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Canada welcomes new citizens on it's 156th Birthday

By: Emmanuel Ayiku, Toronto, ON.



Prime Minister Justin Trudeau greets people at Canada Day celebrations at LeBreton Flats in Ottawa (Blair Gable/Reuters)

Canada Day July 1st was celebrated across the country which included speeches, special citizenship ceremonies, musical performances and fireworks show. This year's Canada Day celebration in Ottawa was halted on Saturday afternoon due to inclement weather in the Ottawa Region, but the weather issue across Eastern Ontario was lifted at 10:30 pm when ceremony continued.

Seventeen new Canadians swore oaths of citizenship at a special citizenship ceremony as part of the celebrations in Ottawa.

Prime Minister Trudeau delivered remarks in which he referenced
 cont'd on pg. 6

Thanksgiving Service in honor of Mavis Adwoa Ansu, M.D.

By Emmanuel Ayiku, Toronto, ON

On July 23, 2023, a special thanksgiving service was held at the Evangel Assembly of God Church in honour of Mavis Adwoa Ansu, who has completed her medical studies and become board certified.

The event was organized by Mr Michael Ansu, the father of Mavis Ansu and a prominent Ghanaian-Canadian businessman.

Mr Ansu said the thanksgiving service also doubled as a platform to motivate and encourage the younger ones in the community not to give up pursuing their dreams and aspirations.

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Group picture of Mr. Michael Ansu and Mavis with family and friends

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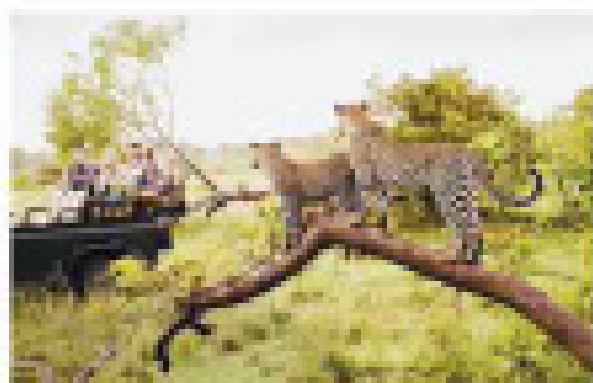
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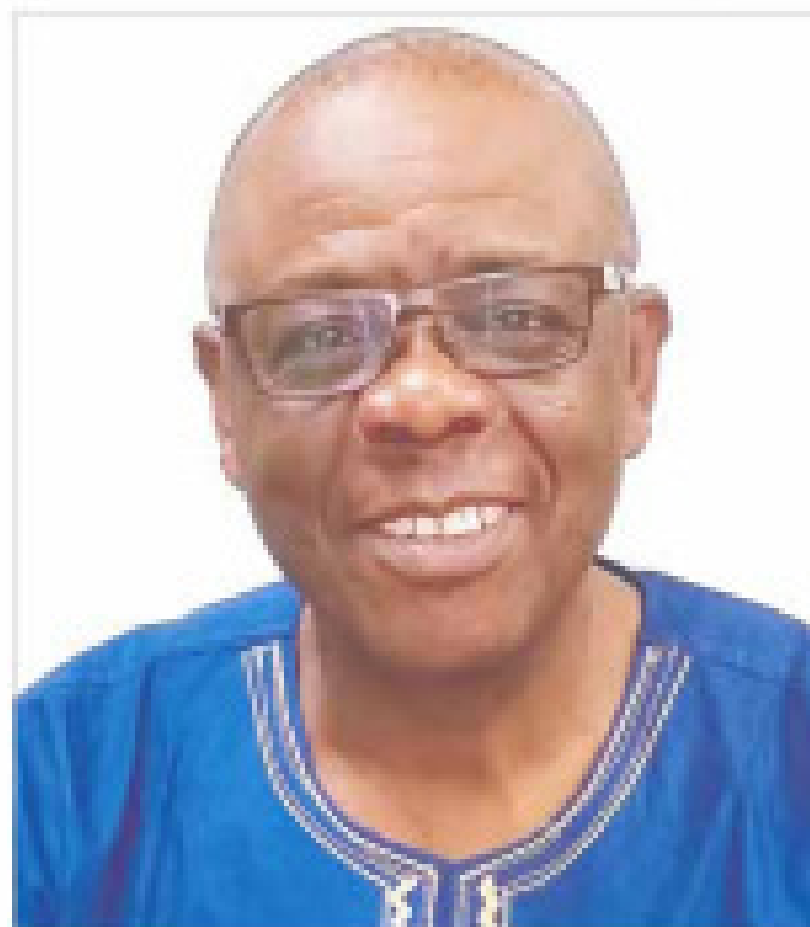
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Ghana National Petroleum Corporation's (GNPC) to Showcase Approach to Driving Sustainable Progress in Ghana's Dynamic Energy Sector at African Energy Week (AEW) 2023

Kwame Baah-Nuakoh, General Manager of Strategy and Investment at the Ghana National Petroleum Corporation, will speak at this year's edition of the African Energy Week 2023 conference

At the forefront of Ghana's dynamic energy sector is the Ghana National Petroleum Corporation (GNPC), the nation's dedicated national oil company (NOC). With a steadfast commitment to responsible oil and gas exploration and production, GNPC has

been actively engaged in numerous projects within the industry. Notably, the corporation places significant emphasis on harnessing local expertise, and ensuring the active participation of Ghanaian talent in shaping the nation's energy future. GNPC's remarkable contributions are driving sustainable progress and innovation in Ghana's energy landscape.

The African Energy Chamber (AEC), the voice of the African energy sector, is thereby delighted to announce

that Kwame Baah-Nuakoh, General Manager of Strategy and Investment at GNPC, will speak at the African Energy Week (AEW) conference and exhibition, taking place from October 16-20 in Cape Town. Under efforts to ramp up investments, his participation will highlight the promising opportunities in Ghana's oil and gas sector.

With over two decades of experience in various key roles, Baah-Nuakoh is a vital asset to Ghana's energy landscape. As General Manager of Strategy and Investment at GNPC, he has facilitated investments and positioned Ghana as a prominent player in the global energy arena. He has also served as the General Manager of Sustainability at GNPC; Head of Strategic Planning, Research and Corporate Affairs at The Royal Bank; and International Relations Manager at Kumasi Asante Kotoko SC Ltd. His expertise in managing international partnerships, sports industry collaborations, and responsible financial practices has significantly impacted the academic landscape. Baah-Nuakoh's visionary approach drives transformational growth and a sustainable, inclusive energy future for Ghana and the African continent.

As the General Manager of Strategy and Investment at GNPC, Baah-Nuakoh is actively involved in the company's efforts to increase exploration and production and boost investments in Ghana's oil and gas sector. The company first commenced operations in 1985, witnessing first oil production at the Jubilee field in December 2010. The Jubilee South East field, operated by the GNPC (19.69%) alongside Tullow Oil (38.98%), Kosmos Energy (38.61%), and South Africa's NOC PetroSA (2.72%), is expected to average 37,000 barrels per day (bpd) by the end of 2023. The field recently started production.

Another notable project is the Pecan Phase 1 project, a \$1.5 billion oil exploration and production initiative in Ghana, jointly operated by GNPC (10%), Aker Energy Ghana Ltd. (50%), Lukoil (38%), and Bulk Ship & Trade (2%). Its production of 82,500 bpd is expected to begin in 2025.

These partnerships reflect a strong dedication to boosting investments in Ghana's oil and gas industry. The primary objective is to foster growth and progress in the sector by

cont'd on pg. 17

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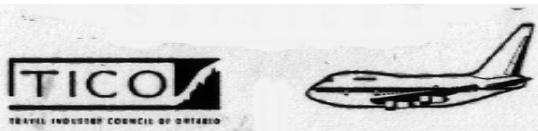
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EDITORIAL

Patronizing our Community Businesses is Key to economic success

While we encourage our community businesses to strive for higher heights, the Ghanaian News wish to use this opportunity and this column to strongly advise and appeal to our community members to consciously and strongly patronize the businesses in our various Ghanaian community Businesses here in Canada.

We all know of the economic, political and social successes of many migrant communities in Canada. We also know that the key to their economic, political and social successes has been due to only one major act of their community members: patronage of the businesses in their various communities.

There's a common saying, "It takes a village to raise a child." The power of the community has paved the way for many of our community business owners. When you choose to support community-owned businesses, you're supporting community pride and unity. While that may be intimidating to some, it would mean the world to many families and communities. Ghanaian entrepreneurship is a tool for survival in a world that does not want to see us win. When we win against all odds, our young children grow up seeing successful entrepreneurs and the world a better place.

We do not need to stretch this point very far. We can see these realities of the success of other communities around us. We can take tours of those businesses and establishments and we will come away with only one major reality: the active patronage of these businesses by their community members. Charity, they say, begins at home. "Home" in this context means our own communities' right here in Canada. When businesses in our communities flourish, the benefits transcend to the larger communities as well. The economic success will enable the businesses support initiatives in our communities from support for youth education, recreation, services and by extension creating a positive image for our community.

The economic successes will also lead to social and political recognition from the larger Canadian community. Again we can see evidence of these around us from other communities: their economic and business successes mean that the larger society takes them seriously. This has enabled them to make inroads into the bigger political arena enabling them to be part of the vital decision-making process of the country that eventually affect all of us.

We therefore entreat our community members to take cues from the above and actively and strongly patronize the businesses in our community. It is very important. It is vital and it is the major key to our communities' success, revival, recognition and future strength.

Ontario rolls out programs to boost health staffing

'Practice-ready' program for internationally trained physicians means 50 new doctors by 2024: province

Ontario Health Minister Sylvia Jones says the province is now starting three programs aimed at bolstering staffing in the health-care sector.

These were previously announced but are launching now are:

- A \$40-million fund to encourage health-care providers to better connect patients to services.
- A program to allow internationally trained physicians to work more quickly.
- A nursing mentor program.

Hospitals across the province are grappling with a shortage of nurses that has led to dozens of temporary emergency room closures — the

arbitrator who set hospital nurses' new contract says there are 9,000 registered nurse vacancies.

The Models of Care Innovation Fund will give funding to hospitals, family health teams and other health organizations for projects to allow faster access to care and boost health-care worker capacity, such as a staffing pool between hospitals and virtual peer support for ER doctors in rural areas.

A Clinical Scholar Program will pair an experienced front-line nurse as a mentor with newly graduated or internationally trained nurses, which Jones said will both help those nurses and help retain experienced nurses.

As well, the province said, a "practice-ready" program for internationally trained physicians removes barriers for them and will see 50 new doctors working in Ontario by 2024.

The Canadian Press

Canada welcomes new citizens on it's 156th Birthday

cont'd from pg. 1

the fact that Canada's population recently passed 40 million." Given the citizenship ceremony we just had, we're now at least 40 million," Trudeau said.

But the prime minister also mentioned issues facing Canada and the world, including climate change, natural disasters, the war in Ukraine and rising prices.

"But no matter the challenges we face, we will get through it the same way we always do — by staying true to our values," Trudeau said.

"Values like justice, openness and democracy. That's Canada's advantage in the world, now more than ever."

Earlier Saturday, Gov. Gen. Mary Simon released her Canada Day message, saying there's work to do for Canadians to combat climate change, to "care for our mental health in the same way we do our physical health," and "overcome obstacles to equality, fairness, justice and inclusion."

In his own video message released earlier on Saturday, Trudeau said Canadians can take pride in a country that's the "envy of the world," where "differences are celebrated and diversity is embraced."

Prime Minister Justin Trudeau shares his Canada Day message ahead of celebrations across the country.

"People fleeing violence and persecution dream of a life here. Businesses open headquarters in our cities and manufacturing plants in our towns. And world leaders look up to us for leadership in times of crisis," he said.

As part of commemorating Canada Day, several people expressed their hopes for the future, including keeping the country open to immigrants and refugees, that society keeps growing and becoming more accepting and that meaningful reconciliation with Indigenous people happens.

Canadian Chamber of Commerce joins calls for extension of CEBA repayment deadline

The Canadian Chamber of Commerce and a coalition of industry associations have joined calls for the federal government to extend the deadline for small businesses to repay pandemic loans received through the Canada Emergency Business Account program.

A letter to Finance Minister Chrystia Freeland on Monday urges her to push back the repayment deadline by two years to the end of 2025, or at least by one year, while allowing businesses to maintain access to the forgivable portion of up to one-third of their loans.

Approximately \$49 billion went out to about 900,000 businesses through the program and a spokeswoman for Freeland's office said earlier this month that 21 per cent of the businesses fully repaid their loans as of May 31 - seven months ahead of the current Dec. 31 deadline.

During the pandemic, the program provided up to \$60,000 in interest-free loans to small businesses and not-for-profits, but the chamber says around half of CEBA loan-holder companies are still making below normal revenues.

Matthew Holmes, senior vice-president of policy and government relations for the chamber, says small and medium-sized businesses hit hardest by the pandemic should not be penalized at a time when they are facing pressures such as high interest rates, inflation and increased labour costs.

The Canadian Federation of Independent Business said this month that nearly one-fifth of small businesses are at risk of closure without an extension on the repayment of their CEBA loans.

The Canadian Press

Inflation has fallen, but the Bank of Canada hasn't backed off rate hikes. Here's why

Canada's inflation rate has returned to the country's target range after a tumultuous couple of years of soaring prices.

Statistics Canada reported on Tuesday that inflation fell to 2.8 per cent in June, down significantly from the eye-popping peak of 8.1 per cent reached last summer.

That's within the country's one to three per cent inflation target and, as Finance Minister Chrystia Freeland has boasted, the lowest inflation rate in the G7.

But despite the good news, the Bank of Canada is still in inflation-fighting mode and seems more likely to raise interest rates further than cut them anytime soon.

Earlier this month, the central bank raised its key interest rate again by a quarter percentage point, bringing its key rate to five per cent. At the time, the most recent inflation reading showed the annual rate had fallen to 3.4 per cent in May.

Though the decline in inflation was praised by governor Tiff Macklem, he also issued a warning that the central bank is ready to raise interest rates further if needed.

Given the progress made so far, the Bank of Canada's hawkishness might seem confusing: why raise interest rates even more when inflation has fallen so significantly?

After all, economists know there's a lag in monetary policy, which means interest rate hikes can take between one to two years to fully affect the economy.

A key element of the answer lies in the Bank of Canada's commitment to hit the midpoint of its target range.

The central bank has been adamant that it's aiming for two per cent inflation: not more and not less.

New projections from the Bank of Canada suggest the steady progress made on inflation over the last year will stall. The central bank now expects Canada's inflation rate to hover around three per cent over the next year, before falling to two per cent by mid-2025.

That means it will take six months longer than the bank previously expected to get back to target.

The Bank of Canada justified its last rate hike in part by pointing to this new projection, which also signals that interest rates are likely to stay higher for longer.

Private-sector economists also expect getting inflation back to two per cent will be challenging and will entail some hiccups along the way.

That's because core measures of inflation - which strip out volatility

and are better at gauging underlying price pressures - are still high.

Lower gasoline prices are responsible for much of the deceleration in inflation so far, while other prices are still rising rapidly. Excluding gasoline prices, Canada's inflation rate would have been 4.0 per cent in June.

The Bank of Canada's two preferred core measures of inflation that it tracks closely also show inflation hasn't eased as much as it might appear, hovering at 3.7 and 3.9 per cent last month.

And with the economy so far outperforming what the central bank and forecasters were anticipating for 2023, the Bank of Canada says it felt it needed to take rates higher.

The central bank's aggressive approach has not been without pushback, particularly from labour groups and left-leaning economists who have called out the rate hikes as punishment for workers.

Higher interest rates are meant to slow the economy down, which would ultimately come with some job losses.

That's in addition to the hurt being felt by many homeowners, such as those with variable-rate mortgages or those with fixed-rate mortgages that are coming up on renewal.

In a client note sent Friday, CIBC deputy chief economist Benjamin Tal lays out why the Bank of Canada would prefer being more hawkish than dovish with inflation.

"Give the Bank of Canada two choices: inflation or a recession, and the Bank will take a recession any day. The reason is that central banks have a lot of experience and effective tools to fight recessions, while rising inflation expectations are a central banker's worst nightmare," Tal wrote.

"The practical implication of this asymmetric game is that the Bank of Canada is biased."

The Bank of Canada has repeatedly admitted to that bias in its monetary policy reports, where it lays out risks to its forecasts. It has said on multiple occasions that it's more concerned that inflation might be stickier than expected than it is about the risk of a global recession, given inflation was already high.

Tal said that bias likely drove the Bank of Canada to overshoot with interest rates as early as in June. But as signs of a weakening economy grow, the economist said the central bank will have to back off at some point.

"The Bank of Canada might hike again in September, but soon enough the current disinflationary forces will be too noticeable to ignore, even for a biased bank."

The Canadian Press

Why air conditioners can be a problematic solution to extreme heat

Passive cooling, greenery, behaviour changes are more sustainable, researchers say

As extreme heat hits many parts of the world amid a warming climate, [millions of people are turning to air conditioners for relief](#).

Research shows that household air conditioning is one of the "most effective adaptation strategies to reduce heat-related mortality and morbidity," [says a Statistics Canada report released this week](#). That's particularly the case for [older adults and vulnerable populations](#) such as those with mental illness.

But researchers who study climate adaptation say it can also be an unsustainable and problematic solution to extreme heat.

Anabela Bonada, manager and research associate at the Intact Centre on Climate Adaptation at the University of Waterloo, said air conditioning is "absolutely necessary" for vulnerable people who cannot leave their homes.

But, she said, it's a short-term solution and should be "the last resort — because it leads to more heat, which is what we're trying to avoid."

The problems with air conditioning

[A study published in The Lancet in 2021](#), led by Ollie Jay, a professor of heat and health at the University of Sydney in Australia, described air conditioning as a "widespread but unsustainable cooling solution."

"It's unsustainable if we want to air condition everybody," Jennifer Vanos, associate professor in the School of Sustainability at Arizona State University and one of the study's co-authors, said in an interview with CBC News.

The study cited a number of reasons for that.

It heats up cities and the Earth in a few different ways. Firstly, air conditioners are heat pumps that move heat from the inside to the outside of a building. Bonada said that means heat from thousands of homes "is being pumped back out into the city, which is [already hotter than surrounding areas](#)."

Many air conditioners contain refrigerants called HFCs or hydrofluorocarbons, which can cause far more global warming per kilogram than carbon dioxide.

However, most of their global warming impact comes from the amount of electricity they use in places with fossil fuel-powered generation. According to the International Energy Agency (IEA), indirect emissions from space cooling [have tripled between 1990 and 2021 to more than a gigatonne](#).

It's not very accessible to those who need it most. The cost of buying and running air conditioners tends to make them unaffordable to the most vulnerable.

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In Cabo Verde, Young People from West Africa and the Sahel Plead for Quality Education and Decent Employment

The Forum brought together young women and men from 17 countries in West Africa and the Sahel, representatives of the government of Cabo Verde, regional organizations, United Nations entities and other technical and financial partners

The 3rd Annual West Africa and Sahel Youth Forum on the theme: "Empowering young women and men through quality education, decent work and innovative solutions to make conflict prevention more effective in maintaining peace and security in the region" concluded today its three days of work in Mindelo, São Vicente Island, Cabo Verde.

Organized by the United Nations Office for West Africa and the Sahel (UNOWAS), in cooperation with the Economic Community of West African States (ECOWAS) and the government of the Republic of Cabo Verde, the Forum brought together young women and men from 17 countries in West Africa and the Sahel, representatives of the government of Cabo Verde, regional organizations, United Nations entities and other technical and financial partners to take stock of the implementation of the youth, peace and security agenda, and to recommend innovative and integrated solutions through the promotion of youth leadership and their involvement in

conflict prevention, peaceconsolidation and security in the sub-region.

The 3rd Annual West Africa and Sahel Youth Forum was enhanced by the presence of His Excellency Ulisses Correia e Silva, Prime Minister of the Republic of Cabo Verde, and Mr. Leonardo Santos Simão, Special Representative of the United Nations Secretary-General for West Africa and the Sahel.

In his opening address, Special Representative Simão praised the commitment of young people, and encouraged them to continue their efforts to contribute to the development and the consolidation of peace and democracy in the sub-region. On his part, addressing the young people, the Prime Minister of Cabo Verde declared that "it's not natural, mineral or even financial resources that make the difference. It's you who make the difference. Because it is you who, one day, will manage and govern the resources."

During the three days, participants representing countries in the ECOWAS and Sahel regions exchanged views on the measures to be taken to implement quality education linked to decent employment, which would strengthen the participation of young women and men in conflict prevention, peacebuilding and development.

The various sessions that punctuated this third Forum enabled young people to articulate a series of pertinent recommendations that were contained in the Mindelo Call to Action for youth empowerment through quality education and decent work.

The annual Forums of young women and men for peace and security in West Africa and the Sahel are part of UNOWAS' framework in partnership with ECOWAS to implement Resolutions 2250 (2015), 2419 (2018) and 2535 (2020) on youth, peace and security. The last two Forums were held in Ouagadougou, Burkina Faso, in December 2018, and in Abuja, Nigeria, in December 2021, respectively. Distributed by APO Group on behalf of United Nations Assistance Mission in Somalia (UNSOM).

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The Africa Centres for Disease Control and Prevention (Africa CDC), World Health Organization (WHO) and the Robert Koch Institute (RKI) Launch a Health Security Partnership to Strengthen Disease Surveillance in Africa

Strengthened disease surveillance is a foundational requirement for health security

The Africa Centres for Disease Control and Prevention (Africa CDC), the World Health Organization (WHO) and the Robert Koch Institute (RKI) today launched a Health Security Partnership to Strengthen Disease Surveillance and Epidemic Intelligence in Africa. The partnership aims to strengthen Africa’s health security capabilities in the areas of biosecurity, integrated disease surveillance, event-based surveillance, genomic surveillance, and epidemic intelligence. The partnership seeks to encourage strong country leadership. The first phase will be implemented in six African Union Member States including The Gambia, Mali, Morocco, Namibia, Tunisia, and South Africa

and will later be expanded to additional countries.

Strengthened disease surveillance is a foundational requirement for health security. Substantial progress has been made in disease surveillance across Africa over the past decade, but it is worth noting that it experiences more outbreaks and other health emergencies than others, many of which are preventable or controllable with proven public health interventions. The COVID-19 pandemic highlighted the critical role of the public health laboratory in surveillance as well as the necessity for advancements in data collection, management, reporting, and dissemination to ensure evidence-

based policy making during health security emergencies.

In response, the Health Security Partnership in Africa works to improve integrated disease surveillance capabilities across the continent in order to better detect, confirm, and notify health security threats. “The multi-country project consultation and launch meeting is a significant milestone towards strengthening surveillance and epidemic intelligence capabilities in Africa. It provides a platform for sharing experiences and best practices, which will be essential for the success of the project,” said Dr. Yenew Kebede, Head of Laboratory

Systems and Networks at Africa CDC.

With a shared commitment in supporting African countries to strengthen health systems and safeguard public health, WHO’s Regional Offices for Africa and the Eastern Mediterranean have been working closely with Africa CDC under the Joint Emergency Action Plan (JEAP) framework to strengthen public health surveillance, promote regional cooperation, and address health challenges in Africa. The Health Security Partnership in Africa will contribute to the overall collaborative framework by delivering concrete results in the areas of emergency preparedness and response, surveillance and laboratory capabilities, and help protect the health of people in Africa through a better coordinated and more resilient health system.

“Our collective ability to prevent, prepare for, and respond to health security emergencies remains critical to keeping our communities safe,” said Sara Hersey, Director of Collaborative Intelligence at the WHO Hub for Pandemic and Epidemic Intelligence. “Through this partnership, WHO remains dedicated to working with Member States to systematically strengthen our capabilities and collaboration across stakeholders, sectors and borders for more effective and collaborative disease surveillance in Africa.”

Funded by the Government of Canada’s Weapons Threat Reduction Program and aligned with the health security objectives of the G7-led Global Partnership Against the Spread of Weapons and Materials of Mass Destruction, the Health Security Partnership in Africa signifies a collective commitment to collaboration at the health security interface and will play a catalytic role in accelerating the building and pooling of capabilities and expertise for disease surveillance and epidemic intelligence in and for Africa.

Distributed by APO Group on behalf of World Health Organization (WHO).

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FOCUS

Cyberbullying-The Use of Mean or Hurtful Language on the Internet

By Joe Kingsley Eyiah, OCT, Brookview Middle School, Toronto-Canada

Bullying is linked to many negative outcomes including impacts on mental health, substance use and even suicide in our schools. Recent report on cyberbullying among students is alarming and teachers as well as parents ought to watch out for signs of bullying among students and act accordingly to stop it. Bullying is considered by experts as the ways in which boys and girls act out of their aggression. It usually occurs among younger teens and pre-teens but begins to fade during late teen years. Research has shown that middle school years are crucial years to be aware of bullying!



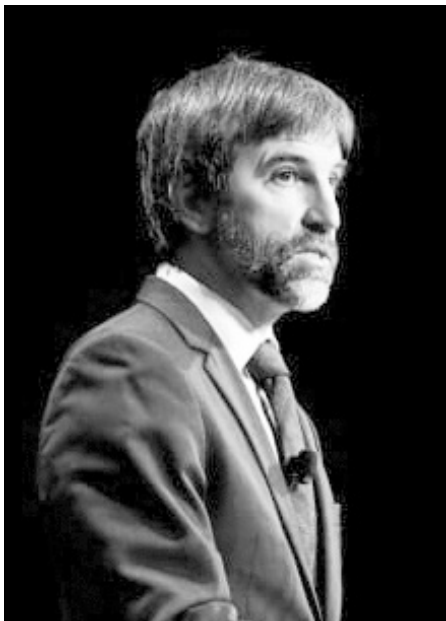
sense of urgency for innovation in education which arises as part of rapid economic and social changes. Sometimes, phones and digital equipment can help students achieve critical thinking, collaboration, creativity, and autonomous learning. At the same time if these equipment are used inappropriately by students they become tools of Cyberbullying!

Students and Cyberbullying: In today's changing environments within school settings, increased attention is geared towards effective learning. There is a

The essential question is: "What should you do when someone uses mean or hurtful language on the internet?" Students must be taught to understand that it is very important to think about the words they use because everyone interprets things differently. They need to identify ways to respond to mean words online and, decide what kinds of statements are good to say online and which are not! Students can use the social media to bully others in the form of racist, sexist or homophobic remarks. There had been situations where the bullied had taken their lives in solitary. The dangers of Cyberbullying are frightening and ways and means must be constantly used to stop them in our schools. Parents expect schools to provide environments that are emotionally and physically safe for their children. As parents, we normally feel enraged and frightened by

any environment that poses a threat to the wellbeing of our children, especially in schools. According to the psychologist and bullying expert, Evelyn Field, bullies and targets of bullies often have undeveloped assertive communication needs. Assertive communication is the open expression of one's needs, feelings, thoughts and desires. It involves speaking for your needs while respecting the needs of others. Cyberbullying, though relatively new on the bullying field, it is spreading very fast as modern communication technology advances. My humble advice to teachers and parents as we prepare for a new school year soon is that they should look for early signs of Cyberbullying among their children. They must pay attention to changes in their child's behaviour and encourage their children to talk about what happens at school.

Ottawa announces plan to phase out 'inefficient' fossil fuel subsidies



Minister Steven Guilbeault

Change Minister Steven Guilbeault announced the plan in Montreal Monday as Canada continues to grapple with one of the worst wildfire seasons ever recorded and devastating flooding in Nova Scotia.

"We're eliminating subsidies to produce fossil fuels in Canada, unless those subsidies are aimed at de-carbonizing the emissions of the sector," Guilbeault said.

Environment and Climate Change Canada and the Department of Finance [developed the guidelines.](#)

Guilbeault said there are exceptions to the government's new directive. Federal dollars can still flow to fossil fuel projects if they:

- Enable significant greenhouse gas emissions reductions
- Support clean energy, clean technology and renewable energy
- Support Indigenous economic participation in fossil fuel activities

Ottawa published its plan for eliminating inefficient fossil fuel subsidies today — making Canada the first country among wealthy, heavy-emitting nations to do so, according to the federal government.

In 2009, the countries that make up the G20 publicly promised to "phase out and rationalize ... inefficient fossil fuel subsidies" over the "medium term."

Such subsidies "encourage wasteful consumption, reduce our energy security, impede investment in clean energy sources and undermine efforts to deal with the threat of climate change," [said the G20 communique.](#)

cont'd on pg. 12

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The Canadian in James Gyakyé Quayson wins

By Edmund Agbeko, Toronto, ON



It was a titanic by-election as renowned seasoned journalist, Africanus Owusu-Ansah, looked into the Assin North by-election, as what was at stake was the right to represent the good people of Assin North. It was clearly a straight – fight between NPP’s Charles Opoku and NDC’s James Gyakyé Quayson. The LPG candidate, Bernice Enyonam, could have seen from the beginning that she was only going to be an also-ran. Assin – Bereku – born Michael Ankomah Nimfah had invoked the Supreme Court’s jurisdiction to interpret and enforce the Constitution with a case that Mr. Quayson’s election in 2020 was unconstitutional, and that was on May 17, 2023.

On June 5, 2023, the Supreme Court filed its full judgment and concluded thus: “Upon a true and proper interpretation of Article 94 (2)(a), the decision of 2nd Defendant (Electoral Commission) to permit the 1st Defendant (James Quayson) to contest the parliamentary election of Assin North when the 1st Defendant had not shown evidence of the cancellation of his citizenship of Canada is an act which is inconsistent with, and violates, Article 94(2) (a) of the 1992 Constitution”.

So, Quayson’s election was “null and void and of no legal effect”. And, finally the Supreme Court ordered Parliament “to expunge the name of the 1st Defendant James Gyakyé Quayson as Member of Parliament”. Coram (Before), Jones Dotse JSC, Nene Amegatcher JSC, Mariama Owusu (Ms) JSC, Gertrude Torkornoo (Mrs) JSC, Prof Henrietta Mensah – Bonsu (Mrs) JSC, YonnyKulendi JSC, BarbarnAckah – Yensu (Ms) JSC.

And Article 94 (2) (a) of the 1992 constitution says: “A person shall not be qualified to be a Member of Parliament if he owes allegiance to a country other than Ghana”. The by-election became inevitable. The choice of a candidate for NPP fell on 40-year-old Charles Opoku rather than Abena Durowaa Mensah whose votes of 14,193 (44.79%) in 2020 could not match NDC’s James Gyakyé Quayson’s of 17,498 (55.21%). The NDC’s choice of candidate was the self – same James Gyakyé Quayson. The third candidate was Liberal Party of Ghana (LPG’s) candidate of Bernice Enyonam.

The campaign was vigorous. It was an invasion of all of political heavyweights. All kinds of “words” were thrown into the fray. Sammy

Gyamfi the National Communications Officer of the NDC who had pitched camp at Assin North for one month, called the NPP candidate: “Charles Opoku ... a political prostitute. He came to us to tell us to make him our candidate and drop Quayson. But we told him we (NDC) don’t work like that, so he should join the queue... he had no principles, no convictions, no track record, and doesn’t even vote here”.

The road project in the Assin North intensified and just as it had happened at Kumawu, the NPP government had even in the morning of Tuesday June 27, 2023, been working. The Member of Parliament for Agona West, Cynthia Mamle Morrison refuted claims that the road works were to influence the constituents. She noted... “Basically, the road was being done before the by-election and you know with by-election, projects go on and you can’t hide it and so this one is good for us because of the weather”.

The President, Akufo-Addo was upbeat about the choice of an MP. He noted: “It is crucial for us to exercise our voting rights responsibly... we should not support or vote for individuals who are entangled in legal controversies that may eventually lead them to face imprisonment... we need someone who can come to help you, someone who will come and work in your interest... can Gyakyé Quayson work from jail? We vote for people to go to Parliament to work, how can he work from prison... don’t vote for someone who will end up in jail...”

Ex-President Mahama reacted to the claim that Quayson’s case was the same as NPP’s Adamu Sakande’s which got him jailed, and criticised the president for the statement. Says Mahama: “The President is wrong when he says that, because he is prejudicing the case in court”. Adamu Sakande, the late MP for Bawku Central was sued in Court by Sumaila Bielbiel seeking a declaration that defendant is a holder of a British and a Burkinabe passports and therefore, owes allegiance to a country other than Ghana and is, therefore, disqualified from holding the office of Member of Parliament.

The Supreme Court juggled with the word ‘and’ in Article 130(1) of the 1992 Constitution, Sakande was jailed two years for a second-degree felony which would attract 10 years in July 2012 after being found guilty of perjury and forgery. His lawyer, Yonny Kulendi, had pleaded for leniency on account of Sakande’s heart disease. Sakande was granted unconditional amnesty in December 2012 by President J.D. Mahama.

The NDC is not irked nor worried by the possibility of jail of Quayson by the court. They liken the situation to that of South Africa’s Nelson Mandela (the Black Pimpernel) who was jailed for a total of 27 years, some years in Robben Island. His had been ‘a long walk to freedom, to become President

on May 10, 1994, at the age of 75. OR take the first President Kwame Nkrumah who, after serving almost a year of three years’ sentence, starting in January, 1950, was released from James Fort Prison in February in 1951, having won the Accra Central (Ashiedu Keteke) seat, under Governor of the Gold Coast, Sir Charles Arden Clark. But Nkrumah and Mandela were simply “Political Prisoners”.

In the campaign trail, the Vice President was walking in the rain to go and inaugurate an Astro-Turf. Defy the rain, no umbrella nor rain-coat: the contract is said to have been started in 2022. And a local resident remarked that “V-8 cars are here in their numbers as if they were bought with pesewas”. And constructing roads in June, the rainy season!

The money- sharing was for T and T. the NDC was doling out GH¢100 per person; the NPP was dishing out GH¢200 – all allegations, no truth in “money-crazy” the money was not to influence the recipients to vote, and the politicians will defend it. Why not? Mahama is quoted as saying in the Volta Region that to succeed as a politician, you have to mix lies with truths.

Did Quayson win on account of the general economic hardships-soaring prices which propel salaried workers to use all their salaries on food. Did Quayson win because his “case”

touched the voters’ hearts, enabling him to garner “sympathy votes”? How did the political parties organize themselves for the election-the speeches; the display of wealth; the arrogance of power the persona of the candidates themselves; what was the strategy?

Or did the story of NPP government supporting LGBTQ sink into the minds of the electorate? Propaganda? As if the people of Assin North could not think! The supporters of James Quayson sang “Charles Opoku sika no y’adi’ (We have “chopped” Charles Opoku’s money). Charles Opoku was not a voter in Assin North, even though he hailed from Assin Bereku, the same town where James Quayson came from.

Just as expected, The National Democratic Congress (NDC) has thrown its weight behind the Minority’s boycott in Parliament to protest against James Gyakyé Quayson’s prosecution. The party says it is fully behind the conduct of its NDC MPs and will continue to offer any support that will be needed in that regard. Already, the Ningo-Prampram MP Samuel Nartey George has stated that he and his colleagues are not scared of losing their seats due to their continuous boycott of parliamentary proceedings. According to him, they are prepared to resist President Akufo-Addo’s persecution of their colleague Assin North MP, James Gyakyé Quayson.

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IMMIGRATION AND SOCIAL ISSUES

By: James A. Kwaateng, B.A. (Hons), LLB (Hons)

Factors to Consider before Choosing between Refugee Protection and Humanitarian and Compassionate Applications in Canada

One may mistakenly submit an application for convention refugee or for refugee protection instead of making a humanitarian and compassionate application and vice versa. These mistakes are, in most cases, attributable to the misconception that the requirements for refugee protection claims are the same as the requirements for humanitarian and compassionate (H&C) applications. The fact is they are not the same.

Under the Immigration and Refugee Protection Act (IRPA), refugee protection is conferred on a person when the person has been determined by the Refugee Board to be a Convention refugee or a person in need of protection or when the Minister allows an application for protection.

A claim for refugee protection may be made in or outside Canada. Claims made inside Canada are made to an immigration officer, who, pursuant to the Act, shall, upon receipt of a claim, promptly determine whether the claim is eligible to be referred to the Refugee Protection Division (RPD) for further action on the claim. The Immigration and Refugee Board (IRB) is allowed to grant protection on three different basis which are on convention refugee ground; on ground of danger of torture and, lastly, on ground of a risk to life or a risk of cruel and unusual treatment or punishment.

The first ground – convention refugee ground - needs to relate to the person's political opinion, race, religion, nationality or membership in a particular social group. The second and third grounds – a danger of torture and a risk to life or a risk of cruel and unusual treatment or punishment - are the basis for finding a claimant to be a person in need of protection. The convention grounds are dealt with in section 96 of the Immigration and Refugee Protection Act (IRPA) while the danger of torture grounds are dealt with in section 97(1)(a) of the Act and risk to life and of cruel and unusual treatment or punishment grounds are dealt with in section 97(1)(b) of the Act.

There is a general presumption that persons in need of protection and those who claim protection as conventional refugees cannot live safely in any other part of their countries of nationality. The risk they face should not be related to



inadequate medical care in the country and should be specific to the claimant and not generalized risk. The risk should also not be inherent or incidental to lawful sanctions, unless such sanctions are imposed in disregard of accepted international standards. In refugee protection claims, a distinction is made between persecution and prosecution. At a refugee hearing, greater focus would likely be on identity, credibility, subjective fear, generalized risk, particularized risk, state protection, internal flight alternative and legal residence in another country.

Generally, a person is eligible to apply for permanent residence from within Canada only if he or she falls within the following classes: Spouse or Common-law partner; Live-in caregiver; Protected person and Conventional refugees, and Temporary Resident Permit Holders. If you do not fall within any of the aforementioned categories and/or you are inadmissible, you need an exemption and this could be done through H&C applications under section 25(1) of the Act. This section allows any foreign national who is inadmissible or who does not meet the requirements of the Act or Regulations to make a written request for consideration. Requests under section 25(1) of the Act for exemptions based on humanitarian and compassionate or public policy considerations accompany applications for permanent residence in Canada.

The permanent resident applicants bear the onus of satisfying the decision-maker that their personal circumstances are such that the hardship of having to obtain a permanent resident visa from outside of Canada would be unusual and undeserved or disproportionate. Even though there are general

guidelines, it is not easy for applicants to know the exact factors that could be considered by the decision-maker as excessive hardships that should warrant humanitarian and compassionate considerations under the circumstance.

Generally, factors relating to a child's emotional, social, cultural and physical welfare are taken into consideration when raised - and only when raised. Also, positive consideration may be warranted when the period of inability to leave Canada due to circumstances beyond the applicant's control is of significant duration. Due consideration is also given in situations where there is evidence of a significant degree of establishment in Canada.

For the application to succeed, the H&C applicant should demonstrate in his or

her application that he or she would experience unusual and undeserved or disproportionate hardship if he is made to go back home.

Even though hardships can arise out of risk to life and risk of torture, cruel and unusual treatment, hardships are not necessarily risks. The requirements and mode of assessment for H&C applications are substantially different from those of refugee protection claims. Seek professional advice when in doubt.

James A. Kwaateng is an Immigration Law practitioner with offices located at 168A Oakdale Road, Suite 4, Toronto, Ontario. For thorough discussion of your immigration and related social and legal issues, you may contact him at telephone number (416) 743-2758 for an appointment

Ottawa announces plan to phase out 'inefficient' fossil fuel subsidies

cont'd from pg. 10

- Offer essential energy services to remote communities
- Provide short-term support for an emergency
- Support abated fossil fuels — oil and gas projects which capture production emissions through carbon capture.

Phase-out plan is a 'half measure': NDP

A plan to phase out public financing of the fossil fuel sector, including Crown corporations, was a key requirement of the confidence and supply agreement the Liberals arranged with the NDP to support their minority government.

MP Laurel Collins, NDP critic for climate change and the environment, said in a media statement she is "frustrated" with a Liberal plan she described as a "half-measure."

"The NDP will keep pushing for the immediate elimination of specific fossil fuel subsidies that Liberals left out — like the exploration and development expense deductions for oil and gas — and for a plan to end public financing of the fossil fuel sector," Collins said.

The environmental advocacy group Environmental Defence said today's guidelines set a "high

benchmark" for other countries in the G20 to follow.

But Julia Levin, associate director of Environmental Defence, said more work must be done to close loopholes in the guidelines. She said the government's investment tax credit for carbon capture continues to bankroll oil and gas directly.

"There are exemptions that continue to show the influence of big oil on climate policy decisions," Levin said.

Energy for a Secure Future, which promotes the natural gas sector, said it doesn't believe Canada has any inefficient oil and gas subsidies to eliminate.

"These projects are economic, and that's why people are investing their private capital in them," said Shannon Joseph, a member of the organization's advisory council.

Joseph said tax measures offered to any other types of business in Canada should also go to the oil and gas sector. She also called on Canadians to remember the role fossil fuels play in our economy and funding our social safety net.

"What Canadians need to know about the energy sector in Canada is that it is a major source of investment and innovation, it is a major source of jobs and GDP, and that the world is still asking us for his energy," she said. **CBC**

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Oil and gas methane reductions less expensive than paying carbon tax, study finds

New research using the latest figures for Canada's methane emissions concludes it would be much cheaper for the energy industry to meet reduction targets for the potent greenhouse gas than it would be to pay carbon taxes on it.

"The federal government's target for 75 per cent reduction is achievable," said Kris Chapman of Dunsky Energy and Climate Advisors, a Montreal-based consultancy hired by the environmental group Environmental Defence.

Chapman said Canada's oil and gas industry could meet Ottawa's goal of a 75 per cent reduction in methane emissions by 2030 for the equivalent of about \$11 per tonne of carbon. The current federal carbon tax is \$65 a tonne, although methane is shielded from that tax under some provincial climate change regimes.

Those calculations are based on recent studies that suggest official figures for methane release are significant underestimates. A series of published papers has concluded the methane releases inventoried by the federal government from industry reports are far too low.

Those concerns are echoed in a report this year from the auditor general's office.

"Several Canadian scientific studies suggest that total emissions are under-reported in the national inventory and that the distribution of emissions is likely inaccurate," it says.

Chapman said the Dunsky paper multiplies methane emissions in Canada's national inventory by 1.7 to achieve a more likely estimate of what's actually being released into the atmosphere.

"We're pretty confident that 1.7 is representative of reality."

Dunsky's cost estimate is close to that of the International Energy Agency. Earlier this year, that body estimated that methane equivalent to about 30,000 tonnes of carbon could be eliminated from the Canadian oilpatch — roughly

what it would take to meet the federal goal — for \$13 a tonne or less.

As well, the Pembina Institute, an Alberta-based clean-energy think tank, released a 2021 report concluding Canada could reduce methane emissions by 80 per cent from 2012 levels for less than \$25 per tonne of carbon dioxide equivalent.

The Dunsky paper comes as the federal government prepares a new set of regulations for methane, a greenhouse gas up to 30 times more potent than carbon dioxide. Its conclusions should encourage Ottawa to set strict standards, said Ari Pottens of Environmental Defence.

"We're looking for the regulations to be as ambitious as the proposed framework was," he said.

Environmental Defence wants the rules to ban venting and flaring of methane from oil and gas sites. It wants regular and frequent inspections to ensure compliance and bans on certain types of equipment prone to leak.

The Canadian Association of Petroleum Producers did not immediately respond to a request for comment on the Dunsky report.

However, industry has committed to reducing emissions by 45 per cent by 2025. Alberta's 2021 progress report found methane releases from oil and gas fell about 44 per cent between 2014 and 2021, although that figure is based on official emission estimates.

Pottens said it makes sense for government and industry to go hard after methane.

The effort is cost-effective, he said, and can result in a more saleable product for natural gas producers. But because methane affects climate so strongly at first and then gradually fades, tackling it presents an opportunity.

"If we're able to cut back on methane emissions now, we're actually buying ourselves time later to address some of the tougher climate issues."

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Every Dollar Counts! TFSA & RRSP? Either Or Both?

By: Eddie Twumasi-Smith, (P.Eng, PMP, CPA, MBA)

Last month's edition raised and discussed wealth planning and what it means, the difference between financial planning versus wealth planning. With both in mind, one common thread that cuts through all, is our financial capacity, savings ability, taking advantage of tax credits and income tax acts and how to prepare or plan for the future.

In Canada, we have the benefit of government legislation that provides Canadian with tax savings options, either via the Registered Retirement Savings Plan (RRSP) or Tax-Free Savings Account (TFSA).

TFSAs and RRSPs both protect you from taxes, that are structured differently in how they save Canadian citizens of tax liabilities, however a lot depends on the individuals and how you take advantage of these options.

TFSA - There are no immediate tax benefits to contributing to your Tax-Free Savings Account (TFSA). You've already paid taxes on the money you contribute. But TFSAs offer a benefit RRSPs don't: you'll never be taxed again on those contributions – not while they're growing, and not when you withdraw.

RRSP- Registered Retirement Savings Plans (RRSPs) allow you to defer your tax. When you contribute, you lower your immediate tax bill and put off the tax burden until later, when you're retired

TFSA or RRSP may be applied differently by any individual depending on many other factors such as personal and financial savings you have now and how you want to minimize your tax liabilities, depending on your income potentials later years ahead!

That said, income and gains within, or withdrawals from, the TFSA aren't subject to taxation, and withdrawing funds does not affect your contribution limit.

RRSP on the other hand, the value of your contribution generates a deduction from taxable income. Any investment gains or income are sheltered from taxation – ideally until retirement when you can withdraw funds and pay tax at a lower rate because your income will (usually) be lower.

To support other sources of income in retirement or when you might not be ready to commit those future tax brackets and income level

That's why when coming up with a strategy to best meet your savings needs it's so important to have a good understanding of how these two options actually work

It's important to be wary of one-size-fits-all advice. Wealth management and planning so personal. You can have two individuals with very similar lives and financial situations, but the right strategy might be completely different for each of them.

What works for you this year might not work next year, so be flexible and adjust as you go. When trying to decide how to save, you should weigh all the factors that affect your financial health



now – as well as those that could affect it in future.

Consider where you're at today and where you think you'll be in future. The decision to use a TFSA or an RRSP involves taking a look at current and future estimated tax brackets, length of time to commit and also the intended construction of a retirement portfolio.

Create a sound retirement plan. This will help ensure your decisions are rooted in logic vs what may just be popular out there in the market right now. You'll also be in a better place to know what options you should be considering along the way to help you reach your goals, grow your money, and how and when to refresh your savings strategy if you need to.

Both are great tools to help you shelter your investments from tax. If you're deciding which one makes the most sense for you, here's a list of differences to help you choose.

WHEN RRSPs MAKE SENSE OVER TFSAs

1.0 Investing in an RRSP gives you a tax deduction up front. The higher your income bracket, the greater the tax benefit you receive. And because any unused contribution room can be carried forward, there's an opportunity for you and your advisor to be strategic and contribute more in the years when your income is higher, and less in the years when your income is lower. Your RRSP contribution limit for the 2023 tax year is 18% of the earned income you reported on your 2022 tax return, up to a maximum of \$27,830. Your TFSA limit for 2022 is \$6,000.

2.0 When you and your spouse want to use tax-splitting strategies.

Spousal RRSPs allow you to reduce your tax liability now and in the future by splitting your income with your partner. For example, if you earn more than your spouse or common-law partner, you can contribute up to your allowable limit to their plan under a Spousal RRSP. You get the benefit of the higher tax deduction now. And when your spouse or partner withdraws money from the plan in the future, they'll be taxed at their tax rate, which will hopefully be lower than yours.

WHEN TFSAs MAKE SENSE OVER RRSPs

1.0 When you need flexibility and have immediate needs.

TFSAs can be used for any type of savings goal, while an RRSP is really only meant for the big one:

your retirement. That's why you can withdraw money anytime from your TFSA without any penalties or tax implications. And you won't lose contribution room when you do. There's no penalty if you withdraw early from your RRSP, but you will be taxed. Every RRSP withdrawal is subject to withholding tax and income tax and – worse – the contribution room is lost for good. The two exceptions: you can borrow from your RRSP tax-free and interest-free to purchase a first home (Home Buyers' Plan) or to pay for your own education (Lifelong Learning Plan).

2.0 When you want to take advantage of the tax deferral indefinitely.

You can contribute to a TFSA for as long as you live.

RRSPs, on the other hand, expire at the end of the year you turn 71. That's when you're forced to convert it into a Registered Retirement Income Fund (RRIF) or buy an annuity. Most people convert their RRSP to a RRIF and start drawing a regular income based on a formula. Retirement saving becomes retirement spending, and your RRIF income becomes subject to tax.

3.0 When you don't want to be subject to government benefit clawbacks.

The money you draw from your RRSP or RRIF is considered taxable income and may affect your government income-tested benefits. That means benefits like Old Age Security (OAS), Guaranteed Income Supplement (GIS)

and Employment Insurance (EI) payments can be clawed back.

For example, if you reported more than \$79,845 of before-tax income in 2022, you would have to repay OAS. The claw back: 15% of your income above that threshold. If you made \$10,000 above that threshold, you'd have to repay \$1,500. Funds withdrawn from a TFSA are not taxable and therefore not subject to such clawbacks.

While there are pros and cons to RRSPs and TFSAs, I'll leave you with this thought: most people can't say for certain what their personal tax situation and Canada's tax rates or laws will be 10, 20 or 30 years from now. That's why it is advisable to perform situation assessment year after year as we approach retirement, and consider your income tax brackets, what may be your potential income sources at retirement and how you could minimize your tax liabilities in your retirement days. For this reason, it is worth considering both the TFSA & RRSP. But the distribution. (50.0% vs 50.0%, or 70.0% vs 30.0%) split between RRSP vs TFSA, is dependent on individual circumstances, age, marital status, single or married, widow or widower and what your plans are after 65 years or if you have the capacity to be in workforce after 65 years to 71 years? These and many other factors can impact how we apply the advantages of TFSAs and RRSPs. Either way, there are some gains to be made, don't let both go unutilized. At least take advantage of what is legally available to make ends meet in the future for "Every Dollar Counts"

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Seeds of Gratitude eroding among the youth in immigrant families

To the amazing youth, especially children of immigrant families, who may struggle with entitlement instead of showing gratitude and appreciation, I offer the following advice tailored to your unique circumstances:

Understand your family's sacrifices: Recognize the immense sacrifices your parents or guardians have made to provide for your needs. Understand that their hard work and dedication often come at the expense of their own well-being. Reflect on their journey and the opportunities they have created for you.

Practice empathy and perspective-



Dr. Charles Odame

taking: Try to understand the challenges and obstacles your family faces on a daily basis. Empathize with their experiences, whether it's the long hours they work or the sacrifices they make

for your future. This understanding can help foster a sense of gratitude and appreciation.

Communicate openly with your family: Engage in open conversations with your parents or guardians about their experiences, hopes, and dreams. This dialogue can help you gain a deeper understanding of their sacrifices and the value of hard work. It also strengthens the bond within your family.

Take responsibility for your own growth: Recognize that your parents have provided you with opportunities and support. Embrace these opportunities and work hard to make the most of them. Take responsibility

for your own education, personal development, and future success.

Give back to your family: Find ways to contribute and alleviate the burden on your family. This can include taking on responsibilities at home, supporting younger siblings, or exploring part-time employment to contribute financially. Demonstrating your willingness to help can foster gratitude and a sense of unity within your family.

Develop a strong work ethic: Embrace the values of perseverance, discipline, and hard work that your parents have instilled in you. Set goals, work diligently to achieve them, and

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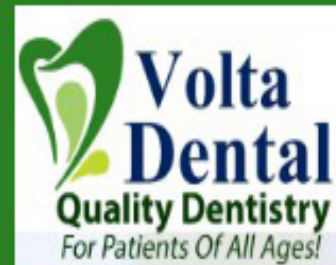
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Ghana National Petroleum Corporation's (GNPC) to Showcase Approach to Driving Sustainable Progress in Ghana's Dynamic Energy Sector at African Energy Week (AEW) 2023

cont'd from pg. 5

actively seeking new innovations and sustainable practices. By joining forces, the involved companies are demonstrating their collective commitment to maximizing the potential of Ghana's oil and gas fields.

In a significant move towards enhancing energy security, the GNPC signed an agreement for a second gas processing plant with a capacity of 150 million standard cubic feet per day. The advancement of this gas infrastructure and resource development will contribute significantly to growing the sector. This move highlights GNPC's commitment to harnessing the country's gas resources for sustainable energy development.

Meanwhile, GNPC is promoting local content by investing in the skills development. The company is committed to investing in Science, Technology, Engineering and Mathematics (STEM) education in Ghana to enhance local participation in the petroleum sector. The Ghanaian government plans to establish five STEM-based universities, aligning with the goal of promoting STEM education at all levels. GNPC encourages corporate support for this

policy and offers five scholarships to exceptional contestants for science-related programs at Ghanaian universities.

"GNPC's unwavering commitment to innovative and efficient oil and gas exploration and production has positioned Ghana as a leading player in the global energy arena. With a focus on harnessing local expertise and driving sustainable progress, GNPC's remarkable contributions are propelling Ghana's energy landscape forward. As the General Manager of Strategy and Investment at GNPC, Baah-Nuakoh's visionary approach is instrumental in fostering new investments and innovative approaches to enhancing exploration and production in the country's oil and gas sector," states NJ Ayuk, Chairman of the AEC.

AEW is the AEC's annual energy conference and exhibition uniting African energy policymakers and companies with global investors to discuss the future of Africa's energy sector. For more information about attendance, sponsorship and partnership opportunities, visit www.AECWeek.com
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How the future of food is growing in Ghana

The solutions they're proposing run from simple steps like upping the social media game for coops, to full-service data management that would help farmers comply with the demands of investors and export markets

Homegrown tech companies are looking to work with small farmers to find innovative ways of nurturing a boom in the agricultural economy.

The solutions they're proposing run from simple steps like upping the social media game for coops, to full-service data management that would help farmers comply with the demands of investors and export markets.

But tech companies tend to base themselves in the city, while the farmers they're aiming to work with are scattered across some of the most remote parts of the country.

That makes it challenging to align digital solutions with needs on the ground. To bridge that gap, the Netherlands Trust Fund V (NTF V) supports agritech companies by bringing them to the farms so they can meet face to face with the people they'd like to work with.

The latest trip brought 13 agritech and IT companies from Accra to the northern region of Kumasi.

'Technology is as good as what's happening on the ground,' said Mawuli K. Addo of GrowForMe, a financing, aggregation and trading platform.

'In the chain, from product to end user, each process is different. So if you are sitting at the end, and you are trying to solve a problem, you might miss something in the chain -- from production to sourcing the commodities. Then there's everything that goes into supply chain dynamics, all the way to marketing and labelling and customer relations.'

GrowForMe has created a special module for farm management, with an investor who's keen for using the system in greenhouses. That's led to discussions with the Akumadan sustainable 'Greenhouse Village', who were visited during the agri-tech fieldtrip in April. Other talks are underway on how the Pineapple Farmer Association could use GrowForMe's aggregator platform.

Using data to show how sustainable practices work

Farm groups increasingly need to harness their data not only to manage their own work, but to document how they comply with sustainability standards overseas.

'The people that we engaged with on the field trip are the likes of those we are looking to engage. We have already contacted three of them,' said George Saka, general manager at Think Data Services.

'Typically farm groups should do a survey to see where their farmers are working, but most often they

don't have the resources to do that,' he said. 'Those that do have, they don't manage their data very well. Even though farmers are hardworking, they don't have the data to speak about, to allow them to go for funding.'

After the trip, he's scheduled a demo of Think Data's offering with the Pineapple Farmer Association. He's also in discussions with juice maker Bodukwan Multi-Fruit Processing Company, and the Peace and Love Vegetable Growers Association.

His solution, called FarmForce, helps growers export to Europe by compiling the data that's required to meet EU sustainability standards.

The same data can also help local fintech companies decide how best to work farm associations, said Betty Blavo, chief operating officer of Motito.

Her fintech company offers 'buy now, pay later' services. They started with consumer financing but now work with small businesses and associations, like the farm groups around Kumasi. For a group of garment makers, for example, they supplied over 200 sewing machines on terms that work for smaller operators.

But Motito needs data to decide what kind of financing to offer farm groups, Blavo said.

'We know that there's a need, and it's very difficult for them to secure any type of financing from traditional finance institutions,' she said. 'We facilitate assets, rather than actual cash. We provide them with a more efficient or more sustainable way of growing their crops.'

'They have to make a deposit of 30% of the value of the items, and then they go through a credit scoring process. Once they get approved, they can spread the rest over five months,' she explained.

She saw opportunity to work with the Ginger Grower Association, which took a strong interest in her service.

The field trip to Kumasi was organized in collaboration with the Dutch Embassy in Accra, tropical seed provider EastWestSeed and horticultural company Holland Green Tech. The trip also included Ghana Netherlands Business and Culture Council, and the support of the Ministry of Food and Agriculture of Ghana.

'Bringing Ghanaian tech companies and agribusinesses together for innovation

The field trip went to fruit and vegetable farmers, agro-associations, agro-processors and Kwadaso Agricultural College with the aim of bringing more tech solutions and services to the agribusiness sector.

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African Development Bank approves \$23.04 million for modern Floating Dock Facility

The Board also authorized the syndication, on a "best efforts basis", of additional financing of up to \$11 million

The Board of Directors of the African Development Bank (<http://www.AfDB.org>) has approved a \$23.04 million loan to Prime Meridian Docks Asset Co Ltd (PMD), a special purpose entity to co-finance the construction of a modern floating dock ship repair facility in Ghana's western Takoradi port.

The loan will support the company to design, build, operate and maintain a world-class ship repair and maintenance facility in the Gulf of Guinea under a 25-year concession granted to the company by the Ghana Ports and Harbours Authority.

The project, estimated to cost \$137 million, will involve constructing a 200-meter jetty, dredging 300,000 cubic meters of rock in the port basin, and procuring and installing a 13,500-tonne lift capacity floating dock. The facility will also have offices, a warehouse, mechanical workshops for steel and pipe fabrication, electrical works, blasting and painting, and equipment maintenance.

The Board also authorized the syndication, on a "best efforts basis", of additional financing of up to \$11 million.

Commenting on the approval, Mike Salawou, Director for Infrastructure, Cities and Urban Development of the African Development Bank, said: "Vessel repair and maintenance is an underserved market on the continent. Investing in it will provide a more holistic approach to supporting maritime transport and its sustainability, which will accelerate regional integration and attract international trade and economic activity."

PMD is a Ghanaian company founded and headed by Mr. Stanley Raja Korshie Ahorlu, sponsor of the project. The African Development Bank's approval and facility is a "culmination of many years of dedication and commitment and an endorsement of PMD's drive to transform Africa's maritime sector," stated Ahorlu.

The African Development Bank's hard currency long-term financing for the project will enable it to create over 400 permanent jobs - 15% of which are expected to go to women. This is significantly

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Seeds of Gratitude eroding among the youth in immigrant families

cont'd from pg. 15

celebrate the milestones along the way. Appreciate the satisfaction that comes from overcoming challenges and achieving personal growth.

Remember, by recognizing and appreciating the sacrifices of your immigrant family, you can develop a deep sense of gratitude and respect. Your parents' resilience and dedication serve as a powerful example, and honoring their efforts by showing appreciation and working hard will not only enrich your own life but also strengthen the bonds within your family and community.

By: Dr Odame

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Canada announces funding to help with refugee housing crisis

The federal government has announced new funding to ensure communities are able to support vulnerable asylum claimants in Canada.

Minister of Immigration, Refugees and Citizenship Sean Fraser says \$212 million will be injected into the Interim Housing Assistance Program (IHAP), which will be extended until March 31 of next year.

Toronto will receive nearly \$100 million of that to help fund housing solutions for refugees.

Immigration, Refugees and Citizenship Canada (IRCC) says it has also been working with province and municipalities that are most affected “to increase the amount of temporary housing.”

IRCC adds there are more than 3,800 hotel rooms across six provinces providing temporary housing to those seeking asylum.

Toronto has been turning away

refugees and asylum seekers from its at-capacity shelters since June, referring them to federal programs and arguing it needed more money from the federal government to accommodate the influx.

Newly elected Toronto Mayor Olivia Chow pressed Ottawa for an additional \$160 million last week, calling the crisis a federal responsibility. The federal government said Friday that the responsibility of housing and support for asylum seekers lies with provinces and municipalities.

On Monday night, a growing group of refugees were moved to a North York church for shelter after spending days living on the sidewalk outside a downtown Toronto shelter intake office.

The federal government says increasing global migration has led to a rise in the number of asylum claimants in Canada. **City News Montreal**

Canada’s homelessness strategy gets \$5.3M boost

The federal government has announced funding to support initiatives aimed at reducing homelessness across Canada.

Housing Minister Ahmed Hussen says the \$5.3 million will support 12 programs under the Community Capacity and Innovation (CCI) stream of Canada’s homelessness strategy. Those initiatives are expected to build capacity within the sector, as well as “reduce and prevent homelessness.”

“Through these 12 initiatives that have received funding under the CCI, communities and the homeless-serving sector will receive vital tools, supports, and assistance, empowering them to make a meaningful impact in the lives of those experiencing homelessness,” Hussen said Monday.

“Although considerable progress has been made, we will continue to work with our partners to tackle chronic homelessness across the country.”

The money is being allocated to several groups, including those dedicated to supporting urban, Indigenous, territorial and rural, and remote communities.

The federal government says the CCI stream of its housing strategy is aimed at providing communities with the tools, resources, and support they need to address homelessness.

“The CCI stream also funds collaboration activities between Indigenous and non-Indigenous partners that helps to further



Minister of Housing and Diversity and Inclusion Ahmed Hussen rises during Question Period in the House of Commons on Parliament Hill in Ottawa on Thursday, Dec. 1, 2022. THE CANADIAN PRESS/Justin Tang

progress with addressing Indigenous homelessness using approaches that are culturally-appropriate and relevant for Indigenous people,” the government explains.

According to Statistics Canada, more than 25,200 people across 61 communities in Canada were experiencing homelessness on a single day in 2018.

The agency adds estimates show an average of 235,000 people across Canada “experience one of the many types of homelessness” every year.

“These estimates are a best guess as studying homeless remains quite difficult,” Statistics Canada adds.

The Canadian Press

Canada lifts education requirement for Hong Kong immigrants

Vancouver resident Calvin Wong says he can finally start picturing a future in Canada after the federal government announced it was dropping educational requirements for Hong Kongers seeking permanent residency in the wake of the Chinese city’s crackdown on dissent.

Wong, 28, had graduated from the Hong Kong University of Science and Technology with a computer science degree in 2017 before moving to Canada on a work permit in 2021, looking for a life where he could enjoy “political freedom.”

But immigration pathways for Hong Kong residents that have allowed thousands to settle permanently in Canada excluded Wong because it has been more than five years since he graduated.

That will change from August 15, after Ottawa announced on Tuesday it would remove all educational requirements for people with at least a year of work experience in Canada.

Immigration consultants say the move effectively opens pathways for Hong Kongers of all ages, instead of the current focus on students and recent graduates. They said they had been flooded with inquiries since the announcement.

“It’s a very great move by the Canadian government and I can eventually get permanent residence here, contribute and live in Canada safely,” said Wong, his voice breaking with emotion.

The store clerk said the chance to secure permanent residency came as a “huge relief,” and his decision to move to Canada was something he would “never regret.”

In 2021, the federal government created two immigration pathways for Hong Kong residents who had either worked or studied in Canada.

The pathways were in response to a crackdown on political dissent after protests drew millions onto Hong Kong’s streets in 2019, followed by the introduction of a harsh new national security law in 2020.

Stream A applies to former Hong Kong residents who graduated from a post-secondary institution in Canada within three years. People with at least one year of work experience in Canada who graduated from a foreign or Canadian institution within five years could apply for Stream B.

The changes open up Stream B to anyone with a year of work experience in Canada, regardless of education.

Sean Fraser, minister of immigration, refugees and citizenship, said the change was a “win-win situation.”

“(It) means that we can welcome more Hong Kongers to Canada who need our support, while simultaneously helping Canadian businesses fill labour gaps with workers who already have work experience here,” he said in a statement.

The announcement by Fraser’s ministry said Canada “continues to stand by Hong Kong residents, and supports their freedom and democracy.”

Canada has welcomed 3,122 permanent residents under the two pathways as of April 30, 2023.

Wong said that being excluded under the current rules had left him depressed.

“I felt it was really difficult to plan my future at that time. I was thinking: where should I go? Should I try my best to stay in Canada or go to the United Kingdom?” said Wong.

Wong said he can now make plans for the future and would submit his immigration application as soon as he completes his one year of work experience in Canada.

cont’d on pg. 24

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Laval police handcuff, illegally search Black military man's home after street check: Red Coalition

Laval police allegedly stopped a Black aerospace engineer with the Canadian military, illegally searched his home, then criminally charged him.

That's according to the Red Coalition, an anti-racism group, which is denouncing the alleged treatment of Captain Pierre Emanuel Joseph by Laval police.

The group says Joseph was "street checked" by police and asked for ID after returning home from a run. He did not have ID on him, and instead verbally identified himself.

Police allegedly handcuffed him, took him home and illegally entered the residence – while neighbours watched. They allegedly verbally abused the man, claimed his military uniform was fake and threw it on the ground.

Joseph had his handcuffs removed once police found his military ID.

The Red Coalition says Joseph then called Laval police director Pierre Bourget, "who appeared sympathetic." Joseph also filed complaints with the police ethics commissioner and the Commission des droits de la personne et des droits de la jeunesse (CDPDJ).

Two months later, Joseph was charged criminally by the SPVL with obstructing a police officer for refusing to identify himself.

"The Laval police also contacted the military police and reported their version of the event. When Captain Joseph attempted to provide the military police with his version of the incident, he was verbally abused



Alain Babineau from Red Coalition with Captain Pierre Emanuel Joseph at a press conference in Montreal. July 19, 2023. (CREDIT: Swidda Rassy, CityNews Image)

by the investigator," Red Coalition said in a news release.

"The treatment received from the Laval police and the military police by Captain Joseph reveals a serious problem with a police culture that sees any black person as a potential criminal and a liar.

"If Captain Joseph, who has been serving his country for over a decade is going to be treated that way by the police, no Black person is immune from racial profiling in this province."

Joseph agreed to an out-of-court settlement of his criminal charges and asked the police ethics commissioner to close his file. Red Coalition says he did this to avoid further trouble.

The complaint with the CDPDJ remains open, but Joseph says he has not heard anything "for several months."

Joseph says the entire situation has made him want to leave Quebec.

"I have had to move from where I lived because I kept getting harassed by the Laval police following the event," he said. "Now I just want to leave this province all together. No Black person is safe here." City News Montreal

Canada lifts education requirement for Hong Kong immigrants

cont'd from pg. 22

Vancouver-based Immigration consultant Peter Pang said the move is a "huge change," opening up more opportunities to Hong Kongers to contribute to Canada.

Richmond, B.C., immigration consultant Ken Tin Lok Wong said that while the current rules do not ban older people, the time limits since graduation had effectively set a bar.

To have graduated in the past five years generally meant applicants to Stream B were not particularly old, and were "of working age," he said.

Wong said he had some clients who were ready to pack their bags and leave Canada. But they now felt like they had "hit the jackpot."

"The announcement feels like Canada is helping to retain Hong Kongers regardless of their education," he said.

"So, if you happen to be a legal worker in Canada, if you happen to obtain one year of work experience, then you are through." **The Canadian Press**

Nuclear threat from Ukraine war prompts Ottawa to update plans for catastrophe

Canada is dusting off and updating emergency protocols to deal with fallout from a possible tactical nuclear exchange in Europe or the spread of radiation across the ocean from a Ukrainian power plant explosion.

Internal Public Safety Canada notes show the measures include updating a highly secret plan to ensure the federal government can continue to function in a severe crisis.

Ottawa was also taking steps to finalize a protocol for advising the Canadian public of an incoming ballistic missile, say the notes obtained by The Canadian Press under the Access to Information Act.

Russia's invasion of Ukraine in February last year prompted a series of federal discussions and initiatives aimed at bolstering Canada's preparedness for a catastrophic nuclear event.

Public Safety notes prepared in advance of an August 2022 meeting of senior bureaucrats involved in emergency management show much of the concern focused on Ukraine's Zaporizhzhya nuclear power plant, which was hit by shelling.

"Ongoing military activities have eroded safety systems, disrupted routine maintenance, weakened emergency response capabilities and impacted operating staff, increasing the risk of a severe accident," the notes say.

Officials anticipated the potential effects of an uncontrolled release of radioactivity, through direct exposure or eating contaminated food, would depend on proximity to the plant.

Global Affairs Canada procured potassium iodide pills as a precaution, with stocks distributed to Kyiv and neighbouring diplomatic missions in August 2022.

Officials also developed plans for a "significant surge in requests for consular assistance" expected after a power plant disaster.

No radiological effects to health were foreseen outside Ukraine following a major radiation release from Zaporizhzhya, nor any "appreciable risk" to people in Canada, the notes say.

"No immediate protective measures would need to be implemented, although there could be some controls put in place for imports from Ukraine and surrounding areas due to potential contamination."

Under the Federal Nuclear Emergency Plan, Public Safety would co-ordinate communication to the public about an international nuclear event.

"A timely and well-co-ordinated response will be necessary to address public concern and high risk perception, and maintain trust in government."

The notes also say Public Safety and the Privy Council Office were doing a "rapid refresh" of the Continuity of Constitutional Government plan, intended to ensure essential executive, legislative and judicial processes can take place during a major calamity.

The plan sets out a process for relocating key institutions including the Prime Minister's Office, the federal cabinet, Parliament and the Supreme Court to an alternate site outside the National Capital Region.

cont'd on pg. 33

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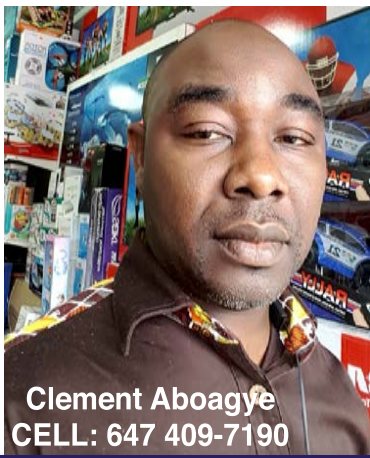
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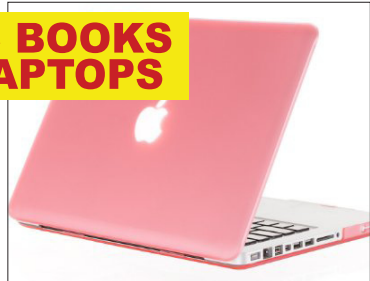
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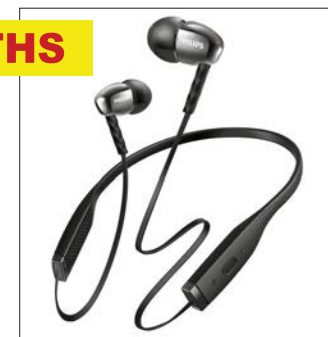
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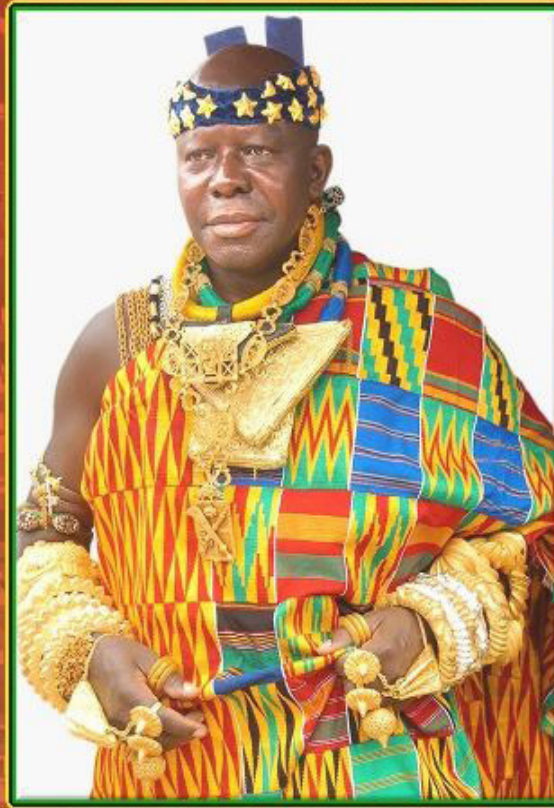
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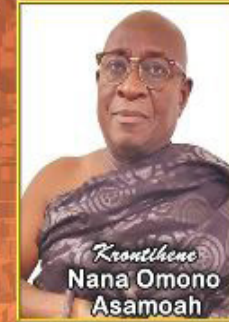
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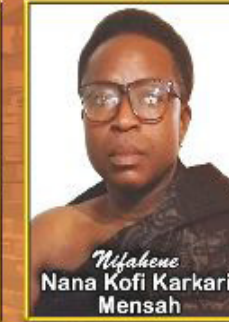
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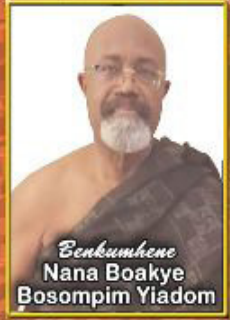
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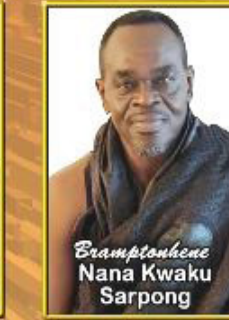
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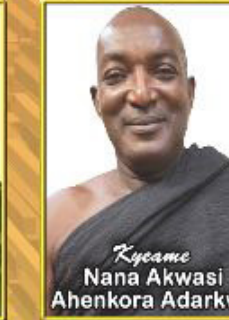
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Scenes from GHANAFEST a

By: Emmanuel Ayiku, Ottawa, ON

Summer has a way of bringing out the best in us, with its sun-filled days and warm breezes.

This was evident on Saturday, July 15th, at Brewer Park, 100 Brewer Way, Ottawa, Ontario, where the Ghana Association of Ottawa organized a fun-filled GHANAFEST to celebrate the culture and traditions of Ghana for children and families of the diaspora.

The event was well-attended by community members and friends of Ghana in the Ottawa region. Activities included a Taste of Ghana with food vendors and displays of Made in Ghana goods.

The Ghana Embassy in Ottawa was present to promote consular services and showcase made-in-Ghana products.

A friendly soccer match was held between Ghana and Uganda, with Ghana winning by



President of the Assoc. Bismark Otto (3rd left) with some members



H.E. Anselm Ransford Sowah inspecting the Ghana Team



H.E. Anselm Ransford Sowah



Parents with children



H.E. Anselm Ransford Sowah at the Embassy stand with staff and some community members



Food vendors



Vendor displaying items



Playing games



Officials of soccer match



Promoting Ghanaian News paper



at Ottawa Ghana Community

penalty kick at the end of the 90 minutes. The High Commissioner of Ghana to Canada, H.E. Anselm Ransford Sowah, graced the occasion with some embassy staff and even

played a kick-off at the start of the soccer game. The President of the Ghanaian Association in Ottawa, Mr. Bismark Otto, expressed his

happiness with this year's attendance to Ghanaian News. He noted that many community members, new students, and visitors were present at the event.



ah with the Uganda Team



H.E. Anselm Ransford Sowah with Ghana Team



Some members of the community playing tug of war game



Visitors at Ghana Embassy stand



Some members of the community



Children preparing the sack game



The event DJ



Some members ready for taste of Ghana food

GCAO Seniors organizes Educative/Fun Trip to Toronto Island

By Joe Kingsley Eyiah, Toronto

On Wednesday, July 19, 2023, about 50 members of the Seniors Wing of the Ghanaian-Canadian Association of Ontario (GCAO), led by Madam Felicia Botchwey and Mr Abeeku Vandyke, had the opportunity to visit the renovated Toronto Island. Under bright and beautiful weather, two school buses full of seniors from the Ghanaian community set off from the Scarborough and Jane/Wilson areas of the Greater Toronto Area (GTA) to the Downtown Toronto Waterfront. They boarded a ferry from there to embark on an exciting trip to Toronto Island.

The trip lasted the whole day and saw the seniors walking through the beautiful scenery on Toronto Island. They enjoyed walking as exercise and a variety of foods brought by members.



Group photo of the Senior Citizens on the trip Photo credit Mavis Tekpeki

Calgary Ghana community celebrates Ghana's 66th Independence

By Bobby Micah, Jr, Calgary, AB

It has become a matter of conventional wisdom to say that when Ghanaians get together, they do so just for the sake of getting together. That rhetorical narrative cannot be farther from the truth.

On March 18, 2023, the Ghanaian Canadian Association of Calgary, GCAC, hosted an event to celebrate Ghana's 66th Independence Anniversary and to officially dedicate the newly Ghana House to the public. The event was well organized and professionally handled to the admiration of all.

For the first time as I can remember the event was sold out and people who could not or *did* not (purchase) tickets on time were turned away at the door. The action reverberated across the corridors and signaled that there is a new sheriff in town. Adherence to time is now the order of the day. No more "African time".

To kick off the evening program, the attendees were given a grand tour of the facility by the executives of the GCAC, under the able leadership of Dr. Charles Anim Odame-Ankrah, showcasing the upper floor which houses two functional offices, a washroom, a digital library, the Youth Centre and a common reception with giant televisions and an office kitchen. The lower part of the building consisted of two additional offices, a reception, a senior's lounge with a giant television, a coffee station, men and women's handicapped accessible washrooms, a commercial kitchen and the dance hall which was neatly decorated by Ms. Eva, the Creative Director of Golden LuXee Décor & Events.

The evening program started on time with prayers by Rev. Veronica McNeil with Bobby J as the master of ceremony.

An appetizing and delicious dinner of various Ghanaian dishes, courtesy of Auntie Lizzy was promptly served to the delight of all.

The indefatigable and prodigiously hardworking impresario of the Adehyemanmma dance Ensemble, Mrs. Margaret Osei Boateng led her group to a variety of authentic adowa dances as per of their repertoire for the evening. This was followed by kpanlogo drumming from the Ayefenotse drummers.

Mrs. Margaret Adu, the Honorary Consul General and past president of GCAC spoke at length and



Bobby Jay's picture at the medal presentation



Hon. Jeremy Nixon (left) presented Queen Elizabeth II, Platinum Jubilee Medal to Two members of the Calgary African Community Collective, CACC, Bobby J and Gar Gar, for community Service

congratulated executives for a job well done.

Mr. Farah Ali, the Executive Director of the Calgary African Community Collective, CACC expressed his appreciation and wished the association well as well as Ghana.

Dr. Charles Odame-Ankrah narrated the hurdles the organization had to go through to get to where it is now and admonished the crowd to continue to support the works of GCAC in its pursuit of excellence and desist from being glorified spectators.

The keynote speaker for the evening was the Hon. Jeremy Nixon, the Minister of Seniors, Community and Social Services. He started his speech with profound history of Ghana and its achievements to the present. He did his homework well and encouraged the association to tap into the numerous grants available for community development. He promised to help us achieve that objective.

Dr. Patrick Adda spearheaded the fundraising part of the evening program and did very well as members and well wishers gave generously beyond their liberalities.

DJ Omar carried the evening thereafter into the midnight.

'The government needs to do more' – President of the African Canadian Social Development Council

By Ebenezer Amankwah and Emmanuel Ayiku, Toronto, ON

The President of the African Canadian Social Development Council, Kabu Asante has called on the Canadian government to develop a strategy for housing the increasing number of refugees in Toronto.

Mr Asante recounted that Revivaltime Tabernacle and Dominion Church International have housed more than 200 refugees.

He said that although the government has provided shelter for about 80 refugees amongst those sleeping on the sidewalk of 129 Peter Street, many still have yet to receive assistance.

He spoke to the media about the situation after some churches agreed to help out.

Mr Asante stated that it is not the fault of the refugees that they are in Canada, as many are fleeing their government's decisions on sexuality-related issues.

He believes it is incumbent upon the Canadian government to ensure their needs and safety are met.

Mr Asante also reiterated the community's readiness to support the government in finding a lasting solution, as Canada has a reputation to protect.

Ojie Eghobor, the President of the Nigerian Canadian Association, also appealed to professionals in the black community, such as social workers, immigration lawyers, and medical officers, to aid the refugees. He said this is a time when their services are needed the most.

Mr Eghobor pleaded with the government to facilitate integrating refugees into the system so they do not become a burden on the economy.

He noted that many of these refugees are professionals who can work and support themselves with proper documentation.

An asylum seeker, who spoke on the condition of anonymity, said, "The past two weeks have been horrible." He thought he was running away from a

difficult life to a better one, only for his hopes to be dashed after the incident involving the unavailability of shelter.

He says he is a poultry farmer and would be glad to ply his trade in Canada if given the chance.

The asylum seekers include nationals from Uganda, Kenya, Ethiopia, Burundi, and Tanzania.



Kabu Asante (far right) in a pose with President and members of the Nigerian Canadian Association



TRANSITION

NII KWAKU FOSU III (ABLEKUMAN MANTSE), EMMANUEL NERBOYE NETTEY (HEAD OF FAMILY OF ABLEKUMAN NETTEY), RUFUS KWEI NETTEY, NICHOLAS OKOE NETTEY (SECRETARY, ABLEKUMAN STOOL), KOFI HANSON, TOGBUI ADZABLI ANTHONY (V) SENIOR DIVISIONAL CHIEF OF ADAFIENU, TOGBUI SOKPI (III) OFDZELUKOPE, TOGBUI JAMES OCLLOO DUFIA OF KETA, CHIEF AMEGASHIE APEKU OF KETA, TOGBUI HOR FIAGA OF SOME AGBOZUME, TOGUI SAPE AGBO OF XEDZLANAWO, AMEGAVI DUMASHIE NUGBLEZE FAMILY OF DZELUKOPE, DOGBELIGI FAMILY, TAY FAMILY OF DZELUKOPE, MENSAH AND QUARSHIE FAMILY OF ADAFIENU, MANYO FAMILY OF AGBOZUME, NTSUGAH FAMILY, MIRINDA AMORIN-HILLA AND SIBLINGS, HILLA FAMILY- TOGO, KWAKUME FAMILY OF ANLOGA, HOMAWU FAMILY, REGRET TO ANNOUNCE THE SUDDEN DEMISE OF THEIR BELOVED



RICHARD NERLAI NETTEY

(AKA CHICAGO JUNIOR)

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FAMILY VISITATION: FRIDAY, 28TH JULY 2023, 3:00PM - 4PM.

PUBLIC VISITATION: FRIDAY, 4:00PM - 8:00PM BRAMPTON FUNERAL HOME & CEMETERY, BRAMPTON. (10061 CHINGUACOUSY ROAD, BRAMPTON).

FAMILY/PUBLIC VISITATION: SATURDAY 29TH JULY 2023, 12:30PM - 1:30PM.

FUNERAL SERVICE: 1:30PM - 2:30PM AT BRAMPTON FUNERAL HOME & CEMETERY.

BURIAL AND RECEPTION: FOLLOWS AT THE SAME LOCATION (BRAMPTON FUNERAL HOME & CEMETERY), 2:30PM - 5:00PM.

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SIBLINGS: FRANCIS NERTEY NETTEY (DECEASED), JENNIFER SAAKU NETTEY, SAMUEL TETTEH NETTEY, GEORGE OKAITEY NETTEY, HENRY NERQUAYE NETTEY, EMMANUEL NII NERTEY NETTEY, THOMAS TETTEH NETTEY, JACQUELINE SAAKU NETTEY, THOMAS NII OKAITEY NETTEY.

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DRESS CODE: BLACK

ALL FRIENDS AND SYMPATHIZERS ARE CORDIALLY INVITED

Ghanaian-Canadian Association of Ontario donate items to Refugees

By Ebenezer Amankwah and Emmanuel Ayiku, Toronto, ON

Members of the Ghanaian – Canadian Association of Ontario (GCAO) have donated relief items to asylum seekers at the Revivaltime Tabernacle in North York, Ontario.

The items include packs of water, fruits and vegetables, toiletries, clothes, footwear and others.

This presentation is in response to a call made by some prominent individuals and groups in the Black community to help black African refugees who were living and camping on the sidewalk outside the shelter at Richmond and Peter Streets <https://ghanaiannews.ca/african-refugees-in-canada-deserve-better-treatment-black-community-leaders/> After the call, most people have thronged the site to lend a hand with Revivaltime Tabernacle also helping with accommodation and feeding.

This issue has galvanized the black community that it can come together, lead and be part of the solution.


The members of the association and some individuals provided the items. The Church of Pentecost, Tony Dogbe, Grace Damson, and Sumaila also offered transportation.



Group photo during the presentation

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CELEBRATION of life



AGED: 54

Louisa Owusu Agyekum

WHOSE DEATH OCCURRED IN TORONTO, ONTARIO ON JUNE 25, 2023
SUNRISE - 1969 | SUNSET - 2023

VIEWING

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TIME: 5:00PM - 9:00PM

DATE: SATURDAY AUG 5, 2023
TIME: 11:00AM-11:30AM @

LOCATION: GLENDALE FUNERAL HOME AND CEMETARY
1810 ALBION RD, ETOBICOKE, ON M9W 5T1

FUNERAL

DATE: SATURDAY AUGUST 5TH, 2023
TIME: 12PM-1PM

LOCATION: GLENDALE FUNERAL HOME AND CEMETARY
1810 ALBION RD, ETOBICOKE, ON M9W 5T1

BURIAL

DATE: SATURDAY AUGUST 5TH, 2023
TIME: 12PM-1PM


LOCATION: GLENVIEW MEMORIAL GARDENS
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CELEBRATION OF LIFE


APOSTLE'S CONTINUATION CHURCH

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DATE: SATURDAY AUGUST 5TH, 2023
TIME: 9:00PM




KWAME AMPOFO
(WIDOWER)




STEPHANIE OKINE
(DAUGHTER)




CHRISTINE BOAKYE-MANU
(DAUGHTER)




ISAAC OWUSU
(SON)




KWABENA ANODH (KIDOO)
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CELEBRATION OF LIFE

Nana Adusei Poku (Asantehene Akyempimhene), Nana Osei Kofi (Sabin Akrofromhene), Nana Afia Kwartemaa (Sabin) Akrofromhene, Akwasi Amponsah (Asona Abusuapanin), Nana Agyemang family, Boakye Danquah, Boakye Yiadom family, Kwaako Agyemang, Fredua Agyemang, Georgina Owusu, Dorcas Gyamfi, Frank Owusu Ansah, Nana Boakye Agyemang - North Carolina USA, Nana Akoto Bonsu Rhode Island USA, Maxwell Tawiah Virginia USA, Nana Okufrobuo Kofi Gyamfi Kumanini Toronto Asantefuoehene, Nana Yaa Owusuuaa Toronto Asantefuoehemaa, Nana Omono Asamoah Konthene, Nana Adwoa Ampong Darkwaa Konthemaa Asanteman, Nana Minka Kwarteng Abusuapanin Toronto, Asanteman Association of Toronto, Ghana Methodist Church of Toronto, Ghanaian Truckers Association and entire family regret to announce the sudden death of their beloved father, husband, brother and friend


Opanin Samuel Kwasi Agyemang



Aged: 80



Abrantie Boakye
(Son)



Ruth Boakye
(In-law)

August 19, 2023

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Africans should participate in space exploration, says the continent's first woman astronaut

Experts believe that satellite technology can have a significant impact on rapidly developing African countries by advancing weather forecasting, agriculture, navigation, and even banking and online education

Africa's first woman in space has called for regional and global efforts to enable more Africans to participate in space exploration as part of efforts to advance the continent's socioeconomic transformation.

Sara Sabry, a young Egyptian astronaut, and founder of the Deep Space Initiative (<https://www.DeepSpaceInitiative.org/>) made the call on Tuesday 4 July during a panel at the Africa50 Infra Forum and General Shareholders Meeting held in Togo's capital Lomé. Panelists discussed "A Different View: Africa's future reimagined."

"I don't think space should be such an exclusive club. To be the first at something is to kick down the door for others to follow," Sabry said. "It is important for Africa to have a seat at the table and be involved in space exploration. The demographic in space must reflect that of people on Earth."

Sabry made history when she traveled to space on the New Shepard rocket developed by Blue Origin, an American aerospace company founded by Amazon's Jeff Bezos.

Speaking during the TED-style event, Dr. Akinwumi Adesina, President of the African Development Bank Group described Sabry as an inspiration.

"As a young African scientist, you give hope that young people can be in space despite the odds. It is often said that women can do what men can do, but I can say that women can do better than men," Adesina said.

Sabry stressed that Africans should pursue space travel. "It is important for Africa to build its capacity in space technology and gain its own control," she said. Experts believe that satellite technology can have a significant impact on rapidly developing African countries by advancing weather forecasting, agriculture, navigation, and even banking and online education.

Sabry also called for a review of laws that restrict people from participating in space exploration.

Sabry's non-profit, the Deep Space Initiative, works to make space exploration more accessible to more people globally.

Dr. Victor Oladokun, Senior Advisor to the President of the African Development Bank on Communication and Stakeholder Engagement, moderated the session. He described Sara as an embodiment of the hope and aspirations of many.

APO Group on behalf of African Development Bank Group (AfDB).

African Development Bank approves \$23.04 million for modern Floating Dock Facility

cont'd from pg. 18

above the global average of 2% in the maritime sector.

The construction of the floating dock will enhance the resilience of the ocean economy in Ghana and mitigate the carbon footprint from an expected increase in vessel flow, promoting the use of renewable energy, energy efficiency and slow vessel steaming. This aligns with the International Maritime Organization's best practices and Ghana's Nationally Determined Contributions, making the project Paris Aligned.

The project aligns with the African Development Bank's Country Strategy Paper for Ghana (2019-2023) to increase private sector investment in the real sector. It contributes to job creation, bridging inequality gaps and supports the overall macroeconomic stability in Ghana while mainstreaming

various crosscutting issues into the bank's interventions.

The project further aligns with the national ambition of Ghana to become a hub for shipping and petroleum operations in West Africa. By enhancing the supply of maritime maintenance and repair services, the project will help minimize transport and logistic costs and time, resulting in increased mobility and connectivity and boosting Ghana's competitiveness.

Skills transfer is a significant development outcome of the project. The project's operations/technical and commercial management operator will train staff in its Aberdeen training institute, and a partnership will be developed with the Regional Maritime University in Tema, Ghana, throughout the project's life.

APO Group on behalf of African Development Bank Group (AfDB).

Civilians Fleeing Sudan Conflict Turned Away

New Entry Restrictions Leave Asylum Seekers in Peril

The Egyptian government's decision in June 2023 to require all Sudanese to obtain visas to enter Egypt has reduced access to safety for women, children, and older people fleeing the ongoing conflict in Sudan, Human Rights Watch said today. The impact of the new rule, building on a prior rule that already required Sudanese males ages 16 to 49 to obtain a visa, and its implementation without ensuring the speedy processing of visas, violates international standards by creating unreasonable and life-threatening delays in processing asylum seekers.

Egyptian authorities have claimed the new entry visa rule would reduce visa forgery. As of late June, thousands of displaced people remained stranded in dire humanitarian conditions as they attempted to obtain an entry visa from the Egyptian consulate in Wadi Halfa, a Sudanese town near the Egyptian border. Some have been compelled to wait up to a month as they struggled to secure food, accommodation, and health care.

"The need to combat visa forgery does not justify Egypt denying or delaying entry to people fleeing Sudan's devastating conflict," said Amr Magdi, senior Middle East and North Africa researcher at Human Rights Watch. "The Egyptian government should rescind its entry visa rule for Sudanese nationals during the current crisis, permit them swift entry, and facilitate access to asylum procedures or treat them as the refugees most if not all are."

Since the start of hostilities in Sudan in April, over 2.7 million Sudanese have been displaced – 2.2 million within Sudan, and nearly 500,000 to surrounding countries. Egypt has received over 250,000 Sudanese, according to the UN Refugee Agency (UNHCR). This is in addition to the estimated two to five million Sudanese in Egypt before the conflict. UNHCR, which registers asylum seekers and determines refugee status on behalf of the government, reported that 77,000 Sudanese had been registered as refugees or asylum seekers as of June.

cont'd on pg. 38

Nuclear threat from Ukraine war prompts Ottawa to update plans for catastrophe

cont'd from pg. 24

The plan is a modern version of a Cold War-era program that would have seen members of the government move to an underground installation west of Ottawa now known as the Diefenbunker, a nod to Canada's 13th prime minister.

The internal notes also say a national Missile Warning Protocol had been ratified and "initial engagement" with the provinces and territories had taken place.

The federal government and Canadian Armed Forces developed the protocol in 2018 to set out how the public and key federal partners would be informed of an inbound missile. On Jan. 13, 2018, a false ballistic missile alert sent terrified people in Hawaii scurrying for cover.

Public Safety Canada did not answer questions about updates to the constitutional continuity plan, the status of the missile warning protocol or any recent work done to enhance emergency preparedness

for a nuclear event.

It is not unusual for a crisis like the one unfolding in Europe to prompt officials to accelerate a review of emergency plans, said Ed Waller, a professor at Ontario Tech University who researches nuclear security.

"I think that shows a responsive system," he said in an interview. "It's actually very encouraging that they're taking a good, solid look at this now."

Overall, Canada has long had well-thought-out and developed plans for dealing with a nuclear emergency, given the number of power reactors on its soil, he added.

"I honestly believe that we're in decent shape. Can it get better? Yeah, anything can get better."

Although some sensitive material in the newly released notes was withheld from release, Waller said it "looked encouraging that they were addressing the right things."

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Over \$1 million allegedly stolen from Ghanaian Minister's house

Two house helps of Cecilia Abena Dapaah and her husband, Daniel Osei Kuffour, are before an Accra Circuit Court, for allegedly stealing monies and items running into millions of Ghana Cedis.



Cecilia Abena Dapaah

The said monies were allegedly stolen from the couple's room in their house at Abelemkpe, a suburb of Accra, in the Greater Accra region.

18-year-old Patience Botwe and 30-year-old Sarah Agyei allegedly stole the couple's monies and personal effects, between July and October 2022.

As earlier stated, the monies mentioned are all properties of Cecilia Abena Dapaah and her husband, stolen from a bedroom that she shares with her husband.

The first accused, (A1) Patience, also has her current and former boyfriends and her father, all being dragged before the same court.

All five accused persons were arraigned before an Accra Circuit Court, presided over by Susana Ekuful on Thursday, July 20, 2023.

Patience and Sarah (A2), are charged with one count of conspiracy to commit a crime and five counts of stealing US\$1 million, €300,000 and millions of Ghana cedis.

Their pleas are yet to be taken, but Sarah has been admitted to bail in the sum of GH¢1 million, with two sureties. The sureties are to deposit their Ghana cards with the registrar of the court.

Within the same period, Patience and Sarah allegedly stole the personal effects of Madam Cecilia Abena Dapaah, which included assorted clothes, valued at GH¢95,000, handbags and perfumes.

Her Honour, Susana Ekuful, further stated that the bail condition is subject to review by the substantive judge, as she was serving as a relief judge.

The rest is jewellery valued at US\$95,000 from Cecilia Abena Dapaah.

Patience, together with her alleged boyfriends and father, had been remanded into lawful custody.

However, within the same period, Patience alone stole six pieces of Kente cloth worth GH¢90,000 and six sets of men's suits valued at US\$3,000, which are properties of the minister's husband.

Sarah was granted bail because she is a breastfeeding mother.

Brief facts
The court was told in the amended charge sheet and brief facts that Patience, also known as Maabena, was a house help of the complainants, Daniel Osei Kuffour and his wife, Cecilia Abena Dapaah.

Benjamin (A3), 29 years old, a plumber, has been charged for dishonestly receiving GH¢180,000, Kweku Botwe (A4), 65 years, a trader, also dishonestly receiving GH¢50,000 and Malik Dauda (A5), 23 and unemployed, dishonestly receiving GH¢1 million.

The court was further told that

cont'd on pg. 51

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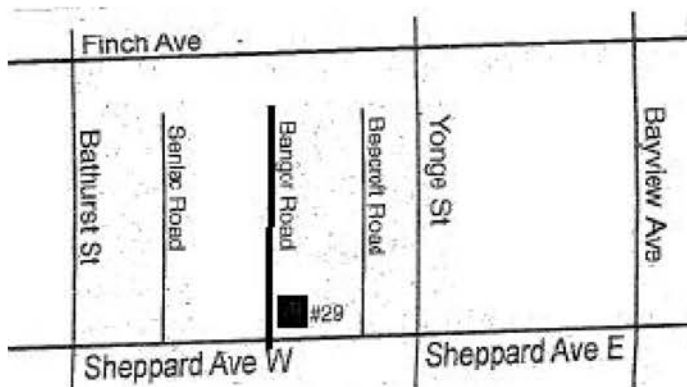
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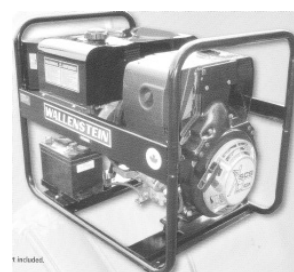
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Vice President (VP) Bawumia Commissions District Hospital for Akontombra

The Vice President said a number of initiatives had been implemented in the healthcare sector over the past seven years

Government is determined to do all it takes to provide the necessary infrastructure and logistics to ensure speedier and better access to healthcare for Ghanaians, Vice President Bawumia has affirmed.

Dr Bawumia gave the assurance when he commissioned an ultra-modern District Hospital at Akontombra in the Western North Region on Saturday, July 22, 2023.

The 42-bed Hospital is one of six medical facilities for which construction began three years ago. The rest are a 42-bed hospital at Elubo; 42-bed hospital at Bogoso; 30-bed district hospital at Nsuaem; 30-bed hospital at Wassa Dunkwa and a 30-bed Polyclinic at Mpohor at a total cost of 29 million Euros.

“By the end of August 2023, all these facilities will be inaugurated, showcasing our commitment to providing healthcare in line with the Universal Health Coverage policy”, he disclosed.

The Vice President said a number of initiatives had been implemented in the healthcare sector over the past seven years, including Surveillance, Outbreak Response Management, and Analysis System (SORMAS) eHealth System, which has significantly improved disease control and outbreak management systems.

“Additionally, the Lightwave Health Information Management System (LHIMS) has been rolled out to all Teaching Hospitals, Regional Hospitals and over 250 hospitals and Polyclinics, enabling health facilities to



access real-time data for informed healthcare delivery and management decision-making.”

Government, he said, is committed to transforming and deepening the use of ICT for telemedicine and teleconsultation services within the network of practice. This integration will extend to the Regional Hospitals, further enhancing the quality and accessibility of healthcare services at all levels.

“Our government’s commitment to providing quality, accessible and affordable healthcare in line with the Sustainable Development Goals remains steadfast. The completion of these projects in Elubo, Nsuaem, Bogoso, Wassa Dunkwa, Mpohor and that of Akontombra which is being inaugurated today will improve the stock of infrastructural facilities and bridge equity gaps in geographical access to health services.”

APO Group on behalf of The Presidency, Republic of Ghana

Civilians Fleeing Sudan Conflict Turned Away

cont’d from pg. 33

Between May and June, Human Rights Watch interviewed five Sudanese nationals by phone – one man and four women, all unregistered asylum seekers – who had entered Egypt in May, before the new visa rules; two Sudanese men in Wadi Halfa requesting an Egyptian entry visa in May and June; and three Sudanese community leaders in Egypt, based in Cairo and Giza.

Mohamed Ibrahim, a 21-year-old Sudanese engineering student, said he managed to extend his expired passport at the Sudanese immigration office in Wadi Halfa in May, but the Egyptian consulate refused his document, leaving him stranded there after other family members had entered Egypt. He is still waiting. He said that he cannot obtain a new passport because the main immigration office in Khartoum has stopped functioning amid the conflict.

Under Egypt’s current rules, Sudanese can request an entry visa at two Egyptian consulates, in Wadi Halfa and Port Sudan, in eastern Sudan. Hundreds or thousands of Sudanese have flooded both cities requesting visas, straining the consulates’ capacity, and resulting in unusually long waiting periods for visas, according to Dabanga, an independent Sudanese news and information broadcaster. In late May, the Port Sudan consulate was reportedly issuing only 20 visas per day.

On June 10, an Egyptian Foreign Ministry spokesperson stated that Egypt had introduced new regulations requiring all Sudanese nationals to obtain entry visas to Egypt, including women, children, and older men, whom the authorities had previously allowed to enter without a visa. The ministry justified the requirements by claiming it needed to prevent “illegal

activities by individuals and groups on the Sudanese side of the border, who forged entry visas for profit.”

As of June 16, the new visa rules had forced thousands of civilians, including children, many of whom came all the way from Khartoum, the capital, to remain stranded in extremely hot weather at Egypt-Sudan border crossings, media reported. Egypt made no apparent attempt to increase visa processing resources to ensure fast treatment of Sudanese. Two people who are requesting a visa at the consulate in Wadi Halfa told Human Rights Watch that on some days the consulate operates only for four hours, making it extremely difficult for applicants to hand over their passports.

Even before Egypt expanded the visa rule, the previous rule was blocking access to protection for men and boys, and separating many from family members who managed to cross into Egypt without a visa.

Then, in May, Egyptian authorities began to tighten and narrow the requirements. Mada Masr, an independent Egypt-based media outlet, reported that the authorities no longer accepted passports with extended validity periods or temporary travel documents for visa applications, and stopped recognizing children added to their parents’ passports.

As a result, many displaced Sudanese who have lost their passports or are unable to renew them during the war cannot request Egyptian visas. These excessive restrictions, alongside the newer visa rules, have effectively left thousands of displaced Sudanese unable to get international protection.

Ibrahim said that many people waiting for visas sleep on the streets, in mosques, or schools, amid skyrocketing accommodation

prices. The sole hospital in Wadi Halfa is unable to meet the medical needs of the large number of people, and the town has started experiencing shortages in essential medical supplies and medicines, such as insulin, he said.

Humanitarian assistance in Wadi Halfa has remained limited primarily to essential food supplies, provided mostly by local nongovernmental organizations and some by the World Food Programme.

On May 5, UNHCR urged all countries to allow access to their territories without discrimination for civilians fleeing Sudan, including people who don’t have their identity documents. UNHCR also advised countries that people who fled Sudan due to the conflict may be in need of international refugee protection.

Refusing entry to asylum seekers at the border or at any point of entry violates the right to seek asylum under the Universal Declaration of Human Rights. Forcing Sudanese back to Sudan most likely also violates the principle of nonrefoulement under the 1951 UN and 1969 Organisation of African Unity(OAU) refugee conventions and the 1969 Convention Against Torture, to which Egypt is a party.

The principle of nonrefoulement prohibits governments from forcibly returning a person to a country where they are at risk of persecution, torture, or other irreparable harm. Under the African refugee convention, a refugee would include anyone who is forced to seek refuge outside their home country due to ‘events seriously disturbing public order.’

The European Union is a major donor to Egypt, providing financial support to assist refugees and asylum seekers in the country,

as well as to stem irregular migration to and through Egypt – two goals that can be at odds. People fleeing their countries to seek international protection may be forced to move irregularly, or without adequate documentation, and should not be penalized or pushed back for doing so under the 1951 Refugee Convention. However, unless human rights due diligence is conducted, EU funding dedicated to border control risks assisting Egypt to continue restricting entry from Sudan or to return Sudanese with irregular legal status, despite the risks people face in Sudan.

In October 2022, the EU approved €80 million in funding for Egypt to enhance the operational capacity of Egypt’s coast and border guards to manage migration flows. Over the past few years, EU-Egypt border management cooperation has lacked a comprehensive human rights monitoring mechanism, EuroMed Rights has reported.

In 2023, the EU allocated €5 million in humanitarian aid for education, basic needs, and protection for the general refugee population in Egypt, in addition to €20 million pledged specifically for new arrivals from Sudan, covering food, water, sanitation, and hygiene items.

The United States, another donor, announced it will provide US\$6 million for Egypt to meet increased humanitarian needs resulting from the ongoing crisis in Sudan.

“Egypt’s donors and supporters should ensure that Egypt respects people’s right to seek asylum from the conflict in Sudan and receives adequate support to meet their basic needs once they cross into the country,” Magdi said.

APO Group on behalf of Human Rights Watch (HRW).

Ghanaian – Canadian Chamber of Commerce to launch online marketplace platform

By: Ebenezer Amankwah, Toronto – ON



Group picture of the participants

The President of the Ghanaian-Canadian Chamber of Commerce (GCCC), Nii Odoi Yemoh, has revealed that the Chamber will launch an online marketplace platform to make Ghanaian businesses more accessible to consumers. He said this at a business conference organized at the GCAO Hub today July 15, 2023, to rejuvenate and create awareness of the chamber’s core functions and the benefits associated with being a member.

Mr Odoi Yemoh outlined some of the benefits such as hosting trade fairs for its members, advocacy, networking, and promoting trade and investment in Canada and Ghana.

The President of the Ghanaian – Canadian Association of Ontario (GCAO), Emmanuel Duodu said the platform will unite thousands of Ghanaian-owned businesses under one umbrella, making it easier for people to find goods and services with just a click of a button, after its



Middle: Deputy Director of Diaspora Affairs of the Office of the President, Left: Hakeem Balogun Consul-General Right: Mrs Joyce Asamoah Koranteng (Deputy Consul-General



Left President of GCAO Mr. Duodu with the Consul-Gen Hakeem Balogun

completion.

Mr Duodu advised that it is time for the Ghanaian community and business owners to learn from Iranians, Chinese, Indians, and others who have formed consortiums to lift each other to the top of the business ladder.

The Consul-General of the Ghana Consulate-General in Toronto, Hakeem Balogun, shared the same sentiments as the President of GCAO and stated that the consulate will do its best to create an enabling environment for Ghanaian businesses in Toronto by guiding them from the policy to implementation stages.

The Deputy Director of Diaspora Affairs at the Office of the President of Ghana, Dr Nadia Adongo Musah, welcomed the news about the soon-to-be-launched platform and said that database collection is essential in this age.

She also advised Ghanaian businesses in Canada to take advantage of the passage of the Narcotics Control Commission (Amendment) Bill 2023 by partnering with Canadian firms that have already set the pace in this sector. The Bill approves cannabis cultivation for industrial and medicinal use.



President of Ghanaian-Canadian Chamber of Commerce Nii Odoi Yemoh looks on during a presentation

Dr Nadia Adongo Musah also urged all Ghanaian residents in Toronto and Canada to register for their National Identification Cards since it will soon be the only approved form of identity for transactions and voting during general elections.

Market Place website developer, Joe Duodu during his presentation The website developer of the GCCC Market Place, Joe Duodu, assured Ghanaian businesses that the website is user-friendly and easy when entering business credentials.

The Evangel Assembly of God Church in Toronto celebrated 'Evangel Day' in grand style

Story on pg. 46



From left: Rev. & Mrs Debrah, Rev. Oduro, Rev.. Joel Spiridigliozzi, Rev. Milton Ofei



From left: Mr. Duodu, Mr. Ansu, Nana Margaret Bonsu Antwi, Mrs. Afua Ansu, Mr. Michael Ansu, Mavis Adwoa Ansu



Ewe representatives



A section of the congregation



Urshers



Rev. Joel Spiridigliozzi, Supt Western Ont. Dist. PAOC



Cross section of the congregation



Cross section of congregation



Ashanti Representatives



Akuapem Representatives



Mfantse Representatives

Scenes from the celebration of Mavis Adwoa Ansu, M.D.

cont'd from pg. 1

Mavis Ansu thanked her family for supporting her even when all seemed lost and she had to drop out because of financial constraints. She said the family continued to cheer her on until her dream was finally realized.

Family, friends, and some community members were present at the occasion.



Rev. Oduro praying over the food



Mr. Michael Ansu and Mavis



Mavis cutting the celebration cake supported by parent and Rev. Oduro



Rev. & Mrs. Ofei (r) and Jeff Ano-Frimpong



Music ministration



From left: Rev. & Mrs. DeGraft, Rev. & Mrs. Ofori and Rev. Nana Boateng

Change Islamophobia by being a faithful Muslim Lal Khan Malik

By: Ebenezer Amankwah and Emmanuel Ayiku, Toronto – Ontario

The National President of the Ahmadiyya Muslim Jama'at in Canada, Lal Khan Malik, has encouraged the Muslim community to live the life prescribed by the Prophet Muhammad (SAW) to counter the negative perception a section of the world has against Islam.

He said it is only through living at peace with others and caring for people of other religious backgrounds that the dislike for Muslims and hatred of Islam will be eradicated.

Lal Malik reiterated that “being Muslims, we should do our best to convey the message that brings peace into the entire world.” He said all Muslims should “spread peace to every soul, every heart, and every land.”

The National President was answering questions from the media at a press conference during the 45th Jalsa Salana Canada 2023 at the International Centre in Mississauga, Ontario.

Lal Khan Malik also cautioned Muslims in pursuing wealth, saying, “Wealth is not in having many possessions but feeling sufficiency in the soul.” He said most people are focused on what they do not have rather than being happy about what Allah (God) has blessed them with.

He advised Muslim men that “when you lose sight of basic contentment and try to achieve



From left: Asif Khan Director of External Affairs, Mohamad Oday, National President of Kababil, Lal Khan Malik, National President of Ahmadiyya Muslim Jama'at, Anwar Rashid, Missionary in charge

financial goals beyond your immediate needs, you are losing the value of time that you could spend with family and also improve your spiritual wellbeing.”

The annual Jalsa Salana event is 132 years old this year and though returning from a 3-year break because of the COVID-19 pandemic, it recorded 21,297 participants, with men totalling 10,473 and women making up 10,824.

The primary purpose of this event is to facilitate greater spiritual awareness among community members, strengthen ties and promote peace.

Participants were taken through topics such as the existence of God, the life of the Holy Prophet, the role of men and women in society, and the impossibility of loving wealth as well as loving God amongst others during the 3-day event from July 14 – July 16, 2023.

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Jamaican Spice Bun

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- 3 tbsp ground flax seed
- 1 tbsp baking powder
- 3/4 cup brown sugar
- 1 tbsp mixed spice (or 2 tsp vanilla and 1 tsp mixed essence)
- 1 tbsp cinnamon
- 1 tbsp nutmeg
- 2 eggs, beaten
- 1 tbsp browning
- 1 cup milk (250 mL)
- 2 tbsp melted margarine
- 1/2 cup raisins
- 1/2 cup mixed peel



Method

1. Measure all purpose flour, whole wheat flour, flax seed, baking powder and sugar into a large bowl.
2. In a medium sized bowl, combine eggs, browning, milk and margarine. Add to dry ingredients, mixing until just combined. Sprinkle with raisins and mixed peel and combine.
3. Pour into loaf pans and bake at 350 degree F for 1 hour or until done.
4. Add a sugar glaze (optional)



Collard Green and Codfish

Ingredients

- 1 bunch leafy greens of choice
- 1 carrot, shredded of thinly julienned
- 1 lb frozen cod, thawed and drained
- 1 tbsp olive oil
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 1 sprig thyme
- 1/2 green sweet pepper chopped
- 1 tomato, chopped
- 1/4 tsp pepper or 1 scotch bonnet (optional)
- Sea salt, optional



Method

1. Trim stems from greens. In batches stack leaves and roll into a tube shape. Cut crosswise into shreds. Set aside.
2. Shred carrot using large size of a grater or make thinly sliced pieces
3. Heat oil in a large Dutch oven on medium-high heat. Add the onion, thyme and garlic and saute for a couple of minutes.
4. Add the codfish and cook until fish starts to flake. Add the collard greens, green pepper, tomato and pepper and stir well. Continue cooking until the collard greens are wilted



Curried Lentil and Vegetables

Ingredients

- 1 tbsp vegetable or olive oil
- 1/2 medium onion, finely chopped
- 1 tbsp curry powder
- 2 cloves garlic, minced
- 2 tsp grated gingerroot
- 1 medium carrot
- 1/2 pound sweet potatoes, peeled and cut into 1-inch chunks
- 1 cup brown lentils, picked over, well rinsed, and drained
- 2-3 medium tomatoes, diced
- 1/2 head cauliflower (about 1 pound), stemmed and separated into small florets
- 1/4 cup coconut milk
- Herbs and spices as desired - e.g. thyme, pepper, cumin



Method

1. In a non-stick pot or heavy saucepan (5-quart pot with a tight-fitting lid), heat oil over medium heat. Add onion and curry powder and cook, stirring frequently, until softened, about 7 minutes.
2. Add garlic, continue to cook, stirring constantly, 1 minute.
3. Stir in carrots, sweet potatoes, lentils, tomatoes and 1 1/2 cups water; season with salt if desired.
4. Add herbs and spices of choice eg. 2 sprigs thyme, 1/4 tsp cumin and hot pepper to taste
5. Bring mixture to a boil, Reduce heat to a simmer; cover, and cook until lentils and sweet potatoes are tender, about 25 minutes
6. Add cauliflower and coconut milk and cook for an additional 10 minutes
7. Add additional pepper if desired



Chicken Pelau

Ingredients

- 2 large cloves garlic
- 1 lime
- 1 thyme twig
- 1/2 medium onion, chopped
- 1 1/2 lbs, chicken thigh pieces
- 1 cup pigeon canned peas (save the water in the can)
- 1/4 tsp chili flakes
- 1 1/2 thsp oil
- 1 cup parboiled rice, washed and drained
- 3/4 cup water
- Pepper to taste
- 1 scotch bonnet pepper



Method

1. Marinate chicken thighs overnight (or at least for 2 hours) in the lime, chili, and garlic
2. In a large pot, heat oil over medium-high heat. Brown the marinated chicken, about 5 minutes, or until crispy.
3. Add the onions and cook until translucent. Add the rice, peas and water or other cooking liquid.
5. Add scotch bonnet pepper (whole), thyme, pepper to taste, and stir until dissolved.
6. Cover pot and bring to a boil. When the liquid comes to a boil, reduce heat to low or simmer and cook for about 30 minutes or until rice is cooked and all the liquid has evaporated
7. Plate with your favourite veggies and enjoy.

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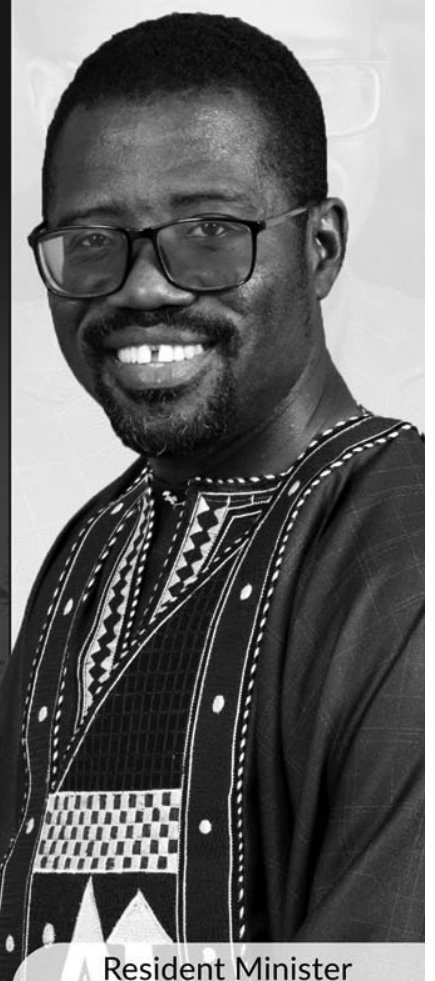
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THE CHRISTIAN IN 2023: HOW TO ENJOY SUPERNATURAL HEALTHY CHURCH GROWTH

“A healthy church is a congregation that increasingly reflects God’s character as His character has been revealed in His Word.—Mark Dever, What Is a Healthy Church?”

“Church culture isn’t naturally healthy because people aren’t naturally healthy. As a leader, one of your chief jobs is to figure out why your culture isn’t healthy and change that.”—Carey Nieuwhof

When it comes to supernatural healthy church growth, there are several principles we can glean from the Bible. Here are few to practice for maximum results:

1. Faithful Preaching of the Gospel: The foundation of a healthy church is the faithful proclamation of the gospel, both within the church community and to the world. The apostles and early disciples were committed to preaching the gospel of Jesus Christ, resulting in the growth of the church.

Acts 15:28 *“For it seemed good to the Holy Spirit and to us to lay no greater burden on you than these few requirements.” NLT.*

Biblical Example: The Apostle Peter preaching on the day of Pentecost, leading to the conversion of thousands.

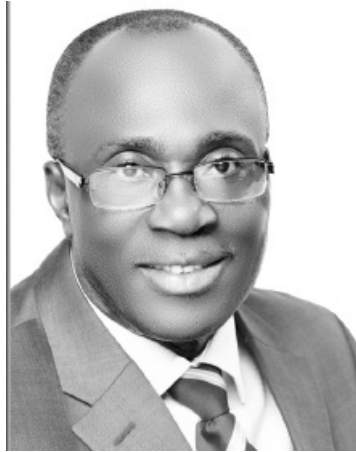
Bible Verse: *“Those who accepted his message were baptized, and about three thousand were added to their number that day.” (Acts 2:41)*

2. Genuine Love and Unity: A healthy church fosters an atmosphere of genuine love and unity among its members. This creates a compelling witness to the world and attracts others to the fellowship of believers.

Biblical Example: The early church in Jerusalem, characterized by love, unity, and generosity.

Bible Verse: *“All the believers were together and had everything in common.” (Acts 2:44)*

3. Discipleship and Equipping: A healthy church is committed to discipling believers and equipping them



for ministry. This involves teaching, mentoring, and helping individuals grow in their faith and spiritual gifts.

Biblical Example: Jesus investing in His disciples (3, 12, 70, 120), teaching them and preparing them for ministry.

Bible Verse: *“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.” (Matthew 28:19)*

4. Prayer, Fasting, and Seeking God’s Will:

Prayer is essential for a healthy church. Seeking God’s guidance, praying for His purposes, and interceding for others play a vital role in supernatural growth.

Biblical Example: The early church praying together for boldness and God’s intervention.

Bible Verse: *“After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.” (Acts 4:31)*

5. Partnership with the Holy Spirit

The Holy Spirit is the third person of the Trinity and plays a vital role in empowering, guiding, and equipping believers for effective ministry. Here are some key aspects of partnering with the Holy Spirit for supernatural healthy church growth.

• **Acknowledge the Holy Spirit’s Presence:** Recognize and acknowledge the Holy Spirit’s presence in the life of the church and in the lives

of individual believers. Understand that the Holy Spirit is actively at work, leading and guiding the church.

Bible Verse: *“Do you not know that you are God’s temple and that God’s Spirit dwells in you?” (1 Corinthians 3:16)*

• **Dependence on the Holy Spirit:** Rely on the Holy Spirit’s power and leading in all aspects of church life, ministry, and decision-making. Allow the Holy Spirit to take the lead and direct the church’s activities.

Bible Verse: *“Not by might, nor by power, but by my Spirit, says the LORD of hosts.” (Zechariah 4:6)*

• **Yield to the Holy Spirit’s Guidance:** Cultivate sensitivity to the Holy Spirit’s leading and be willing to submit to His guidance. The Holy Spirit has unique insights and wisdom to lead the church in the right direction.

Bible Verse: *“But when he, the Spirit of truth, comes, he will guide you into all the truth.” (John 16:13)*

• **Empowerment for Ministry:** Recognize that the Holy Spirit empowers believers for effective ministry. It is through the Holy Spirit’s anointing and gifting that believers

can carry out their tasks and make an impact for the Kingdom of God.

Bible Verse: *“But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.” (Acts 1:8)*

• **Cultivate Intimacy with the Holy Spirit:** Foster a deep relationship with the Holy Spirit through prayer, worship, and studying the Word of God. Seek to know the Holy Spirit’s person, character, and desires. This intimacy allows for a more effective partnership.

Bible Verse: *“The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.” (2 Corinthians 13:14)*

By consciously partnering with the Holy Spirit, the church you are part of can experience the supernatural power, guidance, and transformation necessary for healthy growth and impactful ministry. The Holy Spirit empowers believers, brings unity, reveals truth, and manifests the presence of God among His people. May we partner with God, the Holy Spirit for supernatural healthy church growth.

Immanuel Assembly of God Scarborough

Pastor in-Charge: Pastor Prince Donkor
For more info contact: 647-401-7401

Sunday School: 10:00 am -10:45 am
Church Service: 10:45 am - 12 noon

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The Evangel Assembly of God Church in Toronto celebrated 'Evangel Day' in grand style

'Evangel Day' is observed annually by the church to showcase the diverse cultures of its members.

The celebration aims to pass on members' cultural heritage to the next generation and foster an appreciation for other cultures. This promotes harmony among members and the unifying power of serving the same God.

During the celebration, members representing their respective cultures dress in traditional attire and share information about their food, dance, laws, marriage rites, and other cultural practices.

The Head Pastor of Evangel Assembly of God, Reverend Milton Offei, stated that this day allows members to celebrate their culture beyond their communities and countries.

He said God does not discriminate, so church members are also encouraged to learn from that.

The Regional Director of the Assemblies of God Churches in Canada, Reverend Joel Spiridigliozzi, who was the guest speaker for the occasion said 'if you don't like diversity, you won't like Heaven, since it will be made up of people of different cultures'.

The celebration was based on the bible verse Deuteronomy 6:4 which says 'Hear, O Israel: The Lord our God, the Lord is one.'

Source: Ebenezer Amankwah and Emmanuel Ayiku, Toronto – Ontario

Picture on pg. 40

EVANGEL ASSEMBLY OF GOD CHURCH

314 Rexdale Blvd. Etobicoke, Ont. M9W 1R6



Pastor in Charge
Rev. Milton Offei

Tel: 416-242-7950
Fax: 416-242-8573

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Friday Prayer Meeting:	7p.m. - 9:00p.m.

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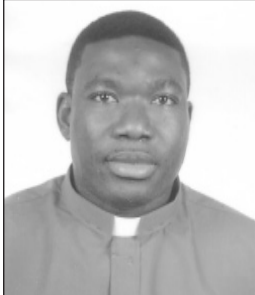
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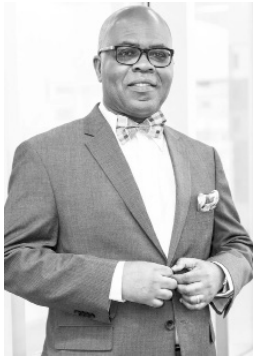
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Why air conditioners can be a problematic solution to extreme heat

cont'd from pg. 7

The [Statistics Canada study this week](#) said that while air conditioners were in 61.1 per cent of Canadian homes in 2017, people were far less likely to have them if they had less than a high school education, lived alone or did not own their own homes.

The Lancet study found even bigger disparities in countries like China, especially among those older than 65 and living in rural areas.

Air conditioning also doesn't work outdoors, where people are often at higher risk of heat-related illness and death. The biggest risk during B.C.'s deadly heat dome: Poverty 5 days ago

A new report says that a disproportionate number of financially vulnerable people died in British Columbia during the punishing 2021 heat dome event. Many who died had no air conditioning.

It can strain the grid, leading to deadly blackouts during extreme heat.

The lead author of a [2021 study published in the journal Environmental Science & Technology](#) suggested that "a widespread blackout during an intense heat wave may be the deadliest climate-related event we can imagine" and an "increasingly likely" scenario.

Air conditioners can use a lot of power, and when that power demand exceeds the capacity of the grid, it has already led to deadly outages, such as in Pakistan in 2015 and 2018, the Lancet study noted.

In Canada, that's happened on a small scale — with increased air conditioning use being [blamed for a hydro outage in Ottawa's west end last month](#).

And in British Columbia, [some landlords have recently warned tenants](#) against installing air conditioners, saying older buildings don't have the electrical capacity to handle them.

B.C. renters are getting letters from landlords saying they cannot install air conditioners in their units, and warning they'd be responsible for any damage they might cause. One renter says he's seen the temperature in his apartment as high as 38 C — well beyond what is considered safe for long periods.

The Intact Centre's Bonada said the problem isn't just in B.C., and isn't limited to individual buildings. "Our entire infrastructure needs to be updated. Our energy grid needs to be updated in order to manage this ... cooling that will be required."

It can impede other kinds of physical, behavioural and infrastructure adaptation. Blair Feltmate, head of the Intact Centre on Climate Adaptation,

described an example in an email from the Mediterranean region of Europe, where he's observing adaptation to climate change impacts.

"Outdoor restaurants have 'outdoor air conditioners' running everywhere in Turkey, Greece and Italy," he said.

This recent photo of an outdoor air conditioner was taken in Athens when the temperature was 42 C. Researchers say this use of air conditioners boosts emissions that cause climate change while doing little actual cooling. (Blair Feltmate/Intact Centre on Climate Adaptation)

Bonada called that "maladaptation."

"It's not going to really lower temperatures, and it's only going to release much more greenhouse gas emissions" in those countries, which rely heavily on coal-fired electricity, she said.

A better approach, Bonada said, would be to use plants to provide shade or cooling, or just not use the patio during extreme heat.

Still, she sympathized with the patio operators trying to attract tourists. "Really, those people shouldn't be out there. They should just be staying in that day, which is not what anybody wants to hear, right?"

Vanos, of Arizona State University, said intermittent exposure to heat is also important to help our bodies tolerate heat better and even allow us to exercise in higher temperatures. "If we don't expose ourselves to heat, then we won't acclimatize," she said.

Feeling some heat can push people to adopt behaviours that "keep us safe," she said, such as adjusting schedules to practise sports at a cooler time of day, for example.

How to keep cool without air conditioning

Both the Intact Centre on Climate Adaptation and the [B.C. government](#) offer tip sheets on [protecting yourself and others from extreme heat at home](#), including one [targeted especially at apartment dwellers](#).

While an air conditioner is last on the list from the Intact Centre, which put the cheapest and easiest solutions first, B.C. recommends having window air conditioner in at least one room.

Both lists include passive solutions for cooling, which the IEA says we should prioritize, such as:

- Opening windows at night. B.C. recommends keeping them closed between 10 a.m. and 8 p.m., and then using fans

to help move air, including kitchen and bathroom exhaust fans.

- Installing thermal curtains or window coverings, and keep them closed during the day. Vanos said that in Arizona, many people also have heat-blocking window coatings that are transparent.

They both recommend sleeping in the coolest room in your house, such as the basement, during heat waves. B.C. suggests you can even sleep outside if it's feasible.

The Intact Centre recommends using plants to provide shade and reduce heat islands, including climbing plants on walls, trees outside, vegetation to replace pavement and houseplants with large leaves in front of a window or on a balcony.

Both B.C. and The Lancet recommend using water for cooling, such as cool baths, wet T-shirts and icy cold drinks.

All recommend checking on vulnerable neighbours during heat waves.

Manitoba seniors are being warned to take precautions as most of the province continues to swelter amid an unseasonable stretch of extreme heat and humidity.

How to use air conditioning more sustainably

Both Bonada and Vanos said there are definitely some circumstances when air conditioning is needed.

Vanos spoke to CBC News on the 21st day that Phoenix had high temperatures above 43 C, and she said even nighttime lows have been staying above 33 C. "Not owning an air conditioner is quite dangerous in this climate," she said.

Following hundreds of deaths during the 2021 heat dome, the B.C. government announced last month that it's [offering 8,000 free air conditioners](#) to seniors and vulnerable people, although [some critics say even that is not the most sustainable solution](#).

The IEA also recognizes a role for air conditioning but advocates improving its efficiency, and limiting cooling to 24 C or 25 C.

Vanos said one way to protect the grid

and ensure vulnerable people have access to air conditioners is for other people to sign up for programs that [let utilities remotely adjust your smart thermostat](#). "Temperatures will be higher in your house to protect the grid and to make sure energy is getting to other places that needs it, and then you save money by doing that."

The greenhouse gas emissions from air conditioners could be expected to diminish as the world decarbonizes its electricity grids and [phases out HFCs](#). However, the IEA says so far, cooling demand has risen so quickly that emissions from cooling are increasing in spite of progress in greening the world's electricity grids.

The Intact Centre recommends improving draft sealing and insulation in buildings to keep heat out and cool air in as a way to improve energy efficiency in summer. Bonada said that will also help people stay comfortable in winter.

Vanos said that even if people have air conditioning, they need to adapt to extreme heat in a variety of ways, including their behaviour: "Air conditioning is not a silver bullet."

Ultimately, both Bonada and Vanos said we need to change the way we design and construct our buildings and cities.

"We can't treat extreme heat as something that will occur every once in a while," Bonada said. "It needs to be incorporated into our plans or community planning or building planning."

She said that a key is more greenery, from parks to green roofs, which has been found to reduce local temperatures by up to 5 C. "So it absolutely works."

High above Toronto's busy city streets, green roofs are providing space and food, while helping to reduce flooding.

Many communities have already incorporated that into their future plans, but Bonada acknowledged it's a slow process.

In the meantime, she said, everyone needs to prepare themselves and their home for extreme heat.

"Out of all the perils that we deal with, it's the deadliest. So if you're not doing something for yourself right now, nobody else is going to come and save you." CBC

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Lifestyle

This column is devoted to answering your questions on health and discussions of diseases which are common among the African Canadians.

Diagnostic errors linked to nearly 800,000 deaths or cases of permanent disability in US each year, study estimates

Misdiagnosis of disease or other medical conditions leads to hundreds of thousands of deaths and permanent disabilities each year in the United States, according to a [report](#) published this week.

About 371,000 people die and 424,000 sustain permanent disabilities – such as brain damage, blindness, loss of limbs or organs or metastasized cancer – each year as a result.

To make the estimate, researchers pulled from dozens of earlier studies to assess how often certain conditions were missed and how often that miss led to serious harms. That risk was then scaled by the incidence rate of new cases in the total US population.

“Patients should not panic or lose faith in the health care system,” the researchers wrote in the study. Overall, there’s less than a 0.1% chance of serious harms related to misdiagnosis after a health care visit.

Nearly 40% of those severe outcomes including death and permanent disability are linked to errors in diagnosing a group of five conditions: stroke, sepsis, pneumonia, venous thromboembolism (a blood clot in a vein) and lung cancer.

“These are relatively common diseases that are missed relatively commonly and are associated with significant amounts of harm,” said Dr. David Newman-Toker, a neurologist at Johns Hopkins University. He led the study’s research team from the Johns Hopkins Armstrong Institute Center for Diagnostic Excellence, in partnership with researchers from the Risk Management Foundation of Harvard Medical Institutions Inc.

Although those five conditions aren’t the most frequently misdiagnosed, they have the largest impact, and the study findings can help prioritize areas for investment and interventions, he said.

Spinal abscess, an infection of the central nervous system, is misdiagnosed more than 60% of the time, according to the report. But with 14,000 new cases each year overall, that leads to about 5,000 serious harms – a relatively small portion of the overall burden of diagnostic error.

But stroke, which the report found to be the top cause of serious harms, is a relatively common condition with a high risk of severe outcomes, and it’s misdiagnosed more often than average. About 950,000 people have

a stroke each year in the US, and it’s missed in about 18% of cases, according to the report – leading to about 94,000 serious harms each year.

Diagnostic errors are typically the result of attributing non-specific symptoms to something more common and perhaps less serious than the condition that is actually causing it, experts say.

“Occasionally, we have people who get inappropriate treatments for a disease they don’t have, and they suffer harms from that,” Newman-Toker said. “Much more common is a life-threatening disease that is missed because the manifestations are milder or less obvious.”

When someone has trouble speaking and moving an arm, it’s easy to diagnose a stroke. But a stroke can also cause dizziness or headache, which can be symptoms of many other things.

Heart attacks can also cause vague symptoms such as general chest pain. But they are significantly less likely to be misdiagnosed, with less than a 2% error rate, according to the report.

The success in diagnosing heart attacks required decade of concentrated efforts, Newman-Toker said. The process started by recognizing that misdiagnosis was a problem, which led to investment of funds into research and regulatory requirements around monitoring performance.

“You end up ultimately with a system of care that focuses on not missing heart attacks,” he said. “It’s the model for what we could be doing.”

Generally, though, diagnostic errors are different than other areas of patient safety – such as surgeries that are done on the wrong site, falls or medication errors – because the link between an action and a result is less direct, said Dr. Daniel Yang, an internist and program director for the diagnostic excellence initiative at the Gordon and Betty Moore Foundation.

“Diagnostic errors are errors of omission,” said Yang, who was not involved in the new study. “The question is: Could [the outcome] be prevented if we had done something differently earlier on? Oftentimes, that’s a judgment call that two doctors might disagree on.”

And broader systemic issues in the

health care system challenge that process.

“The diagnostic journey is really not a single decision at one point of time,” Yang said. “It’s an odyssey that unravels overnight, in some cases, days, weeks, months, even years. It cuts across multiple care settings and different types of doctors.”

But various points of care are disconnected, and providers often don’t have a full understanding of patient’s history, he said. That fragmentation – with scattered records from each encounter with primary care, specialists, clinics and emergency rooms – presents opportunities for information to be lost along the way, leaving the patient to put all the puzzle pieces together on their own.

A 2015 [report](#) from the National Academies of Sciences, Engineering, and Medicine highlighted ways that

patients could play a role in their own diagnostic journey, with a checklist that includes keeping a good record of personal medical history, staying informed about relevant conditions, tests and medications, and following up with providers with questions about any changes or next steps.

The study specifically captures diagnostic error among patients seen in health care settings. But the burden is probably significantly larger when factoring in all those people who didn’t seek care and can’t receive optimal treatment because their diagnosis is happening later than it should, Yang said.

“The hospital can provide perfect diagnostic care. But if someone spends months waiting to see a doctor in the first place, it doesn’t matter how good the health care system is, because the stage of diagnosis is going to be later,” he said. **CNN**



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WHO ARE YOU?

And how much do you really know yourself?

You really don't!. Yes, I do not think you really know yourself very well, so please don't bluff about it now! Most of us hardly know ourselves. And, I am not talking about your name or who your biological parents are.

"What do you mean?" Yeah, you heard me right! And do you have any problem with my assertion?

How do I know that you do not know yourself? Because it does not take a rocket scientist to figure that out. All one needs to do is to spend just a few hours with an average Ghanaian and everything goes haywire.

Now, how do I know that you really do not know yourself that much? Based on what you say, what you do, how you do it, the types of friends you hang around with, the types of programs you watch on TV, how fast you are raping the nation with impunity; as if there is no tomorrow, and how you spend your time and money. These things definitely reflect on how much you know about yourself. It is very simple!

Our standard of living and longevity rate and perceptions speak volumes of lack of true self-identity.

I am not trying to start a third World War here. I am just preaching philosophically and figuratively here, thus, it is only the deep thinkers who will understand my assertion and where I am coming from.

Just look at our potholed- infested roads and the types of SUVs we drive on them. Take a casual look at some of our "civil servants", who have turned into 'civil masters' in their cushy positions. And, some of our politicians, with their over-inflated egos and empty empathy tanks.

What about our political and social institutions? Please do not try to go there because I am getting a severe headache and heartache just by thinking out loud.

This is not a personal attack on anyone. I just want to give it to you raw--without sugar-coated. What you get from some of the pulpits are too diluted so as not to hurt people's feelings, blow up their emotional gaskets and drive away the 'cash cow' congregants. However, sometimes they need to hear what they do not want to hear because our situations demand that harsh truth be made known. And, that is the only way to have the maximum impact with the message because we are not in normal times.

Do you know your circumstances or situation, limitations, potentials and the environment in which you have been placed by nature and act accordingly?

If you answered "no" to any of the variables you obviously DON'T know yourself that much.

By "environment", I am referring to your country, family's "chromosome", the village or town where your umbilical cord is buried. These are parts of the perquisites of knowing yourself, very, very well.

If you do not know yourself inside out how can you make any headway, adjust your focus, make any significant changes vis a vis to your life, let alone to work on your vision (if any)?

If you do not know yourself anyone can label you as he/she considers appropriate and you can easily dance to anyone's tune. If you do not, know yourself, then you take everything for granted, especially when you are relatively young. However, as an adult you must have some clear boundaries that define you personally.

And, it has absolutely nothing to do with your educational attainment or how many degrees behind your name. This simple fact has escaped many people; including rich and poor, educated and illiterates, men and women, old and young. Sadly, it's the cause of most of our miseries because it's a mystery to many.

Thus this is something that needs to be taught in our churches and mosques religiously, so as to relieve people from the mental slavery and the rat race mentality, and to stop keeping up with the Joneses.

It is said that "to know yourself is also the beginning of wisdom", but who is to teach us when a "blind is leading a blind" in our society? If you are sober-minded person and want to develop knowledge of yourself may I suggest that you start with this question, "who am I?" To properly address this issue of self-awareness, critically assess your strengths and weaknesses and then evaluate your response to the opportunities and threats in your environment.

It looks as if we have been under-educated and mis-educated in many areas--big time!

The benefits of self-identity are huge. It allows you to have happiness, less inner conflicts and able to say 'no' to a lot of negative things and temptations. Best of all, it allows you to have self-control, make better decisions and longevity.

From, Kwaku Adu-Gyamfi (Voice of Reason)

The author is a social commentator, motivational public speaker and a diehard citizen (not a spectator).

Over \$1 million allegedly stolen from Ghanaian Minister's house

cont'd from pg. 34

Sarah was also a former house help of the complainants. Her Honour Susana Ekuful was told that the complainants reported the case to the police somewhere in June, this year, after detecting theft of cash and their personal effects.

Preceding the report, Patience was caught to have opened and entered the couple's room with a duplicate key.

A1 was caught by Mr Kuffour, who returned from town only to find out that their bedroom was opened, as well as hearing an unusual noise coming from it.

The first complainant, Mr Kuffour, entered the room and found A1 hiding behind the door.

It was after this incident that the complainants detected that some of their properties were missing.

A1 was arrested and released on police enquiry bail, but unfortunately, went into hiding with her boyfriend, Benjamin, in Tamale.

While in Tamale, the love birds allegedly rented a 3-bedroom apartment at the cost of GH¢105,600 as well as a store at the cost of GH¢120,000.

The police arrested her upon intelligence and a spot search conducted in their apartment led to the retrieval of US\$40,000 and GH 72,619.70.

Patience allegedly bought a 3-bedroom house at a cost of US\$70,000 at Amrahia and furnished it with the following brand-new items – a double-decker refrigerator, water dispenser, a television set, washing machine and a chest cooler among others.

She also bought Hyundai Elantra at the cost of GH¢80,000 for Benjamin who also sold it to purchase a Honda Civic.

A1 also gave her father GH¢50,000 and GH¢1 million to Malik (ex-boyfriend.) The court heard that A1 implicated Sarah during interrogation that she was her accomplice.

Thus, when they were working together in the complainants' house, A1 used to keep watch at the main gate to enable Sarah to enter the couple's room to steal, after which they shared the spoil.

Sarah was arrested at Budumburam and during the investigation, it came to light that she used her portion of the stolen money to build the 3-bedroom house where she was arrested.

The case is adjourned to August 2, 2023. **The Chronicle**

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Teqball wins Ghana's first African Beach Games medal

Ghana's pair of Sylvester Oko Nortey and Daniel Fobi made Ghana proud in Tunisia by winning bronze in the men's doubles of Teqball at the African Beach Games.

The duo beat Eswatini 12:2 and 12:4 to pick bronze and record Ghana's first-ever beach games medal.

This was after they lost out on the singles and the mixed doubles.

Sylvester narrowly failed to pick another bronze after losing to his Tunisian counterpart.

Meanwhile, the President of the Teqball Federation, Ghana, Mr Kofi Poku, has expressed delight at the feat achieved, urging government and corporate bodies to support the sport.

"We are proud of them and hope this



Sylvester Oko Nortey and Daniel Fobi

sends a good message to government and corporate Ghana to offer support to the growing sport".

He thanked the Ghana Olympic Committee (GOC) for ensuring Ghana's participation, especially efforts made by Mr Yaw Ampofo Ankrah in this regard.

Technical Director and Coach of the team, Mr Samuel Kofi Gyasi, who couldn't attend due to some circumstances, praised the boys for making Ghana and Teqball proud.

"We are proud of the boys for putting Ghana on the map. Great feat, greater prospects for the future".

The team would begin preparations towards the Teqball world championship upon arrival.

First edition of the Ghanaian-Canadian Youth Table Tennis program records success

By Ebenezer Amankwah, Toronto – ON

The maiden edition of the Ghanaian – Canadian Youth Table Tennis program has ended, with organizers and participants describing it as a huge success. The program, organized by the Ghanaian – Canadian Association of Ontario (GCAO) and funded by the Foundation for Black Communities (FFBC), saw a large number of parents registering their wards aged 6 – 12 years to participate.

The program ran from April to June 2023.

During this period, participants were taken through table tennis drills, lessons, training, and pick-up games by Instructors Alex Yeboah and Rohan Lewis, a professional table tennis player from Jamaica.

Speaking to some parents and participants, they expressed their satisfaction with the entire program and wished for more of this in other sporting disciplines as well.

They said that this training not only afforded first-timers the opportunity to learn a new hobby but also improved the skills of those already engaged in the sport.

The Administrator of the program, Gabriel Odartei, assured parents and participants that the organizers would continue to bring this program to the community at least once yearly.



Rohan Lewis taking some children through drills

The program culminated in a tournament for all interested groups and individuals, which saw participation from Neighborhood Community Officers of the 23 Division of the Toronto Police Service.

Winners and runners-up of the tournament were given medals and cups.

Caster Semenya wins appeal at European Court of Human Rights

The European Court of Human Rights has ruled in favour of double 800m Olympic champion Caster Semenya in a case related to testosterone levels in female athletes.

The 32-year-old South African was born with differences in sexual development (DSD) and is not allowed to compete in any track events without taking testosterone-reducing drugs.

A three-time 800m world champion and 800m and 1500m Commonwealth champion, Semenya has been in a long-running dispute with World Athletics.

Regulations requiring her to have hormone treatment were introduced by

the governing body in 2018. Semenya has twice failed in legal battles to overturn the decision.

However, the case at the ECHR was not against sporting bodies or DSD rules – but specifically against the government of Switzerland for not protecting Semenya's rights and dates back to a Swiss Supreme Court ruling three years ago.

In a lengthy judgement published on Tuesday, the ECHR found the Swiss government did not protect Semenya from being discriminated against when its Supreme Court refused to overturn a decision by the Court of Arbitration for

Sport (Cas), which upheld the World Athletics rules.

Cas has previously ruled that testosterone rules for athletes like Semenya, were discriminatory – but that the discrimination was "necessary, reasonable and proportionate" to protect "the integrity of female athletics".

While the judgement would appear to vindicate Semenya's long-held view that she has suffered discrimination, it's uncertain if or how the court's decision will impact the current restrictions on DSD athletes.

World Athletics has doubled down on its position in its efforts to protect fair competition in the female category and is also keen for the Swiss courts to challenge the ECHR verdict.

There is a three-month window to lodge an appeal. In terms of competing – if that's what she wants – that leaves Semenya in a similar position to where she was before the ECHR ruling, unless she takes medication to suppress her testosterone or World Athletics is forced to change its position on DSD athletes, and it's not clear how that could happen.

As it stands, she still cannot compete in female track events. **BBC**

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Two planets sharing same orbit around their star? Astronomers find strongest evidence yet

Astronomers reported Wednesday the discovery of what could be two planets sharing the same orbit around their star.

They said it's the strongest evidence yet of this bizarre cosmic pairing, long suspected but never proven.

Using a telescope in Chile, the Spanish-led team spotted a cloud of debris in the same orbit as an already confirmed planet circling this star, 370 light-years away in the constellation Centaurus. They suspect it's either a planet in formation or remnants of a planet that once was.

Asteroids are known to accompany planets around their star - for example, Jupiter and its so-called Trojan asteroids. But planets in the same orbit "have so far been like unicorns," noted study co-author Jorge Lillo-Box of Madrid's Center for Astrobiology.

"They are allowed to exist by theory, but no one has ever detected them," he said in a statement.

The scientists said they will need to wait until 2026 in order to properly track the two objects around the star known as PDS 70.

The confirmed planet with the suspected tagalong takes 119 years to complete a lap. A gas giant, it's three times the size of Jupiter. Another gas giant is known to circle this star, albeit from a much greater distance.

Lead author Olga Balsalobre-Ruza of the Center for Astrobiology in Madrid, said the findings, published in the journal Astronomy and Astrophysics, are "the first evidence" that such double worlds might exist.

"We can imagine that a planet can share its orbit with thousands of asteroids as in the case of Jupiter, but it is mind-blowing to me that planets could share the same orbit," she said in a statement.

The Associated Press



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