

AFRI-CAN

JANUARY 2035
ISSUE 5

MAGAZINE

Its
February
THE MONTH OF LOVE

+

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STORIES

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| APR 29 | CHARLOTTE, NC | AUG 25 | EAST RUTHERFORD, NJ |
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CONTENTS

/INSIDE THIS ISSUE



P. 16 TAXES Filing in Canada

For low-income individuals, one barrier to tax filing has historically been the cost. Some tax preparation services charge hundreds of dollars, discouraging people from filing and limiting their access to government benefits.

By Grace Vela

P. 07 The African Mother

Her fashion is never merely about trends; it is an anthology of her life, her values, and her unshakeable role as the pillar of family and community. It is a regal elegance, born not from fleeting magazines, but from the deep wells of culture and necessity.

By Lisa Brown



P.15

Uganda's Political Crossroads

“We have killed 22 National Unity Platform (NUP) terrorists since last week. I'm praying the 23rd is Kabobi,” Kainerugaba wrote on X.



P.34

Affordable Winter Destinations in Canada

Experience Canada's breathtaking snow-covered landscapes and vibrant seasonal festivities, from world-class ski slopes to enchanting holiday markets.



P. 26

Love, Romance, & Sex

This is the first generation to have near-unlimited access to sexual information and misinformation online. From comprehensive sex-ed resources on social media to the omnipresence of pornography, the learning curve has been flattened but also distorted.

By Zvakwana Nomore Sweto



P. 47

Sports Personality of the Month

The hero of the day is none other than African footballing icon Sadio Mane who has taken his team to two AFCON titles and probably covers the forward's legacy.

By Staff Reporter

Editor's Note



Dear Readers,

As the first light of this new year settles upon us, we at *Afri-CAN Magazine* greet you with hearts full of hope and minds buzzing with purpose. The turn of the year is more than a change in the calendar, it is a collective breath held and then released, a moment brimming with the quiet power of new beginnings.

For our vibrant continent, this power is not merely symbolic; it is the drive of our story. This year, we reaffirm our commitment to telling that story; the stories of relentless innovation, cultural richness, politics, business & investment, transformative challenges, and the unyielding spirit that shouts, "Africa CAN" and Africans in Canada. We stepped into 2026 not just as observers, but as chroniclers of your resilience and architects of a narrative steeped in possibility.

And as we step forward, we find ourselves in the gentle embrace of February, the month that paints the world in hues of the heart. To all the lovers among our readers, those in the first flush of discovery, those building a legacy of shared years, and those whose love forms the bedrock of family and community: Happy Valentine's Day.

In a world that often moves too fast, may this month be your gentle pause. Cherish the quiet moments as much as the grand gestures. Let your love be a deliberate act of kindness, a sanctuary of understanding, and a fierce commitment to seeing and uplifting one another. Remember, the most profound love stories are not just about romance; they are about partnership, respect, and building a world within a world together.

Here is to a year of bold strides and to a month of tender connections. Thank you for allowing us into your lives and thoughts. Let's make it all count.

With warm regards,

A stylized, handwritten signature in black ink that reads "Zee".

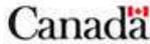
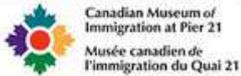
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African Heritage Month
Celebrations and Revelations 2026
February 6 at 7 pm

JAH'MILA & JULIAN TAYLOR

Mois du patrimoine africain
Célébrations et révélations 2026
6 février à 19 h



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The African Mother

Real Elegance - Fashion and Accessories

By Lisa Brown

The "true African mother" is not a single, monolithic figure, but rather a powerful archetype, a cultural icon, a force of nature. She is both soft and stern, a nurturer and a warrior.

When you meet a true African woman, you do not need any introduction, but the way she carries herself one will definitely know this is a woman of value. Today, we are going to talk about women, specifically the one who still carries Ubuntu spirit to her heart.

To speak of an African mother's style is to speak of a language, a visual dialect of heritage, dignity, and profound intention. Her fashion is never merely about trends; it is an anthology of her life, her values, and her unshakeable role as the pillar of family and community. It is a regal elegance, born not from fleeting magazines, but from the deep wells of culture and necessity.



The foundation statement of the African mother represents values woven into fabric.

Before a single accessory is donned, her choices are guided by core principles:

- **Cultural Authenticity:** She is a custodian of tradition. Her wardrobe proudly features Ankara, Kente, Kitenge, Chitenge, or Shweshwe; vibrant, narrative-rich textiles that announce her lineage. Wearing these is an act of preservation and pride.
- **Dignity Above All:** Her silhouette commands respect. Whether in a grand African attire or a tailored skirt suit, her clothing is modest, well-fitted, and never compromising. It reflects the weight and honor of her title: Mama.
- **Invested Quality:** She believes in "buying once, buying well." A true African mother values timeless pieces over fast fashion. A well-made George wrapper or a solid gold bangle is an investment, often passed down as an heirloom.
- **Versatile Resilience:** Her style is functional for a life in motion, from the bustling market to a formal ceremony. Fabrics must be durable, colors must be vibrant yet practical, and designs must allow her to work, celebrate, and comfort with equal grace.



...to all lovers

A vibrant red background features a large, glossy red plate. On the plate, a white card is placed, surrounded by several large, light pink roses with green foliage. The card has the text 'HAPPY Valentine's DAY' with two small red hearts. The overall scene is romantic and celebratory.

♥ HAPPY
Valentine's
DAY ♥

With Love

Afri-CAN Team



The Real African Queen

...from Page. 7

What you have to know about the queen in her is that accessories are not embellishments; they are statements of identity and achievement, from the headgear to the footwear.

- The Headwrap (Gele, Dhuku, Head-tie): This is her crown. Tied with precision and creativity, it symbolizes wisdom, marital status, and occasion. A towering, stiff gele for a wedding speaks of celebration; a softer, everyday wrap speaks of practical grace.

- Jewelry with Weight and Meaning: Gold is favored, not for flash, but for its value and permanence. Chunky bangles, often worn in stacks, signify strength and stability. Pendant necklaces, sometimes holding a tiny photo or a cross, keep her faith and family close to her heart. Beaded necklaces (Ileke) or waistbeads, often hidden, are for personal empowerment, femininity, and sometimes, spiritual protection.





- **The Versatile Wrapper:** A large piece of matching or contrasting fabric is her ultimate tool. It can be tied as a sling to carry a baby on her back (the ultimate symbol of maternal multitasking), draped over a shoulder for modesty, or used as a makeshift bag, blanket, or even a shade from the sun.
- **Handbag:** Her handbag is a vault and an arsenal. Roomy, structured, and often leather, it holds everything: documents, a wallet, a snack for a grandchild, and her phone, the modern lifeline to her entire network. It is organized chaos, reflecting her role as the family's chief logistics officer.
- **Footwear:** Comfort is non-negotiable, but it never sacrifices style. You will find her in elegant, low-heeled pumps for church, sturdy sandals for daily tasks, or ornate leather slippers to complement her traditional attire.

Ultimately, the most powerful fashion statement a true African woman makes is her bearing. She carries herself with a quiet, unwavering confidence that comes from knowing who she is and what she has built. Her style is armor and embrace. It tells a story of journeys taken, sacrifices made, and joys celebrated.

Her fashion says, *"I have arrived, and I brought my history with me."* It is a testament to a beauty that deepens with time, a strength that wraps itself in color and texture, and a love that is literally woven into the very fabric of her being. To see her fully adorned is to witness a living legacy, walking in grace and absolute certainty.

"Her legacy is not measured in wealth, but in the strong, respectful, and capable individuals she raises. To be loved by her is to be shaped by a love that is demanding, enduring, and utterly transformative,"
Nigerian author



*Strong
& Free*





Uganda

Museveni Victory:



President Yoweri Museveni

Uganda's Political Crossroads

Staff Reporter

Rise Africa Rise!

Following Yoweri Museveni's latest 'electoral victory' extending his rule to four decades, Uganda stands at a tense political juncture. While official results declare Museveni the winner, widespread allegations of rigging, internet shutdowns, and military intimidation have cast a long shadow over the legitimacy of the process. The international community has expressed deep concern, with observers noting significant irregularities.



For opposition leader Bobi Wine (Robert Kyagulanyi Ssentamu), this outcome represents both a setback and a moment of reckoning. The 44-year-old former pop star turned politician has faced brutal state repression: his campaign was marred by arrests, violent crackdowns, and restrictions on movement.

Museveni's son General Muhoozi Kainerugaba has accused candidate Bobi Wine, who has been in hiding since the election day, of being a 'terrorist'. He has threatened to kill Wine.



General Muhoozi Kainerugaba

“We have killed 22 National Unity Platform (NUP) terrorists since last week. I’m praying the 23rd is Kabobi,” Kainerugaba wrote on X.

Amsterdam & Partners LLP, longtime international counsel to Ugandan opposition leader Bobi Wine, issued an urgent warning regarding public threats made against by the general. Robert Amsterdam, Founder and Managing Partner of Amsterdam & Partners LLP, stated:

“General Kainerugaba exercises command authority over armed forces that have repeatedly been implicated in serious human rights violations. His statements therefore carry the weight of state power and have operational significance, and they materially elevate the risk of unlawful harm. Under international law, such threats trigger immediate obligations on the part of the Ugandan government to prevent violence, protect life and ensure the safety of those at risk.

When threats are issued by senior officials and remain unrepudiated, they may be understood by security forces tacit authorization. That ambiguity is itself dangerous and must be removed immediately through clear public and operational directives.

In light of these reckless statements, we urgently call on the international community, including the United Nations, to demand immediate, verifiable guarantees of Mr. Wine’s safety and ensure he can return to his family without harm.

Based on my personal knowledge of the torture Mr. Wine has previously suffered at the hands of Ugandan security forces, it is not hyperbolic to state that his arrest or detention now carries a real and credible risk of death or grievous bodily harm, including through enforced isolation or unlawful interference by state-linked actors.

Mr. Wine has committed no crime. His only offence is exposing, once again, the brutal and dictatorial nature of President Museveni’s rule, through peaceful political opposition and the exercise of fundamental rights.

The Government of Uganda has clear and binding duties under international law, including the International Covenant on Civil and Political Rights, as well as the African Charter of Human and Peoples’ Rights, to protect its citizens. Failure to restrain General Kainerugaba and ensure Mr. Wine’s safety would constitute a serious breach of those obligations, engaging state and individual responsibility. These threats are well beyond the pale.



Vote counting: Uganda



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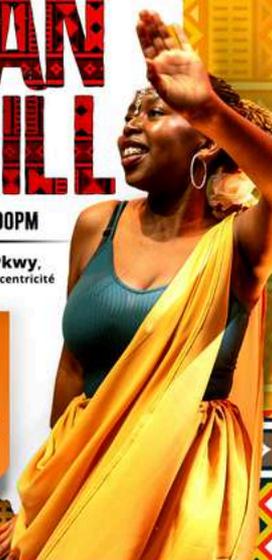
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- Arts, Performances & Storytelling
- Fashion Show
- Authentic African Cuisine
- Community Connections
- Vendor Exhibits




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| APR 27 NEWCASTLE, UK | JUN 19 EDMONTON, AB | JUL 28 TINLEY PARK, IL |
| APR 28 GLASGOW, UK | JUN 20 CALGARY, AB | JUL 29 CLARKSTON, MI |
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| MAY 26 HAMBURG, DE | JUL 21 MANSFIELD, MA | AUG 18 CHULA VISTA, CA |
| MAY 27 PRAGUE, CZ | JUL 22 WANTAGH, NY | AUG 19 MOUNTAIN VIEW, CA |
| MAY 28 BERLIN, DE | JUL 24 DARIEN CENTER, NY | AUG 21 INGLEWOOD, CA |
| MAY 30 VIENNA, AT | | |

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...from Page. 13

*"We are tired of this cycle. Every five years, we line up with hope, and every five years, the results are decided before the votes are counted. They can take our internet, fill the streets with soldiers, and announce any number they want. But they cannot take the truth we feel in our hearts. Our voice might be silenced today, but it is not erased, " **Kato Chris, motorcycle taxi driver.***

Despite these obstacles, Wine mobilized a youthful majority desperate for change in a nation where 80% of the population is under 35.

Yet the path forward for Wine is fraught, his NUP has several but limited options;

1. Though past court challenges to Museveni victories have failed, pursuing legal avenues maintains constitutional engagement while spotlighting irregularities.
2. Maintaining global pressure on human rights and democratic accountability.
3. Forging alliances with other opposition figures and civil society to present a unified front.

Is it Time for a New Strategy?

Definitely! Bobi Wine, like any other African opposition party fighting to remove governments that have been there for a long time, must know elections alone will not change anything. History has always repeated itself. What happened in Uganda is the same as what has happened in Zimbabwe, Cameroon, and Equatorial Guinea, to name just a few.



Bobi Wine

The repeated cycle of contested elections and repression suggests opposition forces need to rethink their approach. Street protests alone have proven dangerous and often ineffective against a heavily militarized state. Some analysts argue for a longer-term, multi-pronged strategy.

Museveni's extended rule, now among Africa's longest, presents fundamental questions about Uganda's political trajectory. The country faces a youth bulge, economic pressures, and growing international scrutiny. While the opposition grapples with its next moves, the broader struggle may increasingly shift from electoral politics to deeper questions of constitutionalism, civic space, and generational change.

The coming months will reveal whether Uganda's opposition can transform energy into sustainable political power, and whether the international community will move beyond statements to meaningful diplomatic and economic pressure. What remains clear is that a nation where the majority has never known another president continues to hunger for change, and that hunger is unlikely to dissipate.

Africa Unite

TAXES Filing in Canada



Grace Vela

Grace writes in her own capacity as an individual with a passion to write. With over 15 years of experience in financial services, Grace Vela provides personalized guidance to turn financial aspirations into reality, drawing inspiration from her own experiences. Grace is passionate about empowering others to create a life of peace and financial freedom. She is neither a financial counselor nor a licensed insurance professional. Please speak to your financial advisor or insurance professional for specific advice. Grace Vela is on YouTube: www.youtube.com/@deservegrace



/Personal Income Tax

According to Statistics Canada (StatsCan), Canada loses over 20% of all permanent residents to their home countries within 25 years of arrival, with approximately one-third leaving within the first few years. One of the primary constraints cited is the high tax rate.

As income increases, marginal tax rates can rise from roughly 20% to as high as 54% for top earners. An additional 5% of earned income is withheld to fund programs such as the Canada Pension Plan (CPP) and Employment Insurance (EI). When combined with a relatively weak dollar, these factors can make Canada less attractive for foreign nationals who immigrate for economic reasons.

Taxes in Canada support our political structure, from municipal to federal levels, as well as the public service and essential public infrastructure. These services include libraries, schools, transportation systems, and hosp-

itals, which consistently rank among the best in the world. While long wait times, inconsistent access, and out-of-pocket costs can make this difficult to appreciate at times, on a global comparative scale, Canada's public services perform very well.

The additional contributions to CPP provide income to Canadians who worked, paid taxes, and made contributions during their earning years. Benefit amounts are based on how long an individual worked and how much they earned, and are not adjusted up or down based on private investment income during retirement.



Similarly, Employment Insurance provides temporary income during periods when an individual is unable to work. EI is only available to those who have contributed to the program while employed. This insurance scheme includes -

Editor's Desk

EDITORIAL

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

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For business owners, income is not considered verifiable if business taxes are not filed. This limits access to benefits such as the GST/HST credit, Canada Child Benefit, Canada Dental Plan, and other provincial or municipal programs. More significantly, it restricts the ability to qualify for mortgages, both personal and business, as well as other forms of financing needed to grow a business. The value of having two -

...from Page. 16

various eligibility streams, such as maternity and parental leave, disability, and regular unemployment benefits.

The delayed or partial ability to qualify for full benefits from these programs can sometimes lead immigrants to undervalue them and instead seek work that does not deduct taxes or contributions.

This often contributes to the decision to return to their home countries for retirement, where a lower income threshold may feel less risky than facing potential poverty in retirement in Canada. However, there are additional benefits to participating in the tax system that should be considered.

For low-income individuals, one barrier to tax filing has historically been the cost. Some tax preparation services charge hundreds of dollars, discouraging people from filing and limiting their access to government benefits. To address this, the government has introduced an invitation-only system that allows eligible low-income individuals to answer a few questions and have their taxes automatically filed on their behalf.



-years of filed business taxes is often underestimated, yet it can be life-changing in terms of the opportunities it unlocks.

Speaking with a tax professional can help determine the best path forward for your specific situation and assist with getting properly integrated into the system. Statements like, “I have the money saved, why won’t they give me a loan?” are understandable, but lenders need to verify where that money came from and whether it was taxed.

Some mortgage lenders are willing to work with businesses that have less than two years of verifiable income, depending on the industry and the type of mortgage. If you are earning income informally, it may be worth incorporating or declaring it as sole proprietorship income rather than not declaring it at all.

ATTENTION:

We are delighted to extend an open invitation to all voices, article contributors, writers, artists, and creators of all kinds to share their work; be it essays, poetry, photography, illustrations, or any form of creative expression, with our growing community. If you have a perspective to share, a story to tell, or art that deserves a spotlight, we would be honoured to consider it for publication. To submit your work, please reach out to us at admin@afri-can.ca. We look forward to discovering and amplifying your unique voice.



US President: Donald Trump

**58% say
President
Trump's first
year has been
a failure,
including
two-thirds of
independent
voters.**

A lot of things are happening in the USA under Trump careless leadership. Below are a few of what we have compiled;

- Rule of law no longer exists
- Abuse of human rights
- Killing of innocent people by ICE agents
- Threatening to impose a 100 per cent tariff on all Canadian goods entering the United States if Canada "makes a deal with China"
- Invaded (colonized) Venezuela
- Trump lacks accountability and blames others for his mistakes
- USA exited World Health Organization (WHO)
- No evidence of a US manufacturing renaissance
- His administration's crackdown on illegal immigration has not led to clear wins for US-born individuals

As the Trump administration enters its crucial second year, polls indicate that much of the American public disapproves of the president and his flagship policies.

LOVERS LOVE

FEBRUARY
2026

LOVERS LOVERS LOVERS LOVERS LOVERS

COUPLE'S
FITNESS
PLAN





MORE THAN JUST FITNESS: THE LIFESTYLE OF A POWER COUPLE

Welcome to a month of LOVE where connection is your core! This plan is designed not just to build physical strength, but to deepen trust, communication, and fun. Focus on shared energy, not competition. You can modify as needed as you get intimate and increase the connection.



WEEKLY STRUCTURE

- **Mondays:** Partnership Strength
- **Wednesdays:** Heart-Pumping Connection (Cardio)
- **Fridays:** Flexibility & Balance
- **One Weekend Day:** Adventure & Play

Week 1: Foundation & Discovery (Feb 1-4)

- **Monday:** Mirror, Mirror Workout. Take turns leading 3 sets of 4 basic exercises (squats, push-ups, lunges, planks). The partner mirrors form and pace. Focus on encouragement.
- **Wednesday:** "Tell Me" Walk or Jog. Go for a 30-minute outdoor cardio session. Every 5 minutes, switch who leads the pace. While walking/jogging, share one hope for the month ahead.
- **Friday:** Partner Stretch & Breath. 20 minutes of synchronized stretching. Sit back-to-back for seated forward folds, face each other for partner-assisted hamstring stretches, and practice matching your breath.
- **Weekend:** Dance Lesson (at home). Learn the basics of a dance style, salsa, swing, or just a fun TikTok routine.

Week 2: Building Trust & Support (Feb 5-11)

- **Monday:** Assisted Strength Circuit.
 - *Partner-Assisted Pull-Ups or Rows (one spots/helps the other).*
 - *Wheelbarrow Push-Ups (one holds the other's ankles).*
 - *Medicine Ball Russian Twists (seated back-to-back, pass ball side-to-side).*
- **Wednesday:** Interval Challenge. At a park or track: 45 seconds of high-intensity moves (sprints, jumping jacks, burpees) while partner actively cheers, then 45 seconds rest. Switch roles for 4 rounds each.

... long story short



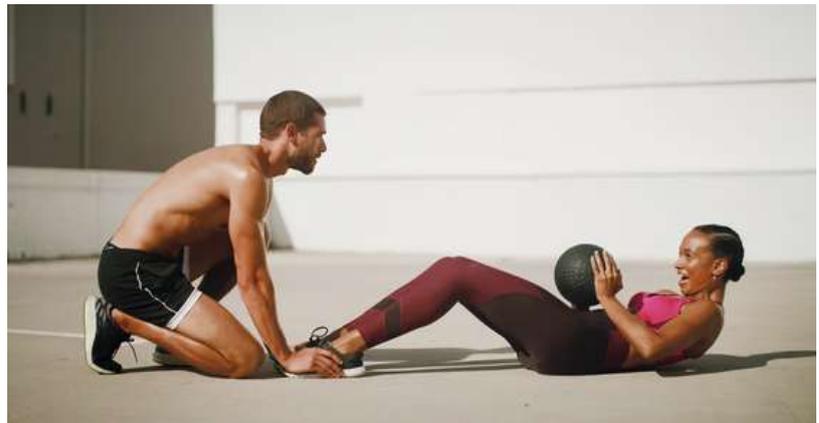
- **Friday:** Acro-Yoga Basics. In a soft space, try simple poses like Partner Fold (seated facing, holding wrists, gently pull into a stretch) and Supported Boat Pose (sitting toe-to-toe, holding hands, lean back to balance).
- **Weekend (Valentine's Focus):** Romantic Sunset Hike or Bike Ride. Pair movement with a beautiful setting. Pack a healthy post-activity snack.

Week 3: Synced Strength (Feb 12-18)

- **Monday:** Synced Circuit. Perform the following in perfect unison for 45 sec on, 15 sec rest:
 - *Synchronized Squats (holding hands for balance).*
 - *High-Five Mountain Climbers (facing each other).*
 - *Partner Plank with Hand Tap.*
 - *Back-to-Back Wall Sits (hold for time).*
- **Wednesday:** "Your Song" Cardio. Create a 20-minute playlist of your favorite shared songs. Alternate choosing a song and leading a cardio move that fits its energy for the song's duration.
- **Friday:** Blind Balance & Trust. One partner closes eyes (or uses a blindfold) while the other verbally guides them through simple movements, stretches, or a slow walk in a safe space. Switch roles.
- **Weekend:** Active Recovery & Planning. Take a leisurely swim, a long walk, or a gentle bike ride. Use the time to plan your final "Challenge Day" for Week 4.

Week 4: Celebration & Challenge (Feb 19-25)

- **Monday:** "Best Of" Recap. Revisit your favorite exercises from the past three weeks in one 40-minute session.
- **Wednesday:** Final Heart-Pump Playlist. Do your highest-energy "Your Song" Cardio session yet.
- **Friday:** Restorative Yoga & Gratitude. A calm, 30-minute partner stretching session. After each pose, share one thing you appreciated about the other's support during the month's workouts.
- **Weekend (Challenge Day):** Couples Fitness Date. Design your own final event! Examples: Complete a 5K together, hit a new personal record in a partnered exercise, or finish with 100 reps of a chosen move, splitting the work however you like. Celebrate after!



AFRI-CAN

Magazine: *February Queen*



(A) Long Wool Coat



(B) Gold Watch



(C) Ankle Boots



(E) Structured Crossbody Bag



(D) Sunglasses

CLOSET INSPIRATION

Love, Romance, & Sex in the Age of Infinite Choice

By *Natasha Simpsons, Texas - USA*

Navigating Connection in a *Digital World*



For the generation coming of age in the 21st century, love, romance, and sex are shaped by a unique paradox: unprecedented digital connectivity paired with a deep-seated fear of authentic vulnerability.

Gone are the days when it was Love – Sex – Romance, the Gen Zs have changed this order coupled with the mentorship they are getting from the irresponsible elders they see in our communities. The order now is; Sex – Romance – Love.

They want sex first. After they have ate the fruit usually, they want it raw, that's when they start conversation of knowing the person and only then, will they consider it to be a relationship or not.

But here is the thing. Love is timeless. The yearning for connection, intimacy, and partnership is a human constant. But the pathways to finding it, the rituals of romance, the expression of sexuality, and the very definitions of commitment are undergoing a radical transformation.

Long gone the days of strictly meeting partners through proximity: school, work, or community. The has been largely outsourced to algorithms. Dating apps like Tinder, Hinge, and Bumble offer a supermarket of potential connections, democratizing access but also commodifying first impressions. Profiles become curated personal brands, and the first date is often preceded by weeks of texting; a delicate dance of emojis, GIFs, and calculated response times.

This has led to two competing trends:

- **The Efficiency of Choice:** For some, it's liberating. You can filter for specific values, interests, or identities (like LGBTQ+ specific apps), increasing the chances of compatibility from the start.
- **The "Paradox of Choice" and Dehumanization:** The endless scroll can lead to a disposable mindset, where a single misstep in conversation can lead to being "ghosted" in favor of the next profile in line. Romance risks becoming a game of endless options, making deep investment feel risky.

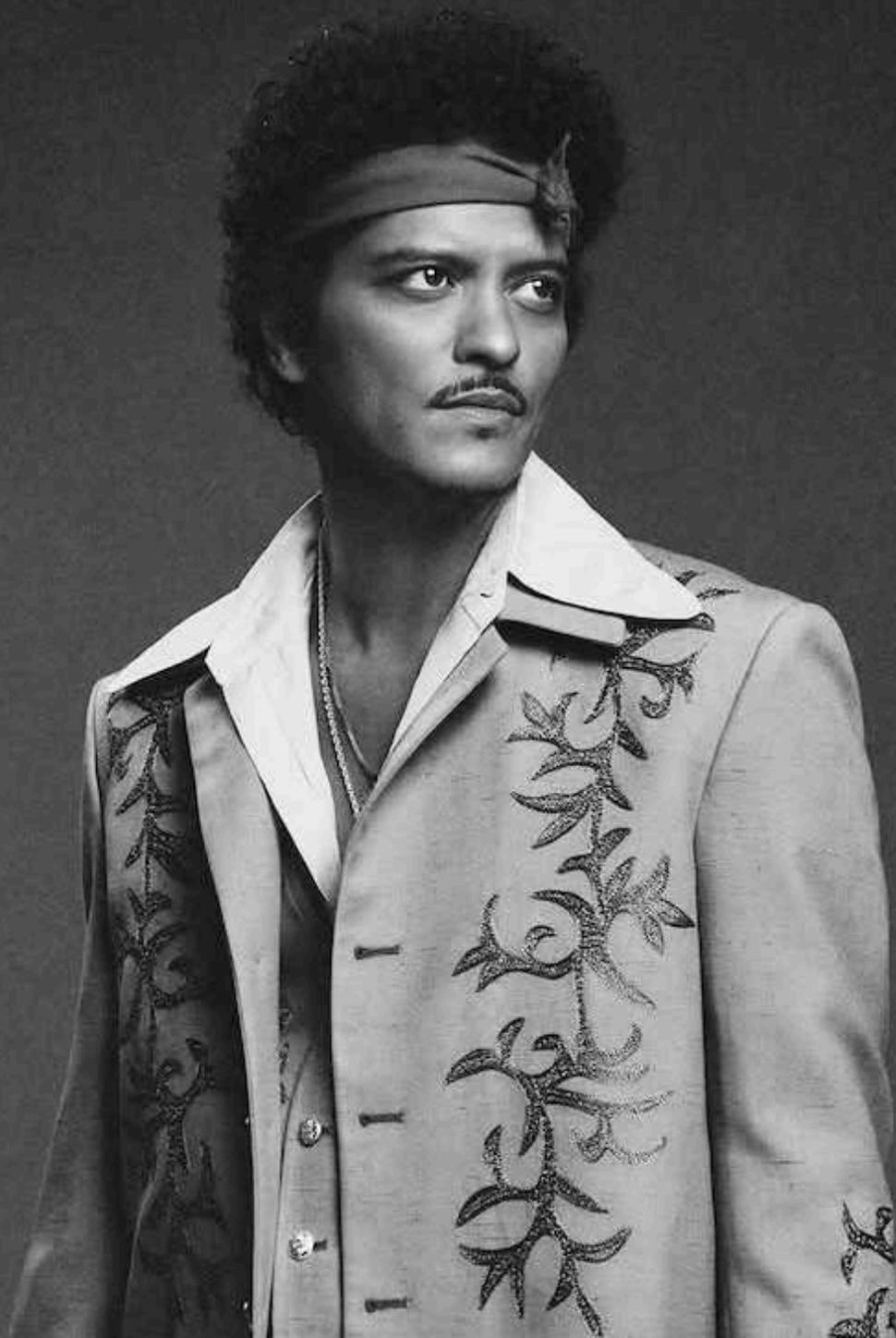


Bruno Mars

Breaks Record

Bruno Mars has set a new ticket-sales benchmark, selling 2.1 million tickets in a single day for his upcoming The Romantic Tour, marking the most tickets ever sold in one day on Ticketmaster and across Live Nation markets in North America, Europe and the UK.

He is currently making waves with his new single, "I Just Might," which was released on the 8th of JANUARY 2026. He has also announced a tour dubbed "The Romantic Tour," which kicks off in April this year.



...from Page. 26

In response, there's a growing hunger for authenticity and intentionality. Terms like "hardballing" (being brutally upfront about your wants early on) and "conscious dating" are gaining traction. The romantic ideal is shifting from serendipitous passion to a more mindful, communicative partnership built on clear expectations.

This is the first generation to have near-unlimited access to sexual information and misinformation, online. From comprehensive sex-ed resources on social media to the omnipresence of pornography, the learning curve has been flattened, but also distorted.

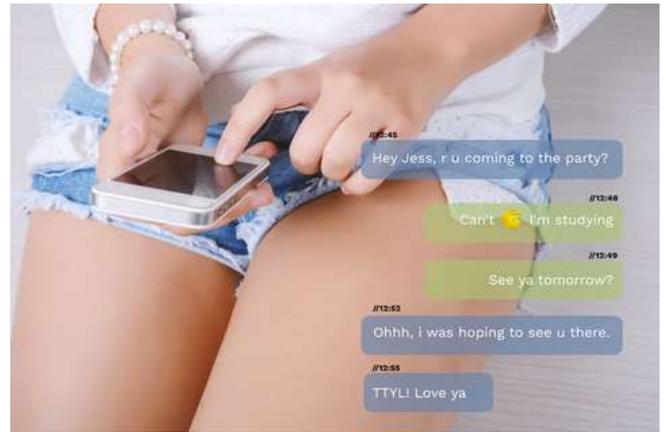


The traditional script of "date, marry, buy house, have kids" is no longer a default. Economic pressures like student debt and housing costs have delayed these milestones, forcing relationships to be rooted in present partnership rather than future utility.

Key trends define modern love:

- **Clarity over Co-dependence:** There's a strong emphasis on self-work. Therapy language ("attachment styles," "boundaries," "gaslighting") has entered the romantic lexicon. The goal is often two whole individuals choosing to be together, not two halves completing each other. The ideal has shifted from a fiery, all-consuming romance to a "secure attachment."
- **Expanded Models of Commitment:** Polyamory and ethical non-monogamy, while still practiced by a minority, are more visible and discussed as valid options. This highlights a broader theme: the desire to customize relationships to fit individual needs rather than conforming to a one-size-fits-all model.

This generation can maintain 10 text conversations simultaneously and yet feel lonely. They can find a hook-up with a few swipes but struggle to ask for emotional needs in person. The core challenge is bridging the gap between digital connection and embodied, vulnerable intimacy.



The tools that facilitate initial contact can sometimes hinder deep bonding. The constant potential for distraction and better options can make it difficult to fully settle into and nurture one budding connection.

In conclusion, despite the challenges, this is not a generation cynical about love. Instead, they are sober optimists. They are deconstructing inherited blueprints and, piece by piece, attempting to build something new. They are more aware of psychological patterns, more communicative about their needs, and more expansive in their definitions of valid relationships.

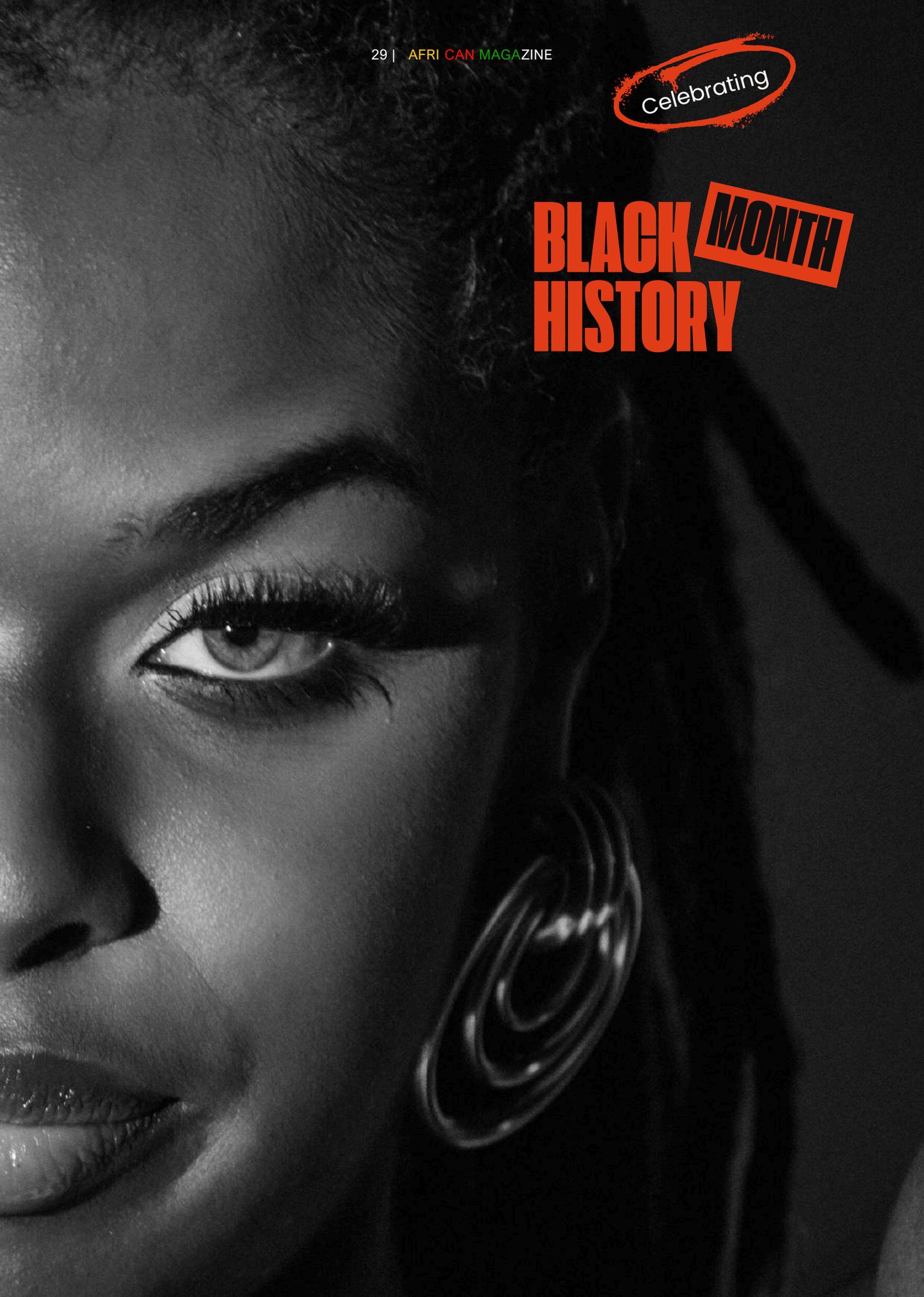
They face a world of infinite choice and curated identities, yet their fundamental desire remains the same: to be seen, accepted, and loved for their authentic self. The project of this generation is not to find a "spark" in an app, but to courageously cultivate that spark into a sustained, real-world flame, building romance with intention, navigating sex with communication, and defining love on their own thoughtful terms, and in most cases, this has ended in tears.



Now I leave you with a big question: Should we let this generation continue what they are doing in romantic relationships or they should be reprimanded?

Celebrating

BLACK MONTH HISTORY



FEBRUARY

Month of Love

“

Love is not a date on the calendar, but the story you write together every day. So let's turn the page to a new chapter, this Valentine's Day, and every day after.

”



By Regina Smith - BC, Canada

The Evolution of Valentine's Day

The origins of Valentine's Day are shrouded in a mix of legend, martyrdom, and ancient ritual. The most common thread traces back to St. Valentine, a Roman priest executed in the 3rd century AD, allegedly for defying Emperor Claudius II by performing secret marriages for young soldiers. His feast day, February 14th, was later Christianized by the Church, overlapping with the pagan fertility festival of Lupercalia, celebrated in mid-February.

By the Middle Ages, the day became associated with romance, popularized by poets like Chaucer who linked it with birds choosing their mates. The 18th century saw the exchange of handwritten notes in Britain, evolving into the mass-produced greeting cards, chocolates, and flowers of the Victorian era, laying the groundwork for the commercial holiday we recognize today.

Significance in Today's Generation

For the modern generation, Valentine's Day exists in a paradox. On one hand, it is a global commercial powerhouse, driven by social media pressure, curated "perfect date" aesthetics, and consumerism that can feel obligatory and exclusionary. Many critique it as a hollow, overpriced ritual that pressures couples and marginalizes singles.

On the other hand, it has been reclaimed and redefined. It is no longer solely the domain of traditional romantic couples. It has expanded to celebrate "Galentine's Day" for friends, self-love rituals, and expressions of appreciation for any meaningful relationship. For couples, especially in fast-paced, distracted times, the day can serve as a designated pause, a deliberate, shared moment to celebrate their bond amidst the chaos of daily life. The significance is less in the grand gesture and more in the intentionality behind it.

Does It Really Matter to Value That Day as Couples?

The answer is personal and hinges on intent over obligation. If the day is approached as a meaningful tradition, a scheduled opportunity to reconnect, express gratitude, and create joy, then it holds authentic value. It can act as a helpful reminder to nurture a relationship that might otherwise be taken for granted.

However, if it becomes a source of stress, financial strain, or a measure of a relationship's worth by material standards, its value diminishes. The healthiest modern approach is to treat it not as a mandatory test, but as an optional tool. What truly matters is not the day itself, but the consistent love and effort invested year-round.



PRESENTS

for **HIM**



DEEPLY PERSONAL OR SENTIMENTAL CUSTOM GIFT

This is the category that truly underscores the "Valentine's" spirit of unique connection. It could be a custom-design jacket, a hand-engraved piece of jewelry (like a bracelet or necklace), a sport jersey of his favorite club, or even a commissioned piece of art related to a shared passion. This gift demonstrates a level of thoughtfulness that transcends price; it shows you cherish your specific history and are celebrating your unique bond. It's a tangible symbol of your relationship's story.



A HIGH-QUALITY EVERYDAY ITEM HE WOULDN'T BUY HIMSELF

This caters to practical appreciation and personal luxury. Think of an upgrade to an item he uses daily but might not splurge on for himself, such as a premium leather wallet, a sophisticated watch, noise-canceling headphones, or a luxurious grooming kit. The power of this gift is in its thoughtful utility, it says, "I pay attention to your daily life and want to add a touch of refinement to it." Every time he uses it, he'll be reminded of your consideration.

AN EXPERIENCE OR ADVENTURE GIFT

For many men, the most valued gift is a memory made together or a thrilling activity they've wanted to try. This could be tickets to a major sporting event, a booking for a whiskey or craft beer tasting tour, a weekend getaway, or even a challenging activity like go-karting or indoor skydiving. This type of present moves beyond a physical object to offer quality time, shared excitement, and a story you'll both remember long after the day has passed. It shows you're invested in creating joy and adventure together, which often resonates more deeply than any material item.



PRESENTS *for* HER



ADVENTURE BOOK PHOTO ALBUM

This is a perfect Valentine's gift because it transcends a mere present to become a heartfelt testament to your shared journey. It is a tangible, curated collection of your most meaningful memories together. This gift demonstrates profound thoughtfulness, showing her you not only cherish every chapter of your story but are intentionally investing in its future. It transforms scattered photos into a beautiful narrative of "us," promising more adventures to come and solidifying your bond not just with romance, but with the enduring proof of a life beautifully built together.



SWEATPANTS

In a world that often demands performance, the gift of sweatpants for Valentine's Day is a surprisingly profound declaration of love and deep understanding. It says, "I cherish the real you, the cozy, unguarded, and completely comfortable version that exists when the world is shut out." This isn't a gift of glamour, but one of sanctuary; it's an invitation to prioritize ultimate comfort and shared, relaxed intimacy over formal expectations.

WOMEN'S SILK NIGHTGOWN

A Women's Silk Nightgown beautifully bridges the gap between luxury and intimacy, crafted not for the outside world, but solely for the private world you share. It speaks a language of timeless elegance and sensual thoughtfulness, showing her, you see and celebrate her inherent beauty. Unlike everyday loungewear, silk carries a whisper of romance and indulgence, it's an experience of softness against the skin that makes her feel cherished and special. Ultimately, it's a gift that honors her, while intimately inviting a deeper, more connected closeness, making ordinary moments feel quietly extraordinary.





Affordable Winter Destinations in Canada

Beauty That Go Beyond the Season

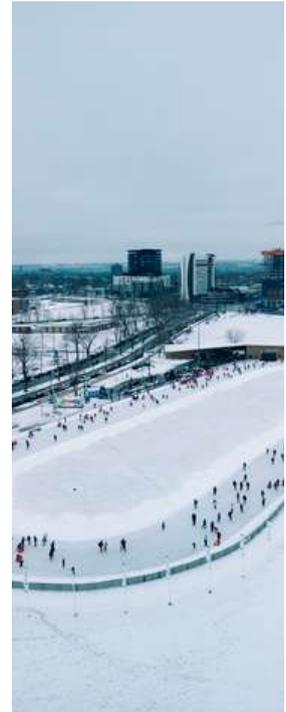
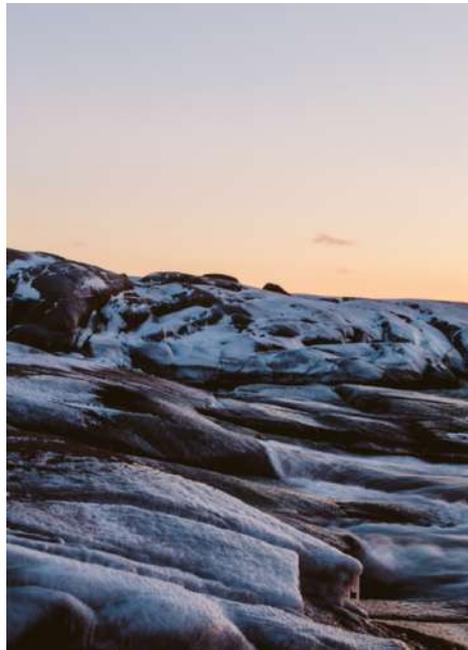
#1

Halifax: Coastal Beauty and Maritime Culture in the Winter

Halifax, the capital city of Nova Scotia, is a coastal gem that offers affordable winter experiences and maritime charm. This is a perfect opportunity to take that winter work off that you have always wanted. Embrace the crisp seasonal air as you wander the historic waterfront, explore the Maritime Museum of the Atlantic, and stroll through the serene Public Gardens.

Refuel with fresh, reasonably priced seafood and warm up in venues alive with local music. Here, winter invites

invites both exploration and relaxation, all within a welcoming and walkable coastal setting.



#2

Kelowna, British Columbia: Winter Wine Country

Situated in the heart of British Columbia's Okanagan Valley, Kelowna is a hidden gem for budget travelers seeking a blend of winter charm and wine-country experiences. Winter brings a quiet charm to Kelowna's wine country. Tasting rooms feel more intimate, offering a relaxed pace and a better chance to chat with the winemaker.



Outside, the vineyards rest under a dusting of snow, creating a serene backdrop for your visit. Additionally, Kelowna boasts scenic hiking trails, snow-dusted landscapes, and reasonably priced accommodations, making it an inviting option for winter explorers.

Culture-Fueled Fashion



COOL
Model
Poster

...from Page. 36

#3 Banff National Park

Rocky Mountain peaks, glacial lakes, and adventure come together in Banff National Park - Canada's first national park and the flagship of the nation's park system. I thought Banff was breathtaking! I was seriously in awe of its stunning alpine landscapes, majestic mountain vistas, shimmering lakes, and thick, dense forests and great amenities such as buzzy restaurants and quaint shops.

There are many ways to travel from Calgary to Banff but you can get there in about 2 hours if you drive yourself. Another option is traveling from Vancouver to Banff by train.



The Rocky Mountaineer and VIA rail tours offer every traveler unparalleled views of the Canadian Rockies.



#4 Niagara Falls

Niagara Falls is a group of three waterfalls at the southern end of Niagara Gorge, spanning the border between the Canadian province of Ontario and the U.S. state of New York. The largest of the three is Horseshoe Falls, which straddles the international border of the two countries.

Experience the wonder of Niagara Falls! Find top attractions, events, and everything you need to plan your unforgettable adventure today.

#5 Yellowknife, Northwest Territories

Yellowknife is the capital city of Canada's Northwest Territories. It lies on the north shore of Great Slave Lake, with possible views of the northern lights in fall and winter. Yellowknife has so much to offer, from warm Northern hospitality to amazing sights, you're sure to love your time here. Explore the site more to learn about what makes Yellowknife extraordinary.



Inside *the* Political World

Is Tungwarara Untouchable?

By *Zvakwana Nomore Sweto*

President Emmerson Mnangagwa's investment adviser to the United Arab Emirates seems to be untouchable with the way he has been running his affairs in Zimbabwe and in ZANU PF.

Tungwarara is accused of operating within a network of state capture involving inflated contracts, fraud, land seizures, and abuse of government programmes.

Last year 2025, he was reported to police after swindling an Indian investor out of US\$2.3 million after selling him a property he did not own, and offering to facilitate work permits for 450 people.

The investor, Razaa Jishan, 30, had planned to set up a gaming business in Harare and was looking for land to build his company offices and in doing so, was introduced to Tungwarara.

According to Jishan's police complaint under case number AFU DR 01/07/23, Tungwarara introduced himself as a director of Prevail International. He produced a board resolution to the effect that he was authorized to sell stand number 3, Tyward Close, Ballantyne Park in Highlands, Harare.

Just like any other criminal affiliated to the president of Zimbabwe, and ZANU PF, Tungwarara's was swept under the carpet.



Here are a few FACTS about Tungwarara:

- In June 2022, he was appointed Presidential Advisor Investment Affairs (UAE to Zimbabwe)
- In July 2022, Dubai-based billionaire Shaji UI Mulk arrived in Zimbabwe. Alongside President Emmerson Mnangagwa, Tungwarara presided over a ceremonial launch for the ambitious "Mulk International's Zimbabwe Cyber City" project in Mazowe. Promoted as a multi-billion-dollar technology and luxury real estate hub, it was heralded as a landmark of the country's "engagement and re-engagement" policy and a catalyst for a digital economy. Today, however, no structures rise from the earth. No foundational work is visible. The project, which promised thousands of jobs and a surge of modern infrastructure, exists only in archived news reports and promotional renderings.
- He owns a failed project of a social media application called 'Talk and Pay' which is a copy-paste of the popular WhatsApp.



- He sponsors churches, weddings, and functions for Zimbabweans based in the UAE.
- His Prevail International Group was awarded the Presidential Borehole Scheme and Presidential Hospital Rehabilitation Program contracts, among others, but is accused by MPs of failing to deliver functioning boreholes despite receiving millions in public funds.
- Tungwarara claims that he is “defending the President” and boasts that he is ready to die for him.
- Tungwarara has been moving across several provinces disbursing the funds, while preaching loyalty to the President.
- Like any other beneficiary of the ruling party, Tungwarara, at his rallies, moves by the most annoying chants among progressive youth in Zimbabwe, that President Mnangagwa is “ordained by God” to rule Zimbabwe until 2030
- Since last year, he promised to build houses for all war veterans in Zimbabwe and to empower all ZANU PF Structures and Affiliates.
- He owns a farm in Chegutu, which he forcefully invaded and took ownership of from the late national hero’s family, Dr. Nathan Shamuyarira.
- He owns Prevail Mining, Prevail Shipping, Paulo Construction, and Prevail Boreholes
- All his contracts don’t go through the tender process. They are approved forthwith.
- Tungwarara bought himself an Aircraft and Private Jet last year.
- He owns multiple mansions, villas, and buildings in Zimbabwe and Dubai.
- His Paulos Construction presented a bill of US\$15 million for the State House precast wall.
- In 2017 Paulos Construction was part of a shady deal for bitumen tar at Harare City Council.
- He recently threatened to expose people in Zanu PF that were eyeing the presidential position as the battle to succeed the 83-year-old Mnangagwa takes a sinister turn.
- Tungwarara publicly attacked Kudakwashe Tagwirei for allegedly being power hungry yet unfit to be president.
- December 2025, he announced a USD 20,000 reward for information leading to the whereabouts of a Sheila Calaguio Alfonso from the Philippines, a woman he accuses of disappearing with his USD 1 million.

It must be noted that Tungwarara’s power does not derive from Parliament, the Cabinet, or the constitution. It derives from direct access to President Emmerson Mnangagwa as his investment advisor. The title Special Presidential Investment Adviser for the United Arab Emirates carries prestige but little or no public clarity. There has been no published terms of reference, no parliamentary oversight mechanism, and no public accounting of outcomes attributable to this role.

BRUNO MARS

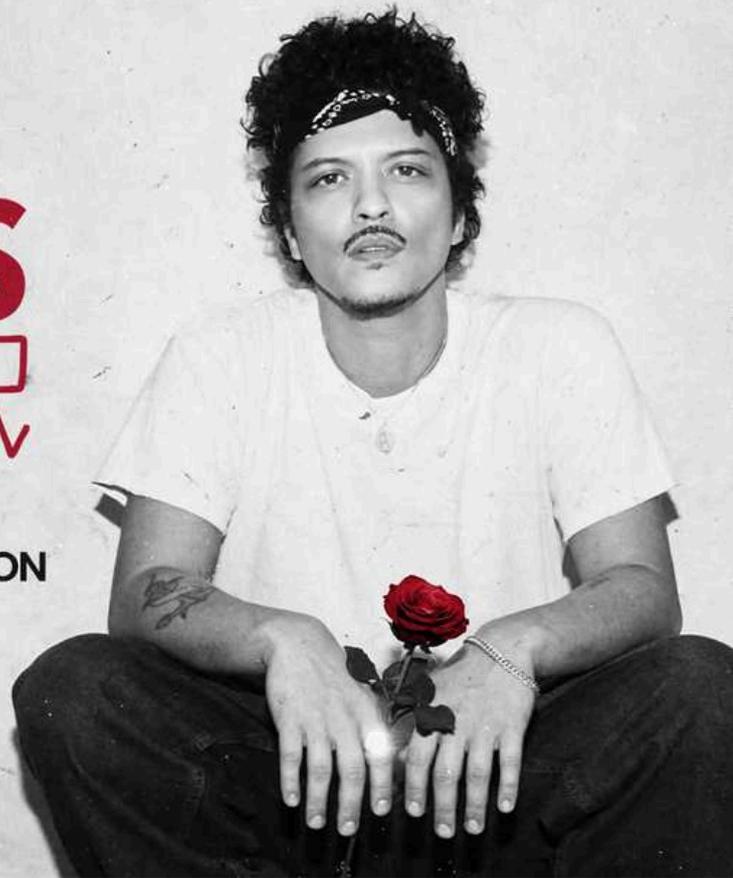
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SATURDAY 7TH 6PM - 10PM



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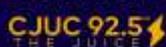
ALPHA YAYA DIALLO, JUNO AWARDS WINNING ARTIST VANCOUVER/GUINEA
ALEX KAJUMULO, MULTIPLE AWARDS WINNING ARTIST/SEATTLE, USA
EMMANUEL PELÉ, IVORY COAST/MONTREAL
NDIDI CASCADE, VANCOUVER, CANADA
N'NAATO CAMARA, VANCOUVER/GUINEA
FIDDLEHEADS YUKON
BRIAN QUAYE - ORISOMI & THE BAND, GHANA /CALGARY

LORRAINE KLAASEN, JUNO AWARD-WINNING ARTIST / LONDON, ON/SOUTH AFRICA
MOMO SORO, IVORY COAST/MONTREAL
LEONARD BONIFACE, YUKON/TANZANIA
DENNIS SHORTY & JENNIFER FROHLING - ROSS RIVER/YUKON
ROXX HUNTER & RICK SWARD'S BAND, YUKON
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US-Visa Updates

Here is an update on the visit visa, and please note:

It is your responsibility to use your visa correctly. Some activities that **ARE ALLOWED** on a B1/B2 visitor visa:

- Tourism
- Vacation (holiday)
- Shopping
- Visiting with friends or relatives
- Meetings with business associates
- Attending a convention or conference

Activities **NOT ALLOWED** on a B1/B2 visitor visa:

- Birth tourism (travel for the primary purpose of giving birth in the United States to obtain U.S. citizenship for the child)
- Work that results in payment from a U.S. employer or business
- Studying for a degree or academic credit
- Paid performances

Il est de votre responsabilité d'utiliser votre visa de manière appropriée. Certaines activités **SONT AUTORISÉES** avec un visa de visiteur B1/B2 :

- Tourisme
- Vacances
- Shopping
- Visites à des amis ou à des proches
- Réunions avec des associés commerciaux
- Participation à un congrès ou à une conférence

Activités **NON AUTORISÉES** avec un visa visiteur B1/B2:

- Tourisme de naissance (voyage dont le but principal est d'accoucher aux États-Unis afin d'obtenir la citoyenneté américaine pour l'enfant)
- Travail rémunéré par un employeur ou une entreprise américain(e)
- Études en vue d'obtenir un diplôme ou des crédits universitaires
- Spectacles rémunérés

PM Meets Hockey Players



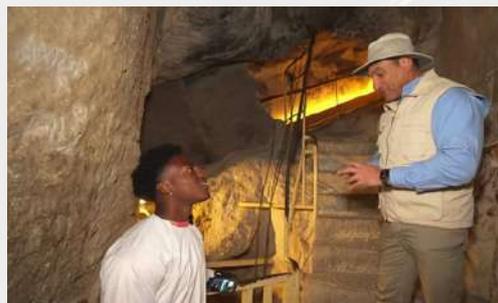
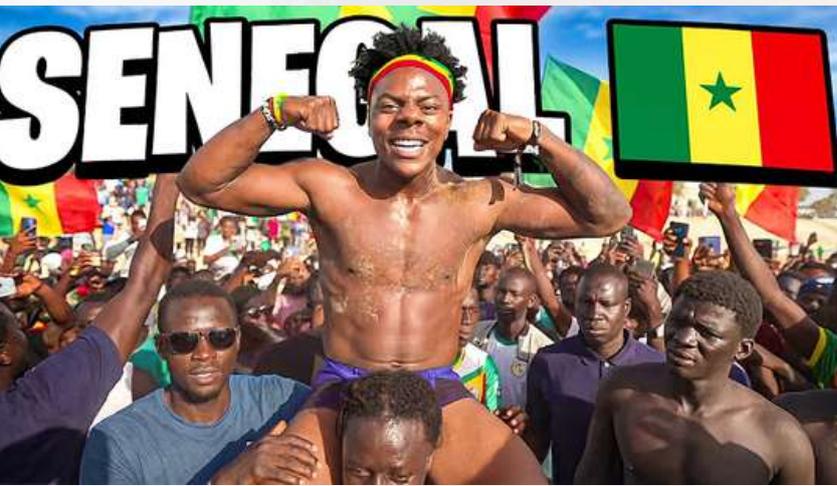
Prime Minister Carney met with hockey players representing Team Canada / Équipe Canada at the Milano Cortina2026 Winter Games.

The Olympic Winter Games Milano Cortina 2026 will take place from February 6 to 22, 2026.

The PM wished them good luck as they get ready to represent the nation and showcase Canadian grit and talent on the world's biggest stage.



ISHOWSPEED AFRICA TOUR in pictures



SAMSUNG

TRI-FOLD



Samsung Electronics recently announced the launch of Galaxy Z TriFold, further expanding Samsung's leadership in new form factors for the mobile AI era. As an avid Samsung user and fan, this development is a bar on top of its competitors and cannot wait to have my hands on this sleek slim gadget.



Built on a decade of foldable category innovation, the phone showcases engineering mastery with its most advanced foldable technologies optimized for the unique demands of a multi-folding design. Its slim profile ensures the portability of a premium phone that provides ultra performance and, when unfolded twice, it reveals an immersive 10-inch display. Now it's the best time to get rid of my tablet.

The screen elevates productivity and cinematic viewing, thus offering a best-in-class mobile experience never-seen-before in any other form factor.



TM Roh, Chief Executive Officer, President and Head of Device eXperience (DX) Division at Samsung Electronics said, "Through years of innovation in foldable form factors, Galaxy Z TriFold solves one of the mobile industry's longest-standing challenges, delivering the perfect balance between portability, premium performance and productivity all in one device. Galaxy Z TriFold now expands the boundaries of what's possible for mobile work, creativity and connection."

...read more on www.afri-can.ca



SPECIAL ANNOUNCEMENT

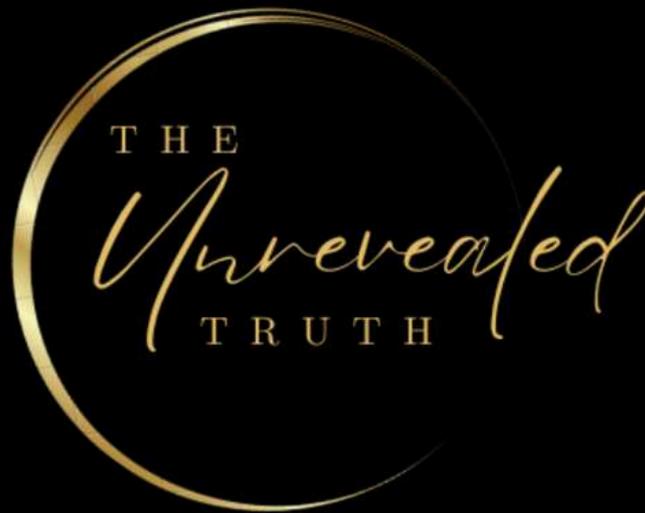
It's good news for party lovers as NEYO and AKON are bringing the party to Rogers Place on Friday, June 19, for the 'Nights Like This Tour.'

Tickets are already on sale.



SCAN TO BUY TICKETS

be part of our podcast



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BRUNO MARS THE ROMANTIC TOUR

ANDERSON .PAAK AS DJ PEE .WEE * RAYE
NEW SHOW ADDED * OCTOBER 14 * 16 * 17 * 20*
BC PLACE IN VANCOUVER, BC
*RAYE IS NOT SUPPORT
FINAL SHOW ON SALE MONDAY AT 12PM

PINKYRING LIVE NATION MGM RESORTS



BRUNO MARS THE ROMANTIC TOUR

ANDERSON .PAAK AS DJ PEE .WEE * LEON THOMAS
NEW SHOW ADDED * MAY 23 * 24 * 27
ROGERS STADIUM IN TORONTO, ON

PINKYRING LIVE NATION MGM RESORTS



AfriCanada EXPO

THEME: Unlocking Potential: The Africa-Canada Partnership for Prosperity

10TH - 12TH JUNE, 2026

Calgary, Alberta - Venue: TBA





It's SENEGAL !!!

Senegal Clinches Afcon

The Senegalese national team widely known as 'The Lions of Teranga' have clinched the Afcon 2026 Cup in a tightly contested match against the host nation, Morocco.

Villarreal midfielder Pape Gueye scored the only goal in the fourth minute of extra time to seal a second triumph in four years for the Lions in a chaotic final on Sunday, which at one point saw Senegal's players leave the field to protest a penalty decision.

CAF president Patrice Motsepe deserves enormous praise for the way he and his colleagues have organized this tournament but, ultimately, it will be remembered for unprecedented controversy once again.

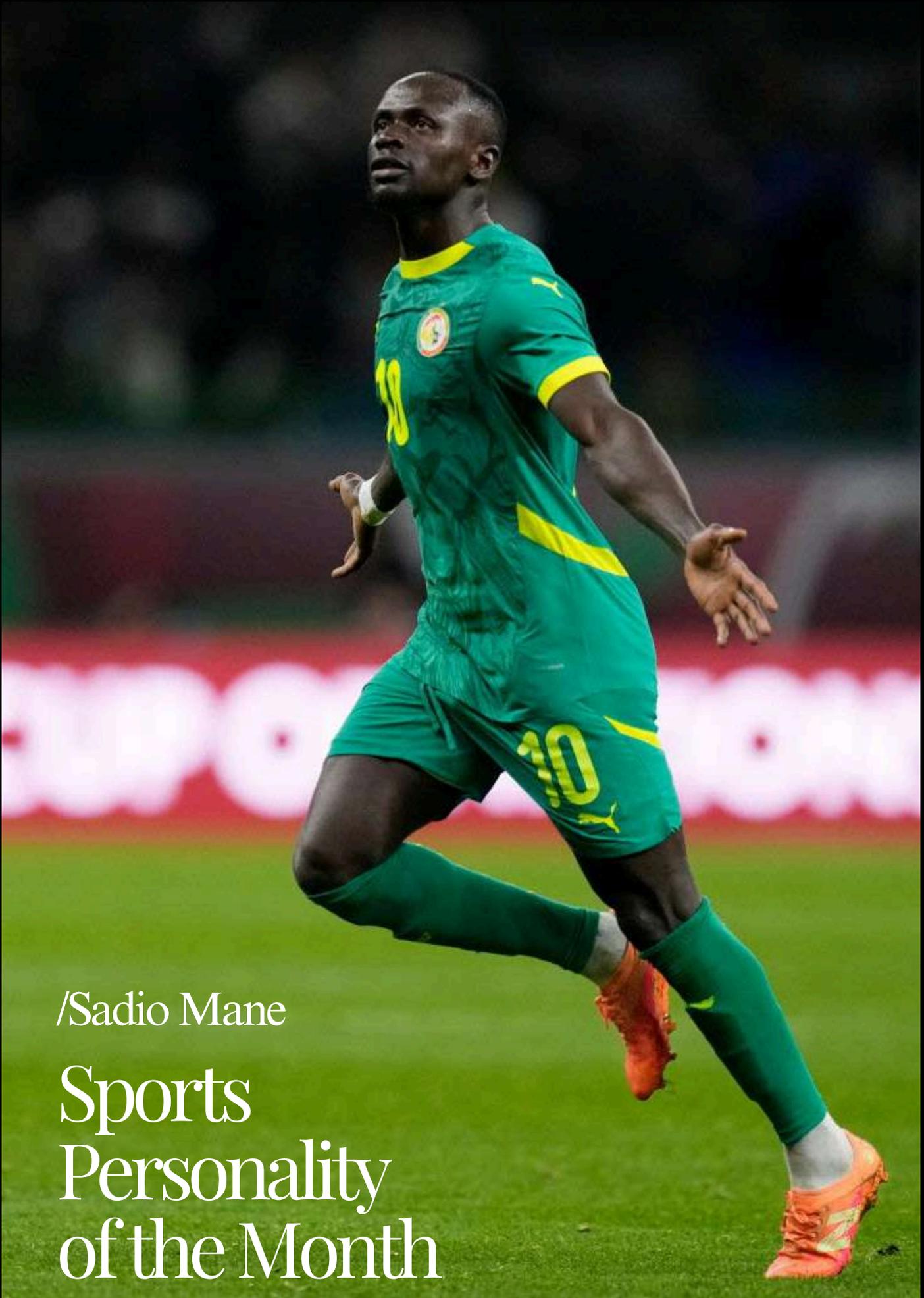
Pape Gueye

The hero of the day is none other than African footballing icon Sadio Mane who has taken his team to two AFCON titles and probably covers the forward's legacy. Amid the celebrations, some rumours suggest that this might be his last one of these tournaments with Senegal, you can see why it means so much to him.



Sadio Mane

This Senegal team will be recognized as one of the best in African football history.



/Sadio Mane

Sports
Personality
of the Month



Africa's Best Team: SENEGAL

THE Senegalese national team, better known as for the Lions of Teranga at were treated with a grand reception by President Bassirou Diomaye Faye at the presidential palace on Tuesday, January 20, 2026, following their historic victory in the 35th Africa Cup of Nations.

The memorable event graced by top government officials, diplomats, business people and sports persons made headlines across Africa and the global world as players received bonuses of 75 million CFA francs (\$134,892.09) for each of the squad's 28 players total 2.1 billion CFA francs or \$3.7 million. The players will also receive 1,500 square-meter plots of land.

In addition, the president gifted members of Senegal's football federation 50 million CFA francs and 1,000 square-meter plots, while members of the Senegalese delegation to Morocco would receive 20 million CFA francs and 500 square-meter plots. He said sports ministry staff would receive 305 million CFA francs in bonuses.

We wait to see if statements made by Patrice Motsepe, president of the Confederation of African Football, will be fulfilled. Motsepe said in December that the winners of the 35th edition in Morocco would receive \$10 million in prize money.



THE KINGDOM EMBASSY

**CHURCH COMING SOON
NEWYORK CITY**

**PROPHET
PASSION
JAVA**

**AFRICAN CANADIAN
BUSINESS CHAMBER
CHAMBRE D'AFFAIRES
AFRICAINNE CANADIENNE**

2026
**22 - 23
JUIN**

**2026
AFRIQUE-CANADA
MISSION COMMERCIALE
COUPE DU MONDE**

VANCOUVER, CANADA

Thème : Forum économique francophone

AFRICAN CANADIAN ASSOCIATION OF OTTAWA

ROOTED IN HERITAGE, RISING IN UNITY

AFRICAN DAY ON THE HILL

FEBRUARY 21, 2026 | 5:00PM

La Cité 801 Aviation Pkwy.
Ottawa, ON K1K 4R3, Pavilion H Excentricité
(Free Parking)

TICKET: \$50

EVENT HIGHLIGHTS

- Cultural Showcases
- Arts, Performances & Storytelling
- Fashion Show
- Authentic African Cuisine
- Community Connections
- Vendor Exhibits

Weekends
Du 12 - 14 Juin 2026
Au 17 - 19 juillet 2026
TORONTO

**AFRO
Festival
Coup du Monde**

Musique Tradi Moderne
Exposition
Défilé de Mode

Canada Afroculture

LIEUX: - City Hall de Toronto
- 745 - 875 Bloor Street west

www.canadafroculture.ca

**AFRICA
TECH SUMMIT
NAIROBI**

WHERE AFRICAN TECH CONNECTS

SARIT EXPO CENTRE - FEBRUARY 12TH & 13TH 2025

LA CITÉ TD READY COMMITMENT Ecoles catholiques Canadian Heritage Patrimoine canadien



AUTOMOTIVE

**CHINEESE
MOTOR
INDUSTRY
HERE TO
STAY**

Chinese automakers are rapidly becoming dominant forces in the global automotive industry by mastering a powerful trifecta: strategic foresight, technological agility, and cost innovation.

While established giants were perfecting the internal combustion engine, China heavily invested in the electric vehicle (EV) supply chain, securing control over critical batteries and minerals. This head start, combined with relentless government support and vast domestic market scale, has allowed brands like BYD, NIO, and Geely to achieve unprecedented production efficiency and rapid iteration.



They are not just competing on price; they are outpacing rivals with advanced connectivity, smart features, and compelling design tailored for the digital age. By fundamentally aligning their industry with the future of transportation; electric, software-defined, and connected, Chinese carmakers have shifted from followers to frontrunners, compelling the entire global market to adapt to their pace and vision.

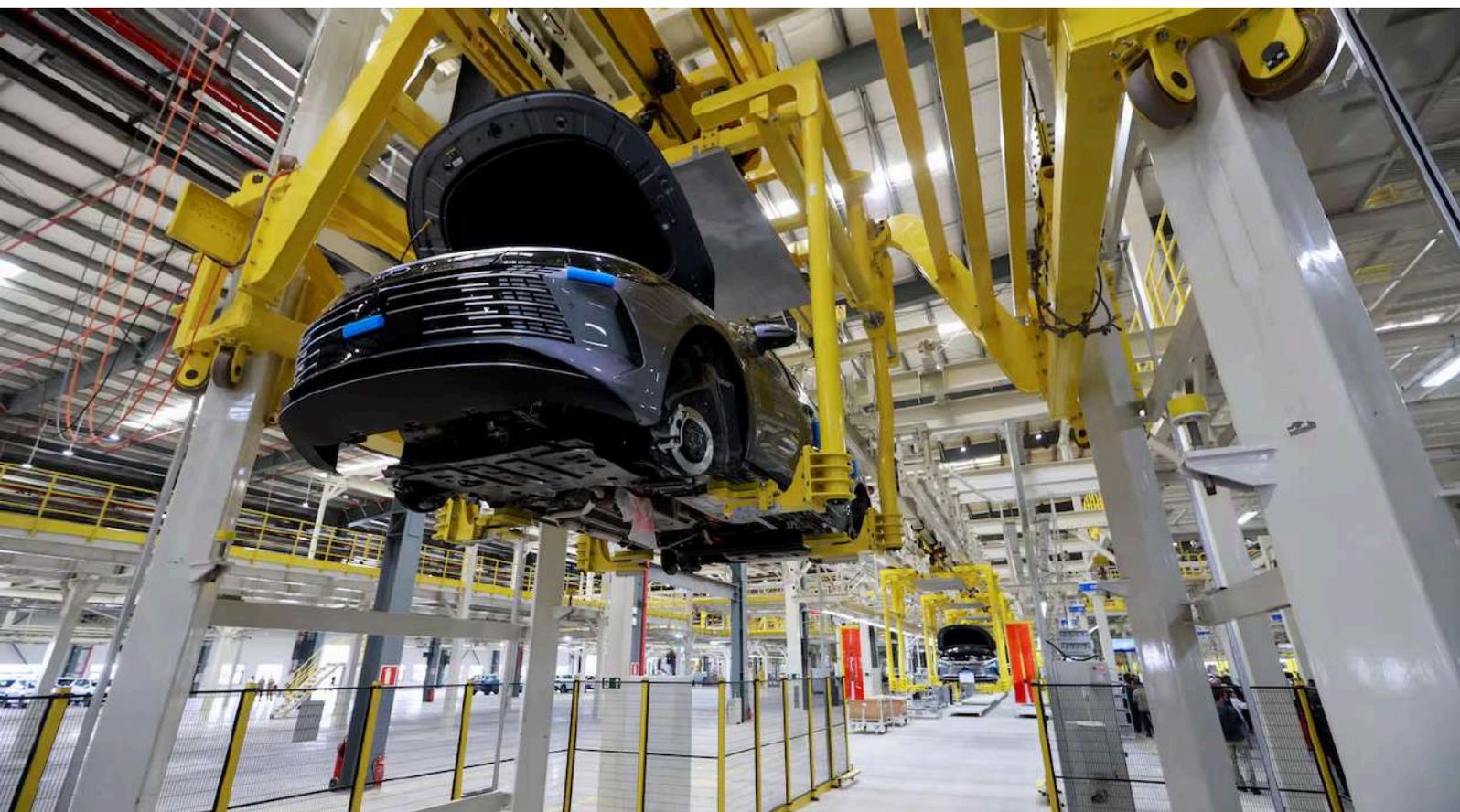


Chinese Cars *Coming* To Canada

It depends on the brand and the model, but Chinese EVs can cost \$10,000 to \$15,000 less than those of similar size and range that are already popular in Canada.

In his recent visit to the People's Republic of China, Prime Minister Mark Carney forged a new Canada-China partnership to allow for Chinese-made EVs into the Canadian market, lowering a 100 per cent tariff on imports, imposed in 2024, back to six per cent. There's demand for more affordable and climate-conscious EVs and, for an average customer, this is a positive move done by the PM.

A BYD vehicle being assembled on the production line of the company's factory in Camacari, Brazil, on Oct. 9, 2025. (Joa Souza/Reuters)



End Of An Era For Nissan Manufacturing in SA

Nissan saw the largest volume decline in 2025, 32% drop

Is it the end of an era for Nissan manufacturing in South Africa as Nissan agrees to sell its Rosslyn manufacturing plant to Chery? Chery South Africa will purchase the land, buildings, stamping plant, and associated assets from Nissan in mid-2026.

The news comes after Nissan South Africa saw a 32% sales drop in 2025 and the loss of the NP200. Though analysts anticipate that this development will lead to job cuts, the Chinese automaker has assured that a majority of Nissan's employees will be retained.



Nissan is firmly committed to its future, countering industry speculation with concrete plans to launch new vehicles and services, including the upcoming Tekton and Patrol SUVs in 2026.



Toyota Hiace 2026



Next-Gen Toyota Hiace





Save the Date!
IAF Africa Conference 2026
17 - 19 August 2026
Rwanda

iaf



VICTORIA 2026 **ite**
ITE CANADA 2026 ANNUAL CONFERENCE
Victoria Conference Centre | May 31-Jun 3
SAVE THE DATE!
CREATING CONNECTIONS THROUGH TRANSPORTATION



Privacy & Data Governance CONGRESS
OTTAWA
18-20 March 2026
pacc-ccap.ca/congress

PACC-CCAP CPD CREDITS APPROVED

uOttawa



Save the date!
2026 Think Tank Week
07 - 11 SEPTEMBER 2026

EMERGING LEADERS 07 - 09 SEPT, 2026
EXECUTIVE & STRATEGIC LEADERSHIP 08 - 09 SEPT, 2026
CENTRAL AFRICA THINKTANK FORUM 10 - 11 SEPT, 2026

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JOINT 2026 CDDW-CLM CONFERENCE
FEBRUARY 27 - MARCH 1, 2026 · TORONTO · ONTARIO

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ShipTech Forum 2026
13th Annual Conference
February 24, 2026
National Arts Centre, Ottawa, ON



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