

Islington North Chiropractic
Chiropractic & Rehabilitation
Spinal Decompression Therapy
 7007 Islington Ave. # 14, Woodbridge, ON
 Tel: 905-264-8020 Fax: 905-264-9010
 see detail on pg. 7

**We Salute 2023
 Award Winners**

Vol. 27 No. 8 August 2023 Advertising : 416-916-3700 Email: info@ghanaiannews.ca Website: www.ghanaiannews.ca

The
Ghanaian News

KEEPING YOU IN TOUCH WITH NEWS FROM HOME AND LOCAL COMMUNITY ISSUES

1111 Albion Rd. #103, Etobicoke, Ont. M9V 1A9 Tel: 416-916-3700 Fax: 416-916-6701



30 Ghanaian Canadians to be honored at the 20th annual Ghanaian Canadian Achievement Awards in Toronto

By Ebenezer Amankwah, Toronto, ON

On Saturday, September 9th, 2023, the Ghanaian Canadian community will once again bask in the splendor and elegance of the Ghanaian Canadian Achievement Awards. This marks the first time the esteemed event is being held since the COVID-19 pandemic.

The launch of this year's Awards in Toronto, Canada, was announced by Mr. Emmanuel Ayiku, Publisher/Editor of the Ghanaian News Canada and organizer of the Awards. He proudly unveiled the 20th edition of the annual Ghanaian-Canadian Achievement Awards/Dinner and Dance in Toronto, noting that over the past 23 years, the Award program has grown in stature, strength, and prestige.

The last event in 2019, prior to COVID-19, saw a record number of entries. This year, a significant increase in attendance is anticipated. Mr. Ayiku highlighted that the awards program has become the most prestigious event with the widest coverage in the Ghanaian community across Canada. He encouraged participation from the Ghanaian community, emphasizing that it is open to everyone.

The Achievement Awards Night was established by The Ghanaian News in 2000 to honour individual Ghanaian-Canadians and groups who have excelled in their fields or made significant contributions to the well-being of the Community and Canadian society. The event has now become an annual tradition eagerly anticipated by the Ghanaian-Canadian community.



cont'd on pg. 14

Gender-Based Violence: A Global Pandemic

By Ebenezer Amankwah & Emmanuel Ayiku, Toronto, ON

Doreen Kajumba, the Executive Director of the Centre for Social Justice Initiatives, has called for global recognition of gender-based violence as a pandemic.

She said this in an interview during the 2nd Annual International Summit on Ending Gender-Based Violence, held from September 1st to 4th, 2023, at the Marriott Hotel in Toronto.

Kajumba, a survivor of gender-based violence herself, emphasized that this form of violence is pervasive and indiscriminate, affecting individuals regardless of their race, education, location, or personal background. She shared her personal experience of struggling to find support in Canada during her ordeal.

The Centre for Social Justice Initiatives, a registered charity organization in Canada, was established to address this gap. It aims to provide a safe space for survivors to share their experiences and offer mutual support. To date, the organization has assisted



Doreen Kajumba

over 700 survivors, predominantly women and members of the LGBTQ community, through peer support groups and counselling services referrals.

Despite these achievements, Kajumba highlighted several ongoing challenges. Funding for transitional support and legal assistance for survivors remains a significant hurdle. Additionally, she noted that many survivors harbor mistrust towards the country's criminal justice system, which often deters them from speaking out.

Kajumba stressed the need for continued efforts in raising awareness among young women who are victims of gender-based violence. Many of these victims remain silent due to fear. She urged victims to seek help immediately upon recognizing signs of abuse.

While progress has been made in combating gender-based violence, Kajumba's appeal underscores the urgency and global scale of this issue. Her call to action serves as a stark reminder that there is still much work to be done.

BACK TO SCHOOL OFFERS ON NOW. **NATIONWIDE UNLIMITED 30GB FOR \$45/MO.*** WITH DIGITAL DISCOUNT

STORE LOCATION

Weston / Finch 3430 Weston rd. North York ON m9m 2w1 416-782-6777	Eglinton - Oakwood 1880 Eglinton Ave. W. Toronto, ON M9M 2H2 416-781-1444	Morningside / Kingston Rd. 267 Morningside Ave. Scarborough, ON M1E 3G1 547-830-1843
---	---	--

Freedom mobile
Authentic Journeys

**Emergency &
New Patients
Welcome**



ROYAL DENTAL CARE



Dr. Nana Boahene Ansong

Your Personal Invitation!

Come and enjoy your Dental experience with us

**Evening and Saturday
Appointments Always Available
All Dental Insurance
Plans Accepted
Various Languages Spoken**



Dr. George Boahene Ansong

**INVISALIGN • FAMILY DENTISTRY • CROWNS & BRIDGES •
GUM TREATMENT • TEETH WHITENING • SURGERY ROOT •
CANAL TREATMENT • DENTURES • CLEANING • WHITE FILLINGS •**

**Call Us At: 416-748-8866
1625 Albion Road, #107 Etobicoke ON M9V 5H8**

Your Neighbourhood TAXMAN

**"Reduce your Tax Bill and
Raise your Wealth"**



**Harkirat
Khangura**
CPA



- ✓ PAPERWORK NOT YOUR CUP OF TEA?
- ✓ IS THE GOVERNMENT ON YOUR BACK FOR NON COMPLIANCE?
- ✓ NEED TO KNOW AND/OR IMPROVE YOUR BOTTOM LINE?
- ✓ FACING DISABILITY WE CAN HELP YOU ESTABLISH DISABILITY CLAIM?

TAX IS THE BIGGEST EXPENSE IN LIFE • SAVE IT..! Off: 905.840.3000

Plan Your Taxes For Maximum Refund

**You Make Money. They Tax You.
You Save Money. They Tax You.**

**You Spend Money. They Tax You.
You Die. They Still Tax You.**

- TAX:**
- Corporate Tax (E-FILE)
 - Small Business- Self-employed
 - Personal Income Tax (E-FILE)
 - Rental Income Tax returns
 - Prior Year Returns Catch Up
 - Assistance with CRA & WSIB Audits

- Reduce your income with use of Deductions**
- RRSP planners can be winners do not forget to maximize your RRSP
 - Attendant care & Child care expenses
 - Disability supports deduction
 - Interest expense on money borrowed to purchase stocks, bonds & real estate
 - Moving expenses

- BOOKKEEPING**
- Full cycle Book keeping
 - Monthly Bookkeeping Services
 - Year End adjustments and Bank Reconciliation
 - Payroll Services including issue of T4's, T5's
 - HST, WSIB, Source Deductions Reporting

- Non-refundable tax credits "Use It or Lose IT"**
- Disability & Infirm Dependent tax credit
 - Care giver amount tax credit (parent or grandparent (over 65) lives with you)
 - First-time home buyer's tax credit
 - Political contribution & Donation tax credits

- ACCOUNTING**
- Compilation - Notice to Reader Engagements
 - Preparation of Financial Statements
 - Obtain Bank Financing
 - Preparing & Presenting Business Plans
 - Company Registration, New Business Setup

- CONSULTANCY:**
- Due Diligence for Buying a business
 - Purchase or new setup franchise business
 - Assistance in Sales & Acquisition of Business
 - Working Capital & Cash Flow Management
 - Business Loans, Plans & Projections

5 Brisdale Drive, Suite 203 Brampton **Brisdale Plaza**
(Corner of Bovaird Dr. & Brisdale Dr.)

E-mail: Harkiratcpa@gmail.com
www.Harkiratcpa.com

Off: 905.840.3000
Cell: 416.820.0045

RAMESH SANGHA LAW FIRM

is back in Business in the following fields of Legal Practice.

- * Immigration
- * Litigation - Civil, Personal Injury & Insurance matter MVA Disability (Long term & CPP)
- * Family Law matters
- * Criminal matters
- * Real Estate (Wills, POA, Declarations)
- * Miscellaneous services



Please call us for your legal needs. We will be glad to serve you.

RAMESH SANGHA LAW FIRM

Barristers, Solicitors & Notary Public.
Former Member of Parliament CANADA.

Castlemore Town Centre Plaza

Address; 9300 Goreway Dr., #209, Brampton, ON

Tel: 905-456-9911 Fax: 905-456-9577

Email: Ramesh@SanghaLawyers.com

Web: SANGHALAWYERS.COM



STERLING LAW

Barristers & Solicitors



Helen Sterling Clarke,
B.A.J.D, LL.B
Lead Family Lawyer
and Mediator

The Sterling quality you expect... the Sterling service you deserve!

Offering 26 years of excellence in all areas of Family Law including Custody, Access, Child and Spousal Support, Divorces, Separation Agreements, Fertility and Surrogacy Agreements, the International Removal of Children and Other High Conflict Matters

Tel: 905-793-0557 Fax: 905-793-0560

helen@sterlinglaw.ca www.sterlinglaw.ca

New Address: 2 County Court Boulevard, Unit 225, Brampton, Ontario, L6W 3X7

RAZA.COM
 keep talking



Scan me

DOWNLOAD THE APP AND GET FREE



CALL DIRECT *
 RECHARGE *
 INTL. MOBILE TOP UP *



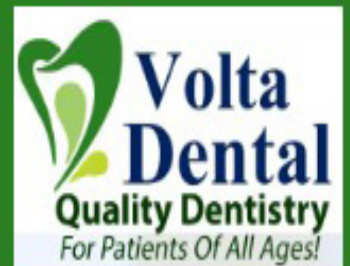
* Eligible for first time downloads only ☎ 1800-550-3501



SCAN ME

Dr. LA-KUMI & ASSOCIATES

Comprehensive Dental Care For Both Children and Adults



FREE DENTAL CONSULTATION!

CALL: 416-663-3131



- ✓ General Dentistry
- ✓ Cosmetic Filling
- ✓ Extractions
- ✓ Crowns and Bridges
- ✓ Dentures
- ✓ Root Canal Therapy
- ✓ Gum Treatment and more

NEW PATIENTS & REFERRALS ACCEPTED
DIRECT INSURANCE BILLING

Students and seniors discount
 (Ask about it with a valid Student ID)

CALL US TODAY OR WALK-IN TO BOOK AN APPOINTMENT

☎ **416-663-3131**

🌐 **VOLTADENTAL.COM**

📍 **1280 FINCH AVE W. SUITE 614. TORONTO**

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



Supreme Travels

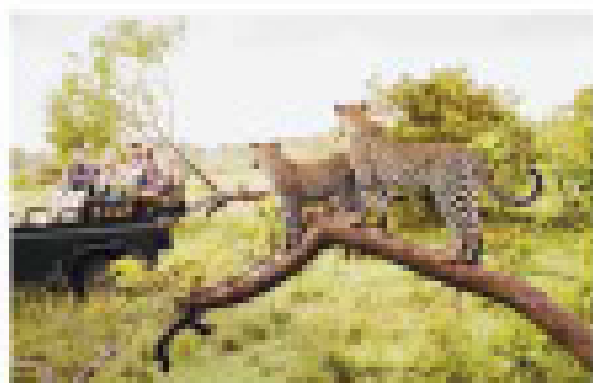
LET US SHOW YOU THE WORLD

415 THE WESTWAY, ETOBICOKE, ONTARIO M9R 1H5



PH : 416-649-9999

FAX : 416-249-2225



Book Your Tickets Online at
Web: www.supremetravels.com
Email: info@supremetravels.ca

**CALL US FOR THE BEST FARES TO LAGOS,
ACCRA AND ALL OVER AFRICA
20 YEARS OF EXPERIENCE IN TRAVEL
INDUSTRY GUARANTEED LOWEST FARE TO
AFRICA**



Registration No : 50011889

Air Tickets

Hotel Reservation

Car Rental

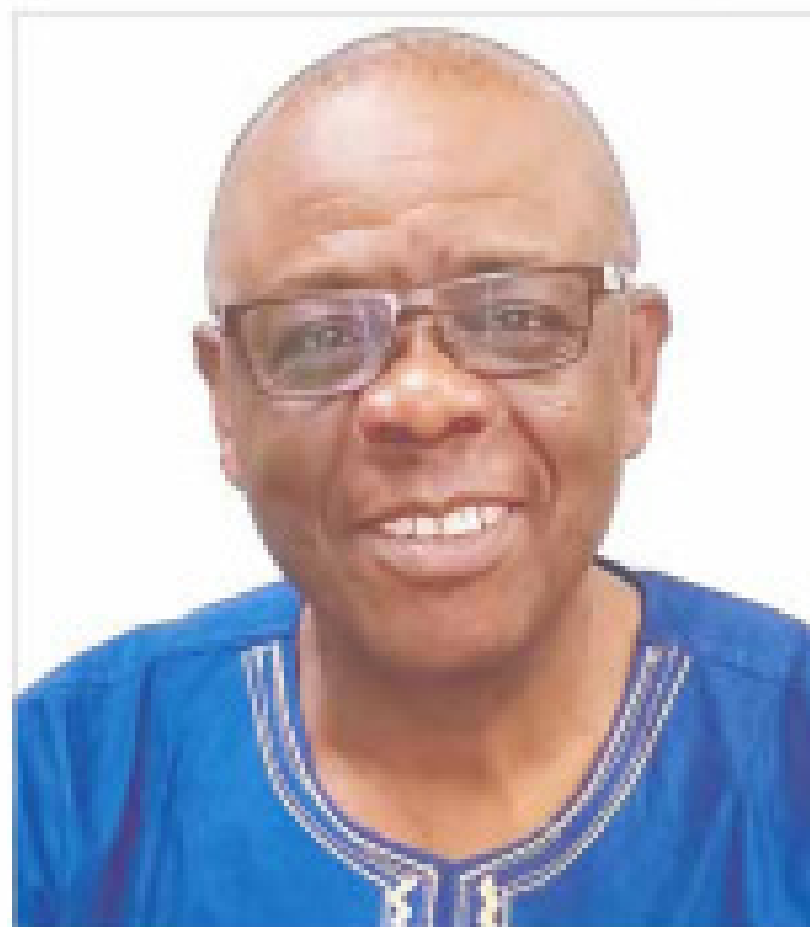
Honeymoon Packages

Cruises

Medical Travel Insurance

Super Visa Insurance

Passport Photos



MICHAEL ANSU

PRESIDENT

CELL # 416-771-8285

TOLL FREE PH # 1-877-249-2243

Air Canada slashing routes out of Calgary in face of ongoing pilot shortage

Air Canada is slashing six major routes out of Calgary this winter, in part due to an industry-wide pilot shortage that the carrier says threatens its “overall operational stability.”

The country’s biggest airline confirmed Wednesday it will no longer offer non-stop flights from Calgary to Ottawa, Halifax, Los Angeles, Honolulu, Cancun, or Frankfurt as of the end of October due to ongoing fleet and crew constraints.

“The industry-wide shortage of regional pilots is expected to have a

prolonged impact on Air Canada’s regional network,” said Air Canada spokesman Peter Fitzpatrick in an email.

“This has resulted in resource pressures as Air Canada has been required to operate certain routes with mainline aircraft that are normally served by its main regional partner.”

Fitzpatrick added the Montreal-based airline is also facing pressure due to supply chain challenges that are making it more difficult for the airline to obtain parts and complete airplane maintenance on time.

“This has led to a review of the network schedule to ensure resources are deployed most efficiently and productively against these current, ongoing industry considerations,” Fitzpatrick said.

A pilot shortage has been brewing across the continent for several years due to a variety of factors including an aging workforce and the rapid proliferation of new discount airlines that are putting pressure on the labour supply.

The COVID-19 pandemic exacerbated airlines’ already existing labour challenges, delaying and disrupting pilot training across the country while also driving experienced pilots to exit the industry in favour of more job stability elsewhere.

International consultancy firm Oliver Wyman has estimated that the North American aviation industry could be short 30,000 pilots by 2032 if nothing changes.

Air Canada said Wednesday it remains fully committed to Calgary - population of about 1.4 million - and the western Canadian market. The airline said it will continue to offer direct service to London-Heathrow from Calgary, as well as to destinations throughout Canada and the U.S.

But the move is the latest evidence that Canadian airlines are still struggling to find their footing in the wake of the pandemic. It’s also the latest development in an ongoing turf war between Air Canada and its main competitor, Calgary-based WestJet.

Last year, WestJet announced a new strategy that would see it concentrate the bulk of its future growth in Western Canada. The airline removed a number of routes from the Ottawa-Toronto-Montreal triangle as a result.

Air Canada has been adding service to its main Toronto, Montreal and Vancouver markets, and has recently eliminated a number of regional routes in Western Canada as well as direct service to some larger western Canadian cities, such as Regina and Saskatoon.

“I understand that it’s frustrating to see that we are adding new routes from our hubs while suspending services from Calgary, but in the current landscape these service suspensions are the right decision,” said Air Canada executive vice-president Mark Galardo in a memo sent to the airline’s Calgary staff on Tuesday and viewed by The Canadian Press.

As each airline retrenches to focus cont’d on pg. 12

Finton Travel Ltd.

TICO # 4308045
IATA 67501490

Traveling to Ghana,
Nigeria or anywhere around
the world

Call Nana Osei

Tel: 416-746-7028
Fax: 416-746-6806



2200 Martin Grove Rd., Toronto, Ont., M9V 5H9

Royal African Travel & Cargo Services





TICO #50015070
TDS #96-528773

Tel:
416-740-5617

Kwame Agyemang
Manager

2428 Islington Ave, Suite 205



World Class Travel Agency

Your convenience is our passion

We offer good Fares To and From Africa
and North America Cities

Call us for special fares on all the Airlines

For Reservation and Information
Call Gina 647-834-5359
Office 416-477-5699
Email: airconnections.ca@gmail.com



Gina Ofori



50023039

23 Westmore Dr., # 110, Toronto, ON, M9V 3Y7



1 VALUE TO THE WORLD


Serving The African Community Since 1979

*We Offer Excellent Fares To And From All
Major AFRICAN, European And North
American Cities*

**Call Us For Special Fares On KLM, Delta,
Lufthansa, Brussels Airlines And Many More**

**For Reservations &
Information**

Tel: 416-964-1950
Fax: 416-964-7546
Toll Free:
1-800-335-2304
info@etravelair.com



Sylvester Gyebi
Travel Consultant



Toronto

121 Lebovic Ave. Unit 5, Scarborough, ON

EDITORIALPublisher / Editor
Emmanuel AyikuContributing Editor
Joe Kingsley EyiahDirector of Operations
Comfort AyikuCommunity Reporter
Jonathan AnnobilOnline Editor
Ebenezer Amankwah

The Ghanaian News
Publishes news and comments
from the Community, serves
Ghanaians across Canada with
good source of information
is committed to give good
community Journalism

The Ghanaian News
is published in Canada by
**The Ghanaian News
Corporation**

Editorial Office
1111 Albion Road, Suite 103
Etobicoke, Ont. M9V 1A9
Tel:(416) 916-3700
Advertising
Fax (416) 916-6701

Website:
www.ghanaiannews.ca
E-mail:
cayiku@gmail.com
info@ghanaiannews.ca

**The Ghanaian News
Distributed
FREE**

Letters to the Editor
We encourage your
feedback and value
your comments. Please
feel free to write to us.
keep letters to a
maximum of 200 words,
include your full
name, Telephone # and
mailing address
with all correspondence.
Address your letters to
the Editor

The Ghanaian News
1111Albion Rd., Suite 103
Etobicoke, Ont., M9V 1A9
Tel: 416-916-3700 or
Fax: 416-916-6701
or e-mail us at
info@ghanaiannews.ca

Articles appearing in various
columns of the Ghanaian
News are intended to generate
civil and informed public
discussions. You do not have
to agree with opinions ex-
pressed by the writers. That
should encourage you to write
to express your own views.
This is the way we generate
lively and civil discussions in
the community. Rejoinders
are not forums for personal
insults and we want readers to
adhere to these principles.

*We acknowledge the
financial support of the
Government of Canada
through the Canada
Periodical Fund of the
Department of
Canadian Heritage*

EDITORIAL**Let's celebrate 20 years of
recognizing our Community
Achievers**

Twenty three years ago, The Ghanaian News launched a modest effort to recognize, showcase and celebrate the achievements of members in our communities across Canada who have and continue to excel in various discipline and fields of endeavor. This initiative was borne out of the conviction that many members of our community in Canada have been making strenuous efforts not only to achieve laurels for themselves and their community, but to the development and improvement of Canadian society as well.

To a very large extent, this innovation has been a great and a splashing success. Over the past Twenty three years we have unearthed and showcased an average of twenty-five high-flying achievers in various fields of endeavor from our community every year. That comes close to nearly Five hundred and seventy five persons to date. This year we will be showcasing close to thirty two more achievers. These Achievement Awards have proven a number of important points: First, there are great talents in our community. Secondly, our community members are not just sitting on these talents; they are utilizing them to achieve results. Thirdly they have proven that our community members are contributing significant efforts to the improvement of Canadian society. Against the background of all the misinformation, myths and stereotypes that are bandied around about immigrants and immigrant communities; we are delighted to note that this events have achieved the purpose for which they were instituted: showcasing the best and brightest from our community in the larger Canadian context.

We wish to however to comment on a disturbing aspect of these events in our community: the low involvement and participation of our community members in these awards ceremonies. We have observed over the years that it is the same people who regularly attend these events although the awards recipients may be different every year. We also wish to note the constant presence of a large number of mainstream Canadians: from politicians, public servants to Police Officers at these events. If these high-profile people from mainstream Canadian society recognize the importance of this event and regularly show up to support us, then it is incumbent on us as the community organizing this event to embrace it and turn out in our numbers to support it.

We also depend on community members to nominate the known achievers in our community who are deserving of these awards. We therefore entreat community members to constantly be on the lookout for those that are achieving laurels in various aspects in our community and nominate them for the awards when the time comes. We call on community members to turn up to support and applaud our achievers for this year on Saturday September 9th, 2023. They deserve our recognition, our praises and our support.

Finally we extend our heartfelt and warm congratulations to all our award recipients for this year. Do not rest on your oars. Keep pushing to make yourself, your community and our nation proud. We are proud of you!

**Former President of Ghana H.E.
John Dramani Mahama to Visit
Canada**

A significant event is on the horizon for the NDC Canada Chapter to host H.E. John Dramani Mahama the Former President of Ghana who's the current flagbearer and leader of the National Democratic Congress (NDC) to a Fundraising luncheon in Toronto Ontario.

Also in Western Canada, Calgary Alberta to be precise, H.E. John Dramani Mahama will be giving a policy speech at the University of Calgary under the theme 'Advancing West Africa's Development Strategy with a Focus on Ghana' and will also engage the Ghanaian community in Calgary Alberta at a town hall meeting under the theme 'Building the Ghana we all want - Engaging the Diaspora for National Development'. This modest gathering seeks to foster discussions on matters that resonate with Ghanaians in the Diaspora and focusing on our shared values and vision.

NDC Canada Chapter is working diligently to ensure that these events are organized with precision and a sense of community. With an ambiance of Camaraderie, the Former President of Ghana's visit to Canada aims to create a platform for meaningful interactions while showcasing the unity and strength of the NDC Canada Chapter members and Ghanaians in Canada at large.

H.E. John Dramani Mahama is expected to draw a significant audience, including committed NDC Party supporters and sympathizers and individuals with a curiosity to learn from a seasoned leader. The events provides an opportunity for attendees to gain insights into

*H.E. John Dramani Mahama*

his leadership approach and his perspective on pertinent national issues.

Joining H.E. John Dramani Mahama to Canada are NDC Party National Chairman Hon. Johnson Asiedu Nketia, General Secretary Hon. Fiifi Fiavi Kwetey, and other respected National Executives and couple of NDC Members of Parliament.

NDC Canada Chapter members and the Ghanaian Community in Canada at large is remained to mark their calendar for the 22nd of October 2023 for a Fundraising Luncheon with H.E. John Dramani Mahama in Toronto and on the 23th October 2023 at the University of Canada Calgary Alberta and on the 24th of October 2023 at a Town hall meeting in Calgary Alberta respectively.

**NDC CANADA CHAPTER
COMMUNICATION BUREAU**

**Statement on the Farewell of Her
Excellency Viviane Bampassy,
Delivered by Paula Caldwell St-Onge,
Chair of the Board of The Canada-
Africa Chamber of Business**

Together with the Embassy of Senegal, the Chamber was pleased to host Senegal's economic forum in Canada in 2018, and work in association with H.E. BAMPASSY on virtual economic meetings between Senegal and Canada in 2021

The Canada-Africa Chamber of Business (<https://www.CanadaAfrica.ca>) is delighted today to recognize the exceptional leadership of H.E. Vivianne BAMPASSY, on the occasion of her farewell luncheon, held at the Royal Ottawa Golf Club among distinguished Ambassadors and High Commissioners, within the African Consular Corps, resident in the Capital Region of Ottawa.

The Chamber's 30-Year Anniversary Program in Ottawa next year includes Africa Accelerating 2024 (<https://apo-opa.info/3r1Vvk3a>), taking place over three days and welcoming leaders from across Canada and African markets.

Our Chamber is what it is because of the leadership of individuals, such as H.E. BAMPASSY, who I am pleased to honour today. We grow because of our members and the exceptional individuals who represent their countries and the African continent with distinction.

Bawumia tops NPP Super Delegates Conference with 68% of votes

Vice President of the Republic of Ghana and flagbearer aspirant for the New Patriotic Party (NPP), Dr. Mahamudu Bawumia has secured the top spot at the just-ended NPP's super delegate conference after securing a total of 629 votes.

The elections which was held across 17 polling centres in the country was aimed at electing five Presidential candidates out of the ten candidates who picked up forms to contest in the party's November 4 Presidential primaries.

At a media declaration of the results, Dr. Bawumia expressed his profound gratitude to God and expressed confidence in winning the November 4 Primaries.

"I am thankful to God for the emphatic nature of my win. I am very humbled and grateful for the outcome of this election. But this is just the first step towards our match to the flagbearership. I see this as a step in winning the flagbearership."

He also urged all the flagbearer aspirants to come together in order to stand a chance in the 2024 General elections.

"The main election for the party is winning the 2024 elections and we all have to work together towards that. This will require unity from all the various flagbearership aspirants so we have to ensure that we don't destroy



Vice President Dr. Mahamudu Bawumia

the unity of this party. We should unite together and close ranks so that we fight together after the internal elections and win the main election."

After an official collation of results, Dr. Bawumia managed to win 16 out of the 17 polling centres, representing 67.10% of the total votes cast.

Meanwhile, member of Parliament for Assin Central, Kennedy Agyapong shockingly amassed 14.15% of the total votes cast to overtake the former minister for Trade and Industrialization, Alan Kwedwo Kyeremanten, who placed third with 10.85% of total votes cast, and former Minister of Agriculture, Dr. Owusu Afriyie Akoto, came fourth with 4.01%.

Francis Addai Nimoh and former Energy Minister, Boakye Agyarko tied with 1.06% of total votes cast. univers.ug.edu.gh

Alan Kyerematen withdraws from NPP flagbearership race

One of the leading members in the NPP flagbearership race, Alan Kyerematen has officially withdrawn from the race.

His decision comes just a day before the New Patriotic Party organises balloting for aspirants who will be contesting in the November Congress that is aimed at electing a successor for Nana Akufo Addo as flagbearer of the party.

Alan cites the intimidation of delegates in the recently held Super Delegates conference among others as some of the reasons that have informed his decision to drop out of the race.

The announcement confirms earlier reports that the former Trade Minister planned on stepping down when he scheduled a press conference this afternoon.

That press conference was later postponed until a press statement was released a few minutes ago to officially



Alan Kyerematen

confirm the decision of Alan.

It is unclear what Alan will do in the near future. There are unconfirmed reports he could explore the possibility of running as an independent candidate ahead of the 2024 General Elections.

Alan came third in the Super Delegates Congress, behind Vice President Mahamudu Bawumia and Kennedy Agyapong.

Ghanaian Women's Prayer Conference

October 9th 2023

(Monday, Thanksgiving Holiday)

VENUE:

The Ghanaian Presbyterian Church

51 HIGH MEADOW PLACE (FINCH/SIGNET), NORTH YORK

TIME: 9 a.m. - 12 noon

Contact: 416-877-3077, 416-904-0148, 647-768-8579, 416-558-8593, 647-878-0905, 416-882-5186, 416-820-9522, 647-654-5570, 647-300-6469, 647-892-9212, 905-488-9763, 647-718-4819

<https://www.youtube.com/c/LivingwordagOrg>

<https://www.facebook.com/livingwordag.to>

Ghanaian chocolate targets South Africa's health and wellness market

About 70% of the world's cocoa is produced in Africa – mostly Côte d'Ivoire and Ghana

Ghanaian artisanal chocolate brands went to The Plant Powered Show in Johannesburg to explore new African commercial linkages for their plant-based chocolate and cocoa.

About 70% of the world's cocoa is produced in Africa – mostly Côte d'Ivoire and Ghana. But in the global chocolate industry, their market share is less than 6%.

Fairafriic Ghana aims to change this narrative by adding value to Ghanaian cocoa beans at origin and to offer 'made in Ghana' chocolate to European and African markets, boosting local job creation and incomes along the way.

Meanwhile, Amonu Chocolates is working hard to develop the demand for locally produced chocolate in Ghana. Their products are proudly wrapped in traditional Ghanaian Akan Adinkra symbol designs to promote choco-tourism and honor the role Ghana has historically played in the cocoa sector.

It is in this spirit that the two brands travelled to The Plant-Powered Show in Johannesburg, South Africa, earlier this month with support from the Ghana

Export Promotion Authority and the International Trade Centre's Alliances for Action, under the Netherlands Trust Fund V programme in Ghana. Some 5,000 people attended the event, offering a key visibility opportunity to the growing brands.

The goal? To tap into the health and wellness market and bring Ghanaian products to a new African market.

Aimed at those looking to live and enjoy a healthier, more conscious and sustainable lifestyle with a smaller environmental footprint, the three-day Plant Powered Show features top chefs and mixologists hosting live cooking demos and masterclasses. Health and wellness experts also spoke, while a marketplace filled with plant-based food, drink and lifestyle products were available to test, sample and buy.

Leveraging the 'made in Africa' movement to enter the South African market

Chef Greg Henderson, executive chef of the Royal Portfolio Collection, specializes in indigenous foods and the culinary heritage of African products.

At the show, he gave a masterclass on product development and was excited to have the opportunity to work with Ghanaian chocolate. Fairafriic and Amonu Chocolates' plant-based products were successfully integrated into his recipes, with 30 class participants looking on.

'The question I've been asking myself throughout this event is, why didn't we do this a long time ago?' said Michael Marmon-Halm, managing director of Fairafriic Ghana. 'South Africa is clearly a great market for Fairafriic, and we're gearing up to establish our made in Africa brand there soon.'

Both brand representatives attending the event mentioned that the show opened their eyes to the demand for

African origin chocolate products. They received encouraging feedback from consumers at their stand, which attracted marked interest from the show's crowds. A highlight of the event was the Chefs Association of South Africa expressing interest in potential collaborations.

Amonu Chocolates is well-established in Ghana, and currently stocked in London by My Runway Group (Black in Carnaby). They aim to increase their export ranges and activities. Attending The Plant Powered Show will go a long way in extending their export footprints in South Africa, said Lucia Acheampong, Amonu's general manager.

Distributed by APO Group on behalf of International Trade Centre.

**CALL US FIRST
THE
GHANAIAN NEWS
416-916-3700**

Family, Friends, Community

It's important to know someone you can rely on when it comes to your insurance and financial planning needs

For the following products:

- Life Insurance
- Disability Insurance
- RRSPs & Retirement Planning
- Children Education Plans
- Critical Illness
- Mortgage Insurance



Nana Asare
Contact
Nana Asare, B.A. (Hons),
BEC Dip
Life Underwriter

Tel: 416-630-4000 ext. 335
Fax: 416-630-4022 Cell: 416-578-3417
Email: asare@theleadingedge.ca

3625 Dufferin Street, Suite 340, Toronto, Ont. M3K 1Z2

THINKING OF SELLING OR BUYING A HOUSE




**Credit Valley
Real Estate**

"INDEPENDENTLY OWNED AND OPERATED, BROKERAGE"



Agnes Ansong
Real Estate Sales
Representative

CONTACT INFO:

OFFICE: 905-793-5000

TOLL FREE: 1-800-631-5216

DIRECT: 416-558-8383

FAX: 905-793-5020

Email: agnes@royalpage.ca

**10045 Hurontario St. Suite #1
Brampton, Ontario L6Z 0E6**

BUY | SELL | LEASE | INVEST

MY EXPERIENCE CAN SAVE YOU TIME & MONEY



EKUA BAMFO

Hello,

Looking for an honest realtor you can trust? you found one! I have years of experience and will be happy to guide you in realizing your real estate dreams. Whatever your property needs are feel free to call, text or email with any questions you may have. I hope to hear from you soon. Let's make it happen!

REAL ESTATE BROKER

Cell: 647-970-1283
Office: 416-391-3232

**1396 DON MILLS RD.
B121, TORONTO, ON M3B 0A7**

Email: monrealtor@yahoo.com
Web: righthomerealty.com



**FIRST CHOICE
INSURANCE BROKERS LTD.**

AUTO . HOME . COMMERCIAL . LIFE INSURANCE

www.firstchoiceinsuranceltd.ca

Our Services are Auto Insurance, House Insurance, Business and Commercial Insurance.

Save Up to 30 % on your Insurance rates.
Representing Major Insurance Companies.

**Tel: 905-683-8484 or
Mobile 647-885-9082**



George Amoako,
President/ Owner
Opportunity exist for
Licensed Insurance
Brokers.

Ghana makes great cocoa and wants to make even better chocolate

Today, the country is attempting to address this paradox by establishing processing operations in-country

ITC is supporting small cocoa processors and chocolate brands in Ghana in reaching new markets and growing their operations. Flexy Foods is one of these small brands targeting the rising demand for niche, artisanal products made in Ghana.

Ghana produces some of the world's best cocoa, but imports most of the chocolate it consumes. Today, the country is attempting to address this paradox by establishing processing operations in-country.

While the idea of a cocoa-growing country producing its own chocolate makes sense, in practice it's no easy

feat. Restricted access to finance, expensive imported equipment, and the ever-rising cost of raw materials are some of the biggest obstacles.

Lucy Afari is CEO of Flexy Foods Limited, a small artisan agribusiness in Ghana with its own chocolate brand, Kamini Chocolates. 'Ghana grows cocoa, but it's mainly destined for export,' says Lucy. 'So as artisans, we struggle with high raw material costs. We have to source it from export companies with export rates and taxes.'

Ghana Cocobod, the board tasked with regulating Ghana's domestic cocoa, coffee and shea nut marketing, is establishing a framework for artisans to better

access to cocoa beans. This will make it cheaper for artisans like Lucy to get raw materials.

'This shows they recognize that there is opportunity for local value addition and a Ghana-made products market. They are encouraging and driving this agenda,' she said. The International Trade Centre (ITC) and the Association of Ghana Industries (AGI) are supporting these policy advocacy efforts under the Netherlands Trust Fund V (NTF V) programme.

Flexy Foods/ Kamini Chocolates is a woman-owned artisanal chocolatier and an NTF V

programme beneficiary partners in Ghana. They are part of the Ghana Export Promotion Authority (GEPA) cohort. Lucy kicked off her brand in 2019, when she realized that chocolate makers in Ghana were sorely lacking. Since then, the chocolate brand has been growing steadily, with plans to export on the horizon.

A small brand that offers solutions and niche products

Apart from being a Ghana-made brand, Kamini Chocolates addresses local and international competition by offering small batch production, with a maximum annual volume of 1.2 tons.

'Most large factories require that you buy large volumes from them. We make small batches, just 20 pieces for example. We also do white label production for chocolate brands in minimal quantities that they find to be a flexible option,' says Lucy.

Kamini Chocolate also ventured into the vegan market, following market feedback from ITC on specialty chocolate consumer preferences, which included healthy options, especially after the pandemic. It also made sense for the brand logistically as powdered milk supply was interrupted during COVID-19, making vegan alternatives a sound business move.

Lucy says they also make a point of using locally produced cashew and tiger nuts to reinforce their Made in Ghana ethos. Their tiger nut product won them the Innovative Startup Award for 2022 by the Council for Scientific and Industrial Research (CSIR) in Ghana.

Distributed by APO Group on behalf of International Trade Centre.

DO YOU OWN A BUSINESS?

JOIN

CANADA'S MOST TRUSTED BRAND...

EARN UP TO \$3000 / MONTH

- ✓ FREE TRAINING
- ✓ FREE \$2 SAMPLES FOR NEW CUSTOMERS
- ✓ FREE SIGNS, BANNERS, & POSTERS

RAZA.COM
keep talking

*Some condition apply

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

FOCUS

Back2school and Looming Teachers' Strikes

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

Many students in both Ghana and Canada are back to school for the 2023-2024 academic year. However, parents and students are uncertain about the smooth running of the school year as teachers' unions in both countries battle with their governments over collective agreements with looming teachers' strike actions.

Such strike actions before the pandemic era in 2020 had held students to ransom on the altar of disagreements of contract negotiations between the government and teachers. Students' progress in academic learning had been affected adversely. Parents had been forced to make changes in their normal day to day schedules to accommodate their children staying out of school during those school years.



Public elementary school teachers in Ontario are taking a step toward a strike, with the union announcing a week before the reopening of schools in the Ontario Province of Canada that it will be asking members to vote for a strike mandate.

The president of the Elementary Teachers' Federation of Ontario told members at the union's annual general meeting that the union has come to the bargaining table with proposals on special education, class sizes, violence in schools and wages that keep up with inflation.

In response, she said, the government has "refused to meaningfully engage" and has put forward proposals that are tantamount to cuts to salaries, benefits and working conditions.

The Ontario Secondary School Teachers' Federation said it, too, will hold strike votes this fall. The union told its members in a memo obtained Monday by The Canadian Press that the government has shown "little interest in engaging in substantive negotiations" and little progress has been made.

However, the Ontario Education Minister Stephen Lecce has criticized the steps taken by the unions, saying they rejected private mediation in order to reach deals.

"Threatening another strike and creating anxiety for parents and students just weeks before the start of the school year is unnecessary and unfair," he wrote in a statement.

Unfortunately, all the four major teachers' unions in Ontario have been in bargaining with the government and school boards since last summer, and just a few weeks before the start of a new school year, none had indicated they are close to a deal.

In Ghana too, members of CETAG are reported to have embarked on industrial strike since August 1, 2023, to impress upon the government to adhere to their negotiated conditions of service.

That 'Colleges of Education Teachers

Association of Ghana (CETAG) served notice of their intentions to withdraw services effective August 1, 2023.

Their decision follows the non-compliance of the government to implement the National Labour Commission's (NLC) Arbitral Award Orders and the negotiated conditions of service since May 2, 2023.'

Fortunately for parents in Ghana, the industrial action was eventually called off following interventions by the National Labour Commission which subsequently saw the introduction of compulsory arbitral orders for new conditions of service for CETAG. The stoppage of academic work is the main effect and impact of strike on education in Ghana. This results in school closures and, in certain cases, the end of the academic semester. After the strike, students return to class with heavy loads of lectures to catch up on. This usually results in poor exam performance.

As a parent and educator, I plead with governments around the world to take the formal sector of education in the countries seriously by ensuring that their education budgets are sufficient enough to support students and teachers in their schools.

Obviously when teachers go on strike, students are likely to be affected by school closures and disruptions to their education. If the strike lasts for an extended period, students can fall behind in their studies and have trouble catching up.

LOOMING TEACHERS' STRIKE DURING 2023/2024 SCHOOL YEAR:

Elementary teachers in public and Catholic schools in the Ontario Province of Canada have declared their intention to hold a strike vote during the beginning of the school year under the leadership of their union

The union told its members in a memo obtained by The Canadian Press that the government has shown "little interest in engaging in substantive negotiations" and little progress has been made.

Ghana to be granted Observer Status in Pacific Alliance

The Vice President, Dr Mahamudu Bawumia, who made the disclosure on Wednesday, September 6, 2023, said Cabinet had approved the measure and Government would soon send the necessary documentation to Parliament for consideration and ratification

Ghana has initiated moves to attain Observer Status in the Pacific Alliance, an initiative of regional integration comprised of Chile, Colombia, Mexico and Peru, in order to garner greater insights and inform bilateral and multilateral relationships across the world.

The Vice President, Dr Mahamudu Bawumia, who made the disclosure on Wednesday, September 6, 2023, said Cabinet had approved the measure and Government would soon send the necessary documentation to Parliament for consideration and ratification.

Dr Bawumia announced Government's intention to continually seek partnerships and development insights across the world when he welcomed

H.E. Madam Francia Elena Marquez Mina, Vice President of the Republic of Colombia to the Jubilee House, Accra. H.E. Marquez Mina, the first Afro-Caribbean woman to ascend the high office of Vice President of Colombia, is on a two day official visit to Ghana, at the head of a government and business delegation to explore opportunities to deepen ties between the two countries.

Together, the economies of the four countries of the Pacific Alliance make up the eighth greatest economy in the world. Officially established on April 28th, 2011, its objectives include building in a participatory and consensual way an area of deep integration to move progressively towards the free mobility of goods, services, resources and people; drive further growth, development and competitiveness of the economies of its members, focused on achieving greater well-being, overcoming socioeconomic inequality and promote the social inclusion of its inhabitants; and Become a platform of political articulation, economic and commercial

integration and projection to the world.

Shedding more light on the rationale behind Ghana's quest to attain Observer status in the Pacific Alliance, Vice President Bawumia explained:

"We are really in a globalized world, and some of the time we forget that the interests of Ghana are very common with the interests of many other countries in the developing world. So it is always important to know what is going on elsewhere, to know what opportunities exist for your country, for your investors, and the Global South as a whole.

"So our decision to become an observer member of the Pacific Alliance is very much in the strategic, economic, cultural, tourism and other interests of Ghana. I believe that our membership of the Alliance will bring us closer to Latin America as a whole, and as you heard from H.E. the Vice President they thought we had forgotten about them for the longest time. We need to forge links, and I think that Ghana

has very important economic interests, in the tourism, technology and other sectors so we are very keen to be an Observer member and to benefit across and to get more trade and investment relations between us and the Pacific Alliance countries. It is a good thing for Ghana to do."

Ghana has had deep, formal ties with the countries of the Pacific Alliance over the last 30 years, and currently hosts the Diplomatic Missions of the countries in the Alliance for the West Africa sub-region.

While in Ghana, H.E. Marquez Mina and her delegation will meet with the Colombian community, have discussions with Ghanaian businessmen and potential investors, sign a number of bilateral agreements, visit the Cape Coast and Elmina Castles, and pay a courtesy call on the Asantehene, Otumfuo Osei Tutu II at the Manhyia Palace, Kumasi.

Distributed by APO Group on behalf of The Presidency, Republic of Ghana.

Congratulations to the 2023 Achievers From *The Ghanaian News*

JOBS!... JOBS!... JOBS

**Putting People Back to
work is our Business**

Long-Term and Short-Term

NOW HIRING!!!

We offer Employment Opportunities

Long and Short in the following areas:

INDUSTRIAL * WAREHOUSE SECRETARY

**TREE OF LIFE EMPLOYMENT
SERVICES**

Tel: 416-740-4428

2978 Islington Avenue

Suite 203

North York, ON.

SIKAMAN-JOHNSON

ACCOUNTING & TAX SERVICE

Get what YOU deserve, talk to us first!!

Call Johnson

(416) 241-1364

Fax: 416241-1361

- Tax Appeals • Bankruptcy Advice
- Business Incorporation
- Accounting and Bookkeeping
- Corporate & Individual Tax Returns

**1593 Wilson Ave. Suite #202, Downsview
(Jane & Wilson, on top of MR. SUB)**

IMMIGRATION AND SOCIAL ISSUES

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

Visitor Permits to enter or remain in Canada

This topic is being revisited in the light of the increased volume of visitors to Canada and misinterpretations some of the visitors give to the duration of their stay in Canada. Many visitors who enter Canada with five-year or ten-year multiple re-entry visitor visas erroneously think they are allowed to remain in the country for five or ten years. The duration of a visitor's stay in Canada for a particular visit is determined by an officer at the port of entry on the day the visitor arrives.

A person applying for a visitor visa to enter Canada must meet certain basic conditions among which are the requirement that: the applicant: should be in possession of a valid travel document like a passport; be in good health and have no criminal or immigration-related convictions. The applicant must also convince an immigration officer that he has ties in his home country - such as a job, home, financial assets or family- that gives the officer the benefit of the doubt that the applicant will leave Canada and go back to his home country at the end of the visit. Additionally, the applicant should demonstrate to the officer that he will have enough money for his stay in Canada. An officer's determination of satisfactory amount is likely to be based on how long the applicant will stay in Canada, and if he will stay in a hotel or stay with friends or relatives in Canada who are willing and able to support him while in Canada.

Most visitors are allowed to stay in Canada for up to 6 months. If your passport wasn't stamped and you used a primary inspection kiosk at the port of entry, you can stay in Canada for up to six months from the day you entered the country, or until your passport expires, whichever comes first. However, if your passport was stamped when you entered Canada, you need to leave by the date stamped in your passport. If you received a visitor record, you need to leave Canada by the expiry date listed on the visitor record

Many travellers need a visa or an electronic Travel Authorization (eTA)



to fly to, or transit through, a Canadian airport. What you need depends on the travel document you are travelling with; the country that issued your travel document; your nationality and how you will travel to Canada. You may be prevented from boarding your flight to Canada if you do not have the proper documentation such as an eTA or visa.

Visa-exempt countries need an electronic Travel Authorization (eTA) to board their flight to Canada. They also need an eTA to transit through Canada by air. However, if they are travelling by land or sea, these travellers do not need an eTA to enter Canada. For instance, an American citizen driving from US to Canada or coming to Canada by bus, train, or boat, does not need an eTA.

Travellers from visa-required countries need a visitor visa to visit Canada by any method of travel, be it plane, car, bus, train or boat. They will need a visa even if transiting and will stay in Canada more than 48 hours while transiting and also if they are crossing the border of Canada by bus, car, train or boat. They will need a transit visa if their international flight stops at a Canadian airport on its way to another country and they will be connecting between two international flights at a Canadian airport and will transit through Canada in 48 hours or less, unless they have a valid visitor visa.

Certain categories of people are exempted from eTA and visa

requirements. This list includes, but not limited to, foreign nationals with official Canadian documents; travel and official representatives such as flight crew and diplomats; and foreign nationals in certain categories such as the passengers on a flight that makes an unscheduled stop in Canada.

Workers and students must also meet Canada's entry requirements. A work permit or study permit is not a visitor permit. If you apply for a study permit or work permit for the first time, you will automatically get a visitor visa when the application is approved. This enables you to enter, leave and re-enter Canada. If you are from a visa-required country, make sure that your visitor visa is still valid if you choose to leave Canada and re-enter. If you are eligible to work or study without a permit, you are considered a visitor to Canada and you must necessarily meet the entry requirements for travellers from your country of citizenship.

A visitor in Canada may apply for a visitor record to stay longer. This application for an extension of your stay must be submitted at least 30 days

before expiration of your authorized stay in Canada. A visitor record document may also be issued by a border services officer at the port of entry to extend or limit your stay in Canada. If you want to stay in Canada for more than six months, you can tell the officer at the port of entry to give you a visitor record. A visitor visa is stuck in your passport while a visitor record is a document that is issued to you to extend or restrict your stay in Canada.

In view of the ongoing changes to the requirements for visa applications and the increasing complexity of this area of immigration law, it is advisable to contact a professional for clarification whenever necessary to avoid unnecessary delays and refusals.

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

Air Canada slashing routes out of Calgary in face of ongoing pilot shortage

cont'd from pg. 5

on the areas of the country where they have the most market strength, concerns have been raised about what that means for competition.

The Saskatoon Chamber of Commerce, for example, filed a complaint earlier this year to the federal Competition Bureau over Air Canada's decision to stop flights from Saskatoon to Calgary - a move the Chamber suggested gives WestJet an "anti-competitive monopoly" in Saskatchewan's largest city.

Also this year, WestJet acquired Sunwing Airlines and folded it into its main operations, a move some critics have said will mean less service and higher fares to sun destinations from Western Canada.

Charlene Hudy - who is the lead voice for Air Canada pilots within their union, the Air Line Pilots Association - said the recent developments by Canadian air carriers are worrisome.

"It's a concern for the everyday Canadians who are losing these services. Our pilots share these concerns," Hudy said.

"I know as someone who lives in Saskatoon, I can't fly from my own airline to Calgary or Edmonton anymore. Or from Regina to those cities."

Air Canada's move to cut service from Calgary comes as the airline's pilots negotiate a new agreement with management. The clock is ticking down on the current deal, which expires on Sept. 29. Its provisions will remain in place after that date as bargaining carries on.

"We want to have a stable aviation network in Canada. You have to compensate pilots appropriately to make sure that we have that," Hudy said.

Air Canada said Wednesday that since August, it has reduced its previously planned winter flying network-wide by 4.6 per cent and reduced the amount of its planned winter seat capacity by two per cent.

But the carrier said its planned winter flying for 2023-24 still represents a 12 per cent year-over-year increase.

In an email, WestJet spokeswoman Madison Kruger declined to say whether the airline would increase its service offerings in Calgary as a result of Air Canada's move. But she said the Western city remains "central" to the airline's growth strategy.

"WestJet is unwavering in our commitment to ensure Calgary remains the most connected city in North America with under two million residents," Kruger said.

The Canadian Press

120 CRA employees fired for claiming CERB COVID-19 benefits while employed

The Canada Revenue Agency says 120 people have been fired for claiming a federal COVID-19 benefit while employed there.

The CRA is reviewing approximately 600 cases in which current employees received the Canada Emergency Response Benefit - or CERB - during the COVID-19 pandemic.

The benefit was worth \$2,000 a month to Canadians whose jobs were lost or downgraded as a result of public-health restrictions.

The CRA said in July that it had let 20 employees go as a result of its CERB investigation, but it now says that number is up to 120.

Claims for CERB were found to be legitimate in 30 cases, such as for employees who had temporary or student contracts.

The tax agency says it refers cases with suspected criminal activity to police, and in August, a former CRA employee was arrested and charged with fraud for allegedly collecting nearly \$20,000 in government benefits during COVID-19. **The Canadian Press**

Ontario banning online gambling commercials featuring athletes and celebrities

Athletes, as well as some celebrities, will no longer be allowed to appear in commercials promoting online gambling in Ontario.

The new rules, proposed by the Alcohol and Gaming Commission of Ontario (AGCO), will go into effect at the end of February 2024.

The AGCO argues that a ban on the use of athletes and celebrity endorsements would “help safeguard children and youth who can be particularly susceptible to such advertising content.”

CEO and Registrar of the AGCO Tom Mungham has previously told CTV News Toronto the amount of advertising associated with gambling has increased since the province legalized single-game online sport betting just over a year ago.

In May, the Centre for Addictions and Mental Health, as well as other organizations, said they supported an early proposal to restrict athlete and celebrity participation in gambling advertising as “children and youth, as well as those already experiencing gambling problems, are especially susceptible to these effects.”

“Children and youth are heavily influenced by the athletes and celebrities they look up to,” Mungham said in a statement.

“We’re therefore increasing measures to protect Ontario’s youth by disallowing the use of these influential figures to promote online betting in Ontario.”

As of Feb. 28, no athletes—both active or retired—may be used in advertising and marketing for Internet Gaming in Ontario, with the exception of advocating for responsible gambling practices.

The same rules apply to the use of celebrities, role models, social media

influencers, entertainers, cartoon figures and symbols who would “likely be expected to appeal to minors,” the AGCO said.

The changes do not affect regulations to the volume, location or style of the advertising, Mungham clarified.

The proposal by the AGCO comes after significant criticism from advocates, experts and parents about the notable rise of online gambling advertisements, especially during live sports. For example, during a 2023 playoff series game between the Toronto Maple Leafs and the Florida Panthers, nearly eight and a half minutes of advertisements were dedicated to online sport gambling.

Toronto Maple Leafs’ Auston Matthews, Edmonton Oilers’ Connor McDavid and Hockey Hall of Famer Wayne Gretzky, are among high-profile athletes who have starred in recent online sports-betting promotions.

Former Olympian and University of Toronto professor emeritus Bruce Kidd told CTV News in May they recently launched the “Campaign to Ban Ads for Gambling” because “watching them on television today feels like I’m in a casino.”

And Kidd isn’t the only one to express concern. Canadian Senator Marty Deacon has introduced legislation to compel the government to regulate gambling ads, including limiting or banning the participation of celebrity athletes.

Single-game sports betting was legalized in Canada in 2021, but each province has been left to determine how to regulate the industry.

In Ontario, iGaming -- a subsidiary of the AGCO -- manages about 30 third-party operators.

CTV News

ISLINGTON NORTH CHIROPRACTIC

Dr. M. Agyemang, B.Sc. (Hons.), D.C.

Chiropractic & Rehabilitation

NOW INTRODUCES:

SPINAL DECOMPRESSION THERAPY

STATE OF THE ART TREATMENT FOR:



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

We also offer these services:

1. Motor Vehicle Accident
2. Extended health care
3. Soft tissue massage
4. Custom made orthotics

Tel: 905-264-8010 Fax: 905-264-9010

CLINIC HOURS:

Mondays	9:00am - 6:00pm
Tuesdays	9:00am - 8:00pm
Wednesdays:	9:00am - 6:00pm
Thursdays	9:00am - 6:00pm
Fridays	9:00 am -1:00pm
Saturday	10:00am - 1:00pm

7007 ISLINGTON AVE., UNIT 14, Woodbridge, Ont, L4L 4T5
(North-East corner of Islington/Steeles)

SAHARA BITTERS

The Natural Blood Purifier, Colon Cleanser and Energy Restorer

- INDICATIONS:**
- Piles
 - Waist Pains
 - Joints Pains
 - Constipation
 - Sexual Weakness
 - Menstrual Disorders



As a daily source of healthy life, SAHARA BITTERS removes toxic waste through phlegms from our system

Available in all African Stores

T/Dr. Sahara,

A Member of the Ghana National Association of Traditional Healers (GNATH) and the Ontario Herbalists Association (OHA) has available Pure Herbs from African rain forest for the treatment of:

Low Sperm Count, Numbness, Chronic Gonorrhoea, Asthma Fibroid, Vaginal Discharges, Arthritis, Stroke, Hypertension, Diabetes, Severe waist pain, Infertility, Hernia, Burning Sensation and many more.

Canada: 1-813-825-5885

USA Cell 1-917-306-0073 Tel: 1-914-652-7191

Ghana Cell: +233244-672052 Tel: +233332195630

Web: www.saharaherbals.com Email: atosahara@yahoo.com

GhanacanTV

Hosted By Opanin Acheampong
And Godfred Nyamekye

OMNI TV 1 ONTARIO & OMNI VANCOUVER

SUNDAY 8.00am
WEDNESDAY 10.30am
FRIDAY 10.00pm

Community Events, Stories, Issues,
Information, News, Movies
Talk Shows And More

ghanacantv@gmail.com

Every Dollar Count! Splitting Income to Save Tax Liabilities? Ways and Means!

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

What is income splitting?

Within Canada's graduated tax system, the more income you earn, the more tax you pay.

Income splitting is the strategy of redistributing income within a family – usually from a spouse in a higher tax bracket to a spouse in a lower tax bracket – to reduce a family's overall tax bill.

In general, income splitting works best when one spouse earns significantly more income than the other, so the tax savings are more significant.

Attribution Rules

Income splitting isn't as simple as having the higher-income earner gift investments or investment money to the lower-income earner. The CRA has attribution rules that require individuals to declare income sources, including any income made from investments with savings or capital. As such, any income generated from a gifted investment would be attributed back to the high earner and taxed at a higher rate.

Fortunately, there are some exceptions to these rules. Below I outline four income-splitting strategies you can use to pay less tax as a family and grow your wealth.

As always, it is recommended that you seek advice from a tax specialist before proceeding with any income-splitting strategies.

- Lending investment money to your spouse/partner (Strategy #1)
- Make contributions to a spousal RRSP (Strategy #2)
- Max out your spousal TFSAs (Strategy #3)
- Split pension income (Strategy #4)

Strategy #1: Lend investment money to your spouse/partner

While the attribution rules apply to spousal or partner gifts of investments, they do not apply to loans. The CRA allows spouses to loan each other money for investment or commercial use so long as the minimum interest paid on the loan meets the CRA-prescribed interest rate.

The prescribed rate remains fixed for the term of the loan, so if the investment has an expected return that is higher than the prescribed interest rate, it's a good way to help bring down a family's taxable income.

The current prescribed rate is 4% effective 31st January 2023 and will hold until at least December 31, 2023. At the current rate, an investment would need to have a return of more than 4% to benefit from this strategy.

In terms of repayment, the borrower must pay the interest by March 31 of the following year, otherwise, the CRA will still attribute the loan back to the higher-income earner and they will be taxed at a higher rate.



As with all income-splitting strategies, this strategy has its benefits and drawbacks.

Advantages

Stable loan terms: The loan is locked in at the CRA-prescribed rate at the time the loan is issued, and interest must be paid by January 31st of each year, so there is no guesswork about the repayment schedule or fear of a rate increase.

A win-win for income shifting: While the high earner must declare the interest paid to them as income, their total income only increases by the prescribed rate at the time of the loan (currently 4%). Likewise, the lower-income earner must declare any dividends or income generated from the loan, but as long as they receive a higher rate of return than the prescribed rate at the time of the loan (for example, greater than the current 4%), the family still comes out ahead. Plus, income earned is taxed at the lower-income earner's rate.

Deductibles: Any interest payments made can be deducted from the lower-income earner's taxable income.

Disadvantages

Legal requirements: As with any other loan, there needs to be a loan agreement or promissory note drafted to make the loan official and to outline the terms. Seeking legal counsel to do this is highly recommended.

Estate complications: If either spouse passes before the loan is repaid, it can create potential headaches for the executor and next of kin, especially if estate plans do not include contingencies around these scenarios. For example, if the higher-earning spouse passes before the loan is repaid, is the surviving spouse financially able to repay the loan? It is highly recommended that estate plans include provisions for spousal loans.

Accounting complications: This income-splitting strategy requires extra tax reporting steps that may require professional accounting support, which is an additional cost for those who typically prepare their own tax returns.

Record keeping: A detailed record of transactions must be kept in case of a CRA audit. While this isn't a heavy lift, it is still another piece of paperwork you must track in addition to your current administrative burden as a small business owner.

Costs: From legal advice to estate planning to additional accounting

support, there are many costs associated with establishing a spousal loan correctly. These need to be weighed against the potential rate of return to ensure that you're still benefiting financially.

Summary

You can lend money to your spouse as long as you follow these rules:

It must be an interest-bearing loan and you need to have a loan agreement or promissory note in place.

The interest needs to match the prescribed rate set by the CRA at the time the loan is made.

The prescribed rate remains fixed for the term of the loan, so if your investment has expected returns higher than the prescribed interest rate, it will be a good way to help bring down your taxable income. Any return is taxed at your spouse's lower rate. Plus, the loan interest expense can be deducted from your spouse.

Your spouse must pay the interest by January 31st of the following year – it cannot simply be added to the value of the loan.

There are costs and complications associated with setting up and maintaining a spousal loan. These need to be weighed against the benefits to ensure it is the right tax-saving tool for your family.

If you're incorporated and your wife and children are set up as shareholders, you can pay them dividends. However, a word of caution: the Tax On Split Income (TOSI) may apply to payments made to certain shareholders and can create an even larger tax bill. TOSI applies tax at the highest marginal rate, so these plans must be carefully reviewed by a tax specialist before payments are made.

Loaning money to a family trust

Similar to a spousal loan, in this strategy, funds are loaned to the trust from the high-income earner. The dividends can be reinvested and grow the trust. When the beneficiaries of the trust – likely the children and grandchildren – are paid out, they are taxed at the lower marginal rate. If they are students, they pay very little tax.

As with spousal loans, however, this is a more complex strategy that requires additional legal and accounting support to set up and maintain.

In the next month's edition, I would like to shed more light on **strategies # 2,3 &4** on how we can plan and minimize overall tax burden with well thought-out transfer of funds within the family money box.

Any comments or suggestions, please reach me via email at eddiemith77@gmail.com

31 Ghanaian Canadians to be honored at the 20th annual Ghanaian- Canadian Achievement Awards in Toronto

cont'd from pg. 1

The Ghanaian-Canadian community now consists of nearly 100,000 people across Canada, a significant proportion of whom are youth under 30 years old excelling in schools, colleges and Universities. Many community members have been making very significant economic, political and cultural contributions to Canadian society which must never be overlooked.

This year's event is themed: "Tribute to our Achievers" and will recognize and honour 32 Ghanaian Canadians who have excelled in their fields or made significant contributions to the well-being of the community and Canadian society.

Hundreds of enthusiastic Ghanaian community members and well-wishers from all over Canada are expected to gather on September 9 at Viceroy Banquet Hall to recognize outstanding achievers in the community. Dignitaries attending include members of the African Diplomatic Corps, representatives from Municipal, Provincial and Federal levels, community leaders, cultural groups, church members and the general public.

The program will feature a display of Ghanaian culture, a Fashion Show and Highlife Music. Community members and businesses are encouraged to attend and sponsor the Awards program on Saturday, September 9.

CALL US FIRST
THE GHANAIAN NEWS
416-916-3700

2023 Headies Awards: Black Sherif wins Best West African Artiste of the Year

By Joyceline Natally Cudjoe

Ghanaian rapper, Black Sherif, has won the Best West African Artiste of the Year at the 17th Headies Awards which was held in Atlanta, Georgia on Sunday, September 3.

The “West African Artiste of The Year” category is carefully selected to celebrate artistes hailing from West Africa who have made significant contributions to the continent’s music in the year under review.

Black Sherif beats the likes of colleague musicians from Ghana Camidoh, Gyakie and Liberian Therapist to emerge the winner.

Black Sherif, born Mohammed Ismail Sherif, has been making waves in the music scene with his unique blend of Afrobeat, hip-hop, and highlife sounds.

His big win is a clear indication of how his music has expanded his global presence in the showbiz industry.



Black Sherif

Having been adjudged the ultimate Artiste of the Year in this year’s Vodafone Ghana Music Awards(VGMAs), he has also won other global awards and gained nominations in various award schemes within a short time of announcing his presence in the music scenes.

Receiving the award for Best West African Artiste of the Year, Black Sherif expressed his gratitude to his fans and the organisers of the awards for the recognition.

cont'd on pg. 24

KFS

TAXES
 Individuals
 Business
 Charity/Non Profit

INSURANCE
 Life, Disability/Self-employed
 Critical Illness

INVESTMENTS
 RRSP
 Guaranteed Investment Funds
 RESP (Educational savings)

DEBT MANAGEMENT
 Credit cards * Line of Credits, etc.

MORTGAGES
 Consultations * Loan

KIDOO FINANCIAL SERVICES

Contact us for your



Kwabena Ntim Andoh, BSc MBA

**23 WESTMORE DR., # 301B,
 Etobicoke, ON, M9V 3Y7**
Tel/Fax: 416-551-1902
Cell: 647-405-8852
Email: Kidoo@rogers.com

Financial Tips

- Review your investments (RRSP, RESP, Mortgage, Insurance) regularly with your advisor
- Learn how to come up with a simple household budget
- Manage your debts before they take over your life
- Contact me to help you achieve your financial goals

Tax Preparation starts at only **\$49.99**

Infinity

FINANCIAL

INCOME TAX PREPARATION SERVICES
(PERSONAL AND BUSINESS)



Personal Taxes As Low As

\$49.99

Business Returns Starts From

\$199.99

- E-File Certified
- Personal Taxes (T1)
- Corporate Taxes (T2)

Web: www.inffinancial.com
Email: y_kwame@hotmail.com

Call Kwame Yeboah
416-302-0945

853 Matheson Blvd. E, Unit 1A,
Mississauga, ON, L4W 4L8

FOR SALE

4-Plex Plaza

AT EAST LEGON
ACCRA - GHANA





ALL 4 UNITS

\$700,000

BUY ONE OF THE 4 UNIT AS CONDO

\$175,000

WRITTEN OFFERS ONLY WITH \$5K DEPOSIT

Excellent Location
 East Legon main Boundary Road
 With serene environment.
 Close to Malls,
 Airport (but not flight path),
 Restaurant.

DANSO PLAZA
 Dr. K. Danso
 1-925-961-7554
 Kdanso@comcast.net

FEATURES

- 2 BED ROOMS ✓
- 2 BATHROOMS ✓
- 1 LIVING ROOM ✓
- KITCHEN/DINING ✓
- SECURITY SYSTEM ✓
- AC ✓

REDUCED \$100K FOR QUICK SALE



TRUSTED MORTGAGE COMPANY

Brokerage License Number 13192: Independently Owned and Operated.

EDWARD ATTA BOATENG,

MA, PA, BM

Mortgage Broker

Lic: M11001680

Direct: 647-228-6497

Main: 905-791-3999

Fax: 905-791-7799

Knowledgeable and Experienced Mortgage Broker
Are you looking to purchase a new home? Do you wish to refinance your current property? Turn to Pioneer National Mortgages in Brampton, ON. Our mortgage company offers reliable equity take out (ETO) mortgage. Our principal mortgage broker, Edward Atta-Boateng, is here to make your second mortgages easy. Read on for reasons we are your best choice for a mortgage company.

“Equity-Take-Out (ETO) / 2nd Mortgages Made Easy”

*** No Credit Check**

*** No upfront fee**

*** No Income Verification**

*** Must have equity on property**

Purchase • Refinance • Pre-approval • ETO

Business Office: 164 Queen St. E, Suite 303, Brampton, ON, L6V 1B3

Website: pioneermortgages.ca, Email: info@pioneermortgages.ca Email 2: edward@pioneermortgages.ca



His Royal Highness Osabarima Otsibu VI
(The Paramount Chief of Enyan Denkyira Traditional Council & the people of Enyan Denkyira State) specially Invites the honour of your Presence to the Installation Ceremony of

JOHN NANA YAW OKYERE

as His Royal Highness **Nana Yaw Osam I Manwirehen**
(Chief of Preservation and Promotion of Culture of Enyan Denkyira Traditional Council)

CHIEFTANCY INSTALLATION



**23RD
SEPT
2023**

**10:00AM
PROMPT**

Fiddle Park, Shelburne
515677 Dufferin County
Road 11, Shelburne, ON
L0N 1S0 Canada

All friends and families are cordially invited

RSVP: +1 (437) 778-9366

SPONSORED BY:



Afro Caribbean Foods

**Now Opens in Hamilton
Caribbean Tropical
Grocers Inc.**

(Formerly India Africa)



Premium Parboiled Rice



Yam (Poma)



Palm Oil



**Also in store specials:
Fresh Yams, Smoke
Fish, Exeter Corned
Beef and Beauty
Supply**

2 Locations To Serve You

For All Your Grocery Needs
Contact 905-526-4877
1439 Upper Ottawa St., Unit 16-18
Hamilton, Ontario

70 Devon Road (Airport
Rd./Clark) Brampton
905-458-5004

2121 Jane St.
Toronto, Ontario
Tel: 416-241-5435

Apartment For Rent Ghana

LOCATION: **Ablekuma Mahyia Nuumotse**



4 bedroom house
Each room have toilet and bath
Front porch and back porch
Kitchen comes with fridge and stove and
laundry
Master bedroom have a shower and a bath

**Contact for price
Sam 416 254-4518**

caghanajollofrice food sauce



5★ JOLLOF SAUCE

**Jollofrice Made Easy & Fast
Veggie Friendly and No Artificial
Spices**

**FOR WHOLESALE
ORDER**

PLEASE CONTACT

📞 647-657-5051

✉ caghanajollofrice@yahoo.com

📘 caghana jollof

📷 caghanajollof

📺 caghana jollofrice

Supply only in GTA area Ontario

RETAIL STORES

BRAMPTON

Afrocan Supermarket
70 Devon Rd Unit 7, Brampton
African Safari Market
1 Steeles Ave E, Brampton

ETOBICOKE

New Era Mart Ltd
1148 Albion Rd Etobicoke

SCARBOROUGH

Adabraka Supermarket
3242 Eglinton Ave E
Scarborough
Adonai African Grocery Store
4164 Kingston Rd, Scarborough

TORONTO

Bantama Supermarket
2300 Finch Ave W unit 50, Toronto
New Kajetia Market
41 Eddystone Ave, North York

MISSISSAUGA

Charlie's Caribbean Groceries
3050 Hurontario St, Mississauga
African Caribbean Groceries
63 Dundas St W, Mississauga

'Parents must be fully involved' in student's decision to change pronouns, Ontario education minister says

Ontario's education minister said he believes "parents must be fully involved" if their child chooses to use a different pronoun at school.

The comments were made at a news conference on Monday morning, where Stephen Lecce was outlining the changes students and parents can expect at Ontario schools come September.

They also come as Saskatchewan adopts a new gender and pronoun policy, joining New Brunswick in legislating parental consent for students under the age of 16 who want to change their given names and/or pronouns at school.



Ontario Education Minister Stephen Lecce

"I think we understand though that parents must be fully involved and fully aware of what's happening in the life of their children," Lecce said.

"I mean, often there are health implications, and I think we have to respect the rights of parents and recognize that these can be life-changing decisions, and I think parents want to be involved so that they can support their kids. And I think that's a really important principle that we must uphold.

Lecce prefaced this by saying that schools should be safe for all children. He noted that teachers and school boards take home environments into account "where there are exceptional circumstances" or "situations of potential harm to the child."

"Educators are well versed on exactly what to do and who to turn to if they believe that child may be harmed for whatever reason, or whatever circumstance," he said.

"But as I say, as an overarching value system, I really do believe that parents need to be fully aware, fully engaged. And school boards need to be transparent with parents. I mean, they are the legal guardians. They love their kids. They want to be aware of what's happening in the life of their children in their schools."

The minister would not say if this were something his government would

legislate, saying only that this was the "province's position on the matter." A new poll by Angus Reid released Monday, which surveyed 3,016 Canadian adults online, suggests that about 43 per cent of Canadians believe parents should both be informed and give consent if a child wants to change how they are identified within a school setting.

In Ontario, 43 per cent of survey respondents said parents must both be informed and give consent of an identity change, while 34 per cent said parents should simply be informed.

About 16 per cent of respondents said it should solely be up to the child. The Toronto District School Board currently has a policy that protects the privacy of transgender and gender non-conforming students, recognizing that some children may not be open about their identity at home.

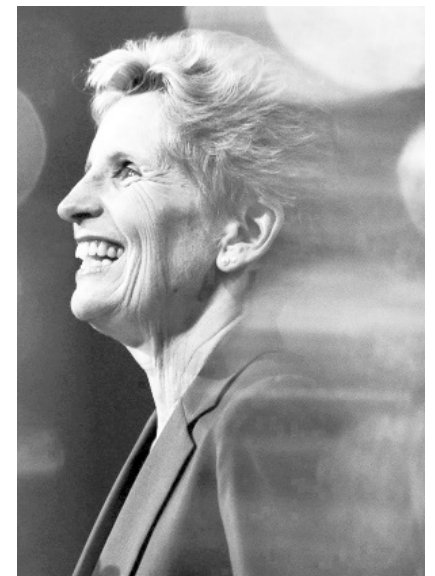
It notes that a school "should never disclose a student's gender non-conformity or transgender status to the student's parent(s)/guardian(s)/caregiver(s) without the student's explicit prior consent."

"This is true regardless of the age of the student."

The policy says that school staff should consult the student as to how to identify them when communicating with their guardian. **CTV News**

Informing parents of child's pronoun change a 'dangerous path,' former Ontario premier says

Former Ontario Premier and Education Minister Kathleen Wynne says she is "very worried" about the government's position of informing parents if their child changes genders or pronouns while at school.



Former Ontario Premier and Education Minister Kathleen Wynne

"I really think that this is a wrongheaded policy, and I think it could put children at risk," she told CP24 on Tuesday afternoon.

"I think it's a very dangerous path and I really don't think this is about safety of the kids that these politicians are worried about. I think they are pandering to particular portion of the population who haven't really thought through what is going on with these kids."

The comments come a day after Progressive Conservative Education Minister Stephen Lecce said he believes "parents must be fully involved" if their child chooses to use different pronouns at school.

"I think we understand though that parents must be fully involved and fully aware of what's happening in the life of their children," Lecce said.

"I mean, often there are health implications, and I think we have to respect the rights of parents and

recognize that these can be life-changing decisions, and I think parents want to be involved so that they can support their kids. And I think that's a really important principle that we must uphold."

York Region's chapter of Pflag Canada, a national non-profit organization supporting LGBTQ2S+ children, said they disagree with the notion of a parent's right to know when it comes to gender identity.

"It is our position that this knowledge

cont'd on pg. 22

What Ontario parents need to know about the curriculum changes coming in September

A number of changes are coming to Ontario schools starting in September.

Students heading back to class in the fall will explore a new language curriculum, a new technology course, and learn about mental health.

This is what you need to know about the changes for the 2023-24 academic year:

NEW LANGUAGE CURRICULUM

Students between Grades 1 and 9 will begin learning a new language curriculum that puts a focus on "time-tested practices" such as phonics, cursive writing, digital literacy, word processing, and critical thinking skills.

The province has also included a minimum of 30 minutes of "daily protected and dedicated time for reading instruction."

Officials have previously described the changes as a "massive overhaul" of the English and French language curriculums, which uses a new strand structure involving foundational reading and writing, digital literacy

and connections to diverse voices. For more information, here's a breakdown of the new language curriculum by grade.

NEW GRADE 10 DIGITAL TECH CLASS

Instead of taking a computer studies course, Grade 10 students will study "Digital Technology and Innovations in the Changing World."

In this class, students will learn "computational thinking" and will explore the impacts of technological innovation and cybersecurity on their daily lives. They will also develop an understanding of modern hardware devices and software applications, while building on coding skills learned in previous grades.

More information on this course can be found on the government's website.

MENTAL HEALTH MODULES

New mental health modules will be launched on Sept. 9 for students in

cont'd on pg. 22

**Advertising in
The Ghanaian News
WORKS
CALL NOW
416-916-3700**

CLASSIFIED

Classic Videos/Photos



- * Weddings
- * Birthdays
- * Christenings
- * Portraits

Call
Albert Aikins

Tel: 416-244-3465
Cell: 416-278-9674

15 Lexington Ave, Unit 4,
Etobicoke, Ont. M9V 2G4

Nana Ebrey Video Production & Barber Shop

Super Quality Videos

Specializing in:
Video coverage:
Weddings, Outdooring,
General Events,
Birthday parties,
Broadcasting Videos,



Nana's Barber Shop
Super Hair Cuts & Designs
Call **Nana Ebrey**
416-825-3413

10 Garfella Dr., Etobicoke, (Martin Grove/Albion)

Nyarkoh Plumbing

For All Your Plumbing Needs

Call **Robert Nyarkoh 416-731-1679**
New Home & Renovation
All Repairs
* Plugged Toilet * Plugged Drains

CALL US FIRST
THE
GHANAIAN NEWS
416-916-3700

The D.J.'s 911 Soundz



"We Are The Best Among The Rest In Toronto" We cover All occasions and gatherings.

We offer the best rate in GTA

Contact Us Today For
Your Appointment

DJ Emmanuel Osei-Tutu
416-450-6156
DJ (Fine Bee) Charles Addo
905-550-9004
DJ Joseph Osei-Tutu - 647-887-5858

For All Your

Windows & Doors Replacement

- * Taping * Drywalling
- * Painting * Plumbing
- * Finish Basement

Call **Cofie 905-799-1466 or 647-388-4966**

M.S.B. Driving School

Ministry Approved Course Provider

Out of City Road Test

- * Do Your 'G' Road Test Without Driving On Any of The 400 Highways
- * We Offer New And Nervous Drivers Until They Pass Their Road Test Contract (some conditions may apply)
- * Attend Our Classroom 25 hrs. Session To Get Your Certificate for Insurance Discount

Call **Yusuf Serbeh (Akwasi)**

Tel: 416-627-1100

15 John Street, Suite #1 (Weston/Lawrence)



Yusuf Serbeh (Akwasi)

Edward Transport Moving & Delivery Services

Call
647

833-1754



Peaceful Driving School

Best Driving School In Canada

M.T.O. Approved course provider

Toronto and out of City Road Test
Full Package Includes:

- * 10 hours in car, 20 hours in class and 5 hours home links, for insurance discount certificate
- * Private lessons and pre-test packages
- * Let the professionals lead you to safety.
- * We also provide driver improvement course as well as defensive driver improvement



Solomon Adjei-Yeboah

Tel: 416-888-4922
peacefuldrivingschool.com

230 Eddystone Avenue, Suite 203, North York, Ontario

Hi-Tech Shipping

Freight Forwarders & Consolidators

230 Milvan Drive, Toronto, Ontario, M9L 2A5

We ship to all African Countries. We are the cheapest, Fastest and most reliable agents in town. We have been in successful business for twenty years.

We have moved to 14,000 sq ft. facility to serve you better. We have quality mattress for sale all sizes

Call **Kobby or Nana Ababio**

Tel: 416-744-2300 / 416-640-2310

Central Market

We Carry All Your Tropical Grocery Items

For All Your Family Grocery Needs

- * Fresh Ghana Yam (Pona)
- * Titus Sardine
- * Accra Kenkey
- * Fresh Garden Eggs
- * Palm Oil
- * Exeter Corned Beef
- * Akwaabi
- * Red Snapper

And much more at discount prices

**We are open 7 Days a week.
Sundays from 12 noon to 6:00 pm**

Tel: 416-745-5928

5010 Steeles Ave. W., Unit 2B, Etobicoke (Steeles/Kipling)

Kaf African Caribbean Market

Tel: 905-855-3595

We specialize in African, Caribbean Groceries:

- *Gari Pounded
- *Fufu
- *Salted Fish
- *Rice
- *Corned Beef
- *Goat meat
- *Yam
- *Potato Starch
- *Smoked Fish
- *Bournvita
- *Phone Cards
- *Vegetable Salad
- *Stock Fish
- *Cerelac
- *Milo
- *Cosmetics

We are wholesalers and distributors of smoke fish

MONEY TRANSFER THROUGH MONEYGRAM

**Hours: 9:00 a.m. - 8:30 p.m. Mon-Sat.
12:30 p.m. - 5:30 p.m. Sun.**

LOCATION:

2642 Liruma Rd, #2A, Mississauga, Ont.,
401 or 403 to South on Erin Mills Pkwy,
Exit West on Dundas, 2nd light left Liruma Road, Behind Mr. Lube

**PROMOTING
YOUR
BUSINESS
IS OUR
BUSINESS.
SO LET'S
TALK
CALL
GHANAIAN
NEWS
416-916-3700**

UNCLE SETH TROPICAL FOODS

Specializing in African, Caribbean, Asian & Canadian Foods

- *WHITE RICE
- *ACCRA KENKEY WHITE CORN MEAL
- * POTATO FLAKES
- * OX HEAD SCENTED RICE
- *GRACE KENNEDY SCENTED RICE
- *GARI
- *ADWENE
- * FRESH PONA YAMS
- *QUALITY ZOMI
- *BODIE FUFU
- * WHITE CORN FLOUR
- *POTATO STARCH
- *PALM SOUP
- *ALREADY MIXED FUFU
- *KONKONTE
- *ASANKA
- *GHANA BREAD
- *SHITO
- *KOوبي

VISIT OUR FISH MARKET AND BUTCHER SHOP

We open 7 days a week. We also deliver

OUR BEAUTY AND HAIR PRODUCTS

One of the Largest Selection

Tel: 416-288-9330

2069 Lawrence Ave. E. Scarborough, Ont.

New Kantamanto Market

WHOLESALE AND RETAIL

MOVED TO A NEW LOCATION

Opposite CEEKTEX

Specializing In African and Caribbean Food & Hair Products

Open 7 Days A Week

- * Amane
- * Fufu
- * Nkuto
- * Shito
- * Palm Oil
- * Fish
- * Garden Eggs
- * Kenkey
- * Atadwe
- * Momone
- * Eggs
- * Geisha
- * Adwene
- * Alata Samina
- * Goat Meat
- * Kpako
- * Zomi Oil
- * Rice
- * Apem
- * Gari
- * Werewere
- * Fresh Yam
- * Koobi
- * Kokonte
- * Asanka

Twins Sister

Tel: 416-235-1470 Cell: 647-448-3241

Email. new.kantamantomarket@gmail.com

266 Eddystone Ave, North York, Ont. M3N 1H7

Xpress Tropical Foods & Meat

African and Caribbean Grocery Store

- * Fresh Ghana Yams (Pona)
- * Palm Oil
- * Titus Sardine
- * Exeter Corned Beef
- * Accra Kenkey
- * Akwaabi
- * Fresh Garden Eggs
- * Red Snapper
- * And much more at discount prices

**The
Lowest
Prices
in
Town**

Denton * Red Snapper * Tilapia * King Fish Steak * Mackerell

We are open Monday - Friday: 9 am to 8 pm

Saturday: 9:30 a.m. to 8.00 p.m.

Daryl Robert Harrison. Credit:
Butler County Ohio Jail

Tel: 416-249-7007

1712 Jane Street, Toronto (Jane/Lawrence)

mfresh

Here to
serve you

AFRICAN & CARIBBEAN GROCERY



**Grand
Opening**

**SATURDAY
MAY 20TH, 2023
3:00PM - 8:00PM**

279 Queen St. E, Unit 7, Brampton, ON, L6W 2C2

Tel: 365-228-8219

M A K O L A Tropical Foods

THE SUPERMARKET IN THE HEART OF ACCRA-GHANA IS NOW HERE IN THE HEART OF TORONTO

QUALITY FOODS

BEST PRICES IN TOWN

fresh yam * plantain * cocoyam * adwene* koobi
 * abodoi * egusi * gari * konkonte * goat meat * fufu
 * kenkey * snails * herrings *sugar bread etc. etc.

2400 FINCH AVE. W., UNIT 2C
NORTH YORK, ONT., M3N 2M6

Tel: 416-244-4496

NEW ERA MART LTD.

AFRICAN & WEST INDIAN GROCERIES

Quality Zome * Yams (Pona)
 * Gari * Konkonte * Goat Meat
 * Adwene * Maggi Cubes * Prekese

Tel: 416-740-7955 Fax: 416-749-8536
 Email: ben@the-wire.com
1148 Albion Road. Etobicoke, Ont.
(at Islington)

MERCIES AFRICAN SUPERMARKET

We Specialize in African Caribbean Groceries & much more...

- * Red Snapper
- * Mackerel
- * Palm Oil
- * Egusi
- * Fresh Ghana Yams
- * King Fish Steak

- * Adwene
- * Goat Meat
- * Creams & Lotions
- * Braids
- * Gels

OPEN 7 DAYS A WEEK

BUSINESS HOURS
MONDAY - WEDNESDAY - 10 AM - 8:00 PM
THURSDAY - SATURDAY - 10 AM - 8:30 PM
SUNDAYS - CLOSED

Tel: 905-846-2897
15 Brisdale Drive (Bovaird Dr. W. & Brisdale Drive)

New ASAFO Market

AFRICAN . CARIBBEAN . AFRO - LATINA

*YAM *GARI *KOOBI *DRY FISH
 *COCOYAM *FRESH SNAIL *APIM

*Blacksoap *Sheabutter *African Cloth

Call Adjubi: 416-650-5296
391 DRIFTWOOD AVENUE
 NORTH YORK, ON. M3N 2P6

JANE / DRIFTWOOD

ADEPA AFRICAN MARKET

(African & Caribbean Tropical Foods)

DAIRY PRODUCTS | FRESH AFRICAN YAM | FRESH PLANTAIN
FRESH OXTAIL | FRESH FISH | FRESH GOAT
BEAUTY PRODUCTS | SPICES



106 HUMBER COLLEGE BLVD UNIT#5
 (Opposite Etobicoke General Hospital | Beside BSW Beauty Supply)
 416 856 9480 | 647 702 4784
HOURS OF OPERATION
 MON-FRI: 9:00AM-9:00PM | SAT: 10:00AM-9:00PM | SUN: 11:00AM-7:00PM

ATWIMA M&S AFRICAN & CARIBBEAN SUPERMARKET

New Location @ 28 Nelson street, Scarborough (@Bellamy road)

25+ years
 Serving
East Toronto & Durham



Hours Of Operation:

Monday: Closed
 Tuesday: 10am - 6:30pm
 Wednesday: 10am - 6:30pm
 Thursday: 10am - 7:30pm
 Friday: 10am - 8:30pm
 Saturday: 9am - 6pm
 Sunday: 10am - 4pm

Cassava leaf Bitter Leaf Ukazi Utazi Egusi Ogbono Eggplant Honey Beans Peeled Beans Gari Indomie Tom Brown Sweet Bread Butter Bread	Locust Beans (Iru / Dawadawa) Alligator Pepper Hwentia Wisa Sobolo Prekese Waakye Leaf Suya Spice Pepper Soup Spice Raw Cocoa Powder Accra Kenkey / Fanti Kenkey Corn Dough (Mmore) Elubo (Yam Flour) Plantain, Cocoyam & Oat Fufu	Hard Chicken (Rooster & Layers) Snail Crayfish Stock Fish Koobi Mackerel Tilapia Snapper Whiting Fish Catfish (Fresh & Smoked) Goat with skin Cow Skin Tripe
--	---	--



*Accra & Fanti Kenkey Available

African Print Fabrics Available



*On First Order

Retail & Wholesale Delivery
Contact: 416 261 1226

New African King Meat Shop

Under New Management

Lowest Price Guaranteed

Specializing in African, Caribbean and Asian
 Wholesale deal on Yam, Gari, Kokonte and more

- Burnt Goat
- Fresh Goat
- Ox Tail
- Cow Tripe
- Smoke Fish

- Ghana Yam
- Maggi Seasoning cubes
- Trofai Palm Cream, Palmnut Cream,
- Ghana Fresh
- Palm Oil and Coconut Oil
- Veggies

Business Hours
 Monday to Friday
 10 am - 8:30 pm
 Saturdays
 9 am to 8 pm
 Sundays
 2 pm - 6 pm

Consumer Hotline: 647-344-0988
2223 Jane Street (opposite Chalkfarm) Toronto

OUR INQUIRING MINDS WANT TO KNOW: Who are the Presidential candidates' cabinet members?

The Presidential candidates should declare their cabinets before the election.

How much do you know about the President's cabinets? What about the non-cabinet members who have great influence on the President's decision-making process?

Every President has a 'shadow cabinet', so let us look beyond the titles and look at who the Presidential candidates' friends are. Why should it be a secret to us to know before we vote about people who are going to get the President's attention and ears for 4 years or more?

Don't you think Ghanaians have the right to know before we cast our votes for a president who is going to be on our team? We put all our focus on the top guy, but governing the nation isn't a one-man's show.

I would like you to think about this as we enter the Presidential campaign season for 2024. I do not care about your party affiliation. So doesn't it strike you a little bit strange and odd that we do not demand that a Presidential candidate introduces his/her team players before we vote? Doesn't it make sense to you?

Sure, we do know the vice-Presidential pick before we vote, but is that all what we supposed to know about politics in Ghana, given how badly they screw things up?

Interestingly, when we look up soccer teams in our newspapers, we always

check out the players in the line-up. That pretty much gives us an idea if a particular team, especially, the defenses would be up to the task. Wouldn't it be great if we would do that for our government so as to know if it is up to the task?

The Presidential candidates could present their line-ups for key posts, and we would be able to evaluate which team has the strongest team to handle our mountainous challenges.

We could use a similar process for picking our Parliamentarians as well. When the election time comes, we could look at our MPs and say "well, this guy has been playing averagely for the last three years. Let's see if we can find a better player who has the constituency at heart and he is a leveled-headed guy with tons of humility and visions".

How many of you can name just five current cabinet members without cheating or looking it up? This supposed to be our national talents pool of people who are making major, major decisions everyday that affect our lives and our children's lives tremendously, and we don't even know who they are and what they're made of. That is sad, isn't it?

Here is something else I would like to see in this campaign season; after we ask them to declare their cabinet members. Let us ask the candidates their three priorities for the nation and how they are going to tackle them within the next three years. One, two,

three! No waffling. "Oh, and can you get it in writing for us, please?"

Once we have that out of the way, let's ask them to put all their empty promises in writing also; so that we could cross check them after four years to see if they have defaulted on any of them.

Trust me, these mandatory demands will change the political equation and narrative very fast and we would see those who are up to the task, ASAP!

The point is when the nation's future is at stake it is not the time to treat politics with kids' glove. After all, you won't want your local auto mechanic who

works on your car to pilot your flight.

The former legendary American automotive executive, Lee Lacocca once said, "Here is a test of a great leader: We should be better off when he leaves office than when he started". It's that simple!

Are we better off when they leave office than when they started?

Stay Tuned .Be blessed, informed and educated.

From Kwaku Adu-Gyamfi (Voice of Reason) The author is social commentator; motivational public speaker and a diehard citizen (not a Spectator).

What Ontario parents need to know about the curriculum changes coming in September

cont'd from pg. 18

Grades 7 and 8 as part of the Health and Physical Education curriculum.

Students will learn practical strategies to manage and reduce stress, such as mindfulness, as well as explore how to recognize mental health issues. The module will also provide resources on how to get more support for mental health.

MATH SUPPORTS

After overhauling the math curriculum in 2020, the government is investing an additional \$71 million to boost math performance through the use of "Math Action Teams," which will be deployed to priority schools and boards to improve math achievements

The province will double the number of math coaches working in Grades 3, 6 and 9, and establish a "Board Math Lead" for each school board.

ADDITIONAL FUNDING FOR READING

The province has committed \$109 million for reading, which can be used in part to hire specialist teachers who can work one-on-one or in small groups to help students with their reading. The investment can also be used to fund early reading screening tools and third-party expert resources.

About \$12.5 million of this funding will be spent annually on early reading screening for students from Year 2 of Kindergarten to Grade 2. This screening is currently voluntary following a settlement with teachers' unions and the province after the government mandated it prior to the signing of a new collective agreement. CTV News

Informing parents of child's pronoun change a 'dangerous path,' former Ontario premier says

cont'd from pg. 18

isn't a right, but a privilege that is earned. A privilege that is determined by the child's own decision to share this deeply personal information as a measure of the environment at home and determined by the courage and choice to disclose by our queer youth," Tristan Coolman, president of Pflag Canada York Region, said in a statement.

"It is well known culturally and well studied academically the many issues queer people face in today's world. Though we have come a long way, our communities still harbour individuals who simply hate the LGBTQ2IA+ community. Unfortunately, some of these individuals are parents."

Saskatchewan and New Brunswick have both adopted policies that legislate parental consent for students under the age of 16 who want to change their given names and/or pronouns at school.

A nationwide poll showed most parents in Ontario feel that schools should, at minimum, inform them of such a change.

Forty-three per cent of the Ontario survey respondents said they both wanted to be informed and provide consent.

Lecce would not say Wednesday whether his government would be introducing similar legislation, but did add that this was the "province's position on the matter."

Wynne acknowledged the poll by saying parents instinctively always want to know everything about their kids, but that safety and the consent of the child must come first.

"We have to make sure that we're protecting the children in the school. That's got to be the primary goal," she said. "If they bring in this policy, then they are basically supporting a policy that is transphobic that is homophobic and is dangerous to kids." CTV News

GRACE TROPICAL FOODS

African Caribbean Nigeria Foods

Tel: 905-602-2030

Cell: 647-544-3325 or 416-629-6938

5030 Maingate Dr. Mississauga, ON



Sweet & Low

RESTAURANT & CATERING

DINE-IN AND TAKE-OUT

We cater! *Now Open*

30 Intermodal Dr, Unit #1
Brampton, ON L6T 5V9



DELICIOUS HOME-STYLE MEALS FOR ANY OCCASION AT *Low* PRICES



- Meals for any Occasion at Low Prices • Delicious Home - Touch
- Dine - In & Take - Out

Open From: 10:00am - 9:00pm Mon. - Sat. | 10:00am - 7:00pm Sun.

30 Intermodal Dr. Unit #1, Brampton On L6T 5V9 (Airport Rd. and Steeles .Ave. W.)

For More Information Contact

OFFICE: 905-796-2447
AFUUA: 647-995-2298
ANING: 416-938-1849
✉ thesweetnlow@gmail.com



GOLDEN GATES RESTAURANT

Best African Cuisine * Dine in - Take out Catering
10:00 a.m. - 10:00 p.m. - Monday to Sunday


Tel: 416-745-1394

2428 Islington Ave., Unit 104
Toronto Ontario, M9W 3X8

Afro Continental Bar & Grill

We Serve All Kinds Of African Continental Dishes

- * Fried Yam with Tilapia or Red Snapper
- * Fried Plantain with Beans
- * Waakye (Rice & Beans) with Assorted meat
- * Banku with Okro or Peanut Soup
- * Dieho (TZ)
- * Konkonte
- * Jollof Rice
- * Fufu with Peanut Soup or Light Soup



BUSINESS HOURS

MONDAY	-	CLOSED
TUESDAY	-	11:00 AM TO 9:00 PM
WEDNESDAY	-	11:00 AM TO 9:00 PM
THURSDAY	-	11:00 AM TO 9:00 PM
FRIDAY	-	11:00 PM TO 10:00 PM
SATURDAY	-	11:00 AM TO 10:00 PM
SUNDAY	-	12:00 PM TO 9:00 PM

Call Kwame or Adwoa @ 416-519-6740

849 Albion Road (Albion/Islington)

Josephine Nana Adwoa Eyiah
9:40 PM

Mamie Suzzie's KITCHEN

TRUE TASTE OF GHANAIAAN CUISINE



WAAKYE SPECIAL

Individual size\$12.00
Small Group Size\$35.00
Medium Group Size\$50.00

Contact us: 416-893-2440 or 437-980-2821

KINGS KITCHEN

Tel: 416-244-5355

- * Fried Yam with Tilapia or Red Snapper
- * Fried Plantain with Beans
- * Waakye (Rice & Beans) with Assorted meat
- * Banku with Okro or Peanut Soup
- * Fufu with Peanut Soup or Light Soup
- * Dieho (TZ)
- * Konkonte
- * Jollof Rice
- * Edi kai kong Soup
- * Efo Riro (Spinach Stew)
- * Ogbono Soup
- * Okro Soup
- * Pepper Soup
- * Afam Soup
- * Egusi Soup

Location: 2223 Jane Street

Will the Gulf Stream really collapse by 2025?

The Gulf Stream system of warm ocean currents could collapse as early as 2025, a scientific study has warned.

The end of the system, which drives the Atlantic's currents and determines western Europe's weather, would likely lead to lower temperatures and catastrophic climate impacts.

But leading scientists have reservations about the study and say it is not established science.

It is far from certain the system will shut down this century, they say.

The most recent assessment by the Intergovernmental Panel on Climate Change concluded that the system, known as the Atlantic Meridional Overturning Circulation (Amoc), would not collapse as quickly as the study has suggested.

The study's author, Prof Peter Ditlevsen at the University of Copenhagen, told BBC News that other scientists had warned about the potential collapse of the Amoc.

"There's been worries that this current is weakening for as long as we have had measurements of it - since 2004," he said.

The Amoc is a complicated set of currents that bring warm water north towards the pole, where it cools and sinks.

But as global temperatures rise with global warming, fresh water is pouring into the Amoc from the melting Greenland ice cap and other sources.

If it collapses, it could lower temperatures by up to 10 or 15 degrees in Europe and lead to rising sea levels in the eastern US. It would also disrupt rain that billions rely on for agriculture.

The last time Amoc stopped and restarted was during the Ice Ages about 115,000 to 12,000 years ago.

The new study, published in Nature Communications, used sea surface temperature data stretching back to 1870 as a way of assessing the change in strength of Amoc currents over time.

It estimates Amoc could collapse between 2025 and 2095.

The analysis is based on greenhouse gas emissions rising in the same way as they have done thus far. If emissions started to reduce, the world would have more time to keep temperatures below the point at which Amoc would, potentially, collapse.

'Scepticism'

However, scientists including Ben Booth at the Met Office Hadley Centre say the paper's conclusions "are far from settled science".

"We just don't have the evidence to state that it has declined," says Prof Penny Holliday at the National Oceanography Centre.

"We know that there is a possibility that Amoc could stop what it's doing now at some point, but it's really hard to have certainty about that," she says.

"If my neighbour asked me if I should worry about heatwaves or the Amoc collapse, I'd say worry about temperatures. We know that is already happening and will get worse," she said.

The reasons for many scientists' reservations is that they say the study's authors made a series of assumptions about how to understand Amoc.

But the climate system is extremely complex and experts do not have all the evidence they need to fully understand the Amoc.

The predictions that it could collapse as early as 2025 or by 2095 should be taken with a large grain of salt, says Jon Robson at the National Centre for Atmospheric Science, University of Reading.

But It does not mean that the study is not important, or that the possibility of Amoc shutting down should be dismissed, they say.

"We do still have to take the idea seriously that there could be abrupt changes in the North Atlantic climate system," says Prof Robson.

"But the exact predictions that it will happen - and within this time frame - you have to take that with some scepticism," he adds. **BBC**

HAIR EVOLUTION 1

Specializing In:

- * Hair Relaxing * Braids
- * Weaves * Cornrows



TWO LOCATIONS
TO SERVE YOU

Call: Elizabeth

416-445-4446

113 Ellesmere Rd.,
Scarborough, Ont. M1R 4C3

2023 Headies Awards: Black Sherif wins Best West African Artiste of the Year

cont'd from pg. 15

"Thank you so much to the fans, to the listeners. Thank you Headies, thank you Nigeria Thank you Ghana, thank you Konongo Zongo, I love you," he said.

The Headies was established in 2006 by the Hip Hop World Magazine of Nigeria and has been credited with recognising and celebrating exceptional talent in the African music industry.

This year's, marking the 17th edition saw the likes of Nigeria's Rema walking home with the

Best Male Artiste of the Year award

Also, Asake grabbed a brand new car after winning the highly coveted Next Rated category.


The event brought together music icons, industry insiders, and fans from across Africa and beyond.

It also featured electrifying performances from some of Africa's biggest stars, including Burna Boy, Wizkid, Tiwa Savage, and Davido, who also took home several awards in different categories.

J & I BEAUTY SUPPLY

Tel: 416-740-1859

- * 100% Human Hair
- * Wigs
- * Weaves
- * Beauty Supply
- * Make-Up Supply
- * Skin Care Cream & Lotions



1172 Albion Road, Etobicoke
Next Plaza to Tim Horton's (Albion/Islington)

PROMOTING YOUR BUSINESS

IS OUR BUSINESS.

SO LET'S TALK

CALL GHANAIAN NEWS

416-916-3700



ROYAL ROBES 🇨🇦

- LEGAL
- ACADEMIC
- CHOIR GOWNS
- RENTALS

Call: 416-922-4212

Apartments for rent at East Legon. 15 minutes from the airport.

Room Type	Facilities	Rate (US\$)		
		Daily	Weekly	Monthly
Small Studio	Kitchen, bath, fan, fridge, microwave, Wi-Fi, TV	\$20.00	\$100.00	\$250.00
Big Studio	Kitchen, bath, fan, air-con, fridge, microwave, Wi-Fi, TV	\$25.00	\$150.00	\$550.00
Chamber & Hall (1 living room, 1 bedroom)	Kitchen, bath, fan, air-con, fridge, microwave, Wi-Fi, TV	\$35.00	\$200.00	\$650.00

Contact:
Call or WhatsApp: +1 440 670 6090

Looking for Authentic Ghanaian dishes????
F&Co Kitchen
We cater:
Accra Kenkey, Fanti Kenkey, Banku, Shito, Fried fish, Jollof Rice, Grilled Tilapia, Waakye, etc.
Please call these numbers **647-718-2120/647-282-8246**
@7056 Airport RD









- F&Co Kitchen caters to both small and large occasions, such as parties, thanksgiving services, weddings, etc.
 - Wholesale & Retail available
- Room for Rent
 - Small Party Room for Rent takes 35-40 people
 - Commercial Kitchen for Rent

The Apostolic Church, Peel International Community Church (PICC), Donate Items to Refugees & Peel Family Shelter

By Staff Reporterr, Toronto, ON

The Leadership of the church (PICC) as part of their outreach donated items to the refugees at the premises of the Dominion Church International located at 2256 Sheppard Avenue West North York, Ontario. Receiving the items which included: packs of water, personal effects like assorted body wash, body lotions, deodorants and cooked food, a representative of the Dominion Church, Madam Miriam thanked Rev Rasper Atutornu and his wife Lady Peace Atutornu and the members of PICC for their kind gesture.

The Church also made a similar donation to the refugees and the inmates of Peel Family Shelter located at 1767 Dundas Street in Mississauga.

Presenting the items on behalf of PICC, the leader of the second service Brother Joshua Houeto indicated that the move of the church is in fulfillment of scripture in Matthew 25: 35. Accompanying Rev Atutornu and wife Lady Peace were the leaders of the women and children ministries sisters Monica Konadu Ahenkan and Freda Ofori





Excellent FOODS INC.

Gold Star BRAND

WHOLESALE DISTRIBUTOR FOR ALL YOUR:

- ★ CORN FLOUR FOR ACCRA KENKEY, BANKU, AKPLE, PORRIDGE, ETC
- ★ OATS FLOUR
- ★ MILLET FLOUR
- ★ WHEAT FLOUR
- ★ FUFU FLOUR
- ★ CASSAVA FLOUR



BUY EXCELLENT FOOD PRODUCTS - NATURAL FOODS, NATURAL INGREDIENTS, GREAT PRICES!

***** CALL 416.856.1502 / 416.848.0620 *****

Email: info@excellentfoods.ca Website: www.excellentfoods.ca



World Wide Shipping Links, Inc

We Drop the Container, You Do the Loading And We Ship To Your Destination

**FOR ALL YOUR CONTAINER & AIR SHIPPING
CALL FOR CHEAPER RATES
416.848.0620 / 612.888.9707 / 416.856.1502**

Email: info@worldwideshippinglinks.com Website: www.worldwideshippinglinks.com

GHANAIAN CANADIAN ACHIEVEMENT AWARDS 2023

A Celebration of Excellence 20th Anniversary - September 9, 2023

KEYNOTE SPEAKER DAVID FIRANG

Dr. David Firang is Assistant Professor at Dept. of Social Work at Trent University, Ontario, Canada. His research interest is in child welfare, immigrant transnationalism, housing, community development, and social policy issues. Prior to joining Trent University, Dr. Firang was Assistant Professor (Ltd) at the University of Windsor's School of Social Work.



At the University of Windsor, Dr. Firang was a Curriculum Leader in Social Policy and Community Development courses in the MSW for Working Professionals Program. Dr. Firang also spent several years in the community and clinical practice. He has worked in the field of child welfare in the Adolescent Specialty Team at the Children's Aid Society of Toronto for more than 13 years - conducting child protection investigations, carrying out assessments, developing and implementing service plans for children and their families, as well as preparing and attending family court to advocate for the children and families that he worked with. He has also worked at the Access and Equity Division at the City of Toronto assisting immigrant community groups to obtain grants to manage their community programs.

Further, over the last 15 years, Dr. Firang has played active leadership role in equity-seeking communities, especially the Ghanaian community in Toronto and the Ghanaian Methodist community in North America.

Welcome Address By Emmanuel Ayiku

Your Excellencies, partners, friends, colleagues, special guests, ladies and gentlemen, on behalf of the Ghanaian News and the Award Planning Committee, I am delighted to welcome you to this distinguished event.

We feel much honored to have in our midst tonight, not just many good and long-standing partners and associates but also new friends who have come to grace this special occasion.

We do not take your coming for granted, considering your heavy schedule thank you.

It is fulfilling that so many wonderful people and special people have gathered here this evening to honor this remarkable group of individuals from our community. The recipients of tonight award have demonstrated a commitment of excellence that serves a wonderful example for all Canadians and especially Ghanaian Canadians.

This year marks the 20th anniversary of this prestigious event. The Ghanaian Canadian Achievement Awards program celebrates people of excellence in our community and recognizes exceptional contributions of our community members to the larger Canadian Mosaic.

To Night we present some of the best of who we are as Ghanaian Canadians, whose untiring efforts to excel in various capacities continue to bring honor to themselves, to our community and to Canada.

This is what our community brings to the Canadian mix Mosaic. We are all part of this rich Canadian Mosaic and we will continue to strive to do our best.

Once again, congratulations to this year's Award Recipients.

I salute you all. Thank you for allowing me to serve you as one of your leaders.

On behalf of myself, my wife and all of us at the Ghanaian News, I wish to extend my sincere gratitude to the Awards Planning and Selection Committee and to all our sponsors, without your contribution this event would have been impossible to organize.

To all our invited guests, friends and well-wishers in the larger Canadian society, we extend a warm gratitude to you and hope you will carry with you warm memories that you were part of the celebrations honoring our community Heroes and talents.

To the large members of volunteers spread across the country we say a big thank you for your input. Have a good evening.



EVENT BACKGROUND AND PROFILE

THE GHANAIAN CANADIAN ACHIEVEMENT AWARDS 2023

The Ghanaian Canadian Achievement Awards (GCAA) is an initiative of your versatile Community Newspaper, The Ghanaian News. Instituted in the year 2000, it is designed to honour individual Ghanaian-Canadians and groups within our community who have excelled or achieved honours in their various fields of endeavour. This is the twentieth in the series of this prestigious event in the Ghanaian Canadian Community, an annual celebration of excellence.

It celebrates achievements and recognizes exceptional contributions to our community. Many people in our community have shied away from community service due to our present socio-economic pressures. Yet others have persevered in the face of mounting challenges. Such serve as role models for our community. For that, it is in order to extend to them our noble arms and hearts of appreciation.

The Ghanaian Community has come of age in Canada. Its contribution to the socio-economic development of the Canadian society cannot be underestimated. In the areas of business, education, sports, medicine, culture, music, Arts and Entertainment, Ghanaian-Canadians have demonstrated excellence.

The GCAA therefore seeks to bring to the

awareness of the Canadian public the successes and achievements of the Ghanaian Community in Canada. These are some of the areas 2023 recipients are being recognized:

1. Community Service: Persons who have consistently volunteered their time for a minimum of two years to a project or cause in our community or the larger Canadian society which has contributed to the quality of life of our community and/or Canadian society.

2. Professional Excellence: A continuous display of professional competence and excellence, devoid of any ethical violations in a person's professional field of practice which can serve as a model for other professionals in our community.

3. Academic Excellence: Top class performance in academic pursuits at various levels of the educational ladder from High Schools, Colleges (CEGEP in Quebec), University or vocational/Professional training.

4. Heritage: An Individual, group or organization which has worked consistently to promote Ghanaian culture for visible recognition in Canadian society.

5. Music and Entertainment: Individual or group artistes living in Canada who have consistently excelled and promoted Ghanaian music, Arts or other entertainment activities to international recognition levels over the past five years .

6. Sports: A consistent performance and achievement in the sports sector which has won nation-wide recognition and thus brought honour to our community.

7. Community Business: Individuals or groups whose pioneering efforts in the business sector have spurred on and motivated other community members to venture into the business field.

It is the hope of the GCAA Committee that our community, our partners and well-wishers in the larger Canadian mosaic will continue to encourage and support our achievers to the highest recognition of selfless dedication and contribution towards the betterment of our community in particular and Canadian society as a whole.

We salute all achievers in our community and congratulate the award recipients for the Year 2023.

Recipients

PROFESSIONAL EXCELLENCE

Dr. De-Lawrence Lamptey
Maame De-Heer
Dorothea Dadson
Juanita De-Souza-Huletey
Liz Okai

SOCIAL BRAND AMBASSADOR

Kwame Anane Frempong

INNOVATION

Francis Adu-Donkor

PROFESSIONAL SERVICE

Louisa Boachie-Freeman
Sonia Kyei Mensah Addo

RELIGION/ OUTREACH

Rev. Dr. Albert Osae-Akonnor

COMMUNITY PERSON OF THE YEAR

Felicia Oppong Botchway

SPECIAL AWARD

Justice Kweku Tawiah Ackaah-Boafo

LIFETIME AWARD

Agnes Summers (Makola)
Dr. Nana Sasraku La-Kumi

COMMUNITY SERVICE

Juliet Opoku
Ajoa Ayeko (Eve A. Labi)
Nana Yaa Yeboaah (Bernadette Mary Poku)
Collins Yaw Kyere
Raymond Paul Ansah
Janet Dankwa

SPECIAL COMMUNITY ENGAGEMENT

Association of Ghanaian Canadian Law Enforcement Officers

HERITAGE

Nii Tawiah Okurajah Koney

ACADEMIC

Mohammed Abdulai
Shamima Nyamekye

COMMUNITY BUSINESS

Afro Continental Restaurant

ENTREPRENEUR

Irene Norgah

SPORTS

Jeremy Aibi

MUSIC

Priscilla Addo (SILLLA)

MEDIA

Nana Yaa Konadu Berima Tweneboa Kodua

MUSIC/ENTERTAINMENT

Abubakar (D-Flex) Alhassan

Program For The Evening

Registration and Red Carpet/Networking

Introduction of M.C.s

Opening Prayer -

Dinner is served

National Anthems

Canada and Ghana

Welcome Address - Emmanuel Ayiku

Good-will Messages from

Ghana High Commissioner to Canada

H.E. Anselm Sowah

Entertainment Interlude - Cultural Display

Keynote Speaker - Dr. David Firang

Assistant Professor at Dept. of
Social Work at Trent University, Ontario

Awards Presentation

Entertainment Interlude

Awards Presentation continues

Photo Opportunity for Award Recipients

Vote of Thanks

Dance! Dance!! Dance!!!

MAJOR SPONSORS

The Toronto Carpenters' Union Local 27

Rokhaya Gueye wears many hats: she is the Advocacy Specialist Coordinator of Carpenters Regional Council (CRC), the Inaugural Chair of the Sisters in the Brotherhood of Carpenters Union local 27.

she is a mentor, a certified coach, a community organizer, a carpenter, an interpreter and an entrepreneur.

Rok has been a community leader for over 27 years, she volunteered her time by working tirelessly to help various non-profit organizations both locally and abroad. Rokhaya's volunteer spans on several organizations:

- o Member of the Equity, Diversity and Inclusion Committee of the Carpenters Local 27
- o Delegate at the Toronto & York Region Labour Council
- o Ambassador and Mentor at the Toronto Community Benefits Network (TCBN)
- o Mentor at the Toronto Region Immigrant Employment Council (TRIEC)

She sits as a board of Director for several non-for-profit organizations.

Rokhaya is passionate about social change, women & youth empowerment, construction, technology, community economic development and philanthropy. She also believes that, "Challenges are what make life interesting; overcoming them is what makes life meaningful!" 'Vouloir c'est pouvoir!'



Chris Campbell

Vice President of the Toronto Carpenters' Union Local 27.

Director of Equity, Diversity, and Inclusion at the Carpenters' Regional Council (CRC).

A member of the Carpenters' Union Benefits and Pension Plan Board of Trustees.

Chair of the Toronto Community

Benefits Network (TCBN) Board Directors. Member of the George Brown College Foundation Board of Directors. Executive Board member of the Coalition of Black Trade Unionist (CBTU).

He plays a major role in the recruiting of youths from his local community for a career in the construction skill trades industry.



GHANA HIGH COMMISSION
OTTAWA, CANADA

GOODWILL MESSAGE FROM H.E. ANSELM SOWAH ON THE OCCASION OF THE 20TH GHANAIAN-CANADIAN ACHIEVEMENT AWARDS 2023

I would like to take this opportunity to congratulate the Ghanaian News in Canada for this special and significant annual event which was instituted twenty years ago to honour well-deserving individuals and groups in the Ghanaian-Canadian Community who have impacted substantially, the lives of some of our compatriots in Canada. Let me also acknowledge and celebrate the awardees for their remarkable accomplishment in the Community. The ripple effects of these kind gestures which have immensely contributed to the socio-development of Ghana cannot be over-emphasised.

On this significant and special occasion, I would also like to further applaud the efforts of the awardees who have not only assisted our youth in Canada in their education to enable them take optimum advantage of the vast opportunities in Canada, but also contributed towards the fostering of unity in the community, promotion of the Ghanaian traditional culture, music and entertainment. Your valuable efforts, to link the Ghanaian Community to the business opportunities available in Canada are very much recognised.

We must acknowledge that, just like the rest of the world, the Ghanaian News was not spared by the devastating effects of the outbreak of the COVID-19 outbreak but it was resilient and did not allow it to completely destroy its functions. I, therefore, commend the officials of Ghana News for resuming the Ghanaian-Canadian Award since the last one was held in 2019. Appreciation goes to the Staff of the Ghanaian News for this noble achievement which seeks to recognize and encourage our deserving compatriots. Indeed, it takes a great deal of time and determination to organize such a programme.

To the awardees, without whom the institution of this Ghanaian-Canadian Achievement Awards would have been impossible, accept my sincere congratulations you for your dedication and commitment towards this noble course. I would like to encourage you to continue with the good work towards the development of our Mother Ghana.

Finally, we at the High Commission do not take for granted how much the Ghanaian News in Canada has also kept the Ghanaian-Canadians informed about the developments back home. On this note, we would like to highly praise you for the beautiful work you are doing and to the recipients of the awards, we say, AYEKOO.

Congratulations once again to the Ghanaian News in Canada and the recipients of the awards for your wonderful success.

God bless Ghana, God bless Canada. God bless Ghanaian-Canadians.



SPONSORS

Ramesh Sangha Law Firm

Express Tropical Foods & Meat

Supreme Travels

African Canadian Social

Development Council

Safe Haven Breast Cancer

Class First Carpet Flooring

Royal Dental Care

Bansah & Associates

Kidoo Financial Services

Ahmadiyya Muslim Jama'at

Lakeside Estate

AMG Homes

Ghanaian News

RECIPIENTS

Justice Kweku Tawiah Ackaah-Boafo SPECIAL AWARD

Justice Kweku Tawiah ACKAAH-BOAFO is a Justice of the Court of Appeal of Ghana, with global training and frontline professional experience from Ghana, Finland, the United Kingdom and Canada.



Justice Ackaah-Boafo is a graduate of the University of Ghana where he obtained his Bachelor of Laws (LL.B) degree. He also obtained the Barrister-at-Law (BL) credential from the Ghana School of Law. He was subsequently enrolled as a Barrister and Solicitor of the Supreme Court of Ghana in 1996. Justice Ackaah-Boafo also holds a Master of Laws Degree (LL.M) with a speciality in Public International Law and Diploma in Human Rights Law from the Erik Castrén Institute, University of Helsinki, Finland. He also obtained a Joint Certificate for Foreign Accreditation (JCFA), from the University of Ottawa in Canada.

Justice Ackaah-Boafo is licensed as a Barrister, Solicitor and Notary in Ontario, Canada. He practised as a Criminal Defence and Administrative law Counsel in Toronto, Canada with speciality in Immigration hearings, Appeals at IAD and Federal Court appeals for many years before his appointment to the Bench as a High Court Judge in April 2015. He was elevated to the Court of Appeal in December 2022.

In July 2022, Justice Ackaah-Boafo graduated as the overall Best Student in the Executive Master of Arts in Regional Integration and African Development (EMRIAD) program from the Ghana Institute of Management and Public Administration (GIMPA), Accra.

Justice Ackaah-Boafo is licensed to practice law in Ghana by the General Legal Council (GLC) and is a member of the Law Society of Ontario (LSO), Canada and the Association of Magistrates and Judges Ghana (AMJG).

Outside his normal judicial functions, Justice Ackaah-Boafo, is also member of Faculty of the Judicial Training Institute (JTI), Ghana and a Part-Time Lecturer at the Ghana School of Law, where he teaches Advocacy & Legal Ethics and Law of Evidence.

He is married to Joycelyne and they are blessed with two children, Nicholas and Maud.

DR. NANA SASRAKU LA-KUMI - LIFETIME AWARD

A graduate of Long Island University in Brooklyn, New York, Queens University, Kingston and Indiana University where he graduated as a Dental Surgeon. Dr. La-Kumi has established and run a thriving dental clinic in Toronto.



From his head-on and active involvement in community issues and concerns, it looks like Dr. La-Kumi is more of a community organizer than a dental surgeon.

He has over the past 37 year been a vigorous campaigner of Ghanaian community unity in Toronto. Using his leadership of the Okuapemman ethnic group in Toronto as a base, Dr. La-Kumi has spearheaded the untiring efforts of a number of community leaders in their quest for community unity and development. He is at every major function held in the community whether in the cultural, religious or academic sector.

Dr. La-Kumi uses his office as a counseling centre for community members who are going through personal, family or work-related crisis.

Currently he is the President of the Okuapemman Association of North America.

KWAME ANANE FREMPONG SOCIAL BRAND AMBASSADOR

Mr. Frempong is the pioneering founder of the Pan African Centre for Climate Policy, dedicated to addressing Africa's urgent climate challenges through sustainable solutions. He holds a Bachelor of Arts in Social Science from York University, Canada. Mr. Frempong has over two decades of invaluable expertise in policy formulation, project management, and coordination focused on Africa's development.



In public service, Mr. Frempong held critical roles with Ghana's Youth & Employment Ministry, spearheading youth empowerment programs that continue to create change. He has also collaborated with leading private and non-profit organizations in the US, Canada, and Africa, where his sharp policy and project coordination skills have been instrumental.

An astute entrepreneur and climate solutions enthusiast, Mr. Frempong has catalyzed numerous youth social enterprise startups, unlocking opportunities for young change makers. His oversight of projects backed by the City of Toronto, World Bank, UNICEF, and Ford Foundation demonstrates his commitment to global impact.

Notably, Mr. Frempong was selected to advise the UN's expert group on youth in the global economy, shaping key strategies. Appointed by Cuso International in 2016 as an Organizational Development Specialist in Nigeria, he empowered communities through the YOULEAD initiative.

RECIPIENTS

AGNES SUMMERS (MAKOLA) - LIFETIME AWARD

Agnes Summers is an enterprising business woman and one of the first Ghanaian entrepreneurs in Canada. She is the proprietress of Makola Tropical Foods, a popular community grocery outlet which opened in 1990 specializing in tropical African & Caribbean Foods.



Makola, as she is popularly called, started importation of African foods & clothing into Canada in 1986, when the Ghanaian and African communities started expanding. Agnes is a business person with a big community heart. She is always available and present at every major community event and provides the necessary support.

Makola provided active and much needed assistance to the first group of Ghanaian refugees who arrived in Toronto during the mid-1980s at a time when services to African refugee claimants were virtually non-existent.

Ms Summers is a very religious person. She founded the first Ghanaian Methodist Church in Canada from her basement at 142 Falstaff Avenue in 1994. Ms Summers has been in Canada since 1982.

DR. DE-LAWRENCE LAMPTEY PROFESSIONAL EXCELLENCE



De-Lawrence Lamptey, an exceptional member of graduate community at York University, was named Holland Bloorview's inaugural EMBARK scientist. The first program of its kind in Canada, EMBARK (Empowering Black Academics, Researchers and Knowledge creators) fills an important gap in amplifying diverse Black voices in disability research. Launched in partnership with the Black Research Network, an institutional strategic initiative at the University of Toronto, the EMBARK program addresses barriers that researchers from Black communities face in order to set them up for successful academic careers. Specifically, the Network's mission is to promote and propel the interdisciplinary work of Black scholars at the university and beyond through investment and mentorship.

After careful consideration of highly qualified applicants drawn from across Toronto and surrounding areas, the selection committee recognized Lamptey as an exceptional candidate. The important work that he will perform at the Holland Bloorview Kids Rehabilitation Hospital will support children and youth with medical complexity, illness and injury.

FELICIA OPPONG BOTCHWAY - COMMUNITY PERSON OF THE YEAR

After graduating from Centennial College with a degree in Commercial Secretarial, Mrs. Felicia Oppong Botchway began her professional journey as an Enrolment Clerk for the college. This experience allowed her to develop strong organizational and administrative skills. However, she moved on to join Septer Manufacturing Company as an Editor. Mrs. Botchway thoroughly enjoyed working with invoices and ensuring that all billings to companies were polished and error-free. It was during this time that her husband, recognizing her potential, encouraged her to pursue her own business. With his support, Aunte Felicia enrolled at Topaz and Bruno's School of Hair Design to learn the art of hairstyling.



After completing her training, she felt the need to further enhance her knowledge in this field. She obtained a degree in Chemistry of Hair from Dudley's University and NBCL in the US, which allowed her to gain a deeper understanding of the science behind hair care. While building her career, she also continued to embrace the joys of motherhood. She is a proud mother of six, a grandmother of twelve, and a great-grandmother of five. Balancing her personal and professional life was challenging, but she managed to find fulfillment in both roles. She later decided to retire as a salon owner and cosmetology teacher. However, her passion for hairstyling never faded, and she continued to work as a stylist on several movies filmed in Toronto.

It was an exciting experience to contribute to the creative process and help bring characters to life through their hairstyles. She won hairstylist of the year in 1994, 3rd place in Men's barbering in the U.S. Outside of her professional endeavors, she is an active member of her church community serving as a Cell Leader, guiding and supporting fellow members in their spiritual journeys. Additionally, she takes on the responsibility of being a Seniors Leader, ensuring that the elderly members of her church congregation receive the care and attention they deserve.

Recognizing the importance of community service, she also serves as the African Seniors Leader at the Rexdale Women's Center in Etobicoke. Through this role, she strives to empower and uplift seniors within our community, providing them with resources and support to enhance their quality of life. Furthermore, she is honored to be the G.C.A.O Leader for the Seniors Wing. This position allows her to advocate for the needs and rights of seniors, ensuring they are heard and represented in various initiatives and programs.

During the challenging times of the COVID-19 pandemic, she actively participated in GCAO's initiatives to support seniors and the vulnerable. She played a crucial role in distributing food and necessary supplies to those in need, ensuring that no one was left behind during those difficult times.

In addition to her community involvement, she also extends her assistance to the bereaved in our community offering her support in funeral preparations, helping families navigate through the difficult process and providing comfort during their time of loss.

RECIPIENTS

MAAME DE-HEER PROFESSIONAL EXCELLENCE



Maame De-Heer is an energetic Policy Analyst eager to serve as an EC-05 position with the Integration and Horizontal Engagement division. She brings an extensive expertise in stakeholder engagement, developing and conducting research projects on labour markets and/or socioeconomic issues, drafting written reports, presentations, or briefing material to present findings or recommendations resulting from research or analysis as well as collaborating with internal and external organizations. **SKILLS** Health and policy expertise Writing Policy Briefs Treasury Board Submissions Social Determinants

of Health Care, Leadership etc Exceptional communication and listening skills Analytical and problem-solving skills

She serves as a Policy Analyst on the Mental Health for Black Canadians (MHBC) team at the Intersectoral Partnerships and Initiatives; Social Determinants of Health Division. Her accomplishments include Data Analysis (EDI) Utilized an Equity, Diversity and Inclusivity lens to engaged in weekly media scans for Dr. Theresa- Chief Public Health Officer for Canada ; ensuring that the Federal Government is making efforts to address the needs of marginalized, underrepresented and equity seeking populations.

Others include Program/Project Management and Monitoring Supporting in monitoring, managing and evaluating of 18 incubation and implementation programs/projects for the Government of Canada, Black Mental Health \$10 million fund, whilst increasing Project engagement Completing reports on lessons learned from evaluating each program/project, and ensuring that they align with legislative, regulatory and professional standards Consulting programs and projects on their progress amidst Covid-19 and how best PHAC team can be of support. Regularly briefed my team on ways strengthen awareness of project activities, help teams meet deadlines and coordinate strategies for dealing with unforeseen challenges Data and Evidence Contributing to reviewing funding proposals from Black organizations in Canada that addressed Mental Health of Black populations. Co-Lead for Black Employees Matter (BEM) Lead the planning, organization, execution and continuous improvement of all BEM's projects and activities. • Design plans and deliverables based on strategies to help achieve BEM's goals and the government priorities for diversity and inclusion within the department. • Establish processes and procedures to optimize resources that promote the realization of the action plan. • Represent BEM at meetings with collaborators, including with all the equity employment networks co-chairs, Health Canada's Leadership Council on Diversity and Inclusion (LCDI), Inclusive staffing working group, network chairs, Unconscious Bias Working Group, the Interdepartmental Black Employee Networks and with all other stakeholders. Potential Future Contributions Creating Knowledge products related to cultural adaptation of mental health interventions for Black Canadians Developing knowledge products discussing promising practices for addressing institutional discrimination in the child welfare, education, and criminal justice system Contributing to resources and trainings on anti-Black racism for PHAC employees Scoping out/developing an approach to conducting a cross-cutting research project on lessons learned through the Mental Health for Black Canadians Fund (Lessons related to addressing anti-Black racism, trying to address the social determinants of Mental health

ANTI-RACISM AMBASSADOR (CONTRACT) 10/2020 to 12/2020 Experiences Canada | Toronto, ON Recommended updates to current legislations, regulations and policies. Drafted and presented reports outlining policy actions. Researched and resolved issues regarding integrity of data flow into databases. Synthesized current business intelligence data to produce reports and polished presentations, highlighting findings and recommending changes.

CLINICAL RESEARCH ANALYST 08/2020 to 12/2020 Universal Health Network (Toronto General Hospital) | Toronto, ON Disseminated research findings to various personnel in different formats, including white papers, presentations and spreadsheets. Took active role in departmental meetings, engaging with all parties and transcribing detailed notes of plans, decisions and options discussed. Gathered, arranged and corrected research data to create representative graphs and charts highlighting results for presentations.

She acquired Doctor of Public Health (DrPH) Online | Health Policy in 2022 from Loma Linda University , California, United States as well as Masters of Public Health | Social And Behavioural Health Science in 2020 from the University of Toronto, Toronto, ON

DOROTHEA DADSON PROFESSIONAL EXCELLENCE



Dorothea Dadson was born in Accra, Ghana, but spent most of her adolescent years in Papua New Guinea, where she attended primary and high school.

She gained admission into the University of Manchester in England in 1996, and graduated in 1999, with an Honours degree in Law.

She then moved to Ottawa, Ontario to pursue a postgraduate degree (LL.M) in International

Human Rights, at the University of Ottawa, with a focus on the Rights of the Child.

After her postgraduate studies, Dorothea moved to Toronto where she enrolled at the University of Toronto, Faculty of Law, to complete her law studies and accreditation to become enrolled into the Bar Admissions Course. She was called to the Bar and became a member of the Law Society of Ontario in 2002.

Dorothea has been in practice for 21 years, and has a proven track record of success. She is a member in good standing with the Law Society of Ontario and appears at both levels of court in Toronto, Oshawa, Brampton, and Newmarket.

As a lawyer and advocate, Dorothea stands out for her high degree of professionalism in her legal work and dedication to the needs of her community. With an approachable demeanor, caring attitude and keen sense of humor, Dorothea is highly respected among her peers.

Throughout her distinguished career, she has provided legal services primarily in family law, custody, child support cases, division of property and child protection matters involving the Children's Aid Society.

In addition to taking on private clients, Dorothea has provided legal services for Legal Aid Ontario, Men's Divorce Centre, Red Door Shelter, Rosalie Hall and Barbara Schliffer Commemorative Clinic, assisting survivors of domestic violence. Dorothea's years of experience and commitment to her clients are valuable assets for helping her clients resolve their cases quickly and successfully.

Dorothea is committed to giving back to the community in one or more of several ways, including accepting legal certificates, appearing as a per diem duty counsel, and serving on Legal Aid Ontario's Appeal Board from 2011 until 2016. In 2022, she founded the Dorothea Dadson Scholarship at the University of Ottawa, Faculty of Law, for racialized black and indigenous students to support law students with their tuition costs.

She is also an exceptional mentor for young aspiring lawyers enrolled at Mary Ward Catholic Secondary School and Seneca College who are encouraged to gain hands on experience in the legal practice at her office.

In her free time, Dorothea indulges in mystery novels and true crime TV shows. She loves to travel and explore different cultures with her husband and two boys.

RECIPIENTS

JUANITA DE-SOUZA-HULETEY - PROFESSIONAL EXCELLENCE



Juanita De-Souza-Huletey is the founder and CEO of Dynamic Solutions International Inc. (DSI). She is a trailblazer and has touched the lives of many since her arrival in Canada more than 30 years ago as in Intern with IBM Canada Ltd. Often referred to as approachable, assertive, adventurous and change catalyst, she wears many hats: as an industry and community leader, speaker, educator, mentor, life coach, and patron. She has 25 plus years of leadership experience in Enterprise Information Technology (IT), most notably being the Divisional Head of IT at the Winnipeg Police Service (WPS) and a member of the WPS Executive Management Team.

Juanita dedicates her time as a knowledge philanthropist on a number of boards including, Board of Governors at University of Manitoba, founding member of Women in Cybersecurity (WiCyS) Western Canada, Patron of Ghana Mission Queen Girls Up (UN Foundation), St. Paul High School Board of Directors, Red River College Polytechnic industry advisor for the IT Strategic Council, Chair of both Project Management and Business Information Technology (BIT) Advisory Committee, and most recently, appointed to the Advisory Council on Economic Immigration and Settlement, further demonstrating her leadership and influence.

Juanita is a phenomenal pillar in the African and immigrant community. She has been instrumental in leading/providing support on several initiatives including the establishment of African Communities of Manitoba Inc. (ACOMI), Folklorama African Pavilion, and Africa Fest Business Networking, coaching immigrant professionals, providing integration workshops and leading fundraising initiatives.

As a mentor, coach, and speaker she radiates a deep passion for empowering women/girls in Science, Technology, Engineering, and Mathematics (STEM), and helps new immigrants integrate successfully into the Canadian culture. She is a leader that commits to serving with integrity, accountability, transparency and exceeds expectations in all undertakings.

Juanita lives in Winnipeg, Manitoba with her husband Emmanuel Huletey, and her three adult sons, Ronald, Ernestho, and Pete.

ASSOCIATION OF GHANAIAN CANADIAN LAW ENFORCEMENT OFFICER SPECIAL COMMUNITY ENGAGEMENT



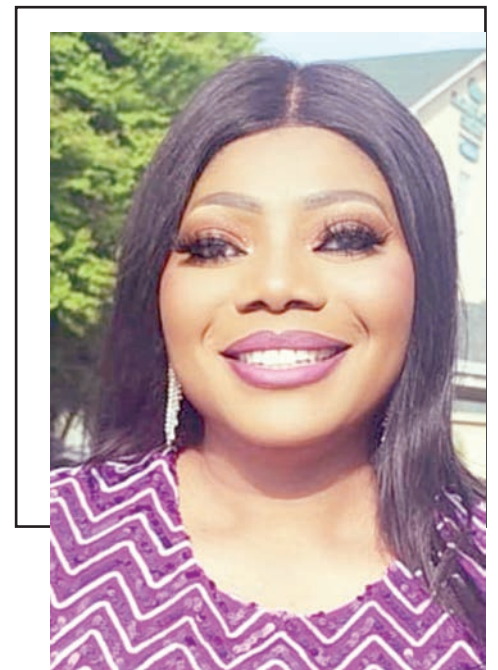
Initiated by two RCMP officers in May 2020, A.G.C.L.E.O. now has a membership of over 40 Ghanaian law enforcement officers

Our objective is to assist and address the needs and concerns of the Ghanaian community in Ontario with respect to law and security

Present law enforcement as a viable career option and inspire Ghanaian Canadians and other racialized members of the community to join law enforcement.

Support members of the association through member focussed events and mentorship programs

LIZ OKAI PROFESSIONAL EXCELLENCE



A product of Achimota School in Accra, Ghana, Liz Okai migrated to Canada in the mid- 1990s. While in Canada, Liz obtained her Social Service Worker Diploma from Sheridan College, then went on to obtain a Bachelor of Social Work degree from McMaster University. She then went further to pursue her Master of Social Work degree from the University of Toronto.

Liz’s professional journey began at the Sexual Assault and Violence Intervention Services of Halton, to the Policy and Research Department of the Region of Halton, and to the Ministry of Attorney General’s Supervised Access Program. Liz finally found her passion in Child Welfare, Immigration, and Teaching.

Since 2010, Liz has been leading a team of Child Welfare Professionals with specialized knowledge in Immigration, Settlement and Border related Issues at Peel Children’s Aid Society in establishing and strengthening partnerships with various stakeholders across different levels of government. This groundbreaking work at the intersection of Child Welfare and Immigration has yielded positive outcomes for children, youth and families with unresolved immigration and settlement needs. Some of these stakeholders include Canada Border Service Agency (CBSA), Immigration Refugees, Citizenship Canada (IRCC), Immigration and Refugee Board (IRB), Global Affairs Canada, UNHCR and UNICEF.

Liz co-authored a Guide for the Child Welfare Sector in Ontario entitled “Immigration Status Matters” and managed the Ontario Syrian Refugee Response Project, a provincial program supporting the resettlement of Syrian refugee families in Ontario. In the last 5 years, Liz has made significant contributions to the establishment of the Child Welfare Immigration Centre of Excellence, a Service, Training, and Research Centre, ensuring children involved in the Child Welfare System who experience unresolved immigration and settlement needs are supported throughout the process.

Liz is currently a Manager at the Child Welfare Immigration Centre of Excellence and is responsible for the day- to- day operations and strategic

vision for the Centre. Her leadership philosophy places strong emphasis on Equity, Advocacy, Education and System Change. Liz wears many hats, including being a speaker at national and international conferences, Training and Capacity Building Initiatives, National Webinar Delivery, facilitating Alternate Dispute Resolution Conferences, and being a therapist. She is a part-time Faculty member of Applied Health and Community Studies at Sheridan College; and she sits on the advisory board of a collaborative research – Bordering Practices with University of Toronto and University of Victoria.

Liz and her Team’s work has been gaining national attention and recently led to Liz being featured in news articles and Radio interviews by CBC Radio, and a Recognition of her and her Team by the Canadian Senate in June 2023. Liz was subsequently celebrated with a Letter of Recognition by the President of the Ghanaian Canadian Association of Ontario (GCAO), Mr. Emmanuel Duodu.

Liz is actively engaged in her community and has held several leadership positions in different capacities. She is currently the Vice President of GCAO Women’s Wing. She is married to Prof Jabel Okyere of McMaster University’s Department of Psychiatry and Behavioural Neurosciences, to whom she attributes much of her success. They have two children – Kofi Okyere and Chelsea Okyere.

JEREMY AIBI- SPORTS

Jeremy Aibi is a 22-year old youth from Scarborough, Ontario. He has played basketball for a total of 14 years. Jeremy started playing competitive basketball at the age of 12. He has excelled in athletics at high school, going on to receive a basketball scholarship offer to the University of Toronto. Jeremy therefore played basketball at the University of Toronto for 5 years at the highest post-secondary level in Canada. He graduated from the University of Toronto in June 2023 and will now be completing a Masters of Science in Physiotherapy come September, 2023.



RECIPIENTS

REV. DR. ALBERT OSAE-AKONNOR

RELIGION /OUTREACH

Rev. Dr. Albert Osa-Akonnor is a devote Christian, whose gentle and quiet nature is matched by a great passion for people, to encourage and see them do well in life. He has served as a pastor for over 35 years, from his native country, Ghana, to United Kingdom, as well as the United States of America and currently in Canada. His pastoral vocation has taken him around the globe, ministering the gospel in many nations. His life mission is one – to build up and to reconnect people to the King of Heaven. His vision is to empower people to pursue God-sized dreams and to fulfill their God-ordained destiny.



Albert serves as the Vice President of Living Springs Ministerial Fellowship (LSMF), a worldwide fellowship of pastors for over 2 decades. Also, by profession, he is a Certified Immigration Consultant in Canada. Albert is happily married to Susan, an accountant by profession, and they live in Ontario with their three adult children, who passionately love God and actively serve together in the same ministry.

He is currently the lead pastor of Fruitful House located in Mississauga, Ontario.

Fruitful Communities – Fruitful House is a church without borders and strongly believes that a church without community presence is irrelevant. As such, they deeply are involved with community work. Their community umbrella called Fruitful Communities, has 4 main departments – a Food Bank, a Newcomer Program, a Youth Outreach and Seniors engagement programs.

- The Food Bank alone opens 3 times a week, serves over 1300 families a year and supplies food to about 25 other community groups, who in turn reach about another 1200 people with healthy grocery. All the over 100 workers are volunteers from the community giving their time to serve. This service also ensures that good food is not wasted in the community.
- The Canada Newcomer Network (CNN) facilitates new migrants to Canada with training, accessing resources and a family away from family.
- The Seniors Connect offers programs that keep seniors engaged in the community and support those who are homebound.
- The Youth Outreach provides community service, work placement, recreation and mentorship for the youth and young adults. It also runs March Break and Summer Camps for children and youth.

NANA YAA YEBOAA (Bernadette Mary Poku)

COMMUNITY SERVICE

Nana Yaa Yeboaa (Bernadette Mary Poku) is a woman of multitude dimensions. Her primary role in life is motherhood. She is a registered nurse, an author, essayist, storyteller, script writer and the host of talk show Nana Yaa Yeboaa Show and the newly developed podcast: Community. She is a member of the Ghana Association of Writers and regularly works with them moderating literary works. She is the co-founder of the Adesa festival and AkraDe literary festival both in Ghana. Her works span both Canada and Ghana, giving to the community the best of herself.



Nana Yaa Yeboaa is an Alumni of Holy Child School cape coast where she obtained her secondary school education. She completed her bachelor of arts in health studies and sociology at the University of Toronto followed by her nursing diploma. Her love for education and the power of story steered her to complete her Masters in education.

Nana's literary works include Roots of a woman (can be found on Amazon) Lamentations by the banks of the Volta (Kindle) How the world got Ananse stories (children's story) Through my mothers eyes (essay) Chance (illustrated poetry) Akwele (play) as well as a **Podcast**-Nana Yaa Yeboaa Show (all available podcast platforms) in the Community.

IRENE NORGAH - ENTREPRENEUR

Irene Norgah is Kumon Business Franchise owner as well as a UPS Store Franchise partner. Irene has previously worked in the Education Sector and in Business Advisory Services to Small and Medium Enterprises. Having always had an entrepreneurial flair, and being passionate about programmes that promote growth and development, especially in young people, a Kumon Franchise opportunity was a clear choice when Irene ventured into the business world in Canada.



Kumon is an after-school Math and Reading Academic Enrichment programmer, which nurtures the development of academic ability, independence, time management and confidence in learners.

In August 2020, the Kumon Math & Reading Centre of Pickering-Seaton was opened to the community and offered services to learners from pre-school to high school, promoting academic excellence and consistency in learning. The inception, however, coincided with the Covid-19 pandemic and thus many challenges had to be navigated for the business to remain viable. The challenges bore much determination and various innovative methods to enable services to continue. By the grace of God, and dint of hard work, the Centre thrived in the community with the singular goal to unleash the potential in every learner; always promoting our mantra that 'Every Child is Smart, we just make Them Smarter'.

In August 2021, just a year after its inception, the Canadian Business Franchise featured Kumon of Pickering-Seaton Centre in its monthly newsletter as a success story based on its growth and the positive impact made in the community. The goal is to continue to promote excellence in learning for learners from all walks of life. The entrepreneurial bug continued to tick, and in January 2022, Irene together with a business partner Premlater Apetor, secured another franchise opportunity, a UPS Store, which offers printing, shipping, and delivery services in Canada and worldwide.

Irene holds an Honours Degree in Biological Sciences, as well as a Master in Business Administration (MBA) from the Schulich School of Business (York University-Canada) and the Wits Business School, South Africa. She serves on the Children's Ministry at her Church. She is married to Sam Norgah and has a daughter, Ivana.

JANET DANKWA – COMMUNITY SERVICE

Janet Dankwa is the Director and Founder of I'm Here Foundation in Canada. Janet is a tireless advocate for people experiencing abuse, violence against women and children, homelessness and poverty communities. Having experienced abuse and homelessness herself, Janet has made it her mission to support and volunteer for different advocacy groups in the Region of Peel, Canada, United States, Ghana and around the world.

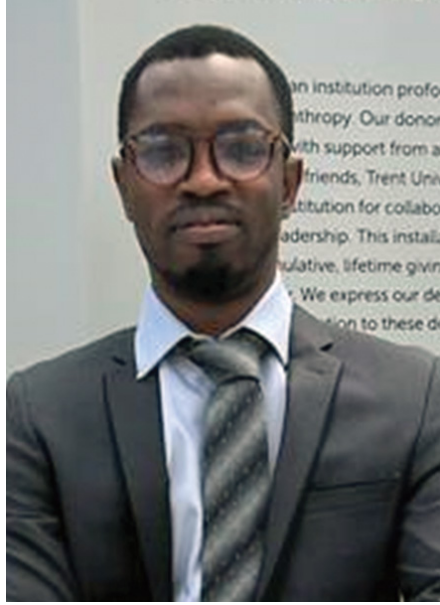


Janet is a dedicated healthcare and non-for-profit organization worker with over twenty years of experience. She has strong clinical and administrative skills, experience navigating through health databases software applications and data entry. Also, Janet has experience working with gender-based violence women and children, 2SLGBTQ+, HIV, Homeless residents, Refugee, and immigrant community. She works with diverse communities and strong knowledge in: Mental Health, Personal Health Information Protection Act (PHIPA), documentation, and medical billing.

RECIPIENTS

MOHAMMED ABDULAI - ACADEMIC

Mr. Mohammed Abdulai is a Ghanaian academic who started his post-secondary education at the Kumasi campus of the University of Education where he graduated as the Overall Best Graduating student in 2013. From there, he continued to the University of Ghana to pursue a Master of Philosophy degree in accounting before migrating to Canada for his Master of Arts in Sustainability studies at Trent University in Peterborough.

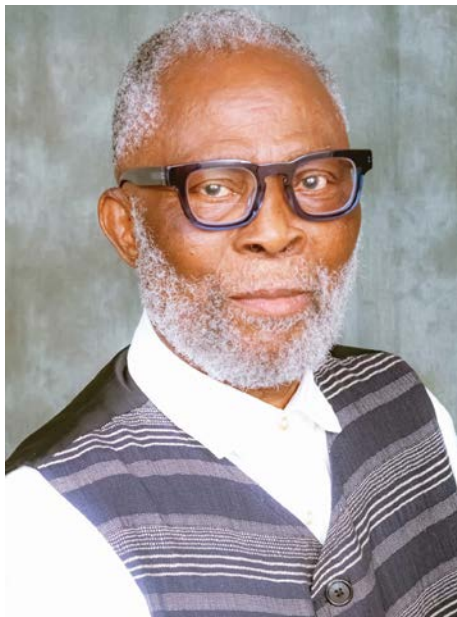


At Trent, his academic exploits earned him a recommendation to be appointed as a course instructor at the Trent School of Business where he teaches final year Auditing course. Due to his academic excellence at Trent University, he has been offered a scholarship in the amount of \$122,000 to pursue a PhD in Interdisciplinary Social Research at Trent, beginning Fall 2023. Mohammed has a research interest in Corporate Sustainability Reporting and Climate Impact Assessment and in his PhD research, he intends to explore localized strategies that are efficient in reducing community-wide Greenhouse Gas emissions by building on his MA thesis which assisted the city of Peterborough to design a framework that could be used by municipalities to assess and reduce the level of GHG emissions associated with their corporate activities.

Mohammed's desire is to build a career in academia where he could facilitate the learning of others while conducting relevant action-oriented research capable of extending existing knowledge on how local governments and communities could effectively build capacity against the adverse impacts of climate change.

NII TAWIAH OKURAJAH-KONEY HERITAGE

Nii Tawiah Okurajah Koney is a native of Accra-Ghana, an Oral historian, publisher of the "Nile Valley" magazine, Public speaker, community Advocate and Vice president of the Ghana Union of Canada. Nii's community engagement history and accolades for the past 53 years in Canada is quite impressive. In 1972 Nii mobilized a group of Caribbean and Canadian Black academics from McMaster University to an International Organization called "INTERNET", and played a leading role in forming the first Ghanaian Association in Hamilton where most of his children were born. Later on Nii moved to Toronto in 1981 and mobilized the few Ga people to form the Ga- Dangbe Association of Toronto.



After retirement in 2010, Nii moved to Alberta and founded the Nile Valley Foundation Learning Centre, funded by the Edmonton Heritage Council to research the Early Black settlements in Alberta with Dr. Afua Cooper of Dalhousie University. Nii went on to establish the Afrika Diaspora History Library in 2016 at the Edmonton Archives in the Prince of Wales Armouries the first of its kind in Canada and played a prominent role in Alberta's official recognition of Black History Month.

Nii is a Board member of "BCSA" Black Canadian Studies Association and Advisory member of the Canadian Imperial Advantage organization, with several awards including the 2014 Distinguished Man of Honor Award by the Professional Black Business Association of Canada and the 2016 Philanthropist of the year by the Obsidian Awards in Calgary.

SHAMIMA NYAMEKYE - ACADEMIC

Shamima Nyamekye is a goal-oriented and motivated second-year Criminology student at Ryerson University in Toronto. She is passionate about human rights especially when topics such as racism and gender inequality are involved. Shamima hopes to have a legal career comparable to that of Johnnie Cochran or Chief Justice Bertha Wilson.



Shamima has a passion for education and mentoring. It is with these in mind that she founded her own academic mentorship business over the

summer, believing that with just the right push, anyone should be able to excel in their pursuit of higher education. This 'push' is what her business seeks to facilitate. As an academic coach, her duties include the following:

- Helping students prepare personal academic schedules for studying
- Assisting students with writing their resumes and cover letters
- Scheduling regular check-in calls with mentees and, discussing their academic struggles and then making the appropriate suggestions.

For the Fall 2020 semester, she was a TA for a Learning and Development Strategies course at Ryerson University in Toronto. In the course, several topics relating to student well-being were taught. During the Summer of 2022, Shamima accepted a one-year contract from Ryerson University as a career-education advisor at the Ryerson Career and Co-op Centre.

SONIA KYEI MENSAH ADDO PROFESSIONAL SERVICE

– Sonia is the owner of Zenith Massage & Wellness. She holds a Bachelor of Health Studies (BHS) degree and a Health Informatics Certificate from York University, Toronto. She is also a Registered Massage Therapist (RMT) under the College of Massage Therapists of Ontario (CMTO), having graduated from the Royal Canadian College of Massage Therapy (RCCMT). During the course of her education, Sonia volunteered at the Neurology Department of the Brampton Civic Hospital where she gained some valuable experiential-centered care, empathy and a desire to help the public hands on.



Stemming from an intrinsic desire to help people find relief from pain and discomfort, without the use of medication and other invasive methods, Sonia is dedicated to offering the highest standards in restorative

health to all her clients. Her career in healthcare has taken her to Elder Care facilities and other institutions. Since obtaining her RMT certification, she has worked in different massage settings such as Spas, Rehabilitation, Physiotherapy and Chiropractic clinics. She was listed as one of the top 3 best massage therapists in Caledon, Ontario for the year 2023, by TheThreeBestRated.ca Group.

Her business Zenith Massage and Wellness is proud to have about 200 different clients voting 5 stars both on Google and our booking site Ovatu. In addition Sonia incorporates many advanced techniques into individually tailored treatment plans for her clients. Her warm, caring and trustworthy personality, together with her skillful and therapeutic hands offer treatment techniques such as trigger point release, manual lymph drainage, deep tissue, fascia work, etc.

Sonia is a cheerful individual who believes in striving for a balance in all things related to one's physical, psychological and spiritual well-being.

Furthermore, her career in healthcare has taken her to a lot of places and she has been privileged to serve clients of all walks of life and every age group - from a Court Judge to the simple Homemaker mom. In her spare moments, she loves to get busy with her passion for baking, cooking, decorating and caring for my husband and 5 adorable children I am blessed to have.

RECIPIENTS

AJOA AYEKO" (EVE A. LABI) COMMUNITY SERVICE

Named one of the "Top 100 Black Women To Watch In Canada" by CIBWE, AJOA AYEKO has built an extensive 15-year career as a published writer and Associate Editor (Pride News Magazine), community activist ("No One Is Illegal") and social service ambassador (TAIBU Community Health Centre, Children's Peace Theatre, For Youth Initiative).



As a first-generation Ghanaian Canadian AJOA AYEKO is the proud founder of the 6000-member national social empowerment network, BLACK QUEENS OF TORONTO®. She has made it her life's work to reclaim gender narratives and improve the lives of African Women around the world - through social advocacy and community service.

Her expertise has been utilized by years of service on both Music Africa (AFROFEST) and the Planet Africa Awards' Media Accreditation Teams - as well as the onsite Media Liaison for Ghana's President Nana Akufo-Addo's visit to the Ghana Canadian Association of Ontario in 2019.

Most recently, AJOA AYEKO was invited to become a member of the Coalition of African Leaders (COAL) - who have been working tirelessly to support African and Caribbean asylum seekers in both Toronto and Niagara Region since November 2022. To date, over 500 refugees have been assisted with basic and priority needs, shelter placement, housing support, and immigration settlement services.

An outspoken survivor of intimate partner violence, her passion for social justice has paved the way for her to become a nationally broadcasted Women's Empowerment Advocate. AJOA AYEKO has been featured on CBC Television and CBC Radio - as well as a repeat guest host on the former CKLN 88.1 FM's International Women's Day Programming. Her inspiring story was 2020's "16 Days of Activism" feature, where she sat down in conversation with Canada's own Sophie Gregoire-Trudeau.

AJOA Ayeko has received the following awards since 2006:

- Canada International Black Women Excellence's Black Pearl Award: "100 Black Women To Watch" (2020)
- Abedore Productions' Award of Excellence (2014)
- Endless Possibilities' Ghanaian Women's Courage Award: "Inspiring Young Leader" (2006)

AFRO CONTINENTAL RESTAURANT COMMUNITY BUSINESS

AFRO CONTINENTAL RESTAURANT INC.

Afro Continental Restaurant Inc. is located at 849 Albion Road (Albion/Islington)

It was originally called Ghana Home touch when in June 2013 it was bought and change the name to Afro Continental Bar & Grill and in June 2018 the name was registered as Afro Continental restaurant Inc.

A family oriented business owned by Thomas and Akua Yeboah

The restaurant can boast of continental food service which cater for most nationals in the GTA.

The restaurant is one of the popular African restaurant in the GTA, it has more than 10 employees with different ethnic background.

JULIET OPOKU- COMMUNITY SERVICE

Juliet is a mother of 4 wonderful children. She is a graduate of Queens University Kingston, Ontario, Canada. A full-time Certified Diabetes and Bariatric Educator at Unison Health and Community Services. Juliet has been a registered nurse for 19 years and has worked across North America in many nursing disciplines. These disciplines include cardiac, oncology, medicine, medical-surgical, diabetes care, and bariatric health. Juliet works with multiple health companies to advocate for free diabetes supplies and medications for financial difficulties. She also works with agencies to connect newcomers and address food insecurity and medical equipment. Juliet also provides support to families dealing with diabetes-related issues and is a mentor to many nurses-in-training. She is actively involved in her local community, volunteering her time and expertise to help those in need.



Working and volunteering for Diabetes Canada, she provides her knowledge of chronic illness management tailored to African Canadians. Juliet is also a strong advocate for diabetes awareness and prevention. She often speaks at local events to raise awareness and educate the public about the importance of early detection and diabetes management. Juliet is committed to helping those affected by diabetes, mental health and works hard to ensure everyone can access the necessary resources. She is the CEO of her health and wellness company Living a Balance Life Inc., where she provides pardon health promoter education and chronic illnesses management. She also offers one-on-one health coaching sessions to help individuals develop a healthier lifestyle. She also runs monthly workshops to help people learn about nutrition, physical activity, and mental health. Her mission is to help people live healthier and happier lives.

She is a you-tuber of health and wellness, lifestyle management, and more through her channel: Living A Balance Life with Julie Oo. The channel is about helping people live life fully by developing healthy habits and making informed decisions. I share my expertise and experiences in nutrition, fitness, mental health, and more. I want to inspire and motivate people to create a better life balance. She is also a member of the Canadian Diabetes Association's Insulin Clinic Clinical Expert Committee. Juliet is a community advocate and works tirelessly to provide resources to the needy and the vulnerable. She provides health education through Sankofa Radio 101.1 FM Canada and the Diaspora. Through Chichi Radio in Ontario, Toms Radio in Toronto, etc. Sankofa Radio in Toronto, Canada A Ghana Operated Internet Radio station to promote health, disease prevention,

and chronic illnesses management through interactive education with community members around the globe every month as needed. Omni is one channel through GhanaCan TV with talks on community health and resources to meet the community's needs across Canada and the diaspora. She works with Diabetes Canada, a multi-pronged Ontario-wide committee advocating for health and equality for the volunteer community. Juliet is the vice president of the Ghanaian Canadian Association of Ontario, an organization that looks after the welfare of Ghanaian in Ontario and beyond. Juliet works hard to ensure that the organization is well-represented in the community. She has organized numerous events to help raise awareness of issues affecting the Ghanaian population in Ontario. She is also dedicated to advocating for the rights of Ghanaian immigrants in Canada. Juliet works tirelessly to ensure that her organization is a force for good in the community. She has already made significant strides in helping to build a better future for Ghanaians in Ontario. It inspires all with a passion for Ghanaian families to have their community centers with affordable housing. Therefore sit on many committees to ensure the confidential African holistic housing and living model is addressed on several levels of government. She is the recipient of:

- Multiple Community Recognition Service Awards from 2019 to 2023.
- Multiple awards in the Windsor Regional Hospital Above and Beyond Recognition Award program from 2006 to 2011.
- 2018 Recipient of Banting and Best Faculty of Medicine University of Toronto Diabetes Educator of the Year Award.
- 2019 recipient of the Canadian Diabetes Education and Certification Board Recognition Award for Excellence and Dedication for Diabetes Care Delivery.

RECIPIENTS

COLLINS YAW KYERE - COMMUNITY SERVICE

Collins Yaw Kyere is a community leader and CEO of African Canadian Youth Sports Network. He holds a Bachelor Degree in Commerce and from Laurentian University, Sudbury ON and Diploma in Accountancy from Institute of Professional Studies (IPS) Accra. Collins has completed academic work with CPA Ontario and waiting for certification as a Chartered Professional Accountant.



Collins has over 16 years of experience in accounting in Ontario Healthcare Sector. After working for the Local Health Integration Network (LHIN), now Ontario Health for over 14 years as Accounting Supervisor, Collins decided to take up a new role as Finance Manager at the Hamilton Urban Core Community Health Centre(HUCCHC) in Hamilton a year ago; One of the few Blacks led Healthcare organizations in Canada specializing in providing Healthcare and community services to the equity deserving population in the Hamilton downtown core.

During Collins' short stay at the Hamilton Urban Core, he has worked tirelessly to improve operational excellence by implementing new pension plan with HealthCare of Ontario Pension Plan (HOOPP) for all Staff, He has also initiated and implemented a robust Human Resource and Payroll application system with clouding to improve operational efficiency.

As former Vice-President of Ghana Association of Hamilton for over 8 years and currently CEO of African Canadian Youth Sports Network, Collins has organized various community events and programs to bring the Ghanaian Culture to the Hamilton Community through Ghana Fiesta, Cultural events, African Cup of Nations Hamilton for the past 7 years where up to twelve African countries compete for the sole African Cup of Nations Hamilton championship. Currently Collins has developed a program for the African Canadian Youth Sports Network and secured start-up funding to run Elite Under 8-12 boys and girls' soccer programs for equity deserving population in the Hamilton region and hope to extend this prospect to other communities in the future.

Collins was born in Sunyani and lives with his wonderful wife Abby and two daughters Ava and Page.

NANA YAA KONADU BERIMA TWENEBOA KODUA - COMMUNITY MEDIA

Nana Konadu Berima Tweneboa Kodua was born in Ghana, given the name Abena Konadu. Abena Konadu combined her given name Konadu and her mother's family name Berima Tweneboa Kodua as her media name, Nana Konadu Berima Tweneboa Kodua.



She started her education at Peters Educational Center in Kwadaso. She later moved from Kwadaso to Asawasi where she attended Peace Preparatory school before moving to St. Theresa's Catholic School in Asawasi.

Due to migration, under the Canadian sponsorship of her biological father, she continued her education at the James Cardinal Mcguigan catholic high school in Canada. Receiving her high school diploma, she continued her education to read law and security at the Mohawk college in Hamilton Brantford - Canada. She pursued her first degree at the York University in Sociology and Criminology followed with her masters in sociology, all in Canada.

After graduating from the University, Nana Konadu was hired as case processor with the Canada immigration service. She then changed her working environment to work with the Edmonton Catholic social service as an advocate and now working under Edmonton Public School as an educationalist.

Nana Konadu is a registered business owner, franchise with Stratus building solution.

She joined the media as a reporter with the Pendream media then later joined Gpower radio and adepanews.com as a news writer. She is currently working as a television coordinator and presenter with Adehyeman Tv Canada which is broadcast on Shaw and Telus cable by OMNI TV.

RAYMOND PAUL ANSAH COMMUNITY SERVICE

Raymond Paul Ansaah is an entrepreneur / Realtor with Century21 People's Choice Realty Inc.



He migrated to Canada in 1990 through international students exchange program under the auspices of University of Windsor, banking and finance training.

His first real job in Canada was with Royal Bank of Canada in Windsor for eight months before moving to Toronto.

He joined Canada Life Insurance Company as Life Underwriter in 1995 and worked there for a period three years. It was his dream to operate his own business, hence he became an independent Financial Advisor (Broker) with North York Financial Services from 1998 till 2017 when he dared to try other things. He got enrolled at OREA/ Humber College Real Estate course program to become a Realtor.

Volunteering, charity works and service to society, community and humanity for that matter are things he loves to do and advocate for. He served as the President of OKuapemman Cultural Association of Ontario with a team of dedicated and committed members for 15 years and 2 years as President of OKuapemman USA and Canada Umbrella Group respectively. He is currently serving as member of the Ghanaian-Canadian Association of Ontario's (GCAO) Advisory Board, Chairman of the GCAO Heritage Resource Center Fundraising Committee and also Board of Trustees member of OKuapemman USA and Canada (OKUSACA) Raymond is blessed with three great children.

FRANCIS ADU-DONKOR - INNOVATION

Francis Adu-Donkor is a multilingualist with oral and written proficiency in German, Spanish and French apart from English and other Ghanaian Languages. A product of the University of Ghana, Legon, he taught French in Secondary Institutions prior to embarking on a Master's Degree in Germanistics at the Johannes Gutenberg University of Mainz in Germany. He worked for a couple of years at the Frankfurt Airport as a Translator and Interpreter before migrating to Canada.



Francis has been working with the Greater Toronto Airports Authority for the past 20 years as a Terminal Specialist and Guest Services Representative . His duties involve assisting passengers with linguistic barriers.

Apart from the Airport, he works as a Licensed Life Insurance Agent with ACE Financial Group Inc. as well as OM Financial Inc : a leading expert in the valuation and acquisition of insurance and investment Brokerages. He has committed himself to ensuring that families, especially those from Ghana, are financially protected. Francis is also Head of the Stewardship Department of the Toronto Ghanaian Seventh Day Adventist Church.

His achievements were recently crowned with the publication of his maiden book "Step Into the Wisdom Lane of Wealth: Unleash Your Intellectual, Spiritual and Physical Abundance" A book that won him a "Spiritual Wealth Award" in 2022.

RECIPIENTS

PRISCILLA ADDO (SILLA) - MUSIC

Priscilla Addo, popularly known in showbiz as SILLA, is a singer of Ghanaian descent with both my parents being born in Kumasi, Fawoade. She was born in Canada however lived in Ghana for her primary school education where she gained an appreciation of the beautiful culture before moving back to Canada. At the age of 6 years she became exposed to and inspired by R&B artists such as Brandy, Monica, Boy 2 Men, & many more. This influence led her to explore singing at 6 years old practicing her vocals at home until one day in the 6th grade she decided to perform in front of her classmates and this was the first time she realized that she had potential to sing in front of an audience. She then began to participate in different talent shows around the GTA winning first or second place in competitions. She also joined the church choir and later in her late 20's became a worship leader at Amplify Life Centre.



Her latest single release "Lonely" has been making waves on major radio platforms such as G98.7 and is also accompanied by her first new music video available on Youtube, directed by AO Gorman at Damoah Film and Photography. This song has been blowing up world wide.

The name SiLLLa is here to stay. Lookout for more accolades and global impactful music that will set stage for future opportunities.

She is also a very active community service developer and health care provider as a registered nurse for over 13 years. She sits on the board of Ebony Care, a nonprofit organization catered to providing home care support to the African Diaspora community with a focused vision to open a nursing home.

Priscilla is one the owners of Ohemaa (Queen) Secrets with a vision to help build black businesses and create opportunities for us all to work together. She follows the valued philosophy that together we are stronger.

As a female entrepreneur, she takes a huge pride in supporting female black businesses and leveraging with one another through long term collaborative efforts.

LOUISA BOACHIE-FREEMAN BUSINESS ADMINISTRATION

Louisa Boachie-Freeman Is a Senior Relationship Manager in Business Marketing at the Royal Bank of Canada. She has served in the administrative position for 13 years now.

Louisa has a diploma in Business Administration, and completed credit certification course at Waterloo University. She also has certification in Invest Funds Canada (IFC) and Financial Planning 1 with Canadian Institute of bankers. She



has over 20 years experience in the Financial Services Industry, 15 years in personal credit and investment banking and 5 years in business credit and portfolio management.

Louisa mentors colleagues and volunteers in events in our local communities and non-profit organizations providing financial literacy and awareness. She engages in community events for small business owners in our community and beyond providing information about starting and growing their business assisting members in her community in business credit opportunities and government programs.

Louisa has the passion for providing financial education within the Ghanaian community and has won multiple awards, including the 2011 RBC Community Leader Award.

She is currently a member in the finance department of the Canada Ghana Chamber of Commerce (CANCHAM).

CHRIST REDEEMER CHURCH

YOU ARE SPECIALLY INVITED TO THE

CONSECRATION SERVICE

OF BISHOP & FIRST LADY ELECT

PASTOR ERIC & FIRST LADY FELICIA AMOAH

SEPTEMBER 17, 2023 | 10:00AM

VENUE: CHRIST REDEEMER CHURCH, 14 HAAS RD ETOBICOKE

Ghanaian Canadian Zongo Community gets a 'Sarki'

By Ebenezer Amankwah & Emmanuel Ayiku, Toronto, ON

Alhaji Abdallah Abubakar Larry has been crowned as the traditional leader of the Zongo Community in Ontario, Canada, and has been given the title of 'Sarki'.

This coronation, which is the first of its kind in the community, has been in the works for almost a decade.

Zubeiru Zugu, the President of the Zumunta African Muslims in Canada, expressed his joy at the installation and said that it had come at the right time.

He praised the newly installed chief for his sacrifices and



Sarki Alhaji Abdallah Abubakar Larry



Some Sub-chiefs of the Zongo Community



Sarki and some Elders

continuous effort to reach this position.

The President also tasked the 'Sarki' and his six sub-chiefs, who were also outdoored during the event, to serve as role models for the Zongo community.

The event took place at 32 Lepage Court, North York, Ontario.



Elders



President of Zumunta delivering speech



President of Zumunta and Secretary of Royals Chiefs of Toronto



Participants



Participants



Participants



Participants



Participants



Participants



**LAKESIDE
ESTATE**

Quality Homes for all.



SECURE YOUR WEALTH IN A 2, 3 OR 4 BEDROOM

LAKESIDE ESTATE HOME

33RD CIMG
AWARDS

REAL ESTATE
COMPANY OF
THE YEAR 2021

AVAILABLE AT A:

- HIGHER % ROI
- ZERO RISK

*TERMS AND CONDITIONS APPLY



0302 775 043

FOR ENQUIRIES CALL:

0204 775 043 (ISAAC)

0204 775 042 (PEARL)

0204 775 040 (HAKIM)

0501 418 622 (DANIEL)



www.lakesideestate.com
sales@lakesideestate.com

FOLLOW US



In Canada call: 416-844-9161

Results from NPP's Super Delegates Conference

The New Patriotic Party on Saturday gathered some 958 delegates nationwide to vote for five presidential candidates ahead of their Presidential Primaries in November.

The ten presidential aspirants, in the order in which they appear on the ballot paper are: Mr Kennedy Agyapong, Mr Alan Kwadwo Kyerematen, Mr Joe Ghartey, Mr Kwadwo Poku, and Dr Owusu Afriyie Akoto.

The rest are: Mr Kwabena Agyei Agyepong, Francis Addai Nimoh, Dr Kofi Konadu Apraku, Mr Boakye Kyeremanteng Agyarko, and Vice President Mahamudu Bawumia.

Here is a compilation of the votes from the various regions:

In the **Upper West**, 32 delegates voted in the election. Here is a breakdown of the votes;

Ken Agyapong – 2
Alan Kyerematen – 4
Owusu Afriyie Akoto – 3
Dr Mahamudu Bawumia – 23
The other candidates did not get any of the votes cast.

In the **Bono Region**, 37 delegates voted as opposed to the 38 expected. Below is the breakdown of the votes;

1. Kennedy Ohene Agyapong – 5
2. Alan Kwadwo Kyerematen – 2
3. Joe Ghartey – 0
4. Kwadwo Nsafoah Poku – 0
5. Dr. Owusu Afriyie Akoto – 2
6. Kwabena Agyei Agyepong – 0
7. Francis Addai Nimo – 0
8. Dr. Kofi Konadu Apraku – 0
9. Boakye Kyerematen Agyarko – 0
10. Dr. Mahamudu Bawumia – 28

For the **Oti Region**, 30 votes were cast. Here is a breakdown of the votes;

1. Kenedy Agyapong – 5
2. Alan Kwadwo Kyeremanteng – 6
3. Joe Ghartey – 0
4. Kwadwo Poku – 1
5. Owusu Afriyie Akoto – 2
6. Kwabena Agyei Agyapong – 0
7. Francis Addae Nimo – 0
8. Kofi Konadu Apreko – 0
9. Boakye Agyako –
10. Dr Bawumia – 16

In the **Upper East Region**, 36 delegates cast their votes. Below is a breakdown of the votes;

1. Kennedy Ohene Agyapong – 3
2. Alan John Kyeremanteng – 1
3. Joe Ghartey – 0
4. Kwadwo Nsafoah Poku – 0
5. Owusu Afriyie Akoto – 1
6. Kwabena Agyapong – 0
7. Francis Addai Nimo – 0
8. Kofi Konadu Apraku – 0

9. Boakye Agyarko – 0
10. Dr Mahamudu Bawumia – 31

Here is the breakdown of the votes in the **Ahafo Region**;

1. Kennedy Agyapong – 10
2. Alan Kyeremanteng- 3
3. Joe Gartey – 0
4. Kwadwo Nsafoa- 0
5. Dr Akoto Afriyie – 2
6. Kwabena Agyapong – 1
7. Francis Addai-Nimoh -0
8. Konadu Apraku-
9. Boagye Agyarko- 1
10. Mahamudu Bawumia – 13

At the **NPP headquarters in Greater Accra**, 176 people were present to last their vote. Here is the breakdown of results at the party's headquarters;

1. Kennedy Agyapong – 32
2. Alan Kyerematen – 22
3. Joe Ghartey – 1
4. Mr Kwadwo Poku – 0
5. Dr. Afriyie Akoto – 0
6. Kwabena Agyei Agyepong – 0
7. Hon. Addai Nimo – 5
8. Dr. Kofi Konadu Apraku – 0
9. Mr. Kyerematen Agyarko – 0
10. Dr. Mahamudu Bawumia – 107

In the **North East Region**, the Vice President swept all the votes;

1. Kennedy Agyapong – 0
2. Alan Kyerematen – 0
3. Joe Ghartey – 0
4. Mr Kwadwo Poku – 0
5. Dr. Afriyie Akoto – 0
6. Kwabena Agyei Agyepong – 0
7. Hon. Addai Nimo – 0
8. Dr. Kofi Konadu Apraku – 0
9. Mr. Kyerematen Agyarko – 0
10. H.E. Dr. Mahamudu Bawumia – 28

In the **Western North Region**, 33 people cast their votes. Here is a breakdown of the votes;

1. Kennedy Agyapong – 5
2. Alan Kyerematen – 4
3. Joe Ghartey – 1
4. Mr Kwadwo Poku – 1
5. Dr. Afriyie Akoto – 3
6. Kwabena Agyei Agyepong – 0

7. Francis Addai Nimo – 0
8. Dr. Kofi Konadu Apraku – 0
9. Mr. Boakye Agyarko – 1
10. H.E. Dr. Mahamudu Bawumia – 18

In the **Volta Region**, 41 delegates were able to cast their vote. Below is a breakdown of the votes

1. Kennedy Agyapong – 4
2. Alan Kyerematen – 4
3. Joe Ghartey – 0
4. Mr Kwadwo Poku – 0
5. Dr. Afriyie Akoto – 3
6. Kwabena Agyei Agyepong – 0
7. Francis Addai Nimo – 1
8. Dr. Kofi Konadu Apraku – 0
9. Mr. Boakye Agyarko – 0
10. H.E. Dr. Mahamudu Bawumia – 29

In the **Bono East Region**, 35 delegates voted massively for the Vice President. Here is a breakdown of the votes cast;

1. Kennedy Ohene Agyapong – 6
2. Alan John Kyerematen – 3
3. Joe Ghartey – 0
4. Kwadwo Nsafoah Poku – 0
5. Owusu Afriyie Akoto – 3
6. Kwabena Agyapong – 0
7. Francis Addai Nimo – 0
8. Kofi Konadu Apraku – 0
9. Boakye Agyarko – 0
10. Mahamudu Bawumia – 22

In the **Savannah Region**, 30 people cast their votes. Below is a breakdown of how they voted;

1. Kennedy Ohene Agyapong – 7
2. Alan John Kyerematen – 1
3. Joe Ghartey – 0
4. Kwadwo Nsafoah Poku – 0
5. Owusu Afriyie Akoto – 0
6. Kwabena Agyapong – 0
7. Francis Addai Nimo – 0
8. Kofi Konadu Apraku – 0
9. Boakye Agyarko – 1
10. Dr Mahamudu Bawumia -19

The Vice President also took the win in the **Ashanti Region**. Below is the breakdown of the votes cast;

1. Kennedy Agyapong – 6
2. Alan Kyerematen – 10
3. Joe Ghartey – 0

4. Mr Kwadwo Poku – 0
5. Dr. Afriyie Akoto – 5
6. Kwabena Agyei Agyepong – 0
7. Francis Addai Nimo – 0
8. Dr. Kofi Konadu Apraku -0
9. Mr. Kyerematen Agyarko— 0
10. Dr. Mahamudu Bawumia – 97

Meanwhile, Emmanuel Anhwire, the MP for Atwima Nwabiagya South wasn't allowed to vote. He came in nine minutes after polls were closed.

In the **Central Region**, 54 delegates came to vote. Here is a breakdown of the votes cast;

1. Kennedy Agyapong – 19
2. Alan Kyeremanteng – 4
3. Joe Ghartey – 1
4. Kwadwo Poku- 1
5. Owusu Afriyie Akoto – 3
6. Kwabena Adjei Adjapong – 0
7. Francis Addai Nimoh – 0
8. Dr. Kofi Konadu Apraku – 0
9. Boakye Aguarko – 1
10. Dr. Mahamudu Bawumia – 25

In the **Greater Accra Region**, 71 delegates voted in the election. Vice President Dr Bawumia won the contest. Below is a breakdown of the votes;

1. Keneddy Agyapong – 15
2. Alan Kyerematen – 14
3. Joe Ghartey – 0
4. Mr Kwadwo Poku – 0
5. Dr. Afriyie Akoto – 3
6. Kwabena Agyei Agyepong – 1
7. Francis Addai Nimo – 1
8. Dr. Kofi Konadu Apraku – 0
9. Mr. Kyerematen Agyarko – 1
10. Dr. Mahamudu Bawumia – 36

In the **Eastern Region**, 80 delegates voted in the election. Here is a breakdown of the votes cast;

1. Keneddy Agyapong – 8
2. Alan Kyerematen – 7
3. Joe Ghartey – 0
4. Mr Kwadwo Poku – 0
5. Dr. Afriyie Akoto – 1
6. Kwabena Agyei Agyepong – 0
7. Francis Addai Nimo – 1
8. Dr. Kofi Konadu Apraku – 0
9. Mr. Kyerematen Agyarko – 4
10. Dr. Mahamudu Bawumia – 59

In the **Western Region**, 45 delegates cast their votes. Below is a breakdown of their votes;

1. Keneddy Agyapong – 3
2. Alan Kyerematen – 7
3. Joe Ghartey – 1
4. Mr Kwadwo Poku – 0
5. Dr. Afriyie Akoto – 3
6. Kwabena Agyei Agyepong – 0
7. Francis Addai Nimo – 0
8. Dr. Kofi Konadu Apraku – 0
9. Mr. Kyerematen Agyarko – 0
10. Dr. Mahamudu Bawumia – 31

Source: MyJoyOnline.com

DADSON LAW

Dorothea A. Dadson LL.B LL.M



**DIVORCE CUSTODY CAS MATTERS
ACCESS CHILD SUPPORT SEPARATION
AGREEMENTS DIVISION OF ASSETS**

21 Years of Experience in Family Law

Member of the Law Society of Upper Canada, York Region Family Law Association, Duty Counsel for 47 Sheppard Avenue Court, Experience in Dealing with Domestic Violence Cases, Former Lawyer for Men's Divorce Centre, Member of Legal Aid Appeals Committee

Telephone: 416-385-8104 Fax: 416-385-1047

150 Consumers Rd., Suite 201 Toronto, Ontario M2J 1P9

JAK LEGAL CONSULTANCY

Professionals specialized in the following areas of practice:

Immigration Law Other Practice Areas

- * Family Class Sponsorships
- * Sponsorship appeals
- * Refugee Claims
- * Humanitarian Applications
- * Invitation Letters
- * Visa extensions
- * Work and Study Permits
- * Uncontested Divorce
- * Small Claims Court Matters
- * Landlord and Tenant Matters
- * Power of Attorney
- * Agreements and Wills
- * Bankruptcy Consultation

James A. Kwaateng, B.A. (Hons); LLB (Hons); CCIC
Legal consultant; Commissioner of Oaths

Tel. (416) 743-2758 Fax: (416) 743-7027

168A Oakdale Rd., Suite 4, Toronto, Ontario, M3N 2S5.

Osei Owusu

Barrister, Solicitor & Notary Public

LAW OFFICE OF OSEI OWUSU

REAL ESTATE LAW

Buying a home may be the most important investment in your life. We ensure that it is done properly

- * **Buying and selling your home**
- * **Transfers of property**
- * **Placing Mortgages, Refinancing**

FAMILY LAW

Divorce
Custody, Access and Support
Separation
Children Aid Cases

CRIMINAL LAW

Adult Criminal Code offences
Youth Criminal Justice Act (Young Offenders)

IMMIGRATION

Sponsorships
Sponsorship Appeals
Humanitarian and Compassionate Cases

Also: Wills, Powers of Attorney, Foreign Divorce Opinions, Affidavits and Declarations, Certifying and Notarising documents

Tel: 416-614-1001 Fax: 416-614-6161

1315 Finch Avenue West, Suite 318, Toronto, Ontario, M3J 2G6 (Keele/Finch)

BANSAH & ASSOCIATES

Immigration Counsel



Areas of Specialization:

- ◆ Immigration Hearings
- ◆ Foreign Sponsorship & Appeals
- ◆ Applications from inside Canada
- ◆ Humanitarian & Compassionate Cases
- ◆ Detention Reviews & Deportation Order Cases
- ◆ Visa Extensions
- ◆ Federal Skilled Worker Applications
- ◆ Family Class Sponsorships
- ◆ Student Visa
- ◆ Provincial Nominee Program.

Contact: **Edward Bansah** B.A (Hons), CCIC, FCMI Cert. Mig. & Ref Studies
Member: Canadian Society of Immigration Consultants

Tel: 416-785-0522 Fax: 416-782-8563

1111 Albion Road, Unit 207, Toronto, ON, M9V 1A9

Council votes in favour of new revenue tools for cash-strapped city

City council has voted in favour of a number of revenue tools to help plug a billion-dollar budget hole.

The revenue tools, which were unanimously supported by Mayor Olivia Chow's executive committee last month, and a push for more cash from Ottawa to deal with the refugee crisis were among the big ticket items on the agenda at this week's meeting on Wednesday.

Councillors voted in favour of two revenue-generating initiatives: graduated increases to Municipal Land Transfer Tax on luxury homes worth \$3 million and more, and the removal of a five dollar per hour cap for on-street parking. Councillors also approved further study of a commercial parking levy, a monthly mobile phone levy for 911 costs, and increasing the vacant home tax.

Councillors also approved to ask the province for permission to implement a municipal sales tax for goods and services sold in Toronto.

In a Wednesday night media release, representatives for the City of Toronto said that if the federal and provincial governments do not provide the city with growth or new revenue tools, the city may be forced to cut services and capital projects.

The new graduated land transfer tax increases would apply to high-value residential properties, including a 3.5 per cent tax for properties valued at between \$3 million and \$4 million, 4.5 per cent for properties worth \$4 million to \$5 million, 5.5 per cent for properties valued at between \$5 million and \$10 million, 6.5 per cent for homes worth \$10 million to \$20 million, and 7.5 per cent for all properties valued at over \$20 million.

Beyond the immediate financial pressures faced by the municipality, Toronto's city manager has warned that the city will see an expected budget shortfall of nearly \$50-billion over the next 10 years.

Referencing the report on the city's long-term financial strategy, Chow said there are two aspects to the plan.

"One aspect is what the city can do... We are asking people who are buying houses that are luxury houses to pay a bit more. Speculators that are leaving their apartments empty in the middle of a housing crisis, that they should pay a bit more," she said.

"The other aspect that we are discussing is what we are asking the federal and provincial government to do."

She said those discussions involve revenue tools outside the scope of what the city can implement, including a sales tax and gas tax.

Transit ridership has not returned to pre-pandemic levels and is one of the main factors draining money from the city's operating budget, along with higher inflation rates and shelter costs.

City officials have warned that none of the revenue tools being considered will be enough to bring the city back into the black.

SHELTER SYSTEM COULD SEE UP TO 4,500 REFUGEES BY END OF YEAR

"Today in front of council there are three items. One is on refugees, the second one is on housing, the third one is about the long-term financial plan. All three of them are interconnected," Chow said at city hall ahead of Wednesday's meeting.

During a presentation to councillors, City Manager Paul Johnson outlined the "tremendous increase" the city has seen in people being housed across Toronto's shelter system. This includes an influx of refugees and refugee claimants, he said.

"In essentially exactly two years, we have gone from 537 people (refugees and refugee claimants) in the shelter

cont'd on pg. 44



ASHANTI LAW
perspectives you can benefit from!

Appiah Opoku Boateng
(Lawyer)
7 506 - 1110 Finch Ave. West,
Toronto, Ontario M3J 3J4

(T) (416) 792-4500 / (844) 202-9965
416-391-6099 www.ashantilaw.ca
@ appiah@ashantilaw.ca /
appiahboateng@hotmail.com

www.ashantilaw.ca

We provide these services:

- **Real Estate (Closing - Sale and Purchase, Mortgage Refinancing)**
- **Immigration**
- **Family Law**
- **Wills and Estates**
- **Criminal Law**
- **Civil Litigation**



**Appiah Boateng,
Lawyer**



Zwiebel associates

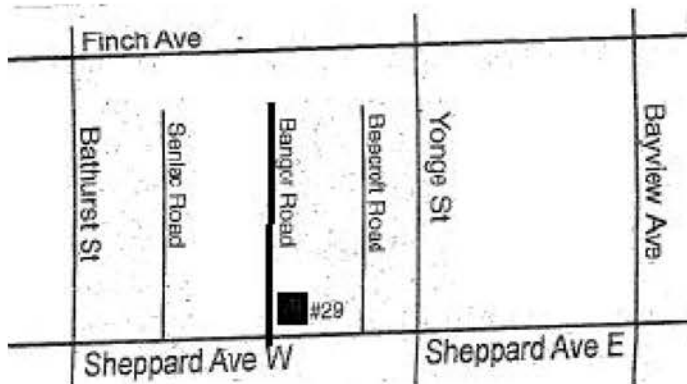
PERSONAL
INJURY
LAWYERS

**Workplace Safety Insurance Board (WSIB, WSIAT),
Disability Claims and Motor Vehicle Claims.**

**You don't pay anything until the case is settled,
and you only pay if the case is a success.**

29 Bangor Road, North York, ON M2N 2J8

One block west of Yonge, right off Sheppard



Tel: 416-221-9777

wsib@zwiebelandassociates.ca

www.zwiebelandassociates.ca

For Ghanaian interpreter:

Mr. Yeboah, call 647-782-6733

OVER 30 YEARS OF EXPERIENCE !!

OHENE ANDOH & ASSOCIATES - Est. 1991

Immigration Counsel
(RCIC)

We Specialize In:

- * Immigration Hearings
- * Immigration Appeals
- * Refugee Claims/Hearings
- * Detention Reviews and Deportation Order Cases
- * Pre-Removal Risk Assessment (PRRA) cases
- * In-Canada Sponsorship Applications
- * Overseas Sponsorship Applications
- * Humanitarian & Compassionate Applications (H & C)
- * Visa Extensions
- * Work and Study permits Applications

Contact:

Ohene K. Andoh B.A. (Hons.), Cert. Reg. Law, Cert (A.D.R.)

Tel: 416-748-8266 Fax: 416-748-5637

2365 FINCH AVENUE WEST, SUITE 208, (AT WESTON ROAD), TORONTO, ONTARIO, M9M 2W8

We have been in active practice since 1991

SONA 220 VOLTS

www.220v.com

**We Carry Brand Name 220v/50Hz Export Model
Restaurant and Household Products Kitchen Appliances**



**Unlocked
GSM Cellphones
DUAL SIM**



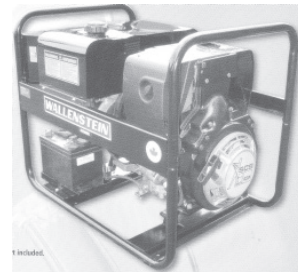
Heavy Duty Restaurant Range



Deep Fryer



Commercial Oven



Generator



Freezer



Gas & Electric
Stoves

**FREEZERS, REFRIGERATORS, WASHERS,
DRYERS, AIR CONDITIONERS,
VACUUM CLEANERS, TRANSFORMERS**



LED TVs

Tel: 416-646-0495

5707 Steeles Ave. West, Toronto, Ont. M9L 1S7 South East Corner of Steeles and Fenmar / Pine Valley

Council votes in favour of new revenue tools for cash-strapped city

cont'd from pg. 42

system to over 3,300," he said. Johnson noted that while an increase is not surprising as the borders were closed in the summer of 2021, the current level of demand for the shelter system is unprecedented.

"What has happened recently is much beyond anything the city of Toronto has experienced in the past and it continues unabated," he said.

A recent staff report, which was submitted to council, indicates that there could be up to 4,500 refugee claimants in the city's shelter system by the end of the year, which represents about 50 per cent of all shelter spaces available.

"The story of the shelter system in Toronto is that it is full. It has no additional capacity to support people experiencing homelessness regardless of their circumstance and as a result of that pressure, we have had to take extraordinary measures to free up space in other non-traditional setting," Johnson said.

"Over 10,000 people on a nightly basis are being sheltered in one capacity or another and this not a sustainable solution in the long term."

City staff have recommended that

council formally recommend that the federal government provide "full reimbursements to the city" for the estimated \$200 million in expected 2023 costs to support refugee claimants in shelters. This would include the \$97 million that has already been announced by the feds.

Staff also indicated that city council should request "an ongoing commitment" from Ottawa on the Interim Housing Assistance Program, including \$250 million in funding for 2024 and "future funding" until the shelter demand is at "sustainable levels."

Another recommendation involves putting in a request to the federal government for an increase in the Canada-Ontario Housing Benefit, which would include a funding commitment of \$6.6 million for Toronto.

Chow said solving the housing crisis, supporting the influx of refugees coming to the city, and dealing with Toronto's budget shortfall will require financial support from other levels of government.

"Why are we in such a crisis with the refugee situation? It is because the City of Toronto just does not have the financial means to manage them," she said. **Cp24**

FIRST OCEAN PLUS
COMPANY LIMITED
(SHIPPING & LOGISTICS)

Your item(s) are in good hands.
We ship safely from

Ghana ↔ Canada

Canada Address
130 Milvan Dr, North York,
ON M9L 1Z9
PHONE: 437-239-4740

Email: info.canada@firstoceanplus.com
www.firstoceanplus.com

Ghana Address
TEMA BEACH ROAD, CT-383-5189
OPPOSITE JW HEADQUARTERS
PHONE: +233-240-384-745 / +233-546-519-353



We Ship
Cars, Trucks, Barrels
Sacks & Personal Effects
 Competitive Rates for 20' and 40' Containers!
 We sell empty barrels!
 CALL SAMUEL OPARE TODAY @
416-740-SHIP (7447)
 Cell: 647.867.8447 Fax: 416.740.7440
 92 Arrow Road, Toronto, ON M9M 2L8
www.dominionshipping.com



CARGO - LINK INTERNATIONAL

(Freight Forwarders & Consolidators)
 Competent Commitment & Excellence

For your Reliable Export Services - Shipping Services to Ghana, Nigeria, Clearing & Delivery Services in Ghana

- * You don't need to go to the Port
- * You don't need to see any Agent
- * Just see a **CARGO-LINK** Representative in Accra & Kumasi for your Safe & Affordable Shipment
- * We also do door to door in Accra & Kumasi at very low transportation cost (EXTRA)
- * We give Bill of Lading too to those who want to clear their own goods



Contact: Regina or B'B Manu
Tel: 416-736-1905
416-822-9462
Fax: 416-736-9973



1111 Finch Ave. W., Unit 31, North York

Go Seko Shipping Inc.

Freight Forwarding Division & Bailing of Used Clothes

- * Yam * Gari * Rice * Accra Kenkey * Canned Food
- * Dry Fish * Koobi and Many More

We ship Cars, Trucks, Electrical Appliances, Computers, Clothing, Barrels, Personal Effects and many more




Call Nana Djan

Tel: 647-895-1315, 416-913-1986, Fax: 416-850-0580
E-mail: sekoshipping@gmail.com
 52 Carrier Drive, #8 (Hwy 27 & Carrier)



ALPHATEC

BUSINESS OPERATIONS INC.
SHIPPERS & CONSOLIDATORS
Gateway to Worldwide Shipping



We ship everything including:
 Cars, Trucks, Computers,
 Building Materials,
 Electrical Appliances,
 Personal Effects,
 Barrels, etc.

We also do Bailing of used clothing!

135 Ormont Drive. Unit 21
 Toronto, Ontario M9L 1N6
 NyarkoMartin@hotmail.com



Call Martin F. Nyarko or Thomas for quotation
Cell: 416 562-7846 Cell: 416 508-2750
 Tel: 416.646.3448 • Toll: 1.877.563.7846 • Fax: 416.646.3449

Micangel Global Inc.

Shipping and Freight Forwarding

SEA * AIR * LAND

Fast Easy And Reliable Service To All African Countries and Other Worldwide Ports

CUSTOM CLEARANCE, PICK-UP, DELIVERY

Call Angelina

Tel: 416-457-1174
 81 Kelfield Str. Unit 2, Etobicoke, Ont.

OCAD University mounts significant presence at TIFF

Oscar-nominated animator Michael Fukushima joins as University's first Executive Producer-in-Residence

Special – Filmmaker on Filmmaker.

OCAD University is pulling out all the stops at this year's Toronto International Film Festival (TIFF) by showcasing its Experimental Animation program and OCAD U LiVE, which are both housed at the TIFF Bell Lightbox, along with co-hosting the opening reception as a community partner before the international premiere of *The Boy and the Heron*.

"We're excited to participate at this year's festival, which coincides with our announcement that renowned animator and filmmaker Michael Fukushima is joining the University's Experimental Animation Program as its first Executive Producer-in-Residence," says OCAD U President and Vice-Chancellor Ana Serrano. "As Canada's leading arts and design university, OCAD U is driving positive impact for the creative economy through partnerships like the one with TIFF by giving students opportunities to gain employable skills to thrive in a range of creative industries."

OCAD U's showcase at TIFF includes:

- On Sept. 7, joining with [Gold House](#) as a community partner to co-host the opening night reception prior to the international premiere of *The Boy and the Heron* directed by acclaimed Japanese filmmaker Hayao Miyazaki;
- On Sept. 8, participating in the panel discussion, [CONNECTIONS Activating Grassroots Movements with Gold House](#) with OCAD U President Ana Serrano as moderator;
- From Sept. 7 to 10, inviting the public to the [OCAD LiVE](#) tent to watch programs produced OCAD U LiVE student content creators as well as films by students in the Experimental Animation and Integrated Media programs; and
- OCAD U LiVE conducting interviews on the red carpet during TIFF that will air on the Toronto Downtown West BIA's social media channels and on OCAD U LiVE and as part of the OCAD U LiVE TIFF

OCAD U's presence at the festival builds on the partnership with TIFF announced earlier this year that is providing student content creators for OCAD U LiVE, a 24/7 digital streaming channel, with access to professional equipment at a dedicated street-facing studio at the TIFF Bell Lightbox. The University's Experimental Animation program holds classes in dedicated learning studios at the TIFF Bell Lightbox. As a result, these students are gaining valuable conceptual and technical skills.

ABOUT MICHAEL FUKUSHIMA
Michael Fukushima produced more than 200 films, including three Oscar-nominated animation shorts, during his 30-year career at the National Film Board (NFB) of Canada. He has had an immense impact on the landscape of Canadian cinema, including co-founding Hothouse, the NFB's flagship apprenticeship program for emerging filmmakers. An avid storyteller and relentless advocate for Asian and other marginalized filmmakers, Fukushima played a key role in diversifying animation by helping to make the NFB one of the first animation organizations to achieve gender parity. He received an [honorary doctorate from OCAD U](#) in 2022 in recognition of his achievements.

In the 2023-24 academic year, Fukushima will be working with the Experimental Animation Thesis team (Lecturer Gustavo Cerquera Benjumea, Associate Professor Wrik Mead and Assistant Professor Veronika Szkudlarek) to mentor thesis students as they develop their animation projects, participating in critiques in the fall and winter terms.

ABOUT OCAD U'S EXPERIMENTAL ANIMATION PROGRAM
OCAD U has a long history of graduating successful animators in art and film. In the 1940s, legendary NFB animator Norman McLaren recruited Ontario College of Art students George Dunning, Evelyn Lambert and Grant Munro right out of school. They went on to play a key role in animation in Canada and abroad. For example, Dunning directed the Beatles' *Yellow Submarine*. Later, graduate and acclaimed animator

Richard Williams directed the animation in the groundbreaking *Who Framed Roger Rabbit*. In the fall of 2022, art director and graduate Karen DeJong released *Ron's Gone Wrong*, a computer-animated feature that has generated over \$60 million in box office sales since its premiere in the United Kingdom. In September 2022, the University welcomed its first cohort of undergraduate students in the program, which focuses on animation as an artistic practice with strong involvement with industry.

ABOUT OCAD U LiVE
Launched in October 2020, OCAD U LiVE is a 24/7 digital streaming channel featuring content produced by students. In this experiential learning program, students get hands-on training in all facets of media production and valuable experience to contribute to Canada's booming content creator economy. OCAD U LiVE is also growing as a production house for brands and organizations to hire OCAD U students to create their video content. Now in its seventh season, OCAD U LiVE has hired more than 130 student content creators, produced more than 60 multi-episode series, presented over 500 original videos and broadcasted over 100 hours of programming.


ABOUT OCAD UNIVERSITY
OCAD University, Canada's largest and oldest art and design university, is a world-famous hub for art, design, digital media, research, innovation and creativity. We embrace collaborative and interdisciplinary approaches to change-making through art, design-thinking curriculum and research making OCAD U a local, regional, national and global leader in art and design. Alongside a diverse and supportive team of instructors and peers, our students gain employable skills. Graduates work in different sectors such as film, animation, content creation, gaming, publishing, urban planning, environmental design, visual arts and arts administration.

ABOUT GOLD HOUSE
Gold House is the leading cultural ecosystem that unites, invests in and champions Asian Pacific creators and companies to power tomorrow for all. Our innovative programs and platforms include membership systems and events to fortify relationships among the Asian Pacific community and with other marginalized communities ([#StopAsianHate](#)); first-of-its-kind ventures to propel the next generation of top Asian Pacific founders, creatives, and social impact leaders ([Gold House Futures](#), [Gold House Ventures](#)); and industry-leading research, consulting, and marketing to promote authentic and affirming storytelling ([Gold Story Consultation](#), [Gold Open](#), [Gold List](#), [A100 List](#)). To learn more, visit www.goldhouse.org or follow @GoldHouseCo on [Instagram](#), [Facebook](#), [Twitter](#), and [LinkedIn](#).

ABOUT TIFF
TIFF is a not-for-profit cultural organization whose mission is to transform the way people see the world through film. An international leader in film culture, TIFF projects include the annual Toronto International Film Festival in September; TIFF Bell Lightbox, which features five cinemas, learning and entertainment facilities; and innovative national distribution program, Film Circuit. The organization generates an annual economic impact of \$200 million (CDN). **GLOBE NEWSWIRE**

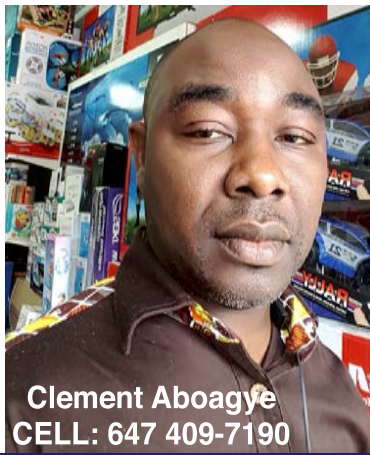
Sam Auto Body
Collusion Repairs
* Rust *Minor Repairs and Painting
Sammy Lartey 647-428-6837
172 Toryork Dr., #9, North York, Ont.

Sam Auto Service
GENERAL REPAIR ON ALL MAKE & MODELS
Domestic & Import
Contact: Sam
Tel: (416) 743-6969
66 Milvan Dr. Units 6& 7, North York, Ont.
Guaranteed Job Satisfaction
YOU ARE IN GOOD HANDS !!!

SIX STAR MOTORS
56 Penn Drive, North York
(Finch/Milvan)
Specializing In:
Air Conditioning
Service Tune-ups, ★  ★
Brakes, Mufflers, ★ ★ ★ ★
General Repairs
Service to all imports
Paul Nsiah, Manager
Tel: 416-746-3275

Dynamic Auto Repairs
Auto Repairs For All Makes and Models
Business Hours
Monday - Friday - 9:00am - 5:00pm
Saturday 9:00am - 6:00pm
MOVED TO A NEW LOCATION
Obeng
Tel: 905-782-4305
Cell: 647-225-4223
1885 Sismet Rd. #5N
Mississauga, ON, L4W 1W8

Bright and Fam Automotive
Complete general repairs to all foreign & domestic cars, Body and Custom painting
Contact: **Bismarck Bright or Nick Bright**
Tel: (416) 745-5690 Fax: (416) 745-1514
16 Taber Rd, Etobicoke, Ont.



Clement Aboagye
CELL: 647 409-7190



COMPURE

YOUR NO. 1 SHOP FOR ALL ELECTRONICS

WE FIX: *MACBOOKS * COMPUTERS * LAPTOPS * PHONES * MONITORS * ACCESSORIES

**Cell
PHONE
Unlocking**

Specializing in 110/220 Volts Products

Cheap TV & Internet Services

PHONE TOPUPS: Raza, Fido, Rogers, Bell, etc.

**Money
Transfer
to Ghana**



TRAVEL IRON



CCTV



GENERATORS



220 VOLTS



**Phones & Tablets
SALES, REPAIRS & UNLOCKING**



PROJECTORS



SMART TV



**MAC BOOKS
& LAPTOPS**



TV MOUNT



**AIR
CONDITIONERS**



**HOME
THEATRES**



PRINTERS



**CHURCH
EQUIPMENTS**



**DIGITAL
MEMORY**



BLUETOOTHS



INK & TONERS

908 Wilson Ave. Toronto, ON M3K 1E7
www.compurecanada.com | 647 849 0708 / 647 367 4431

STORE HOURS
MONDAY - FRIDAY: (10:00AM - 8:00PM) | SATURDAY: (10:00AM - 6:30PM)

PRODUCTS ARE AVAILABLE IN LIMITED QUANTITIES. PRODUCTS ARE LIMIT 1 PER CUSTOMER. PRODUCTS MAY NOT BE EXACTLY AS SHOWN. PRICES AND AVAILABILITY ARE SUBJECT TO CHANGE WITHOUT NOTICE. COMPURE CANADA IS NOT RESPONSIBLE FOR ANY MISPRINTS OR ERROR. ALL TRADEMARKS BELONG TO THEIR RESPECTIVE OWNERS. ALL PRODUCTS ARE 3% CASH DISCOUNTED, IF NOT PAYING BY CASH OR DEBIT, 3% WILL BE ADDED TO THE TOTAL AMOUNT.

Toronto gets New Asantefuohene and Asantefuohemaa

By Ebenezer Amankwah, Toronto, ON

The Asanteman Association of Toronto and the Asanteman Council of North America (ACONA) recently held a colourful event to swear in the 9th Toronto Asantefuohene and Asantefuohemaa.

Nana Okufrobuo Kofi Gyamfi Kumanini was sworn in as the new Toronto Asantefuohene amidst cheers and jubilation from loved ones and well-wishers.

The cultural rites were performed in the same manner as they would have been done in the presence of His Royal Majesty Otumfuo Osei Tutu II at the Manhyia Palace in Kumasi, Ghana.

The Asante King, who was unable to attend the event, appointed Nana Owusu Nyanin I, the chief of Kwamo in the Ejisu Juaben municipality of the Ashanti Region, to act on his behalf. In addition to the swearing-in of the Toronto Asantehene, fifteen male sub-chiefs were also

sworn in to occupy various positions in the Asanteman order of governance.

Per the customs and traditions of Asante, women are not sworn in by the Asantehene. However, titled women were included in this event, bringing the total number of new leaders of Asantes in Toronto to twenty-three.

The High Commissioner from Ghana to Canada, His Excellency Anselm Ransford Sowah spoke at the event, praising Asanteman's unity and its ability to propel the community forward through challenges and triumphs.

The High Commissioner also mentioned that the Asanteman Association is embarking

on a project to adopt a ward at the Komfo Anokye Teaching Hospital in Kumasi, Ghana, which will bring hope, healing, and a brighter future for those in need.

The swearing-in ceremony was followed by a dinner dance the next day to celebrate the new Toronto Asantehene and his sub-chiefs.



Nana Okufrobuo Kofi Gyamfi Kumanini in a palanquin



The queenmother and her entourage



Presentation by Chief's spokes person



Elders



GCAO Representatives



Some of the Elders



High Commissioner and dignitaries (top row) Some invited guests (bottom row)



Presentation by the Asanteman Council

CNE: Not just the rides, but the writing

By Rosemary Sadlier

The Canadian National Exhibition is a stalwart of the Toronto summer event stream and is one of the largest fairs in North America. It

boasts an annual attendance of 1.56 million visitors not to mention the employment possibilities for entertainers at Bandshell concerts and professional cooking



Tom Saras presenting



Thomas Saras and Rosemary



Award recipients



Some invited guests and Ethnic Press members



Some Ethnic Press members



demonstrations, as well as sales at concessions, parades, and the rides on the midway! Then there is also the Air Show!!

In a recent CNE news release organizers said “This year, the CNE returned in positive financial stability.” They noted that a study found the event generates an economic impact of \$112 million for the Greater Toronto Area and \$142 million for the province each year. A remarkable comeback after the closures forced by Covid-19 in 2020 and 2021.



Ethnic Press stand

As a benefit to the community and to members of the National Ethnic Press and Media Council of Canada, there has been a publisher exhibitor information booth set up annually by the NEPMC for the past 35 years!

This year the Council General of the United States in Toronto, Susan Crystal, was honoured at the formal opening of the NEPMC booth in the Enercare Centre by the Princess Gates.

The National Ethnic Press & Media Council of Canada is an important organization in representing & highlighting the 700+ member publishing groups across Canada. They help to reach out to many language groups and ethnic communities across the country and advocate for diverse voices.

Founded and chaired by Thomas Saras, a passionate writer and advocate, member organizations range from Ukrainian and Bangladeshi to those members reflecting the Caribbean and Ghana. All member organizations are committed to sharing information and to supporting freedom of the press.

Executive Director Maria Saras-Voutsinas said the NEPMC is necessary “in order to make sure that our media remains reflective and diverse”. She added “We educated and advocated and may we be back stronger in 2024.”

For myself, it is my honour to support this organization and the publications that are part of it, in this case through helping to answer questions at the the booth we have at the CNE which range all the way from “AI” to conflict, and from local concerns to confirmation bias. However not all connections to the booth reflect matters of concern. Sometimes, seeing that their language group or their ethnic group is represented in print is a pleasant and unexpected surprise to the thousands of visitors that see the booth.

I was happy to share my time interacting with visitors to the NEPMC booth with Ricky Castellvi, Demetris Vohaitis, Thomas S. Saras, John Saraidaris, Ahmad Shah Hotaki and Mohammad Tajdolati.

While the CNE is over now the NEPMC continues to serve its members and to advocate for news from the many language and ethnic groups associated with it.

The Ghanaian Presbyterian Church of Toronto observe Culture Day

By Emmanuel Ayiku, Toronto, ON

Reverend George Agyei Kwabi, the resident minister of the Ghanaian Presbyterian Church in Toronto, has advised Ghanaians living in Canada and other diaspora communities to maintain their cultural identity and not substitute it for others.

During a sermon at the church's cultural day celebration, Reverend Agyei Kwabi expressed concern about the extent to which some Ghanaians go to speak, dress, and eat like the "white man," even to the point of parents in Ghana communicating with their children in English rather than their local dialect.

Reverend Agyei Kwabi emphasized the uniqueness of Ghana's various cultures and called

for a return to the values of respect, decency, language, and communal fellowship. He also urged traditional leaders in Toronto to influence young people to take up key positions in the community and country.

The sermon was delivered under the theme "Maintaining our cultural values as people far away from home." Reverend Agyei Kwabi's message serves as a reminder of the importance of preserving cultural identity and heritage, even when living abroad.

Members of the church took turns to enlighten each other about their culture.



Rev. Agyei Kwabi



Asanteman group



Asantemen group



Ewe group



Okuapemman Groups



Ga group



Other cultural group



Ewe group



Hospitality team



Gyamfuaa and cultural dancers

FOOD AND RECIPES

Traditional African Dishes

Compiled by Nana Ama, Toronto, ON

How To Make Tigernut Milk

Ingredients

2 cups raw tiger nuts
 4 cups filtered water
 ¼ tsp. sea salt
 Flavorings of your chose (optional) - vanilla, cinnamon, nutmeg, honey, maple syrup, etc. are all lovely.
 Additional water for pureeing



Instructions

Place your tiger nuts in a bowl or a Mason jar. I like to use a Mason jar so it has a lid.

Add your sea salt.

Pour your water over the tiger nuts, cover, and let soak for 24-48 hours (place the jar in the fridge so they don't start to ferment). The longer they soak, the softer they will be and better they will puree into milk.

Once soaked, pour the tiger nuts and liquid through a colander and rinse well. Place the tiger nuts in your blender and add 2 cups of filtered water. You don't want to use a ton of water here in order to preserve the flavor of the tiger nuts. You can always add more water later, so start with less than you think you need. If you are adding any flavorings, you can add those now.

Puree on high until smooth and creamy (2-4 minutes, depending on the blender).

Pour through a fine mesh strainer, nut bag, cheese cloth, etc. to separate the milk from the pureed tiger nuts.

Place the tiger nut puree back in the blender and add another 1-2 cups of water. Puree again for a couple minutes.

Strain off the milk. You can combine with the first batch, or keep separate. The subsequent batches won't be as rich and creamy as the very first batch.

You can re-process the tiger nuts 2-3 times.

Once you're done, pour the milk into a glass jar and store in the fridge for up to 3 days (it's rare that it will stay good past 3 days in my experience). If you know you won't use it all before that, you can freeze it.

You can use the tiger nut pulp in your smoothies, or just eat it off the spoon.

How To Prepare Roasted Plantain And Peanut ('Kofi Broke Man')

Ingredients

3 fingers of ripped plantain
 Fresh red peanut
 Salt



Method:

1. Wash the plantain and peel them.
2. Slice them into medium sizes, 3 parts per finger
3. Preheat your grill for about 3 minutes
4. Put the plantain on the rack and put it under the grill under medium heat, for about 7 minutes.
5. Check the plantain and turn them for the other sides to cook through also for about 5-7 min.
6. Remove when ready or desired colour is obtained.
7. Now take the peanut and put into the pan
8. Put over the hub and stir continuously till the colour changes from bright red to dark brown.

For a salted peanut, prepare a salt solution of about 2 Table spoon water to half teaspoon of salt. Pour onto the roasted peanut on the hub, for the water to dry out .

Serve your plantain with the roasted peanut and enjoy with a bottle of malt drink, water, fruit juices etc.(This can serve two adults).

How To Prepare Etor (Mashed plantain)

Ingredients

1. Plantain or yam
2. Salt
3. Onion
4. Pepper
5. Roasted groundnuts or peanuts
6. Palm oil
7. Eggs
8. Avocado pear



Method

- Peel and boil the plantain (add salt).
- Wash the onion and pepper and grind it in an earthenware bowl, add salt and grind to get an even mixture.
- Add groundnuts(peanuts) and grind.
- Boil eggs.
- Add the boiled plantain to the grinded pepper, onion, groundnuts and mash it in the earthenware bowl.
- Pour the palm oil into a sauce pan to heat and add chopped onions.
- Pour the palm oil in the mashed plantain and mix together to get a uniformed mixture.
- Garnish it with the boiled eggs, avocado pear, groundnuts and chopped onions.

How to make ABOLO!!! (Boiled corn dough)

Ingredients

4 cups corn dough
 1 cup flour
 Salt
 A little water



Method.

Step 1:

Use half of the corn dough for aflata*(half-cooked corn dough)

Step 2:

Mix the aflata* and raw dough together adding salt and flour.

Step 3:

Leave to rise for a few hours.

Step 4:

Heat water and prepare a pot for steaming. Traditionally, a hole is created in an earthen-ware pot(asanka) and fixed firmly over a round clay pot with soft clay which dries later to seal the pot. When water is boiled in the pot, the steam that arises from the water in the pot get to the abolo and steams it nicely.



Step 5:

Put Kitchen spoon full of the mixture on abolo leaves*. You can enquire from a traditional cook to show the very prescribed leaves for making the abolo. Arrange them nicely in a pot and steam over water for about an hour. They can also be baked too.

Serve with stew or fried fish.

PLACES OF WORSHIP DIRECTORY

Ghana Methodist Churches in Canada

(SOCIETIES UNDER THE GHANA METHODIST CONFERENCE)



The Superintendents Minister-In-Charge invites you to worship with us

Toronto Society

Place of Worship: 69 Milvan Drive, North York, Ont. (Finch Av./Milvan)
416-743-4555 (Office) 905-216-2323 (Residence)

Day and Time of Worship:

Sunday: Bible Class Meeting:	10:00 a.m. - 10.30 a.m.
Church Service:	10:00 a.m. - 1:00 p.m.
Jericho Hour Prayer Meeting -	8:00 p.m. - 9:00 p.m.
Wednesday Mid-day Prayer -	1:00 p.m. - 2:00 p.m.
Friday: Bible Teaching/Prayer Meeting	8:00 p.m. - 9.00 p.m.
Saturday Organizational Meeting:	6.30 p.m. - 9.30 p.m.
Sunday Brampton Prayer Meeting	8:00 p.m.

BETHANY METHODIST CHURCH-BRAMPTON

PLACE OF WORSHIP-1A KNIGHTSBRIGE ROAD
(Senior's Lounge)

Sunday Divine Service - 2PM-5PM
Online Prayer Meeting Fridays at 8PM -9PM
416-800-4317
Code # 9632581
Contact: Robert Frans (289-541-5579)
Felix Gyimah (289-931-8443)

Edmonton Methodist

778-237-7339

Redemption Methodist Church

Location: 955 Wilson Ave., Unit 12, North York, ON

Weekly Service Schedule: Monday 7 pm - 8 pm
Online Bible Study: Thursday 7 pm - 8:30 pm, Prayer Meeting Friday 7:30 pm - 9 pm
Divine Service, Sundays 10 am - 12:30 pm
Contacts: Agnes Donkor - 647-881-4808, Felicia Owusu - 647-533-1093, Grace Kubi - 647-608-5373

Ottawa Methodist

613-315-3443

Peniel Methodist Church Vancouver

#2322 1248 82 Ave.
Surrey, BC, V3W 3E9

Sister Comfort T. Owusu
647-895-7131

Worship Time:
9 am to 10:30

Holy Trinity Methodist Church, Montreal

Place of Worship: 455 Church Street - Beaconsfield Qc H9W 3S6

Day and Time of Worship

Sunday Divine Service: 12:30 p.m. - 3:30 p.m.
Friday Prayer Meetings: 7:00 p.m. - 9:00 p.m.
Contact: Bro. Joselin Twumasi 438-881-6640

Ebenezer Methodist Church

Stoney Creek United Church (Chapel)
1 King Street West, Stoney Creek,
Hamilton

Contact: Bro. Kofi Bonsu 289-684-6074

Worship Time: 11 am to 1 pm

SERVICES ARE CONDUCTED FOLLOWING THE TRADITIONAL GHANA METHODIST LITURGY. PLEASE COME AND JOIN US. WE HAVE A PLACE FOR YOU. GOD RICHLY BLESS YOU



THE GHANAIAN PRESBYTERIAN CHURCH, TORONTO

51 HIGH MEADOW PL, NORTH YORK, ON M9L 0A3.
FINCH AVE W/SIGNET DR.

Join our

◆ SUNDAY SERVICES 

English
8AM

Twi/Ga
10AM

◆ WEDNESDAY BIBLE STUDY

7PM
9PM

◆ FRIDAY TEACHINGS/PRAYERS 

7PM

◆ LAST FRIDAY OF THE MONTH HALF NIGHT 

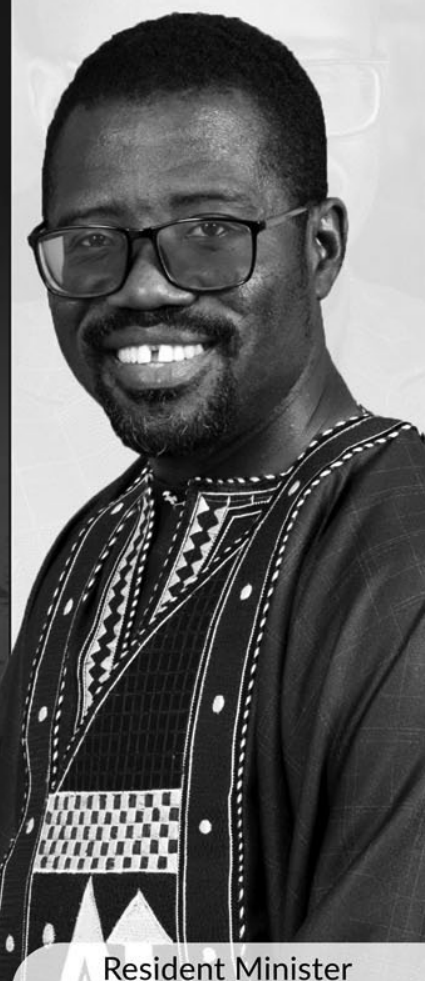
8PM
MIDNIGHT

◆ SATURDAY GROUP MEETINGS

4PM
9PM



◆ MORNING (MON-FRI) on PRAYERS (416) 639 - 5941, (866) 238 - 9297

4:30AM
5:30AM



Resident Minister

Main Line - (416) 747 - 0222
Clerk of Session - (647) 298 - 4081
Treasurer - (647) 388 - 5751

 Ghanaian Presbyterian Church Toronto
 topresby@hotmail.ca
ghpresby.com

Rev. George
Agyei Kwabi

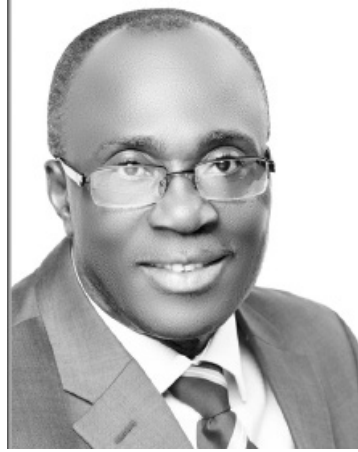
FOOD FOR LIFE

Bringing the Gospel to our Community *By Rev. Isaac De-Graft Takyi*

THE CHRISTIAN IN 2023: THE FAITHFULNESS OF OUR UNCHANGING GOD”

“God does not love us because we are valuable. We are valuable because God loves us.” —Fulton Sheen

“There is more safety with Christ in the tempest than without Christ in the calmest waters.” — Alexander Grosse



INTRODUCTION:

TEXT: PSALM 136

Psalm 136:1-3: “Give thanks to the Lord, for he is good, for his steadfast love endures forever. Give thanks to the God of gods, for his steadfast love endures forever. Give thanks to the Lord of lords, for his steadfast love endures forever.”

We will explore the timeless truths about God’s unwavering faithfulness as depicted in Psalm 136. i.e., the praise, the deliverance, the guidance, the sustenance, and the mercy of God’s unwavering faithfulness. Let us get engaged with the scriptures:

BODY:

1. The Praise of God’s Faithfulness (Psalm 136:4-9)

- Read and reflect on verses 4-9, highlighting how God’s faithfulness is evident in His creation and

providence.

- Emphasize the idea that God’s faithfulness extends to every aspect of our lives, just as it does in the natural world.

2. The Deliverance of God’s Faithfulness (Psalm 136:10-16)

- Read and discuss verses 10-16, focusing on God’s faithfulness in delivering the Israelites from Egypt.
- Relate this to your personal experiences or biblical stories where God has delivered individuals from challenging situations.
- Note that God’s faithfulness in the past is a promise of His faithfulness in the present and future.

3. The Guidance of God’s

Faithfulness (Psalm 136:17-22)

- Read and delve into verses 17-22, emphasizing God’s guidance and protection throughout Israel’s journey.
- Connect this to your own journey of faith and how God guides and protects us you in uncertain times.

4. The Sustenance of God’s Faithfulness (Psalm 136:23-25)

- Read and explore verses 23-25, discussing God’s provision and sustenance.
- What personal testimonies or biblical examples of God’s faithfulness in providing for His people do you have or know?

5. The Mercy of God’s Faithfulness (Psalm 136:26)

- Focus on verse 26, which emphasizes God’s enduring mercy.
- How is God’s mercy an integral part of His faithfulness, always available to those who seek it?

CONCLUSION:

Let me encourage you to:

- Reflect on your own life and recognize instances of God’s faithfulness in your life.
- Respond to God’s faithfulness with gratitude, trust, and devotion.

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

LOCATION

Don Montgomery Community Centre
2467 Eglinton Ave. E. Scarborough, ON.
(Kennedy/Eglinton Subway Station)

LIVING WORD ASSEMBLY OF GOD

AFFILIATED WITH PAOC

139 Millwick Drive
Toronto, Ontario
(Major Inter: Steeles and Islington)

CHURCH ACTIVITIES

SUNDAYS
 9:30AM - 10:30AM :TRADITIONAL SERVICE (IN-PERSON & ONLINE)
 11:30AM - 12:30PM : CONTEMPORARY SERV. (IN-PERSON & ONLINE)
 6PM - 7PM : SUNDAY SCHOOL (ZOOM)

TUESDAY
 10AM - 12PM - PRAYER - ONLINE

WEDNESDAY
 7PM - 8:30PM :BIBLE STUDY

FRIDAY
 7:30PM - 9:30PM - PRAYER
 LAST FRIDAY OF THE MONTH
 8PM - 12 MIDNIGHT : HALF - NIGHT SERVICE

TEL: 416-741-6285

CHURCH SERVICE ONLINE
 CALL - IN : 647-7558-0588 ; CODE: 398927157
 JOIN URL : <http://zoom.us/j/398927157>

office@livingwordag.org
www.livingwordag.org

LIVE THE WORD, REACH THE WORLD

OFFICE HOURS :
 Monday - Friday 9:00am - 4:30pm

Statement on the Farewell of Her Excellency Viviane Bampassy, Delivered by Paula Caldwell St-Onge, Chair of the Board of The Canada-Africa Chamber of Business

cont'd from pg. 6

As an organization dedicated to accelerating Canada-Africa trade and investment through world-class networking and information-sharing events, the expansion of the Chamber into Francophone markets was given vigour and drive, on the accession of the Republic of Senegal as the first ever French-speaking country member. That is now a historical fact in the annals of Chamber history.

It was as a result of H.E. BAMPASSY's leadership that others have followed and we today stand as a truly Pan-African Chamber of Business, with members in every geography and the special country membership – made possible by our generous sponsors to all, as we celebrate three decades of existence next year.

Annually we welcome messages from leaders, including the Prime Minister of Canada and Presidents and Prime Ministers of the Continent, as well as senior business decision-makers on both sides of the Atlantic.

Together with the Embassy of Senegal, the Chamber was pleased to host Senegal's economic forum in Canada in 2018, and work in association with H.E. BAMPASSY on virtual economic meetings between Senegal and Canada in 2021, the Canada Africa Symposium on the Green Economy in 2021 and exchanges comprising groups of Francophone businesspeople from Ontario and Quebec.

As Chair of the Board of The Canada-Africa Chamber of Business I wish H.E. Vivianne BAMPASSY every success and thank her immensely for her role in the Chamber as a country member through the Embassy of the Republic of Senegal. Your presence in Canada representing the great country of Senegal will be missed. You have our commitment that we will continue to support your successor in every way we can, as a not-for-profit dedicated to accelerating trade and investment. Distributed by APO Group on behalf of The Canada-Africa Chamber of Business.

**Advertising in
The Ghanaian News WORKS
CALL NOW 416-916-3700**

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**

Church Activities

Sunday School:	10a.m. - 11:00a.m.
Church Service:	11a.m. - 1:30p.m.
Sunday Evening:	7p.m. - 8:30p.m.
Wednesday Bible Studies:	7p.m. - 8:30p.m.
Friday Prayer Meeting:	7p.m. - 9:00p.m.

I AM ALPHA & OMEGA MINISTRY INT'L

We invite you to worship with us

Church Service:

Sunday Worship:	10.00a.m. - 12.30 p.m.
Wednesday Bible Studies:	6.00p.m. - 7.30 p.m.
Friday Prayer Meeting:	7.00p.m. - 9.00 p.m.

JESUS Loves You

NEW LOCATION

100 Penn Drive, Unit #6, North York, Ont.

Tel: 416-419-6671



Bishop John Mensah



The CHURCH OF PENTECOST CANADA

POSSESSING THE NATIONS: I AM AN AGENT OF TRANSFORMATION

WE CORDIALLY INVITE YOU TO WORSHIP WITH US

NORTH YORK AREA

APOSTLE DANIEL NII LOMOTEY ENGMANN (AREA HEAD) | TEL: 416) 986-1499

<p>MCKEOWN WORSHIP CENTER TEL: (647) 688-6740</p> <p>PIWC NORTH YORK DISTRICT TEL: (647) 773-7479</p> <p>PIWC PEEL DISTRICT TEL: (647) 467-9435</p>	<p>PEEL DISTRICT (BRAMPTON & MISSISSAUGA AKAN) TEL: (647) 760-5596</p> <p>TRIUMPH PIWC TEL: (289) 952-2863</p> <p>DOWNTOWN TORONTO WORSHIP CENTER TEL: (647) 637-4257</p>
--	--

WESTERN CANADA AREA

APOSTLE DR. JAMES MCKEOWN QUAINOO (AREA HEAD) | TEL: (587) 936-8515

<p>VANCOUVER DISTRICT TEL: (604) 440-2032</p> <p>CALGARY DISTRICT TEL: (780) 807-5841 / (587) 620-8452</p> <p>WINNIPEG DISTRICT TEL: (306) 717-4720</p>	<p>SASKATOON DISTRICT TEL: (204) 999-2679</p> <p>EDMONTON DISTRICT TEL: (780) 902-5421</p> <p>PIWC REGINA TEL: (306) 450-0375</p>
--	--

SCARBOROUGH AREA

APOSTLE DR. ALEX AGYEI-GYAMERA (AREA HEAD) | TEL: (403) 830-7431

<p>MONTREAL DISTRICT TEL: (905) 531-9813</p> <p>SOUTHWESTERN ONTARIO DISTRICT TEL: (780) 802-0233</p> <p>SCARBOROUGH DISTRICT TEL: (289) 233-7755</p> <p>OTTAWA DISTRICT TEL: (780) 278-9688</p>	<p>HAMILTON DISTRICT TEL: (905) 541-9206</p> <p>NEW LIFE WORSHIP CENTER (ST. CATHERINES) TEL: (647) 819-9092</p> <p>PIWC OAKVILLE TEL: (647) 637-4267</p> <p>PIWC WINDSOR TEL: (519) 319-4770</p>
--	---



Apostle Ransford & Mrs. Irene Obeng-Gyamfi
(National Head & Wife)

Services may vary in our branches. Please contact the nearest pastor or www.pentecost.ca for more information.

National Head Office: 2256 Sheppard Avenue West, North York, Ontario M9M 1L7

Tel: (416) 745-0242 • Fax: (416) 745-7163 • Website: www.pentecost.ca • Email: church@pentecost.ca

The Church of Pentecost Canada Inc.

Church Of Christ Ghanaian Congregation - Toronto

Address: 101 Westmore Drive, Unit 206, Etobicoke (Highway 27/Finch)

Time of Worship: 10am - 12:15pm

Contact: Bro. Fordjour Acheampong: 416-671-4268

Bro. Agyenim Boateng: 647-656-9905 Bro. Christian Kpodjie: 647-405-2068



TRINITY BAPTIST CHURCH

CA HOLY SPIRIT FILLED BAPTIST CHURCH

WORSHIP DAYS/TIMES	
Sunday School Teachings	9:30am - 10:30am
Sunday Worship Service	10:30am - 12:45pm
Wednesday Bible Teaching	7:30pm - 8:45pm
Friday's Prayer & Deliverance	7:30pm - 10:00pm
Last Friday of Every Month (Hall-Night)	9:00pm - 1:00am

PLACE OF WORSHIP
800 Arrow Road, Unit 3
Toronto, ON
M9M 2Z8

HOUSE OF PRAYER & ABUNDANT LIFE

Tel: 647-439-9888
Fax: 416-741-2441
www.tbconline.ca
E-mail: admin@tbconline.ca



REV. NANA AMOKOHENE
SENIOR PASTOR



St Joseph's Anglican Church,
Toronto

Canon Leonard
ABBAH

Welcome back to

IN-PERSON SERVICE

Join Us Worship This & Every
Sundays 11:00am
1428 Royal York Rd.
Etobicoke ON M9P 3A7

You are warmly welcomed

kenkojonene@gmail.com
+1 647-919-9056




Rev. Kenneth
KORSAH

Kenneth Korsah / St Joseph Anglican Church Toronto
Kenneth Korsah

Lighthouse Assembly of God Church

Lead Pastor: Rev. Nana Boateng



SUNDAY SERVICES:
9:30 am-1:00 pm - Ghanaian Service

WEEKDAY SERVICES:
Wednesday - Bible Studies 7:00 pm - 9:00 pm
Friday - Holy Ghost Service 7:00 pm - 9:00 pm

LOCATION: 42 Steinway Blvd. Unit 1&2
(Hwy 27/Steeles) Toronto, Ontario, M9W 6Y6

Tel: 416-740-1200 Fax: 416-740-6435
Email: lighthouseagtoronto.org lighthouseag@outlook.com

CHRIST REDEEMER CHURCH

Pastor-in-charge: Pastor Eric Amoah

Tel: (416) 748-1242 Cell: (416) 300-9970

Church Services
Sunday Service:
Bible Study: 10 a.m.-11a.m.
Worship Service: 11a.m. - 1p.m.
Wednesday: Bible Study
6:30p.m.-7:30p.m.
Friday Night Prayer: 8p.m.-10p.m.




Pastor Eric Amoah

Location: 14 Haas Rd. , #100, Etobicoke, ON, M9W 3A2

Good Shepherd Prayer Ministry

Invites you all to come worship with us
Venue: 95 Eddystone Ave unit 4 North York, ON

Time of worship: Sunday:10am - 1pm
Wednesday bible studies 7pm - 9pm
Friday Prayer / Deliverance 7pm - 9pm



Pastor Joseph Nash Sarfo
Founder & Pastor-in-charge

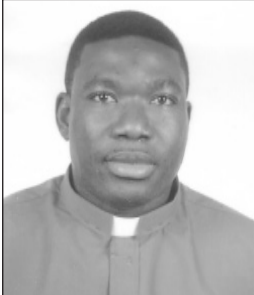
The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly. 11.1 am the good shepherd: the good shepherd giveth his life for the sheep. Amen.
John 10 :10-11

Tel: 416 667-9763 cell 647 500-4415 / 647 718-4819 / 416 300-4258
Email: pastorjsarfo@gmail.com

I encourage you to join us in worship regardless of your situation the power of God is available to make you whole

Bethel Prayer Ministry Int'l

Do you desire to experience the power and the presence of God demonstrated in your life?
Do you want to experience the marvelous work of God's grace in your life?
Then, Bethel Prayer Ministry International would like to invite you to visit their church where the word of God is preached powerfully to release the power of God in your life.



Pastor Dennis Awuku
Senior Pastor

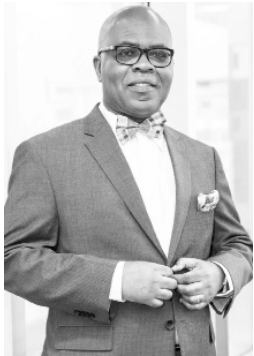
COME AND YOU WILL BE BLESSED

Contact: Cell. 416-400-8211 Church 416-642-0390

Worship Hours:
Sunday Service: 9am - 1pm
Wednesday: 7pm - 9p.m.
Saturday (Prayer Warriors) 6pm - 8pm
Tuesday 9am - 2 pm Consultation
Friday: 9pm - 12 pm

Location: 52 Carrier Drive, Unit 12, (Albion/Hwy 27)
Etobicoke, Ont., M9w 5S5

Transformation Centre Assembly of God Church, Mississauga



Join us on Sundays for Worship at:
Venue: 161 Lakeshore Road W,
Mississauga, ON
Time: 10:30am—1:30pm

Contact: Rev. Isaac K. Bonful
Tel: 289-814-5482

Email: transformationcentreag@gmail.com
Website: www.transformationcentreag.ca

Be transformed by the renewing of your mind... "Rom.12:2a



THE APOSTLES' CONTINUATION CHURCH INTERNATIONAL (CANADA)



Apostle Charles Anokye-Manu

**North American
Headquarters:**

10 Belfield Road
Toronto, Ont., M9W 1G1
Tel: 416-247-6629
Fax: 416-247-5308
Website:
www.apostlescontinuation.org

SERVICE TIMES:

Worship Service - Sunday 10:30 a.m.
Bible Studies Service Wednesday 9:00 p.m.
All Night Service - Friday 9:30 p.m.
Deliverance - Saturday 4:00 p.m.

Worship With Us At These Branches In Canada

Toronto

10 Belfield Road
Tel: 416-247-6629

Scarborough Assembly
63 Howden Rd., Unit 'F'
Scarborough, ON, M1R 3C7

Tel 647-850- 0142 Fax 416-945- 9445

Montreal Assembly

378 Cremazie East
Montreal, Quebec, H2P 1E5

Tel: 514-271-9083
Pastor-In-Charge: John Arhin
Contact:
Res: 450-687-4916
Cell: 514-654-6178

The Apostolic Church Int'l.



Canada
Miracle Assembly



Apostle Jeremiah
Mensah
(Resident Apostle)

**MOVED TO NEW
LOCATION**

31 Airview Road
Etobicoke, Ontario, M9W 1P6

Meeting Schedule

Sunday (Worship) - 10:00 a.m. - 1:30 p.m.
Wednesday Teaching Service - 7:30 p.m. - 9:30 p.m.
Friday Prayers - 7:30 p.m. - 9:30 p.m.
Friday: Monthly All Night Service - 10:00 p.m. - 2:00 a.m.
Saturday : Movements - 5:00 p.m. - 7:30 p.m.

Resident Apostle contact: 437-217-0085
Office Line: 416-740-1979



Welcome Home Evangelistic Ministries

Affiliated with the Evangelical Church In Canada

New address:

Heart Lake United Church
85 Sandalwood Pkwy E. Brampton, ON



Gen. Overseer & Founder:
Evang. & Prophetess
Winnie Manu BRE, M. Div.

Sunday Morning Worship Celebration
Start from 6:00 pm - 8:00 pm
Wednesday Discipleship class is 7pm
Friday Prayer meeting is 7pm

Contact Info: Tel: 647 210 7057 Fax: 905 495 4789
Website: www.wheministries.org Email: whemtoday@gmail.com

Glory Pentecostal Ministry of Toronto



Pastor-in-charge:
Rev. Rockson Owusu Atwima - 416-708-7742

Invites all Christians and Non-Christians
to join us to worship the Almighty God

WORSHIP SCHEDULE

Sunday Regular Service 11:00 am to 1:30 pm
Tuesday Prayer and Healing Service 6:00 pm to 8:00 pm
Friday Prayer Night 9:00 pm to 11:00 pm

PLACE OF WORSHIP

230 Eddystone Ave., #207, North York, Ont. M3N 1H7

We are more than our conquerors Romans 8:37

"Come and see the manifestation and the power of the Holy Spirit at work"



PEEL INTERNATIONAL COMMUNITY
CHURCH CANADA

Invites you to
her online
services

for

Insightful teachings

with Pastor Rasper Atutornu

Service Days and Time

Tuesday: 7pm - 9pm
Friday: 7pm - 9pm
Sunday: 10am - 12pm.

Online Address

Line: 647-558-0588
Access Code: 466-981-5700#
Pass Code: 501-502

For Donations: apostolicpicc@yahoo.com Answer; Offering:
For all Spiritual Maters 416-278-3104

Ghanaian Women's Prayer Conference

October 9th 2023

(Monday, Thanksgiving Holiday)

VENUE:

The Ghanaian Presbyterian Church

51 HIGH MEADOW PLACE (FINCH/SIGNET), NORTH YORK

TIME: 9 a.m. - 12 noon

Contact: 416-877-3077, 416-904-0148, 647-768-8579, 416-558-8593, 647-878-0905, 416-882-5186, 416-820-9522, 647-654-5570, 647-300-6469, 647-892-9212, 905-488-9763, 647-718-4819

<https://www.youtube.com/c/LivingwordagOrg> <https://www.facebook.com/livingwordag.to>

CALL TO GLORY

Asona Abusua Announces the sudden death of our beloved father, husband, brother, In-law and friend: Chief Mourners: Obaapanin Nana Abena Konadu Ababio II - Ghana, Odikro Nana Afriyie Takyi III Ghana, Abusuapanin Kofi Asiedu - Ghana, Ama Bona, Mr. John Aboagye, Elder Daniel Amponsah Aboagye, Eld. Joseph Anokye Aboagye, Nana Aboagye Anokye (Germany), Madam Afriyie Aboagye (US), Mrs. Janet Abena Aboagye (Belgium), Mrs. Kate Aboagye Asafo Adjei, Ms. Margaret Aboagye (Germany), Mr. Philip Osei Tutu and the entire Church of Pentecost Canada

OCTOBER 7, 2023

Lotus Funeral Home

121 City View Dr.
(Belfield Rd./Hwy #27)
Time: 10am - 1pm



AMA NYARKO
(WIDOW)

68

MR. MATHEW ABOAGYE
a.k.a "Master Aboagye"



JOHN ABOAGYE
(BROTHER)



ELDER D. AMPOSAH
(BROTHER)



ELD. JOSEPH ANOKYE ABOAGYE
(BROTHER)



KATE ASAFO ADJEI
(SISTER)



POMAA
(DAUGHTER)



AFIA SERWAA
(DAUGHTER)



NANA AKUA
(DAUGHTER)



ABOAGYEWAAA
(DAUGHTER)



BRIGHT ABOAGYE
(SON)

OCTOBER 7, 2023

CHURCH OF PENTECOST
2256 SHEPPARD AVE. W.
(SHEPPARD/ARROW RD.)
TIME: 7PM-1AM

Designed By Patrick 437-580-9316 @ 30 Gordon Mackay Rd.

JOHN ABOAGYE 905-999-2410
ELDER ANTWI 416-519-5941
KOFI BOAKYE 647-828-3212
ELDER AMPADU 647-772-4446
KATE ASAFO ADJEI 647-710-1634
POMAA 647-624-7997

CALL TO GLORY

On behalf of the Rev. John Clive Essuon family, Christ Apostolic Church Int'l Canada, Mfanteman Association of Toronto, Ghanaian Ministerial Fellowship and entire Ghanaian community, It is with great sorrow to announce the passing of our beloved daughter, sister and friend

MS. VIVIAN ESSUON

33

SEPTEMBER 16, 2023

VISITATION
DEMARCO FUNERAL HOME
8300 WESTON ROAD,
WOODBRIDGE ONT.
(TIME: 10AM-1PM)



Rev. John Clive Essuon
(Father)



Mrs. Leticia A. Essuon
(Mother)



Felix Essuon
(Brother)



Michael Essuon
(Brother)

Contact Lines:

Rev. John Clive Essuon 416-562-6714
Mrs. Leticia A. Essuon 647-633-6071
Felix Essuon 647-355-9604
Michael Essuon 647-326-9180
Daniel Osei 647-703-4258
Elder Philemon Nyarko 647-852-1299
Elder Joseph Appiah 416-523-0351
Mr. & Mrs. Michael Asante 416-550-8970
Mr. & Mrs. Owusu 647-533-1093

SEPTEMBER 16, 2023

Apostles Continuation Church Hall
10 Belfield Rd.
(Kipling/Belfield Rd.)
TIME: 7PM-1AM

Designed By Patrick 437-580-9316 @ 30 Gordon Mackay Rd.

Lifestyle

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

Ask The Doctor

By: David Yaw Twum-Barima, MD, MSc, FRCPC

WOMEN'S HEALTH

Pap smear: Screening test for cervical cancer

Understand the importance of the Pap smear, including how it's done, what it means when it's abnormal and why it needs to be part of your regular health checkups.

Definition

A Pap smear, also called a Pap test, is a procedure to test for cervical cancer in women. A Pap smear involves collecting cells from your cervix — the lower, narrow end of your uterus.

Detecting cervical cancer early with a Pap smear gives you a greater chance at a cure, should cervical cancer be detected. A Pap smear can also detect changes in your cervical cells that suggest cancer may develop in the future. Detecting these cells early with a Pap smear is your first step in halting the possible development of cervical cancer.

Why it's done

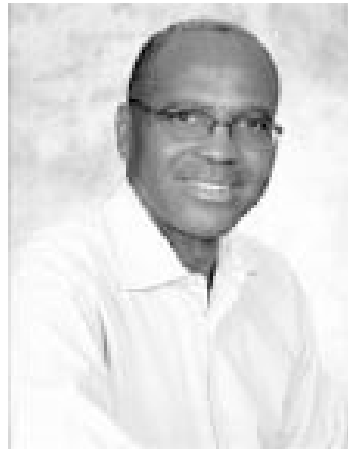
A Pap smear is typically done in conjunction with a pelvic examination — a procedure that allows your doctor to examine your external genitals, vagina, uterus, ovaries and rectum. Although pelvic examinations can screen for reproductive problems or abnormalities, only a Pap smear will detect early cervical cancer or precancers.

WhoshouldhaveaPapsmear?

A number of organizations have recommendations regarding when a woman should have a Pap smear. Groups generally agree that you should have your first Pap smear about three years after first having sexual relations or at age 21, whichever comes first. After age 29 recommendations differ slightly but it is generally recommended that women undergo Pap test between 1 to 3 years depending on their individual circumstances. Women who have risk factors should have tests yearly. Some risk factors include :

A diagnosis of cervical cancer or a Pap smear that showed precancerous cells , Exposure to diethylstilbestrol (DES) before birth , HIV infection or Weakened immune system due to organ transplant, chemotherapy or chronic corticosteroid use.

On the other hand, women who have



had hysterectomy (surgery to remove the womb), or women over age 75 who have had 3 negative tests in previous 10 can stop having Pap smears.

Risks

A Pap smear is a very simple test. It is generally done in a doctors office and does not require anesthesia. It is a safe way to screen for cervical cancer. However, a Pap smear isn't foolproof. It's possible to receive false-negative results — meaning that the test indicates no abnormality, even though you do have abnormal cells.

Estimates for the occurrence of false-negative results with a conventional Pap smear vary widely but are at least 5 percent — or one in every 20 women. The liquid-based Pap test, in which the sample of cells is preserved in liquid rather than smeared on a microscope slide, provides fewer false-negative results. With either test, false-positive results — when the test indicates an abnormality when there really isn't one — are extremely rare.

A false-negative result doesn't mean that a mistake was made. Many factors can cause a false-negative result, including:

- § An inadequate collection of cells
- § A small number of abnormal cells
- § An inaccessible location of the lesion
- § A small lesion
- § Abnormal cells mimicking benign cells
- § Blood or inflammatory cells obscuring the abnormal cells

Although it's possible for abnormal cells to go undetected, time is on your side. Cervical cancer takes several

years to develop. And if one test doesn't detect the abnormal cells, the next test most likely will.

Results

The Pap smear can alert your doctor of suspicious cells that need further testing.

Normal results

If only normal cervical cells were discovered during your Pap smear, you're said to have a negative result. You won't need any further treatment or testing until you're due for your next Pap smear and pelvic exam.

Abnormal results

If abnormal or unusual cells were discovered during your Pap smear, you're said to have a positive result. A positive result doesn't mean you have cervical cancer. What a positive result means depends on the type of cells discovered in your Pap smear.

All abnormal results should be discussed with your doctor to determine the significance and also plan further tests. Married women should discuss results in the presence of their husband or a family member. Single women should be accompanied by a family member or a trusted friend for support. It is important to understand that a positive test does not necessarily mean you have cancer.



MOUNT SINAI

Home Health Care Services Inc.



Join our Team

PSW, DSW, RPN & RN Positions

Send your resume and cover letter to
Jobs@mountsinaihealthcare.com

OUR SERVICES

- NURSING CARE
- PERSONAL CARE
- PALLIATIVE CARE
- COMPANIONSHIP
- MEAL PREPARATION
- HOME MAKING
- LIVE-IN OR LIVE-OUT CARE
- 24/7 CARE

An accredited home and health care agency

Reach us today

TEL: 647 836 7934
FAX: 9055264557

info@mountsinaihealthcare.com
www.mountsinaihealthcare.com

Akokono could save many people from anemia

About 20% of maternal deaths in Ghana are caused by iron-deficiency anaemia, while 76% of children aged under two are anaemic and more than four in 10 women aged 15 to 49 suffer from low blood iron levels, according to the 2014 Ghana Demographic Health Survey.

Aspire founded by students from McGill University in 2013, promoting akokono says akokono can provide 96% of the recommended daily allowance of iron compared with only 21% found in every 100g of meat. The UN's Food and Agriculture Organisation says insects contain six times more calcium than meat, too.

As human settlements are severely reducing farmlands for rearing animals drastically, farming of insects like the palm weevil larvae has been gaining prominence in recent times.

Insects are used as a source of protein in some cultures across the world, but few farmers, like Akokono House, in Ghana are engaged in this type of farming.

Akokono, is a great source of protein and is also easy to get as compared with livestock that take months and years to reach maturity for consumption.

Akokono is not sold on the market, as they are taken on the farm from dead palm trees which palm wine has been extracted from.

Research has shown that palm weevil larvae have a higher protein content than eggs, and more importantly, they are easy to breed. It is interesting how Akokono House is tackling the challenge of availability, since most people who would want to patronize the larvae are currently in the cities.

Akokono house, for instance, uses technology and tradition to farm them (palm weevil larvae). Their technology is devoid of palm trees, but have found out what makes them grow in the palm and give it to the larvae, thus they feed on it to grow. And, in this case, they can get access to it every time.

Akokono, science

A recent study by Chamoun et al. (2023) agrees that akokono is good for increasing iron content as compared to turkey berries and cocoyam leaves(kontomire). Hence, awareness should be created on the consumption of akokono-based diets.

A previous study by Laar et al.(2017) examines the reason why people eat akokono and found that it is considered a nutritious food. However, a small minority would not consume akokono for religious reasons. Key factors positively influencing the acceptability of akokono as a complementary food were familiarity with the consumption of akokono by the primary caregiver and health worker endorsement of akokono.

Another study by Parkert et al.(2020)

evaluated akokono in two “unmixed” forms (raw, roasted) and one “mixed” form (akokono-groundnut paste) for their macronutrient, micronutrient, amino acid, and fatty acid profiles. The study found that a (2 tbsp.) serving of akokono-groundnut paste, compared to recommended daily allowances or adequate intakes (infant 7–12 months; child 1–3 years), is a rich source of protein (99%; 84%), minerals [copper (102%; 66%), magnesium (54%; 51%), zinc (37%; 37%)], B-vitamins [niacin (63%; 42%), riboflavin (26%; 20%), folate (40%; 21%)], Vitamin E (a-tocopherol) (440%; 366%), and linoleic acid (165%; 108%).

Feed experiments indicated that substituting palm pith, the typical larval diet, for pito mash, a local beer production by-product, increased the carbohydrate, potassium, calcium, sodium, and zinc content of raw akokono. Akokono-groundnut paste meets (within 10%) or exceeds the levels of essential amino acids specified by the Institute of Medicine criteria for animal-source foods, except for lysine.

The study concluded that pairing akokono with other local foods (e.g., potatoes, soybeans) can enhance its lysine content and create a more complete dietary amino acid profile. The promotion of akokono as a complementary food could play an important role in nutrition interventions targeting children in Ghana.

Another study by Ayensu et al.(2019) found that biscuits fortified with akokono had no adverse effects and could be a nutritious snack for maintaining acceptable blood levels.

Payne et al.(2016) on the other hand found the nutritional composition of palm weevil larvae to contain high protein, fat, and mineral content.

Economic potential

Studies (Offenberg et al. 2009; Commander et al. 2019;) have shown that palm weevil farming is profitable and a thriving small-scale business in four communities (Bomfa, Asotwe, Doyina and Amofo-Bekwai) in the Ashanti Region and Jema community in the Brong-Ahafo Region of southern Ghana, where the indigenes were vested with traditional cultivation and harvesting of the larvae from host plants in the wild.

The survey showed that over 48.39% (271) farmers who benefited from the palm weevil larvae breeding training were able to establish, manage, and harvest their larvae at least once within 3–4 weeks, while 51.61% (289) farmers were inactive and could not manage their palm weevil farms successfully. This is an indication that acquiring training for weevil larvae production requires a low level of formal education for the trainee. This also agrees with earlier reports which stated that income earned from rearing and processing of edible insects is generally at the subsistent

level in Cameroon and other African countries.

Take home

Studies support that eating akokono increases our blood levels as compared to kontomire, turkey berries, and the rest. This is a viable project for IDIF to improve the nutritional status of pregnant women and the public at large.

NB:

Prof. Nyarkotey has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical associations to justify his write-ups. My articles are for educational purposes and do not serve as Medical advice for Treatment. I aim to educate the public about evidence-based scientific Naturopathic Therapies.

prof. raphael nyarkotey obu

Headaches: Self-care measures for headache relief

By: David Yaw Twum-Barima, MD, MSc, FRCPC

Frequent headaches can interfere with your daily life. But healthy lifestyle choices can help you head off the pain. Start with the basics, including diet, exercise and relaxation.

Nearly everyone experiences occasional tension headaches. But frequent tension headaches can interfere with your daily life. Aside from over-the-counter or prescription medication, do you wonder what else you can do to stop the pain? The answer may be as simple as taking good care of yourself.

Make healthy lifestyle choices

The same lifestyle choices that promote good health may reduce the frequency and severity of your tension headaches. Consider the basics:

- **Eat healthy foods.** Don't skip meals — especially breakfast.

- **Exercise regularly.** During physical activity, your body releases certain chemicals that block pain signals to your brain. If your doctor agrees, choose any exercise you enjoy. Walking, swimming and cycling are often good choices. But it's important to start slowly. Exercising too vigorously can trigger some types of headaches.

- **Get enough sleep.** Wake up and go to bed at the same time every day — even on weekends. Relax before you go to bed. If you don't fall asleep within 15 minutes, get up. Read or do another quiet activity until you become drowsy. Keep in mind that medications that contain caffeine or other stimulants, including some headache medications, may interfere with sleep.

- **Avoid excess caffeine.** Sometimes caffeine helps curb headaches. In fact,

many headache medications contain caffeine. But heavy daily caffeine use — more than 600 milligrams of caffeine a day, or about four to seven cups of coffee — can cause headaches and irritability.

Keep stress under control

Stress and tension headaches often go hand in hand. To reduce stress, try these simple tips:

- **Simplify your life.** Rather than looking for ways to squeeze more activities or chores into the day, find a way to leave some things out.

- **Manage your time wisely.** Update your to-do list every day — both at work and at home. Delegate what you can, and break large projects into manageable chunks.

- **Take a break.** If you feel overwhelmed, a few slow stretches or a quick walk may renew your energy for the task at hand.

- **Adjust your attitude.** Stay positive. If you find yourself thinking, “This can't be done,” switch gears. Think instead, “This will be tough. But I can make it work.”

Let go.

Don't worry about things you can't control.

Ease muscle tension

Muscle tension can trigger tension headaches. If you're feeling tense, apply heat or ice to soothe sore neck and shoulder muscles. Use a heating pad set on low, a hot-water bottle, a warm compress or a hot towel. A hot bath or shower may help, too. If you'd rather use ice, wrap the ice pack in a cloth to protect your skin.

**Advertising in
The Ghanaian News WORKS
CALL NOW 416-916-3700**



Raptors set to open NBA regular season at home versus Timberwolves in October



Minnesota Timberwolves guard Nickeil Alexander-Walker (9) tries to pressure Toronto Raptors guard Gary Trent Jr. (33) during first half NBA basketball action in Toronto, Saturday, March 18, 2023. THE CANADIAN PRESS/Frank Gunn

The Toronto Raptors' 2023-24 regular-season schedule is now in place.

Toronto will begin its NBA campaign at home against the Minnesota Timberwolves on Oct. 25. It's the 12th straight season that the Raptors open at Scotiabank Arena.

Among its notable contests, the Raptors host former head coach Nick Nurse and the Philadelphia 76ers on Oct. 28. Nurse was fired in April and replaced by Darko Rajakovic in June.

Toronto also hosts former Raptor Fred VanVleet and the Houston Rockets on Feb. 9. VanVleet left Toronto after seven seasons to sign

a lucrative deal with Houston in free agency.

The Raptors also host Canadian Jamal Murray and the defending champion Denver Nuggets on Dec. 20, the Golden State Warriors on March 1, Hamilton's Shai Gilgeous-Alexander and the Oklahoma City Thunder on March 22 and the Los Angeles Lakers on April 2.

Toronto's in-season tournament group play games were announced Tuesday and will take place between Nov. 17 and Nov. 28. The Raptors are in East Group C with the Brooklyn Nets, Chicago Bulls and Boston Celtics

Toronto is coming off a 41-41 season but fell short of making the playoffs. *The Canadian Press*

Sports Debate: Some football fans disappointed with unattached Dede Ayew's call-up for CAR clash

Black Stars skipper, Andre Dede Ayew's inclusion in Ghana's 25-man squad to face Central Africa Republic on Thursday, September 7, 2023, has been topical.

Some Ghanaians argue that Ayew does not merit the invitation because he is without a club. Ayew is currently unattached since he was released by Nottingham Forest after a short loan spell.

Ayew has been inactive for a long while with his last appearance dating back in June 2023.

Nonetheless, the skipper is in line to play his part in Ghana's quest for qualification to the 2023



Black Stars skipper, Andre Dede Ayew

AFCON when they take on CAR at the Baba Yara Sports Stadium at 16:00 GMT kick-off time.

On this episode on the GhanaWeb Sports debate, host Emmanuel Enin engaged with some Ghanaians for their thoughts on Ayew's call-up as well as their prediction for the game.

Vancouver, Montreal to host NBA pre-season contests in ninth NBA Canada Series

Vancouver and Montreal will be hosting NBA pre-season games come October in the ninth NBA Canada Series.

The Toronto Raptors will be taking on the Sacramento Kings at Vancouver's Rogers Arena on Oct. 8.

Toronto played in both NBA Canada Series games last year, facing the Utah Jazz in Edmonton and playing the Boston Celtics in Montreal.

The Kings will have Canadian representation in forward Trey Lyles of Saskatoon and assistant coach Jordi Fernandez — the head coach of the Canadian senior men's basketball team on their side.

Meanwhile, all-star guard Shai Gilgeous-Alexander of Hamilton and Montreal native Lu Dort lead the Oklahoma City Thunder against

the Detroit Pistons at Bell Centre in Montreal on Oct. 12.

"After growing up and learning to play the game of basketball in Montreal, it will be a special experience to play a pre-season game in my hometown," Dort said in a statement.

According to the NBA, 15 teams have participated in 16 pre-season games across six Canadian cities as part of the pre-season series that began in 2012. The games have drawn more than 250,000 fans.

The Raptors will also host the Cairns Taipans of Australia's National Basketball League on Oct. 15 before travelling to Chicago to face the Bulls on Oct. 17. Toronto wrap up pre-season play on Oct. 20 with a home game against the Washington Wizards. **The Canadian Press**

Ghana's boxing team arrives in Senegal for Olympic Games qualifiers



Team Black Bombers in Senegal

Ghana's national boxing teams the Black Bombers (male team) and the Hitters (female team) touched down in Dakar, Senegal on Thursday, September 7 for the African Olympic Boxing Qualifiers for the 2024 Paris Olympic Games to be hosted in France.

The team comprised seven male and five female boxers with team officials departing the shores of Ghana on Wednesday, September 6.

Prior to their departure, the team received support from Tribal Sports Wear & Kustom Looks where they were presented with training kits.

Presenting the items before the team's departure from Accra, the CEO of Tribal Sports Wear & Kustom Looks Kwab Asamoah said his gesture was aimed at contributing his quota to sports development.

The items were received by Ghana Olympics Committee (GOC) Director of Communications Yaw Ampofo Ankrah and Charles Jojo Ephson, the Communication Officer of Ghana Boxing Federation (GBF), who were part of the officials.

President of the Ghana Boxing Federation (GBF) Bernard Quartey is highly optimistic about a solid performance by the Black Bombers and the Black Hitters to excel in the competition.

"They have trained very hard and will give their best team to make us proud as always. I want to thank the GOC President and the Sports Minister for their support towards this all-important qualification championship," he told GBF Media.

ghanaweb

Gender-Based Violence: A Global Pandemic in Pictures

Pictures The Ghanaian News, Canada



Invited guests



The CEO and the event organisers



Invited guests



Panelists



Cultural Dancers



Cultural group



Some members of the group



Participants



Cultural dance interlude



Dancers



Participants



Participants

BUY A LAND OR HOUSE NOW

Our sites are located at Tema Comm 25 & Kasoa Apreh



NEW DESIGN



ABOUT US

ADOM CITY ESTATE is the leading real estate developer, providing affordable housing for lower income earners, both home and abroad.

35 Djanie Ashie ST, East Legon, Accra-Ghana | www.adomcityestate.com



ADOM CITY ESTATE

A PROUD MEMBER OF ADOM GROUP

A PROUD MEMBER OF ADOM GROUP

INTRODUCING



GRACE COURT

DEVELOPED BY ACE HEIGHTS LTD.

4&5 BEDROOM
TOWNHOUSES
NOW
SELLING
@ TEMA
COMMUNITY 25

23 MODERN-STYLE
TOWNHOUSES WITHIN
A GATED COMMUNITY



ACE HEIGHTS




LET'S TALK

0302 559 792
0509 562 686

REACH US ON

0509 562 543
0509 562 557
0509 562 542
0501 669 216
0509 562 539

AFRICAN
PROPERTY
AWARDS



WINNER 2021-2022




BEULAH
HOMES

...your comfort, our concern

2, 3 & 4
BEDROOM HOMES

A Gated Community at Oyarifa

STARTING FROM
\$80,000

NOW
SELLING

Flexible Payment
TERMS AVAILABLE

- Outright Purchase
- Mortgage

30%

40%

30%

Call Now:
+233 548 836 862



FEATURES

- 24hour Security Services
- On-Site Power & Water
- Property Management Services
- Modern Kitchen
- Spacious Closets
- Street Lightening
- Recreational Facilities

3 Bedroom
Semi Detached
Size: 142 SQM

GROUND FLOOR \$130,000
FIRST FLOOR \$120,000

4 Bedroom
DUPLEX
(Semi Detached)
Size: 175 SQM

\$210,000

Directional map to Beulah Homes



0548 836 862
 0203 267 231
 0270 077 750
 +1 (804) 502 1594

P. O. Box KIA 16529, Airport Accra.
 beulahomes46@gmail.com
 Oyarifa West - Kaybee Community
 Digital Address: GPS: GM- 1252329



JeBS

ADVERTISING



JAGTAR TEXTILE

**101 Westmore Drive, Unit 119, Etobicoke
Phone: 416-745-2700**



Wax print, Reg. Price \$25 Now - 7pcs for \$100



Fancy Net and French Lace, Reg. Price \$25/yard - Now \$10/yard



African Swiss and French Lace, Reg. Price \$100 (5 Yards), Now - 3pcs for \$100!!!



African George, Reg. Price \$75 (5 Yards) Now - 3pcs for \$100

**101 Westmore Drive
Unit 119, Etobicoke**

416-745-2700



NDC CANADA INC.
Presents
Fundraising LUNCHEON

with H.E. JOHN DRAMANI MAHAMA
[Former President of Ghana and 2024 Flag Bearer, NDC Party]

Sunday 22nd October, 2023 | **Delta Hotel, 655 Dixon Road Toronto Ontario M9W 1J3** | **1 pm - 5 pm Est Time**

R.S.V.P: Micheal Ologo : 437-225-0485, Charles Gyan : 416-707-8612 / info@ndccanada.org

www.ndccanada.org | #Victory2024 #2gether2rescue | NATIONAL DEMOCRATIC CONGRESS

Ghanaian-Canadian Association of Ontario (GCAO)
PRESENTS
Fundraising Dinner & Dance

Saturday, September 30th 2023
7pm-2am | Toronto Pearson Convention Centre
2638 Steeles Ave. E. Brampton. ON

ADMISSIONS		
Early Bird \$170 before Aug. 31st	Regular Price \$200 after Aug. 31st	Double Pass \$300 limited package

RAFFLE DRAW & PRIZES
RETURN AIRLINE TICKET, 65" TV SET, VALUABLE VOUCHERS AND MANY MORE...

TOWARDS BUILDING THE Ghanaian-Canadian Heritage Center Project

FOR TICKETS, SPONSORSHIPS AND OTHER INFORMATION:
647-718-0724 | 416-877-1794 | 905-903-9045
E-mail: info@gcaocanada.org | gcaocanada@gmail.com
FOLLOW US: Facebook & Instagram @gcaocanada

www.gcaocanada.org

SPONSORS: Ethiopian Airlines | Clerbidel Estates Developers Ghana | ComPure Electronics | Supreme Travels Inc