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COUP: GENERAL TCHANI DECLARES HIMSELF NIGER REPUBLIC LEADER



Niger, Gen. Omar Tchiani

By Stanley Ugagbe

Following a dramatic coup that he has seen President Mohamed Bazoum ousted, General Abdourahmane Tchiani has declared himself as the new leader of Niger Republic.

Also known as Omar Tchiani, he staged a takeover which started when the presidential guards unit he led seized the country's leader.

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REMARKABLE FATHER'S AWARD HOLDS AUGUST 20

By Stanley Ugagbe

The first edition of Remarkable Father's Appreciation Dinner event, an Initiative of the Nigerian Canadian Newspaper Canada aimed at celebrating the unsung and heroic deeds of Fathers is set to hold on August 20, 2023.

According to the organizers, this noble event will hold at Banquet and Convention Centre, 220 Humberline Drive, Etobicoke, Ontario M9W 5Y4.

The multicultural event is geared towards celebrating fathers who have been contributing meaningfully to the twin projects of community and nation-build-

ing, and have a track record of impacting lives in their various fields.

"In a World where Fathers are underappreciated and celebrated, we strongly believe that a program as this is needful to properly honour the unwavering, passionate impact of Fathers, who have diligently pursued careers, helped build communities and are committed to nation building.

"Without mincing words, Fathers are the bedrock of the home front, who do all manner of jobs and businesses to ensure that their families lack nothing. In the home front, a Father can become an Engineer, Doctor, Carpenter, Plumber but to mention a few just

to ensure that things are in order in his home. He is also expected to enormous societal demands. Yet, they are mostly underappreciated.

"It is on this note that the Nigerian Canadian Newspaper Canada, the foremost Canada-based Nigerian Newspaper that heralds the Nigerian/African perspective to the over one million Africans living in Canada, in collaboration with the "Remarkable Mother's Award (RMA) Gala" put this event together to honor deserving Fathers who have distinguished themselves in the home front, community and society through their invaluable

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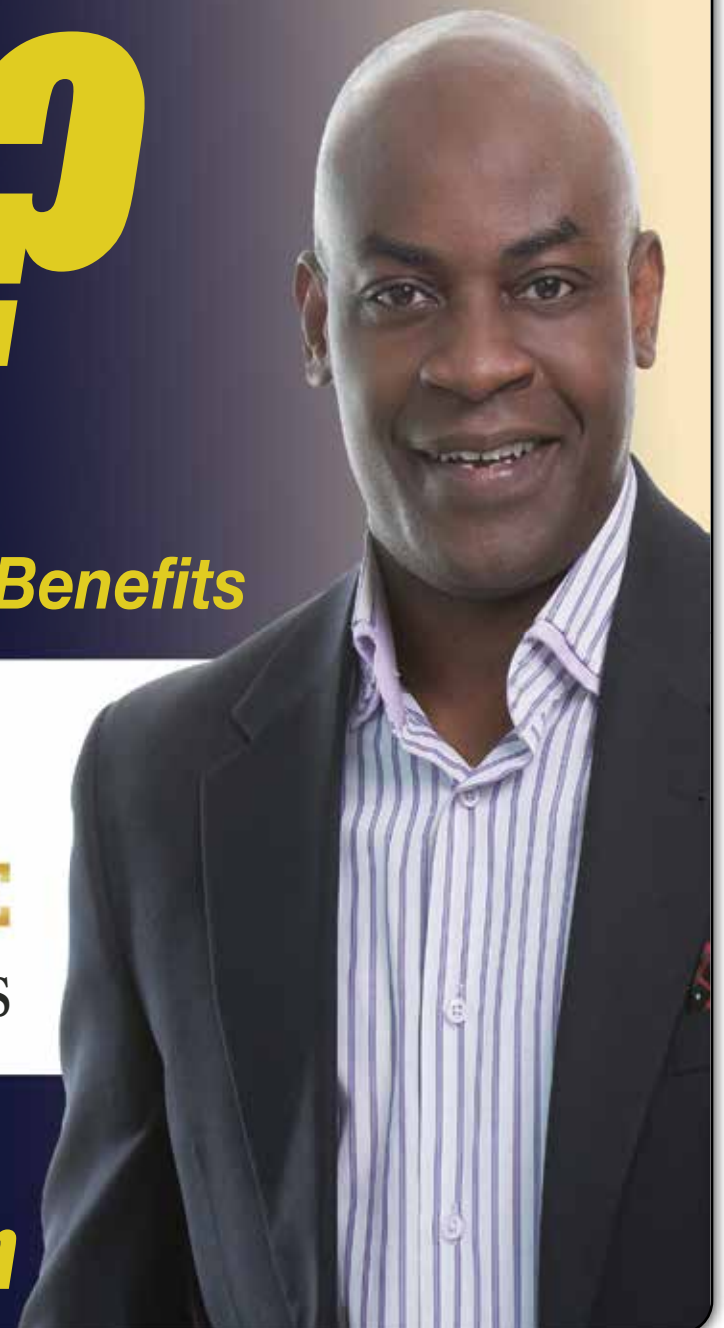


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Publisher:
Ngozi Ugoh

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

Tel: 416-318-3506

Youth:
Dima Ugoh

admin@nigeriancanadiannews.ca

Advertising Executive:
Ogo Anozie

admin@nigeriancanadiannews.ca

Contributors

Oluchi Ugoh
Pastor Amos Dada
Dele Akitilo
Stanley Ugagbe
Agatha Edo
Funmi Adeshina
Yahaya Othman

Graphics & Layout

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

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Tel: 416-318-3506

E-mails:

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

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Strengthening Ontario's Economic Ties

As world economies continue to recover from the gross effect of the COVID-19 pandemic that overhauled the globe negatively, there is a growing recognition that strengthening economic security requires cooperation with like-minded partners.

Experts have recommended that leaders must develop a better understanding of what each member means by economic security as they do not see eye-to-eye in determining how far the scope of national security should stretch into the sphere of economic activity.

Without mincing words, international economic cooperation is essential for durable growth of the world

economy. Though the range of issues that fall under the concept of economic security is vast and continuously expanding, the focus of current international collaborative efforts in strengthening supply chain resilience and tackling economic coercion is a right step in the right direction and must be sustained to keep economies floating.

The recent move by the governments of Ontario and Michigan to build on their long-standing economic relationship through a new partnership that will increase trade, attract investment and encourage job creation in both jurisdictions is pragmatic, timely and people-oriented, making it a laudable feat. Accord-

ing to the agreements reached, the new Economic Cooperation Memorandum of Understanding (MOU) will support joint initiatives in priority areas, such as electric vehicles and related supply chains.

The agreement which was signed by Premier Doug Ford and Governor Gretchen Whitmer during a virtual ceremony has it that these initiatives could include joint trade promotion and missions, new post-secondary exchange programs, and efforts to identify opportunities for strategic partnerships that will help businesses compete internationally.

Premier Ford said "Ontario and Michigan share deep economic ties as partners, neighbours and friends. This agreement will help open even more opportunities to work together and drive further economic growth. As we navigate global uncertainty, now is the time to strengthen this important relationship to build our economies, further integrate our supply chains and create good-paying jobs on both sides of the border."

On his part, Governor Whitmer said "As home to the busiest border crossing for goods between the U.S. and Canada, Michigan and Ontario have deeply shared economic interests on issues from future mobility to agricul-

ture." "Canada was the top destination for Michigan exports last year, putting \$27 billion into our economy and creating thousands of jobs across our state. Today's Memorandum of Un-

derstanding will reaffirm our partnership and foster greater collaboration on trade, technology, cybersecurity, agriculture, and more. Let's continue to work together to grow our economies, invest in our people, and usher in a bright future."

Remarkably, Ontario and Michigan share the busiest border crossing in North America and are each other's largest trading partner with total trade valued at over CAD \$80.6 billion last year. In view of this, deepening economic ties was sacrosanct. There was a need to adopt a more expansive logic of economic security and explore all possible venues to improve the financial system for the common good.

Under the new Ontario-Michigan MOU, the two jurisdictions will work together to identify opportunities for strategic partnership and joint trade promotion, improve access to information and facilitate more efficient border crossings. In addition to collaborating on electric vehicle adoption and related supply chains, other priority sectors include advanced technology, cybersecurity, agriculture and rural development, alternative clean fuels and travel and tourism.

As part of the MOU, Ontario and Michigan will establish a Procurement Cooperation Council. The council will support an open dialogue on government procurement, improving transparency and engagement on government purchasing for businesses from both jurisdictions.

We strongly believe that strengthening Ontario's relationship with her partners in Michigan will help create the right conditions to ensure that businesses in both jurisdictions, including those in our auto sector, remain globally competitive. This is especially true considering the quest to build Ontario's end-to-end electric vehicle supply chain and other priority sectors. The initiative if properly harnessed, will surely birth more good-paying jobs and help businesses grow.

The need to recognize the importance of promoting and protecting investments in both our countries cannot be overemphasized. It is important that the government continue to facilitate investments and that they provide a transparent legal framework to investors. We believe that this will be crucial to fostering investor confidence.

More so, incorporating sustainable development and responsible business is another element that we feel is very important.

To strengthen economic security, we recommend that the Ontario government advances the concept of economic security, manage trade-offs better, focus on coordination not joint instruments, better align existing platforms, and engage with more thriving global economies.



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TRAVEL

WHAT ALL CANADIANS SHOULD KNOW ABOUT RISING RATES OF KIDNEY DISEASE

(NC) Let's debunk a myth about kidney disease: it does not only affect people with high-risk factors such as diabetes and high blood pressure. It can affect people who seem otherwise perfectly healthy and fit, including children and teens.

It's estimated that nearly four million Canadians suffer from kidney disease, and about 4,000 die from it annually.

Because kidney

disease can progress without any noticeable symptoms, many Canadians are unaware they have any issues until permanent damage has occurred and life-saving treatment is necessary.

For those in later stages of the disease, dialysis is the go-to treatment. It often leaves patients and families physically and emotionally overwhelmed. Dialysis can involve four to six

hours of treatment, three to six days per week for the rest of the patient's life, often with distressing side effects. This extensive treatment also uses significant resources and dollars from the health care system.

But dialysis is just a bridge to help people get to the best treatment option: a donor kidney. Almost 80 per cent of Canadians on the waiting list for an organ transplant

are waiting for a kidney. Currently, wait times for kidneys from deceased donors are four years or more, meaning most patients die before receiving a transplant.

However, there is a life-saving alternative: living organ donors. You do not need to be related to the recipient to be a match. If you are healthy enough, you could be a match for a neighbour, friend or stranger.



If you have a medical condition that increases your risk of kidney disease, speak to your doctor about monitoring

your kidney function. Find more information about kidney disease and living organ donation at kidneyalliance.ca.

NATURAL WAYS TO CURE BODY ODOUR

By Stanley Ugagbe

According to experts, body odour happens when the bacteria on our skin mixes with sweat, resulting in an unpleasant smell. It is one of the most embarrassing things that can happen to anybody.

Sadly, body odour does not only discomfort the person it is emanating from, but also people around.

Though most people

use deodorants to hide or prevent body odour, there are natural remedies besides regular deodorants that can help you treat body odour. So, instead of relying on these temporary perfumes that wear out eventually, you can try different natural remedies that will effectively combat body odour.

Experts recommend the following effective home remedies to get rid of your body odour:

PRIORITISE HYGIENE

You would be on your way to having an odorless body if you make hygiene a top priority in your daily routine. Try to properly take your showers at least twice a day using a mild, unscented, natural soap. Pay special attention to areas that tend to sweat more, such as your underarms, feet, and groin. Keeping these areas clean and fresh is vital in preventing body odour.

COCONUT OIL

According to experts, the properties found in coconut oil limit the growth of odour-causing bacteria. It also has the added benefit of promoting digestive health and fighting off bad breath.

So, simply apply a small amount of coconut oil to your underarms. Applying coconut oil to the skin and adding it to your diet will help prevent body odour.

BAKING SODA

Researches have it that baking soda acts as a natural deodoriser and absorbs odour. Create a paste by mixing baking soda with a little water. Apply it to your underarms and leave it on for 10-15 minutes before rinsing off. But if you have any burning sensation on applying baking soda, wash it off immediately.

LEMON JUICE

It has been discovered that the citric acid in lemon

juice helps neutralise odour. Cut a lemon in half and rub it directly onto your underarms. Leave it for a few minutes before rinsing off in the shower.

APPLE CIDER VINEGAR

Apple cider Vinegar is a fermented juice made from crushed apples. It helps balance the skin's pH and fights odour-causing bacteria. Mix it with water and apply it to your underarms using cotton wool. Let it dry and rinse it off in the shower.

Canadian Government Launches \$156 Million Suicide-Prevention Hotline with 988 Dial Code



Carolyn Bennett

By N.Ugoh

Mental Health Minister Carolyn Bennett announced the allocation of \$156 million over three years to establish a new three-digit suicide-prevention hotline in Canada. Starting from November 30, individuals in crisis can simply dial 988 from anywhere in

the country to connect with trained responders through phone or text message services, available 24/7 in both English and French.

The Centre for Addiction and Mental Health will be entrusted with the funds to operate and launch the hotline. Additionally, the organization

will receive an additional \$21 million to enhance the capacity of distress centers, preparing them for the anticipated surge in service demands.

While the initiative received unanimous support from the House of Commons, the Canadian Mental Health Association cautions that the hotline's effectiveness relies on the availability of accessible local mental health services. Currently, long wait-lists are overwhelming, and the new hotline is expected to generate a four-to six fold increase in demand. Without well-established community-based services, the hotline could lead to new wait-lists, making further improvements crucial for comprehensive support.

SOME KEY LIFE SKILLS EVERY YOUTH NEEDS TO MAKE IT IN TODAY'S WORLD

By Stanley Ugagbe

"Even a Professor needs a skill," was the theme of a revolutionary event that was recently held in one of the Universities in Nigeria. The organizers of that event, who are abreast of the times we are in, thought it was to educate students on the imperativeness of having a skill.

The world is evolving very fast and to remain relevant, young people must equip themselves with the right set of skills to navigate the challenges and seize opportunities that come their way.

According to experts, below are five important skills that young people

must prioritize to make it in today's world:

Financial literacy: In today's world, financial intelligence has been adjudged one of the basic skills that anyone who desires financial success must have. Experts believe that adapting key financial strategies such as budgeting, saving, investing, and managing debt would give you a solid foundation for a secure future. Practice disciplined spending, differentiate between needs and wants, and prioritise saving for the future. It is germane to note that financial literacy is a lifelong journey and you must constantly learn more about this skill to remain afloat.

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Dr. Kaura's Five Tips for a Safe Summer



Dr. Kaura

Summer is here, a time to enjoy the outdoors with family and friends. Here are Dr. Kaura's tips for a healthy and safe summer:

1. Check the air quality.

During warmer months and especially when wildfire smoke is present, air quality can be poor. It is important to know the local air quality health index (AQHI) before heading out. If necessary, adjust your activities to reduce the risk of over-exposure to potentially harmful air pollutants. Check local AQHI and weather conditions, https://weather.gc.ca/index_e.html, and if you suffer from conditions like asthma, have your inhaler on hand.

2. KEEP YOUR SKIN SAFE.

Enjoying the long and hot summer days is something we wait for all

year. Sunny days come with fun and enjoyment, but also with prolonged exposure to UV rays and an increased risk of skin cancers, as well as eye and lip cancer. Always use a broad-spectrum sunscreen, SPF 30 or higher, to help reduce the risk.

3. Watch out for ticks.

Ticks have become more common in Ontario and can be carriers of Lyme disease – an inflammatory infection that spreads to humans through tick bites. Prevent infection by avoiding tick-infested areas whenever possible and take precautions when hiking in high-grass areas. Wear long-sleeve shirts and long pants tucked into your socks, and use "DEET" or "icaridin" insect repellent. When you get home, check for ticks and put your clothes in the dryer.

For more information, visit <https://www.ontario.ca/page/lyme-disease>.

4. BE SAFE AROUND WATER.

A great way to spend a beautiful summer day is at the beach, a pool or at a nearby lake. However, there are risks that come with spending time in or on the water. Avoid deep or unknown waters, stay within water areas you feel confident and capable in, and always wear a well-fitted lifejacket when boating or on water craft. Teach children about water safety and ensure they are always supervised near pools and other bodies of water.

5. BE ACTIVE, BUT SAFE.

Summer is a great time of year to be active. Running, cycling and roller-blading are great for your heart and muscular health. Stay safe and always wear proper protective equipment like helmets, knee and elbow pads and bright clothing, and be aware of your surroundings. Everyone, especially children, should always wear a helmet when cycling or roller-blading.

Carolyn Bennett, Mental Health and Addictions Minister, Announces Retirement from Politics



Carolyn Bennett

By N.Ugoh

In a significant announcement, Carolyn Bennett, the esteemed Mental Health and Addictions Minister, has revealed that she will not seek re-election as a member of Parliament. With a remarkable career spanning several decades, Bennett conveyed her decision to Prime Minister Justin Trudeau, expressing her gratitude for the opportunity to serve her devoted constituents in Toronto-St. Paul's, calling it the "best job" she has ever had.

The momentous news coincided with Bennett's announcement of vital government funding for a new

988 suicide crisis hotline in Toronto, underscoring her unwavering commitment to mental health and well-being.

A highly respected figure in Canadian politics, Carolyn Bennett was first elected to the House of Commons in 1997, following a successful career as a family physician and an associate professor at the prestigious University of Toronto.

Throughout her illustrious tenure, Bennett held several significant positions, including serving as the Minister of Crown-Indigenous Relations and the Minister of Indigenous and Northern Affairs. Her dedication to addressing the challenges faced by Indigenous communities

earned her widespread admiration.

Before her current role in mental health and addictions, she served as the Minister of State for Public Health under the leadership of former Prime Minister Paul Martin, contributing her expertise to public health initiatives.

As Bennett prepares to retire from the political arena, her legacy remains one of compassion, dedication, and public service. Her contributions to advancing mental health awareness and support, as well as her tireless advocacy for Indigenous communities, will undoubtedly leave a lasting impact on the nation.

As her career in politics draws to a close, Canadians remember Carolyn Bennett not only as a prominent Liberal minister but also as a compassionate and tireless advocate for the welfare of her fellow citizens. Her commitment to public service has been an inspiration to many, and her presence will be missed in the political landscape.

We didn't elect Tinubu to kill us with suffering, Nigerians groan as fuel price soars



Bola Ahmed Tinubu

By Stanley Ugagbe

For many Nigerians, it has been lamentations since the inception of President Bola Ahmed Tinubu's administration due to the removal of the fuel subsidy that has seen the price of the Premium Motor Spirit (PMS), otherwise known as "petrol" skyrocket.

More recently, the Nigerian National Petroleum Company Limited (NNPCL) jerked up the pump prices of petrol to N617 per litre from N500 per litre.

This new hike has gotten tongues wagging as hunger walks on the streets of the nation.

Some Ondo State residents, who spoke with newsmen, decried the hardship that would follow the increment in the fuel price.

They knocked Tinubu's government for increasing the petrol price without considering the plight of Nigerians.

In their words, the new increment of petrol to N617 per litre would further cause untold hardship and give room for high prices of commodities and essential goods.

A civil servant in the state, Ayodele Olufemi, described the increment in the pump price as another attempt to suffer Nigerians, especially in the face of

the current economic realities.

While noting that he voted for Tinubu in the last presidential election, Olufemi explained that the increment in pump price would 'kill Nigerians.'

"We didn't elect President Bola Tinubu to inflict us with this suffering. This new price is killing and it's a policy that doesn't have human face at all.

"I am calling on the President to better review this price immediately before people troop out to the streets and protest against his government. I didn't join others to elect him to increase our suffering," he said.

Another resident, Ruth Omolere, averred that the increment in the fuel price is "shocking and a disaster", arguing

that the poor would suffer the action of the new government more.

She said "Honestly, this is another disaster in the pipeline. How on earth will they increase fuel prices again? We suffered the 8 years of Muhammadu Buhari's government. We want to start suffering again.

"Many of us could not take our children to school when they removed the fuel subsidy and was selling at over N500 per litre. Now they have increased the price again. They should have mercy on poor Nigerians before it is too late."

A commercial motorcyclist, Kunle Momoh, who bought the petrol at the rate of N600 per litre, said the federal government is calling for a 'revolution' by further increasing the price.

He added that, "I bought the product for N600 per litre today as against the initial N500 per litre here in Akure. It's annoying that the government is increasing the price of fuel again.

"This is a disaster and I don't know how this government want us to cope with this. Now, transport fares and prices of commodities would also go up. I think this government is asking us to pour on the street. They want the

people to rise against them."

Already, transportation fares across the nation have continued to shoot up significantly as Nigerians grapple with the ripple effect of the increase in the price of the product.

Recall that on May 29, Tinubu had, during his inaugural speech, announced the removal of fuel subsidy, noting that the money saved from it would be channeled into developing the country.

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Ontario's Education Minister demands comprehensive review of Toronto District School Board following Principal's Suicide

By NCNC Staff

Stephen Lecce, Ontario's Minister of Education, has demanded a comprehensive review of the Toronto District School Board (TDSB) following the suicide of Richard Bilkszto, a principal who had recently filed a lawsuit against the board. Bilkszto worked on a contract with the TDSB after he retired in 2019 and accused the board of failing to back him when he faced racism accusations during a professional training session.

His lawsuit was related to a 2021 anti-racism training session and alleged that he was clearly branded as a white supremacist and publicly condemned in front of colleagues. Further allegations suggested that the TDSB did not investigate his claims of workplace harassment and fought back by excluding him from graduation for a program he had helped create and revoking a temporary contract offer.

According to Lisa Bilyd, Bilkszto's lawyer, her client started a sick leave shortly after the training sessions and got a diagnosis of anxiety secondary to a workplace event. In August 2021, Workplace Safety and Insurance Board (WSIB) made a decision which concluded that Bilkszto had been made to encounter workplace harassment and bullying, granting him loss-of-earnings benefits up to July 1, 2021. Un-



Richard Bilkszto: pic by Toronto Sun

fortunately, Bilkszto committed suicide later that month at the age of 60.

The Toronto School Administrators' Association, which comprises principals and vice-principals at the TDSB, had also demanded an investigation into Bilkszto's claims of workplace harassment. According to the association, no such investigation happened.

Lecce described the allegations as "serious and disturbing" and tasked his staff with reviewing the situation and recommending reforms for professional training and increasing accountability within school boards.

Bilkszto's case has gained attention, especially from right-wing commentators that oppose the implementation of diversity, equity, and inclusion training and initiatives at Canada's biggest school board. A statement released by Bilkszto's family indicated that after his experiences with the board's "equity agenda," he started advocating for

a more "equality-focused" approach.

Also, Bilkszto had kicked against the TDSB's recent implementation of a lottery system for admitting students to specialized programs and schools in areas like arts or athletics, as opposed to using yardsticks like test scores or auditions. He co-founded the Toronto chapter of the Foundation Against Intolerance and Racism, a U.S.-based group that advocates for a "colour-blindness" approach to race.

Though the TDSB has not responded to the allegations, the board has revealed that it shares the Ministry of Education's desire to fully understand what transpired and has committed to aligning with any review. Bilkszto's case highlights the dire need for accountability, transparency, and reform within educational institutions, especially regarding allegations of office harassment and the implementation of diversity, equity, and inclusion training.

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Low-Income Workers to Receive Enhanced Canada Workers Benefit Payments, Department of Finance Says

By Yahaya Othman

A significant number of low- and modest-income Canadian workers will receive their initial automatic advance payments of the newly improved Canada Workers Benefit, as declared by Deputy Prime Minister and Minister of Finance, Chrystia Freeland.

Originally introduced in 2021, the enhancements to the Canada Workers Benefit aimed to broaden eligibility, benefiting an additional one million workers. Now, with the recent approval of Bill C-47, recipients will receive much-needed assistance earlier than before. Previously, individuals had to wait until they filed their taxes to

access this vital support, which plays a crucial role in helping them cover essential expenses such as groceries and rent. The expedited delivery of these payments will offer immediate relief to those who need it most, alleviating financial burdens and promoting economic well-being for Canadian workers.

To top-up the incomes of our lowest-paid—and often most essential—workers, the Canada Workers Benefit will provide up to \$2,616 total for an eligible family, and \$1,518 total for eligible single workers, split between three advance payments this fiscal year (in July 2023, October 2023, and January 2024), and a final payment after

filing their 2023 tax return. Low- and modest-income Canadian workers who received the Canada Workers Benefit in 2022 will automatically receive their advance payments from the Canada Revenue Agency, with no need to apply.

"The Canada Workers Benefit tops-up the income of up to 4.2 million hard-working Canadians—because no one working full-time should be struggling to put food on the table or to pay their rent. With the first quarterly Canada Workers Benefit payments going out tomorrow, we're delivering important support to some of our lowest-paid and often most essential workers

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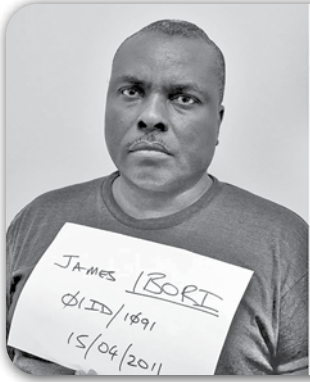
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London Judge Orders Seizure Of \$130M From Ex-Nigerian Governor Ibori



By Yahaya Othman



to the highest courts in the UK," he said in a statement.

The British authorities have obtained a court order in London to confiscate 101.5 million pounds (\$130 million) from James Ibori, a former Nigerian state governor. Ibori was found to have abused his office during his tenure to amass wealth and engaged in money laundering activities both in Britain and other locations. The court order aims to seize the illicit funds accumulated through his corrupt actions.

Ibori, who is in Nigeria, said he would appeal against the confiscation order, one of the largest imposed on an individual in recent British legal history.

"The next steps will be to take my fight for justice

Ibori was governor of oil-producing Delta State from 1999 to 2007 and was extradited from Dubai to Britain in 2011. He pleaded guilty in 2012 to 10 counts of fraud and money laundering and received a 13-year jail sentence of which he served half, as is standard.

The case involving the confiscation of funds from James Ibori has been widely celebrated as a landmark milestone in the battle against corruption, both in Britain, which is recognized as a global money-laundering hub, and in Nigeria. In Nigeria, the culture of self-enrichment among the ruling elite has been a significant hindrance to the country's development for

many decades.

By successfully seeking to reclaim ill-gotten assets and holding those involved accountable, this case sends a powerful message about the determination to combat corruption and money laundering in both countries. It signifies a step forward in promoting transparency, accountability, and the rule of law, while also providing hope for further progress in the fight against corruption and the advancement of development in Nigeria and beyond.

Judge David Tomlinson, delivering the confiscation order at Southwark Crown Court, said Ibori should pay the sum immediately or face an eight-year jail sentence.

Spokespersons to the Nigerian President, Bola Tinubu, did not immediately respond to requests for comment on whether the Nigerian government would cooperate with the British authorities in enforcing the confiscation order.

Ibori frequently mingles with the ruling elite and has influence on Delta State politics.

It has been 10 years since the confiscation pro-

cess started after Ibori's conviction because of lengthy court delays and legal wrangling in London.

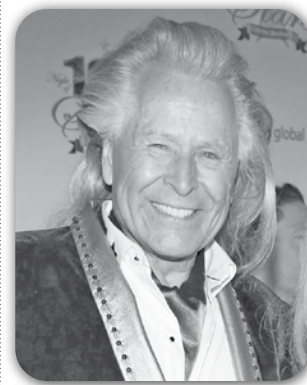
"The long and tortuous road to reach this point shows just how tough it is to recover the proceeds of corruption in the UK," said Helen Taylor, Senior Legal Researcher at campaign group Spotlight on Corruption.

"To ensure justice delayed doesn't mean justice denied for the Nigerian people, it's essential that the UK now makes every effort to ensure the speedy return of this stolen loot to benefit the victims of Ibori's corruption in Delta State," she said.

In a commitment to Nigeria, Britain has pledged to return any funds recovered from James Ibori. As part of this initiative, in 2021, Britain returned 4.2 million pounds that had been confiscated from Ibori's ex-wife and his sister. Both individuals had also served jail time for their involvement in aiding him with his corrupt activities. The repatriation of these funds reflects the efforts to restore illicitly acquired assets to their rightful place and foster transparency and cooperation between the two nations.

YOU & the LAW

Former Fashion Mogul Peter Nygard Faces New Charges of Sexual Assault and Unlawful Confinement Across Canada



Peter Nygard

By N.Ugoh

In a significant development, former fashion mogul Peter Nygard is now facing new charges of sexual assault and unlawful confinement, prompting authorities to seek a second opinion on the evidence outside his home province of Manitoba. The allegations stem from an incident reported in 2020, involving a sexual assault at the Nygard corporate headquarters in Winnipeg in 1993.

The 81-year-old was arrested at the Toronto South Detention Centre and remains in custody for similar charges in Ontario. Surprisingly, there were no initial charges laid in Manitoba, where Nygard's prominent presence had

made him a well-known figure for decades, with Nygard stores adorned with his photos and even receiving a key to the city in 2008.

The decision not to lay charges in Manitoba drew criticism, especially as charges were filed by police forces in other provinces, including Quebec and Ontario, dating back to the 1980s. Furthermore, authorities in the United States have sought Nygard's extradition to face sex trafficking and racketeering charges there.

Amidst growing concerns and to ensure people's confidence in the justice system, the Manitoba government forwarded the investigation to Saskatchewan Justice in 2022 for an independent review, leading to an arrest warrant being issued after reviewing the opinion from Saskatchewan.

Nygard, who founded his fashion company in Winnipeg in 1967, has maintained his innocence throughout the ongoing legal proceedings. However, his company, Nygard International, filed for bankruptcy following an FBI and police raid on his New York offices in February 2020.

Court upholds Trudeau Foundation bid to have sex harassment suit heard in Quebec

By Stanley Ugagbe

In a landmark ruling, the Newfoundland and Labrador Supreme Court has sided with the Pierre Elliott Trudeau Foundation in its bid to have a sexual harassment case heard in Quebec.

Justice Peter Browne in a statement wrote that the case will face fewer procedural barriers in Quebec than in Newfoundland and Labrador.

Browne said "None of the parties has a substantial connection to Newfoundland and Labrador. The only connecting factor is that the parties were participants in a meeting held here in the summer of 2018."

According to reports, Cherry Smiley alleged that she was sexually harassed in June 2018 in St. John's by former Northwest Territories premier Stephen Kakfwi. It is germane to clarify

that Kakfwi was her appointed mentor at the time through a Trudeau Foundation scholarship program, and the harassment allegedly occurred at a multi-day foundation event.

In view of the development, Smiley's lawyer, Kathryn Marshall filed the statement of claim with Newfoundland and Labrador's Supreme Court, but lawyers for the Montreal-based foundation argued that it should be heard in Quebec.

Recall that a hearing about the jurisdictional dispute was held in Newfoundland and Labrador Supreme Court on June 6. It was reported that during the hearing, Marshall argued that the claim should be heard in Newfoundland and Labrador since that's where the incidents allegedly occurred.

According to her, the case could be sunk if it was

ordered to play out in Quebec. Smiley is a graduate student, and it's unlikely she could afford the cost of translating documents into French or find a new, French-speaking lawyer, she argued.

Disagreeing, Browne said "It may lead to some additional costs and inefficiencies initially but the litigation is still in its early stages".

Harping on Browne's decision in an interview, Marshall said she was disappointed, adding that she was still concerned his ruling would prompt her client to end her case. She, however, said her misgivings and criticisms are with the Trudeau foundation and the court system, not with Browne.

Marshall said "The Trudeau foundation has refused to do the right thing from Day 1. This is their responsibility. They failed my client."

According to court documents, the suit was originally filed in 2021 with the Supreme Court of British Columbia, where Smiley is a member of the Nlaka'pamux Nation and of the Dine' Nation. But Lawyers from the Trudeau foundation opposed that jurisdiction, and Marshall

agreed to withdraw the case from the B.C. courts. She filed in Newfoundland and Labrador instead.

The case has now been tied up in the courts in two provinces over several years, which has re-traumatized Smiley, she said. The troubled Smiley expressed dismay that "she's going to have to completely restart her case in Quebec, a province where she is not proficient in the language. She's going to have to find

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SOME PRACTICAL LIFE SKILLS EVERY PARENT MUST TEACH THEIR CHILDREN

By Stanley Ugagbe

In recent times, some parents have mostly concerned themselves with providing basic needs of their children and sending them to school. To some parents, once they are able to do this, they have played their roles properly as parents.

While this is laudable, it is also important to equip your children with the necessary life skills to thrive in this ever-changing world.

The world has evolved beyond just going to school and having paper certificate. There are essential skills that will help your child to thrive if properly inculcated in them. Below are some important life skills that every parent should prioritize teaching their children:

Household chores

Lack of proper training when it comes to household cleanliness is the reason many adults these days don't know how to tidy up after themselves or show concern for keeping their living space clean. It is even sad that some parents see house chores as the girl-child duties hence they exact so much effort

in teaching their daughters to handle all the housework and assign them kitchen duties, while their sons are allowed to play and roam around freely.

It's imperative to equip your child with basic skills for maintaining a clean and organised home, regardless of their gender. Boys and girls alike should be capable of cooking, doing laundry, cleaning, and other household chores.

Cooking and meal preparation

Cooking is a survival skill, and it is important to involve your child in the kitchen. Your children certainly look back someday and thank you for teaching them how to cook. Whether your boy or girl child, you must be deliberate in teaching them how to make good meals. This skill will help them take charge of their food choices and become self-sufficient in the kitchen as adults.

Driving and road safety

At the appropriate time, parents should teach their children, regardless of gender, the rules of the road, safe driving practices, and how to handle various traffic situations. Make sure they understand the impor-

tance of defensive driving and responsible behaviour behind the wheel. Driving is not only convenient but also for safety.

Basic financial management

Teach your child that setting aside money for later can bring them rewards and security. Teach them the basics of budgeting, delayed gratification, saving, and making responsible financial choices. Doing this will help them to develop good financial habits that will benefit them in future.

The native tongue

You may want to argue this but teaching your child to speak their native language from a very young age not only gives them a strong sense of identity but also helps them stand out. Grounding children in their heritage from an early age helps create a sense of identity and familiarity with their roots that carries into adulthood.

Bible says train your child in the way he should go and when he is old, he will not depart from it.

Embrace smart shopping habits: Shop wisely. You need to compare prices, read reviews,

and make informed choices before buying big-ticket items. Consider buying in bulk for frequently used items to enjoy savings in the long run.

Cut down unnecessary expenses: Experts recommend that for a newlywed couple, evaluate your expenses and identify areas where you can make adjustments. Review your monthly bills and trim down unnecessary expenses and redirect those funds towards your savings or investments.

Communicate openly about finances: Communication is an integral part of any form of relationship or marriage. Discuss your financial concerns, share your financial responsibilities, and make decisions together. Regularly check in with each other to stay on track and make adjustments if needed.

Seek professional advice: Just like other life endeavor, when navigating the complexities of finance, seeking professional advice can be invaluable. Don't just rely on your intellect; seeking professional advice will help solve some of those financial puzzles.

CRUCIAL MONEY-SAVING TIPS FOR NEWLYWED COUPLES

By Stanley Ugagbe

As a newlywed, laying a strong foundation for your financial future will help you remain afloat financially.

Remember, love is sweet but in the absence of money, you cannot guarantee how your love story will turn out! A preacher once said, as a man, no matter how anointed your wife is, if you keep telling her there is no money, one day her anointing will turn to annoyance.

As a couple, it is germane that you take the right steps to properly manage your finances to be able to meet your financial needs.

Here are seven practical money-saving tips tailored for you and your partner.

Set financial goals together: Financial experts are of the opinion that whether it's saving for a dream home, starting a busi-

ness, or planning for a family, having common objectives will give you clarity and motivation. So, begin your financial journey by setting shared goals. Discuss your dreams, aspirations, and financial milestones.

Create a realistic budget: You should be able to track your earnings and spending. And, developing a budget will help you manage your finances effectively. Sit down together and create a budget that reflects your combined income, expenses, and savings goals.

Prioritise saving: You would be doing yourselves some incredible good if you make it a priority to save a portion of your income each month. Consider opening a joint savings account specifically dedicated to your shared goals. Set up an automatic transfer from your checking account to your savings account to ensure consistent savings.

SECURING YOUR LEGACY: THE IMPORTANCE OF HAVING A WILL"

By N.Ugoh

Having a will, also known as a last will and testament, is a crucial legal document that outlines your wishes and instructions regarding the distribution of your assets and the handling of your affairs after your death.

Having a will in Canada offers numerous benefits that can provide peace of mind for you and your loved ones. Here are some specific advantages of having a will in Canada:

Control over Asset Distribution: With a will, you can specify how your assets, including property, money, investments, and personal belongings, should be distributed among your chosen beneficiaries. This ensures that your estate goes to the people or organizations you want to benefit, rather than being distributed according to provincial intestacy laws.

Appointing an Executor: A will allows you to designate an executor, also known as a personal representative, who will be responsible for carrying out the terms of your will and handling the administration of your estate. The executor ensures that your wishes are fulfilled, and your assets are distributed as you intended.

Guardianship for Minor Children: If you have minor children, a will enables you to name a guardian to take care of them in the event of your death. This ensures that the custody of your children goes to someone you trust and allows you to have a say in their future upbringing.

Minimizing Family Disputes: A clear and well-drafted will can help prevent potential conflicts among family members over the distribution of your assets. By explicitly stating your intentions, it becomes more challenging for anyone to challenge the validity of your will.

Tax Planning: In Canada, a will can be used as a tool for tax planning to minimize the tax burden on your estate and beneficiaries. Proper estate planning can help reduce the amount of taxes payable, leaving more assets to be distributed to your loved ones.

Efficient Estate Administration: Having a will can streamline the process of estate administration, making it faster and more cost-effective for your beneficiaries. It can help avoid the need for your loved ones to apply for Letters of Administration, which is often required when someone dies intestate.

Peace of Mind: Knowing that you have a legally valid will that reflects your wishes can provide peace of mind. It ensures that your assets will be distributed according to your desires and that your loved ones will be taken care of after your passing.

Flexibility to Update: Life circumstances can change, and having a will allows you to update and revise it as needed. This flexibility ensures that your will remains current and relevant to your situation.

Avoiding Intestacy Laws: If you die without a valid will (intestate), the distribution of your assets will be governed by provincial laws, which may not align with your wishes. Having a will lets you take control and avoid the default intestacy rules.

Preserving Family Businesses: For business owners, a will can help ensure the smooth transition of a family business to the intended beneficiaries, avoiding potential disruptions that could arise without a clear plan.

It's essential to work with a qualified lawyer or estate planner when creating a will in Canada to ensure that it meets all legal requirements and accurately reflects your wishes. Keep in mind that estate laws can vary between provinces, so consulting a legal professional who is familiar with the laws in your specific province is crucial.

The lawsuit which named Kafwi and the Trudeau foundation as defendants, stated that during a three-day Trudeau foundation event in St. John's, Kafwi twice pulled Smiley close to his body and "grabbed her upper arm near her breast."

The suit added that he then squeezed and massaged her arm "for an extended period." According to the statement of claim, he also repeatedly invited her to his home in Yellowknife, once while holding her upper arm.

According to the document, some foundation officials accused her of "blowing things out of proportion," pressured her to sign a non-disclosure agreement, and defamed her. Meanwhile, Kafwi has in a statement of defence, denied any contact with Smiley that "could be construed as being sexual in nature."

CONTINUED FROM – PAGE 8

Birmingham City University Appoints David Mba as its new Vice-Chancellor

By Yahaya Othman

This appointment marks an important milestone for the university as it brings in a highly accomplished and experienced academic leader to steer its future endeavors.

Professor David Mba's selection comes after an extensive search process, during which the university sought a visionary individual who could drive innovation, academic excellence, and student success. With a remarkable track record in the field of academia and leadership, David Mba has already left a strong impression on the educational community.

On his appointment, Professor Mba said: "I am incredibly excited by the opportunity to take on the leadership of BCU at a pivotal moment for the University, as we begin to work to define – and then deliver – our significant ambitions for the next decade. BCU has grown hugely in recent years, in a city which itself has been transformed, providing a powerful base from which we can accelerate towards 2030.

"My priority will be to ensure that everything we do focuses on unleashing the potential of our students, ensuring a consistent focus on their experience, alongside recognising, celebrating and further developing the talent of our staff. By getting that right, we will also meet the needs of the regional and national economy, something that BCU – as a powerful civic University – is uniquely placed to deliver."

Professor Mba's appointment was welcomed by both the University's new Chair of the Board of Governors, Anita Bhalla, and BCU's Chancellor, Sir Lenny Henry.

Ms Bhalla, who oversaw the appointment, said: "I am delighted to have secured such an outstanding talent to lead BCU in the years ahead. David brings a wealth of experience and expertise, as well as a determination to build on BCU's many successes with a razor-sharp focus on ensuring our students have every opportunity to achieve everything they aspire to for themselves.

"There is a great deal to do to ensure we achieve BCU's fullest potential and David takes on a university that achieved a huge amount under the leadership of Professor Philip Plowden. I want to thank Philip for his enormous work over the past six years, during which time BCU's student commu-

nity grew from 23,000 to 31,000, and the University has become an ever more powerful presence in our city and further afield."

Sir Lenny Henry, the celebrated actor, writer and activist, who has been BCU's Chancellor since November 2016, said: "David's appointment as Vice-Chancellor is a very welcome development for BCU's talented and diverse community. It is a huge role at an ambitious and growing institution, and David will bring to it his track record in advocating for social justice – including on the Hamilton Commission and the Stephen Lawrence Day Foundation – as well as his own personal insight into ensuring diversity means opportunity and success for everyone who comes through our door.

"I look forward to working closely with him and the new Chair of the Board of Governors, Anita Bhalla, in sharing BCU's unique qualities with the widest possible audience."

Before his tenure at UAL, Professor David Mba occupied esteemed senior leadership positions at several distinguished universities. Notably, he served in leadership roles at Cranfield University, London South Bank University, and De Montfort University, where he held the esteemed position of Pro-Vice-Chancellor.

His exceptional contributions to the field of Mechanical Engineering have earned him recognition as a Fellow of the esteemed Royal Academy of Engineering. Additionally, his standing in the realm of higher education is acknowledged with the prestigious title of Principal Fellow of the Higher Education Academy.

Throughout his illustrious career, Professor Mba has demonstrated a keen interest in both academic and practical research. His expertise has led him to spearhead numerous research projects, many of which were funded by both public institutions and commercial enterprises. This dedication has resulted in an impressive collection of over 300 publications in reputable journals and conference proceedings.

Undoubtedly, Professor David Mba's accomplishments and credentials make him an invaluable asset to any institution he serves.

His extensive experience, combined with his commitment to academic excellence, sets him apart as a leader and innovator in the field of education and research.

What New Home Owners Need To Know

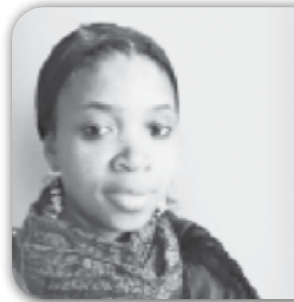
Part One. By Funmi Adeshina

Congratulations on becoming a new homeowner! Here are some important things you should know as you embark on this exciting journey:

1. Understand your mortgage: Familiarize yourself with the terms and conditions of your mortgage. Know the interest rate, repayment schedule, and any other relevant details. Create a budget that includes your monthly mortgage payment and be prepared for potential adjustments in interest rates.

2. Insurance coverage: Ensure that you have adequate homeowner's insurance to protect your property and belongings. Review your policy carefully, understand what it covers, and consider additional coverage options like flood insurance if you live in a flood-prone area.

3. Maintenance and repairs: Regular maintenance is crucial to keep your home in good condition. Learn how to perform basic maintenance tasks like changing air filters, cleaning gutters, and inspecting your home's systems. Set aside a portion of your budget for unexpected repairs and emergencies.



Funmi Adeshina: books, biography, latest update

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4. Utilities and services: Set up accounts for utilities such as electricity, gas, water, and waste management. Familiarize yourself with the service providers in your area and understand how to read utility meters. Consider setting up automated payments or budget billing to manage your monthly bills efficiently.

5. Home security: Evaluate your home's security measures and consider enhancing them if needed. Install quality locks on doors and windows, consider a security system, and ensure outdoor lighting is sufficient. Familiarize yourself with local crime rates and take appropriate precautions.

6. Neighborhood and community: Get to know your neighbors and engage with your community. Attend local events, join community groups, and familiarize yourself with local amenities like schools,

parks, and healthcare facilities. It's important to feel connected and secure in your new environment.

7. Property taxes: Understand how property taxes work in your area. Find out when they are due, how they are assessed, and any potential deductions or exemptions you may be eligible for. Budget accordingly to ensure you can meet your tax obligations.

8. Homeowner associations (HOAs): If your property is part of an HOA, familiarize yourself with the rules and regulations. Understand the monthly or annual fees, any restrictions on property modifications, and the process for addressing concerns or disputes within the community.

9. Home improvement projects: As a homeowner, you may want to make improvements or renovations to personalize your space. Plan your projects carefully, set a realistic budget, and obtain

necessary permits when required. Research reputable contractors and get multiple quotes before starting any significant work.

10. Homeownership costs: Beyond your mortgage payment, be prepared for other ongoing costs associated with homeownership. These may include property taxes, homeowner's insurance, utilities, maintenance and repairs, and possibly HOA fees. Ensure your budget accounts for these expenses to avoid financial strain.

Remember, owning a home is a long-term commitment that brings both joys and responsibilities. Take the time to educate yourself about your property and the obligations that come with it. With proper planning and informed decision-making, you can create a happy and fulfilling homeownership experience.

Follow me on Amazon and get my books:

Canada Revenue Agency investigates 600 employees over inappropriate pandemic benefits payments

By N,Ugoh

The Canada Revenue Agency (CRA) has commenced an investigation into approximately 600 of its employees to analyze cases where workers may have gotten pandemic benefits payments inappropriately. This step is taken by the agency to ensure transparency and accountability in the distribution of funds during the pandemic.

The CRA's review seeks to find out if any of its employees got pandemic benefits payments that they were not eligible for or if there were any cases of fraudulent claims. This investigation showcases the agency's commitment to upholding the integrity

of the benefits system and making sure that funds are given to citizens that truly need them. By thoroughly reviewing these cases, the CRA aims to maintain public trust and address any potential wrongdoing.

The investigation has so far revealed that twenty employees are no longer with the tax agency. This reveals that action has already been taken against those discovered to have been involved in inappropriate receipt of pandemic benefits payments. The CRA has stated that more departures may happen as the investigation continues. These consequences show the seriousness with which the agency is approaching the issue and its commitment

GOODBYE

Nollywood actress, Iyabo Oko, dies

Veteran Nollywood actress, Sidikat Odunkanwi, also known as Iyabo Oko, has died.

Her daughter, Bisi Aisha, announced her death on Facebook saying that the actress died on Wednesday evening.

She wrote: "May ur soul Rest In Peace mummy", she wrote.

On her Instagram page, the actress wrote: "and finally we lost her.. rip Iyabo Oko, we did our best but God knows best"

Before her death, she battled with ill health which made her take a long break from the movie scene



She was born on the 15th of November 1960 in Iwo Local Government Area of Osun State.

Sidikat had stage names like "Iyabo Oko," "Apoti Aje," and "Sisi Mama".

May her soul rest in peace.

to maintaining the highest standards of accountability.

The CRA's investigation came in the wake of the implementation of the Canada Emergency Response Benefit (CERB) in 2020. The CERB was established to provide broad support to Canadians who lost their jobs owing to the economic impact of the coronavirus

pandemic and subsequent closures. However, it is important to ensure that the benefits are fairly distributed and that only eligible individuals get them.

The review of employees' receipt of pandemic benefits payments aims to fish out any irregularities and take appropriate action to remedy the situation.

FOOD & RECIPES

Barbecue and portable butane stove safety



Many Canadians love to barbecue all year-round, but especially when the weather starts to get warm. Find out how to use your barbecue and portable butane gas stoves safely.

BARBECUE SAFETY TIPS

When barbecuing, it is important to follow the manufacturer's instructions. The instructions will tell you how to use, clean and maintain your barbecue.

When setting up your barbecue, make sure it is:

- outside and in a well-ventilated area
- far away from combustible materials and windows and doors
- on an even surface to reduce the risk of it tipping over

OTHER TIPS:

- never leave a lit grill unattended
- use long-handled cooking utensils and heat-resistant mitts to reduce the risk of burns
- inspect your barbecue brush and the barbecue grill before

each use:

- the metal bristles on the brush can become loose over time and stick to the grill.
- the bristles can stick to food and could be accidentally swallowed, possibly causing serious throat or digestive injuries.
- replace your brush regularly to help avoid problems associated with wear.
- alternatives that do not have metal bristles are also available for you to purchase.

PORTABLE BUTANE STOVE SAFETY TIPS

Portable butane stoves with enclosed, disposable gas canisters can pose significant safety risks. These stoves are commonly used for camping and outdoor activities. If the butane gas canister overheats, extra gas can suddenly vent from the canister, creating a flash fire.

- Always follow the manufacturer's instructions. The instructions will tell you how to use, clean and maintain your stove.

• Make sure to install the disposable butane gas canister in the correct position to avoid gas leaks.

• Portable butane stoves should never be used indoors or in confined spaces. The disposable butane gas canister can produce carbon monoxide, which has no smell or colour and can cause symptoms like headaches, shortness of breath, fatigue, and death.

To avoid flash fires from the gas canister overheating:

- Always use the stove with the cooking grate the right-way up, with pot supports facing upwards, the stoves are often packaged and stored with the cooking grate upside-down
- Never place a stove near other sources of heat or place additional stoves side-by-side

• Only use pots and pans that fit the size of the cooking grate on the stove, so they do not cover the gas canister

- Avoid using the stove for long periods of time
- Allow adequate air-flow around the stove
- Never leave a portable butane stove unattended

For more information: Barbecue and portable butane stove safety - Canada.ca

5 ways to save money on household expenses

By N.Ugoh

Here are five ways to save money on household expenses:

***Create a budget:** Track your income and expenses to identify areas where you can cut back and save.

***Energy-efficient**

practices*: Switch to LED bulbs, unplug electronics when not in use, and adjust thermostat settings to save on utility bills.

***Meal planning*:** Plan your meals ahead, buy groceries in bulk, and avoid eating out too frequently to save on food expenses.

***Reduce water us-**

age*: Fix leaks, use water-saving appliances, and be mindful of water consumption to lower your water bills.

***DIY projects*:** Try to tackle simple household repairs and maintenance tasks on your own instead of hiring professionals, saving money on service fees.

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5 tips for safer grocery shopping

(NC) Grocery shopping can be a hectic experience, rushing to pick up dinner for the night or walking through the aisles with your whole family in tow. It's also easy to get distracted by sales and samples.

But without the proper care and handling of food, you could be putting yourself and your family at risk of food-related illness, which is caused by eating foods contaminated with bacteria like E. coli and salmonella. Most people recover completely,

but some - such as pregnant women, children under five, older adults and those with weakened immune systems - can be affected more seriously.

Here are some quick tips for safer grocery shopping:

Buy cold or frozen food at the end of your trip.

Keep your raw meat, poultry, fish and seafood away from other food in your grocery cart.

Put packages of raw meat in separate plastic bags to keep juices from

leaking onto other foods.

Examine fruits and vegetables carefully, and avoid buying items that are bruised or damaged.

If you use reusable grocery bags or bins, be sure to have a specific bag or bin for meat, poultry or seafood. Label each with the type of food it carries and wash it often, especially if you use it for carrying raw meat, poultry or seafood.

Find more information at canada.ca/food-safety.



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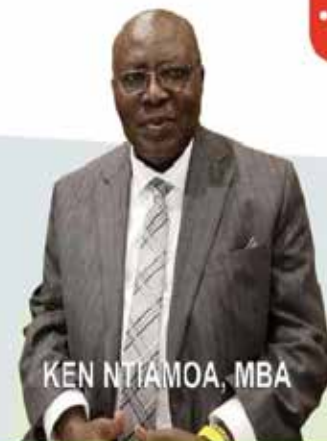
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If you enjoy boating, these are the jobs for you



(NC) We all want our work to be connected to something we love, whether it's a cause we're passionate about or hobby that can pay the bills. But what if you love boats and the water? No need to move to Hawaii – there are plenty of opportunities right here in Canada.

If you're thinking of changing your career path or advising your kids on theirs, here are some jobs to consider on or near our national lakes and oceans:

Marine engineering

Marine engineering officers are responsible for the safe operation and maintenance of all equipment and structures aboard Canadian

Coast Guard vessels. They keep the main engines and auxiliary systems of the ship in good working order under the supervision of the vessel's chief engineer. If you are resourceful, enjoy teamwork and have a good knowledge of math and physics, this could be a career for you.

Marine navigation

Marine navigation officers are responsible for the safety of their vessel, their crew and the environment. They pilot and follow routes from charts while taking depth, weather conditions and traffic into account. They are also responsible for radio communications. It's an ideal role if you're a good com-

municator, clear-headed and logical.

Inshore rescue boat

Crew members of the federal inshore rescue boat service respond and help mariners in distress or need of assistance. They also provide public education on boating safety topics, such as hypothermia, rules of navigation and personal watercraft use. This is the perfect job for post-secondary students looking for a summer job, as operation is seasonal and requires workers attend college or university in the fall.

Find more information at ccg-gcc.gc.ca/careers.

3 lesser-known wonders of walking



(NC) Most of us know that walking improves heart health, boosts immunity and can help with weight loss. But, did you know there are additional reasons to embrace walking? Here are three lesser-known benefits to inspire your next stroll.

1. It helps promote muscle recovery

As a low-strain activity, one benefit of walking is the release of muscle tension, muscle stabilization and increased blood flow, which can reduce the

chance of soreness after an intense workout. Whether you include high-intensity workouts in your weekly schedule or not, walking is a step in the right direction to overall physical health.

2. It keeps you regular

The colon responds to physical activity, which is why it's important to keep your body moving throughout the day.

Walking will help with moving along your digestive system. However, if you do experi-

ence occasional constipation despite finding the time for a daily walk, consider a gentle laxative like Senokot that provides relief in six to 12 hours.

3. It relieves joint pain

Have knee and hip pain? It may seem counterintuitive to move the parts of your body that experience discomfort, but walking can help strengthen leg muscles around your joints, therefore protecting them and easing any pain.

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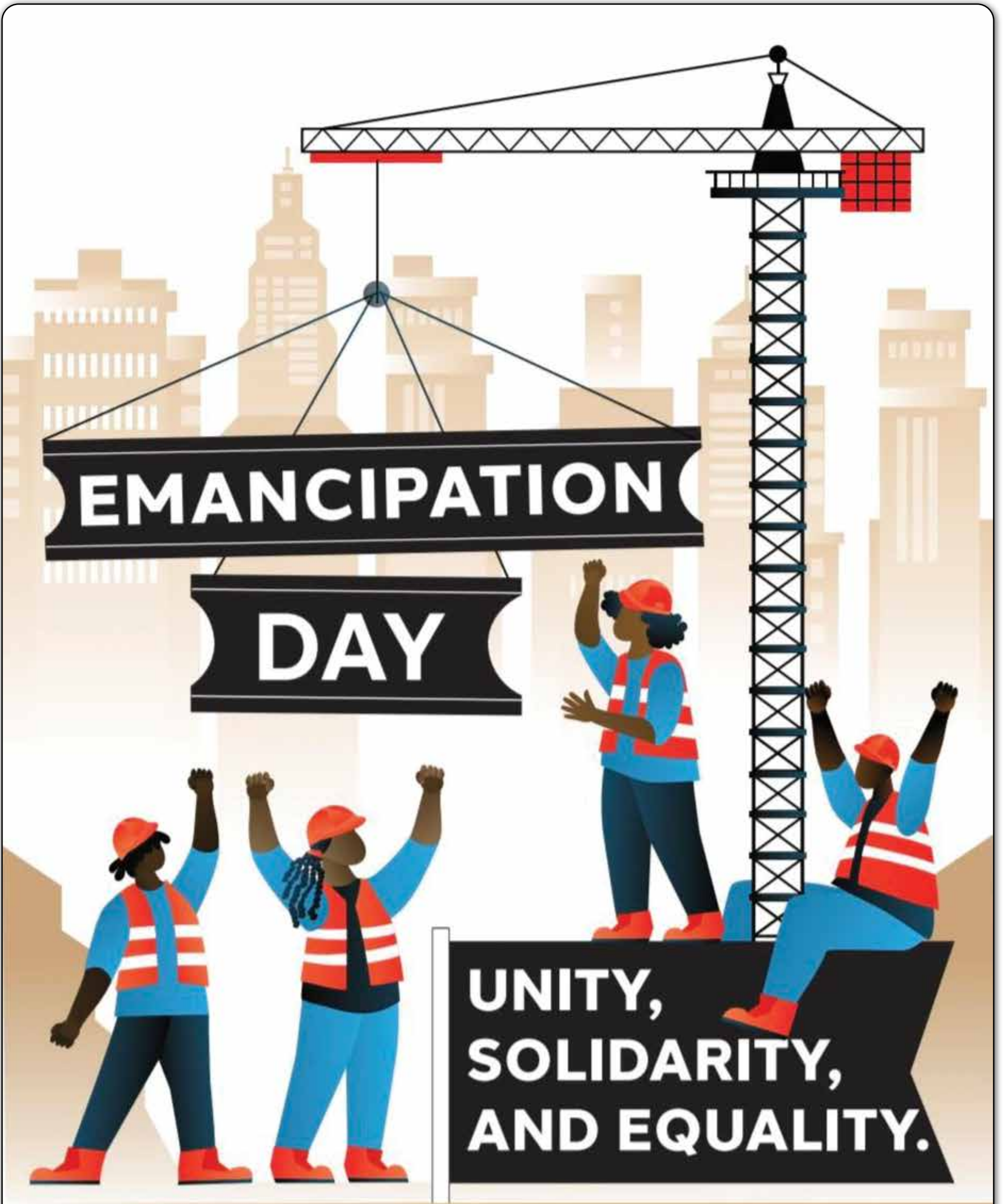
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REMARKABLE FATHER'S AWARD - PAGE 1

contributions and exemplary living," the organizers said.

The Publisher of NCNC, Ngozi Ugoh noted that preparations have been at the top level to make the event memorable and colorful.

"We have lined up series of activities to make the occasion a

memorable one. We have seasoned and electrifying entertainers who would dazzle our guests".

The NCNC boss congratulated all the men who have been earmarked for recognition at the event, stressing that they're "deserving awardees".

She, however, said

the awards should serve as a motivation for awardees to continue to do more in the projects of community development and nation building. She tasked other men to draw inspiration from the awardees and make conscious efforts to become exceptional men in the society.

Ugoh called on members of the general public to "join us in this noble event. Come and celebrate with our fathers."

Admission fee is just \$100. For sponsorship, participation, table reservation and enquiries call 416-318-3506 or email ncncevents@gmail.com



VISIONARY MAN

FEMI AWODEYI: AS A SCRUM MASTER, YOU CAN EARN A MINIMUM SALARY OF \$105,000 PER ANNUM

By Dele Akintilo

Femi Awodeyi resides in Ontario and he is the MD/CEO of Midas TF Consulting, a firm that has trained many Scrum Masters that earn a minimum starting salary of \$105,000 per annum. In an interview with Nigerian Canadian Newspaper Canada, Femi takes us through what Midas TF Consulting does, what Scrum Master is and how prospective trainees can partake of Scrum Master training and position themselves to earn at least \$105,000 per annum.

Check out the interview below:

NCNC: CAN WE MEET YOU?

Femi Awodeyi: My name is Femi Awodeyi. I moved to Canada in 2017. I am based in Ontario and I am the Managing Director of Midas TF Consulting Canada.

NCNC: CAN YOU TELL US ABOUT MIDAS TF CONSULTING?

Femi Awodeyi: Midas TF Consulting is incorporated in Canada. We are focused on one thing, that is, to help people pivot into the world of Agile Scrum Master. This is the happening thing and it is really a good profession. What we do is help individuals irrespective of their background and experience. We want to give you all the tools you need, give you all the training, both practical and concept that is needed to boost the confidence to get a job within the Agile space, especially within Scrum Masters.

We also consult for organizations. Companies hire us to help train their staff to transition from whatever project management framework or methodology they are using into Agile. The good thing is we help them end-to-end.

NCNC: KINDLY TAKE US THROUGH WHAT SCRUM MASTER IS AND WHY IT IS IN HIGH DEMAND.

Femi Awodeyi: Good. Let's see the work of a Scrum Master as a football coach. You can have pieces of talent on the football pitch but without a coach to orchestrate that effort, you will see players run up and down the football field to no avail. Scrum Master is the facilitator in an organization that will organize the company's resources and deliver successful results by working together

seamlessly. Scrum master is more like the one in the middle of things, helping the company to achieve agility. Agility in the context of being able to adjust to the new customer trend and the new changes that happen in the market place. Scrum Master has the communication skill, networking skill and facilitation skill to make sure it works with everybody that is needed to deliver a project. So just see it as not just a project manager but it has some deliverables within project management space where they are helping people to work together, have fluid conversations, fluid delivery model and eventually to look more customer focused.

Scrum Master is in demand because human needs change rapidly. Imagine the way people move from one technology state to another. This means companies need to have delivery models that will make them adjust to new customer changes. It allows that versatility, resilience and ability to adapt to the changes as quickly as possible. For example, when I was a Project Manager, we had a very rigid structure that involved finishing a project once we have started the project even if customers need changed but in Agile, you respond to changing customer need. Once a customer changes his needs, you want to be able to help the team to change immediately so that they can still make sure that whatever they are delivering will be useful to the customer and not just something they are delivering because oh!, we have a project, let's just do it. What if you carry out the project and the customers have moved on? Look at Blackberry Inc., they didn't just change and that was why they were eventually left behind in the market.

But you can see a lot of technology companies, mobile companies changing their features every year, even six months for some. These companies want to quickly respond to changing customer needs and that is why companies have discovered that they need an innovation that will train, coach and help them be at par with the ever-changing mindset as quickly as possible. That is why Scrum Agile is in demand.

NCNC: WHAT ARE THE EARNING POTENTIALS OF SCRUM MASTER GURUS IN CANADA AND



Femi Awodeyi - Agile Evangelist, Scrum Master, Coach, Mentor, FMCG, CPG, Financial Services

NIGERIA?

Femi Awodeyi: Speaking about Canada, the average Scrum Master I have worked with, their starting salary ranges between 105,000 to 110,000 CAD per annum. This a very great salary that ranks them among top 5% of salary earners in Canada which is good. I am not very sure of what the earning potentials look like in Nigeria but I expect it to be juicy also as it is a good industry.

NCNC: TELL US ABOUT THE DURATION OF THE TRAINING AT MIDAS TF CONSULTING

Femi Awodeyi: As for the duration of the course, let me state that I always establish a partnership, so it is in two levels. The course itself which involves training, certification and all that is for eight weeks and classes hold once in a week. We run two models. The first model is the class where people come together and they are trained end-to-end while the second model is private whereby trainees works directly with me on their own training.

This model is more flexible, as such, we need eight classes for lectures so this can happen in four weeks if we are able to hold two classes per week.

These are the durations of the models. However, because it is a partnership thing, the training doesn't end. We are always available whenever people need support. For example, we offer on the job support for people so it doesn't end.

NCNC: WHAT DIFFERENTIATES MIDAS TF CONSULTING FROM OTHERS?

Femi Awodeyi: This is very simple and clear. I have worked with many trainers and I see how they train. Most times, they only train students on the theory and the concept. At Midas TF, we focus more on practical because that is what trainees need to get the job and succeed at the job. What we do is use our wealth of experience as I have been in many companies' interview panel. For example, I have worked with some banks and some consulting firms within the

financial space. I have also worked with fintech companies, energy companies, CPGs and I have always been on their hiring panel. So what I do is ensure we don't focus on theory and concept alone. I want the trainees to understand the practical its applications. So at Midas TF Consulting, we train not only the theory but we give trainees Capstone Projects that boost their confidence and put them in a position to carry out the job seamlessly right from the first day.

The other very glaring thing we do at Midas TF Consulting is we don't train and abandon. We have a lot of people working with us. Some of them are products of our institute that graduated last year and over two years ago and we are still connecting and collaborating because we are very heavy with on the job training support as we believe you need to get on your two feet on the job to succeed.

So we always make sure we don't just give you the training, the certification and say goodbye. We have people that have been with

us for two years on-the-job. So we are available to support your on-the-job needs because company environments differ as different companies have different work environments. So we offer on-the-job support which trainees rarely get elsewhere.

NCNC: CAN YOU TAKE US THROUGH THE TRAINING MODULE?

Femi Awodeyi: The training module is end-to-end. We usually start with the concept of tech to expose students to what it means to be a tech person and we take them through software development cycle. Next we expose students to Agile as a methodology. Here, students are taken through Scrum end-to-end. The training here will be from concept to application. After this, we proceed to Capstone Project. Trainees will enjoy this project because they will be working as Scrum Masters live where they will run the events, the ceremonies, the artifacts and everything that happens in real life, so it is a good simulation.

The other good part is students will be working with tools like Jira, Confluence, Planning Poker, Trello, DevOps and other tools that Scrum Masters work with. Furthermore, we offer resume review and interview preps which are icing on the cake as far as on-the-job support is concerned.

NCNC: IS THE LEARNING OPPORTUNITY LIMITED TO CANADIANS?

Femi Awodeyi: To answer this question, no. Prospective trainees can be in any part of the world. Since the training is remote, we have trained people in the UK, Australia, New Zealand, Africa, and in other parts of the world. It is always about checking out the timing of the lectures and working out how we can collaborate to make sure the time works for everybody.

NCNC: HOW CAN PROSPECTIVE TRAINEES REACH YOU?

Femi Awodeyi: Prospective trainees can reach me on several platforms. We are available on Instagram (@MidasTFConsulting), on Facebook (MidasTF Consulting) and on my Canada WhatsApp number (416.587.7182). I can be reached on any of these platforms and I will be willing to help.

ENTERTAINMENT

HISTORY AS CANADA'S JIMBO WINS RUPAUL'S DRAG RACE ALL STARS



By Stanley Ugagbe

Canadian drag performer Jimbo has been crowned the winner of the eighth season of the popular reality competition show RuPaul's Drag Race All Stars.

In view of the historic feat, she has now earned a spot in the coveted "Drag Race Hall of Fame" and \$200,000 USD.

In a post victory remark, the elated Jimbo said "Look mama, I did it". She added "The third time truly is

a charm".

Records have it that it was Jimbo's third run on a Drag Race show. Recall that she first appeared in the first season of Canada's Drag Race in 2020, when she came in fourth place. Jimbo then competed on UK vs the World, landing in seventh place.

She finally clinched a victory on the All Stars iteration of the show, wherein fan favourites from previous seasons compete.

According to organizers, over the course of the season, Jimbo won four out of the 10

challenge episodes, and one "Lip Sync for Your Legacy."

The feat makes her the first international queen and first Canadian to win a U.S.-based season of the show.

In a video posted to the RuPaul's Drag Race YouTube channel, she said "This win proves that with enough drive and determination and love and support you can do anything".

"This is the dream of a lifetime that I could never have ever predicted and I am so grateful," Jimbo continued.

Also, in a video on Instagram, the history maker thanked her family, friends and "everyone out there who believed in me and rooted for me."

And in her own social media post, Jimbo wrote that she dedicated her win to "all the weirdos and free spirits."

Known as James Insell out-of-drag, Jimbo is originally from London, Ont., and moved to Victoria after graduating university to become a costume and production designer in the city.

She recently announced a 56 city solo tour titled "Jimbo's Drag Circus," which will travel around North America in 2024.

GOODBYE

AGAIN! NOLLYWOOD MOURNS AS VETERAN ACTRESS CYNTHIA OKEREKE DIES

By Stanley Ugagbe



The Nigerian Nollywood industry has again been thrown into mourning as another veteran actress Cynthia Okereke has been confirmed dead.

This development was made known by popular actor and filmmaker, Joseph Okechukwu in an Instagram post.

Sharing the actress's picture, Okechukwu said he was about to pay for Cynthia's flight ticket to come to America before her death.

He wrote: "REST IN PEACE, Nwanyi oma. I'm shattered beyond words.

"The fact that I was about to pay for your flight ticket to come and finish what we started only to hear you went to be with Lord just last night is one of the toughest things I've had to deal with in recent times.

"I pray I'm able to recover from the shock.

Life is really just a mist. One minute you have it, the next you don't.

"For the more than 20 years that I've known you, you've been such an amazing, decent and lovely soul to be around. Words fail me. May your gentle soul rest on till we meet again in glory. #CynthiaOkereke."

Recall that last year, Okereke was kidnapped in Enugu alongside fellow actor Clemson Cor-

nel, but they were later released unhurt by their abductors days after they were declared missing.

The actress' death is the latest in the movie industry that have seen some of its stars pass on in recent times. Saint Obi, Don Brymo, Murphy Afolabi, Femi Ogunrobi (Papa Ajasco) and Chikezie Uwazie are some of the high-profile names that recently passed.

YOU OWE NO APOLOGY TO MUSLIMS – SOYINKA TELLS DAVIDO

By Dele Akintilo

Nobel Laureate, Professor Wole Soyinka, has disclosed that Davido does not owe Muslims an apology over a controversial music video of his signee, Logos Olori, he posted on Twitter.

Recall that Davido succumbed to pressure and deleted the music video snippet after he was accused of disrespecting Islam by posting a video showing people praying and dancing in front of a mosque.

Despite deleting the video, some Muslims are still asking the multi-award-winning singer to apologize.

While defending Davido over the recent incident, Wole Soyinka accused the former Governor of Kaduna State, Nasir El Rufai, of making derogatory comments against Christians in the past but was never asked to apologize.

Also, he noted that it wasn't Davido's music that

lynched Deborah Yakubu, a second-year Christian college student who was murdered by a mob of Muslim students in Sokoto last year over alleged blasphemy.

Soyinka said: "The following should not be needed, but we appear to inhabit a nation space where memory deficiency has become an accreditation badge of competence in national affairs. I recall my intervention, several years ago, in an attempt to pillory former Governor of Kaduna State, El Rufai over some comment he had made that was considered derogatory to followers of Christianity.

"I forget the reference now but I do distinctly recall another of a bank manager who, at Easter tide, referred to the risen Christ as a metaphor for the risen dough in the bakeries of Oshodi. Something along those lines. Under obvious pressure, he apologized, and I rebuked him for the gesture.

"There was nothing to

apologize about, and that applied equally to El Rufai's comments at the time. It should come as no surprise that I equally absolutely disagree with Shehu Sani if indeed, as reported, he has demanded an apology from Davido on behalf of the Moslem community.

"No apology is required, None should be offered. Let us stop battering down our heads in the mush of contrived contrition – we know where contrition, apology and restitution remain clamorous in the cause of closure and above all – justice. Such apologies have not been forthcoming. In their place, we have the ascendancy of petulant censorship in the dance and music department. Just where will it end?

"It goes beyond mere elation or euphoria and involves surrender of the ego to the mystical and sublime – through dance. The secularization of that medium stretches across religions, and offers the artistes' a

means of invoking a sense of spiritual community, through a common act of self-surrender.

"As already admitted, I have not seen the clip, but I insist on the right of the artiste to deploy dance in a religious setting as a fundamental given. Such deployment is universal heritage, most especially applicable in the case of Islam where a plot of land, even without the physical structure, can be turned, in the twinkling of an eye, into a sacred space for believers to gather and worship in between mundane pursuits.

"Let us learn to read it that way. Those who persist in taking offence to bed and serving it up as breakfast should exercise their right of boycotting Davido's products – no one quarrels with that right. However, it is not a cause for negative and incitive excitation.

"The greater responsibility is to face squarely the root issues of religion in the nation. That root issue



is starkly stated thus: the sectarian appropriation of the power of life and death across a community of believers, other believers, and even non-believers alike, be it for real, imagined, or deliberately contrived offence.

"It was not Davido's music that lynched Deborah Yakubu, and continues to frustrate the cause of justice. Nor has it contributed to the arbitrary detention

of religious dissenters – call them atheists or whatever – such as Mubarak Bala, now languishing in prison for his 38th month. These are the provocations where every citizen should exercise the capacity for revulsion.

"They are the issues deserving of, indeed exercise primary claim on a nation's capacity for righteous indignation. All else is secondary. Distractive piffle."

- Cher Announces the Launch of Her Delectable Gelato Brand, Cherlato
- Anita Brown: I never knew Davido was married
- "Stop advising women to stick with cheating partners" (Juliet Ibrahim)
- Davido disburses N237m to 424 orphanages in Nigeria
- Iconic Crooner Tony Bennett Passes Away at 96, Leaving Behind a Legacy of Timeless Songs

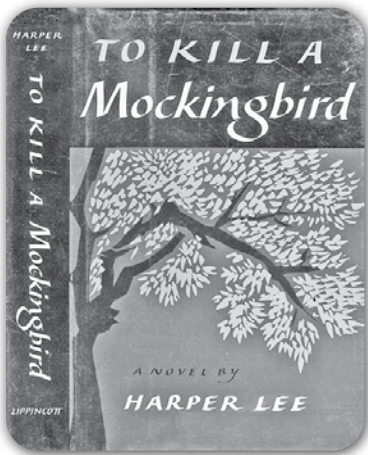
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BOOKS

"I declare after all there is no enjoyment like reading! How much sooner one tires of anything than of a book! — When I have a house of my own, I shall be miserable if I have not an excellent library."

— Jane Austen

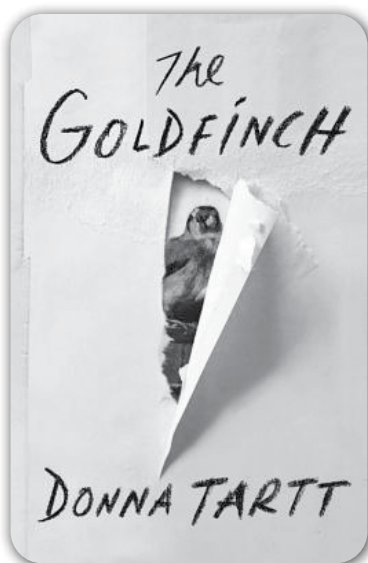
To Kill a Mockingbird



By Harper Lee

The story evokes the excitements and fears of childhood with a rare freshness. For eight-year-old tomboy Scout and her older brother Jem - growing up in the 1930s in a sleepy Alabama town under the percipient eye of their lawyer father, Atticus - a favourite pastime is making up stories about local bogeyman, Boo Radley (who 'dines on raw squirrels'). However, when Atticus takes on the case of a black man accused of raping a white girl, his children soon learn that the Deep South contains things far more terrifying than Boo. As they fight to understand the 'simple hell people give other people', her characters are real and likeable, and their experiences heart-warming, funny and serious. You need to explore this riveting read.

The Goldfinch



By Donna Tartt

It is a riveting sad story of loss, grief, and self-

Broken Dream

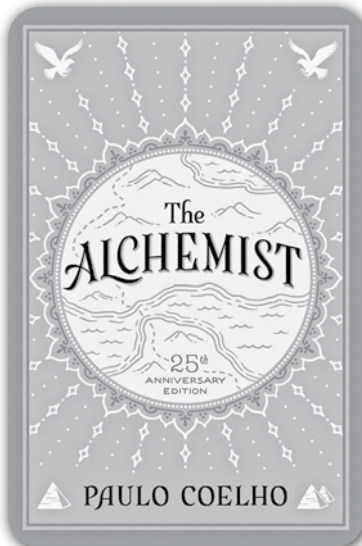


By Jideofor Adibe

With the use of mind blowing figurative expressions, Jideofor tells the story of how Pete Ogwu and his wife Teresa are forced to flee their home in western Nigeria, leaving behind a baby son and their housemaid amid the smouldering tension of impending civil war. The baby (Femi), adopted by Madam Cash, grows up to be an idealistic socialist writer, convinced that he is destined for greatness. On her part, Bimbo, the result of a fetish union between Ogwu and a local madwoman, endures domestic brutality and prostitution, eventually seeking solace and redemption in a local religious group. Ogwu, who turns out to be a famous televangelist and founder of the fastest-growing Pentecostal church in Nigeria wants to help but ends up being involved. Set against a backdrop of religious fervour, the intertwined lives of these family members are inexorably drawn to a shocking conclusion. It is a highly recommended read.

invention. 13-year-old Theo Decker survives a bombing of the Metropolitan Museum of Art, the same one that kills his mother. After such a traumatic event, Theo spends the rest of his childhood navigating through different homes. Throughout this journey, Theo grasps onto the only thing that makes him feel connected to his mother: her favorite painting, which he stole from the museum on the day of the tragedy. It is highly recommended.

The Alchemist

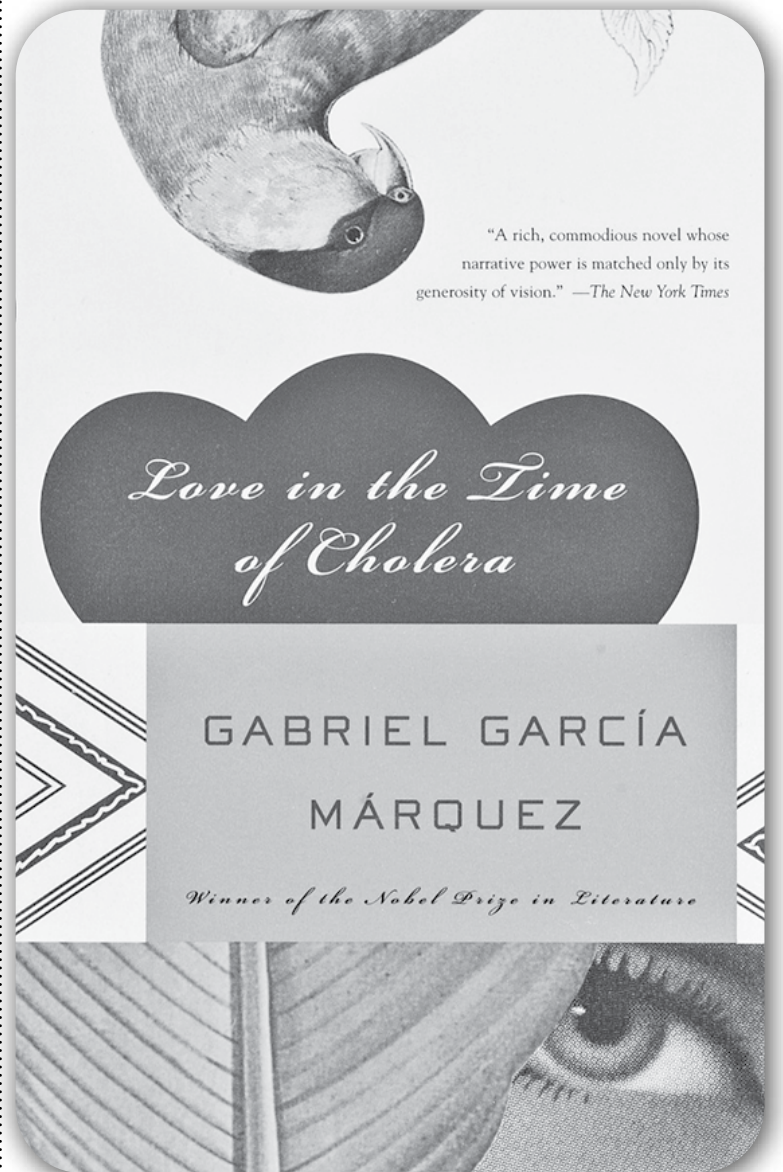


By Paulo Coelho

It's a story about following your heart and learning from experience. The book will force you to reflect on your path in life and the choices you make.

The book tells the mystical story of Santiago, an Andalusian shepherd boy who yearns to travel in search of a worldly treasure. His quest will lead him to riches far different—and far more satisfying—than he ever imagined. Santiago's journey teaches us about the essential wisdom of listening to our hearts, recognizing opportunity and learning to read the omens strewn along life's path, and, most importantly, following our dreams. The Alchemist is a wise, magical, and timeless classic that will stay with you for the rest of your life. Explore!

Love in the Time of Cholera

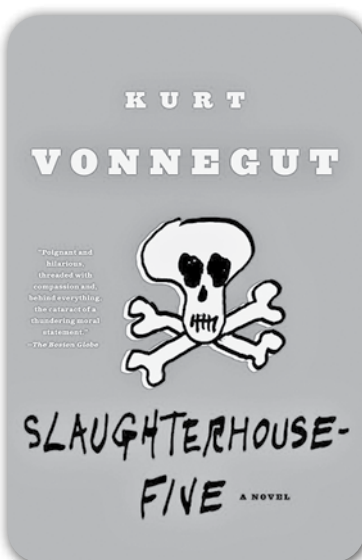


By Gabriel Garcia Marquez

This sweeping tale of enduring love certainly deserves a place on your shelf! In their youth, Florentino Ariza and Fermina Daza fall passionately in love. When Fermina eventually chooses to marry a wealthy, well-born doctor, Florentino is heartbroken, but he is a romantic. As he rises in

his business career he whiles away the years in 622 affairs—yet he reserves his heart for Fermina. Her husband dies at last, and Florentino purposefully attends the funeral. Fifty years, nine months, and four days after he first declared his love for Fermina, he will do so again. Their reunion is certainly one of a kind. Who would not want to explore such an adventurous book?

Slaughterhouse-Five



By Kurt Vonnegut

The complex, nonlin-

ear story is infused with elements of science fiction and fantasy and offers a profound and philosophical look at the events that shape a person's life. Born in 1922 and grows up in Ilium, New York, Billy Pilgrim is a funny-looking, weak youth, who does reasonably well in high school. He enrolls in night classes at the Ilium School of Optometry, and is drafted into the army during World War II.

Billy trains as a chaplain's assistant in South Carolina, where an umpire officiates during practice

battles and announces who survives and who dies before they all sit down to lunch together. Billy's father dies in a hunting accident shortly before Billy ships overseas to join an infantry regiment in Luxembourg. Sadly, Billy is thrown into the Battle of the Bulge in Belgium and is immediately taken prisoner behind German lines. Just before his capture, he experiences his first incident of time-shifting: he sees the entirety of his life, from beginning to end, in one sweep. It's a must read.

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

YOUTH CORNER

..... Oluchi Ugoh

“YOUR CHILDREN NEED YOUR PRESENCE MORE THAN YOUR PRESENTS”. – JESSE JACKSON

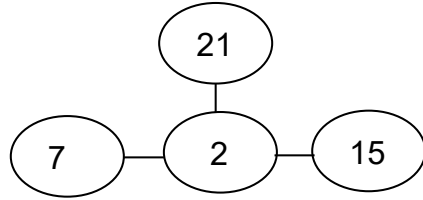
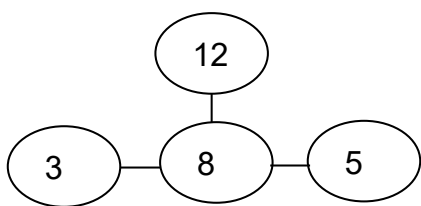


Laugh! Live! Bloom!

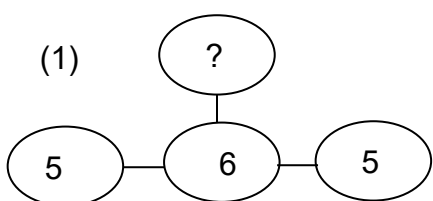
THANK YOU FOR YOUR SUPPORT.

QUANTITATIVE REASONING

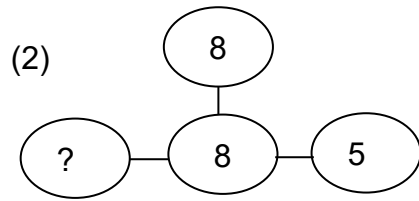
EXAMPLES:



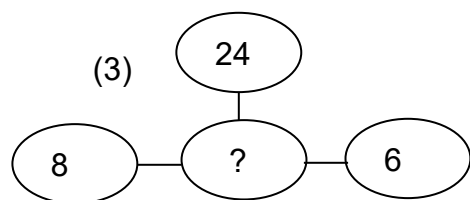
Study the examples above to solve the following
Hints: use multiplication and division to sort out the missing numbers!



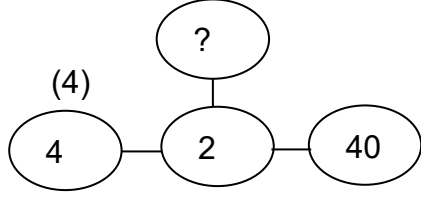
A) 6 B) 16 C) 11 D) 15 E) 30



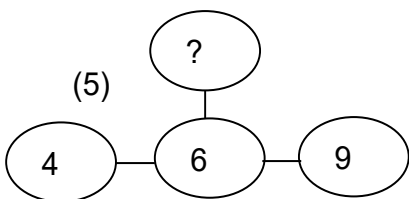
A) 5 B) 16 C) 13 D) 4 E) 2



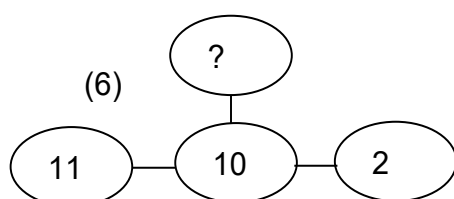
A) 5 B) 30 C) 14 D) 38 E) 6



A) 1 B) 64 C) 32 D) 41 E) 8



A) 0 B) 6 C) 13 D) 40 E) 21.6



A) 22 B) 10 C) 11 D) 38 E) 12

ANSWERS ON P(25)

RIDDLES

- 1- Q: What has many rings but no fingers?
- 2- Q: What has a thousand needles but cannot sew?
- 3- Q: If you drop a yellow hat in the Red Sea, what does it become?
- 4- Q: An elephant in Africa is called Lala. An elephant in Asia is called Lulu. What do you call an elephant in Antarctica?
- 5- Q: What two things can you never eat for breakfast?
- 6- Q: What's something that, the more you take, the more you leave behind?
- 7- Q: I sometimes run, but I cannot walk. What am I?
- 8- Q: When things go wrong, what can you always count on?

ANSWERS ON P(25)

THE BOY WHO CRIED WOLF

A Shepherd Boy tended his master's Sheep near a dark forest not far from the village. Soon he found life in the pasture very dull. All he could do to amuse himself was to talk to his dog or play on his shepherd's pipe.

One day as he sat watching the Sheep and the quiet forest, and thinking what he would do should he see a Wolf, he thought of a plan to amuse himself.

His Master had told him to call for help should a Wolf attack the flock, and the Villagers would drive it away. So now, though he had not seen anything that even looked

like a Wolf, he ran toward the village shouting at the top of his voice, "Wolf! Wolf!"

As he expected, the Villagers who heard the cry dropped their work and ran in great excitement to the pasture. But when they got there they found the Boy doubled up with laughter at the trick he had played on them.

A few days later the Shepherd Boy again shouted, "Wolf! Wolf!" Again the Villagers ran to help him, only to be laughed at again.

Then one evening as the sun was setting behind the forest

and the shadows were creeping out over the pasture, a Wolf really did spring from the underbrush and fall upon the Sheep.

In terror the Boy ran toward the village shouting "Wolf! Wolf!" But though the Villagers heard the cry, they did not run to help him as they had before. "He cannot fool us again," they said.

The Wolf killed a great many of the Boy's sheep and then slipped away into the forest.

Morals: Liars are not believed even when they speak the truth. Speak the truth always.

CROSSWORD PUZZLE

How many of the words listed can you discover in the box below

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

- | | | |
|---------------|---------|------|
| Money | Nine | Veto |
| Finances | Answers | Love |
| union | Renew | Born |
| Manifestation | Aim | Joy |
| Happiness | Lift | Wit |
| Awakening | Fad | |

ANSWERS ON P(25)

INTERNATIONAL NEWS

EX-PRESIDENT OF PANAMA SENTENCED TO 10 YEARS FOR MONEY LAUNDERING



Ricardo Martinelli

By Stanley Ugagbe

In a staggering development that could impact the nation next year's general election, former President of Panama, Ricardo Martinelli has been sentenced to 10 years in prison for money laundering.

In the historic ruling, the 71-year-old, considered a frontrunner for the presidency in the 2024 race, was also handed a \$19m fine.

According to local reports, the case against him centred on the purchase of a media company that prosecutors said was bought with funds funneled from state contracts through a series of front companies.

"When politics enters through the door, justice goes out the window," the embattled Martinelli said in a Twitter post on July 13, denouncing the case.

The leader has characterised the trial as a form of political persecution, and his lawyer said that he will appeal the sentence.

The case is known in Panama as "New Business", the name of the alleged front company.

According to prosecutors, it collected approximately \$43m from firms that received lucrative government con-

tracts, and those funds were then used to buy a media conglomerate with control of several national papers.

Recall that in June, Martinelli became the first official candidate to run in Panama's 2024 elections, after being selected to represent Realizando Metas, a party he founded two years ago. He previously led Panama from 2009 to 2014.

The embattled Martinelli has been barred from leaving Panama due to the legal proceedings, and two of his sons previously served prison sentences in the United States for their involvement in money laundering schemes. They also face trial in Panama.

It could be recalled that Martinelli was extradited from the US in 2018, when he was accused of using public funds to spy on journal-

ists and political rivals. A Panamanian court cleared him in 2021 after finding insufficient evidence. Martinelli and his sons are banned from entering the US.

In another development, the US has recently barred former President Juan Carlos Varela Rodriguez from entering the country due to his role in "significant corruption" while in office.

US Secretary of State Antony Blinken said at the time, "Corruption unjustly deprives the people of Panama of quality public services such as schools, hospitals, and roads, hurting their economic prospects and their quality of life".

"If not addressed, corruption will continue to depress Panama's prosperity, weaken its democracy, and prevent it from realising its full potential."

COURT REJECTS APPEAL AGAINST SENDING ZUMA BACK TO PRISON

By Stanley Ugagbe

In a landmark ruling that got tongues wagging across the nation, the South African Constitutional Court has dismissed the Department of Correctional Services' application for leave to appeal a ruling that former president Jacob Zuma must go back to prison.

The apex court said it found that the DCS's appeal "bears no reasonable prospect of success" and dismissed the application with costs.

Local reports have it that DCS sought to appeal the Supreme Court of Appeal's ruling in November last year that former correctional services boss Arthur Fraser unlawfully authorised Zuma's release on medical parole in September 2021.

Recall that the former President Zuma was jailed for contempt of court after he refused to obey the Constitutional Court's order that he must appear before the Zondo Commission to answer to allegations of abuse of office and corruption during his tenure as president.

The unanimous judgment penned by Judge Tati Makgoka said Zuma must return to the

prison. Throughout the trial, the man maintained his innocence.

facility and complete his sentence.

It could be recalled that in 2021, Zuma was sentenced to 15 months imprisonment after refusing to appear before the Zondo Commission that was investigating him over corruption he allegedly committed during his nine years as president.

The former leader, 81, handed himself to police in July 2021 after a public stand-off, but his jailing, unprecedented for an ex-president, sparked violent protests and looting.

Records have it that in December 2021, the High Court set aside the parole decision and ordered Zuma to return to jail. But Zuma appealed and remained free.

In November 2022, the Supreme Court ruled 2022 that the decision to grant Zuma medical parole against the advice of the specialist Medical Parole Advisory Board had been unlawful.

That ruling was challenged by the National Commissioner of Correctional Services, but the Constitutional Court on Thursday, 13 July 2023 found that the challenge had "no reasonable prospects of success" and should be dismissed.

prison.

Throughout the trial, the man maintained his innocence.

MAN JAILED FOR HAVING SEX WITH DAUGHTER IN BARBADOS

By Stanley Ugagbe

In a landmark ruling, a Barbados High Court judge has sentenced a 65-year-old father to 13 years in jail after he was found guilty of incest with his 11-year-old daughter in 2011.

Delivering his judgment, Justice Randall Worrell said "Incest is considered a detestable

offence which desecrates the sanctity of the home and must attract a custodial sentence as a general deterrent to others".

Harping on the issue, the judge said that under the law, his daughter's age at the time of the act made him liable to a sentence of life imprisonment and gave a starting sentence of 18 years.

According to the judge, while the man

had only been charged with one count of incest, his daughter had testified that the act was committed on three separate occasions.

Local reports said outlining that as an aggravating feature of the offence, Justice Worrell added to that the victim's age and the age disparity between her and her father, who was 53 at the time of the offence.

According to the

judge, said the court had taken into consideration that no violence was used against the child and that the father had no criminal record. Justice Worrell also took into consideration the eight-year delay in the matter being heard in the High Court as well as the 267 days the convicted man had spent on remand.

More so, the judge also ordered that the fa-

LISA FRANCHETTI TO BECOME FIRST WOMAN TO HEAD PENTAGON MILITARY BRANCH



Lisa Franchetti

By Stanley Ugagbe

In a historic move that has been drawing reactions across the globe, President Joe Biden of the United States has chosen a female admiral to lead the US Navy - the first time a woman has been nom-

inated to head a Pentagon military service branch.

Records have it that Lisa Franchetti is a former head of the US 6th Fleet and US naval forces in South Korea, and has also served as an aircraft carrier strike commander. According to the nation's procedures, her nomination by Biden must still be confirmed by the US Senate.

Remarkably, if confirmed as Chief of Naval Operations she will be the first woman to be-

come a member of the elite group of senior military officers who make up the Joint Chiefs of Staff.

The 38-year veteran was only the second woman to achieve the rank of four-star admiral.

President Biden in a statement made available to newsmen, hailed what he called her "extensive expertise in both the operational and policy arenas" and said she "will again make history" when she is confirmed for the role.

Local reports have it that Franchetti was not the first choice of the US Defence Secretary Lloyd Austin, who instead recommended TOPGUN graduate Samuel Paparo as the next Navy chief.

In another move, Biden promoted Adm Paparo, nominating him to become the commander of the US military forces in the Pacific.

It should be noted that the US Coast Guard is currently led by a woman - Admiral Linda Fagan - but that military branch falls under the

Department of Homeland Security rather than the Department of Defense.

Once confirmed, Franchetti will take up the position in the fall when the current chief's four-year term expires.

As of the time of filing this report, it was gathered that Alabama Republican Senator Tommy Tuberville is blocking the senate from confirming more than 270 military promotions over a Pentagon policy that pays the travel expenses of service mem-

bers who have to go out of state to have an abortion.

But in his statement, Biden criticized the senator, saying "what Senator Tuberville is doing is not only wrong—it is dangerous".

The President added: "He is risking our ability to ensure that the United States Armed Forces remain the greatest fighting force in the history of the world. And his Republican colleagues in the Senate know it."

VENEZUELA PARTNERS EU TO CURB EMISSIONS



By Stanley Ugagbe

The government of Venezuela has begun talks with the European Union on a \$1.5 billion plan to capture its methane emissions and export them to the bloc as natural gas with the help of Eni SpA and Repsol SA.

According to people with knowledge of the situation and documents seen by Bloomberg, the

project would use a portion of the EU's Global Gateway Initiative funds to gather emissions from Venezuela's idle oil wells and deteriorating infrastructure. That gas would then be sent to Trinidad to be liquefied and shipped on to Europe.

Reports have it that the plan would help Venezuela, once one of the world's largest crude producers, reduce the

pollution from the state-owned oil company's facilities while bolstering the EU's natural gas supplies amid Russia's war with Ukraine. It is germane to clarify that methane is a greenhouse gas that's about 80 times more potent than CO2 over a 20-year period.

A spokesperson for the European Commission disclosed that discussions are still at a very preliminary stage, adding that a feasibility study to ascertain the scope of the repairs will be the first step, with financing arrangements still to be agreed upon.

Though no exact start date has been established, the project is slated to be ready in about two

years. Venezuelan Vice President Delcy Rodriguez who confirmed the plan, did not provide additional details. It was gathered that Italian energy giant Eni, Spain's Repsol and France's Etablissements Maurel & Prom SA will handle some of the work of overhauling Petroleos de Venezuela SA's gas hubs, plants and pipelines.

According to documents, the plan includes the construction of a 90-kilometer (56-mile) pipeline connecting Venezuela and Trinidad for about \$350 million and would take about 36 to 48 months from research until construction. PDVSA, Eni, Repsol and Maurel et Prom didn't immediately reply to requests for com-

ment.

Records have it that Venezuela has the second-highest methane emissions intensity — trailing only Turkmenistan — among selected oil and gas producing countries, according to International Energy Agency data. The South American nation flared and vented around 1.2 kilograms (2.7 pounds) of methane per gigajoule of energy produced.

According to authorities, leaders of the European Union are seeking to reboot relations with Latin America in a competition for influence against Russia and China, but wrangling over Moscow's invasion of Ukraine is hampering their efforts.

Recently, the EU announced that it will help invest more than \$50 billion in Latin America and the Caribbean until 2027 in clean energy, critical raw materials, health and education. EU's foreign affairs chief Josep Borrell pointed out the need to help Venezuela lower emissions in an interview in El Pais in May.

Speaking with news- men, Borrell said Venezuela "is one of the countries that produces the most methane for the benefit of no one, while in the EU we need gas. We are thinking of a project that allows this gas to be extracted, taken to Trinidad and Tobago so that it can be liquefied there, and sent to Europe."

HAITI'S CUP OF IMPUNITY, TERRORISM, FILLED WITH BLOOD - OPC

By Stanley Ugagbe

Haiti's Office of Citizen Protection (OPC) has bemoaned the "unacceptable slowness" of the investigation into the assassination of President Jovenel Moise, charging that the delay has contributed to a culture of impunity that puts citizens in danger.

The Haitian government monitor in a letter, titled "The Cup of Blood", argued that any failure to bring Moise's killers to justice "will open the way for the assassination of other heads of state in the same conditions, with the same

degree of cruelty, of barbarity".

Local reports have it that the scathing letter was released to coincide with the two-year anniversary of Moise's killing on July 7, 2021.

It is germane to clarify that the OPC functions as an independent government body, investigating complaints against public institutions. Its head, Renan Hedouville, signed the letter, which warned that all levels of society are threatened by the continuing lawlessness in Haiti.

In the letter, Hedouville wrote "The cup of barbarity, of impunity, of ter-

rorism, is filled with blood, above all that of the victims assassinated every day (lawyers, police officers, shopkeepers, health professionals, students, ordinary citizens) under the umbrella of impunity and the benediction of corruption".

The concerned Hedouville also called for greater protection for Walter Wesser Voltaire, the judge tasked with overseeing the Moise investigation.

Hedouville said Voltaire, the fifth judge to take on the case, "works in extremely weak security conditions".

As for the time of filing this report, records have it

that more than 40 suspects are languishing in a Haitian prison, including at least 18 former soldiers from Colombia accused of taking part in the siege on Moise's private home in Port-au-Prince.

"Numerous individuals denounced in this assassination are still on the run," Hedouville added in the OPC letter.

The OPC head compared the inertia in Haiti to the relative progress in the United States, where that country's Department of Justice has also been investigating the Moise assassination.

To date, the US Department of Justice has charged

11 suspects in the killing. The US's Federal Bureau of Investigation (FBI) and Department of Homeland Security (DHS) have also sent agents to Haiti in the wake of the assassination to aid in the probe.

Recall that in March, Haitian-Chilean businessman Rodolphe Jaar pleaded guilty in a US federal court for his part in the Moise assassination.

Charged with conspiracy to commit murder or kidnapping and conspiracy to provide material support in the assassination, Jaar was sentenced to life in prison in June.

OPC letter offered the

agency's backing for international assistance in Haiti as the country contends with widespread gang violence, prompting reprisals and spiralling humanitarian concerns.

Hedouville wrote "The OPC remains committed to the idea of an international force to support the Haitian justice system in order to arrive at the truth of this case".

Reports have it that Moise's assassination has cast Haiti into further political turmoil, compounding the continuing social, economic and health crises afflicting the Caribbean nation.

WE WILL KILL YOU ALL, SUDAN DARES KENYA TO 'WAR'



By Stanley Ugagbe

The government of Sudan has dared Kenya to a 'battle' as the diplomatic spat between Khartoum and Nairobi takes a new shape amidst ongoing violence in the northern African nation.

A general in the Sudan Armed Forces and member of the Supreme Council, Yasser Al-Atta told, Kenya's president, William Ruto, to bring the Kenyan Defence Forces (KDF) to a fight with his troops in a clear escalation of animosity that has been simmering between the two

countries in the past few months.

It is imperative to note that President Ruto is the chairman of a four-nation appointed by the Intergovernmental Authority on Development (IGAD) to mediate the ongoing conflict between Sudan's national army and the paramilitary

wing, the Rapid Support Forces.

However, the government of Sudan has been protesting the appointment of Ruto to chair the talks on suspicion that he is not neutral.

In early July, the East African regional bloc – EAC said in Djibouti, where Ruto was bestowed with the co-heirship's baton, that they are considering deploying forces from the block to protect civilians in Sudan, a decision that Khartoum has vehemently rejected.

In a video clip that has been doing the rounds on social media, Gen. Al-Atta said "Leave the East African Forces [you] come and bring the Kenyan army to fight

us. I assure you, none of you will return to Kenya after that".

It was gathered that the regional forces are currently carrying out a similar exercise in the eastern Democratic Republic of the Congo (DRC), where M23 rebels have been fighting government forces.

Recall that Sudan's conflict erupted on April 15, and despite numerous ceasefire deals, no sign of any meaningful solution has been forthcoming.

Already, Mohamed walked out of the Jeddah Talks that were spearheaded by the US and Saudi Arabia. In Djibouti, representatives of Abdel Fattah Abdelrahman al-Burhan, the supreme leader who controls the

national forces, refused to attend the meeting chaired by Ruto.

They accused Ruto of 'disrespecting the sovereignty of Sudan' for taking up the role without consulting al-Burhan about whether he had reservations.

The Rapid Support Forces (RSF) are headed by Mohamed Hamdan Dagalo, whom Al-Atta accused of being a close ally of Ruto and "another" unnamed country.

Al-Atta added in his claims "The state that supports you (RSF) and the mercenaries like you with money must also bring its army... leave the East African forces and come with your army to intervene, and we are waiting for you".

SPORTS

MAGGIE MAC NEIL MAKES CANADA PROUD AT WORLD CHAMPIONSHIPS



By Stanley Ugagbe

Reigning Olympic champion, Maggie Mac Neil has again flagged her nation's flag high as she raced to a silver medal in the women's 100-metre butterfly at the World Aquatics Championships in Fukuoka, Japan.

The decorated swimmer from London, Ont., finished with a time of 56.45 seconds.

Meanwhile, Yu-fei Zhang of China won gold with a time of 56.12 seconds, while Torri Huske of the United States finished third in 56.61.

In a post-match statement, she said "Honestly I'm more happy with the placement than the time".

"Obviously I would have hoped to be faster. That's something to work towards for next year, but it's always good just getting back on the international stage of racing."

According to reports, Mac Neil skipped individual events at the worlds last year as she focused on her mental and physical health.

She returned to individual competition at the 2022 Commonwealth Games in Birmingham, England, where she won five medals including gold in the 100 butterfly.

The 23-year-old said "I think it was really important taking the space, and being able to be a relay-only swimmer definitely gave me a different perspective on the sport".

"Being able to come back and get my confidence up and win my first Commonwealth Games gold medal was another really important step for me. So overall I'm really happy with the decisions that I made."

"It's a focus for sure but I think so much of it is just natural and easier for me," she said about her turn. "It makes it easier when it comes to doing something like that, but I'm always working on it."

JESUS ESCALERA SECURES FEDEBOL TITLE IN COLOMBIA

By Stanley Ugagbe

Central American professional boxer, Jesus "Tito" Escalera, won the World Boxing Association (WBA) Fedebol heavyweight title on July 15 at the Centro Comercial, La Estación, in the city of Cali, Colombia.

According to reports, Escalera (15-0 / 15 KO) in the stellar fight of the event, defeated by knockout in the first minute of the second round the local Deivis Casseres (29-18-2), who got his second loss this year.

The Puerto Rican boxer, 43, after several titles at national level, obtained his first international title in professional boxing.

Records have it that Tito accumulated a knockout power of an impressive 100%, which means that he has finished all his fights by the fast track. The last five have not gone past the fourth round.

The title winner plans to continue to be active in the ring, and said he wants to start fighting with the best in the division. It is germane to note that he could return to action in August.

BARBADOS EMERGES 2023 CARIBBEAN CHAMPIONS

By Stanley Ugagbe

Barbados' Squash Juniors, both boys' and girls' teams have dethroned Guyana in both team finals in the 39th annual Junior Caribbean Area Squash Association (CASA) in St Vincent and the Grenadines to emerge 2023 Caribbean Champions.

According to local reports, in the girls' team final, the Bajan girls made a superb recovery from two matches down to prevail 3-2. Joanna Atkins, Eboni Atherley and Lenna Hamati came through for the team winning their respective matches 3-2, 3-0, 3-2 after Sumairaa Suleman at number one position failed to repeat the same result as in the individuals' category against Kirsten Gomes losing 2-3.

Remarkably, three match wins by Atkins, Atherley and Hamati meant the girls secured the Girls Team Championship Title.

In the same vein, the boys' team made a spectacular showing

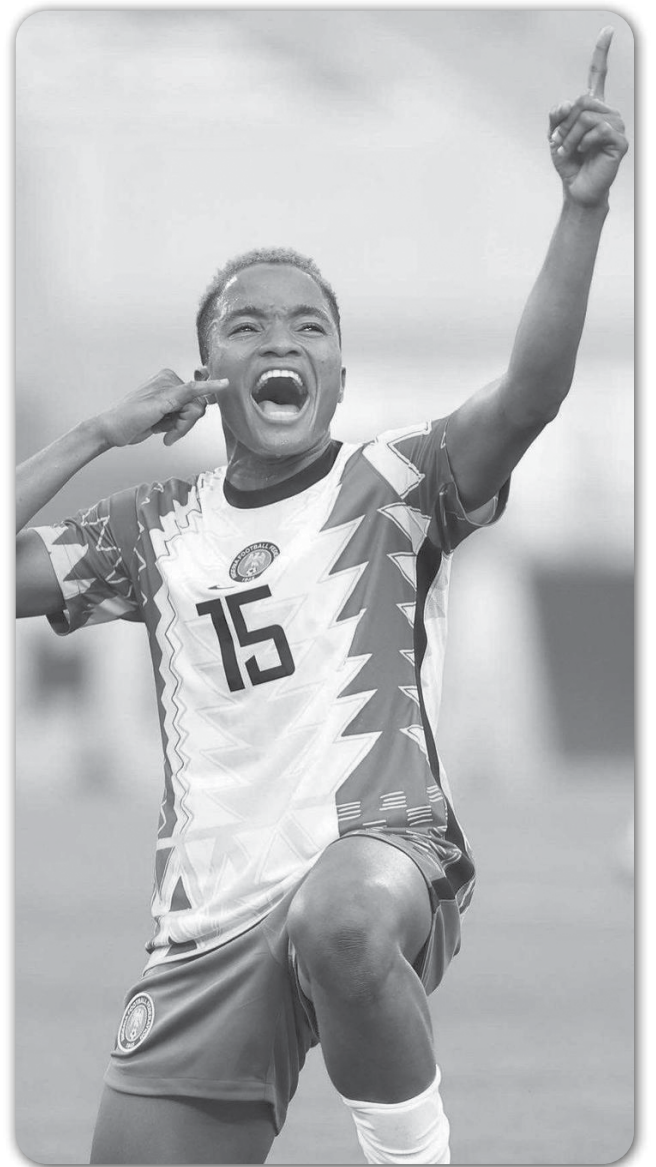
defeating the Guyanese team 3-0. Alex Stewart at number one position clinched a memorable 3-0 victory against Nicolas Verwey who had earlier beaten Stewart 3-0 in the individuals' category.

Ben Shepherd and Daniel Sealy with a great deal of confidence and stability, dominated in their match-ups taking both their opponents down 3-0. With these three wins by Stewart, Shepherd and Sealy, Barbados was also declared the Boys Team Champions.

In view of capturing both the Girls' and Boys' Team Championship Titles, Barbados reclaimed their overall Championship Title which Guyana had snatched in 2019.

Remarkably, the team returned home with their medal count of 4 golds, 1 silver, 1 bronze in the Individuals' category, 2 golds in the Doubles category, 2 golds for Teams Championship Titles and 1 gold for overall champions.

FROM HOUSE GIRL TO GLOBAL STAGE: FIFA CELEBRATES FOOTBALL STAR, AJIBADE



By Stanley Ugagbe

World Football body, FIFA has celebrated Nigerian International, Rasheedat Ajibade, on its website as part of the countdown to the Women's World Cup in Australia and New Zealand.

Ajibade, a forward in the women's squad of Atletico Madrid, is one of Nigeria's great hopes.

Super Falcons coach Randy Waldrum, had while discussing Ajibade with FIFA.com, said "I think she has the potential to be one of the best players in the world".

He added that "... she is in no doubt an exciting attacker - technically unbelievable, great pace - who can scale the summit of the beautiful game."

The Atletico Madrid star, who describes herself as the "girl with the

blue hair", holds similarly lofty ambitions for her burgeoning career.

Ajibade, 23, said her achievements thus far - which include finishing joint-top scorer at last year's CAF Women's Africa Cup of Nations and excelling for Spanish giants Atletico Madrid - already represent something of a miracle.

She said "Looking backwards, I can't comprehend (what I've done) considering how I grew up, and the kind of challenges I went through as a child".

"Nothing to eat, walking on the streets, going to the market, selling, coming back late at night, sometimes going to help families like a 'house-girl' just to get a token or a penny to survive. Stuff like that, and yet you would still be treated like trash. It was really terrible. Now, I know that God has a plan for me."

MONTREAL SCRABBLE CHAMPION POKETS \$10,000 PRIZE



By Stanley Ugagbe

A 29-year-old Montreal Scrabble player, Joshua Sokol pocketed the top \$10,000 prize at a Las Vegas tournament after a “ferocious” best-of-five series.

The champion, who picked up the title in game five of the NASPA annual Scrabble Players Championship, said “I was somewhat in a state of shock. I just was trying to contain myself and to just finish the game.”

On the path to his eventual win, Sokol played a series of unusual words, including “patinaed,” which describes the corrosive green layer that forms on copper, like on the Statue of Liberty.

The coveted prize winner also played “veratrin,” a poisonous mixture of alkaloids formerly used in medicine, “alexia,” a neurological condition which renders patients unable to read, and “crostino,” which is a small piece of savoury toast.

Speaking with newsmen, Sokol said “It’s like solving a puzzle every turn,” explaining what it feels like to find complex and uncommon words during a game. “It feels like you found the missing piece.”

Records have it that Sokol has been playing high-level Scrabble for nearly two decades. According to him, he took to it as a child before he hit double digits, and that his newly-learned abilities made for quick, and frustrating, losses for his family members.

He said “It was my parents’ favourite board game,” adding he spent hours “word-surfing” to expand his arsenal on

the board.

The history maker said “I didn’t care what the words meant. I didn’t care to use them in sentences. I just cared that they scored me points and got me closer to victory.”

He averred that when he was 10, his mother took him to the Montreal Scrabble Club to train with more advanced players. “The rest is history,” he said.

Walking in that room was a big step up from the kitchen-table games he had gotten used to at home.

Sokol, who described the community as being made up of “mostly retired” players, said “There were a few younger players, but not as young as me”. Long-time club manager and storied memoir-writer Bernard Gotlieb took him under his wing and showed him how to play for real. After that, Sokol started to win.

He recounted that “The first time I ever won in a challenge, which is when you call your opponents play off of the board, because it’s not a word,” adding that “my opponent played ‘HH’ as a two letter word. I knew my two letter words.”

He was right, and the challenge made for one of his first victories at the club. “I was just in a state of pure elation,” he said.

Sokol now describes himself as “Scrabble influencer,” with hundreds of gameplay videos posted on YouTube.

According to him, he plans to hold classes for new players and grow Montreal’s Scrabble community. He also wants to spend more time on his online videos.

“SCORING IN THREE WORLD CUPS IS ME JUST HAVING FUN” - OSHOALA



By Stanley Ugagbe

Five-time African Women’s Footballer of the Year, Asisat Oshoala, has become the first African to score at three different Women’s World Cup tournaments.

The Barcelona forward achieved the feat after scoring the winning goal in the Falcons’ crucial win against Australia in the ongoing 2023 Women’s World Cup.

The 28-year-old had suffered a knock from the goalless draw against Canada in the first game and started the match on the bench.

The Ikorodu-born striker was brought on in the 64th minute for Uchenna Kanu. The match was still one-all after Kanu cancelled Emily van Egmond’s opener for the Matildas.

Moments after Oshoala’s introduction, the Falcons went ahead with Osinachi Ohale putting her body on the line to pounce a stray ball into the net.

Oshoala extended Nigeria’s lead in the 77th minute after a defensive mix-up by the Australia-

lian. Mackenzie Arnold, the Matildas’ goalkeeper, was out in pursuit of a longball into her goal area, but a lapse in communication resulted in Alanna Kennedy nodding the ball past the onrushing goaltender.

The Super Falcons forward pounced on the fluff and placed home the ball into the net to give Nigeria victory despite a late consolation from Kennedy.

Remarkably, the strike was Oshoala’s third goal in as many World Cups for Nigeria, setting a record in the process.

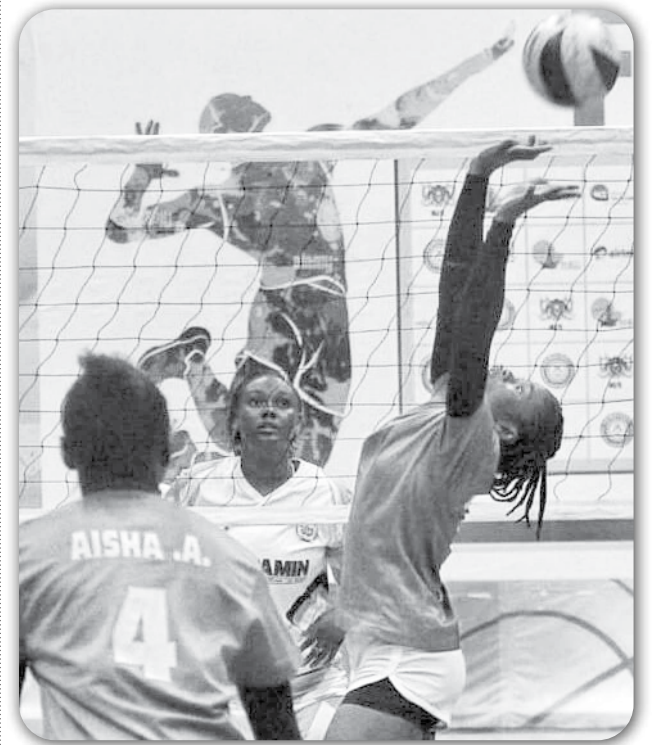
Recall that the history maker scored first on her World Cup debut in a 3-3 against Sweden in Canada 2015.

Oshoala netted her second World Cup goal in a 2-0 victory over South Korea in France 2019.

Speaking in a post-match victory, she said “Scoring in three World Cups is me just having fun and just enjoying my career”.

“I’m just a young girl going out there to have fun, and I’m glad I’m able to walk on this journey with my teammates because they are amazing and hardworking people.”

INVINCIBLE NIGERIA WINS U-21 WOMEN’S VOLLEYBALL CHAMPIONSHIP



By Stanley Ugagbe

In another history making feat that has aroused encomiums, Team Nigeria has won the 2023 African U-21 Nations Women’s Volleyball Championship Zone 3 in Niamey, Niger Republic.

The Nigerian women put up a sterling performance to defeat Ghana 3:0 (25-10, 25-15, 25-10) in the finals to clinch the title.

Nigerian had earlier edged local rivals, Ghana in their first match of the tournament with a 3-0 (25-11, 25-15, 25-8) win.

The history makers continued their winning run in their second match

against hosts Niger, winning 3-0 (25-4, 25-11, 25-4).

The team also swept aside Benin Republic with a dominant display in their third match, claiming a 3-0 (25-15, 25-15, 25-9) win to secure a re-match against Ghana in the final.

In a post-match speech, Coach Rakiya Mohammed thanked God for the victory.

Rakiya said “We bless God because this is the first time Nigeria is clinching trophy at the under-age level. I feel so happy.”

“The Ghanaians came all out but the girls proved their worth and we have now qualified for the world championship in Thailand.”

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RELIGION

Biblical principles for long life

By Pastor Amos Dada PhD;
P. Eng.

"Does anyone want to live a life that is long and prosperous? 13 Then keep your tongue from speaking evil and your lips from telling lies! 14 Turn away from evil and do good. Search for peace, and work to maintain it." Psalm 34:12-14

Everyone desire long life even people with health challenges at birth. They have hope for a better tomorrow and most times the better tomorrow comes miraculously. Remember John 9 the man born blind, remember Bartimaeus, Mark 10, remember the lame man at the beautiful gain, Acts 3 he did not die lame. There is an electronic company one of its products is Smart TV - it's called LG -Life it's Good.

I watched a video clip of a supposedly wise old man, he was asking, if heaven is better place as Christians claim why don't they die now and leave immediately? I commented by saying we don't die now because life it's good. Besides, the maximum years we can live here is 1000 from the statics of Methuselah who lived the longest with 969 years, and when we go to

heaven we shall live there forever and ever. No need to rush to heaven!

So the issue is not about desire to live long it is about how to live long. The bible, the manual for living a long and prosperous life through many of his writers gave us some of those principles and nuggets, let us look at three of them.

1. Watch your tongue. "Keep your tongue from evil." Vs 12. Words are like eggs when spoken you cannot retrieve them. Your apologies for bad words does not erase it from the minds it rarely stops people from retaliation even from generation to generation. "Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof." Prov 18:21. Stop terminating your life, future, career, marriage, business with your little tongue. Two ministers were discussing, as they finished unknown to the other one, that the phone was not switched off the first one started bad mouthing the second one. When the other one interrupted and made it clear he was listening the first one froze. Pleading for forgiveness the deed is done! What you cannot say in front of someone don't say behind him.

2. Stop lying and doing evil. "keep your lips ...from telling lies" V13. Lies can only protect you temporarily. The Yorubas says- bi iro ba lo logun odun ooto a ba" You can cover your lies as long as you want, truth will one day catch up with it. Rev 21:8-all liars will go to hell. Telling a lie may not kill you immediately but can kill the victims immediately.

Remember the people that lied to get Naboth killed. 1 King 21. Many business have nose-dived and the business owners have committed suicide because of lies. Today's hackers, scammers, Ponzi schemes drivers, are killing people in thousands by their lies and deceptions. Stop destroying people by telling lies and doing evil things.

Some ministries and churches are built on lies, false miracles, only to lead the vulnerable members to premature death. Through lies and deceit many governments officials have swindle people salaries, pensions, money for infrastructural developments and this have led to

untimely death of many. If you keep telling lying and doing evil people will lie against you at a point. Stop lying the Bible warns to enable longevity 21.8 All liars will go to hell!

3. Do good. "do good, search for peace, and work to maintain it" V14. You seriously want to live long, cultivate the habit of doing good. What does it mean to do good? It has too platforms. Firstly, living godly, honest lives and secondly, helping others with good intentions and motives. You can immensely increase your life span by avoiding living "a bad life style"

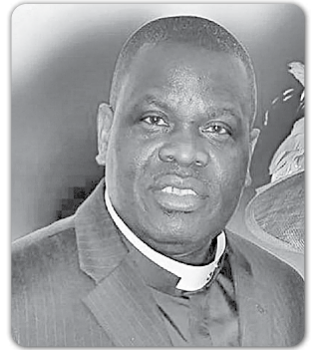
Eating junk food including addiction your to cigarettes, alcohol, cocaine, heroines etc. Joining wrong companies/peer groups. Attending wild parties. Engaging in raping people, gangsterism, kidnapping, banditry, prostitution will lead to early death for perpetrators and their victims. Rather build lives, give your life to Christ, preach the gospel of Jesus bring people who are living unholy lives to live holy lives.

Pray for people. Help the needy. Don't abuse your position as politicians, ministers of God, professors, business men, market women, contractors, members of parliament and judiciary. Fight for the oppressed. Run away from corruption.

In your marriage seek peace, not divorce and separation, think of the future of your children. You may remarry but don't expose your children to stepparents. Do good, contribute to the growth of your church financially and in kind. There is no end to the amount of good you can do, but doing good will help you to live long.

Conclusion: "With long life I will satisfy him and show him my salvation." Psalm 91:16. Meaning the long term plan of God is for you to live long on earth. However our life span depends largely on our choices. As they say you cannot plant apples and harvest mangoes.

Are there some lives styles, speaking that you are currently engaged in that have potential to terminate your life prema-



Pastor Amos Dele Dada

turely and that of your family or neighbours, then stop it. Are there some principles you know can help you fulfill your life goals and help you to live long, God has sent me to you today to start it right away. Apart from not smoking, consuming alcohol, all my life I don't drink even juice for the past twenty years because of sugar content, only water. It is not a sin to drink juice but it is not good for your body. That is what the Holy Spirit taught me this morning you can learn it too and practice. By his grace I pray we shall live long in good health and in great prosperity in Jesus name.

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.

Kenyan priest accused of sexual abuse remanded in Jamaica

By Stanley Ugagbe

In a development that has gotten tongues wagging across Kenya, St Catherine Parish Court Judge Natalie Creary-Dixon has asked for documentation on the criminal history of Kenyan Roman Catholic priest Lawrence Muvengi, who is accused of the alleged sexual abuse of a 12-year-old girl.

According to local reports, the request was made when the 39-year-old made his first court appearance.

The embattled Priest is charged with rape, sexual grooming, having sexual intercourse with a person under 16, and abduction.

Muvengi was represented by attorney-at-law Charles Williams.

Reports have it that allegations are that Muvengi sexually abused the child on the compound of the church, which is located in Portmore, St Catherine, on several occasions in April.

The matter was reported to the police's Centre for Investigation of Sexual Offences and Child Abuse (CISOCA).

An investigation was launched, which resulted in the arrest of the clergyman. He was formally charged following a question-and-answer session.

It is germane to note that Saint Catherine is a parish in the south east of Jamaica. It is located in the county of Middlesex, and is one of the island's largest and most economically valued parishes because of its many resources.

B.C. OMBUDSPERSON DECRIES LACK OF COMPENSATION FOR DOUKHOBOR RELIGIOUS GROUP

By Stanley Ugagbe

The province's ombudsperson has disclosed that children taken from their homes 70 years ago due largely to the religious beliefs of their parents will soon receive a formal apology from British Columbia's government, but their quest for compensation remains skeptical.

B.C.'s ombudsperson is an independent officer of the legislature who investigates complaints of unfair or unreasonable treatment by provincial and local public authorities and provides general oversight of the administrative fairness of government processes under the Ombudsperson Act.

In a statement, Jay Chalke said he's "deeply disappointed" the province won't commit to compensating members of the Sons of Freedom Doukhobors, who were forcibly removed from their parents in the 1950s and placed in a former tuberculosis sanatorium at New Denver, B.C.,

for up to six years.

It is imperative to clarify that the Sons of Freedom were a small group within the Doukhobor community, an exiled Russian Christian group that was once known for naked protests and periodically burning down their own homes as a rejection of materialism.

In a news conference, the disappointed Chalke said there may be up to 100 survivors from the Sons of Freedom group, who are now aged in their 70s or 80s.

Chalke's office released a report on the Doukhobors entitled "Time to Right the Wrong." According to him, the report came after recent complaints from Doukhobor survivors about government inaction.

The report is also a followup to a 1999 review by the Office of the Ombudsperson that called for a formal apology to the interned Doukhobors and compensation.

Ombudsperson said the government's commitment to formally apologize

this fall was a "momentous" step forward, but compensation must also be addressed.

He said "Recently, I spoke with the descendant of one of the children and through her tears she told me that her family member, who had been at New Denver, had died the month before without hearing the apology he had been waiting for and the compensation he and my office believe he was owed".

The B.C. Ministry of Attorney General said in the ombudsperson's report it is committed to delivering an apology this fall and is also preparing a "recognition package."

However, Chalke said the ministry's response does not completely confirm compensation is forthcoming.

Chalke said "So, it will be critically important to ensure that this package will include compensation for individuals, family members and the community. For justice to be fully realized in this case, I expect

no less and will be reporting publicly on the development and implementation of government's articulation of what recognition will ultimately entail."

According to the report, between 1953 and 1959 about 200 children were removed at government direction from parents who were members of the Sons of Freedom Doukhobors, a group within the community in the West Kootenays known for acts against government regulations.

The report also stated that about half of the removed children were seized after their parents staged a nude protest near a school in Perry Sidings, B.C., on Sept. 9, 1953.

Chalke's report said "When government finally apologizes this fall, it will come too late for those who have died. However, I trust that those still alive can take solace in Dr. Martin Luther King Jr.'s reminder that 'the arc of the moral universe is long, but it bends toward justice.'"

LOW-INCOME WORKERS TO RECEIVE ...

- PAGE 7

at a time when they need it most," said the Deputy PM and Minister of Finance.

As of July 2023, Canada's inflation rate has declined to 2.8 per cent, falling back within the Bank of Canada's target range of 1 to 3 per cent. This marks the lowest inflation rate in over two years, a significant improvement from the peak of 8.1 per cent in June 2022, and Canada's inflation rate is now lower than that of any other G7 country.

To support Canadian workers, the government took important steps in Budget 2021 by expanding eligibility for the Canada Workers Benefit, benefiting an additional one million workers. Building on this, the 2022 Fall Economic Statement introduced automatic advance payments for the Canada Workers Benefit, aiming to provide financial assistance to the lowest-paid and most essential workers more efficiently.

On June 22, 2023, the legislation to implement automatic advance Canada Workers Benefit payments, Bill C-47, the Budget Implementation Act, 2023, received Royal Assent, solidifying its realization.

The Canada Workers Benefit is a refundable tax credit designed to supple-

ment the earnings of low- and modest-income workers. To ensure its relevance amid changing economic conditions, the benefit is indexed to inflation each year, providing some relief against the rising cost of living.

With the introduction of automatic advance payments, eligible individuals now receive a minimum entitlement for the year, and this entitlement will not decrease, even if their income increases compared to the previous year. These advance payment amounts are based on the income reported in the previous year's tax return, replacing the previous application-based advance payment system that ceased on January 1, 2023. Notably, applicants no longer need to apply separately for the Canada Workers Benefit.

As an example, a single worker earning \$25,000 per year received \$1,200 through the Canada Workers Benefit for 2022. With the new automatic advance payments, they are entitled to three quarterly advance payments of \$200, scheduled for July 2023, October 2023, and January 2024. An additional \$600 payment will be provided after filing their 2023 taxes in early 2024.

The automatic advance Canada Workers

Benefit payments complement other benefits and targeted inflation relief measures aimed at making life more affordable for those who need it most. By incorporating enhancements to the Canada Workers Benefit alongside reduced childcare costs, the Canada Child Benefit, the Canada Dental Benefit, the Grocery Rebate, the Pollution Pricing Rebate, and tax relief through the increased Basic Personal Amount, Canadian households can benefit significantly.

For instance:

A single parent with one child in Newfoundland and Labrador, earning \$40,000 in 2023, could receive \$7,300 in benefits.

A single person without children in Alberta, earning \$23,000 in 2023, could receive \$2,200 in benefits.

A family of four in Ontario, with two working parents earning \$39,000 in 2023, could receive \$8,700 in benefits.

A family of four in Nova Scotia, with two working parents earning \$57,000 in 2023, could receive \$8,100 in benefits.

These measures aim to alleviate financial burdens for Canadian workers and families and contribute to fostering economic well-being and growth across the nation.

SOME KEY LIFE SKILLS ...

- PAGE 5

Digital literacy: It is no longer news that the world is now a digital village and this implies that being digitally literate is a necessity. Every young person must be able to use and navigate digital technologies proficiently and responsibly. Prioritizing digital literacy is not only beneficial for your personal growth but also for your professional success. It is recommended that to boost your digital literacy, start by acquiring basic computer skills, such as using word processing software, spreadsheets, and presentation tools. You need to be digitally literate to remain relevant in a digital world. As a young person preparing for the workforce, being knowledgeable about new technologies will make you an attractive candidate to future employers.

Entrepreneurial spirit: Regardless of your career, you need to embrace an entrepreneurial mindset. Having an entrepreneurial spirit means being proactive, resourceful, and willing to take calculated risks. It involves seeking opportunities for growth, embracing challenges, and constantly looking for ways to add value. You can develop this

by embracing a continuous learning mindset. You must consciously and deliberately stay updated, attend workshops or conferences, and engage in professional development activities that align with your interests and goals. More importantly, you need to understand that an entrepreneurial mindset is not confined to starting a business or learning a trade, it is a mindset that empowers you to thrive in any setting.

Emotional intelligence: In recent times, emotional intelligence has become one of the crucial skills that help people to thrive in whatever kind of career path they are in. This is especially so because one who cannot control his emotions may find it hard to work with people. By definition, Emotional intelligence is the ability to manage your own emotions effectively and understand the emotions of others. It includes qualities such as empathy, self-awareness, and the ability to work through relationships with finesse. To develop this skill, start by practicing self-reflection. Take time to understand your own emotions, triggers, and patterns of behaviour. By becom-

ing self-aware, you can better regulate your emotions, make more informed decisions, and respond thoughtfully in various situations. You need to prioritize healthy relationships as a means of developing emotional intelligence. Invest time and effort in building positive connections with others. Communicate openly, express your needs and boundaries, and really listen to the thoughts and feelings of those around you.

Adaptability: This involves embracing new situations, adjusting to different environments, and being open to continuous learning and personal growth. To adapt this skill, start by cultivating a growth mindset. This is an attitude that embraces challenges, sees failures as opportunities for learning, and believes in personal development. Also, embrace change as an inevitable part of life and approach it with optimism. Do not be afraid to step out of your comfort zone. Let me conclude by stating that by actively developing these skills through practice, learning opportunities, and real-world experiences, young people can position themselves for success.

COUP: GENERAL TCHANI DECLARES ...

- PAGE 1

The development, which has formed a major debacle across Africa, shatters Niger's first peaceful and democratic transition since independence in 1960.

Local reports have it that the military junta had banned protests in the country. The BBC reported that more than four million people need humanitarian assistance.

A group of soldiers who appeared on the West African nation's na-

tional television, hours after the president was held in the presidential Palace, announced the coup.

Reading from a statement, Colonel Amadou Abdramane, seated and flanked by nine other officers, said defence and security forces had decided to put an "end to the regime that you know due to the deteriorating security situation and bad governance."

Abdramane said Ni-

ger's borders had been closed and a nationwide curfew had been declared.

According to him, all institutions of the republic had been suspended.

It was also reported that the soldiers warned against any foreign intervention, adding that they would respect Bazoum's well-being.

Remarkably, the military takeover marked the seventh coup in the West and Central Africa region since 2020.

YOUTH ANSWERS - PAGE 19

RIDDLES

1- A: A telephone; 2- A: A porcupine; 3- A: Wet; 4- A: Lost; 5- A: Lunch and dinner; 6- A: Footsteps; 7- A: Your nose; 8- A: Your fingers;

QUANTITATIVE REASONING

1- ANSWER = D) 15; 2- ANSWER = E) 2; 3- ANSWER = A) 5; 4- ANSWER = C) 32; 5- ANSWER = E) 21.6; 6- ANSWER = A) 22;

CROSSWORD

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- UN SUSPENDS HUMANITARIAN OPERATIONS IN NIGER OVER COUP

- TORONTO MAYOR APOLOGIZES TO REFUGEES AND ASYLUM SEEKERS WHO SLEPT IN DOWNTOWN STREETS FOR WEEKS

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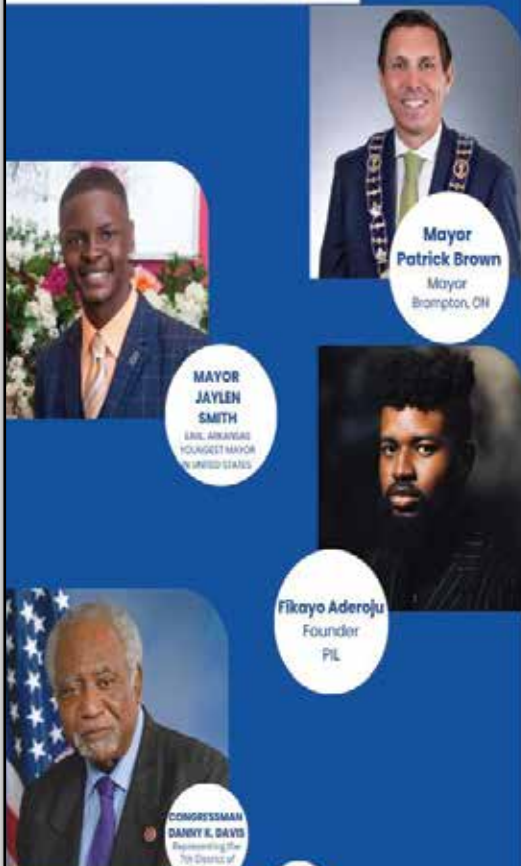
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- Empowerment ✓
- Networking Opportunities ✓
- Experiential Learning ✓
- Exposure to Role Models ✓
- Free Entry and Special Incentives ✓

- SOCCER
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