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Chuma Asuzu invents furniture that could render IKEA archaic



By Stanley Ugagbe

Chuma Asuzu, a Toronto man, has invented a piece of furniture that can be coupled in seconds without tools which means it could make IKEA obsolete.

The Noro stool can be coupled in less than 20 seconds without using nails or fasteners and possess built-in storage which reveals your favourite

Chuma Asuzu

■ Chuma Asuzu see page 29

Andrew Enofe Appreciates Clients In Grand Style

By NCNC Staff

In what has become his culture, Nigerian-Canadian Real Estate Agent, Andrew Enofe who has cemented his place as a personality in the industry, has again held a customer appreciation dinner.



His Worship Steven Del Duca, Mayor of Vaughan, Ont. and Andrew Enofe, Real Estate Agent

THE dignitary-laden event was held on December 17, 2022 between 6pm to 8pm at Dave & Buster's in Vaughan, Ontario. His Worship Steven Del Duca, Mayor of Vaughan and Mr. Ojie Eghobor, President of the Nigerian Association in Toronto were also in attendance.

For Enofe, success in real estate depends largely on people and building relationships, so it is expedient that he appreciates those who are patronizing and referring his brand.

The 2022 appreciation event wasn't just another contract signing get together. It was indeed a time to relax, play, wine and dine away from the busy schedule and also an opportunity to unite families under one fun-filled environment. "It's about the family, it is family oriented. It's a way to say thank you to the clients for the investments they've made," he said.

He believes that it's not just

about doing business, noting that real estate agents will become successful if they build relationships. "Maintaining a long lasting relationship will ensure you get referrals," Enofe said.

According to Enofe, his passion to solve one of the most basic needs of humans led him to real estate business, stating that the multicultural aspect of the Canadian society makes it

easier for individuals to harness the commonality and social cohesion that exists within a group or community for ample business opportunities.

Highlights of the event include play pass, dancing competition, best dressed guest, raffle draw, where people went home with exciting prizes. Children also had a Santa experience while parents were having a great time

■ Andrew Enofe , see page 29

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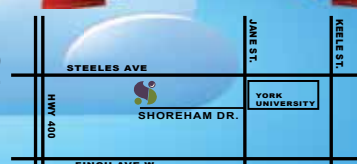
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Editorial

The Government's Plan of Building All of Ontario

Without mincing words, the recent revelation by Premier Doug Ford that the Ontario government is working with its rural municipal partners to build housing, encourage economic growth and development, reduce red tape, strengthen the agri-food sector and promote rural municipalities as great places to live, work and do business, is a timely and well thought initiative that will foster a healthier society and provide a level playing ground for all.

Announcing the development, Ford said "Our government has a plan that's building all of Ontario. No matter the size of your community or where you live, we're making sure every inch of Ontario benefits from our investments to support economic growth and protect jobs, including by building infrastructure in rural communities. We want every part of Ontario to be the best place

to live, work and raise a family."

Steve Clark, Minister of Municipal Affairs and Housing had during the Rural Ontario Municipal Association (ROMA) conference, announced that the government is providing more than \$936 million in much-needed funds to municipal service managers and Indigenous program administrators in 2023-24 and 2024-25 through initiatives under the National Housing Strategy to maintain and create more community housing.

According to the minister, this includes an increase of over \$23 million in funding under the Canada-Ontario Housing Benefit for women and children fleeing violence. "These funds are the result of Ontario's ongoing advocacy and recent negotiations with the federal government to help ensure our partners in the housing sector have the resources needed to

protect, renew and expand community housing across the province".

In addition, Clark announced that the province is extending the deadline for implementation projects approved under Intake 3 of the Municipal Modernization Program (MMP) to streamline, digitize and modernize their services, including managing and approving applications for residential developments. Ontario is also extending the deadline for final reports for projects under the Streamline Development Approval Fund.

He said "Rural communities are the backbone of Ontario's success and key to the province's economy. Our government sees a bright future for rural Ontario with opportunities for growth, enhanced education and training, and increased workforce productivity – all while providing a high quality of life and housing options that Ontario families can afford."

As part of efforts to make life easier for citizens, Minister of Agriculture, Food and Rural Affairs, Lisa Thompson announced the launch of a new intake of the Rural Economic Development (RED) program. The minister averred that the RED program supports projects that help increase economic opportunities, create and retain jobs, and support the economic growth and resilience of rural and Indigenous communities. According to her, Applications for the new RED intake will be accepted until

February 23, 2023. This program aligns with the government's priorities of removing barriers to investment, opening doors to rural economic development and creating good jobs across the province.

At the ROMA conference, provincial and municipal leaders harped on diverse issues facing rural municipalities including increasing housing supply, strengthening local infrastructure, tackling homelessness, improving mental health supports, economic development and more. "Rural Ontario has always played an essential role in the prosperity of this province. The Rural Economic Development program provides rural municipalities, Indigenous communities, and not-for-profits with the tools they need for projects that contribute to local economic vitality," said Minister Thompson. "Going forward our government will continue to build on rural successes."

Greg Rickford, Minister of Northern Development and Minister of Indigenous Affairs said "Rural communities and those who call them home are what make Northern Ontario an incredible place to live, work and raise a family. Our government is focused on a robust approach to promoting economic development across the North and we are supporting rural businesses as they look to grow their operations and workforces."

"Rural Ontario is full of untapped potential. ROMA has spent the past two years exploring

ways to ensure rural municipalities recover from the pandemic and realize their promise," said ROMA Chair and Mayor of the Village of Westport, Robin Jones. "We thank the Ontario Government for participating in the ROMA conference and we look forward to partnering to find creative solutions that will strengthen our communities for a more prosperous Ontario where no one is left behind."

As we have always emphasized, irrespective of status, achievement, position, or wealth, no one is more human than other humans. In view of this, it is germane that every part of the society is made habitable for residents to dwell in. As stated by Ford, there is an urgent need to promote rural municipalities as great places to live, work and do business.

More so, it has become very expedient to harness the untapped potentials in Rural Ontario. Reality is that if the rural areas are properly harnessed through capital investments, the returns will positively impact the society.

We hope that this initiative by the government will not just be a mere political propaganda. We call on the Ford-led government to adopt the right strategies in executing this initiative in order for it to achieve its aim. Also, we call on the relevant stakeholders and the citizens to cooperate with the government so that the common goal can be achieved.

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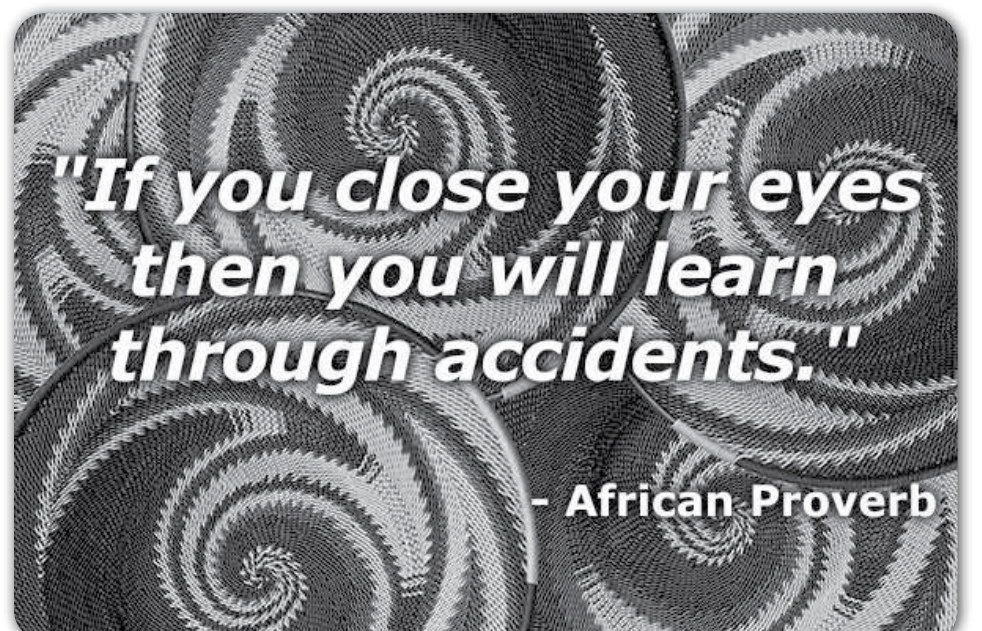
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Canada: Quebec Makes Oath to King Optional for Politicians

By Y.Othman

The Canadian province of Quebec promulgated a law making it optional for the legislature to take an oath of allegiance to the monarch.

The bill was introduced when King Charles III ascended the throne and three politicians refused to swear allegiance. Earlier in the year, Canada's parliamentarians overwhelmingly voted 'no' to severing ties with the Crown.

In Canada, Quebec most favoured the abolishment of the constitutional monarchy. The bill was recently introduced by Premier Francois Legault.

After elections were held in the province, 14 politicians refused to swear the oath. When they were informed that they could not sit in the legislature without swearing the oath, 11 of them reneged. The 3 others that held out were barred from the National Assembly since November, waiting for Mr. Legault to bring forward the bill. Since all parties agreed to waive the traditional consultation, the bill was fast-tracked.

In Quebec, members of the legislature had to swear



Convention at Charlottetown, P.E.I., of Delegates from the Legislatures of Canada, New Brunswick, Nova Scotia, and Prince Edward Island to take into consideration the Union of the British North American Colonies. 11 September 1864, Charlottetown, PEI. George P. Roberts / Library and Archives Canada / C-000733

two oaths—the people of Quebec and the Crown. The oath for the Crown has long been controversial.

The new provincial law means the Canadian Constitution Act of 1867 had to be amended to include the section exempting Quebec from the Oath of Allegiance to the King. This used to be a requirement for all members of provincial legislatures across Canada.

"It is, I think, a relic from the past," Gabriel Nadeau-Dubois, a co-spokesperson for the Quebec solidaire party, stated that about the oath to King Charles.

"I think there is strong support in Quebec to mod-

ernise our institutions, to make sure that the representatives of the people are not forced in 2022 to swear an oath to a foreign king."

However, Constitutional scholar Philippe Lagasse reportedly told the BBC that Quebec did not have the authority to amend the constitution by an act of legislation alone. He said a change like this would either need the support of seven provinces that had, on aggregate, more than 50% of the population of Canada, or the federal parliament would have to agree with Quebec to allow the change in Quebec alone.

Justin Trudeau could

challenge this new law in court, or a private citizen could be given ample opportunity to challenge the law.

In Canada, King Charles is the head of state whose role is predominantly symbolic. The power to administer is entrusted to the Canadian government.

Canada as a whole remains divided on the monarchy. In an Ipsos survey conducted after the death of Queen Elizabeth II, half of the Canadian respondents said their country should sever its ties with the Crown.

79% of Quebec believes that the ties should be severed.

New Year's resolutions you can actually stick to

(NC) For many of us, it's an annual tradition: come up with New Year's resolutions so we can be our best selves, diligently follow the plan for a few days or weeks, and then ditch the resolutions and go back to our usual habits.

Part of the problem is that we often set overly ambitious targets. Once we start to fall behind on our goals, we eventually give up in frustration. This year, set some goals you can actually achieve.

EASE INTO EXERCISE

Most of us would benefit from some more physical activity. But joining a gym or signing up for classes can feel daunting. Instead, start small. Find a friend who you can go on a brisk walk with two or three times a week. If you're back in the office, consider riding your bike to work once a week. Get off the bus or subway a couple stops early and walk the rest of the way. And use the stairs a couple of times a week instead of taking the elevator.

MASTER HOME COOKING

We've all felt the pinch of inflation. One way to save money on meals is to skip restaurant and take-out meals and prepare your food at home. Cooking at home also gives you control over how much sugar, salt and fat you consume.

If you're the kind of person who eats out for almost every meal, set a goal of making at least one dinner at home a week – and make extra so you can have leftovers or freeze it for another day.

If you already cook at home regularly, encourage your children to join in and learn a valuable life skill.

has a way of disturbing the activities of others. It can also mar your relationship with others.

Being late is a bad attitude to life. It is a bad seed that will eventually yield evil fruits. This is because a

Inspire variety by challenging yourself to try one new recipe every week.

GET TO BED EARLIER

Regular, restful sleep boosts your mood, health and cognitive functioning. Try to have your head hit the pillow 30 minutes to an hour earlier than you're used to.

Start by avoiding caffeinated drinks and vigorous activities late in the day. To help you fall asleep earlier, put away your phone and laptop and turn off the TV at least an hour before you plan to go to bed. Instead, dim the lights in your room, and maybe curl up with a book.

PROTECT YOUR DIGITAL SELF

Make this the year you protect yourself from cybercrime. Don't reuse a password for multiple purposes or accounts. If you're worried about remembering all your passwords, consider using a password manager. With this tool, you only have to remember one password to access all your accounts.

For a higher level of security, consider using passphrases instead of passwords. Passphrases are a series of four or more random words that are easy for you to remember, but almost impossible for cybercriminals to guess, such as BathroomLampClosetMug.

Also set up a schedule to make sure all your devices and software are updated. Better yet, enable automatic updates whenever possible. Make a habit of clearing your cache and browser history after browsing online, and always log out of your accounts.

Find more cybersecurity tips at getcybersafe.ca.

Why You Should Develop the Habit of Punctuality

By Stanley Ugagbe

Denotatively, punctuality is the quality of being punctual; especially adherence to the exact time of an engagement. Being punctual connotes and denotes that one has to meet up with the time set for an appointment.

However, many people have become victims of that respected quality expected of all humans for things to move according to plans. This is probably because they don't understand the relevance of the term or they seem to be overwhelmed by the African mentality of "Africa Time".

Hackneyed as this may sound, many people see punctuality as no necessity as they keep breaking the rule of the term. Little did know it is a habit that rubs on all spheres of life.

Little wonder William Makepeace Thayer, Tact and Grit, 1882 said "the habit of being prompt once formed extends to everything — meeting friends, paying debts, going to church, reaching and leaving place of business, keeping promises, retiring at night and

rising in the morning, going to the lecture and town-meeting, and, indeed, to every relation and act, however trivial it may seem to observers." —

There are several reasons you should develop the habit of punctuality. The following among others are some of the reasons.

1. Being punctual shows your respect for others. Many people assume that it is only when you greet others that you respect them. Little did they know greeting is just one of the numerous ways of showing respect to others. When you keep to time of appointment with others, it connotes you have respect for them. This is because nobody wants others to keep them waiting. It may also interest you to know that when you keep others waiting, you're simply communicating to them you're cannot work with them, you're irresponsible, you have no respect for others etc.

2. Being punctual builds your self-confidence. What can be more inspiring than having self-confidence! When you have it, it goes a long way in standing you out for who you're. Showing up on time not

only tell other people you are dependable, it teaches you that you can depend on yourself. The more you keep the promises you make, the more your self-confidence will grow.

3. Being punctual strengthens and reveals your integrity. Influential people in the world today are not interested in doing business with people with bad image. They are only interested in identifying with people of reputable character. People whose Yes is Yes and No is No. If you're the type who always give excuse for late coming, people will definitely think less of you. Keying into the habit of punctuality has a way of strengthening your integrity.

4. Being punctual shows you are dependable. You would have succeeded in making yourself dependable among your team if you keep to time. However, the otherwise will be your name if you take punctuality with levity. When people know you for keeping to time, they will invariably confer the title of dependability on you. Benjamin Franklin once said to an employee who was always late, but always ready with

an excuse: "I have generally found that the man who is good at an excuse is good for nothing else."

5. Being punctual shows your humility. The most widely sorted book, The Bible states that there is no honour without humility. Punctuality is one of the ways of demonstrating humility. It shows you're humble to adhere to instructions. And, humility comes with honour.

6. Being punctual builds and reveals your discipline. One of the ways to identify a befuddled and disorganized person is his attitude to time. The punctual man shows that he can organize his time, that he pays attention to details, and that he can put aside this to do that — he can set aside a pleasure to take care of business.

It may intrigue you to know that being late to appointments has effects and connotations. Being late can be considered as a form of stealing. This is because when you keep others waiting, you rob them of minutes they will never recover in their life time. You have rob them of money. It is often been roared that "time is money". Being late also

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The agony of monogamy – Chief Dr Hannah Dideolu Awolowo

By Tola Adeniyi

IT was at the church service for the 90th birthday of the legendary matriarch of the Awo dynasty, Chief Dr Hannah Dideolu Awolowo (HID) in Ikenne, that the thoughts that prompted this article began.

Some well-known highly placed gentlemen and their wives were called upon to partake in the wine-sipping, bread-breaking ritual called Holy Communion.



Chief Tola Adeniyi

As soon as these respectable ladies and gentlemen, all of them past age 70, and amongst whom were renowned professors, high court judges, legal luminaries and business moguls, finished their spiritual blessing and were returning to their seats, they caught a pitiable sight in their overflowing garb of hypocrisy.

They wore forlorn mien plastered with furrowed frowned faces like someone afflicted with putrid smell of a heavy dose of fart. They looked as if they were mourning a three-year-old boy mistakenly killed by his own father, or the passing of a poor woman who has just succumbed to an excruciatingly painful cancer.

They clung to their wives as if they were newly wedded. I temporarily forgot that I was in a holy church, the spiritual enclave of Christians. I almost laughed my head off because I knew each of the 'holy' 'monogamous' men intimately and by Jove, I knew of their second, third or fourth wives/liaisons/mistresses with whom they had sired several children.

To the whole world, they were champions of monogamy, but to their hearts and conscience, they were/are celebrated polygamists, or at best, serial monogamists. Pshaw! I saw pain written all over them, the agony of living a lie, the unease of hypocrisy, and the shame of going through life pretending to be what

you are not.

This is the sort of agony a lot of the so-called monogamists go through all their lives. The series of lies they sell to their wives, and the double life they present to their pastors and church leaders, most of whom are equally guilty of hypocrisy and false life.

This piece is not set out to condemn or criticise monogamy. Monogamy is perfect for those who believe in its concept and can genuinely keep to it. I too have been married to one

major historical figures in 'Christian' Europe who had more than one wife in addition to a string of wives who their 'laws' forbade them to address as wives but who nonetheless perform all the functions of wife minus name.

God bless President Mitterrand who openly confessed to having two women in his life, with the one in the other house with whom he fathered an 18-year-old daughter at the time he passed on.

I have schooled, worked and lived virtually in all the continents of the world and I make bold to say with all emphasis at my disposal that no culture on planet earth truly practises monogamy.

My Greek, Italian, Russian, British, American and other Caucasians routinely visit their other wives (called by other names) with whom they have children.

But back in the homes shared with the one carrying the ring, they are monogamists! If God had wanted humanity to be monogamous He or She would not have made the pigeon the only monogamous creature.

The cultures that practise polygamy had always known that at any given time, the number of available marriageable women far out-number available men plus the fact that an 80-year-old man, if he has money, is still very much in the market whereas a 60-year-old woman may not be that lucky. The biological limitation to a woman's productive age is also a factor.

Why should a woman therefore remain on the shelf till age 45 when she could jolly well get married as second or sixth wife to a man who can afford to share life's responsibilities with her? Why should a woman leave a man with whom she is No 1, simply because he took a second wife and end up being numberless in the hands of several men with whom she naturally shares bed just because of some doctrine she hardly understands? All the women who should go and marry but are saying they do not want to share their man with another woman in a polygamous setting, are sharing current boyfriends with several other women.

Where is the logic? The argument that children in a polygamous house are always at one another's throat does not hold water. Many siblings of monogamous families are known to have had worse and irresolvable, irreconcilable squabble, with bitterness

CONTINUED ON P(30)

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Girl Guides of Canada reveals potential new names for Brownies program

By N.Ugoh

Girl Guides of Canada has asked its members to vote on two new name alternatives for its Brownies program — embers or comets.

Last month, Girl Guides told members it would change the name of the program for girls between seven and eight years because the name has brought harm to racialized Girl Guides.

Girl Guides reveal that some Black Canadians, Indigenous residents and people of colour have decided to skip this program or stall joining the

the program.

Invitations were sent to members to vote for one of the two new name contenders in a recent email sent.

The email reveals the name comets was picked because they inspire as they journey through space, fearlessly blazing a trail, and the name embers was picked because they are small and full of potential that can trigger a powerful flame.

According to Girl Guides, members can vote until December 13 and the selected name will be announced in late January.



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YOU & the LAW

8 Sharia Judges, 7 Others Remanded For Allegedly Stealing N99 Million

By Stanley Ugagbe

In what has become a topical issue on social media, a magistrate court in Kano State in Nigeria has ordered eight Sharia Court judges and seven Sharia Commission staff members to be remanded in prison custody for allegedly diverting N99 million belonging to orphans in the state.

Magistrate Mustapha Sa'ad Datti gave the order following charges of diverting N99 million instituted against the 15 persons before the court by the Independent Corrupt Practices and Other Related Offences Commission, ICPC.

According to reports, Datti ordered that the defendants be kept behind bars pending the next sitting of the court.

NCNC gathered that the defendants include Gazzali Wada, Yusuf Abdullahi, Sani Ali, Bashir Baffa, Sani Uba Ali, Hadi Tijjani Mu'azu, Mustafah Bala, and Alkasim

Abdullahi.

Others in the custody of the Nigerian Correctional Center facility are Abdullahi Sulaiman Zango, Jaafar Ahmad, Bashir Ali Kurawa, Adamu Balarabe, Garba Yusuf, Aminu Abdulhadi, and Usaina Imam.

Official statement has it that the judges and the staff were accused of "conspiracy, betrayal of trust and theft of N99 million."

Meanwhile, the defendants all pleaded not guilty to the charges. In view of this, the lead counsel for the plaintiff, Zaharaddin Kofar Mata, called for an adjournment to present substantial evidence before the court.

Contrary to a request by the counsel for the defendants to have their clients released on bail, the court declined to grant the application and ordered that the defendants be remanded in prison custody.

Remarkably, the case was adjourned to 1 February 2023 to continue the hearing.

LTC worker fired for stealing PPE, towels and reselling them in the Philippines

An Ontario employer has lost its bid to alter the grounds for firing a unionized worker after it said new evidence came to light during the arbitration hearing.

King Nursing Homes fired the worker, who had been with the private long-term care home for more than 15 years, for cause. The justification?

It claimed she stole towels and personal protective equipment (PPE), shipped them to the Philippines and sold them for a profit.

Another employee alerted the company to the theft and, following a third-party investigation, she was fired. There were also criminal charges laid, but the arbitrator believed those had been stayed.

Trading prescription drugs for hygiene products

Her union, CLAC Local 304, grieved the termination but didn't seek reinstatement as a remedy.

During the hearing, the worker who blew the whistle on the theft dropped another bombshell — he said he saw her trade prescription drugs for shampoo, body wash and other personal hygiene products.

He testified that she obtained the prescription drugs through fraudulent claims made to the employer-provided health and benefit plan.

The worker said he thought he told the employer about the insurance fraud, but wasn't sure. During cross examination, he said he was certain he told the employer she was stealing drugs.

"I try to be as open as much as I can," he said.

Employers can't usually alter grounds for discipline

King Nursing Homes acknowledged that the general rule is employers can't alter the grounds for justifying discipline.

"However, the Employer argues that arbitrators have found exceptions to this rule when, for example, the new or additional grounds were unknown and not easily discoverable at the time of discipline," the arbitrator said. "The Employer argues that that they were not previously aware of the allegations concerning insurance fraud."

It also argued that insurance fraud and theft are closely related because they

show a pattern of dishonesty and illegal conduct.

The union countered that the employer was "reasonably aware" of the allegations with respect to insurance fraud prior to its decision to fire her.

The arbitrator's ruling

The arbitrator dismissed the employer's bid to add insurance fraud as an additional ground for discharge. Furthermore, it declined the employer's request for the union and/or grievor to produce "all the relevant information including the Grievor's prescription records from 2015 to 2020" relating to the allegation of insurance fraud.

It disagreed that the PPE theft and insurance fraud were closely related.

"Both acts are indisputably dishonest, are a breach of trust, and would result in serious and significant discipline, and very likely discharge," it said.

"However, theft of towels and PPE and insurance fraud do not arise out of the same or similar facts, nor do they flow from the same evidence. Insurance fraud would likely require an analysis or review

of (the worker's) medical history, her claims made under the benefit plan, and the pharmaceutical records."

The testimony of the whistleblower also weighed heavily against the employer. The arbitrator was satisfied the company was sufficiently aware of the allegations before she was terminated.

Reinstatement request might have altered ruling: Arbitrator

However, in another twist, the arbitrator noted the ruling might have been different if the union was seeking reinstatement — it was not seeking that remedy in this case.

"Insurance fraud is a serious allegation which goes to the core of an employment relationship and would be considered a breach of trust. In a discharge case, where reinstatement is sought, such allegations, even if raised in the manner that they have been in this matter, may be relevant to the remedy of reinstatement," the arbitrator said.

For more information, see *King Nursing Home Ltd. v. CLAC, Local 304, 2023 CanLII 1151 (ON LA)*.

SOURCE: hrlawcanada.com

Simon Ekpa Reacts As Ohanaeze Ndigbo Declares Him Wanted

By Stanley Ugagbe

Igbo socio-cultural organization, Ohanaeze Ndigbo worldwide has asked the people of the Southeast to ignore the sit-at-home order by Simon Ekpa, a self-acclaimed disciple of Nnamdi Kanu.

The group which represents the interests of all Igbo communities within and outside Nigeria, also placed a \$50,000 bounty on the Finland-based Ekpa.

Ekpa had declared sit-at-home on Monday and Tuesday across the Southeast.

Reacting to the development, the Secretary-General of Ohanaeze, Okechukwu Isiguzoro, declared Ekpa the number one enemy of the Igbo nation, hence the sit-at-home should be nullified.

The organization, in a statement by Isiguzoro urged Southeast governors to declare Monday and Tuesday public holidays to allow people of the Southeast to get their Permanent Voters Cards, PVCs.

Isiguzoro enjoined the Southeast Governors to emulate the Abia State Government to declare public holidays on the same days for the people to go out and get their PVCs before the deadline on 29th of January 2023.

The statement said "Ndigbo has placed a bounty reward of \$50,000 for anyone who has useful information on how Simon Ekpa will be apprehended for his extradition and prosecution in Nigeria, to answer the law of land over his criminalities, incitement of violent killings, and,



Ohanaeze Ndigbo

burning of public properties in the name of self-determination."

"Ndigbo should know that Simon Ekpa will never return to Southeast again in the future and Igbo residents in Finland who had earlier disowned his actions and activities should aid the Nigerian Government and INTERPOL to arrest Simon Ekpa in order to stabilise the southeast and rescue the zone from the nefarious activities of his gang members masquerading as biafra agitators, who are interested in killing people and burning the public buildings.

"The tasks to preserve and rescue the Southeast should begin with the help of all Igbos in the diaspora and at home, to assist in the arrest of the worsening security challenges, dwindling of the economic and social activities caused by Ekpa's rantings and illegal sit-at-

home.

"Ndigbo has declared Simon Ifeanyi Njoku Ekpa on this day 23rd of January 2023 as the number one adversary and enemy of Ndigbo, who Ndigbo had caught sight of in the last 200 years," he added.

Reacting to the statement, Ekpa slammed the group for allegedly hindering the success of Biafran struggle.

The self-styled agitator said he was happy to be in the forefront of destabilising the terrorist called Nigeria.

He wrote: "People who claim to be peaceful are placing bounty on a freedom fighter. I hope everyone have seen it? They started it. They never placed a bounty on Fulani terrorists killing our people. I hope Biafrans are seeing the desperation of unrecognised Ohaneze faction. Ndi oshi.

"I am very proud & happy to be part of those in the forefront of leading the movement for the disintegration of a terrorist state called Nigeria, the safe heaven to terrorists & internet cyber criminals. It will finally disintegrate this year 2023."

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REFLECTIONS ON RELATIONSHIPS

Share a problem – She confirmed my fears



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

Dear Agatha,
I'm in my late 40s while my wife is in her mid-40s. Our marriage is over a decade old and we have always had a very good relationship. She has become more or less my best-friend. I don't know if this explains why I have been having problems making love with her. The excitement I used to feel whenever I am with her started dwindling after the first five years when we became very close to the extent I divulge my attractions to other women to her. I confess; I never shared this kind of bond I have with my wife, with another person in my life. Our friends and family envy our relationship so much so we termed the ideal couple.

However, in the five years, I have found myself unable to feel the urge to make love to her. At first, I thought I was falling out of love with her but, knowing I have no reason to, I relaxed especially as I couldn't stay away from her and the children for a long time. Since marrying her, I have had no reason to have an affair with another woman; which is why, my lack of urge to make love to her keeps baffling me. Even when I agree to her demands, my performance never measure up to anything. Naturally, she has kept asking questions, but I have never been able to come up with any logical explanation.

All I have come up with, are weak excuses which even to my own ears, sound barren. Over the years, I also sensed a kind of restlessness in her, but pretended not to notice. In March, last year, I traveled for six weeks and when I came back, she was so over excited that she wanted us

to make love that night but, I wasn't up to it. Since then, I have kept avoiding her attempts at us making love. She has kept wondering why I have been avoiding her and has come up with some postulations of her own; including the possibility of me having an affair. At a point, I didn't know what to say to her, hence I kept quiet.

The peace in our home has vanished as she became increasingly frustrated at my attitude but there was nothing I could do. Since we always internalize our marital challenges, I guess, she couldn't tell our friends the challenges we were having. After a while, she stopped asking and I noticed, she became more relaxed and accommodating of my situation. That was when I became suspicious of her movements and decided to monitor her movements.

I was so hurt when I discovered she has started to cheat on me. I couldn't endure the pains so I confronted her with the information of my findings. She didn't bother to deny it, and said I was welcome to do whatever I felt was right, that she didn't care anymore. That I have kept denying her of sex for about five years, and that since coming from my trip, I have completely ignored her existence in my life. That she was ready to face the consequences of her actions. Deep down, I know it's my fault but how can she do this to our marriage?

Agatha, the funny thing is I badly want my wife and family to remain united. I even want her back in my arms and bed but I can't get the image of her in the arms of her lover off my mind. I'm so confused

please help me as I love her very much.

Papa

Dear Papa,

Your case is a perfect example of those times I question the things we allow to happen in our homes and relationships. The naked truth is, you pushed your wife into the arms of another man. Whether she is right to have an affair or not, is another matter entirely but, you gave your meat to the hawk. What did you expect her to do, given the fact that you failed to come up with a reasonable explanation as to what was happening to you?

Marriage is a journey of two persons who at every point must constantly tell each other the truth about their feelings. Even though men are not known to experience menopause as women do, some men experience some kinds of emotions that affect their sexual performances that changes their attitudes to sex generally when they approach middle age. While some men feel the urge to sow their wild oats to reassure themselves of their vitality and appeal to younger women; some men have been known to cool off as is in your case.

When it happens, the man needs the help and understanding of his wife to go through this period to avoid causing a dislocation in the home front. You failed to carry your wife along; confide your problem which is the reason she has gone outside to help preserve her sanity since your attitude left her with very little choice. Yes, she stands condemned for going out of her marriage but, what choice did you leave her with? You started out by starving her

of regular sex for five years. In her shoes, what would you have done especially as you weren't coming up with any explicable reasons as to what was wrong with you or showing her any sign that the end was in sight? You said you had one of the most happy marriages and relationships. So if anything happened to you to make you change, you should have told her even if you can't make sense of it yourself.

Effective communications is required in every relationship to make it work better. No matter how bad a situation is, once the persons involved agree to talk, the problem becomes half solved. Five years were long time to keep your problems to yourself without talking to the woman in your life. If a day of mismanaged issue can cause a lifetime damage to a marriage; you can imagine what five years of you persistently refusing to discuss with this woman you graciously described as your best-friend and confidant has done to your home. Best-friends share secrets; confidants tell each other those things they cannot tell another person.

This is why it would have been easy for you to describe your situation to your wife and demand for her assistance and understanding in getting a remedy for it. Had you done that, she may have suggested you see a psychologist, sex therapist or marriage counselor to properly help you out of the emotions you were going through. She too would have been given some assignments that would have helped you long ago.

Granted that we all get to a point in our lives when sex loses its appeal and mys-

tery but, the magic of sex can be preserved through all these emotional crisis if we allow our partners the full right to come into our lives. You unwisely locked out the only person whose help you needed to pull you out of whatever mood you were going through. You failed to realise that whatever affected you, would eventually touch her and your home at the end of the day. You also failed to appreciate that she is not without feelings and the ability to make her decision in the face of the no choice situation you presented her with. Her sex life didn't have to stop because yours was going through challenges. But she could have pegged it if you thought her important enough to enlist her help until things returned to normal.

You are again at the doorstep of a very important decision making in your marriage; don't make the mistake of doing it alone. When two becomes one, it is essential they continue to be an item in all areas of their lives to preserve what they have. Sincerely, a lot would depend on how you and your wife are able to paddle the canoe of your sinking marriage. It's either you go it all alone and end it or you talk as sincerely as possible about the salient issues that have come up in your marriage over the years. It is time for you and your wife to go back to the foundation of your marriage to dig up any distortion in your perfect world. Unless you confess these defects, in your picture perfect, marriage, you will never understand why you couldn't bring yourself to confess your emotional problems to your wife.

The fact that you recovered fully from your sexual depression at the news

of her infidelity means you didn't even try enough to get out of it while it lasted. Going down memory lane would help you find clues because it took you too long to recover from a condition that shouldn't have taken such a long time to heal. It is when you are both on the same page that you will be able to discuss and overcome your present challenge. You have to open up to her, to get her to hear, understand and accept where you are coming from. You have to give her a good reason to give up her affair and why the choice you are offering her would make her more happy.

This is important because for her to have made up her mind to have an affair, she must have come to certain conclusions, including accepting whatever comes from her actions like she told you. There is no greater bargain than love which also happens to be the greatest balm for pains and disappointment. If you can both find that love that once brought and kept you two together, you will be able to find a reason to stay married whatever the situation you are going through now. In addition, you must both learn to pray because a marriage needs plenty of it to survive the many challenges that come from time to time.

Good luck.

How to help family and friends adjust to life in Canada

(NC) Moving to a new country is a major change for anyone, and coming to Canada is no exception. Here are some ideas to help any newcomers you know adjust to the big transition.

PLAY TOUR GUIDE

There is so much to see and do in this beautiful country. Guide your friend through must-see places and best-kept secrets like your favourite neighbourhood, park or landmark. Give them advice to avoid unnecessary tourist traps too. Helping them make their own memories here and learning a sense of geography can make the place real and enjoyable even if the transition is a bit tough.

BE A SOUNDING BOARD

Everyone could use a good listener now and then. In a new place where everything is different, having someone who can lend an ear and help provide advice or a reality check for the goals or plans they have in mind, can be invaluable. Be an empathetic lifeline when they need it – whether they're feeling homesick or could use some help navigating how to get their health care.

ACT AS TEMPORARY SOCIAL COORDINATOR

A key part of thriving in a new place is avoiding



Pic: Daniel Nwabuko/Daeko Photography/CBC news

isolation and building a social network. Do your part to include the newcomers you know in your social plans and introduce them to your friends and con-

nections. Also expose them to opportunities for joining groups or activities where they can meet new people on their own and feel a sense of independence. The

library, community centre and immigration services often have low- or no-cost ideas.

HELP THEM NAVIGATE THE SYSTEM

From filing taxes to health-care policy, it can be hard to understand all the rules and regulations of a new country – it can be hard for those who grew up here too. Giving some guidance on government expectations and helping facilitate communications can help put the newcomers you know more at ease.

GET THEM ORGANIZED

FINANCIALLY

Understanding banking in Canada can be daunting but getting started is essential for success. Make sure your newcomer friends are aware of their options and investigate one-stop services specifically tailored for their needs as newcomers, such as BMO's NewStart program. They can open a bank account before arriving or once they're here, transfer money overseas without fees and avoid monthly account fees too. Services available in their first language can also help them be fully informed and confident about their choices.

Find more information at bmo.com/newstart.

Statement by the Prime Minister on World Day for African and Afrodescendant Culture

The Prime Minister, Justin Trudeau, issued the following statement on the World Day for African and Afrodescendant Culture:

"On the World Day for African and Afrodescendant Culture, we honour and celebrate the diverse and vibrant cultures of the African continent and the African diaspora around the world.

People of African descent have shaped all aspects of life in Canada – contributing to our political, economic, scientific, and social fabric. In science, they have made significant contributions that changed our understanding of the world.

In art, they have drawn from their roots to create music, write poetry, and tell stories. And in the political realm, members of the Black and Afrodescendant communities are leaders in the advancement of human rights, equity, and justice.

In 2018, the Government of Canada adopted the United Nations' International Decade for People of African Descent to guide federal and international action to advance the economic, social, cultural, civil, and political rights of people of African descent. The Decade, which spans from 2015 to 2024, fo-

cus on the themes of recognition, justice and development. We reaffirm our commitment to a whole-of-government approach to promote and strengthen human rights protections for people of African descent, including by developing policies and programs to ensure equality before the law, eradicate poverty and social exclusion, promote economic well-being and tackle systemic anti-Black racism, discrimination and xenophobia in public and private institutions.

We still have work to do to achieve equality and equality of opportunity. As Canadians,

we must continue to fight against anti-Black racism, prejudice, and build a world free of hate and discrimination. The Government of Canada supports Black and Afrodescendant communities across the country through programs like the Black Entrepreneurship Program, which supports Black Canadian business owners and entrepreneurs to grow their businesses and empower them to succeed. The Black-led Philanthropic Endowment Fund is dedicated to supporting Black-led, Black-focused, and Black-serving charities and social purpose organizations."

Preston MLA, Angela Simmonds, to resign

By N.Ugoh

Preston MLA Angela Simmonds, an MLA that emerged as the first African Nova Scotian woman to become Deputy Speaker, has announced that she is leaving her post and politics.

Simmonds made the announcement in a recent news release and noted that her resignation would take effect on April 1. Also, she said she was ready to serve her community and Nova Scotia outside politics.

She said: "For me, this decision is necessary to stretch out the legacy of changemak-



ers, lifting up new voices while also preserving my own.

"I think that there's a lot of eager changemakers ready to leave a legacy.

"I am ready to serve my community and the province outside of the walls of politics and see what's next."

Canada to Issue New \$2 Coin To Honor Queen Elizabeth II

By N.Ugoh

The Canadian government will issue a new "toonie" coin to honor its former head of state, the late Queen Elizabeth II, the Royal Canadian Mint reported.

The toonie, which replaced the \$2 bill in 1996, will be encircled by a black ring that is meant to signify mourning.

"Queen Elizabeth II served as Canada's head of state for seven decades, and for millions of Canadians, she was the only monarch they had ever known," Marie Lemay, President and Chief



Executive Officer of the Royal Canadian Mint, said in a statement. "Our special \$2 circulation

coin offers Canadians a way to remember her."

The 96-year-old Queen died in September.

The Mint will initially produce 5 million coins and add more if needed.

The \$20 bill has the Queen's image since she held the title of head of state. Subsequently, her image will be replaced by that of her son, Charles, who is King Charles III.

The Mint often issues coins to honor individuals. A loonie -- the coin that replaced the \$1 bill -- was issued to honor Alexander Graham Bell who invented the telephone and was buried on Cape Breton Island in Canada.

And it produced a loonie in August to honor Canadian jazz great Oscar Peterson

Additional potential burial sites found in residential school in British Columbia



Image: REUTERS/Dennis Owen

By N.Ugoh

The lead investigator of BC First Nations has announced its investigation has revealed that no fewer than 28 children died on the grounds of a former residential school and discovered 66 more likely burial sites.

Whitney Spearling, along with the Williams Lake First Nation (WLFN) investigation team, spent 2022 gathering documents and surveying around 0.18

square kilometres of the grounds of the former St. Joseph's Mission site.

"It is also clear that many of the children and infant babies born at the mission as a product of child sexual assault were disposed of through incineration on and off-site at the mission."

Many members of WLFN were forced to attend St. Joseph's, which was established in 1891. It started as an industrial school and later expanded to include Onward Ranch, that was acquired in 1964 to sustain the school.

Bank of Canada increases interest rate to 4.5%

By N.Ugoh

The Bank of Canada has increased its major interest rate to 4.5%, the highest level in 15 years, and disclosed it would

likely hold off on further increases for now.

In ten months, the bank has increased interest rates at a record pace of 425 basis points to control inflation that

increased to 8.1% and slowed to 6.3% in December. It's still over three times the 2% target.

While talking to reporters, the Governor of Bank of Canada, Tiff

Macklem said: "We are turning the corner on inflation. We are still a long way from our target, but recent developments have reinforced our confidence that inflation is coming down."

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FOOD & RECIPES

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(NC) Few meals beat a stir fry for speedy cooking and mouth-watering taste. This family-friendly dish combines a sweet teriyaki chicken with fresh bok choy, and hearty portabella mushrooms for an added nutritional punch. Serve alongside rice.

MUSHROOM TERIYAKI CHICKEN RICE BOWL

Prep time: 15 minutes
Cook time: 10 minutes
Serves: 2

INGREDIENTS

- 1/2 tsp (1 ml) each salt and pepper
- 1 tsp (5 ml) garlic powder
- 1/2 lb (225g) boneless, skinless, chicken breasts cut into 1-inch cubes
- 1 tsp (5 ml) vegetable oil

- 2 large portobella mushrooms, diced
- 2 cups (500 ml) baby bok choy, sliced
- Sauce:
 - 1/4 cup (60 ml) soy sauce
 - 1/4 cup (60 ml) water
 - 3 tbsp (45 ml) honey
 - 2 tsp (10 ml) rice vinegar
 - 1 tsp (5 ml) ground ginger
 - 2 tsp (10 ml) garlic powder
 - 2 tsp (10 ml) cornstarch
 - 1 tsp (5 ml) sesame seeds
 - 1/4 cup (60 ml) fresh chives

DIRECTIONS

1. In a small bowl, mix together salt, pepper and garlic powder. Season chicken with half of the seasoning mixture. In

a medium sized bowl, toss together mushrooms, bok choy and the rest of the seasoning mixture. Heat oil in a large non-stick skillet over medium-high heat. Cook chicken for 4 minutes, stirring often. Stir in mushrooms and bok choy and cook for 1 minute.

2. In a small saucepan whisk together soy sauce, water, honey, rice vinegar, ground ginger, garlic powder, cornstarch. Bring sauce to a simmer over medium heat and cook for 1 minute or until sauce is thickened. Remove from heat.


3. Add teriyaki sauce to chicken and vegetable mixture and remove from heat.

4. Serve over rice and garnish with fresh chives and sesame seeds.

Find more information at mushrooms.ca/recipes.

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Loft Stand-Alone Houses, Simplex Terraces, Multiplex Terraces

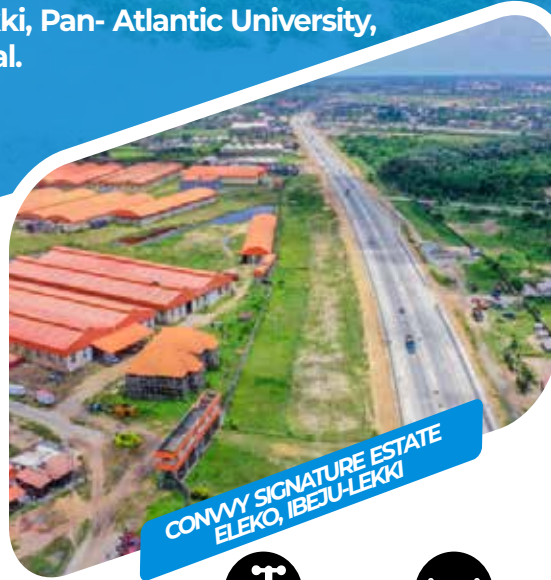
ESTATE LOCATIONS

LAGOS MAINLAND

- Proximity To: Alagabado, Ipaja, Command, Ayobo, Itele, Meiran
- Land Marks: Ait Tv Station, Raypower & Faaji Radio, Command Secondary School, Nigerian Army Dog Hq Center, Abule Egba Brt Bus Terminal

LAGOS ISLAND

- Proximity To: Eleko Junction, Lekki-epe Express Way Ibeju Lekki
- Land Marks: New Lagos Airport Lekki, Lekki Free Trade Zone, Eleganza Industrial City, General Hospital Ibeju Lekki, Pan- Atlantic University, Alaro City, Amen Estate, Itunu Residential.



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HEALTH AND WELLNESS

Tips for staying connected when managing health challenges

(NC) Life is richer when shared with people you love, whether it's attending a birthday party or going for a leisurely stroll.

These moments are especially valued by many of us living with chronic conditions, whether it's arthritis, diabetes or a lung condition like chronic obstructive pulmonary disease (COPD) – a chronic inflammatory lung disease that makes it difficult to breathe. Many of us worry about losing our independence, the ability to participate in activities, or feeling socially isolated as our condition progresses.

For when times feel tough, here are some reminders to help you get through:

KEEP COMMUNICATION OPEN

Be honest about your symptoms with trusted family, friends and healthcare providers, especially if



they are new or worsening. Speaking openly can lift a weight off your shoulders, even if it's uncomfortable at first. Beyond just discussing your symptoms, also talk about what you and your network can do together now, and what you hope to do together in the future.

REVISIT HOW YOU MANAGE YOUR CONDITION

While there is no silver bullet when it comes to

managing a chronic health condition, there may be things you and your healthcare providers can do to make your life a bit easier. As your situation changes, re-evaluate what's working, what's not, and make any adjustments based on your doctor's advice.

When it comes to managing a condition such as COPD, which includes emphysema and chronic bronchitis, a combination of physical activity, respi-

ratory rehab programs, appropriate medications and avoiding irritants and allergens can all help maintain independence as well as reduce flare-ups and hospitalizations.

RECONNECT WITH AND GROW YOUR SUPPORT SYSTEM

Your doctor, family and close friends don't have to be your only source of support. Seek out groups online or via your healthcare team to find people you can relate with and who have the same condition.

Finding the right supports and management strategies, with help from your family, friends and healthcare team, can make a major difference in your ability to maintain independence and continue enjoying activities you love.

To learn more about COPD management, visit lunghealth.ca/COPD

Do I really need to get an annual flu shot?



(NC) Every year the question comes up as winter sets in: Do I really need to get my flu shot?

The short answer:

Yes. You really do.

The long answer:

Getting your flu shot is the best way to help prevent getting or spreading the flu. Coming down with the flu can make you feel awful and cause you to miss work, school, and other activities. Even more serious: it sends a lot of people to the hospital, and on average, thousands of people die from it each year. In fact, the flu is among the 10 leading causes of death in Canada.

The flu is most dangerous for people with chronic health conditions like heart and lung disease, diabetes, cancer or kidney disease, as well as for adults 65 years of age and over, people who are pregnant, and children under five years

old.

If you're at increased risk, make sure you get your annual influenza vaccine.

Even if you're not high risk, remember that people you regularly encounter may be. Getting your flu shot can help protect them from getting seriously ill or needing hospital care. When you're vaccinated, you may be less likely to spread the flu virus to them.

With hospitals overwhelmed across the country, anything you can do to reduce the number of people getting sick can help the medical system.

Fortunately, the flu shot is approved for everyone over six months of age.

Find more information on how and where to book your vaccination at canada.ca/flu.

Pharmacists Now Treats Thirteen Common Ailments and Renewing Prescriptions for Most Medications

By N.Ugoh

Ontario is making it more convenient for people to connect to care closer to home by allowing pharmacists to treat and prescribe medications for thirteen of the most common medical ailments, including rashes, pink eye, insect bites and urinary tract infections. This new service is in addition to phar-

macists being able to renew prescriptions for most medications, such as blood pressure, diabetes and asthma medication.

Since the beginning of the year, almost half of Ontario's 4,700 pharmacies across the province have already started offering this service and more are expected to start participating in the coming weeks and months.

Health Canada recalls some Ikea Lettan mirrors

By N.Ugoh

According to the latest reports, Health Canada has issued a recall for certain Ikea Lettan mirrors which pose an injury hazard.

Health Canada added that some of the plastic fittings attaching the mirror to the wall appear to be breaking and it could lead to the mirrors falling and posing an injury hazard.

In a release, Ikea

said the recall involves mirrors with the dimensions 60 x 96 centimeters; 80 x 96 cm and 100 x 96 cm with a date stamp between 2010 and 2015.

Health Canada has also urged people to "immediately" stop using the product.

Health Canada said: "If your mirror is among those recalled, you can order a replacement free of charge or return to Ikea for a refund without requiring a receipt."

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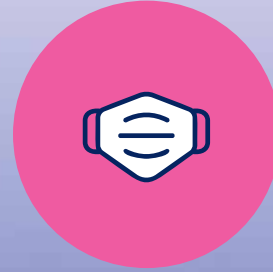
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KNOW YOUR RIGHTS WHEN APPLYING FOR A CREDIT CARD

(NC) Are you applying for your first credit card? Maybe you're looking to get a card that better suits your needs. Do you know what rights you have? Here's a snapshot:

WHEN YOU APPLY

When you apply for a credit card with a bank, they must provide you with certain information. They must clearly set out the key features of the card in an information box that must be at the beginning of the application form or a separate document that comes with it. This includes details such as the card's interest rate and other charges such as annual fees.

WITH THE CARD

When you receive your credit card, it must have a credit card agreement with it. Read the agreement carefully to understand your responsibilities and the terms and conditions of the card. If there's something you don't understand, contact

your bank.

Once you have your card, your issuer must send you a statement, at least once a month, after

ceptions to this rule, such as a decrease in the interest rate, that do not require advance notice.



the last day of each billing cycle.

WHEN TERMS CHANGE

Your bank may make changes to the features or the terms and conditions of your credit card. If so, they must provide you with the details of these changes in writing. They must do so at least 30 days before the changes take effect. They must also get your express consent before raising your credit limit.

There are some ex-

WHEN YOUR BALANCE DROPS

Your bank must send you electronic alerts when the credit available on your credit card falls below \$100 or an amount you've set. Your bank will send these alerts to you automatically. You don't have to sign up, but you may opt out at any time by informing your bank in writing. This could be done by email.

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Andrew Enofe Holds Christmas Party

December 17, 2022 at Dave & Busters



Photo by Andrew Enofe

Clients Appreciation Dinner

& Buster's in Vaughan, Ontario



Photos: Andrew Enofe

CAMBRIDGE DICTIONARY REDEFINES WOMAN, MAN TO INCLUDE TRANSGENDER

By Y. Othman

The famous Cambridge Dictionary has updated the definition of a “woman” and “man” to include people who are transgender. The addition was confirmed by the publisher that it was made in October.

“They carefully studied usage patterns of the word woman and concluded that this definition is one that learners of English should be aware of to support their understanding of how the language is used,” it told Washington Post.

The word “Transgender” has come to be associated with individuals whose gender identity and behaviour is not defined by the conventional or the sex they were ‘assigned’ at the time of conception.

The definition of “woman” in the Cambridge Dictionary used

to be “an adult female human being”. Now an additional definition of the word in the dictionary currently reads: “an adult who lives and identifies as female though they may have been said to have a different sex at birth”.

Included in the definition are two examples referencing transgender people. One example reads: “She was the first trans woman elected to a national office.” Another example using the updated definition reads: “Mary is a woman who was assigned male at birth.”

Updates were also made to the entry for the word “man” to reference transgendered people. Example: “Mark is a trans man”.

Another example reads: “Their doctor encouraged them to live as a man for a while before undergoing surgical transition.”

The new definition comes ahead of a milestone in the decades-long struggle for equality in marriage in the United States. News of this filtered President Joe Biden gave assent to the Respect for Marriage Act in a development that grants federal support to same-sex and interracial couples.

Cambridge’s update is the latest in similar amendments made by Oxford English Dictionary and Merriam-Webster.

In 2020, Oxford tweaked how it defined “woman” following a backlash from critics who described the definition and its accompanying synonyms as “sexist.”

On the other hand, Merriam-Webster included a supplementary definition for “woman”, adding that being a woman means “having a gender identity that is the opposite of male.”



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From all of us at Christ Miracle Church Mission Worldwide-CANADA, we felicitate with our father in the LORD, our Prophet, our Leader and the President of this great commission, *Prophet Peter Abiola Adebisi on his Diamond Jubilee Celebration*

We pray that God who has called and chosen you as His Prophet will continue to reveal His mysteries and revelations to you Sir, for greater exploit in the kingdom of God in Jesus mighty name.

Congratulations Sir!!!

Signed by
Pastor (Mrs) Folashade Adebisi
VP CMCM Worldwide

YOUTH CORNER

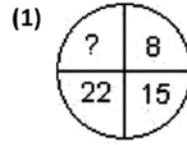
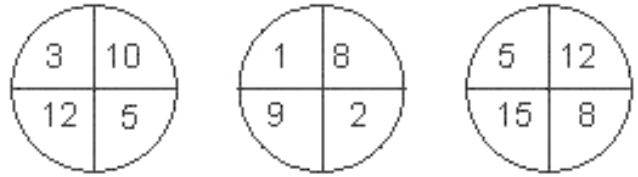
..... Oluchi Ugoh

"YOUR CHILDREN NEED YOUR PRESENCE MORE THAN YOUR PRESENTS". - JESSE JACKSON

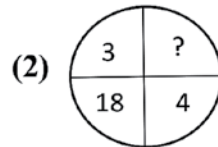
HAPPY NEW YEAR TO ALL OUR READERS. MAY THIS YEAR BE A HEALTHY AND PROSPEROUS ONE FOR YOU. Thank you for your continued support and we're looking forward to more this year. Please, keep the ideas coming. Enjoy your time here. Take care.

STUDY THE SAMPLE CAREFULLY AND ANSWER THE FOLLOWING

sample

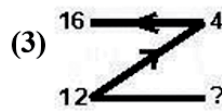
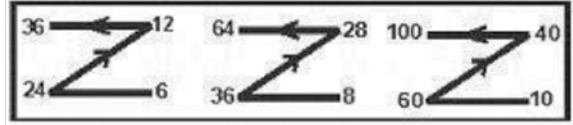


- A. 29 B. 23 C. 14 D. 1 E. 0

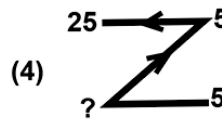


- A. 16 B. 14 C. 3 D. 10 E. 17

Sample



- A. 12 B. 8 C. 6 D. 4 E. 3

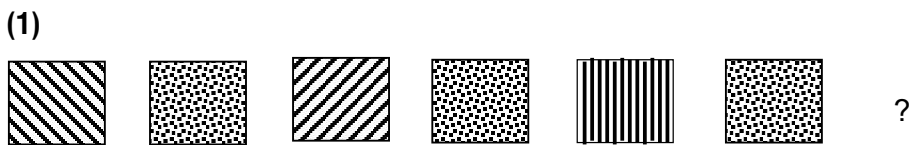


- A. 22 B. 18 C. 30 D. 18 E. 20

solutions on p(29)

MENTAL REASONING

What shape is next in the sequence?



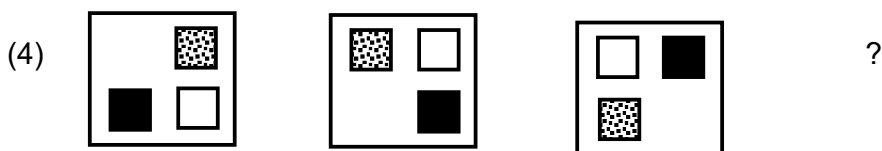
- (A) (B) (C)



- (A) (B) (C)



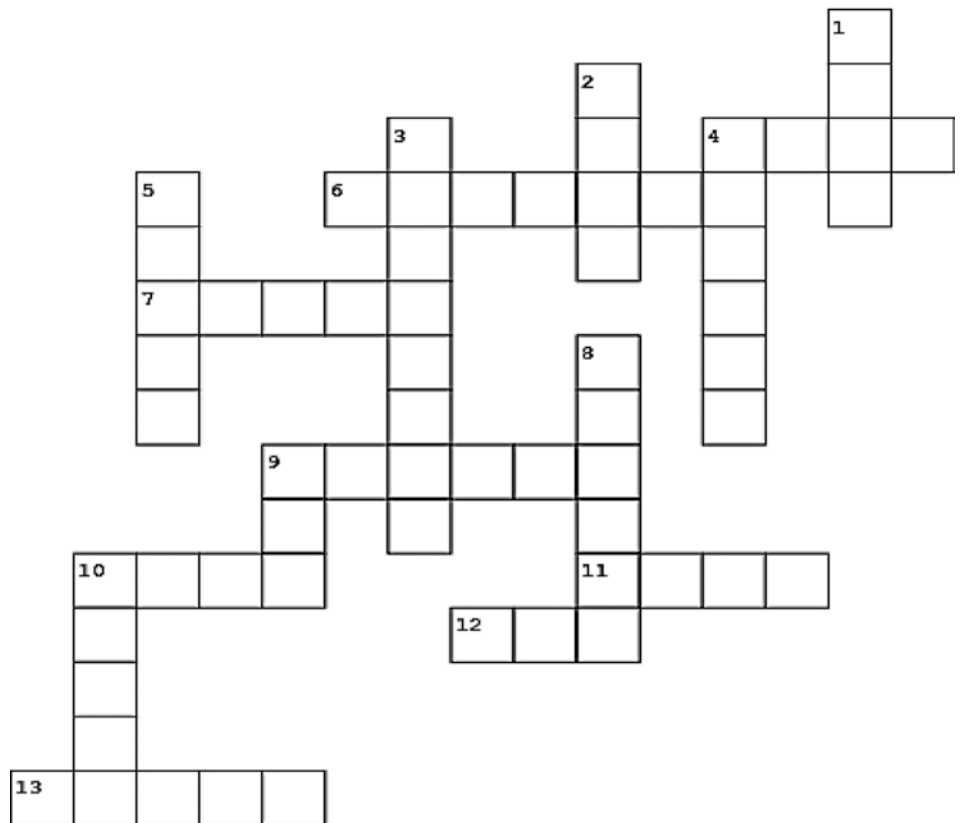
- (A) (B) (C)



- (A) (B) (C)

solutions on p(29)

CROSSWORD PUZZLE - NATURE WATCH



Across

- 4. Gives us light at night
- 6. A mountain that can explode
- 7. A big body of water
- 9. This animal has eight legs
- 10. Water that falls from the sky
- 11. White and very cold
- 12. Winged animal that lives in a cave
- 13. Green, soft and grows on the ground

Down

- 1. Animal that is known as the king of the jungle
- 2. Big hairy animal that eats fish
- 3. High and rocky
- 4. Animal that climbs trees and eats bananas
- 5. Needed to make it rain
- 8. A big group of trees
- 9. Gives us light and warmth
- 10. Body of water that flows into the sea

solutions on p(29)

SHALL VS. WILL

"Shall" is a word that has certainly come to be replaced in American English language by using the word "will" instead. Often saying "I shall do something"

ENTERTAINMENT NEWS

GOODBYE

MICHAEL JACKSON'S EX-WIFE, LISA MARIE-PRESLEY DIES AT 54

By Stanley Ugagbe

Late singer Michael Jackson's ex-wife, Lisa Marie-Presley has died at the age of 54 at a hospital in California following a cardiac arrest.

The singer-songwriter Lisa was the only child of the late Elvis Presley and Priscilla Presley. "It is with a heavy heart that I must share the devastating news that my beautiful daughter Lisa Marie has left us," her mother Priscilla Presley confirmed in a statement to.

The statement added that "She was the most passionate strong, and loving woman I have ever known. We ask for privacy as we try to deal with this profound loss. Thank you for the love and prayers. At this time there will be no further comment".

It could be recalled that in the 2000s, Lisa had her own albums available and performed live. On January 10, she was present for Austin Butler's triumph for best actor in a drama for his role as her late father



in Baz Luhrmann's Elvis at the 2023 Golden Globes.

Reports have it that after Baz Luhrmann's musical Elvis was released last year, Lisa Marie and Priscilla Presley began attending red-carpet occasions and award ceremonies with movie stars.

Lisa Marie attended her father's birth anniversary celebrations in Graceland, an American home where Elvis resided, and passed away, just days before she died unexpectedly. Elvis lost his life in August 1977, while

Lisa was just nine.

Presley was previously married to Michael Lockwood, Nicolas Cage, Michael Jackson and Danny Keough. Recall that in 2020, Presley's son Benjamin Keough died by suicide at the age of 27. In addition to her late son, she was the mother of actress Riley Keough, Finley Aaron Love Lockwood and Harper Vivienne Ann Lockwood.

The Editorial Board of The Nigerian Canadian Newspaper sympathizes with her family over this irreparable loss.



Barbara Walters dies at 93

By N.Ugoh

Barbara Walters, trailblazing television, has died. She died recently at the age of 93.

She was a broadcaster and longtime ABC News anchor and correspondent that broke the barrier to become a dominant force in an industry that used to be dominated by men.

In 1976, Walters joined ABC News and became the first female to anchor an evening news program.

In 1979, she became a co-host of "20/20," and launched "The View" in 1997.

She made her final appearance as a co host of "The View" in 2014 but she remained an executive producer of the show.

Walters won 12 Emmy awards in a career that spanned five decades. May her soul rest in peace.

Basketmouth, wife end marriage of 12 years

By N.Ugoh

Famous Nigerian comedian, Bright Okpocha, popularly known as Basketmouth, has announced a breakup with his wife, Elsie Okpocha.

It should be recalled that Basketmouth celebrated Elsie's 44th birthday anniversary around September but did not celebrate their

annual wedding anniversary which normally comes up in November.

While announcing the divorce on his Instagram page, Basketmouth wrote, "As much as it pains me to bring my personal life to the public space, this is an unavoidable situation.

"After much deliberations, my

wife and I have made the difficult decision to end our marriage.

"As we move forward separately, we will continue to work together to give our beautiful children all the care, love, guidance and support they need. "We humbly ask that you respect our privacy as we navigate through these times. Thank you."



Shania Twain: I used to flatten my breasts to avoid being sexually abused by my stepfather

By N.Ugoh

Popular singer, Shania Twain, has revealed that she used to flatten her boobs in a bid to avoid being sexually harassed by her stepfather, Jerry Twain.

As reported by The Sunday Times, the 57-year-old singer revealed that Jerry Twain used to physically and emotionally abuse her while she lived in the house.

She said: "I hid myself and I would flatten my boobs. I would wear bras that were too small for me, and I'd wear two, play it down until there was nothing girl about me.

Make it easier to go unnoticed. Because, oh my gosh, it was terrible — you didn't want to be a girl in my house."

Twain, who started her career at eight years, said she found it difficult to embrace her femininity due to the abuse.

Her abuse was first detailed in her 2011 autobiography "From this Moment." Twain detailed how there were times when she had to physically move between her parents because she feared her stepfather might kill her mother.

She wrote: "It took a long time to manage that anger. You don't want to be somebody that attacks me on the street. Because I will f**king rip your head off if I get the chance."

Court Jails Musician For Romance Scam

By Stanley Ugagbe

A 30-year-old musician, Richard Uomo Endurance, has been sentenced to six months jail term for his involvement in an internment love scam by Justice Ramon Oshodi of a Lagos State Ikeja Special Offences Court.

According to reports, Endurance was convicted following his plea of guilt after he was docked on a lone count charge of possession of fraudulent documents.

Reports have it that the defendant who claims to be a musician was charged before the court after his arrest in December by operatives of the Economic and Financial Crimes Commission (EFCC).

Endurance pleaded guilty to the lone charge preferred against him before the court bordering on possession of fraudulent documents. He agreed to the fact that he opted to plead guilty to the charge in a plea bargain arrangement.

It was reported that the prosecuting counsel, Ayanfe Adeahina, informed



the court that the anti-graft agency received an anon of livelihood.

While noting that surveillance was carried out to confirm and verify the complainant, he said "Based on that a raid was conducted and the defendant and others were arrested by the EFCC around Lekki Palm Estate, Ajah, Lagos".

Adeahina added that upon his arrest, he was found with an iPhone 11 Pro Max and one HP laptop; his email and phones were analysed and several documents were found.

More so, further investigation revealed that he has several emails containing romancescams one of which

he falsely represented himself to be Jack Selver, a white male from a dating site. The defendant was interviewed and he made a voluntary statement where he confirmed engaging in a dating scam for which he has in his possession various documents which are false. "Subsequently he was charged to court but he approached the commission through his counsel," he said.

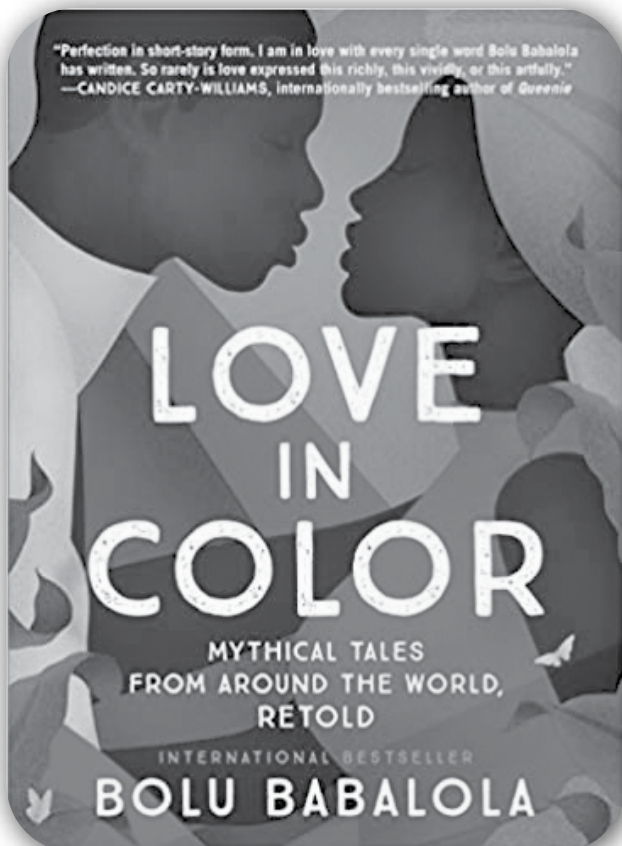
Nevertheless, he prayed the court to convict the defendant accordingly.

In his judgement, the judge said the defendant is very much aware of the nature of the amended charge presented before the court.

BOOKS

We are of opinion that instead of letting books grow moldy behind an iron grating, far from the vulgar gaze, it is better to let them wear out by being read" - Jules Verne

Love in Color: Mythical Tales from Around the World, Retold

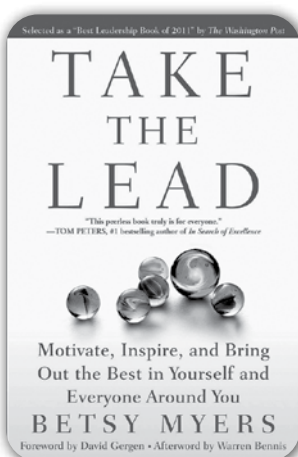


By Bolu Babalola

In *Mythical Tales from Around the World, Retold*, the author shared a handful reverberat-

ing stories that include a high-born Nigerian goddess, who has been beaten down and unappreciated by her gregarious lover, longs to be truly seen.

Take the Lead: Motivate, Inspire, and Bring Out the Best in Yourself and Everyone Around You Paperback



Betsy Myers

It is a practical guide that will teach you that you do not need to be in a boardroom, on a battlefield, or on a ballot to have a profound impact on everyone around you. The author believes that good lead-

ership is not about having the most knowledge or power but about how you make others feel.

With inferences from her experiences from the Oval Office to the playground, the author reveals seven core principles that will help you: Set the right priorities for yourself, Uncover problems while they are still easy to fix, Connect with others on a deeper level, Collaborate with those whose viewpoints differ from yours, Push through your fears.

The Book is a perfect rad for anyone seeking to understand, develop, or unleash his or her genuine leadership potential.

101 Essays That Will Change The Way You Think

By Brianna West

In this riveting work, the author explores pursuing purpose over passion, embracing negative thinking, seeing the wisdom in daily routine, and becoming aware of the cognitive biases that are creating the way you see your life.

Remarkably, the work contains never before seen pieces as well as some of Brianna's most popular essays, all of which just might leave you thinking: this

101
ESSAYS
that will
CHANGE
the way
YOU
THINK

BRIANNA WEST

idea changed my life. It is highly recommended.

Another centres on a young businesswoman attempts a great leap in her company, and an even greater one in her love life.

She also harped on how a powerful Ghanaian spokeswoman is forced to decide whether she should uphold her family's politics or be true to her heart.

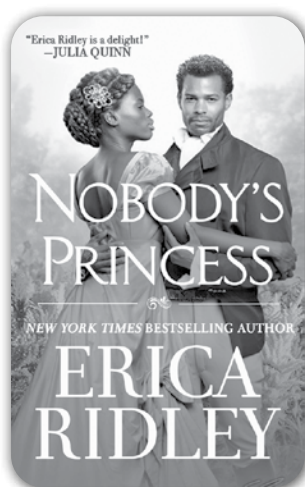
Focusing on the magical folktales of West Africa, Babalola also reimagines Greek myths,

ancient legends from the Middle East, and stories from long-erased places.

Babalola, whose eyes are towards decolonizing tropes inherent in our favorite tales of love, has created captivating stories that traverse across perspectives, continents, and genres.

The *Love in Color* is a celebration of romance in all its many splendid forms. You will surely get value for the time you invest in reading this.

Nobody's Princess



Erica Ridley

Graham Wynchester, a naturally gifted person in knowing everything around them, nothing happens in London without knowing. Graham's massive collection of intelligence is invaluable to his family's mission of aiding those most in need. So when he interprets a series of coded messages in the scandal

sheets, Graham's convinced he must come to a royal's rescue. But his quarry turns out not to be a princess at all... The captivating Kunigunde de Heusch is anything but a damsel in distress, and the last thing she wants is Graham's help.

All her life, Kuni trained alongside the fiercest Royal Guardsmen in her family, secretly planning to become her country's first Royal Guardswoman. This mission in London is a chance to prove herself worthy without help from a man, not even one as devilishly handsome as Graham. To her surprise, Graham believes in her dream as much as she does, which makes it harder to resist kissing him...and falling in love. But how can she trade her future for heart matters? Will it end well for her?

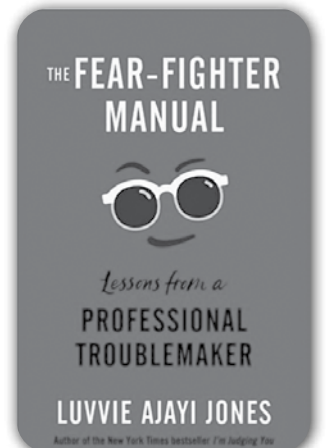
Professional Troublemaker: The Fear-Fighter Manual

By Luvvie Ajayi Jones

It is a comic and transformational book about how to tackle fear - that everlasting hater - and audaciously step into lives, careers, and legacies that go beyond even our wildest dreams

Truth is, we're all afraid of certain things but in order to do the things that will truly, meaningfully change our lives, we have to become professional troublemakers: people who are committed to not letting fear talk them out of the things they need to do or say to live free.

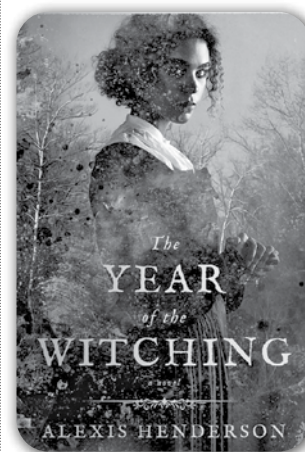
She walks us through what we must get right within ourselves before we can do the things that scare us; how to use our voice for a greater good; and how to put movement



to the voice we've been silencing - because truth-telling is a muscle.

For her, the point is not to be fearless, but to know we are afraid and charge forward regardless. It is to recognize that the things we must do are more significant than our fears. It will show you how to live boldly in the face of adversity.

The Year of the Witching



Alexis Henderson

It is a captivating story that story that centers on a young woman living in a rigid, puritanical society who discovers dark powers within herself in this stunning, feminist fantasy debut.

Dramatically, in the lands of Bethel, where the Prophet's word is law, Immanuelle Moore's very existence is blasphemy. Real drama started when her mother's union with an outsider of a different race cast her once-proud family into disgrace, so Immanuelle does her best to worship the Father, follow Holy Protocol, and lead a life of

submission, devotion, and absolute conformity, like all the other women in the settlement.

The narrative took a major twist when a mishap lures her into the forbidden Darkwood surrounding Bethel, where the first prophet once chased and killed four powerful witches. Shockingly, their spirits are still lurking there, and they bestow a gift on Immanuelle: the journal of her dead mother, who Immanuelle is shocked to learn once sought sanctuary in the wood.

Mesmerized by the secrets in the diary, the major character finds herself struggling to understand how her mother could have consorted with the witches. However, when she begins to learn grim truths about the Church and its history, she realizes the true threat to Bethel is its own darkness. And she starts to understand that if Bethel is to change, it must begin with her. It's a masterclass that will give you value for your time.

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RELIGION

Kill and Eat

By Pastor Amos Dada PhD;
P.Eng.

“And I saw heaven opened, and a certain vessel descending unto him, as it had been a great sheet knit at the four corners, and let down to the earth:12 Wherein were all manner of four-footed beasts of the earth, and wild beasts, and creeping things, and fowls of the air.13 And there came a voice to him, Rise, Peter; kill, and eat.14 ¶ But Peter said, Not so, Lord; for I have never eaten anything that is common or unclean.15 And the voice spake unto him again the second time, What God hath cleansed, that call not thou common” Acts 10:11-15

The Lord says I should tell you, as a matter of fact warn you to stop saying you cannot eat what God “has cleansed”

That many of you

have the spirit of religion not the spirit of Christ .

The spirit of religion is ritualistic, routine, traditional and customary. The spirit of Christ is liberty, salvation and obedience to the will of God. The spirit of religion is the spirit of adamancy, resistance and rigidity. The spirit of Christ is progressive willing to do God’s bidding, willing and pliable. The man in Jesus wanted to do his own will. He saw the cross as too dangerous, the death too devastating, the weight of sin of humanity to heavy and unbearable but it is the purpose for which he was born, it is the way to save humanity and so he declared at the garden of Gethsemane “Not my will but your will O Lord” and he went to the cross and died the most shameful, dreaded, agonizing and painful death. He was flexible to obey what God put to his heart to do. Religion

is the spirit of hatred, anger and bitterness towards your neighbour. Christianity is the spirit of love and understanding. “For God so loved the word that he gave his only begotten son that whosoever believes in him shall not perish but have everlasting life.”

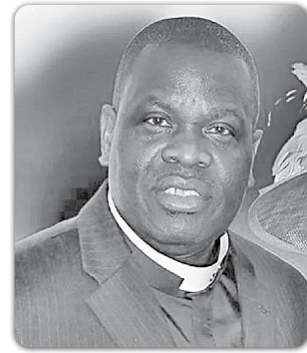
God in person came to this world in the person of Jesus Christ. Peter walked with him. Peter a Jew was trained and thoroughly disciplined by him especially in the area of love for humanity and other races. Fast forward Jesus was crucified, died, buried resurrected and ascended to heaven. Peter was filled with the Holy Ghost, 3000 people were saved under his ministration in one day, yet he was still entangled in religion and I dare say racism. God has planned to save the entire human race and Jesus cannot stay forever on earth hence he empowered the likes of Peter. When the time came for Peter to go forward and utilize what he learnt in the University of

Jesus, God showed a sheet full of animals of all kinds in a trance and ordered him “to kill and eat.” In his arrogant mind full of religion and tradition he replied. “I cannot!”

Before you condemn Peter, what the Holy Spirit is asking you this morning is what is God telling you to do but tainted by religion, you’re saying “I cannot” despite your claim to be born again, blood bought, church attending, Holy Spirit filled, tongue speaking!

Before you this morning are people of all races, there are over 200 countries in the world many of them have many tribes, tongues and diverse religion and God has put them before you - “kill and eat”- meaning - reach out to them in love and bring them to my fold. Are you obeying God?

The good news is that Peter eventually obeyed God! He followed the servants of Cornelius to his house where the Gentiles were preached to and they accepted Christ and as they



Pastor Amos Dele Dada

say, the rest is history. Many of you reading this article if not all are biblical gentiles. That singular event changed the trajectory of the life of our forefathers and incorporated those who will believe in Christ into the commonwealth of the saints. Hallelujah!

The challenge this morning is go kill and eat. Never say what God has cleansed is unclean. Yes, you grew up and your religion taught you to hate others, you have your preferences, presumptions, pre-suppositions, ideas of how to practice your faith how to contend for the faith but God is nudging your heart

in another direction that will help others you have despised, ignored, abandoned so that his ultimate purpose, for which you were born, and for which those you are to minister to were born will be achieved. Thus says the Lord to you today “ Rise up, kill and eat, never say what the Lord has cleansed is unclean “

Fast forward it was through the same Peter that God later said: “The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance.”

God’s agenda is that no one should perish. That must be your agenda!

Shalom

O taste and see that the Lord is good.(Psalm 34:8). I have tasted and found that the Lord is good. I do testify that the Lord is good. Join me to taste him

www.cacbethel.com
www.igoeministry.com

Church Of England To Allow Congregations To Bless Same-Sex Unions

By Stanley Ugabge

The Church of England has announced that it will allow congregations to bless same-sex unions but will maintain a traditional definition of marriage.

In a statement, the church said “For the first time, under historic plans outlined today, same-sex couples will be able to come to church to give thanks for their civil marriage or civil partnership and receive God’s blessing.”

The statement said the Bishops of the Church of England will issue an apology to LGBTQI people for the “rejection, exclusion and hostility they have faced in churches and the

impact this has had on their lives.”

The Bishops will “urge all congregations in their care to welcome same-sex couples ‘unreservedly and joyfully’ as their reaffirm their commitment to a “radical new Christian inclusion founded founded in scripture, in reason, in tradition, in theology and the Christian faith as the Church of England has received it based on good, healthy and flourishing relationships and in a proper 21st century understanding of being human and of being sexual,” the statement said.

Meanwhile, in Matthew 19:4-6, Jesus said “Have you not read that He who made them at the beginning ‘made them male

and female,’ adding that ‘For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh? So, they are no longer two, but one flesh. Therefore, what God has joined together, let no man put asunder.”

In his remark, the Archbishop of Canterbury, Justin Welby said, “I am under no illusions that what we are proposing today will appear to go too far for some and not nearly far enough for others, but it is my hope that what we have agreed will be received in a spirit of generosity, seeking the common good.”

Officials said the proposals by the Church of England come after a six-year-period of “listening, learning and discernment known as ‘Living in Love and Faith’ and will be outlined in a report to the Church’s General Synod, which meets in London next month”.

Recall that in the United States, some denominations have affirmed same-sex marriage and it has caused division within

the denomination, most visibly in the United Methodist Church. The LGBTQ debacle has caused hundreds, perhaps thousands of UMC churches to leave the denomination within the past year.

Reacting to the issue, chief executive of Christian Concern and former lay member of the General Synod, Andrea Williams, said the apology to the LGBTQ community could also prove to be a “turning point” and signal the decline of the CofE.

She said “Christianity teaches that sexual expression is reserved for marriage between one man and one woman. Any other form of sexual relationships are sexually immoral.

“The Bible calls it sin. The Church of England is now encouraging the celebration of sexual immorality”.

“Let’s be clear this is a critical moment and will go down in history as a turning point in the decline and fall of the Church of England... unless these proposals can be decisively resisted by the faithful in Synod.”

Pastor, Wife Die Attempting to Save Son From Drowning

By Stanley Ugabge

The Pastor-in-charge of Brazilian Assemblies of God Church, Felisberto Sampaio and his wife, Inalda, have tragically died while trying to save their 13-year-old son from drowning during a vacation trip to the beach.

According to reports, Sampaio, 43, and his wife, 42, saw their teenage son struggling in the water at Camcari Beach in Brazil on Jan. 10. Both parents entered the ocean in an attempt to rescue their boy, but they failed to reach him.

Harping on the development, Civil Police said a fisherman and one of his family members pulled Ian Sampaio out of the water safely, but both parents failed to emerge from the ocean. It was also reported that the local fire department confirmed to “Universo Online” that the victims were eventually removed from the water and that paramedics attempted to revive them, but soon after

declared the couple dead at the scene.

Official records have it that Felisberto had spent the last 12 years as a pastor at the Assemblies of God Church in Quixaba, Paraiba. The family reportedly was spending a couple of days in the Paraiba city of Lucena.

NCNC learnt that the couple’s tragic death was mourned by churchgoers, including Leonardo Meneses, a pastor at a church Felisberto and Inalda frequently attended.

“I know that the circumstances are painful and difficult for us to understand; only eternity will explain all the mysteries of life,” Meneses said.

In a post on Facebook, a Brazilian resident familiar with the couple, Naldo Santos, wrote “A couple of God’s servants, a true example of Christians and who were loved and cherished by all who lived together. May the God of infinite mercy receive them in the kingdom of His glory and may they rest in peace.”

Methodist church ordains first female bishop in Nigeria

By N.Ugoh

Right Reverend Nkechi Nwosu has been ordained by Methodist Church of Nigeria as the church’s first female bishop in Nigeria.

Archbishop of Kaduna, Most Reverend Joseph

Nnonah, recently ordained Nwosu as the Bishop of Jos at the Christ Methodist Cathedral Church in Jos.

The church service took place after the decision of the biennial Conference of Methodist Church Nigeria that was held last year where Nwosu was chosen as the Bishop of Jos.



In her remarks, Nwosu said God has made all humans equal and encouraged every Nigerian to always seek the face of God.

She said: “We must all go out there and agree with

God, listen to the spirit of God, and do what God said we should do.

“Do that so that God will use us and anybody he will put on that seat to restore Nigeria to a place of pride in Africa, and the world.”

INTERNATIONAL

Trump Organization Fined \$1.6 Million For Illegally Evading Taxes



By Marcel Chukwuka

Donald Trump's company was fined \$1.6 million Friday as punishment for a scheme in which the former president's top executives dodged personal income taxes on lavish job perks.

A fine was the only penalty a judge could impose on the

Trump Organization for its conviction last month for 17 tax crimes, including conspiracy and falsifying business records.

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A fine was the only penalty a judge could impose on the Trump Organization for its conviction last month for 17 tax crimes, including conspiracy and falsifying business records.

The fine might appear to be a slap on the wrist, but it is a dent in the former president's campaign to regain the White House.

The former president and his children, who helped run the Trump Organization, were not present in the courtroom for the sentencing.

Prosecutor Joshua Steinglass stated that the fine is "a fraction of the revenue" of the Organization and the infraction was "far-reaching and brazen."

Indonesia's parliament passes new law banning sex outside marriage

By N.Ugoh

Indonesian lawmakers have passed a new criminal code that prohibits sex outside marriage.

The new law applies to foreign residents and tourists, bans living together before marriage, apostasy, and offers punishments for insulting the president or expressing views against national ideology.

While talking about the development, lawmaker Bambang Wuryanto, who led the parliamentary commission in charge of revising the colonial-era code said: "All have agreed to ratify the (draft changes) into law.

"The old code belongs to Dutch heritage ... and is no longer relevant." Indonesia has a population of 270 million people and is the world's biggest Muslim-majority nation. The country has witnessed a rise in religious conservatism recently.

Strict Islamic laws are already operating in parts of the country, including the semi-autonomous Aceh province, where gambling and alcohol are banned.

It is normal for public floggings to occur in Indonesia for offences which include homosexuality and adultery.

A previous draft of the code was about to be passed in 2019 but was deferred after nationwide protests made the President of Indonesia, Joko Widodo, intervene. Widodo said in a televised address that he decided to delay the vote after "seriously considering feedback from different parties who feel objections on some substantial content of the criminal code."

Under the new law, sex outside marriage attracts a potential one-year jail term, and the crime of blasphemy, already on Indonesia's books, now attracts a five-year jail term.



Buddhist monk cuts off manhood to avoid temptation

By N.Ugoh

Phra Oat, a 27-year-old Thai Buddhist monk, has gone extreme in curbing any future sexual urge by cutting off his manhood with a knife at a temple in Kanchanaburi province, Thailand.

Daily Star reported that the incident occurred on January 1, 2023, but was recently known by the public after

he was rescued by fellow monks and taken to a hospital.

In the report, Daily Start said: "Oat was rushed to the hospital after slashing through his genitals, apparently resistant to the pain, having sprayed a temple cubicle in blood.

"The Monk, Oat, shocked his fellow monks when he sliced through his member in front of them at a temple in Kanchanaburi province in Thailand on January 1.

"Rescuers were called by the other monks who snatched the sharp object

out of his hands before he could mutilate himself further.

"He was rushed to the Makarak Hospital for medical treatment, where medics were able to stitch the organ together as the knife had not completely cut the member.

"Speaking in a video, Oat said 'I'm still feeling dizzy. There's no reason behind it, it just happened. I don't have depression, I don't use drugs and I don't have problems at home. My hands just moved and started with the cutting."

Uganda terminates \$2.2bn deal with Chinese firm, signs with Turkish company,

By Stanley Ugagbe

The government of Uganda has terminated its 2.2 billion dollar deal with the Chinese company China Harbour and Engineering Company Ltd (CHEC) to build a railway line from the Ugandan capital Kampala to the border with Kenya.

Uganda is now considering a Turkish company to build the railway. According to reports, CHEC was supposed to help Uganda in financing the 273-kilometre railway, but is failing to do so. Perez Wamburu, project coordinator of the Standard Gauge Railway (SGR), said that Uganda hasn't heard anything from CHEC for two years and that Uganda didn't receive any funding for the project.

Wamburu said Kampala has now signed a memorandum of understanding (MoU) with Turkish firm Yapi Merkezi. Yapi Merkezi has made impressive progress in building neighbouring Tanzania's rail line, encouraging the Ugandan government to cancel its contract with a Chinese company and offer it to the Turkish firm.

According to Kampala, the financing model for the project will also change, with Yapi Merkezi,



which is building Tanzania's SGR, expected to tap into its network to bring Export Credit Agencies (ECAs) on board that will finance and breathe life into the moribund project.

The Project Coordinator disclosed that Uganda's Attorney General Kiryowa Kiwanuka was prompted to review the contract with CHEC after it became apparent that China Exim Bank – Kampala's main infrastructure projects financier of the last decade – had grown cold feet on bankrolling the SGR. He said "We read between the lines when China's Ambassador to Uganda said that after the Covid-19 pandemic, China has become more cautious about financing big infrastructure projects in Africa. We all know that Covid didn't leave economies of the world the same".

Delineating on the development, Wamburu averred that Uganda was forced to rethink its options and cast its net wider for other financiers after its request for financing to the China Exim Bank went unanswered for nearly one year – a departure from the usual practice when the Chinese responded to Kampala's proposals within weeks.

The SGR could become an important asset for Uganda since it will connect the landlocked country with the Indian Ocean. It's aimed to link up with the Kenyan standard gauge railway, which runs all the way to the port city of Mombasa. Kenya has built 730 kilometres of railroad, financed with Chinese loans. However, the railway running to the Ugandan border hasn't been built yet.

INTERNATIONAL

Tunisia's ex head of presidential cabinet sentenced in absentia

By Stanley Ugagbe

Nadia Akacha, former head of the presidential cabinet in Tunisia has been sentenced in absentia to 14 months in prison following audio recordings containing derogatory remarks towards President Kais Saied.

It could be recalled that a series of sound recordings attributed to Nadia Akacha evoking the backstage of the Palace and meetings of President Saied with foreign dignitaries had been massively shared on social media in April 2021, making headlines in Tunisia.

Remarkably, the recordings were released three months after the embattled Akacha resigned from her post after serving as the president's closest aide for



two years.

Akacha had denied the comments attributed to her, which also included gossip about the president and his in-laws. The Tunis prosecutor's office opened an investigation

in early May to determine the authenticity of these recordings.

Prosecuted by the president's sister-in-law implicated in these recordings, Akacha, who left Tunisia after her resignation, was sentenced in absentia to 14

months in prison by the Tunis court of first instance, according to several media. Tunisians.

It is imperative to note that the trained lawyer, Akacha was appointed legal adviser in the presidential cabinet at the

end of 2019 before becoming in January 2020 the director of the cabinet of President Saied. She accompanied him on all his trips, in Tunisia and abroad.

In a shocking move, she announced her resignation citing "fundamental differences of opinion, in relation to the interest" of the country. According to the media, she moved to France after leaving her post.

Official records have it that after months of political deadlock, Mr. Saied, elected at the end of 2019, assumed full powers at the end of July 2021 by dismissing the Prime Minister and suspending Parliament, before dissolving it in March 2022.

Saied's critics accuse him of establishing a new autocracy in the country which was the cradle of the Arab Spring in 2011.

New Zealand To Ban Young People From Buying Cigarettes For Life

By Yahaya Othman

A law was passed in New Zealand phase obliterate tobacco smoking by imposing a lifetime ban on young people buying cigarettes.

The law states that tobacco can't ever be sold to anybody born on or after Jan. 1, 2009.

This means that the minimum age for buying cigarettes will go higher and higher.

Authorities hope smoking will disappear before that happens. They have a stated goal of making New Zealand smoke-free by 2025. The new law also reduces the number of retailers from about 6,000 to 600 and reduces the nicotine content in tobacco that is smoked.

"There is no good reason to allow a product to be sold that kills half the people that use it," Associate Minister of Health Dr. Ayesha Verrall told lawmakers in Parliament. "And I can tell you that we will end this in the future, as we pass this legislation.

Dr. Ayesha said that billions of dollars will be saved from not needing to treat illnesses caused by smoking, such as cancer, heart attacks, strokes, and amputations. She said the bill would create generational change and leave a legacy of better health for youth.

The vote was done along party lines in passing the legislation 76 to 43. The libertarian ACT party opposed the bill and stated that many small corner stores, known in New Zealand as dairies, would run aground because they would



be unable to sell cigarettes.

"We stand opposed to this bill because it's a bad bill and its bad policy, it's that straightforward and simple," said Brooke van Velden, ACT's deputy leader. "There won't be better outcomes for New Zealanders."

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History as Guyana set to unveil first artificial island

By Stanley Ugagbe

In a major historic feat, it has been reported that Guyana's first artificial island, which is part of the reclaimed land that will be transformed into the estimated 44-acre mega- project to create the shore base is being created in the Demerara River.

In a statement, the company behind the project, Vreed-en-Hoop Shore Base Inc (VESHI), said "The project managers have warned that the site remains an active construction zone and landing on the island is prohibited.

"The island structure, while visible, is not yet a fully stable formation. The team is therefore urging all to remain clear of the construction zone and to adhere to the previously issued notices.

According to the company, phase one of the project is meant to be the special purpose vehicle to serve as a SURF (Subsea Umbilicals, Riser and Flowlines) Shorebase for Esso Exploration and Production Guyana Limited (EEPGL) projects.

The statement added that "The project is currently in the sandkey reclamation phase.

During this phase, the dredger, M.V Galileo Galilei, will continue the process of adding reclaimed material for the creation of the artificial island on which the construction of the new terminal will be situated."

It is imperative to note that Vreed-en-Hoop Shorebase Inc. is a joint venture between NRG Holdings Inc.—a 100 per cent Guyanese-owned consortium that is the majority shareholder —and Jan De Nul, an international maritime infrastructure company headquartered in Luxembourg

The company stated that the project started the first step in June, which entailed the dredging of the access channel in the Demerara River including the deepening/widening of the existing nautical channel, berth pockets, and turning basin.

"This phase has been hailed a success by the project managers and the upgraded channel has been handed over to the Maritime Administration Department (MARAD)"

Records have it that VESHI is currently the largest Guyanese private sector investment in the oil and gas sector and is expected to cost over US\$300 million.

Project directors said the support and encouragement given by the government of Guyana have been reassuring and augur well for additional investment and the future of Guyana. The project is expected to become operational this year.

SPORTS



Canada's Brooke Henderson wins 13th LPGA title

By Stanley Ugagbe

25-year-old Canadian golfer from Smiths Falls, Ontario, Brooke Henderson has won her 13th LPGA Tour title.

Remarkably, the golf star won the Hilton Grand Vacations Tournament of Champions by four strokes.

According to official records, Henderson finished the fourth round 2-under 70 for an overall score of 16-under par.

Meanwhile, Sweden's Maja Stark and England's Charley Hull tied for second at 12 under.

It was reported that she led the Tournament of Champions from wire to wire, sitting atop the leaderboard for all four rounds.

Records have it that her 13 professional wins are the most in Canadian golf history.

Recall that she won twice on the LPGA Tour last year, at the ShopRite LPGA Classic on June 12 and the Evian Championship on July 24.

Henderson finished 2022 seventh in the Rolex rankings and third in the Race to CME Globe rankings. It is important to note that the elite 29-player Tournament of Champions is the first event of the LPGA Tour season.

Speaking after her win, the elated Henderson said "I was really looking forward to playing this week. I always love this event. It's so unique and fun playing alongside celebrities and the atmosphere, it's just a lot different than a regular LPGA tournament.

"To come out and win this week is really the dream start to 2023 and hopefully I can just keep it going."

She added that "My goal is always to win a couple of times every year, hopefully more than twice, so maybe this year will be the year when I can win more than twice out on tour".



Eddie Hearn: Anthony Joshua's career will be over if he loses his next fight in April

By Bunmi Akintilo

The promoter of Anthony Joshua, Eddie Hearn, has admitted a loss on his return to action would mean the end of his career.

Joshua is planning to travel to the United States to link up with his new team, which has not been announced, as he prepares for a fight in April.

While talking to iFL TV, Hearn said the opponent is yet to be finalized but the fight would take place on April 1 at the O2 Arena in London. Australian heavyweight, Demsey McKean, has been predicted as a potential option for the contest.

Joshua will aim to bounce back from back-to-back losses to Ukraine's Oleksandr Usyk, with

Hearn stressing a third loss would likely end his career. He however expressed optimism that success could be part of his journey to emerging as a three-time heavyweight world champion.

Hearn said: "This is the most excited I've been on Anthony Joshua's journey so far because I think it's exciting. "You go into that fight in April – you know that with defeat, it's all over, really. It would be a third back-to-back defeat. "And yet a great performance and a showreel knockout gets everyone saying, 'We're back, we're back baby."

"That's what I can't wait for, because I love it when our backs are against the wall. That's the best moments and this is one of those moments for AJ." He talked about a potential rematch against old rival Dillian Whyte in the summer and said: "AJ wants a big fight in the

summer. The one that would make sense and the one that should be hopefully quite straightforward to make is the rematch with Dillian.

"We're open to a Deontay Wilder fight, we're open to a Tyson Fury fight, we are open to every fight in the summer. "In my mind, with AJ fighting in April and probably Dillian probably fighting around the same time, that would lead them to a big all-British heavyweight fight in the summer.

"It doesn't mean its done, we would have to agree terms, but that's what I'd like to do. "AJ wants to be in the biggest fights possible and if a bigger fight rears its head – there's only two bigger fights in the division than Dillian Whyte, that's Tyson Fury and Deontay Wilder.

"If they appear somehow, 100 per cent we will look at those as well, but the key is April 1."

Borussia Dortmund's Youssoufa Moukoko caught up in age fraud storm amid claims he is 22 and not 18

By Bunmi Akintilo

According to reports, Borussia Dortmund footballer, Youssoufa Moukoko has been caught up in the age storm that has affected Cameroonian football.

Moukoko, was born in Yaounde, Cameroon, but moved to Germany in 2014 where he was adopted. According to claims in Germany, he is alleged to be 22, rather than 18.

Recently, Cameroon's Under-17 side were making preparations to play Central African qualifying games in the Nations Cup this month when it was discovered that 21 of the 30

squad member failed age tests.

After the discovery, coach Jean Pierre Fiala drafted in fresh players but in another development, it was discovered that 11 of the new additions were also over-age.

It has been reported in Germany that a birth certificate which carries year 2000 with the name Yousouffa Mohamadou and attributed to Dortmund striker Moukoko was found in 2022.

Austrian news outlet Laola1's report claims that the adoptive father of Moukoko had forwarded the alleged unearthed birth certificate to a journalist.

The player's adoption surfaced



in 2022 but an investigation into age fraud has raised doubts about the legitimacy of Moukoko being 18 years. Also, there are claims that further doubts emerged due to Moukoko allegedly having partners that were older than

him in his early teenage years.

While reacting to the development, the German FA said: 'We do not comment on any speculation.' In 2017, the German FA denied any illegitimacy towards Moukoko's

documentation, which lists his date of birth as November 20, 2004.

A DFB statement at that time read: "The DFB has already had a number of intensive discussions with Borussia Dortmund at various levels.

"At the DFB's request for careful consideration of the facts, those responsible at Borussia Dortmund always point to the authenticity of the papers and documents, which are also known by DFB.

"There is therefore no doubt about the correctness of the age of the player. In this matter, the DFB relies on the details of the home club of the player."

SPORTS

Usain Bolt Loses Life Savings

By Stanley Ugagbe

World's fastest man, Usain Bolt has lost millions of dollars in his account with Stocks and Securities Ltd, an investment company based in Kingston.

In a statement, lawyers of the Jamaica's Olympic sprinting icon, averred that they are prepared to file a lawsuit if that will make it possible to recover the \$12 million that mysteriously disappeared from Bolt's account.

The statement from Bolt's lawyers read, "The account was part of Bolt's retirement and lifetime savings. It's distressing news for anyone, and certainly in the case of Mr Bolt, who established this account as part of his private pension". "We will be going to court with the matter" if the company does not return the funds," his lawyer, Linton P. Gordon, reportedly told newsmen.

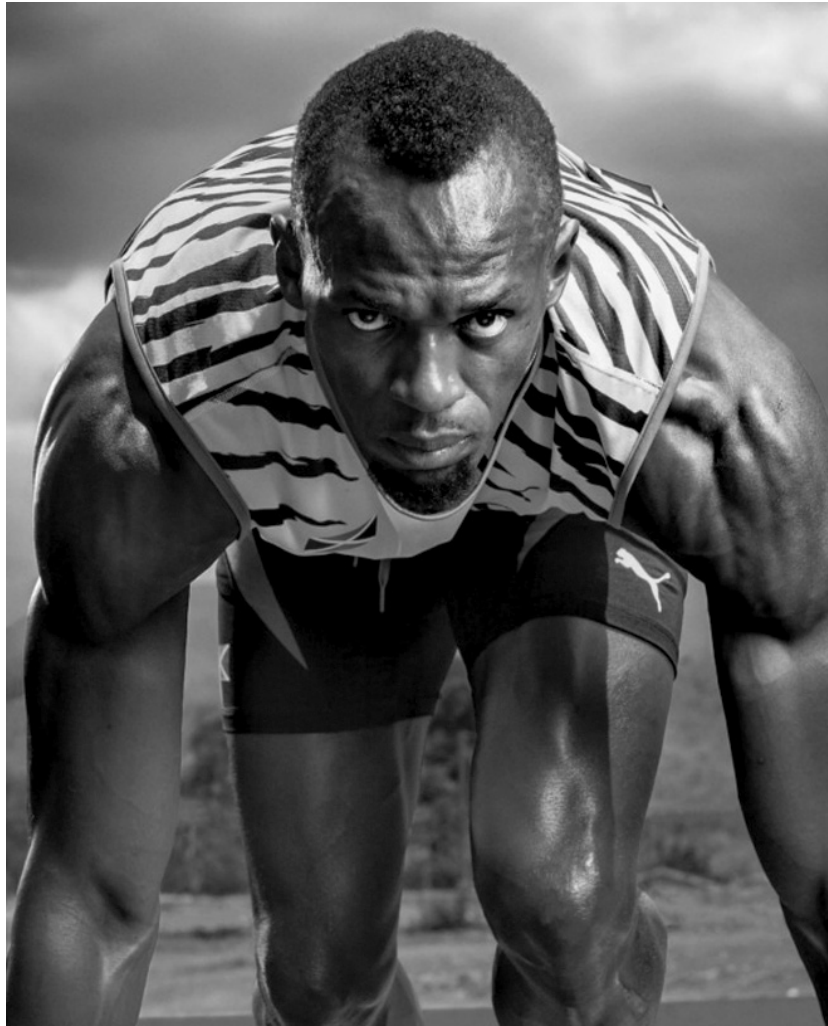
He added that "It is a grave disappointment, and we are hoping that the matter will be resolved in a way that Mr Bolt will recover his money and be able to live in peace".

Reacting to the development, Stocks and Securities Ltd said in a statement that it learned of the fraudulent activity by a former employee and had alerted law enforcement to the situation.

The company also said that it had taken measures to secure customers' assets and tighten protocols.

Jamaica's Finance Minister Nigel Clarke claimed that SSL had committed "alarming and evil fraud" and promised to "bring all perpetrators to justice."

Reports have it that Bolt's account with the company was created to act



as a pension for both of his parents and the eight-time Olympic gold medal-winning sprinter.

The Olympic legend who was born on August 21, 1986, retired in 2017 after dominating the sprinting world for a decade.

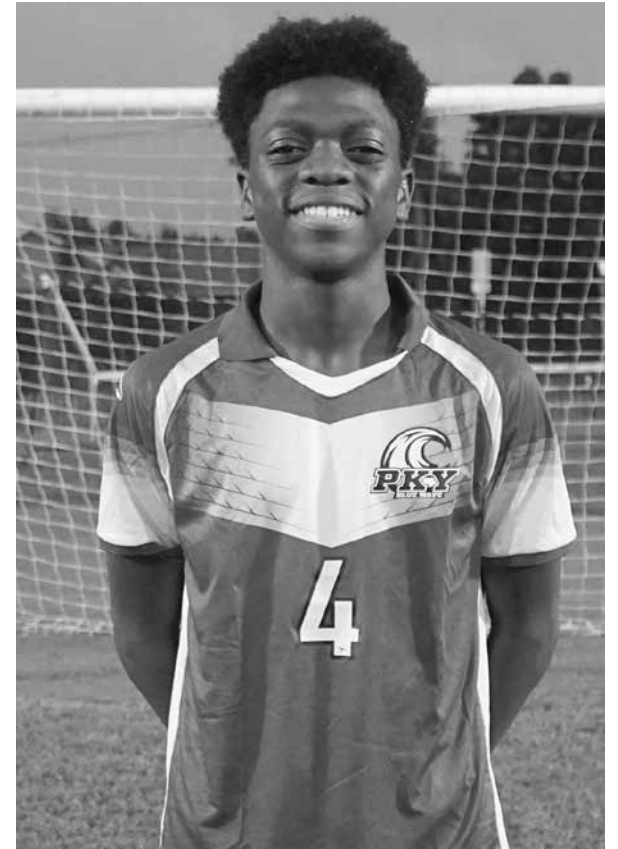
He is a nine-time Olympic gold medalist, an eleven-time World Champion, a six-time IAAF World Athlete of the Year, and a four-time Laureus World Sportsman of the Year.

He is widely regarded as the greatest runner of all time. He holds world records in the 100m (9.58 seconds), 200m (19.19 seconds), and

4x100m relay (36.84 seconds). He is the only athlete in history to have won four World Championships in the 200-meter dash. He also became the "Order of Jamaica's" youngest member in 2009.

Bolt was named "Laureus World Sportsman of the Year" three times, in 2009, 2010, and 2013.

He has been named the "IAAF World Athlete of the Year" six times, in 2008, 2009, 2011, 2012, and 2016 and is the only athlete to have won three consecutive gold medals in the 100m at the Olympics in 2008, 2012, and 2016.



Young teen sensation Bolu Olabige Declares Availability to Play for Nigeria

By Tunde Ajibode

Barcelona Academy star, Bolu Olabige has declared that it would be a dream come true for him to represent Nigeria at the international level.

Olabige, a winger of Nigerian descent, and plays for Barcelona Residency Academy in Casa Grande, Arizona, United States of America, USA.

I am definitely interested in playing international football because this would help fulfill my dream to represent my fatherland and bring the best of me in giving a good account of myself and skills," Olabige stated in an interview.

"If invited by the football team selectors, it will be a great privilege and honor to put on the green-white-green jersey of Nigeria, the Great football giant of Africa."

Olabige is a talented winger who's got eyes for goal, with his trickery foot work and pace. We hope the NFF doesn't let this talent slip away from their fingers.

Nadal loses to McDonald in Australian Open second round

By Tunde Ajibode

Defending champion Rafael Nadal has been eliminated from the Australian Open after he suffered a second-round defeat at the Australian Open to Mackenzie McDonald.

Nadal clearly struggled after hurting his hip late in the second set. He was trailing by a set and a break when he pulled up with the injury.

This is Nadal's earliest elimination at the Australian Open since 2016. He had a great outing last year as he came back from two sets down to defeat Daniil Medvedev during the final last year.

After the defeat, Nadal rose to a standing ovation from the crowd and he turned to wave to every corner before leaving the stadium.



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It is of the Lord's mercies that we
are not consumed, because His
compassions fail not.

They are new every morning:
great is thy faithfulness

Lamentations 3:22-23

**Nigerian Canadian
Newspaper Canada**



Canada agrees to settle residential schools lawsuit for \$2.8bn

By Stanley Ugagbe

The Prime Minister Justin Trudeau-led Canadian government has agreed to pay C\$2.8bn (\$2.09bn; £1.68bn) to settle a class-action lawsuit seeking compensation for the loss of language and culture caused by its residential school system.

According to reports, government-funded compulsory boarding schools were part of a policy meant to assimilate children and destroy indigenous cultures and languages.

NCNC learnt that the money will be paid to a non-profit trust independent of the government. However, the settlement must still be finalized and approved by a court.

It could be recalled that the lawsuit was

brought by 325 First Nations in 2012, and sought reparations for the abuse indigenous Canadians faced at the government boarding schools.

Archives have it that some 150,000 First Nations, Métis and Inuit children were taken from their families and placed in these schools from the 19th Century into the 1970s. Reports had it that many then suffered physical, emotional and sexual abuse.

Court records have it that survivors testified about children who died at the schools, where students were often housed in poorly built, poorly heated, and unsanitary facilities.

Remarkably, Indigenous communities have in recent years found evidence of hundreds of unmarked graves on the grounds

of former residential schools. These discoveries have reignited debate about the system.

Minister of Crown-Indigenous Relations, Marc Miller who announced the settlement at a recent event, said it would not “erase or make up for the past” but “what it can do is address the collective harm caused by Canada’s past”.

Speaking, former chief of the Tk’emlups Nation and British Columbia regional chief for the Assembly of First Nations, Shane Gottfriedson said during the event that it had “always been a fight with government” to settle Native Canadian human rights and land claims.

“This is the beginning of a new era in Canada for our people,” he said.

According to the government, the settlement will be placed in a not-for-profit trust to support “healing, wellness, education, heritage, language and commemoration activities” for indigenous Canadians over the course of 20 years.

Reports have it that more than 130 residential schools were operated in Canada between 1874 and 1996.

It could be recalled that the landmark Truth and Reconciliation Commission (TRC) report, released in 2015, concluded Canada’s residential school system amounted to “cultural genocide”.

Reports said at least 3,200 children died while attending a residential school, though advocates have said this number is likely much higher.

4 must-haves for expecting parents

(NC) Becoming a new parent can be equal parts exhilarating and terrifying. Before you introduce your baby to the world, here are some essentials that you’ll want to have on hand.

Infant car seat

A properly sized and installed infant car seat is crucial for your baby’s safety and comfort. It’s also required by law, and the hospital won’t let you leave with your baby without one. Infant seats face towards the back of the car, so you’ll want to pick up a mirror that hangs off the back seat headrest to keep an eye on your little one.

Baby monitor

With a monitor, you can keep track of baby’s sleep habits without having to open the door and disturb your little one’s slumber. Higher-end models include video monitors and motion sensors that can alert you if your child isn’t moving.

Baby carrier

While a newborn’s neck isn’t strong enough to support its head on its

own, ask your pediatrician when it’s safe for them to explore the world from a carrier. This not only keeps baby snug up against you, it gives your child a new view of the world around them and frees up your hands while keeping the baby close.

Pumps and accessories

Help other family members handle some feedings and buy yourself some extra personal time by pumping excess milk. Manual pumps are cheaper, but can get tiring to use on a regular basis. A battery-operated pump makes the job much easier and more efficient.

Also stock up on nursing bras that can do double duty to help provide both support and pumping access, such as the Medela 3-in-1 Nursing & Pumping bra. And to prevent nipple soreness and dry skin make sure you have a soothing lotion on hand, like Purelan lanolin cream, which is safe to use nursing.

Find more advice to support your parenting journey at medela.ca.

COVER STORY

Chuma Asuzu

items instead of hiding them. The name Noro is an offshoot of the Igbo which means “stay”.

Chuma Asuzu, a Toronto-based design engineer, came up with the concept some years ago while travelling frequently and first saw the Noro concept in March 2019 after he was gifted a record player.

While talking to blog-TO, he said: “I wanted to make a stool to hold both the turntable and vinyl records and one that I can put up and take down with ease.”

“Most furniture requires reading instructions and having nails and tools

to put it up, which is difficult when you move around a lot. That’s when I got the idea. I wanted to design something easy to use and elegant.”

It comprises four parts made of Baltic birch plywood, that are joined by three actions by fixing the parts together.

The stool was designed to be versatile and according to him, his partner uses the stool as a bedside table for her books. Also, the stool is strong enough to be placed in small spaces for extra seating. Meanwhile, it is light to pick up and be carried easily.

Asuzu said: “The

stool was accepted at the Toronto Design Festival, known as DesignTO, and will be on display at the Saving Grace restaurant in Trinity Bellwoods as part of the festival. People were pretty impressed with the flexibility of the stool and that it’s made right here in Ontario.”

Though Asuzu has produced a few for friends, the general public will not be able to purchase them until Asuzu completes its Kickstarter campaign for the stool. The campaign will generate the money required for production at a factory he works with in the GTA.

If the campaign goes

well, everyone who backs it will receive the stool when its production is completed, although the supply is capped at 100 stools.

Asuzu said: “Over the years I’ve designed quite a few pieces of furniture for personal use, such as I worked as a design engineer for a number of years, so it’s been great to be able to use those skills to build products that people love.”

“After the Kickstarter campaign, I’m hoping to get Noro in a few stores in the Toronto area. And I’m working on a new product: an interval timer that helps you learn new habits.”

ANSWERS OF YOUTH CORNER – PAGE 20

MENTAL REASONING

ANSWERS:

(1) C (2) A (3) B (4) C

Study the sample carefully and answer the following

Answers: Using sample 1 (12 - 5 = 7, 3 + 7 = 10)

(1) = D; 22 - 15 = 7, 7 + 1 = 8

(2) = E; 18 - 4 = 14, 14 + 3 = 17

From example given, 6 x 6 = 36 - 12 = 24

(3) 4 x 4 = 16, 16 - 12 = 4 answer is option D

(4) 5 x 5 = 25, 25 - 5 = 20 answer is option E.

CROSSWORD PUZZLE

Across

4. Gives us light at night = moon
 6. A mountain that can explode = volcano
 7. A big body of water = ocean
 9. This animal has eight legs = spider
 10. Water that falls from the sky = rain
 11. White and very cold = snow
 12. Winged animal that lives in a cave = bat
 13. Green, soft and grows on the ground = grass
- Down
1. Animal that is known as the king of the jungle = lion
 2. Big hairy animal that eats fish = seal
 3. High and rocky = mountain
 4. Animal that climbs trees and eats bananas = monkey
 5. Needed to make it rain = cloud
 8. A big group of trees = forest
 9. Gives us light and warmth = sun
 10. Body of water that flows into the sea = river

COVER STORY

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Tips for heartwarming gatherings



(NC) During the cold winter months, many of us look for ways to keep connected with family and friends. Here are some ideas for heart-warming get-togethers, and tips for how to keep gatherings healthy, including helping to prevent the spread of respiratory viruses, like COVID-19, colds and flu.

THROW A SKATING PARTY

Outdoor activities remain a safer way to get together as a group over the winter months. Visit a local skating rink or create one in your own backyard. Whether you opt for a game of pick-up hockey, practice your figure skating spins, or simply glide your way across the ice, it's a fun way to spend time together. Make sure to take regular hot chocolate breaks for maximum enjoyment.

SEEK OUT TOBOGGANING

THRILLS

After a winter snowfall, get a group together, grab your sleds and meet at the best local hill for another great outdoor activity. Remember to use common sense safety, such as wearing a helmet, sliding far enough apart to avoid collisions and looking out for obstacles in your path.

And of course, be sure to stay at home and away from others if you've got cold or flu like-symptoms. This will help prevent others from getting sick.

HOST A GAME NIGHT

If you're not keen on outdoor activities, consider having a few friends or family members over for a game night. Ask everyone to bring their favourite activity and rotate through them. Games can be a wonderful way to keep conversations going and learn new things about each other—like who's most competitive. If competition isn't

for you, try out cooperative games where players work together to beat the board.

This idea is best for smaller groups of four to eight people. Fewer people is also a good idea to help minimize spread and exposure to respiratory viruses.

Open a window or exterior door whenever possible – even if it's cold outside. A few minutes of fresh outdoor air can still help improve ventilation and reduce the levels of infectious particles in the air. This is especially important when you're with people from outside your immediate household. Still too cold out? That's okay. You can also run your kitchen or bathroom exhaust fan to help freshen the air.

HOST A MOVIE NIGHT

If games aren't really your thing, maybe get your group together for a cozy movie night. Consider a theme like Spooky Friday for scary movies. Or, put

everyone's recommendations in a bowl and pull one at random each time. But, as always, pay attention to how you feel before any event and stay home if you have any symptoms, such as runny nose, cough, or fatigue.

If you're serving popcorn or other snacks, consider giving each guest their own bowl so everyone can have their own stash.

If you're planning on getting together with a larger crowd, remember that face masks are still a good way to help protect yourself and others in indoor places.

Whichever way you end up spending time with friends and family, staying up to date on your COVID-19 and flu vaccinations is always a good idea to help avoid hospitalization or serious illnesses associated with these viruses.

Find more information at canada.ca/coronavirus.

5 ways to be your own Valentine this year



(NC) Valentine's Day is a holiday all about celebrating love. The most popular, of course, is romantic love, however, there are many other types of love that we can celebrate. Parental love, sibling love, friend love, pet love, and most importantly, self-love. Whether you're single, or in a relationship, it's important to treat yourself.

Here are the essential tips for a date night with yourself this year:

1. GIVE YOUR SKIN SOME TLC

Give yourself the gift of a spa day in your own home by masking up. Don't just stop at facial masks, you can get moisturizing masks for your hands, feet, and lips, too. Life Brand has a great selection for your entire body to leave your skin feeling nourished and smooth.

2. SCRUB-A-DUB

Bath bombs are a quick and easy way to feel pampered. Transport yourself to a tropical destination with a Pina Colada bath fizzle, or have your cake and bathe in it too with a fragrant Vanilla Cupcake fizzle.

3. INDULGE

Did you know that eating chocolate releases the same chemicals in the brain as romantic love? Since today is all about you, the best news is that you don't have to share your box of chocolates with anyone.

4. GIVE THE GIFT OF SCENT

Another timeless Valentine's Day tradition is to give flowers. This year, freshen your home with the scents of spring and buy yourself some roses.

5. GET COZY

Cozy up with some herbal tea or hot chocolate, put on your fuzziest socks and press play on your guilty pleasure TV show or movie. This is the perfect time to laugh, cry, or scream at the television like no one is watching.

You can find all the essentials you need, and more, at your local Shoppers Drug Mart.

The importance of self-care

(NC) When hearing the words "self-care," some people may think it means indulging yourself, such as getting a massage or buying yourself a treat. In some ways it can include these types of things, but it is also much more. Whatever your form of self-care, there is real value in taking care of yourself in simple, regular ways. For you, it might be your daily walk through the neighbourhood, a good chat with a friend or a session with a therapist.

Taking care of your physical and mental health can help you

handle difficult experiences, help you feel more confident in yourself and your abilities and improve your ability to regain some control after you've been through a tough time.

Of course, many things can affect mental well-being, and they aren't all within our control. But, having things to look forward to and putting aside time to prioritize yourself are important parts of everyone's well-being. As many of us learn the hard way, you can't do your best for anyone else if you're not showing up for yourself.

If even the small

things seem challenging or you're finding that emotions like sadness, worry, loneliness or anger are long-lasting or interfering with your daily routines, it may be time to reach out for help. This is another important act of self-care itself.

There are many free and credible mental health resources available online, including self-guided therapy, one-on-one counselling with qualified health professionals and moderated peer-to-peer support. You can find more information about these resources at canada.ca/mental-health.

over inheritance than children from different mothers.

The agony suffered by both men and women in the hand of unnatural laws and doctrines is too stifling for comfort. In 2002, five hundred and two (502) Reverend Mothers were reported to have died while procuring abortion in Rome.

Nigerian Tribune wrote an editorial on the unfortunate incident. And stories of Reverend Fathers having children and sodomising young men in their care are legion! Why the hypocrisy? Why should the world continue to live the life of ostrich? A well known Nigerian journalist hid his other wives from his wife because his religion would not permit of it

and his wife, living in monogamy should not hear of it.

At his funeral service programmes, his nine wives surfaced and the woman parading the ring collapsed. It was the grace of God that prevented double interment that day! The western world, which had not learnt the art of living amicably with more than one partner under the same roof but has indulged in multiple serial marriages, divorcing (and in extreme cases, murdering) innocent wives under flimsy excuses so that another woman can move in, should not be measure of standard for the world. Thank God Mrs. Hillary Clinton in the U.S. and Mrs. Cook in England were very much wiser.

They refused to allow

some indiscretion on the part of their husbands to ruin their marriages. There was a well-known American actor who passed on about a decade ago and all his 11 ex-wives with their numerous children attended his funeral.

To ridicule the lie of their hypocritical existence, all the women were recognised and addressed as wives. As far as records show, the man had 11 wives! Society must rethink this issue of pretentious monogamy vis-à-vis polygamy so that in the not-too-distant future, we do not end up with millions of unmarried women whose life styles would be worse than prostitutes' and millions of children whose fathers would be nowhere to be found.

THE AGONY OF MONOGAMY – PAGE 7

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