

AFRI-CAN

MAGAZINE

What They
Said About
2026

Inspire

A dance trend originating in Nigeria can inspire fashion choices in Brazil, influence the sound of a pop song produced in Sweden, and become part of a teenager's lifestyle in Japan, all within a week.

ZDIC On
2026 Agenda

WHAT ARE YOUR
GOALS
FOR 2026?

The call for 2026 is to desist from the pressure of unplanned marriages and reckless relationships.



Rhumba
Music

Let's delve deep into its history.

Uganda Elections

The political landscape is not simply preparing for another contest; it is a pressure cooker testing the very foundations of a system that has held power for nearly four decades.

AFRI-CAN COMMUNITY

HAPPY *New Year's*

Let's celebrate a year of hope, positivity,
and success

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HEY, 2026

DEAR AFRI-CAN FAMILY

As the first dawn of 2026 breaks, we are filled with immense gratitude for you, our readers, supporters, advertisers, and community. Your stories, your spirit, and your unwavering belief in our mission are the very heartbeat of this magazine. We pray this new year overflows with blessings, breakthroughs, and abundant fruitfulness for you and your loved ones.

This year, we are not just stepping forward; we are making an extravagant leap. Get ready for a transformed Afri-CAN experience, powered by a bold new vision:



A New Lens on Stories: We've pimped up our entire operation with state-of-the-art, high-tech equipment. Expect cinema-level visuals, crystal-clear audio, and immersive storytelling that will make you feel like you're right in the heart of the action.

A Community Connection: We are hitting the road! Our team will be embarking on an extensive tour across Canada and every vibrant community in between. Our mission? To listen, to connect, and to strengthen the committed link that binds us all.

The Unrevealed Truth – An Exclusive Podcast: Prepare to lean in. We are thrilled to announce our groundbreaking exclusive podcast, "The Unrevealed Truth." This is where we go beyond the headlines for raw, powerful, and unfiltered conversations. We will sit down with pioneers, change-makers, and hidden figures to uncover the stories simmering beneath the surface of our community.



2026 is about more depth, more reach, and more impact. Together, we will celebrate our triumphs, tackle our challenges, and paint a magnificent portrait of what it truly means to be Afri-CAN.

Thank you for being on this journey. The best is yet to come, and it starts now.

Here's to a legendary year ahead!

With love and excitement, Stay tuned. Stay connected. The story continues...



Zee
Editor



05

ZDIC Ready for 2026

Central to its 2026 vision is the prestigious ZDIC Awards, an initiative designed to recognize and reward excellence within the global African diaspora community.

06

Entrepreneur Spotlight

Our comprehensive suite of services is designed to be the singular solution for businesses ready to ascend to the next level.



10

Live Your Best Life

Foster a positive mindset by practicing gratitude; noting three things you're thankful for each day can rewire your brain for happiness.

38

Lifestyle, Fashion, Music, & Culture

If fashion is the visual language, music is the emotional score. Musical preference often forms the cornerstone of subcultures and communities, from punk and hip-hop to K-pop and indie folk.

EDITORIAL

All articles and contributions sent to us are subject to review.

CONTRIBUTIONS

For article and story contributions, kindly submit by the 15th of every month through our editor's desk.

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ZDIC Ready for 2026

- **As the organization gets ready for Awards and rewarding excellence in 2026**
- **Gears up for the fight against drugs and substance abuse**

By Zvakwana Nomore Sweto

As the calendar turns towards 2026, the Zimbabwe Diaspora Investment Council (ZDIC) is positioning itself not just as an economic engine, but as a multifaceted force for national development. With a twin focus on celebrating achievement and confronting a deep-seated societal crisis, the Council has announced a proactive agenda ready for implementation in the coming year.

From its strategic base in Edmonton, ZDIC is working tirelessly to bridge continents, proactively sourcing and curating a network of committed investors ready to explore the dynamic opportunities within the Zimbabwean market. Recognizing the need for robust partnerships, the organization is actively fostering a cooperative relationship with the Canadian government, engaging with trade and international development agencies to facilitate secure and informed investment pathways.

This dual-focused effort, connecting the global diaspora and institutional partners to viable projects back home; exemplifies ZDIC's dedicated role as a crucial conduit for sustainable economic engagement and growth.

Awards and rewarding Excellence

Central to its 2026 vision is the prestigious ZDIC Awards, an initiative designed to recognize and reward excellence within the global African diaspora community. The awards aim to spotlight the innovators, entrepreneurs, investors, and professionals whose work, both abroad and in linkages back home, exemplifies exceptional contribution and

impact. This move is a strategic effort to inspire further investment, knowledge transfer, and patriotic fervor among the scattered sons and daughters of the African motherland.



ZDIC aims not only to validate individual achievements but also to inspire a powerful culture of aspiration and high-impact engagement, transforming individual success into a collective catalyst for national progress and renewed investment.

ZDIC Says “NO” To Drugs

In 2026, the Council is declaring a firm stance against a pressing domestic challenge: the scourge of drug and substance abuse. Acknowledging the devastating impact this epidemic is having on African youth, families, and social fabric, ZDIC is mobilizing its vast network to support prevention, awareness, and rehabilitation efforts.

This initiative underscores a holistic understanding of investment, one that prioritizes human capital and social stability as the bedrock of sustainable economic growth.



In an interview in his base city, Edmonton, ZDIC President Mr. Nzira Jaricha framed the upcoming year as one of purposeful action.

“Our diaspora is not merely a source of remittances; it is a wellspring of talent, courage, and responsibility. As we prepare to honour those lighting the path with excellence in 2026, we are equally geared up to join the frontline in the fight against the drugs and substances that threaten to dim our children’s future here in Canada. True investment begins with safeguarding our people.”

The ZDIC's 2026 blueprint reflects a mature evolution from a purely economic-focused body to a comprehensive development partner. By championing role models while simultaneously tackling a key social ill, the Council seeks to galvanize its global community into a unified force. The message is clear: the African diaspora is READY for 2026, ready to celebrate, ready to contribute, and ready to heal. The coming year promises to be a testament to their expanded role in shaping the nation's destiny.

Entrepreneur Spotlight:

BHO Concept Int.

Beyond the Hype: Building Digital Empires with BHO Concept Int.

In today's hyper-connected marketplace, visibility is currency. But in the crowded digital arena, how does a brand transform from being merely seen to being truly unforgettable? The answer lies not in a single tactic, but in a holistic, strategic vision. This is where BHO Concept Int. moves beyond the ordinary, crafting integrated digital narratives that resonate, engage, and dominate.



BHO Concept Int. is more than an agency; we are architects of digital influence and partners in growth. We understand that a powerful brand today requires a seamless fusion of cutting-edge technology and compelling storytelling. Our comprehensive suite of services is designed to be the singular solution for businesses ready to ascend to the next level.

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- Corporate Branding:** We define your essence, translating your mission and values into a powerful visual and verbal identity that commands authority and trust.



- Digital & Social Media Marketing:** We then amplify that identity. Through data-driven strategies and creative campaigns across all platforms, we ensure your message reaches the right audience, at the right time, with the right impact.
- PR Services:** We secure your reputation and voice. Our strategic public relations craft narratives that earn valuable media coverage, build industry credibility, and position you as a thought leader.
- Personal & Corporate Gifts:** Finally, we solidify relationships beyond the screen. Our curated gifting solutions provide a tangible touchpoint, turning professional connections into lasting partnerships.

A Portfolio That Speaks Volumes: Trusted by Global Leaders

Our methodology is proven on the world stage. BHO Concept Int. has had the privilege of partnering with top-tier brands across the Middle East, Europe, the UK, and Africa, delivering exceptional results that drive business objectives.

Our esteemed client portfolio includes industry giants such as **Strategic Holding, RACS, Samsung UAE, Lenovo, Asus, Al Mansoori Group, Binghatti Properties, and DAMAC**, among many others. These collaborations stand as a testament to our ability to adapt, innovate, and deliver excellence for market leaders in diverse sectors, from cutting-edge technology and robust industrial holdings to premier real estate and investment giants.

Whether you are a corporate powerhouse looking to refresh your digital footprint or an ambitious enterprise ready to launch, BHO Concept Int. provides the strategic clarity and creative firepower you need. We don't just execute tasks; we build digital empires.

Ready to transform your brand's potential into measurable success? Visit our website or contact BHO Concept Int. today. Let's build your concept, together.

CONTACT

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Ronald Nyandoro

By Zvakwana Nomore Sweto

The Spiritual Sound of Zimbabwe

Driving in the streets of Edmonton, with snow on either side of the roads and slippery every time the brakes are applied, one would never dream of hearing Zimbabwe's traditional Mbira music playing loudly from a parked car with windows and doors wide open.

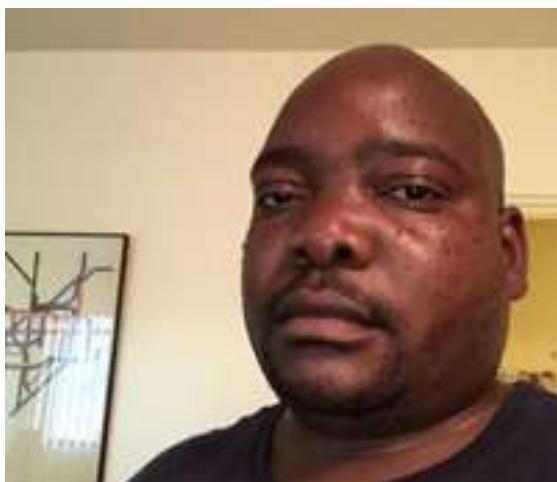
I swiftly made a perfect U-turn to talk to the men who are all in their late 40s.

Hey guys, what's up? You seem to be enjoying your music, but wait can't you feel the cold and the temperature is -18 degrees Celsius.

"Sup buddy, wanna join? We're Canadians bro, forget about the weather can't you hear some good music from Africa," replied one of the guys.

"Well, it's music from Zimbabwe, let me check online to see the name of the artist. Here is it, Ronald Nyandoro," added one of them.

We talked for a couple of minutes and thanked them for their kind reception.



That night I went home and browsed through the internet to look for more information about this artist, Ronald Nyandoro. It turned out he is based in Canada and through various efforts I managed to get his contacts and booked an appointment to meet him in person.

I went prepared, not to waste any opportunity given and within minutes of introducing myself I set up my equipment and was ready for the interview. [\(Interview available on our YouTube Channel\)](#)

ON MBIRA music:

Nyandoro took me through his musical journey.

"My musical journey is rooted in Mhondoro, Zimbabwe, where my earliest connection to the mbira was forged by listening to community elders. Entirely self-taught, this passion followed me to Canada, where I relocated for academic and professional pursuits. Over years of dedicated practice, my skills matured, culminating in a pivotal realization in 2014: my profound connection to the mbira demanded not just private practice but a formal, recorded expression to honor its legacy and share its voice."



Nyandoro boasts of two albums which have done well considering he is not doing music as a full-time job. He has been producing and recording his music through renowned music producer, Munya Vialy (also based in Canada).

About Mbira Music & the Instrument

Today, Mbira stands as a powerful symbol of resilience and identity. Its captivating sound continues to inspire musicians worldwide, serving as a timeless reminder of music's power to connect the past with the present, and the earthly with the divine.

The mbira, often called a "thumb piano" in the West, is far more than a simple melodic instrument. For centuries, it has been the spiritual and cultural heartbeat of the Shona people of Zimbabwe, a resonant bridge between the living and the ancestral world.



Thomas Mapfumo

Crafted from a wooden soundboard, a series of carefully tuned metal or bamboo tines (keys) are attached, which are plucked by the player's thumbs and right forefinger. This creates a mesmerizing, polyphonic, and polyrhythmic sound, a cascade of interlocking patterns that is both hypnotically complex and deeply soothing. The instrument is often placed inside a large calabash resonator (deze) to amplify its ethereal, bell-like tones, which many describe as sounding like "falling water."

In traditional Shona culture, mbira is not merely for entertainment. It is sacred, used primarily in all-night ceremonies known as bira. During these gatherings, the repetitive, cyclical music of the mbira is believed to attract ancestral spirits (vadzimu), inviting them to join the community, offer guidance, and help resolve problems. The music, therefore, is a form of prayer and a direct line to the spiritual realm.



Part of Ronald Nyandoro's mbira collection

The mbira's repertoire consists of hundreds of ancient pieces, each with its own spiritual and social purpose. In the 20th and 21st centuries, artists like Thomas Mapfumo revolutionized African music by electrifying the mbira and blending its ancient patterns with modern guitar and drums, creating the popular genre known as Chimurenga music. This brought the mbira's profound sound to a global audience.

Jah Prayzah and Feli Nandi are among other musicians who use the Mbira in their music

[Watch Interview on YouTube](#)

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LIVE YOUR BEST LIFE

IN A **HEALTHY WAY**



Living your best life isn't a destination; it's the daily practice of nourishing your whole self. True wellness weaves together the physical, mental, and social threads of our existence.

Think of food as foundational energy. Prioritize whole, colorful plants: fruits, vegetables, legumes, and whole grains, while minimizing processed foods. Hydration is key; let water be your primary drink.

Move your body joyfully for at least 30 minutes daily; this isn't about punishment, but about celebrating what your body can do, whether it's a brisk walk, dance, or yoga. Finally, prioritize sleep as non-negotiable repair time. It's when your body heals and your mind consolidates memories.

It's About The Mind & Heart

Health is deeply internal. Actively manage stress through proven techniques like mindful breathing, meditation, or time in nature. Challenge your brain with learning and hobbies, but also practice self-compassion and talk to yourself as you would a dear friend.

Foster a positive mindset by practicing gratitude; noting three things you're thankful for each day can rewire your brain for happiness. Strong, supportive relationships are a cornerstone of longevity; invest time in connecting with loved ones.

Live with a Purpose and Presence

A sense of purpose, whether from career, volunteering, or passion projects, provides vital motivation. Set healthy boundaries to protect your energy and learn to say "no."

Disconnect regularly from digital noise to reconnect with yourself and your surroundings. Embrace a balanced approach, where occasional indulgences are part of a sustainable, joyful journey.

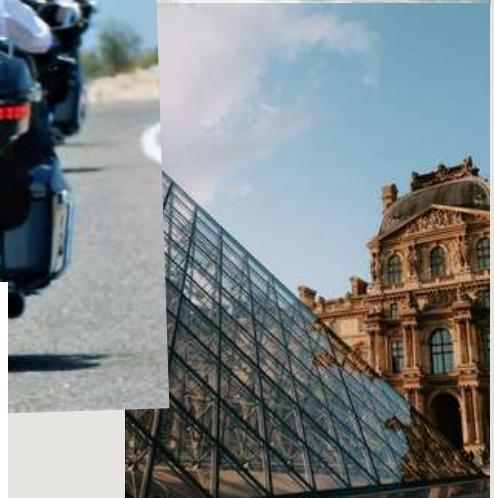


Today, I will.

BALANCE



Do things
at your own pace.
Life's not a race.



*JUST
LIVING MY
BEST LIFE*



TOURING



*around the
world!!*



**Do more of what
you love**



LIVE IN THE MOMENT.



Remember this: Be
kind to your mind.



HAPPINESS

PRESS PLAY, PAUSE

TO THE RESILIENT JAMAICAN FAMILY



As the sun rises on a new year, our hearts remain tender from the winds of Hurricane Melissa, which tested our strength and reshaped our shores. We enter 2026 carrying memories of loss, disruption, and challenges that no one should have to bear, yet we also carry something deeper: the unbreakable spirit of Jamaica.

In the face of the storm, we witnessed what we are made of. Neighbors became lifelines. Strangers became family. Communities across the island rose, not just to rebuild homes, but to rebuild hope. That same spirit that carried you through the toughest days is the very force that will guide you forward.

2026 is not just another year. It is a year to plant new seeds, both in your soil and in your souls. It is a year to stand even taller, to rebuild even stronger, and to remind the world, and yourselves, that the heart of Jamaica cannot be shaken.

The road ahead may still have its challenges, but we walk it together, with faith, courage, and that unmistakable determination. Brighter days are not just ahead; they are within us, waiting to be built.

Stay strong. Keep believing. Keep rising.

With love, solidarity, and unwavering hope,

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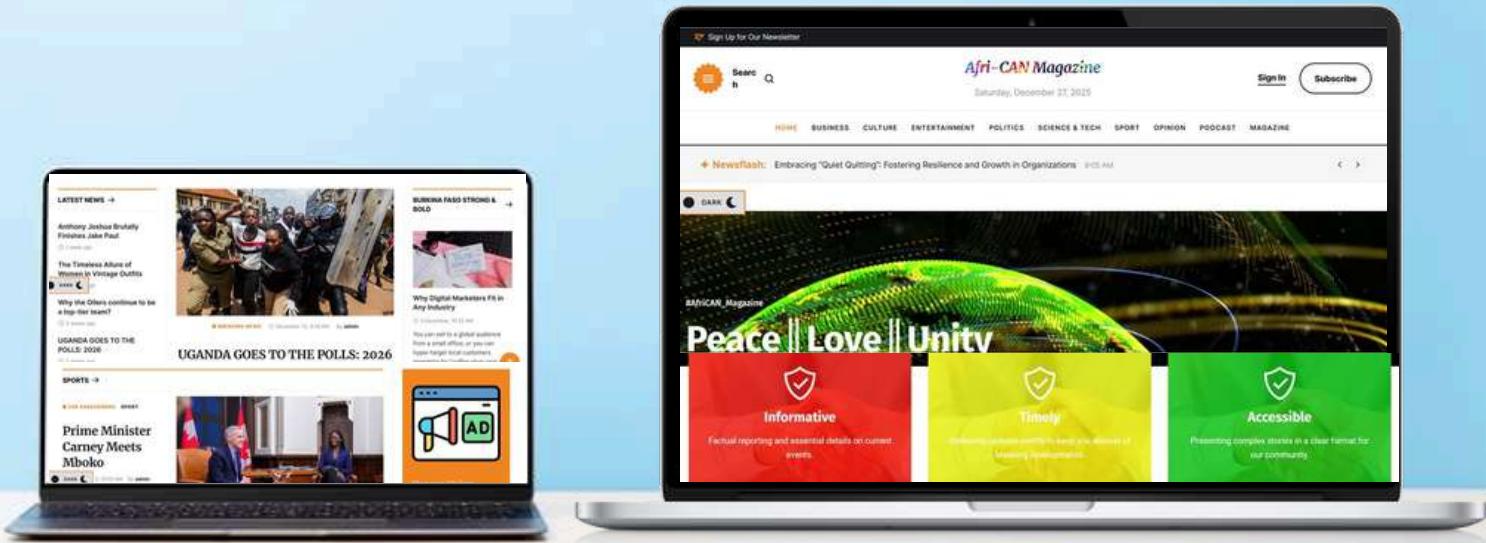
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 **2026**

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VANCOUVER, CANADA

Thème: Forum économique francophone



What They Said About 2025



Devine (London, United Kingdom)

The past year was a great one for me. I engaged my longtime girlfriend, who is based in Dubai. We will be having our wedding in April this year. Will share with you details and even wedding photos.

Chukwu Obi (Toronto, Canada)

It was my year indeed. Finally my wife came all the way from Nigeria. I have waited for a good five years for the process. The wait doesn't matter anymore, as the love of my life and mum to my children is here in Canada. She cooks for me everyday, and she is enjoying the snow

Belinda (Gweru, Zimbabwe)

2025 gave me time to grow and reflect on what I want to for me... I am glad for the lessons learnt ... good bye ...I am ready for the coming year

Louis Mulumba (BC, Canada)

I Je déteste 2025. J'ai divorcé après avoir surpris ma femme avec le mari de sa meilleure amie. Ce fut une expérience douloureuse. J'ai dû quitter Calgary pour la Colombie-Britannique afin de recommencer ma vie à zéro. J'ai hâte de voir ce que nous réserve l'année 2026.

Natasha (Texas, U.S.A)

I can't say much about this past year. But I am glad I managed to mend our family relationship. We were having problems with my siblings and mom and it had really gone bad.

Hayzel Thompson (Edmonton, Canada)

2025 Mi hate yu suh much; yu braat suh much damage tuh wi motherland Jamrock. Lt guh tek time fah wi tuh git bakka pan wi feet considering di korrup leaders wi hav Buh Jah will si wi tru.

Jayden (Congo)

May the year 2024 be one of peace, prosperity, and continued progress for every family, from the banks of the mighty Congo River to the heart of our lush rainforests, and in every vibrant city and village.

Monique (Germany)

Sending you the very best wishes for the new year from Germany. May it bring you new energy, bright ideas, and many reasons to smile.



DAX -Rapper (Toronto, Canada)

His message is clear: "Repeat after me - I am about to walk into the greatest year of my life."

Rachel (Kigali, Rwanda)

May the coming year be a gentle one for your soul, a successful one for your dreams, and a joyful one for your heart.

Daniel (Togo)

Alafia gbê ! Au moment où nous accueillons l'année 2026, nous vous envoyons nos pensées les plus chaleureuses depuis la terre du Togo. Nous célébrons avec gratitude pour l'année écoulée et avec une foi inébranlable pour les bénédictions à venir. Bonne et heureuse année 2026 !

NEW YEAR CELEBRATIONS





POLITICS Desk

Elections in Uganda

By Ongango Musisi

As Uganda enters the long shadow of its 2026 general election, the political landscape is not simply preparing for another contest; it is a pressure cooker testing the very foundations of a system that has held power for nearly four decades.



President Yoweri Museveni, in power since 1986 and freshly confirmed as the National Resistance Movement (NRM) flag-bearer, seeks a seventh term that would extend his rule past the 45-year mark.



The present situation is defined not by new candidates, but by a hardening of long-standing political realities and the simmering tensions they produce.

The most prominent development is the apparent consolidation of the status quo. The ruling NRM machinery, a vast network of patronage and state resources, is already in motion.

Bobi Wine once said;

"It's not a contest between those who support NRM versus those who support the 'Opposition'. That false narrative is driven by the Museveni system. NO. It is the majority of Ugandans versus a small clique of armed people who believe that the country belongs to them as of right.

It is a contest between those who believe in democracy and those who believe in 'divine right'. Those who believe in the rule of law versus those who believe in the rule of the gun. Those who believe in human dignity versus those who believe in abductions, torture, and murder.

It is a contest between the oppressed and their oppressors. In short, it is a contest between what is right, fair and just on one hand, and what is evil and immoral on the other hand."

The recent passage of contentious legislation, including the Computer Misuse (Amendment) Act, 2022, which critics label a tool to stifle online dissent, signals a pre-electoral environment where digital spaces, crucial for opposition organizing, are under increased scrutiny.

Uganda grapples with high youth unemployment, rising inflation, and the burdens of public debt. These pressures are acutely felt by the nation's overwhelmingly young population, a demographic that overwhelmingly backed the opposition in 2021. This creates a potent paradox: a government seeking renewal from a generation increasingly impatient for change it has yet to materially deliver. The government points to major infrastructure projects like oil pipelines and roads as proof of development, but the tangible benefits for ordinary citizens remain a central point of political debate.



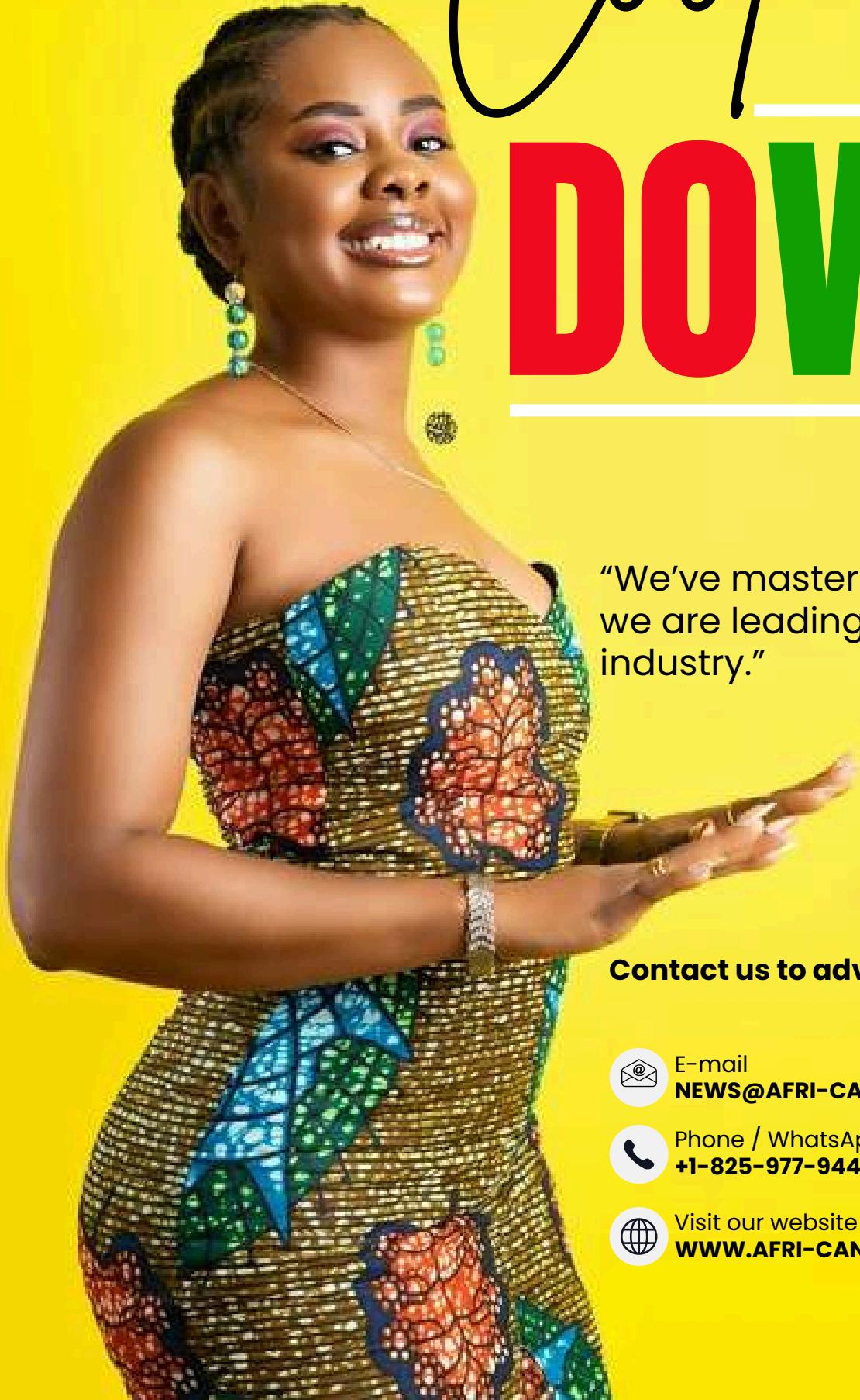
President Yoweri Museveni: Uganda

However, the most profound "development" may be a growing sense of political fatigue and strategic recalibration. The violent, chaotic scenes that marred the 2021 election, including widespread internet shutdowns and military deployment, remain fresh in public memory. This has led to questions about the opposition's next move. Is the path one of continued, risky mass mobilization, or a slower, more subterranean build-up of grassroots structures? The space for traditional campaigning remains severely constricted, pushing political discourse into fragmented community meetings and onto heavily monitored social media platforms.

Internationally, the lens is also shifting. While Western donors often issue muted statements on governance, regional partners and new international actors, particularly China, maintain a firm policy of non-interference, insulating the regime from certain diplomatic pressures. This allows the government to frame the election as a purely sovereign affair.



As the drumbeat towards the election grows louder, the fundamental question is not merely "Who will win?", the incumbent holds every institutional advantage. The more thought-provoking dilemma is: What form will political expression take in a system designed to limit it? The gathering storm may not bring immediate change, but the atmospheric pressure it creates will define the nation's trajectory for a generation.



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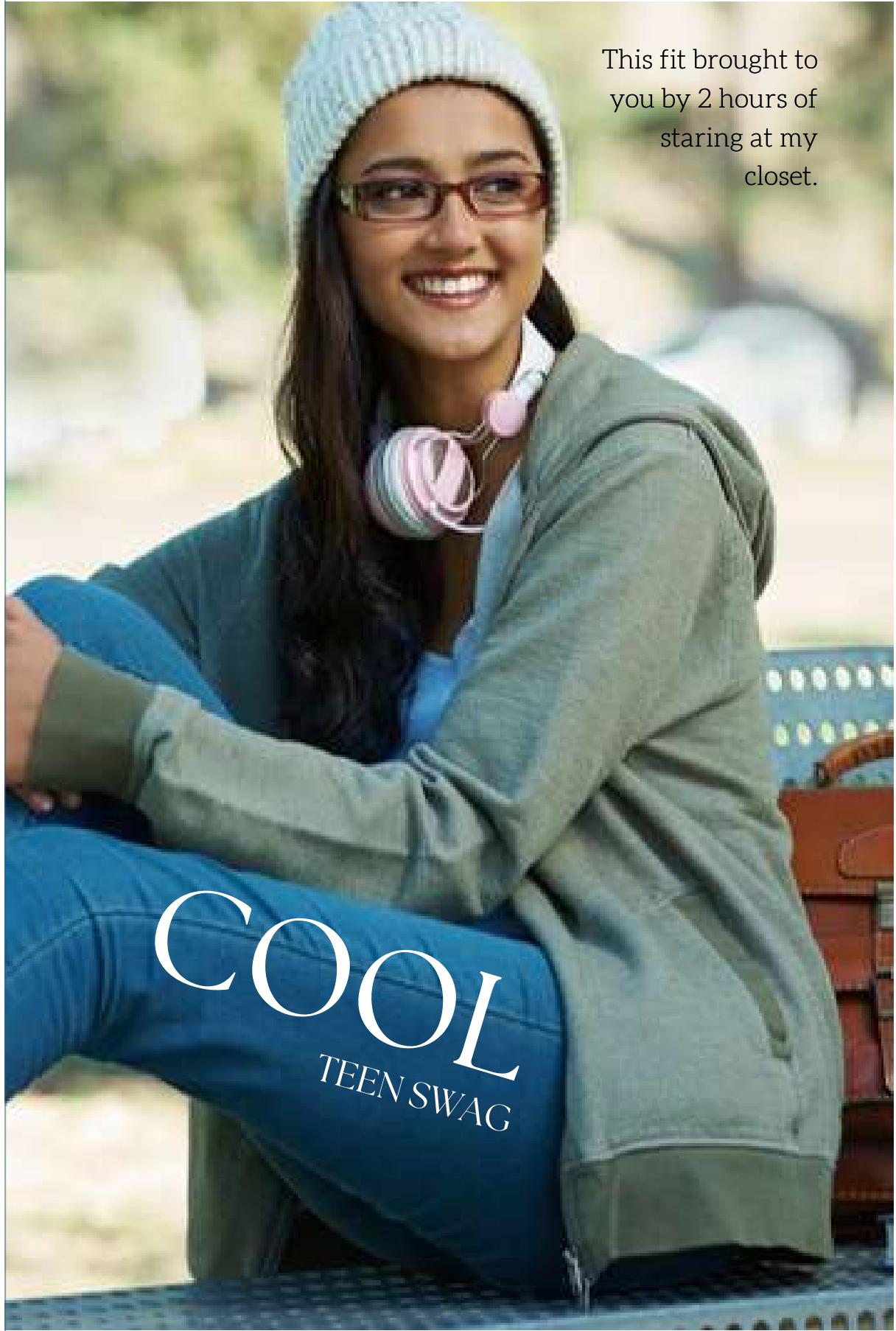
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Operating a Drone in Canada

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IMPORTANT: US VISA UPDATES



Effective January 1, 2026

In line with Presidential Proclamation 10998 on “Restricting and Limiting the Entry of Foreign Nationals to Protect the Security of the United States,” which takes effect on January 1, 2026, at 12:01 a.m. Eastern Standard Time (EST), the United States is fully or partially suspending entry for and visa issuance to nationals of 39 countries

Suspension of Visa Issuance to Foreign Nationals

Also effective January 1, 2026, at 12:01 a.m. EST, in line with Presidential Proclamation 10998 on “Restricting and Limiting the Entry of Foreign Nationals to Protect the Security of the United States,” the Department of State is partially suspending visa issuance to nationals of 19 countries – Angola, Antigua and Barbuda, Benin, Burundi, Cote D’Ivoire, Cuba, Dominica, Gabon, The Gambia, Malawi, Mauritania, Nigeria, Senegal, Tanzania, Togo, Tonga, Venezuela, Zambia, and Zimbabwe – for nonimmigrant B-1/B-2 visitor visas and F, M, J student and exchange visitor visas, and all immigrant visas with limited exceptions for:

- Immigrant visas for ethnic and religious minorities facing persecution in Iran
- Dual nationals applying with a passport nationality not subject to a suspension
- Special Immigrant Visas (SIVs) for U.S. government employees under 8 U.S.C. 1101(a)(27)(D)
- Participants in certain major sporting events
- Lawful Permanent Residents (LPRs)



BUILDING *your* 2026 PLANNING AHEAD

Plan with Purpose, Save with Strategy

A goal without a plan is merely a wish. For 2026, let us move beyond vague aspirations and embrace concrete financial planning. Begin by defining clear, achievable objectives, whether it's saving for further education, starting a business, or building an emergency fund. The discipline of saving is the cornerstone of independence and security. It creates a buffer against life's uncertainties and empowers you to seize opportunities without the anchor of debt. Start small, automate your savings if possible, and watch your future grow one disciplined choice at a time.

Invest in Your Greatest Asset: Your Health

True prosperity is impossible without health. Make 2026 the year you commit to sustainable wellness. This extends beyond fleeting diets to encompass nourishing food, consistent movement, and vital mental rest. Schedule regular health check-ups, prioritize sleep, and manage stress through healthy outlets. A healthy individual is more productive, more resilient, and fully able to enjoy the fruits of their labor. Remember, the goal is not perfection, but consistent progress in caring for the only body you have.

The 2026 presents a clean slate, a 365-page book waiting to be written with purpose and intention. This is not merely about setting resolutions that fade by February; it is about crafting a foundational blueprint for a life of stability, health, and fulfillment. The journey begins with a commitment to intentionality in four key areas: our finances, our bodies, our relationships, and our future.

Choose Commitment in Relationships

One of the most profound decisions we make concerns our lifelong partnerships. The call for 2026 is to desist from the pressure of unplanned marriages and reckless relationships. Love is a beautiful foundation, but a lasting union is built on deliberate choice, mutual respect, shared values, and emotional readiness. Rushed marriages or unions formed under social pressure often lead to preventable strife. Take the time to truly know your partner, align your life goals, and build a relationship that is a sanctuary, not a source of stress.



Guard Your Future: Resist the "Mjolo" Pandemic & Unplanned Pregnancies

A critical aspect of intentional living is exercising wisdom in our romantic and sexual choices. The casual, often reckless dating culture, sometimes called the "Mjolo pandemic", prioritizes fleeting pleasure over lasting consequence. This year, let us champion fidelity, communication, and respect within partnerships. Faithfulness builds trust and deepens connection. Furthermore, unplanned pregnancies can derail the most carefully laid plans for education and career, creating immense financial and emotional strain. Responsible behavior, open dialogue with your partner, and the use of available resources for family planning are not restrictions on love, but profound acts of care for your shared future.



Moving Forward Together

Building a meaningful 2026 is a quiet revolution against a culture of immediacy and impulse. It is a commitment to delayed gratification, to saying "not yet" in favor of a stronger "when the time is right." It is about being the author of your story, not a character swept along by circumstance

Let this be the year we trade chaos for clarity, and chance for choice. Plan diligently, save consistently, nurture your health, and approach your relationships with the seriousness they deserve. Here's to a 2026 defined not by what happened to us, but by what we intentionally built.

The future belongs to those who prepare for it today.

are you a **DANCER?**



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Warm-Up (3-5 mins)

Do each for 60 seconds.

- **High-Five Jumping Jacks:** Face each other, do jumping jacks and high-five on each clap overhead.
- **Squat & Reach:** Hold hands, squat together, then rise and reach arms overhead.
- **Torso Twists:** Stand back-to-back, gently twist to tap each other's hands on each side.



The Partner Circuit (3 rounds, 60 sec work)

- Partner Squats (Facing Each Other): Hold each other's forearms for balance.
- Lower into a squat in sync, keeping your chests up. Press up together.

Push-Up High-Fives

- Get into a push-up position facing each other, hands shoulder-width apart.
- Lower into a push-up. As you push up, lift your right hand to high-five your partner's right hand. Alternate sides.

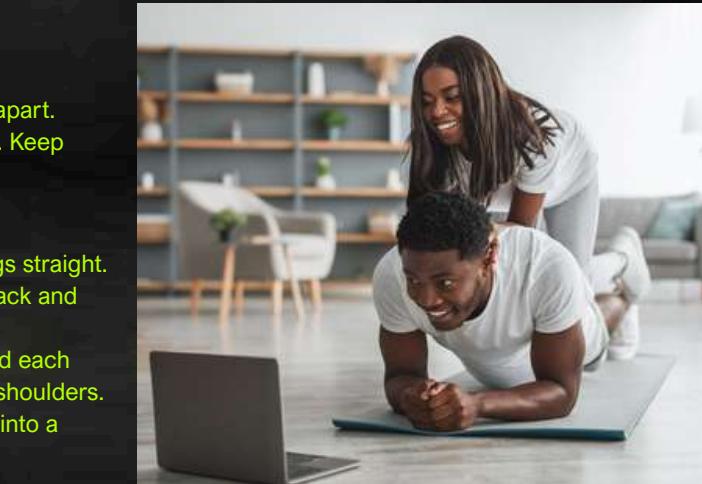


Sit-Up Pass

- Sit facing each other, knees bent, feet touching.
- Hold a pillow, water bottle, or small object.
- As you both lower back, pass the object behind you. As you sit up, pass it back overhead. Keep the core tight!

Assisted Lunges

- Partner A stands tall. Partner B places their hands on Partner A's shoulders.
- Partner B steps back into a reverse lunge while Partner A provides light support for balance. Do all reps on one side before switching.



Plank Tap Challenge

- Both get into a high plank facing each other, about arm's length apart.
- Take turns lifting one hand to quickly tap your partner's shoulder. Keep those hips steady!

Cooldown & Stretch (3-5 mins)

- **Seated Forward Fold (Back-to-Back):** Sit back-to-back with legs straight. Gently take turns leaning forward to stretch the other person's back and hamstrings.
- **Partner Chest Opener:** Sit facing each other, cross-legged. Hold each other's forearms and gently lean back to open up the chest and shoulders.
- **Figure-Four Stretch:** Sit facing each other and help each other into a gentle figure-four glute stretch.

Let's take this...BUT HERE IS A TIP

Make it fun! Play your favorite upbeat playlist, keep each other accountable on form, and celebrate with a high-five or fun dance move after each round.



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EDUCATIONAL GOALS 2026

As we look ahead to 2026, student educational goals are increasingly centered on holistic development, digital fluency, and real-world readiness. Beyond achieving academic excellence in core subjects, students are aiming to master essential future skills, including critical thinking, creative problem-solving, and collaborative communication.

A significant focus will be on achieving technological literacy, not just as consumers, but as ethical creators and analysts in fields like AI, data science, and digital content.



Furthermore, goals emphasize personal growth, such as building resilience, fostering global and cultural awareness, and engaging in service learning. Ultimately, the aim for 2026 is to cultivate adaptable, compassionate, and knowledgeable individuals prepared to navigate an interconnected world and contribute meaningfully to their communities.

SAY NO TO DRUGS

Listen up, future leaders, innovators, and stars. Right now, you have an incredible gift: your potential. Your mind is sharp, your dreams are big, and your future is unwritten. Please protect it fiercely. One of the most dangerous threats to that bright future is the lure of drugs and substance abuse.

You might hear that it's just a bit of fun, a way to fit in, or to escape stress. But the truth is, it's a trap. It can hijack your developing brain, steal your focus, damage your health, and derail everything you're working toward.

Your life, your health, and your dreams are yours to own. Choose yourself. Make choices today that your future self will thank you for. You are worth so much more than a quick fix. Believe in your own power to say no, and step confidently toward the amazing life you are meant to live.

A true friend will respect your "no." It's okay to be the one who says, "That's not for me," or "I've got too much to lose." Have a plan: practice your refusal, walk away, and surround yourself with friends who lift you up, not pull you down.

By Temi, Dubai-UAE



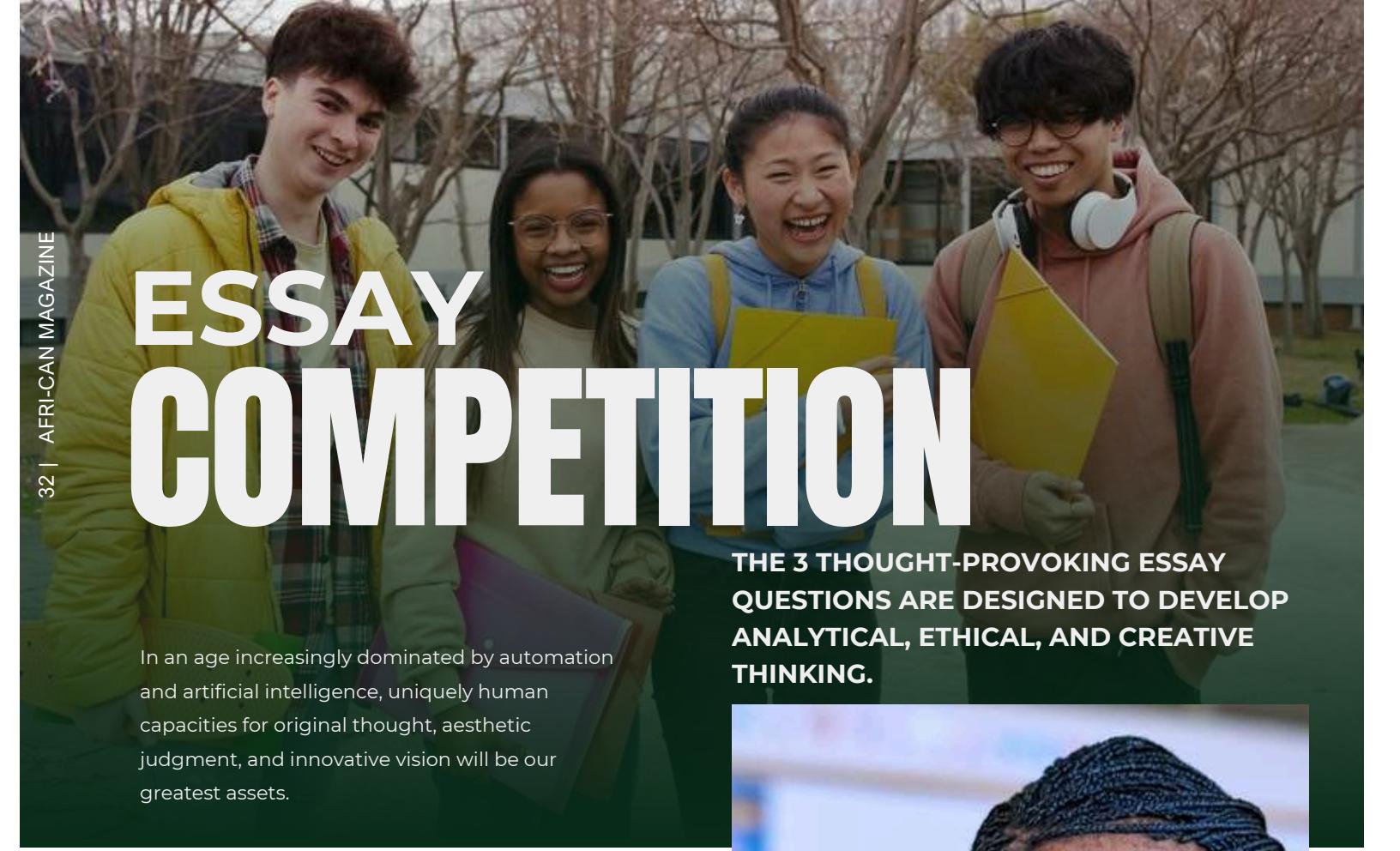
BE CREATIVE

Imagine unlocking a superpower that lets you solve problems in amazing new ways, express feelings words can't capture, and see the world in colors no one else has imagined. That's your creativity, and it's already inside you.

Being artistic isn't just about painting a pretty picture or writing a cool song. It's about training your brain to think differently, to turn "I can't" into "What if?"

Every time you invent a game, design a poster, build with blocks, or daydream a new story, you're building skills that will help you in every subject and in life itself. In a world that's changing fast, your unique ideas and creative courage will be your greatest strength. So pick up that pencil, clay, instrument, or idea, and start creating the future only you can see.

ESSAY COMPETITION



In an age increasingly dominated by automation and artificial intelligence, uniquely human capacities for original thought, aesthetic judgment, and innovative vision will be our greatest assets.

THE 3 THOUGHT-PROVOKING ESSAY QUESTIONS ARE DESIGNED TO DEVELOP ANALYTICAL, ETHICAL, AND CREATIVE THINKING.

WHY ESSAYS?

Essays cultivate a disciplined and analytical mindset in children by training them to structure coherent arguments, organize their thoughts logically, and engage deeply with a subject.

ESSAY TOPICS

1. If you could instill one universal value in every person your age, what would it be and why? In your argument, consider a concrete ethical dilemma this value would help resolve in your school or community.
2. Your school wants to make recess more fun and inclusive for everyone. What is one new piece of equipment, game, or rule you would propose, and why? Explain how your idea would help students have more fun, be active, and include classmates who might feel left out.
3. If you could invent a brand-new holiday for our community, what would it celebrate and why? Describe the traditions, food, and activities of your special day, and explain how it would make our town a better or happier place.



**ESSAY INSTRUCTIONS
ON THE NEXT PAGE**

Young Authors Essay Contest



Calling All Young Writers! Share Your Story and Win!

Hey there, amazing kids and brilliant young thinkers! Do you have a story to tell, a big idea, or a powerful opinion? Here's your chance to share your voice with the world!

We are thrilled to announce our **Young Authors Essay Contest** and we want you to enter!

The Best Part? There's a Prize!

- Every essay will be read by our panel of judges. The winning essay will be published on our website for everyone to see, and the brilliant author will receive a **\$100 prize!**

How to Enter:

It's easy! Just follow these steps:

- Write your essay (500 words or less).
- Ask your parent or guardian to help you email it to us at: zee@thedigitaldispatch.com
- Make sure the subject line says: "Young Authors Contest - [Your Name]"
- In the email, please include your first name, your age, and your parent's name and phone number.

But wait, we need your parent's help!

A note for parents/guardians: Please review our safe submission guidelines. By submitting your child's essay, you grant us permission to publish their first name and age alongside the winning entry. We will never publish a child's full name or contact information. Full contest rules are available upon request.

Submit on time

Don't wait! The deadline to submit your essay is 15th of every month..

We can't wait to read your incredible ideas. Happy writing

Send ESSAYS to: zee.s@afri-can.ca





CELEBRATING
RHUMBA MUSIC

KOFI OLOMIDE BORN ANTOINE CHRISTOPHE AGBEPÀ MUMBA

Koffi Olomide is Congolese rhumba artist whose name is synonymous with a distinct, transformative excellence that reshaped the genre for a global era. His genius lies not merely in performance but in total artistic authorship; he is the prolific composer, visionary arranger, charismatic bandleader, and magnetic showman all in one.

While deeply rooted in the classic sebene guitar traditions of Kinshasa, Koffi pioneered the smoother, slower, and more melodic style known as "Tcha Tcho" in the 1990s, a sophisticated and romantic sound that captivated audi-

-ces across Africa and beyond with its polished elegance and emotional depth.

Beyond the music, he crafted an unparalleled spectacle, elevating the concert experience into a grand theatrical production of synchronized choreography, lavish costumes, and an almost orchestral command of his ensembles. Anthems like "Droit de Veto," "Loi," and "Effrakata" are cultural landmarks, cementing his status as a maestro whose controversial persona is inextricable from his undeniable, generation-defining impact as a musical innovator and an icon of extravagant, enduring artistry.

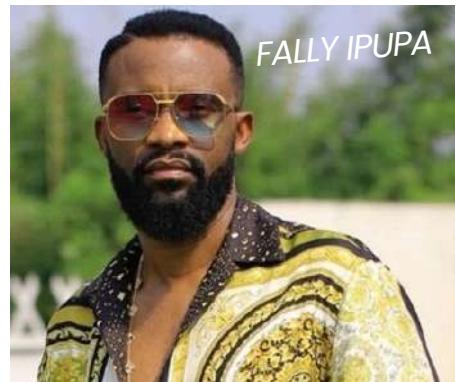
Fally Ipupa

Fally Ipupa N'simba, born in 1977 in Kinshasa, Democratic Republic of Congo (DRC), is the artist who masterfully bridged the golden age of Congolese rumba with the sounds of the 21st century, earning his title as a modern "Rhumba King."

Growing up in the shadow of the legendary Quartier Latin orchestra, led by the iconic Papa Wemba, Fally was not just a fan but a devoted disciple. In 1999, his raw talent and dedication was recognized, and he was invited to join the very group he idolized. As a guitarist, composer, and vocalist for Quartier Latin, he spent nearly a decade honing his craft, absorbing the complex sebene guitar work and sophisticated harmonies that define Congolese rumba.

His solo debut in 2006, "Droit Chemin," was a monumental success. The album was a declaration of a new sonic vision: it preserved the soulful, danceable essence of classic rumba (ndombolo) but infused it with sleek, contemporary R&B, hip-hop, and pop influences. His live performances became the stuff of legend. With impeccable style, intricate choreography, and a magnetic stage presence, his concerts are immersive experiences that affirm his royal status. He is not just a singer; he is a complete entertainer in the grand tradition of Congolese music.

Today, Fally stands as a colossal figure. He is the "Rhumba King" because he inherited a priceless throne, modernized its palace with global sounds, and continues to rule with a commitment to musical excellence, ensuring that Congolese rumba remains both timeless and utterly contemporary.



Roga Roga

ROGA ROGA, which translates from Lingala as "squabble" or "chaos," is far more than just a provocative name, it is the moniker of one of the most resilient, influential, and sonically robust ensembles in the history of modern Congolese rumba, a group whose very existence is a testament to the genre's enduring power and its capacity for reinvention amidst the literal and metaphorical turbulence of its homeland. Emerging from the fertile musical landscape of Kinshasa in the 1980s, Roga Roga was founded by the late visionary composer, guitarist, and singer Bimi Ombale, who sought to create a unit that prioritized raw rhythmic drive, intricate guitar work, and socially conscious lyrics.

Extra Musica

Emerging as a titan in the golden era of modern Congolese rumba, Extra Musica distinguished itself through an uncompromising commitment to musical sophistication and powerful, harmonious vocals. Founded in the 1990s by the masterful guitarist and songwriter Bopol Mansiamina, alongside the exceptional vocal prowess of Werre Werre and Ferre Gola, the ensemble quickly became synonymous with excellence, crafting a sound that was both elegantly refined and intensely emotional. For a definitive period, Extra Musica set the standard for artistic integrity and sonic perfection in Kinshasa's competitive music scene, leaving a legacy that continues to inspire awe for its technical mastery and profound emotional delivery.



Christmas
Celebrations
IN PICTURES

A decorative wreath is positioned on the right side of the text. It is made of green holly leaves, red berries, and white flowers. A string of small, round ornaments hangs from the bottom right corner.

Kanda Bongo Man

Kanda Bongo Man stands as a pioneering architect who fundamentally transformed and globalized Congolese rhumba for the 1980s and beyond, masterfully streamlining the genre's complex, guitar-driven orchestration into an irresistibly fast, compact, and internationally accessible dance phenomenon known as "Kwassa Kwassa."



RHUMBA Excellence & History

Congolese rhumba stands as one of the 20th century's most influential and enduring musical movements, a genre born from the profound fusion of African rhythmic tradition and Afro-Cuban son that returned to the continent via records in the late 1930s and 1940s, where it was joyfully reclaimed and reinvented by pioneering artists in the burgeoning urban centers of Kinshasa and Brazzaville.

Orchestras like African Jazz and OK Jazz, led respectively by the visionary Grand Kalle and the legendary Franco (Luambo Makiadi), crafted the foundational sound, characterized by intertwining guitar melodies (mi-solo and sebene), poetic Lingala lyrics, and rhythms that moved the soul and the body.

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Over decades, rhumba evolved through distinct phases: from the elegant, big-band era of the 1950s and '60s, through the kinetic, dance-driven soukous and ndombolo explosions of the 1970s and '80s, to its modern, globally-infused iterations carried by icons like Koffi Olomide and Fally Ipupa.

More than just music, Congolese rhumba became a vital cultural force, a soundtrack for independence, a voice of social commentary, a language of romance, and an irresistible call to dance that has transcended borders, resonating across Africa and the world.

His genius lay in a brilliant simplification: by foregrounding the melodic lead guitar and pairing it with insistent, bouncing basslines, he distilled the essence of the Congolese sebene into a hypnotic, circular groove that was both immediately catchy and endlessly danceable.

Songs like "Sai" and "Lela Lela" became global anthems, introducing the vibrant sounds of soukous to European and world music charts through his dynamic live performances and crisp studio productions. While operating far from Kinshasa, his work did not abandon tradition but rather re-engineered it for a new context, becoming a crucial bridge that carried the joyous, rhythmic heart of Congolese music across continents and solidifying his legacy as an ambassador of pure, unadulterated dance-floor euphoria.



Its excellence lies in this unparalleled adaptability and emotional depth, a continuous thread of melodic sophistication, rhythmic innovation, and communal joy that has sustained its relevance for nearly a century, proving it to be not merely a genre, but a living, breathing legacy of artistic resilience and unity.



Lifestyle, *Fashion* *Music*, & Culture

"Fusion of Expressions: How Lifestyle, Fashion, Music, and Culture Intertwine to Shape Identity."

In the tapestry of human existence, identity is not a solitary thread but a complex weave. It is shaped and colored by the dynamic interplay of lifestyle choices, fashion statements, musical affinities, and cultural roots. This fusion of expressions creates a living portrait of who we are, both individually and collectively, in an ever-evolving world.

Identity today is less a fixed destination and more a continuous journey of curation. We piece together our sense of self from available influences, creating a personal narrative that is constantly revised. Lifestyle: how we live, work, eat, and spend our leisure time; forms the foundation. It is the rhythm of our daily existence, but it gains its melody and harmony when intertwined with other forms of expression.

Fashion serves as one of the most immediate visual dialects of this narrative. What we wear is rarely just about utility or aesthetics; it is armor, allegiance, and art. The resurgence of vintage clothing isn't merely a trend, it's a connection to history, a statement on sustainability, or a rejection of fast-fashion culture. A band t-shirt, a cultural garment, or a specific silhouette communicates belonging, memory, and values before a word is spoken. Fashion becomes the skin of our cultural and personal ideologies.

The Soundtrack of Belonging

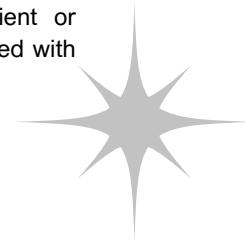
If fashion is the visual language, music is the emotional score. Musical preference often forms the cornerstone of subcultures and communities, from punk and hip-hop to K-pop and indie folk. The music we absorb doesn't just reflect our mood; it shapes our worldview, provides a lexicon of slang and attitude, and often dictates social circles and fashion choices. Hip-hop, for instance, birthed not just a genre but an entire ecosystem encompassing streetwear, dance, visual art, and a powerful discourse on social justice. The beat provides a pulse, but the culture it carries provides a home.



The Soil and the Seed: CULTURE

Beneath it all lies culture; the deep, often subconscious framework of traditions, values, and shared history. In our globalized age, cultural identity is increasingly hybrid. Second-generation immigrants might blend the traditional music and clothing of their heritage with the mainstream trends of their current country, creating a powerful, nuanced identity at the intersection. This fusion isn't a dilution but an innovation, a new form of cultural expression that speaks to a multifaceted experience.

Culture also operates on a macro scale, responding to and influencing societal shifts. The rise of minimalist lifestyles and fashion, for instance, intertwines with growing environmental consciousness (culture) and is often paired with ambient or simplistic musical aesthetics. Here, identity becomes aligned with a broader ethical and philosophical stance.



The Digital Catalyst

The digital realm has accelerated this fusion to light speed. Platforms like TikTok, Instagram, Roblox, and Spotify are modern-day cultural cauldrons. A dance trend originating in Nigeria can inspire fashion choices in Brazil, influence the sound of a pop song produced in Sweden, and become part of a teenager's lifestyle in Japan, all within a week. The internet has democratized access, allowing individuals to curate their identity from a global palette, creating hyper-personalized mosaics of influence.

This intertwining is not a new phenomenon. The flappers of the 1920s fused jazz music (a cultural product of the African American experience), shorter dresses (a fashion rebellion), and a lifestyle of increased female autonomy to create an iconic identity of liberation. The punk movement of the 1970s was a furious fusion of abrasive music, DIY fashion (safety pins, torn clothing), and a lifestyle staunchly opposed to mainstream consumer culture.

What has changed is the pace, scale, and self-awareness of the curation. We are now active architects of our identity, consciously selecting from an endless array of influences. The fusion of lifestyle, fashion, music, and culture is how we answer the fundamental questions: "Who am I?" and "Where do I belong?"

In the end, our identity is this very fusion, a living, breathing collage. It is in the choice to pair a grandfather's watch with a tech-driven lifestyle, to listen to both classical symphonies and electronic dance music, to honor cultural traditions while embracing global citizenship. This interplay is not chaotic but creative. It is the human process of making meaning, finding community, and ultimately, composing the unique and ever-changing song of the self.



What Do You Think?

Post from anonymous person on Facebook?

Hi everyone... I don't usually share personal things, but today I really need some honest advice. I feel like I'm slowly breaking from the inside. I've been married for many years, and throughout this time I've tried my best to be a good husband supportive, patient, never demanding anything, always putting my wife and kids first.

But somewhere along the way, I started feeling invisible. My wife is busy in her own world... outings, friends, her own plans. I don't stop her; I don't control her. I've always wanted her to grow and be happy. But in return, I feel ignored, disrespected, and sometimes even talked down to.

There are days I feel like I'm just an ATM or a burden in my own home. I love my family deeply, but I feel no love coming back. Even the kids seem lost in the middle of this. I try to keep the house peaceful, so I stay quiet, I bend, I apologize even when I'm not wrong just to avoid hurting them.

I'm 42 now. And instead of feeling supported or appreciated, I feel lonely... completely alone. Sometimes I wish someone would just ask me, "Are you okay?" or "Did you eat?" just a small sign that I matter.

I'm tired. I'm scared of what will happen to my kids if things break. But I'm also scared of what will happen to me if I keep living like this.



Has anyone felt this kind of emotional loneliness in a marriage?

How did you survive it? What did you do?

Any advice would mean a lot right now.

“

You are not weak for struggling; your strength is shown in the courage it takes to face the challenge and seek support.

EDITOR ”



LET'S TALK

ABOUT



SPORTS

Coronation Park Sports & Recreation Centre Announces Opening Date

Staff Writer

Edmonton, CA- The highly anticipated Coronation Park Sports & Recreation Centre has officially announced its opening day. In just four weeks, on Tuesday, January 27, 2026, this state-of-the-art facility will open its doors to the public, marking a new era for community health, wellness, and recreation in the city.

The City of Edmonton released the exciting news today, stating, “We can’t wait to welcome all our valued the entire community to experience this incredible new facility.” This inclusive language underscores the center’s commitment to serving both existing recreation program members and all residents eager to explore the new amenities.



While full details of the center’s offerings are forthcoming, the announcement has already generated significant buzz. The project promises to be a premier destination for sports, fitness, and family activities. From anticipated features like aquatic facilities, gymnasiums, and fitness studios to potential community rooms and multi-purpose spaces, the center is poised to become a vibrant hub for people of all ages.

The city encourages residents to “stay tuned for sneak peeks and details” in the lead-up to the grand opening. The official project page at edmonton.ca/CoronationRecCentre will be the central source for all information, including potential membership details, programming schedules, and exclusive first looks at the interior.

As the countdown to January 27 begins, the hashtag #CoronationPark is already gaining traction on social media, with residents sharing their excitement for the #GrandOpening. Mark your calendars, Edmonton. A new landmark for community and recreation is just one month away.



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HAPPY NEW YEAR



May 2025 be a testament to our collective strength; a year where ambition is realized, stories are amplified, and our limitless potential, from every corner of the globe, is unleashed. Let's step forward together, carrying the vibrant legacy of the past into a future we will boldly shape. Happy New Year

PEACE || LOVE || UNITY