding (MoU) with the National Insurance Commission (NAICOM) was un-

ate about proving that religion and culture are not barriers to following one's dreams.

Meanwhile, Nicole Ikot was the first runner-up, while Kasarachi Okoro emerged the second runner-up. The winner of the 2020 edition of the pageant, Etsanyi Tukura, was present to hand over the crown to her successor at the ceremony.

Harping on the event, the organisers stated that thousands of applications were submitted before it was pruned down to the top 37 and an additional three wildcard semi-finalists.

It was clarified that members of the public were also given a chance to contribute to the process of choosing the 21 finalists who made it into the Miss Nigeria Bootcamp, which was further cut down to the top 18 finalists.

derway.

He gave early 2022 as the time frame to deliver the bilateral agreement.

YOU & the LAW

RENT INCREASES

How much rent can my landlord charge when I first move in?

Landlords can usually charge any amount of rent when you first move in. Your starting rent will be whatever you and the landlord agree on.

WHEN CAN MY LANDLORD RAISE MY RENT?

After you move in, your landlord must wait at least 12 months before raising your rent. And any increases after that must also be 12 months apart.

HOW MUCH NOTICE MUST BE GIVEN FOR RENT INCREASES?

Your landlord must give you a written notice at least 90 days before your rent goes up. The notice should be on one of the forms from the Landlord and Tenant Board (LTB). If your landlord does not use the LTB form, the notice might still be valid if it includes all the information that is on the LTB form.

HOW MUCH CAN MY RENT GO UP?

In most cases, your landlord can only raise your rent by a percentage called the guideline. The guideline is set by the provincial government every year. For the year 2020, the guideline amount was 2.2%.

The guideline for the year 2021 is zero percent. This means that there is a rent freeze from January 1, 2021 to December 31, 2021. The guideline for 2022 will be 1.2%.

Your landlord is not allowed to raise your rent at all, unless they get approval from the LTB. For more information, see Can my landlord increase my rent above the guideline?

Your landlord is allowed to give you a rent increase notice in 2021 but the increase cannot start before January 1, 2022.

DOES THE GUIDELINE APPLY TO ALL TENANTS?

Normally, the guideline amount does not apply to:

a building or new addition that had no one living in it on or before November 15, 2018

a self-contained apartment created after November 15, 2018 in a house that contained no more than two units on or before that date, if:

the owner lived in the house at the time the apartment was first lived in, or the apartment was created in previously unfinished space. In these units, the landlord can normally increase the rent by any amount they choose. But the 12 month and 90 day rules still apply.

But the rent freeze for 2021 does apply to these newer units. So even if your building was first occupied or your unit was created after November 15, 2018, your rent cannot be increased in 2021 unless your landlord gets approval from the LTB.

Also, the guideline normally does not apply to tenants in public housing and non-profit housing, whether they pay market rent or rent geared to income (RGI). But the rent freeze for 2021 does apply to most of these tenants.

CAN MY LANDLORD INCREASE MY RENT ABOVE THE GUIDELINE?

Your landlord can apply to the LTB for per-

Government to reduce criminal pardon application fee to \$50 in the new year



By N.Ugoh

The federal fee of applying for a criminal pardon will drop to \$50 from January.

The announced development fulfils an element of Trudeau's plan to better the system by creating an easier and

less expensive way to obtain a pardon, also known as a record suspension.

The government said apart from the \$50 processing fee, applicants will be responsible for any extra fees to obtain the information they need for their appli-

cation, like fingerprints, court documents and police checks.

Meanwhile, the government reveals it will offer \$22 million in five years to community-based organizations to provide support services which will help people complete record suspension applications and grow awareness of these services.

Also, the government plans to spend on program modernization for the Parole Board of Canada, which includes developing a new online portal to make the application process faster and simpler.

This announcement came after many civil society groups asked the government to automatically seal an individual's record once the person has completed his sentence and lived in the community without fresh convictions.

While reacting to the development, the office of Public Safety Minister Marco Mendicino said in a statement that the application fee reduction removes what has been a barrier to the successful reintegration of people with criminal records that have served their jail terms and are living law-abiding lives.

Canadian Armed Forces to officially apologize to victims of sexual misconduct

By N.Ugoh

The commander of the Canadian Armed Forces is at the verge of tendering a formal apology to the victims of sexual misconduct.

The apology is part of a \$900-million settlement agreement that the federal government signed with current military members, former military members and civilian Defence Department employees in 2019 after a class-action lawsuit against the Forces.



The representative of the plaintiffs, Lawyer Jonathan Ptak, said his clients were anticipating the apology from the chief of the defence staff and the Defence Department's Deputy Minister

once it is reasonable under the current conditions with COVID-19.

Ptak said the apology is significant for victims of military sexual abuse to heal and get their experiences ac-

knowledged.

The Defence Department is refusing to offer details on the apology, but Vice-Chief of Defence staff Lt.-Gen. Mike Rouleau has said the apology is being planned with a week of training for military members on sexual misconduct.

It remains unclear whether the apology will be tendered by the outgoing Chief of Defence staff, Gen. Jonathan Vance, or his yet to be named successor.

mission to raise the rent by more than the guideline. Your landlord still must wait 12 months between increases and give 90 days' written notice. This kind of rent increase is sometimes called an above guideline increase or AGI.

The LTB can allow an AGI even during the 2021 rent freeze.

WHAT HAPPENS IF MY LANDLORD APPLIES FOR AN AGI?

The LTB will have a hearing to decide. The hearing is usually in writing or by phone or video. The LTB will send you a copy of the landlord's application with information about how to participate in the hearing.

Check the application to see if other ten-

ants in your building are affected too. You might be able to work together to fight the increases.

HOW MUCH CAN THE LTB ALLOW?

The LTB can allow an increase of up to 3% above the guideline for up to 3 years in a row for the cost of security services or for capital expenses. Capital expenses are major repairs, renovations, replacements, or additions that will last at

least 5 years and are not part of normal ongoing maintenance.

Normally, the LTB can also allow any amount of rent increase because of increases in municipal taxes and charges. But in 2021, rent increases for this reason are not allowed.

WHAT IF I THINK THAT I PAID AN ILLEGAL RENT INCREASE?

You can apply the LTB to get your

money back at www.tribunalsontario.ca/ltb. You must apply within one year of the date that your landlord first charged you the illegal rent. CLEO's T1 Guided Pathway can help you fill out the forms you need to apply. Visit www.stepstojustice.ca/FormT1 for more information.

HOW CAN I GET LEGAL HELP WITH MY RENT INCREASE PROBLEM?

If you have a low income, your community legal clinic can help. To find your local clinic, contact Legal Aid Ontario at 1-800-668-8258 or www.legalaid.on.ca.

<https://www.cleo.on.ca>



REFLECTIONS ON RELATIONSHIPS

The 5 languages of love in marriage

By Dima Ugoh

The concept of love languages was developed by Gary Chapman, Ph.D., in his book *The 5 Love Languages: The Secret to Love That Lasts*, where he describes these five unique styles of communicating love, categories he distilled from his experience in marriage counseling and linguistics.

It has often been said that discovering you and your partner's primary love language and speaking that language regularly may create a better understanding of each other's needs and support each other's growth.

Let's take a look at the love languages:

A. Words of affirmation: Delineating on this, Chapman said people with words of affirmation as a love language value verbal acknowledgments of affection, including frequent "I love you's," compliments, words of appreciation, verbal encouragement, and often frequent digital communication like texting and social media engagement. If this works for you, it's imperative that you regularly use it to lubricate your marriage.

B. Quality time: It was Mahmud-Syed who said "This love language is all about giving your undivided attention to that one special person, without the distraction of tele-

vision, phone screens, or any other outside interference. They have a strong desire to actively spend time with their significant other, having meaningful conversations or sharing recreational activities".

People under this category feel the most adored when their partner actively wants to spend time with them and is always down to hang out. Research have shown that they particularly love when active listening, eye contact, and full presence are prioritized hallmarks in the relationship.

C. Acts of services: "This love language is for people who believe that actions speak louder than words. Un-

like those who prefer to hear how much they're cared for, people on this list like to be shown how they're appreciated. Doing the smaller and bigger chores to make their lives easier or more comfortable is highly cherished by these folk," said Mahmud-Syed.

You value when your partner goes out of their way to make your life easier, if your love language is acts of service. It's things bringing breakfast in bed, coming to pick you from work etc.

D. Gifts: "People whose love language is receiving gifts enjoy being gifted something that is both physical and meaningful. The key is to give meaningful things

that matter to them and reflect their values, not necessarily yours," says Mahmud-Syed.

It's not about the monetary value but the symbolic thought behind the item. People with this style recognize and value the gift-giving process: the careful reflection, the deliberate choosing of the object to represent the relationship, and the emotional benefits from receiving the present. Should this be your language, be intentional at it.

E. Physical touch: "People who communicate their appreciation through this language, when they consent to it, feel appreciated when they are hugged, kissed, or cuddled. They value

the feeling of warmth and comfort that comes with physical touch," says Mahmud-Syed.

People under this category feel loved when they receive physical signs of affection, including kissing, holding hands, cuddling on the couch, and sex. Physical intimacy and touch can be incredibly affirming and serve as a powerful emotional connector for people with this love language.

The reality is that what works for marriage A may not work for marriage B. That is why you need to discover your love languages and explore them because they are the lubricants of the marriage.

Ooni's Palace: We will probe possible hacking of Olori Naomi's Instagram page over claim of her marriage to Ooni hitting the rocks

By N.Ugoh

The Palace of Ooni of Ife, Oba Adeyeye Ogunwusi, has once again reacted to the disclosure of Olori Naomi that her marriage to the monarch has ended.

The palace countered the claim that marriage between the monarch and his wife has hit the rocks by saying they are probing a possible hack into Olori Naomi's Instagram account.

During an interview with Punch, Director of Media and Strate-

gy, Ooni's palace, Moses Olafare, disclosed that Ogunwusi and Naomi went to bed as husband and wife, before the Queen issued a statement announcing the end of their marriage recently.

Also, Olafare stated that separation in marriage cannot be carried out by just one party. He further revealed that Ooni of Ife was packaging a special Christmas gift for Queen Naomi before the statement was released.

He said: "Separation is a two-way affair, it is not something that is announced by one party. The announcement of separation is subject to agreement by both parties.



"The palace is not aware of such separation because we all went to bed last night (Wednesday) the two being the king and queen.

"So, if by this morning, the queen went to social media

to write that she is no longer in marriage with Ooni, we will look into it to see whether or not the Instagram page truly belongs to her, and to know the reason behind it.

"But as of today, this moment, the palace is not aware of the separation. Marriage is a private affair, no matter how prominent the personalities involved, it is a private affair.

"We will dig deeper and know what happened, but like I said, all of us just woke up to

read about the separation on social media.

"Even by this time yesterday, (Wednesday) kabiyesi was still packaging a special gift for her.

"If you want to separate with someone, you cannot be packaging gift for her. I was aware that Kabiyesi was putting a special Christmas gift together for her. If he is not in love with her, he cannot be doing that. In fact, the Christmas gift has been delivered to her already."

How to help your child find his passion

By Dima Ugoh

Parents spend a lot of time with their children and therefore they are most likely to notice a child's talent at a young age. It is therefore the parent's responsibility to nurture these talents and to shape the character and self-esteem of the child.

Don't compare your child to others because

every child is unique. Embrace and accept your child just the way they are. Instead of pushing your child to become the next LeBron James, sit back and enjoy their development in their own lane.

As a parent, your job is to guide them towards their passion. Find out what they like doing in their free time and what they dream of.

NO PRESSURE, NO RUSHING

Many parents make the mistake of engaging their children in too many activities as they desperately search for something that will "stick". You don't want to rush your kid into a hectic schedule at a young age. Too many recitals, meets and competitions can affect your

child's health or grades in a negative way. Let your kid enjoy playing with his friends without feeling the pressures of the world.

Find out what your child loves and let him stick at it. He or she will choose an activity like joining the swimming team or playing the piano. Don't rush him to become the best because being pushy can

be discouraging. Encourage him to improve and let him learn at his own pace.

IT'S NOT ABOUT PERFECTION, IT'S ABOUT PROGRESS

Your child's ability will improve if he keeps practicing. In most cases, this progress is often achieved at a slow pace. This might leave your kid frustrated but

it's important for you to teach them patience. Teach them to identify mistakes and how to improve. If they are feeling frustrated, let your kids know that learning is a process and gaining a lot of experience can only be good for their development.

Remind your child that learning the new skill is a long-term goal *continued on p(25)*

FINANCE

TFSA and Death: Have You Planned for What Will Happen With Yours if You Die?

By Dami Okunade
CPA, CA, CFA

If you own a TFSA, you undoubtedly started it because it allows you to invest and earn dividend or interest income and make a capital gain without paying tax.

Unfortunately, similar to any investment vehicle, complications may arise after your death unless you address the tax consequences in advance. Consider the following circumstances that can affect what happens with your TFSA after you die.

SUCCESSOR HOLDER

If you have named a survivor — your spouse or common-law partner — as a successor holder, then that individual acquires all the rights of the original holder and thus becomes the new account holder.

With this scenario, the TFSA does not terminate and thus there are no tax consequences to the new account holder. An additional benefit may accrue if the original holder has overcontributed before they passed and the new account holder has contribution room in their TFSA. In this situation, the overcontribution by the deceased can be absorbed by the new account holder into their TFSA, thereby eliminating the chance of future overcontribution penalties (currently at 1% per month).

ROLLOVER PERIOD

Assume for a moment that the deceased did not designate the spouse or the common-law partner as a successor holder. What then?

If the spouse or common-law partner named in a will are accorded an inheritance that includes the TFSA, they can transfer their spouses TFSA to their own TFSA within a



prescribed time period, called the rollover period. The rollover timeframe is explained as starting at the time of death until December 31 of the following year. During this rollover period the investment income is sheltered from income tax.

If the beneficiary decides to transfer funds to their own TFSA during the rollover period, these transfers are considered to be exempt contributions and as such do not require that the beneficiary have room in their own TFSA. However, the amount of the transfer is limited to the fair market value (FMV) of the TFSA as at the original holders time of death. Thus, if at the time of death, the FMV was \$50,000 but at the time of transfer the value of the TFSA was \$55,000, then the \$50,000 could be transferred without any impact. However, the \$5,000 increase would either have to be absorbed by the beneficiary if they have room within their TFSA, or be included within the beneficiary's income within the year of the transfer.

NAMED BENEFICIARY

When you die without a spouse or common-law partner, the TFSA is collapsed at the date of your death. The amount of the TFSA can be transferred to the named beneficiary tax-free, but only up to the amount of the FMV of the TFSA at the date of death. Naturally, the beneficiary would need to have TFSA room to absorb the FMV transfer. For instance,

if the beneficiary had \$30,000 of accumulated TFSA room and the FMV of the transfer was \$55,000, \$30,000 would be transferred tax-free while the excess \$25,000 would be included in income in the year of transfer.

FORM RC 240

It is worth noting that when a contribution is made to the successor holders TFSA, the successor holder has 30 days from the date of contribution to fill in Form RC 240, Designation of an Exempt Contribution Tax-free Savings Account (TFSA).

As you can see, there are potential tax complications with a TFSA when a taxpayer passes. Remember also that the provinces and territories are responsible for the rules governing the transfer of assets of a deceased. Fortunately, the CRA and their provincial/territorial counterparts have agreed that having the named beneficiary on the TFSA application will allow transfers without inter-jurisdictional complications. Quebec may be an exception, wherein the TFSA transfer goes to the estate and the will of the deceased comes into play.

Since TFSAs are registered with the CRA, an astute taxpayer would want to determine the tax consequences, either when their TFSA has a named survivor or when the will takes precedent.

Its probably worthwhile to confirm that your CPA is aware that you have a TFSA. Then, should you die unexpectedly, your tax advisor can assist your successor holders or beneficiaries.

Dami Okunade
CPA, CA, CFA
dami@dochateredacountant.com
416-219-5904

5 ideas for lowering your heating costs this winter



(NC) A cozy and warm space to relax in is a wintertime must for many Canadians. But cranking up the heat can really add up. Here are some ways you can stay toasty without incurring sky-high costs:

1. CHANGE FURNACE FILTERS.

If you have an oil or gas-burning furnace, remember that it must work harder if the filter is dirty. If your electricity bills seem unusually high, try changing your filter more frequently and/or getting your machine serviced.

2. USE A PROGRAMMABLE THERMOSTAT.

Many of us know that turning down the heat at night or while we're away all day can boost savings, but it's inconvenient to constantly be making those adjustments and easy to forget. A programmable thermostat

lets you set it to automatically turn up the heat gradually in time for your morning routine, or remotely manage your settings — turning on your heat as you drive back from the airport.

3. AUDIT YOUR ENERGY AND TAKE ACTION.

An energy audit is a formal test to determine where energy is lost in your home. Maybe it's through a thin roof, poorly insulated walls or drafts around your windows and doors. This kind of test can help you discover the and the amount of money you're spending to make up for energy loss and offers ways to reduce it.

4. INSTALL A HEAT PUMP.

A heat pump works by transferring heat from outside your home to the inside. It

's more energy efficient than other types of heating, like electric heat since the pumps don't have to generate heat from scratch. Instead, they move and intensify the heat. This means you likely won't be paying as much for your heat each month, though there can be higher initial buy-in costs.

5. SWITCH TO SOLAR.

While there is some upfront cost to this solution, it can be a major cost-saver pretty quickly. Not only can this be better for your wallet, but it's also better for the environment, helping reduce your greenhouse gas emissions and do your part to combat climate change.

Some insurance providers, including Aviva Canada, may offer better insurance rates if you utilize green replacements. Whatever household updates you decide to make, be sure to let your insurer know — that way they'll be able to update your coverage appropriately, and, who knows, you might just qualify for a better rate.

Find more information at aviva.ca.

Montreal teenager died after being shot at a house party

By N.Ugoh

An 18-year-old man died recently after he was shot during a house party in Mount Royal, a suburb in Montreal.

Montreal police revealed that they received a call about someone severely injured by gunfire inside a private residence around 11.45 am.

They said the teenager was hit by more than a bullet in his upper body and was not conscious when he was

taken to the hospital.

Const. Caroline Chèvrefils said the suspects ran away from the scene before the arrival of the police.

Investigators and crime scene experts were deployed to the house, and police said a lot of witnesses would be interviewed.

TO READ MORE UP-TO-DATE NEWS AND INTERESTING ARTICLES,

PLEASE VISIT:

www.nigeriancanadiannews.ca

Lola's Catering

We Cater To All Occasion



Specializing in:

- Meat/Beef
- Pastries
- Sausage Roll
- Fish Roll
- Puff-Puff
- Buns
- Scotch Egg
- Chin-Chin
- Moi-Moi
- Rice & Beans
- Ayamase
- Fried Yam
- Fried Rice etc.

Tel: 647-427-4773
Tel: 416-522-8625
1822 Jane St. (Jane & Queen Dr.)

Call us today for all your party needs.



LAURI MEAT MARKET

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

Grocery: We carry African Foods. Garri, Beans, Semovita, Fufu, Fish, Palm-Oil, Pepper, Plantain, Spices, Maggi etc.

Beef, Goat, Sheep, Chicken, Tripe

We have our own farm

Farm 1-800-443-3802
Store: 416.247.9899

Special Full Cow
All Types of Beef

NOW OPEN ON SUNDAY 10AM - 4PM

1696 Jane St. Toronto. Ont.

A-Z Foods

Wholesale & Retail



We specialize in African Foods:

- Rice
- Beans
- Yam
- Gari
- Plantain
- Stockfish
- Pounded Yam
- Semolina
- Cassava Flour etc.

Nigerian music CDs and much more

Meat & Fish, Vegetables, Spices

Fashion: Cosmetics & Hair Supplies

Contact Information: 647-436-2550
Cell: 416-880-6796

Address: 1040 Albion Rd. Etobicoke (Albion & Islington intersection)

AFRICAN CARIBBEAN GROCERIES INC.

We carry:

- African foods -Yams -Garri -Beans -Rice -Potato
- Flakes -Semovita -Fufu -Palm Oil -Pepper -Okro
- Plantain -Meat -Fish -Spices -Vegetables and more.



Beauty & Hair Products
Shea Butter, African Black soap etc.

Address: 63 Dundas St. W. Mississauga, Ont. L5B 1H7
Tel: 905.281.9515

UNCLE SETH TROPICAL FOODS

Specializing in African, Caribbean, Asian & Canadian Foods

We carry:

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)

VISIT OUR FISH MARKET AND BUTCHER SHOP

Boost your immune system through the power of food



(NC) Fall is a favourite season for many with beautiful colours, cozy sweaters and everything pumpkin spice. But one thing fall brings that is a little less thrilling is cold and flu season.

Wearing a mask in public, staying away from others who are

sick, washing your hands regularly and getting enough rest are a few of the things you can do to stay healthy. But maintaining a good diet is equally important.

Here are three simple things you can add to your diet to help boost your immunity:

VITAMIN C

Research shows Vitamin C can help make your immune system stronger, but before you reach for supplements, there are lots of food sources that naturally contain it. While you may only think of oranges and other citrus fruits, tomatoes, potatoes, strawberries, bell peppers, broccoli and kiwi are also great sources. Tip: Make a bell pepper sandwich by slicing the pepper in half and taking out the seeds and adding your choice of meat, vegetables or cheese. You can customize this for breakfast, lunch or dinner and play around with different techniques.

ZINC

Include adequate protein-rich foods because they contain nutrients that are important for immune health. Zinc helps maintain immune function and can be found in meat, poultry, fish, seafood, eggs, soy, legumes, nuts and seeds. Try adding more beans to your soups and sauces or nuts and seeds to your yogurt and baking to get more of this immune-boosting nutrient. Tip: During your annual pumpkin carving, save some pumpkin seeds and roast them in

the oven at 400°F for 20 minutes. Make it fun and add cinnamon and brown sugar or make it spicy with siracha.

PROBIOTICS

Foods with probiotics, such as kefir and yogurt, can benefit our gut and immune health. Be sure to look for the word "probiotic" on the label, as this is a regulated term. Try including more of these foods by having yogurt parfaits, using yogurt in dips and adding kefir to your morning smoothie. Tip: Try yogurt bark

for an easy on-the-go breakfast. Simply spread probiotic yogurt on a parchment-lined baking sheet and add toppings of your choice, such as berries, bananas, honey and chocolate. Freeze for two to three hours or until firm.

Looking for more inspiration? Reach out to your local Loblaws dietitian for more immune-boosting recipe ideas. They also provide a range of services, including phone consultations and online workshops. Find one near you at bookadietitian.ca.



Are you considering Grade 1 French Immersion or Grade 7 Extended French for your child?

Applications are open until Jan. 28, 2022.

Learn more about the French Immersion and Extended French programs by visiting www.peelschools.org/French.



Global Peak GLOBAL SHIPPING
MERCHANDISE

- Roro/Vehicle Shipment
- Customs Brokerage
- Container
- Air Freight
- Import And Export
- Courier Service
- Cargo Insurance Arrangement
- Packaging

- Roll-on / Roll-Off
- Groupage / Consolidation
- Full Container Load (FCL)
- Door to Port Services
- Less Than Container Load (LCL)
- Container Loading
- Custom Clearance Service in Nigeria
- Transportation Services To All Ports
- Storage in Nigeria

AIR FREIGHT SERVICES

- Goods Delivered Within 10 Business Days
- Personal Effects / Household Goods
- Excess Luggage
- Project Cargo
- Door to Warehouse

COURIER SERVICES

- Worldwide Express Services
- 3 - 5 Business Days Guaranteed
- Door To Door Services
- Small Parcels / Packages / Documents
- General Cargo

NIGERIA ADDRESS: 525 Agege Motor Road Magnet Shopping Complex Ladipo Bus Stop Oshodi, Lagos. Tel: 08038402331

U.S ADDRESS: 1417 35th Avenue, Brooklyn Park MN, 55444
CANADA ADDRESS: 18 Richview Road, Etobicoke, ON M9H 4M6

Office: 6124593963
Cell: 4373884743
Email: info@globalpeak.com
Web: www.globalpeak.com

Does Tea Tree Oil Really Prevent Acne?

By N.Ugoh

TREATMENT

The fast modern day lifestyle can be quite hectic for many and as a result you may sight the occasional pimples on your skin, especially on the face. This bumps or pimples are called Acne vulgaris or simply acne.

Many people will confess that having acne is not a pleasant experience since it can seriously mess with your self-esteem. Acne breaks out mostly as a result of stress, unhealthy habits and hormonal imbalance.

WHAT IS ACNE?

This is a common skin disorder that happens when the skin manufactures too much natural oil called sebum. Pimples occur as a result of the clogging of skin follicles that bond with the pores.

When the skin manufactures excess sebum, dead skin cells get mixed up with bacteria on the surface and they all get stuck in the pores. The pores begin to swell as the bacteria increases; this contributes to the spread of acne to other areas of the skin.

In a quest to deal with this problem many people have resulted to using the millions of skin care products available in the market. Whereas not all of these products are bad, most of them contain harmful chemicals that may do more damage than good to your skin.

Natural is the way to go when it comes to acne and skin care. Many people have confirmed that tea tree oil has worked wonders on their skin.

WHAT IS TEA TREE OIL?

Tea tree oil is a pale yellow and somewhat colorless natural oil that occurs in the leaves of the Melaleuca alternifolia plant found in Australia.

Over the years, many Australian indigenous communities have been using the tree's leaves for curing different kinds of skin disorders. The leaves are widely regarded as an antiseptic.

In the modern world, manufacturers have been using this oil as a dominant ingredient in skin products like face washes and creams.

Does Tea Tree Oil prevent Acne?

According to a study conducted in 1990, a 5% solution of tea tree oil can be used to treat acne the same way a 5% benzoyl peroxide can do it. The findings can be found in the Medical Journal of Australia.

Dr. Asa Hershoff adds that the ability of tea tree oil to fight bacteria, viruses and fungi helps in the stimulation of immunity and hence preventing acne. Dr. Hershoff is a homeopathic and naturopathic from Los Angeles, USA.

Therefore 5% of this natural remedy can equally give the same results as a drugstore prescription of benzoyl peroxide when dealing with acne.

HOW DOES IT WORK?

When introduced to affected area, tea tree oil kills the acne-causing bacteria found on the skin surface. This is because it contains terpinen-4-ol.

The oil unblocks the sebaceous glands after sinking into the skin. This is important in preventing further spread of acne, cleansing of the pores and

drying out of pimples.

It performs anti-microbial and antibacterial activities that are useful to the skin unlike harsh artificial chemicals.

This oil is also responsible for the removal of spoiled skin cells and controlling of oil production that ensures the skin stays balanced.

Its antifungal and antiseptic functions are also important in preventing acne breakouts thus avoiding inflammation.

The process of treating acne using Tea tree oil

It is important that you ensure that the oil is 100% pure so that it is most effective on your skin. This is to ensure that it does not contain any preservatives that your skin might be allergic to. The oil is very potent in this state and therefore you should dilute it before commencing the application.

If the acne has already broken out, apply the oil lightly to the affected area using cotton wool; the oil can sometimes cause allergy to normal skin resulting in peeling or redness.

You can also use tea tree oil in the general health of your skin by adding it

to your skin care product.

Take your moisturizer and add a few drops of the oil; ideally you should use this mixture two times in a day.

Take your moisturizer and add a few drops of the oil; make it a habit of applying this mixture twice a day. This method is more effective than buying a tea tree moisturizer because you get 100% purity and you can measure the oil dosage to suit your needs. If you experience a negative skin reaction then use the tea tree every 2 days.

Tea tree oil can also be used to prevent pimples from reaching the skin surface by applying the oil immediately you feel a pimple forming.

When you want to achieve a cleansing massage on your face, mix a few drops of tea tree oil with good massage oil like almond and smoothly rub it on your face. This should be done for a couple of nights to ensure the skin clears up.

Sometimes the tea tree oil is more effective on a pimple when you mix a drop of it with Vaseline. This is because the Vaseline ensures that the oil stays longer on your skin.

You can also use the oil as a toner after you are done cleansing your face; use a cotton pad to gently apply a mixture of water and 2drops of the oil.

If you do not like the smell of the oil, try to distract yourself with something else or by reminding yourself how happy you will be after your acne is gone!

CONCLUSION

Tea tree oil can be used for different purposes depending on the needs of the individual and hence you get to decide what you want it to do for you. This oil can be incorporated into your daily routine with ease, for instance if you have dry skin you can mix a few drops of the oil with your moisturizer or maybe you can use it as a toner after cleansing.

You should also be aware that the full results of this oil take time and hence you should not feel discouraged if you do not see instant changes. It should take 1 to 3 weeks for you to appreciate the good job the oil does to your skin. Remember, the results are definitely worth waiting for!

MOSAIC

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

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

mosaicafrikanfoods.com
mosaicfoods@hotmail.com

62 EDDYSTONE AVE, NORTH YORK, ON M3N 1H4

Have questions about COVID-19 vaccines?

The **211** phone line offers service in English, French and more than **200 other languages** to help you find the information you need or resources that can help you.

This service is **free and confidential**.

Call **211**.



Votre
gouvernement

Québec

21-210-140WA

Essential tips for Canadian snowbirds



(NC) After several long months of patience and longing, as a snowbird, you can't wait to head south again. Even if your children have told you a gazillion times that we are still in a pandemic, you are probably ready to get back to your life again.

But before you take off, make sure you are fully vaccinated and check a few things off so you can travel without worries.

First, get your proof of vaccination out and have it handy on your phone, or have it printed and keep it with your passport.

Second, be sure that the country where you intend to go is as ready for you as you are for it. Some countries still have restrictive entry requirements and unless

you are sure that you will be welcomed, you could be in for quite a disappointment. Best to look into it and never assume anything.

Also, remember that changes in travel restrictions are unpredictable during the COVID-19 pandemic and travel still exposes you to greater risks. If you do travel, remember to get travel insurance, as you are responsible for any costs related to changes to your travel plans or any health issues.

It's also a good idea to find out about medical care available at your destination and research where you can get the COVID-19 test that might be required for your return to Canada.

Now, what if all is going superbly and the sun is

shining, but things change at your destination quite unexpectedly? What if, all of a sudden, that country plans to go back into lockdown or even impose quarantine?

The Registration of Canadians abroad is a free and confidential service that keeps you in the loop at all times. It is well worth registering. However, keep in mind that at this point, if you choose to travel you shouldn't depend on the Government of Canada for assistance to change your plans if things get tricky.

If you follow these tips, you'll feel more relaxed during your time away. Plus, your family will be reassured also.

Find more information at travel.gc.ca.

5 ways to connect with your grandkids

(NC) In this ever-changing world, we can sometimes feel like our grandchildren are speaking a different language. From new online trends and video games to slang words and fashion choices, we don't always know where they're coming from. To help you connect with them, check out these exciting ideas.

1. BOND OVER YOUR FAMILY HISTORY

Use technology to help you bond with your grandkids in a meaningful way. These days there are many amazing genealogy companies that, after purchasing and sending off an easy nasal swab kit, can help you discover an ever-growing database of family history. Your grandkids can help you set up your own family trees online and you can work together to research fascinating family records.

2. PLAY AN OLD-SCHOOL GAME

Forget online games; sometimes life is better with

a board game. From classics such as Monopoly and Scrabble, to newer ones that have gained popularity in recent years like Catan and Cluedo, there are tons of options. Your grandkids might even be interested in learning timeless card games such as gin rummy, euchre or hearts.

3. PASS ON A SKILLSET

Being so young, Gen Z can benefit from lifelong skillsets or hobbies that you can teach them. Think of all the skills that you have accumulated over the course of your life, such as cooking, sewing, knitting and barbecuing, and even more hobby-based talents like fishing, golfing or piano. Ask your grandkids what interests them so you can pass it on. Make regular plans to enjoy these hobbies together.

4. MAKE A FAMILY RECIPE BOOK

Work with your grandkids to create a book of classic family recipes and beloved holiday tradi-

tions. This project presents a unique opportunity to work together and create something special on the computer that can be printed out and passed on for generations.

5. WITH THEIR SUPPORT, JOIN THE DIGITAL AGE

Think of all the possibilities you have to video chat with your grandkids, send pictures and articles back and forth, and even play games with them online if you boost your comfort with technology. If you're feeling a bit uncertain, look for online resources that can help you learn the basics.

For example, ABC Life Literacy Canada's Youth Teaching Adults program offers incredible free digital literacy resources for adults. Learn directly how to chat with your grandkids online, email, FaceTime, Zoom and much more on your computer, tablet or cell phone.

Find more information at youthteachingadults.ca.

ENNY AFRO SUPERMART

WHOLESALE & RETAIL

NOW OPEN

IN YOUR NEIGHBOURHOOD

647-562-7379

Delivery Available

WE CARRY:

Yam, Plantain, Beans, Rice, Semolina, Pounded Yam, Gari, Elubo, Palm-oil, Nido, Peak Milk, Vegetable Oil etc.

Meat, Fish (Frozen & Dry Fish), Chicken, Turkey, Cow-foot, Gizzard, Ponmo, Stock Fish, Stripe, Spices etc.



Fruits and Vegetables - Ugwu, Bitter Leaf, Ewedu, Okazi, Tomatoes, Pepper, Okro, Onions, BEAUTY SUPPLIES and more.



3905 Keele St, UNIT 2, M3J 1N6, North York, ON

SHOP ONLINE AT: www.ennyafricanfoods.com

We offer delivery services within GTA region

7 DAYS RETURN - Sealed goods with original receipt

SECURE PAYMENT - 100% secure payment



CHURCH OF SCIENTOLOGY CAMBRIDGE

HUMAN RIGHTS CELEBRATION

December 10, 2021

In celebration of the 73rd anniversary of the release of thirty articles comprising the Universal Declaration of Human Rights (UHR), the Church of Scientology Cambridge hosted a special service honouring several community leaders.

In addition to the certificate of honour presentations, Deepa Mahanti, a community activist, Carol Moxam, an event planner and life coach, Anju Malhorta, a TV Host, actress, singer and filmmaker, along with Daphne Siddique, each told very personal and moving stories, highlighting fundamental human rights experiences.

The 2021 Human Rights Awardees:

Ms. Deepa Mahanti: Ms. Mahanti is a writer, a film maker and a community activist. All of her work is around equity and

inclusion, and creating effective communication and community outreach through engagement and strategies. "We at the Church are very happy to present you this certificate of honour for being a voice of the people and an advocate for change. The work you do is in your documentaries captures real people, abuses and success in fundamental human rights."

Mr. Nomann Mobashir : Mr. Mobashir, President of the Bai'Tul Kareem Mosque in Cambridge. "We at the Church are deeply honoured to present you this certificate for your unwavering strength to stand against the tide, to embody and forward the Holy Koran's essential teachings of Peace, Love, Justice and Sanctity as represented by your meaningful motto"

LOVE FOR ALL, HATRED FOR NONE."

Ms. Alfredine Plourde: Ms. Plourde is the founder of Protecting Canadian Children and is a fearless fighter for the human rights of children. "We at the Church are very pleased to present you this certificate for your unwavering and incredible confront of evil and your tireless work to make known the abuses in the Children's Aid and Foster Care systems, thereby protecting innocent children and working to preserve the family unit."

Ms. Evelyn Stewart, Universal Peace Federation: Evelyn Stewart is a representative of the Universal Peace Federation (UPF) Canada. "We at the Church are truly honoured to present you with this certificate. A

true friend and stalwart for peace and respect and dignity for all, you have worked with the Church of Scientology since the early 80s, a period of occasional media frenzy toward new religious movements. We remained steadfast friends throughout. This was everything to do with human rights."

Ms. Ngozi Ugoh, Publisher of the Nigerian Canadian Newspaper: Ms. Ugoh is a friend of everyone, no matter their race colour or creed, bringing all peoples together. "We at the Church are honoured to present Ms. Ugoh this certificate as you truly epitomize honor-eration: Evelyn Stewart is a representative of the Universal Peace Federation (UPF) Canada. "We at the Church are truly honoured to present you with this certificate. A

conscience and should act towards one another in a spirit of brotherhood."

Human Rights Educational Program

In its longstanding tradition of championing the cause of freedom for all, the Church of Scientology and its members seek remedies through sponsorship of one of the world's broadest human rights education and public information initiatives, United for Human Rights, and its program for young people, Youth for Human Rights.

The aims of these non-profit, nonreligious organizations are twofold: Teach young people their inalienable rights, thus significantly increasing awareness in a single generation; and petition governments to implement and enforce the provisions of the 1948 United Na-

tions Universal Declaration of Human Rights, the world's preeminent human rights document, and mandate human rights education in schools.

These programs are widely embraced and used by schools and churches, civic and community groups, human rights organizations, police forces, armed forces, and governmental organizations worldwide.

To learn about this program or to learn your 30 Human Rights, as laid out in the Universal Declaration of Human Rights, go to www.humanrights.com and take the free online course.

To see the Human Rights program in action in Nigeria, tune into the Scientology Network at www.scientology.tv/series/voices-for-humanity/pascal-nwoga.html

-COS



Awardees and Speakers on Stage



Daphne Siddique at podium - LS



Certificate Presentation to Nomann Mobashir



Deepa Mahanti certificate presentation



Ngozi Ugoh (R) Award with Yvette Shank, Sr. Minister National Office & President



Evelyn Stewart UPF



Carol Moxam at podium



Director of Special Affairs Jackie Gadal

ENTERTAINMENT By N. Ugoh

American model dies in Ghanaian hotel

According to reports, American Instagram model, Tyger Booty, has died in a hotel room in Accra, Ghana. She died during a romp with an unnamed Ghanaian billionaire in the country.

INFORMATION reveals that the unnamed billionaire paid for Booty's expensive trip to Ghana.

Though the cause of the model's death remains unknown, it was speculated that she died of a fentanyl drug overdose.

Also, a friend of the deceased, @myhungryworld, has confirmed her death. While confirming her death, she wrote: "Gosh, this world is such a strange and unfamiliar territory to me lately; it astonishes me that you can be in one place thinking or feeling something not knowing that somewhere else something completely different can be occurring in the same space of time."

"Incredibly sorry to learn that you have passed away. I was just looking at our videos from Christmas past.

I'll pray for you, your family and friends."



KIM KARDASHIAN VOWS NEVER TO REUNITE WITH KANYE WEST

American celebrity, Kim Kardashian has disclosed that she wants to formally end her marriage with her alienated husband, Kanye West.

In recent court documents, Kim disclosed that her marriage to Kanye West had "irremediably broken down and she no longer desires to be married."

Also, she said "there are simply no compelling reasons not to grant a motion to bifurcate and terminate marital status in this case."

"There is no possibility of saving the marriage through counselling or other means."

The court document read: "The parties' marriage has irremediably broken down. [Kardashian] no longer desires to be married to [West]."

"There are simply no compelling reasons not to grant a motion to bifurcate and terminate marital status in this case."

"There is no question that the marriage of the parties is no longer viable. [Kardashian] has no desire to reconcile with [West] and wants their marriage terminated. Irreconcilable differences have led to the irremediable breakdown of the marriage, and there is no possibility of saving the marriage through counselling or other means. The continued maintenance of technical marital status between [West] and [Kardashian] serves no useful purpose, and there is no reason to maintain the legal relationship."

"Irreconcilable differences have existed and continue to exist between [West] and me, which have caused our marriage to irretrievably break down. No counselling or reconciliation effort will be of any value at this time."

"[West] and I both deserve the opportunity to build new lives. Therefore, I am asking that my request to bifurcate and terminate our marital status be granted."

Kim Kardashian and Kanye West began dating in 2012 and eventually married in May 2014. The marriage was blessed with four children: 8-year-old North, 6-year-old Saint, 3-year-old Chicago, and 2-year-old Psalm.



GOODBYE Nollywood Actor Karibi Fubara Is Dead

Famous Nollywood actor, Karibi Fubara is dead. He died of cancer.

His death was announced by his sister, Stella Fubara, who is the Director of International Operations for Dubai Tourism. While breaking the news, Stella wrote: "E be warrior, now e be an angel for paradise," she wrote on her Instagram page. Karibi, my beloved brother, rest in peace.

@yolandaokereke, we'll only remember the happy moments."

According to reports, Kabiri was diagnosed with cancer in 2020 and flew to South Africa for treatment till he died.

Kabiri's other sister, Aya Fubara Eneli wrote: "Joy dey because Karibi dey for a better place. E no longer dey dis worldly realm, which is a source of sadness."

"My brother, Karibi Fubara, has become a member of the ancestral realm. I'm heartbroken, but not hopeless. He lived his life fully and joyfully. Live in the shadow of a magnificent body of work. E should strive to be a powerful ancestor. "I'm in love with you."



DR DRE AGREES TO PAY EX-WIFE, NICOLE YOUNG, \$100M IN SETTLEMENT

Famous American music producer and businessman, Andre Young, also known as Dr Dre has settled his divorce case by entering a property settlement agreement with his ex-wife, Nicole Young.

Dr Dre and his ex-wife recently filed their property settlement agreement, where Dre agreed to pay \$100 million - \$50 million now and \$50 million a year from now to Young.

Under this deal, Dre will keep seven of the properties they own. These include a home in Malibu, two

homes in Calabasas, and four homes in the L.A. area, including the \$100 million Brentwood estate.

Also, he has the full rights to his master recordings, trademarks and interests in many partnerships and trusts.

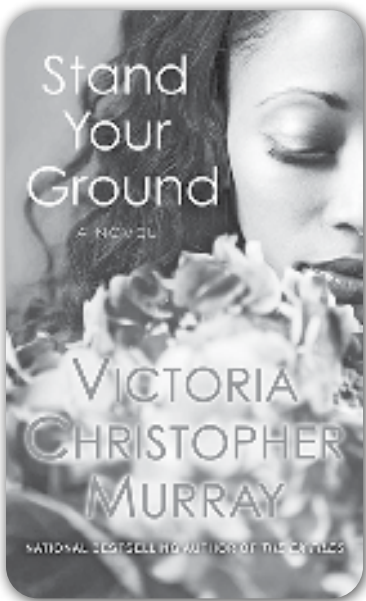
Furthermore, the rapper and music executive will keep all of their Apple stocks, including the proceeds from the sale of Beats by Dre.

Young filed for divorce from Dre in 2020. She cited irreconcilable differences as the reason for the divorce.

BOOKS

"There is more treasure in books than is all the pirate's loot on Treasure Island." - Walt Disney

Stand Your Ground



By Victoria Christopher Murray

It's a blockbuster that is laced with action and suspense. Janice Johnson is living every black mothers nightmare. Her 17-year-old son was murdered and the shooter has not been arrested. The question of if he was standing on his ground or murdered caresses minds. But then, can the D.A. and the police be trusted to investigate and do the right thing? Should Janice take advantage of the public outcry and join her husband alongside the angry protestors who are out for revenge?

Meanwhile, Meredith Spencer is married to the man accused of the killing and she sees her husband and the situation with far more clarity than anyone realizes. Remarkably, what she knows could blow the case wide open, but what will that mean for her life and that of her son? Will she have the courage to come forward in time so that justice can be done? These and many more are questions you will find answers to when you read the book.

The Other Black Girl



By Zakiya Dalila Harris

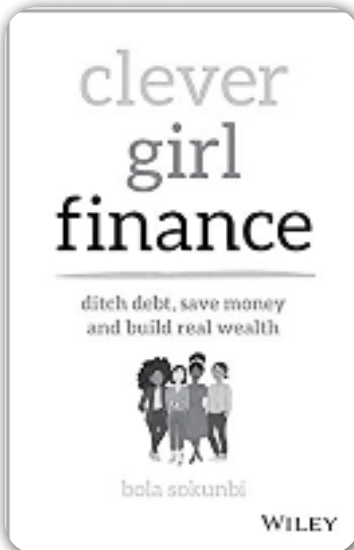
Racial issues have always thrown many into making decisions that ordinarily, they wouldn't have made. And the story is not different for 27-year-old editorial assistant Nella Rogers who is tired of being the only Black employee at Wagner Books. Alarmed with the isolation and microaggressions, she's thrilled when Harlem-born and bred Hazel starts working in the cubicle beside hers. Real drama started when they've only just started comparing natural hair care regimens, though, and then a string of uncomfortable events elevates Hazel to Office Darling, and Nella is left in the dust.

Afterwards, the notes begin to appear on Nella's desk: LEAVE WAGNER. NOW.

What is difficult to believe is that Hazel is behind these hostile messages. But as Nella starts to spiral and obsess over the sinister forces at play, she soon realizes that there's a lot more at stake than just her career.

It is a thriller that will leave you gasping for more.

Clever Girl Finance: Ditch debt, save money and build real wealth



By Bola Sokunbi

In this must read book, the author provides clear guidance on ditching debt, saving money, and building real wealth. Sokunbi, draws on her personal money mistakes and financial redemption to educate and empower a new generation of women on their journey to financial freedom.

The book encourages women to talk about money and financial wellness and shows them how to navigate their own murky financial waters and come out afloat on the other side.

With it, you can monitor your expenses, build a budget, and stick with it, make the most of a modest salary and still have money to spare.

It will also help you to keep your credit in check and clean up credit card chaos, start and succeed at your side hustle, build a nest egg and invest in your future, transform your money mindset and be accountable for your financial well-being.

My Sister, the Serial Killer

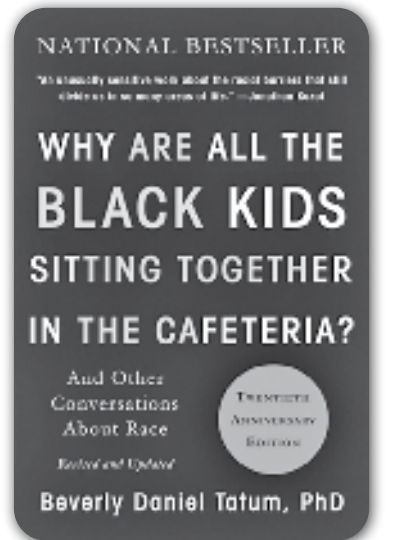


By Oyinkan Braithwaite

If there is anything that one should dread most, it's being around someone who's a maestro in killings. Korede's sister Ayoola is a shade of many things: the favorite child, the beautiful one, possibly sociopathic. And for third time on a row, Ayoola's boyfriend is dead, stabbed through the heart with Ayoola's knife. Korede's practicality is the sister's saving grace. She knows the best solutions for cleaning blood (bleach, bleach, and more bleach), the best way to move a body (wrap it in sheets like a mummy), and she prevents Ayoola from flaunting pictures on Instagram when she should be mourning her missing boyfriend. She must be a terrible accomplice even though she's trying to save her sister.

Real drama is how Korede has long been in love with a kind, handsome doctor at the hospital where she works. She dreams of the day when he will realize that she's exactly what he needs. However, when he asks Korede for Ayoola's phone number, she must reckon with what

Why Are All the Black Kids Sitting Together in the Cafeteria?: And Other Conversations About Race



By Beverly Daniel Tatum

In this thought provoking book, the author shows us how to talk about race in America.

Tatum, a renowned authority on the psychology of racism, argues that straight talk about our racial identities is essential if we are serious about communicating across racial and ethnic divides and pursuing antiracism.

Remarkably, these topics have only become more urgent as the national conversation about race is increasingly acrimonious.

The book is a fully revised edition which is essential listening for anyone seeking to understand dynamics of race and racial inequality in America. It will open your eyes to so many things.

her sister has become and how far she's willing to go to protect her. It's such a riveting book that will nabbed your attention and leave you wondering.

It also shows how institutionalized extortion, a profound lack of political will to reform the force, and impunity combine to make police corruption a deeply embedded problem.

The report is based on interviews with more than 400 victims of and witnesses to police corruption in Nigeria. They include market traders, commercial drivers, criminal suspects, and victims of common crimes; rank-and-file and senior-level police officers; federal government officials; judges, prosecutors, and lawyers; religious and civil society leaders; journalists; diplomats; and members of an armed vigilante group.

Tosin revealed that many Nigerian police officers conduct themselves in an exemplary manner, working in difficult and often dangerous conditions. However, it also showed that corruption and abusive behavior within the Ni-

geria Police Force is endemic. One police sergeant lamented to Human Rights Watch that corruption is like "a disease in all of us."

On a daily basis, Nigerians are constantly accustomed to police officers demanding bribes from them before allowing them carry out their duties. In order to extort money, these officers frequently threaten victims and commit human rights abuses.

Tosin revealed that people refusing to pay bribes were routinely subjected to arbitrary arrest, unlawful detention, and threats until they or their family members negotiate payment for their release. Extortion-related confrontations between the police and motorists often escalate into more serious abuses. The evidence suggests that police officers have on numerous occasions severely beaten, sexually assaulted, or shot to death ordinary citizens who

TO THE RESCUE SAY NO TO CORRUPTION

- By Pastor Dele Dada



failed to pay the bribes demanded. The frequency of such acts

of extortion has also led many Nigerians to become as complacent about police corruption as they are distrustful of the police. When you have a problem, you should expect the police to help you, to safeguard life and property—but instead, they go the other way The police are not protecting us; they are fetching money for their own pockets.

Tosin found that some senior Nigerian police officers enforce a perverse system of "returns," in which rank-and-file officers are compelled to pay up the chain of command a share of the money they extort from the public, thereby institutionalizing and driving extortion-related abuses. She also confirmed that current and former police officers interviewed by WAC described how officers must pay money to be assigned to "lucrative postings." Once there, these officers are told to meet daily or

weekly monetary targets for their superiors or risk being "punished" with transfer to a posting with lower extortion potential. One police corporal explained to WAC that he does everything he can to make sure that he meets the returns demanded by his superior: "If we don't have money at the end of the week, we will get money. We will pick someone and arrest him."

At the same time, senior police officials are also allegedly embezzling staggering sums of public funds meant to cover basic police operations. The 2009 budget for the Nigeria Police Force totaled \$1.4 billion. But the daily reality is that embezzlement and mismanagement has left the police with limited investigatory capacity and government forensic laboratories at a near standstill. The lack of needed resources appears to lead

continued on p(21)

SOURCE: AMAZON.COM
BOOKS AVAILABLE AT THE TORONTO & MISSISSAUGA PUBLIC LIBRARIES

Canada joins diplomatic boycott of Beijing Olympics

By S.Aremu

The Prime Minister of Canada, Justin Trudeau has disclosed that the nation will launch a diplomatic boycott of the upcoming 2022 Winter Olympic Games in Beijing.

According to the PM, no federal government officials will attend the games. Canadian athletes will still be allowed to compete.

Recall that the U.S., U.K. and Australia already have announced they won't send official delegations to the games — a collective attempt to send a message to China that its human rights abuses have not gone unnoticed.

The PM, while speaking to reporters on Parliament Hill, said the government is "extremely concerned" by the "repeated human rights violations carried out by the Chinese government."

Trudeau stated that Canada will show its displeasure with the commu-

nist regime by withholding the delegates that normally would attend high-profile events like the opening and closing ceremonies.

When asked if he was anticipating any blowback from Beijing for snubbing China as it prepares to host the world, he said "this should not come as a surprise" to the regime.

The PM said "For months, we have been coordinating and discussing the issue with our allies".

It should be noted that MPs, senators and civil society groups have been pushing the Trudeau government to hold China accountable for its crackdown on democratic rights in Hong Kong and the ongoing abuse of the Uyghur Muslim minority.

Recall that earlier this year, the House of Commons passed a motion branding the violence directed at religious minorities in China's Xinjiang province as "genocide." That motion

followed a Commons subcommittee report that found China persecutes its Muslim minority through mass detention in concentration camps, forced labour, state surveillance and population control measures — policies the report said are designed to "eradicate Uyghur culture and religion."

In the motion, MPs also called on the federal government to use its influence to pressure the International Olympic Committee to move the games out of China "if the Chinese government continues this genocide."

In his reaction, Conservative Leader Erin O'Toole said his party's push to relocate the games got "no traction with Mr. Trudeau" and a diplomatic boycott is the next best thing.

Though he's horrified by reports of violence in Xinjiang, O'Toole said a full boycott would be unfair to Canada's Olympic and Paralympic athletes who

have trained so hard for the world's premier sporting event.

While agreeing that Olympic athletes shouldn't pay a price for China's abuses, Trudeau said "They need to have one thing in mind and that's representing the country to the best of their ability and winning a gold medal for Canada".

The Canadian Olympic Committee (COC) in a statement said it "understands and respects" the government's decision and applauds the effort to "draw an important distinction between the participation of athletes and the participation of government officials."

Records have it that the last time Canada pursued a full boycott of the Olympics was in 1980, when the federal government blocked athletes from participating in the summer games in Moscow to protest the Soviet Union's military presence in Afghanistan.

Damian Warner named Canada's best athlete of 2021



By S.Aremu

Damian Warner, who emerged Olympic decathlon champion has been voted Canada's best athlete of 2021.

The 32-year-old scooped the Lou Marsh Trophy after his record-setting performance at the Tokyo Games, where he led after all 10 events to become just the fourth person ever to break the vaunted 9,000-point mark. He is the first Canadian to win the Olympic decathlon.

In the historic event, the London, Ont., native was later named Canada's flag-bearer for the closing ceremony.

Recall that Warner, who won bronze at the 2016 Games in Rio, set an Olympic record and a national record with 9,018 points in Tokyo.

Speaking with newsmen, Warner said "It is an incredible honour. I was at practice and I was warming up and my coach and my manager and [a] couple others came over and shared a video from Damian Cox and he was the

one who broke the news to me.

"I think when I look back at it when I'm older, it will mean that much more knowing that we persevered through all those hard circumstances and it's a testament to the team around me."

It can be recalled that Warner tied his decathlon world mark in the 100 metres in Tokyo and set Olympic decathlon records in the long jump and 110-metre hurdles. He cleared a personal best 4.90 metres in the pole vault.

The six other finalists for the award were sprinter Andre De Grasse, swimmer Maggie Mac Neil, soccer players Stephanie Labbé and Alphonso Davies, Edmonton Oilers captain Connor McDavid and Toronto Blue Jays first baseman Vladimir Guerrero Jr., who was born in Montreal.

It would be recalled that NFL player Laurent Duvernay-Tardif and Davies, a left back for Bayern Munich, were named co-winners of the award last year.

Shutterbug encounters fresh charges

By S. Aremu

Toronto Police have levelled more charges against a photographer that was accused of being a voyeur.

On April 10, Toronto Police got a report of voyeurism.

It was alleged that a 25-year-old woman, a model, was contacted via social media by a photographer who requested a shoot.

They said she went to the residential base-ment address of the photographer in the company of a friend.



She changed in a room into another outfit during the shoot

The police said when the shoot ended, the woman went back to the change room, where she discovered an electronic recording device.

50-year-old Toronto-based Jonathan Wong was charged with voyeurism.

After a search warrant at a Toronto home was executed, electronic and computer equipment was seized.

Police alleged that more victims were identified and five more counts of voyeurism were levelled against Wong.

On December 2, 2020, he appeared in court at 1911 Eglinton Ave. E.

Also, it was alleged some victims could be in Toronto, Ottawa and

Vancouver that have not yet been identified.

Though the police said the victims are mostly women, they also included men that didn't know they were being recorded while they were changing and using the washroom.

Police said a lot of the meetings or photoshoots happened between 2018 and 2020 at Wong's residence or in a hotel room.

They asked anyone who had a photoshoot with Wong or believes they may be a victim to contact them.

Canadian wrestler banned for stabbing referee's head with spike

By S. Aremu

A U.S. pro wrestling circuit has banned a Canadian wrestler after he stabbed a referee in the head with a spike during a recent show in Texas.

The Canadian-born Devon Nicholson, 39, also known as Blood Hunter, who has used Hannibal in the past, lost his World

Class Pro Wrestling match in Irving recently.

Following the loss, Nicholson attacked the referee, Lando Deltoro, and pushed him on the mat. He put a chokehold on the referee and produced a spike. He stabbed his head till he started to bleed.

A female wrestler entered the ring to get Nicholson off Deltoro,

who was bleeding excessively. He was later shoved out of the ring

Jerry Bostic, the CEO of World Class Pro Wrestling, issued a statement on Facebook to announce the ban.

The statement read: "World Class, moving forward, will not be associated with Devon Nicholson ... in any way, shape, form

or fashion. I cannot, will not, condone what happened (Saturday) night.

"I didn't see the actual incident. I didn't see anything until I came out and Lando was laying on the ground and it was one of the most horrifying things I've ever seen."

Fans were sad about the bloody ring attack on the defence-

less referee.

According to TMZ, Nicholson said the referee was "hired to bleed" with the help of a razor after the match. When he didn't, the wrestler pulled out the spike.

"What happened, this referee was supposed to bleed from razor blade cuts. I assume he actually cut himself with the razor blades."

Nicholson said if he had known the referee was really injured and not staging a show, he would have stopped the attack.

"He gave no in-

dication to me ... zero indication to me in the ring that he wasn't just selling and was legitimately hurt."

Also, Nicholson said he had apologized to Deltoro. "He knows that I didn't mean to hurt him."

After he got stitched up, Deltoro made it known he was resting at home and he was still in pain, but he was going to be okay.

He wrote: "Recovering at home, still a big fuzzy and pain, yes lots of pain."

"But I'll live. Thanks (sic) you all for outpouring of love and support."

WORLD NEWS

Col. Amanda Azubuike Becomes Highest-Ranking Female In US Military



Amanda Azubuike

By Marcel Chukwuka

Colonel Amanda, who is the current Chief, Public Affairs and Spokesman for the U.S. Southern Command has been rewarded for her exceptional strength in the discharge of her duties.

She once served as a Public Affairs professional with over 15 years

of experience leading strategic communications planning and execution, crisis communication, media relations, internal and external stakeholder relations, and international affairs.

She is currently the Communications Director and principal public affairs advisor for an organization that watches over military operations

in twenty-eight countries in Central America, South America and the Caribbean.

Under her new position, she supports the Commander's communications objectives and public outreach efforts through traditional and social media by preparing and conducting media engagements, communications strategies for the command's present and future operations.

She is also responsible for planning, developing, monitoring and executing public affairs outreach and communication programs to build and maintain public trust and support for U.S. Southern Command.

Furthermore, she collaborates and synchronizes with communicators at every level of DoD, the interagency and U.S. embassies in the region.

Lastly, she guides subordinate commands and maintains oversight of public affairs manning, training and logistics.

Truth Commission: Gambia's ex-President, Jammeh, responsible for the killing of Nigerians, others



President Yahya Jammeh

By Marcel Chukwuka

The Truth and Reconciliation Commission (TRRC) set up by the President of Gambia, Adama Barrow has revealed that former President Yahya Jammeh was responsible for the killing of Nigerians and other West African

migrants in the country.

Jammeh, who has been living in exile in Equatorial Guinea since January 2017, was accused of human rights abuses which include extrajudicial killings, torture, and arbitrary detention.

The TRRC, which was established to investigate the allegations against Jammeh, gathered from witnesses that migrants that were bound for Europe from Congo, Cote d'Ivoire, Ghana, Liberia, Nigeria, Senegal, Sierra Leone and Togo, as well as their Gambian contact, were detained by

Jammeh's top lieutenants in the security services before they were murdered by the "Junglers," a notorious paramilitary unit that took orders from the ex-president.

Also, the Commission said in a published report that Jammeh alongside "Tumbul Tamba, Kawsu Camara (Bombardier), Bai Lowe, Musa Badjie, Landing Tamba, Sanna Manjang, Solo Bojang, Malick Jatta, Aliou Jeng, Omar Jallow (Oya), Lamin Sillah and Buba Jallow are responsible for the murder of the West African migrants".

Furthermore, the

35-year-old activist elected as Chile's President

Marcel Chukwuka

A 35-year-old activist, Gabriel Boric, has been elected as President of Chile in the country's recent election.

The leftist candidate, who until recently, was organizing protests across Chile, won the election marginally and has become the country's youngest leader in history.

In what was viewed to be a tight race, Boric defeated his far-right rival, Antonio Kast, with just over 10 points.

According to official results, Boric had 56% of the votes while Kast garnered 44% of the total votes, with Kast accepting defeat around one hour-and-a-half after polls closed, and with



Gabriel Boric

almost half of ballots counted.

In his acceptance speech, Boric revealed he would take on the job with humility and a "tremendous sense of responsibility", and pledged to "firmly fight against the privileges of a few".

He said: "We have an enormous challenge. I know that in the coming years, the future of our country is at stake, so I

guarantee that I will be a president who cares for democracy and does not risk it, listens more than speaks, seeks unity, and attends to the needs of the people daily."

Kast tweeted he had called Mr Boric to congratulate him on his "great triumph." He added: "From today he is the elected President of Chile and deserves all our respect and constructive collaboration."

Dubai Prime Minister Ordered To Pay \$730m Divorce Settlement

By Stanley Ugagbe

In what is thought to be the highest divorce settlement set by an English court, the Prime Minister of Dubai, Sheikh Mohammed bin Rashid Al-Maktoum has been ordered to pay his former wife and children around £550 million (\$730 million).

The UK court reportedly mandated Sheikh Al-Maktoum to pay Princess Haya Bint Al Hussein, a half-sister of Jordan's

King Abdullah II, a lump sum of £251.5 million and provide a bank guarantee of £290 million to cover children's maintenance and security as adults.

It would be recalled that previously, the largest settlement was approximately £450 million to Tatiana Akhmedova, the ex-wife of a Russian billionaire, in 2016.

Official records have it that Sheikh Al-Maktoum and Princess Haya married in 2004, his sec-



Prime Minister of Dubai, Sheikh Mohammed

ond official marriage.

According to court judgment, the PM divorced Princess Haya under Sharia law in 2019, without her knowledge.

commission stated that Jammeh was responsible for the persecution and illegal arrest of Gambian journalists, the killing of 17 civilians, and for the deaths, sexual violence, torture of persons that were accused of being witches or wizards.

The commission also discovered that Jammeh was responsible for the sexual abuse of three wom-

en, including the rape of Fatou Jallow, a former Gambian beauty queen.

The TRRC said: "Any adversely mentioned individual who has previously appeared before the commission and made a full disclosure of his or her involvement in human rights violations and abuses and has expressed remorse is hereby granted a period of 14 days to

apply to the Commission for amnesty.

"The Government will continue its review of the TRRC report as well as any recommendations for amnesty and shall issue a White Paper on or before the 25th of May 2022."

The commission recommended that Jammeh be prosecuted and that victims should be duly compensated.

Antigua to grant amnesty to illegal migrants – PM



Gaston Browne

By Stanley Ugagbe

In a move that would come to many as a huge relief, Prime Minister Gaston Browne has disclosed that his administration is considering granting an amnesty to illegal migrants as he urged all people on the island to work together to help Antigua and Barbuda rebound economically and socially from the coronavirus (COVID-19) pandemic.

Speaking recently in a radio programme, the PM averred that the island was showing signs of significant recovery from the pandemic and was hoping that persons would put

aside political differences in ensuring the continued socio-economic development of the country.

Browne said “We expect everyone to sweat. The Bible says by the sweat of your brow you shall eat bread and I want everybody to eat bread, so you have to sweat, you have to work, you have to perform and that is the call I will be making in my New Year speech for 2022”.

“I want to say here that every single person on the island, even if you are not a citizen, even if you are an illegal immigrant, we want you to be part of this strong recovery.

In fact, I am contemplating whether or not we should not perhaps give an amnesty to the immigrants here who, for whatever reasons, may be here illegally.

“We don’t want anybody to be in a situation where they cannot contribute... so that’s a discussion I will be having with my colleagues next week...and they will tell me whether or not we give an amnesty to the immigrants who are here”.

The PM continued that the nation has always had to deal with migrants who have been in the country for more than 15 years and are “now well integrated in our society, they have homes, they work and they have children.

“We have to be flexible enough to allow for some form of integration of these individuals in society as we seek to get the contribution of all. So I will certainly speak further on that issue of a possible amnesty”.

21-year-old India’s Harnaaz Sandhu emerges 70th winner of Miss Universe



21-year-old Harnaaz Sandhu

By Stanley Ugagbe

21-year-old Harnaaz Sandhu of India was recently crowned the 70th winner of Miss Universe, a development that ended the country’s 21-year-crown-drought at the international competition.

Held in Eilat, Israel, the young model edged out Paraguay’s Nadia Ferreira and South Africa’s Lalela Mswane to win the coveted title.

She wore a silver gown with beaded embellishment and plunging neckline as her finale ensemble. The dress was de-

signed by Indian designer Saisha Shinde – who came out as a transwoman earlier this year.

The international competition hosted by legendary entertainer, Steve Harvey, featured 80 contestants vying for the tiara. A favorite from the beginning, she celebrated the crowning among the final three, including Miss South Africa Lalela Mswane and Miss Paraguay Nadia Ferreira. Harnaaz will move to New York City in the new year to represent the brand and various philanthropic organizations during her reign.

In a speech on stage during the pageant, Sandhu urged young people to “know that you are unique and that’s what makes you beautiful, stop comparing yourself to others.

“I believed in myself, and that’s why I’m standing here today,” she added, to loud applause from the audience.

When asked about her journey, Sandhu explained that this opportunity is a dream come true as she is very passionate about empowering women.

She said “This has been an experience of a lifetime! The past three weeks have been a dream getting to know these exceptional women, and I’m honored to be chosen among them to represent this inspiring organization. I hope to serve the global community to the best of my ability in the year to come.”

Ghana to jail pastors that predict doom in 2022

By S.Aremu

GHANA POLICE SERVICE STATEMENT ON COMMUNICATION OF PROPHECIES AND THEIR LEGAL IMPLICATIONS

1. As the year 2021 draws to a close, the Ghana Police Service wishes to draw the attention of Ghanaians, especially religious groups, to the fact that whereas we have the right to religion, freedom of worship and free speech, all of these rights are subject to the respect for the rights and freedoms of others according to our laws.

2. Over the years, communication of

prophecies of harm, danger and death, by some religious leaders, have created tension and panic in the Ghanaian society and put the lives of many people in fear and danger.

3. We want to caution that under Ghanaian law, it is a crime for a person to publish or reproduce a statement, rumour or report which is likely to cause fear and alarm to the public or to disturb the public peace, where that person has no evidence to prove that the statement, rumour or report is true.

4. It is also a crime for a person, by means of electronic communications ser-

vice, to knowingly send communication that is false or misleading and likely to prejudice the efficiency of life-saving service or to endanger the safety of any person.

5. A person found guilty under these laws could be liable to a term of imprisonment of up to five years.

6. We, therefore, wish to caution all Ghanaians, especially religious groups and leaders to be measured in their utterances, especially how they communicate prophecies, which may injure the right of others and the public interest.

7. The Ghana Police Service wishes to

place on record that the Police are not against prophecies; we acknowledge that we Ghanaians are a religious people who know, and believe in, the centrality of God in our lives.

8. The Police wish to assure all religious organizations that we are committed to ensuring maximum security during

the 31st December night, end of year services and beyond. There should be no apprehensions therefore about undertaking the various activities. We ask only that everyone keeps within the law and is mindful of the welfare of each other.

9. We also urge all Ghanaians to observe the COVID-19

protocols religiously so as to protect ourselves, families and friends from this ravaging pandemic.

10. We also take this opportunity to wish all Ghanaians a Merry Christmas and a Happy New Year.

SUPT. ALEXANDER KWAKU OBENG
DIRECTOR, PUBLIC AFFAIRS

continued from p(18)

TO THE RESCUE

many police officers to use torture as their primary tool for collecting information from criminal suspects.

Police officers complain of lacking fuel for their vehicles or funding for the most basic supplies needed for investigations. One police sergeant noted: “We get none of what we

need to do our job pens; complaint sheets, we buy; bail bond sheets, we buy; fuel, we buy it.” One lawyer described to WAC how he saw an officer remove a light bulb from the fixture in a police station, explaining to a second officer, “If you want light, buy your own.”

Despite one land-

mark corruption conviction of a former inspector general of police, impunity remains the norm. One victim of police abuse told Human Rights Watch that this culture has led the police to “feel like they will never go to prison for the bad things they do.”

TO BE CONTINUED

SPORTS

Sergio Aguero retires from professional football

By Tunde Ajibode

Barcelona FC forward, Sergio Aguero has announced his retirement from professional football after a heart problem.

THE Argentine is quitting football less than six months after joining Barcelona from Manchester City.

Since he joined Barcelona, Aguero

only played five times owing to injuries and health problems since the move.

The 33-year-old was rushed to the hospital on 30 October after he experienced "chest discomfort" during the match against Alaves.

Aguero became the all-time leading scorer of Manchester City before he joined Barcelona on a free transfer in July.

He ends his career with 427 goals in 786 games.



ALGERIA WINS FIFA ARAB CUP IN QATAR

By Stanley Ugagbe

Reigning African Champions, Algeria recently defeated Tunisia by 2-0 in the extra time to clinch the FIFA Arab Cup at the Al Bayt Stadium in Qatar.

Tunisia's side were broken in the ninth minute of extra time following Amir Sayoud's goal and Yacine Brahimi netted with the final kick of the game in Al Khor city to give Algeria the trophy.

Reigning African Champions, Algeria recently defeated Tunisia by 2-0 in the extra time to clinch the FIFA Arab Cup at the Al Bayt Stadium in Qatar.

Tunisia's side were broken in the ninth minute of extra time following Amir Sayoud's goal and Yacine Brahimi netted with the final kick of the game in Al Khor city to give Algeria the trophy.



Sunusi Ibrahim eyes MLS Cup after Canadian Championship title

By Tunde Ajibode

After an impressive debut season with CF Montreal, Nigerian striker, Sunusi Ibrahim, has expressed confidence that he has the experience needed to set higher goals for himself.

His number one goal is to clinch the highest goalscorer in the MLS while his second goal is to help his team win the MLS Cup title.

Last month, CF Montreal won the Canadian Championship trophy. Though Sunusi did not play the final match, he was part of the team members that collected medals and he celebrated with his teammates during the victory party.

While talking to ESPN, he said: "I felt great and I thank

God that made it possible for me.

"I am so excited to win something in my first professional season here. This is one of the things that I was dreaming of, to win something outside Nigeria so it was like one of my dreams coming true.

While talking about not playing in the final match, he said: "Of course, I would have loved to play.

"But whether I play or not, what is important is that the team wins. I am part of the team and the credit goes to each of us because we all contributed along the way and not just those who played in the final.

"But I am proud of the boys who represented us on the



field and helped all of us to be champions."

After moving to Canada with a reputation of being the top scorer in the Nigeria Professional Football League, Sunusi had a tough start in the MLS as it took 14 games to score his first goal. He however ended

the season with four goals in 26 games.

While talking about his goal-scoring form, Sunusi made it clear that he was not affected by his last season's form and reflected on his time at Nasarawa United.

He said: "My first season in

Nigeria, I did not score and then after that, I became top scorer. This one, I scored some goals so I know that next season will be much better.

"My goal next season will be to become the highest goalscorer in the league and to help my team to win the MLS Cup title.

"I have learned a lot of things and experienced a lot of things. Next season will be different because now I know a lot more than I did when I first came in.

"The league is very different from the Nigerian league. It is much better and I had to take my time to understand it and to adapt to it. But now I know what I need to do, and I know that if I work hard and stay focused, I can do it."

SPORTS



Erin Jackson becomes first Black American woman to win World Cup

By Tunde Ajibode

Erin Jackson has become the first Black American woman to win a World Cup speedskating race. Jackson won the 500 meters at the recent season opener in Poland by finishing in 37.613 seconds.

Defending Champion, Nao Kodaira of Japan came second by coming 0.13 seconds behind.

ALL three medalists from February's world championships where Jackson didn't compete participated in the event. Before winning the World Cup, her previous best finish was ninth.

Jackson became the first Black woman to qualify for a United States Olympic long-track speedskating team in 2018, four months after embracing the sport. At the Pyeongchang Games,

she finished 24th in the 500.

The 29-year-old skater did not compete internationally last season after sustaining an eye injury and many people around her contracted coronavirus.

She recorded her best times last month in a pair of 500 races that took place in Salt Lake City at a World Cup qualifying meet. In both races, she defeated two-time Olympian Brittany Bowe.



SAMUEL ETO'O ELECTED FA PRESIDENT

By Stanley Ugagbe

Football legend, Samuel Eto'o has been elected president of the Cameroon Football Federation (FECAFOOT), deposing the incumbent after a disputed campaign a month before the country hosts the African Cup of Nations.

The four-time African Footballer of the Year, who lifted the Champions League with Barcelona and Inter Milan, won the election with 43 votes from members of FECAFOOT's general assembly.

Speaking after his victory, the former Cameroon striker said "We have to bring footballers to the centre of our policies"

"It is our role to ensure that those who play this discipline make a decent living out of it."

On his part, outgoing president Seidou Mbombo Njoya, who is also a Confederation of African Football vice president, garnered 31 votes.

The 40-year-old Eto'o, will take over an organisation long tainted by infighting, mismanagement and allegations of corruption.

Football's global governing body FIFA has intervened several times to end bickering among FECAFOOT officials

It should be noted that Eto'o was initially disqualified from running because he is also a Spanish citizen, but the ruling that nobody with dual nationality could run for office was challenged and later tossed out.

He received widespread support from many former teammates in a high profile campaign during which he pledged to rid the game in Cameroon of corruption.

It is important to note that Cameroon will host the African Cup of Nations from Jan. 9 to Feb. 6. It was stripped of the right to host the tournament in 2019 because of delays in preparation and security concerns.

Eto'o won the tournament twice with the Indomitable Lions during his playing days.

Ighalo could join Newcastle United in January

By Tunde Ajibode

According to reports, Super Eagles forward and former Manchester United striker, Odion Ighalo is among the strikers Newcastle United want to sign at ahead of the January transfer window.

Ighalo, who has played in the Premier League with Watford and Manchester United, currently plays for Al Shabab in Saudi Arabia.

Ighalo has been informally asked by Al Shabab if he would be interested should Newcastle bid for him, and Sky Sports News has been hinted he would seriously consider a move Newcastle come calling.

So far this season, Ighalo has scored nine goals and he is the joint top scorer in the Saudi Professional League.

He moved to Saudi from the Chinese side Shanghai Shenhua after his loan deal at Old Trafford ended earlier this year.

His contract at Al Shabab expires in the summer of 2023.



RELIGION

Fear God

By Pastor Amos Dada PhD,
P.Eng

“So the Lord brought the king of Babylon against them. The Babylonians killed Judah’s young men, even chasing after them into the Temple. They had no pity on the people, killing both young men and young women, the old and the infirm. God handed all of them over to Nebuchadnezzar. 18 The king took home to Babylon all the articles, large and small, used in the Temple of God and the treasures from both the Lord’s Temple and from the palace of the king and his officials. 19 Then his army burned the Temple of God, tore down the walls of Jerusalem, burned all the palaces, and completely destroyed everything of value. 20 The few who survived were taken as exiles to Babylon, and they became servants to the king and his sons until the kingdom of Per-

sia came to power. 2 Chr 36: 17-20

The Holy Spirit wants me to warn you to FEAR GOD! I want you to re-read the passage above again. In the New Living Translation, that section was subtitled the “The Fall of Jerusalem” Yes, Jerusalem with all its glamour and the temple fell! I broke out in a cold sweat. I wish it was a movie on Netflix with a tragic end or a 70s style horror movie. No! It was God in his truthfulness, allowing the people He loved and cared for to be scattered, chattered, dehumanized, ensalved, and destroyed!

Remember how God built these people as a race from Abraham! Can you imagine the build up to the temple? All the effort David made, his plea to build the temple and God said No - “your hand is too bloody” “Your son Solomon will build it” Remember the effort Solomon made to build the temple, the tons of gold,

silver, bronze, wood, that went into building the temple. Imagine the human effort, the number of years spent to build the temple and the palaces. “In the eleventh year in the month of Bul, the eighth month, the temple was finished in all its details according to its specifications. He had spent seven years building it.” 1King 6:38 “Solomon also built a palace for himself, and it took him thirteen years to complete the construction.” 1 King 7:1 In an article by Alozie GC, et al “the Solomon temple was erected between 6 and 10 centuries AD and is estimated at a whopping \$2.4 Billion”

Why I am shaken by all these is the response and warning God gave Solomon after the dedication which apparently the people ignored to their destruction. Maybe they thought God was a joker! Fear God!

“As for you,(Solo-

mon, put your name also..) if you will follow me with integrity and godliness, as David your father did, obeying all my commands, decrees, and regulations, 5 then I will establish the throne of your dynasty over Israel forever But if you or your descendants abandon me and disobey the commands and decrees I have given you, and if you serve and worship other gods, 7 then I will uproot Israel from this land that I have given them. I will reject this Temple that I have made holy to honor my name. I will make Israel an object of mockery and ridicule among the nations. 8 And though this Temple is impressive now, all who pass by will be appalled and will gasp in horror. They will ask, ‘Why did the Lord do such terrible things to this land and to this Temple?’ 9 “And the answer will be, ‘Because his people abandoned the Lord their God, who



Pastor Amos Dele Dada

brought their ancestors out of Egypt, and they worshiped other gods instead and bowed down to them. That is why the Lord has brought all these disasters on them.” 1Kg 9: 4-9.

The question you may be asking, if you are reading in the spirit is, Pastor Dada, do you mean God kept his word, brought disaster and destroyed the temple and his people as he said? The answer is Yes!

You mean all these years, money, time and people did not matter to God? Yes, as long as they were in disobedience, walking in sin and serving idols!

God sent Jeremiah to warn them about the temple reminding them about Shilo and even the northern kingdom, but they failed to listen : “Go now to the place at Shiloh where I once put the Tabernacle that bore my name. See what I did there because of all the wickedness of my people, the Israelites. 13 While you were doing these wicked things, says the Lord, I spoke to you about it repeatedly, but you would not listen. I called out to you, but you refused to answer. 14 So just as I destroyed Shiloh, I will now destroy this Temple that bears my name, this Temple that you trust in for help, this place that I gave to you and your ancestors. 15 And I will send you out of my sight into exile, just as I did your relatives, the people of Israel. Jer 7:12-15

Let us look beyond the temple. Do you mean that God, after all he did to deliver Israel from

Advent Message: Be Patient with God! Be Patient with yourself! Be Patient with Others!



Stan Chu Ilo
Fr Stan Chu Ilo

“Be patient with everyone, but above all with yourself. I mean, do not be disheartened by your imperfections, but always rise up with fresh courage. How are we to be patient in dealing with our neighbor’s faults if we are impatient in dealing with our own? He who is fretted by his own failings will not correct them. All profitable correction comes from a calm, peaceful mind.” – Francis de Sales

My message to you my brothers and sisters is the message I also address to myself: Be Patient with God when you feel that God has abandoned you or that God

is not listening to your prayers or hearing your cries. Be patient with yourself when you face failures or make mistakes or feel betrayed or feel down because you did not reach your goals or realize your plans. Be patient with others especially your family members, friends, and colleagues at work, in the church or in some of the cultural and social groups you belong to. Practice the art of patience and you would have found the key to inner peace, happiness, and good relationship with others. In this imperfect world, filled with temptations and troubles, we must learn to take life easy, lower the pressure cooker that we often find ourselves in through the tension around us and in our world all of which are man-made.

Since the beginning of this pandemic, we are all worn out; tired, frustrated, distressed, wounded, and hurting. We have lost so many

people dear to us—more than 5.2 million deaths worldwide—and we are losing our social connections; our religious communal life, our family life, and our normal ways of life. Many of us have lost their jobs, savings, sources of income, homes, and inner peace and harmony. We all feel imprisoned in lockdowns, masks, and handwashing rituals, and so many other restrictions. For many of us, we cannot wait anymore for this pandemic to be over and we are reaching breaking point, suffering from COVID-19-restriction fatigue, and feeling down and out. Our country, Nigeria, is going through the most serious crisis in modern times. So, with all the bad news from home, one might be tempted to lose hope; to become anxious, get worried, frustrated, and stressed out. Often, we take it out on those closest to us—our family and friends.

It is from within this complex human situation today that the Lord speaks to us during this Advent Season: Be Patient with yourself! Be patient with your God! Be patient with your family, colleagues, friends, strangers and everyone you meet. Be patient with your doctor, nurses, mail men and women... This won’t last forever; but know that the Lord is coming to visit you in a special way in this holy season of Advent. God is in control and does step into the chaos of our human life in God’s time and in God’s way to bring healing, restoration, and resolution to all things that we find confusing and perplexing today. We see through human eyes, but faith invites us to see through the eyes of God and to focus on the promises and plans of God in which each of us is included. God allowed you to be alive today not because of any merit on your part, but simply

the result of God’s mercy and grace.

Who is a Christian? A Christian is one who waits upon the Lord. The Christian life is a long advent in which from our birth to our death, and from our death to new life in Christ we are waiting upon the Lord to manifest God to us. The Advent season thus offers us a unique opportunity to train ourselves in the art of patience particularly in these difficult times by making ours the words of the Psalmist: “Our eyes are upon the Lord, until God shows us God’s mercy” (Psalm 123: 2).

We are advent people because we are responding in hope and expectation at every moment to the God of love to come into our lives. Patience is the spiritual virtue which moves us to enjoy the gifts and graces of NOW. It is the spiritual attitude of savoring the present realities—no matter how far they are from our

dream—with gratitude and hope knowing that God is always present with us, and working in us and in history for our good. Patience is the spiritual practice of applying ourselves in hope to the challenges and opportunities of life in the present, while waiting in hopeful expectation that the future which is in God’s hand will open new pathways for us.

Patience says that the blessings and opportunities of life are never exhausted because I did not arrive there on time or that the blessings and graces of God will pass me by because I was not rushing to the finishing line with the swarms of men and women. Yes, you may have plans which you didn’t realize this year or the year before; yes, you may have suffered a lot disappointments in life or feel that all your efforts and devotion to God have not borne the right fruit, but this is why you are a creature, not the Creator;

continued from p(9)
HOW TO YOUR CHILD...

and therefore perfection isn't the ultimate objective.

ENCOURAGE MIMICRY

Your child will learn to respect others and learn new skills if you encourage him to mimic successful people in that field. Having a mentor or mimicking experts might just be what your child needs to perfect his or her talent. For example, a child who wants to become a professional soccer player will benefit from mimicking Cristiano Ronaldo's free kicks on a daily basis.

Being a copycat doesn't have to be a bad thing especially since children are very good at absorbing information. It can only be good that your child looks up to a mentor. In fact, we can all learn something from people who have succeeded in the fields we

work in.

AVOID GLOATING ABOUT NATURAL ABILITIES BUT PRAISE EFFORT AND SUCCESSES

Remember to praise your child as they make steps in the right direction; talents need to be honed, sharpened and worked on. Some kids are born with a natural ability of being good at certain things, for instance your kid might be extremely good in mathematics. With this in mind, you are advised not to praise your child for these natural abilities because they didn't ask to be born with these skills. A natural talent is just like physical appearance – nobody can take credit for it. You want your kid to continue working hard and not risk him being lazy or a spoilt brat because he feels he

is better than everyone else.

We encourage you to praise your child for developing a skill through hard work. This will have a positive influence on your child and it will bring out the best in him. In addition to this, it will also build him into a strong character.

BE OPEN-MINDED ABOUT NEW IDEAS FROM YOUR CHILD'S IDEAS

Many parents make the mistake of forcing their children to follow in their footsteps. However, it is unfair and unrealistic to expect your child to be a carbon copy of the parent. Children often have their own unique interests that are normally affected by the changing environment in the modern world. You might not know this but even playing video games has become a

well-paying job in the electronic gaming industry. Surely you don't expect a child growing up in 2021 to behave the same way as a kid who grew up in the late 1980s right?

Let your child be in control of the process of choosing his or her best interests and passions. You should be proud of your child's individuality even if you have no natural interest in the activity he or she chooses.

TAKE A STEP BACK AND ALLOW YOUR CHILD BLOSSOM

Finally, it is important to allow your child to progress at his own pace. After he discovers his talents, don't become a hindrance in his development. All you have to do is offer motivation and guidance while avoiding unnecessary criticism.

HAPPY HOLIDAYS

HAPPY NEW YEAR

THANK YOU FOR YOUR SUPPORT.

STAY SAFE AND HEALTHY

Fear of God continuation

Egypt, established them in the Holy land, will because they followed idols allow all of them to be taken into captivity? Do you know that the scripture above 2 Chr 36 was talking about the left over of Judah? All the ten tribes that followed Jeroboam have long gone into oblivion!! Who will not fear God!

It means it was not a mere threat when God said to Moses "Now leave me alone so that my anger may burn against them and that I may destroy them. Then I will make you into a great nation." But Moses sought the favor of the LORD his God. "O LORD," he said, "why should your anger burn against your people, whom you brought out of Egypt with great power and a mighty hand? Ex : 32 10-11. God was actually prepared to destroy them if not for Moses' intercession!

Do you recall this is

what God did during the time of Noah? "Every living thing that moved on land perished—birds, livestock, wild animals, all the creatures that swarm over the earth, and all mankind. 22 Everything on dry land that had the breath of life in its nostrils died. 23 Every living thing on the face of the earth was wiped out; people and animals and the creatures that move along the ground and the birds were wiped from the earth. Only Noah was left, and those with him in the ark. 24 The waters flooded the earth for a hundred and fifty days." Gen 6: 21-24.

The summary of the aforementioned is you must fear God because:

1. All your beauty and glamour, position, power and wealth means nothing to God, he gave them to you in the first place he can withdraw them and destroy them

in a jiffy if you are not sincerely born again and you refuse to serve him, you will ultimately be destroyed if not on earth but in hell and God will not blink an eye! "Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved" Acts 4:12

2. All the money we Christians spend today in designing and building expensive architectural edifices in the name of church building means nothing to God if we do not give our souls to him and serve him "Love the Lord your God with all your heart and with all your mind." Matt 22:37. God will destroy all those buildings totally without blinking an eye.

3. Every nation on earth that is shrugging God off, insulting God, serving idols, creating their own gods and religion will be destroyed.

Just like God allowed ALL His beloved Israelites that he brought out of Egypt to be destroyed first because of their unbelief in the wilderness and later all who got to the promised land and chose pagan gods, it's a matter of time such nations will all be destroyed.

4. Read afresh 1 & 2 Kings and 1 & 2 Chronicles you will notice that God micro and macro manages people as individuals, tribes, regions and nations. Every king in Judah or Israel was dealt with based on who they served, idols or the true God! God has not changed. That is warning for you! No matter how highly or lowly placed you are, if you don't serve God he will ultimately destroy you! If you don't fear God and keep living in sin or you turn against him you will suffer the consequences. Trust me!

5. God is consis-

tently consistent, if you serve him you will enjoy him. Some say "once saved, always saved", I pray with you that you stay saved, if you practice iniquities under the guise of Christianity you will be destroyed. Matt 7 :21-23

6. If you didn't believe the bible before, recognize God's consistency, his integrity and justice and have a change of heart.

Conclusion. Don't allow the anger of God to burn against you. It is a terrible thing to fall into Gods hands.

The simple message in this article is that as God's creature you don't really have a choice, you either serve God in fear or PERISH. If you are worshiping idols of any type; modern or ancient, repent now that you are hearing these words. God is loving but God has zero toler-

ance for people that disobey, disdain and reject him as if he is not their maker. If you are under the "cloak" or "cloud" or "guise" of Christianity but you are living in sin, have a change of heart, you are not far from hell.

Don't be a fool like Solomon, who knew the right things, said the right things, wrote the right things and did the wrong things, he suffered the consequences. Solomon wrote " Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man." Eccl 12:13. Only a fool will not FEAR GOD. Dele Dada is not A Fool that is why I am serving HIM wholeheartedly with fear and reverence!

You can escape disaster on earth and hell in the world to come .

Act Now. Fear God and repent NOW.

SHALOM

you are limited, but your God is unlimited; you are weak, but your God is strong and Almighty. You can only see what lies before you; God sees what lies ahead of you; be patient with God.

The patient Christian knows that God's time for operating in our lives is not based on human time; God's time is infinite, but human time is finite. Sometimes as humans we wish to fit God into our finite time, rather than enter with confidence and hope into

God's infinite time, holding our heads high in hope, lifting our spirit up in courage, and working within the time available to us, and at our own pace in the light of God.

Every moment when opened to the grace of God is a moment of divine encounter; every trying moment can be redeemed by grace by a patient spirit and a strong faith and trust in divine providence. A patient faith opens our life to God's divine operation beyond our limiting hu-

man insights and plans. We cannot change God's infinite time or limit God's grace and blessings to our human calendars and schedule. Being patient is not an invitation to inactivity, passivity or lack of effort or a certain laidback complacency. Being patient simply means doing your best and not obsessing about outcomes or past failings. It is an invitation to work as hard as we can, while surrendering our work, effort, and entire life and circumstances to

God without being eaten up in internal restiveness and inner turmoil about what is to come. Patience is here understood as the spiritual art of living our lives in total and radical openness to God's operation in our lives, but attuning our wills and ways to God's own divine principles, knowing that God's time is the best and that God's clock does not operate on 24hrs or 24/7.

The message for us this Advent rings clear: God is near! God is com-

ing into the chaos of our human lives and human history! God is coming to give us strength and grace and God will 'rend the heavens' meaning that God's grace and unconquerable power can help us overcome all things as the prophet says. Isaiah (Is 63: 16b; See also 35: 1-6a, 10). Every moment is a time for God to act, especially in those moments when we are unclear about things, or in pain. Nothing within human time is outside of the com-

pass of God's Almighty power and presence. Let us put ourselves into God's hand at this time of grace, waiting upon God's mercy in trust, being awake in prayer, being alert in doing good works, and being open to receiving God into our lives and to receiving one another with love, compassion and a gentle, patient, and tolerant spirit. May God bless you and keep you and your loved ones safe and well this week and beyond, Amen.

RECIPE

Easy, delicious and nutritious muffins



(NC) Unlike most store-bought muffins, these are brimming with nutrients.

Made with Greek yogurt and chia seeds, these muffins have both protein and fibre, making them a healthy snack or breakfast. They're also chockful of oats, which are associated with low-

ering levels of C-reactive protein, a marker of inflammation found in the blood that's often associated with diseases such as rheumatoid arthritis.

Enjoy this healthy recipe from the Arthritis Society.

Banana Date Protein Muffins

Prep time: 10 min-

utes
Cook time: 18 to 20 minutes

Serves: 12

Ingredients:

- 2 ½ cups old-fashioned oats
- 1 cup 1 per cent plain Greek yogurt
- 2 eggs
- ½ cup sugar
- 2 ripe bananas
- 2 tsp baking powder

der

- 1 tsp vanilla
- ½ tsp baking soda
- 1 tsp cinnamon
- 3 tbsp chia seeds
- 6 Medjool dates (pitted and halved)

Directions:

1. Preheat oven to 400°F (200°C) and lightly grease a 12-cup muffin tin with oil.

2. In a food processor or blender, add rolled

oats and process into oat flour.

3. Add the rest of the ingredients, except chia seeds and dates, and process until evenly mixed to form a batter. Fold in chia seeds.

4. Divide batter evenly into tin. Place half dates on top of muffins and bake for 18 to 20 minutes.

Tip: Instead of dates, you can use blueberries or raisins for sweetness.

Nutritional Information (per serving): Calories: 188; total fat 3g; saturated fat 1g; mono-unsaturated fat 0g; carbohydrates 37g; protein 5g; fibre 4g; sodium 148 mg.

Find more arthritis-friendly recipes at arthritis.ca.

3 expert home décor tips and trends for 2022



(NC) If there's ever a perfect moment to refresh your home, it's at the start of a new year. Now is the time to reimagine your space with a fresh look that brings you joy. Whatever you're envisioning, look to these expert décor tips and trends from celebrity designer Amanda Aerin.

to design is to create concepts that are visually stimulating, tactile and invoke feelings of happiness and relaxation," says Aerin.

MIX PATTERNS LIKE A PRO

Mixing and matching geometrics with florals is another hot 2022 trend in home décor. Start by choosing your patterned fabric first, then pull accent colours from there for a professional look.

"Mixing and matching colourful patterns and fabrics is the perfect way to add texture to a space. To add more depth to a room and to keep my fabrics fresh, I love Febreze Unstoppables Touch fabric spray. The scent is touch activated, so every time I fluff my mix and match pillows, sit on my upholstered furniture or pull open my curtains, I get a burst of freshness for the perfect finishing touch."

BE BOLD

Looking for ways to upgrade your space and make a statement? Aerin recommends incorporating more colour and patterns into your home décor. This year's popular shades will be saturated, bold and uplifting, so don't be afraid to switch things up and step out of your comfort zone.

Find more information at febreze.com.

CURATE YOUR LOOK

Aerin says curated home décor is hot on the trend list for 2022. Dress your space with a mix of old and new, incorporating vintage finds, travel treasures or family mementos.

"My approach

Find more information at febreze.com.

Reno tips to make your home look like an expensive custom build



(NC) It seems like everyone is making over their home these days, from small additions to complete teardowns. Although it sounds pricey, there are ways to transform your home while sticking to a budget. Here are some renovation tips to help you get started:

NEVER UNDERESTIMATE THE POWER OF GOOD LIGHTING.

Nothing says lux-

urious quite like the perfect mood lighting of beautiful fixtures. From gallery-style recessed lighting to illuminate your artwork, to pot lights built into a rustic piece of reclaimed wood for hanging over your dining table, light fixtures are a fun and functional way to create ambiance and show off your personality.

ACCESSORIZE WITH HIGH-QUALITY

INVESTMENT PIECES.

Achieve an expensive look by carefully curating accessories and decorative items. For example, some plump throw pillows and a plush area rug can elevate your living room. You can also try hanging curtains from ceiling to floor, even if your windows are small — this will elongate your walls and draw the eye upward. Splurge on custom framing to

showcase your favourite photographs on a gallery wall or floating shelf.

LEARN HOW TO ACHIEVE THE HANDMADE LOOK FOR LESS.

Anything custom-made says luxury because it's uniquely tailored, fitting your style and space perfectly. But customizing anything from scratch can be prohibitively expensive. Fortunately, there are many ways to get the same results on a budget.

For premium and tailored cabinetry in your kitchen and bathrooms, try working with Kitch. The company specializes in making high-quality doors, drawer fronts and accessories for popular IKEA systems. The result is fabulous and unique cabinetry that's personalized for your home, style and organization needs.

Find more design inspiration at mykitch.ca

DAVISOL

AFRICAN, CARIBBEAN AND TROPICAL FOODS STORE & SERVICES

We sell African & Caribbean food items

- Bread • Garri • Palm oil • Chicken • Smoked Fish
- Pounded Yam • Spices • Beans • Egusi • Ogbona
- Pepper • Custard • Indomie • Plantain • Goat • Beef
- Goat head • Cow foot • Turkey, etc.

Butcher Services also available.








**351 Nash Rd N,
Unit 7, Hamilton,
ON L8H 7P4
905.393.2475**

Lots of Parking

THIS SPACE IS AVAILABLE FOR YOUR BRAND

Contact: 416.318.3506
Email: publisher@nigeriancanadiannews.ca

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.

Gilgal Food Industry Market

Where Africa meets the West

- Gari
- Yam flour
- Beans
- Cabin Biscuits
- Lucozade
- Glucose
- Custard
- Indomie
- Palm-oil and much more




Authentic Spices
• Osu,
• Ehuru, • Akpalata
• Fio-Fio • Smart Fufu
• Nri-oka

All local Nigerian spices
• Smoked
• Catfish • Stock
• Cod fish • Ukwa, raw
and roasted • Achicha Ede
• Ukpaka • Akidi
• Okpei etc.



**For all your Nigerian and African food, Wholesale and Retail, visit us @ 5601 Steeles Avenue West, North York, Unit 4
Tel.: 647 693 7534 / 647 693 7536.**

