

**VOLUME 7**

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**ISSUE 3**

# GENESIS

**OUT  
THE BOOTH**

**I LEGEND**

**MAGAZINE**

**COMMUNITY  
OF  
INTEGRITY**

**THINK  
AND GROW  
RICH**

**THE  
LOCAL  
TRADITIONS**

**ISSUE**

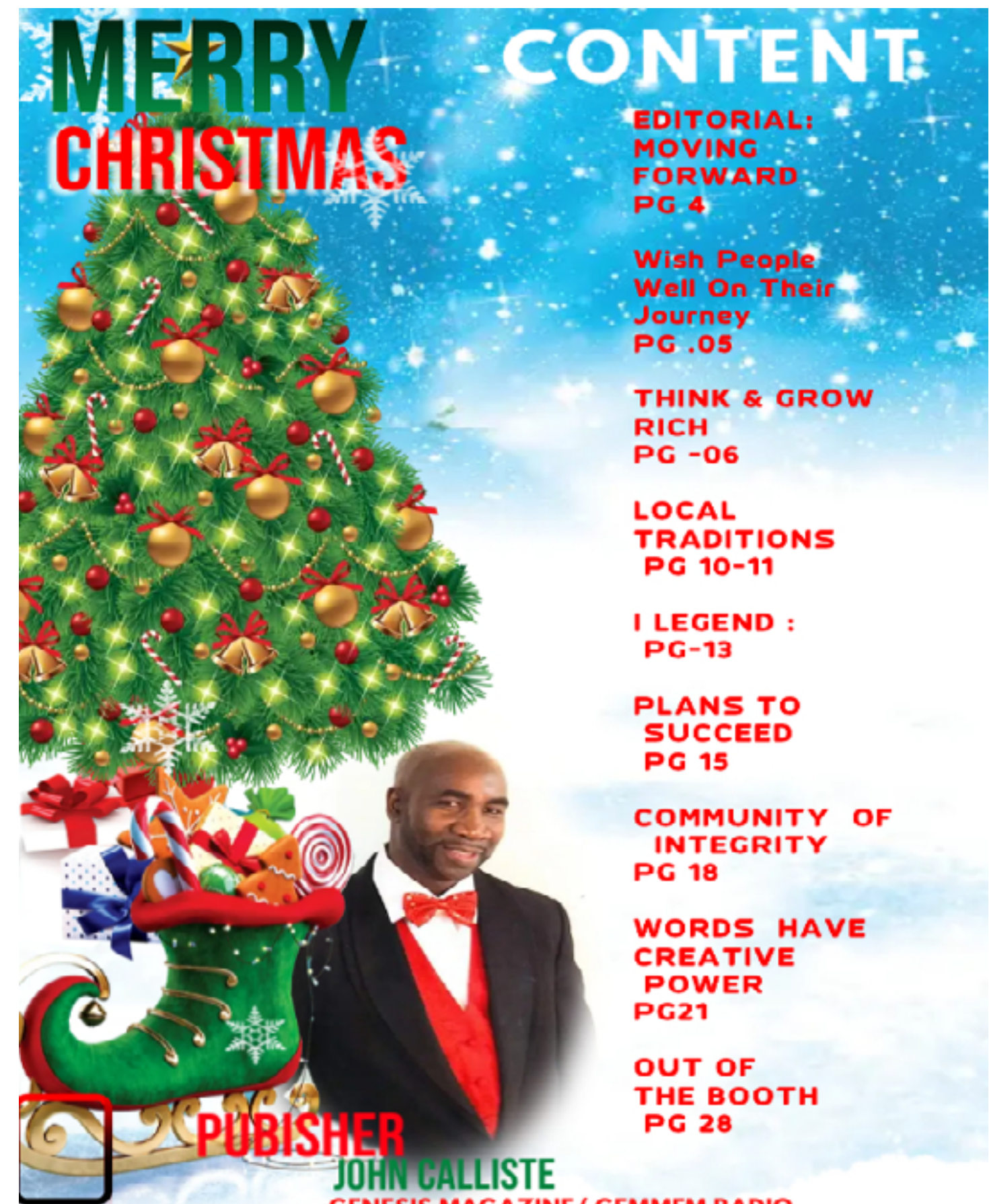
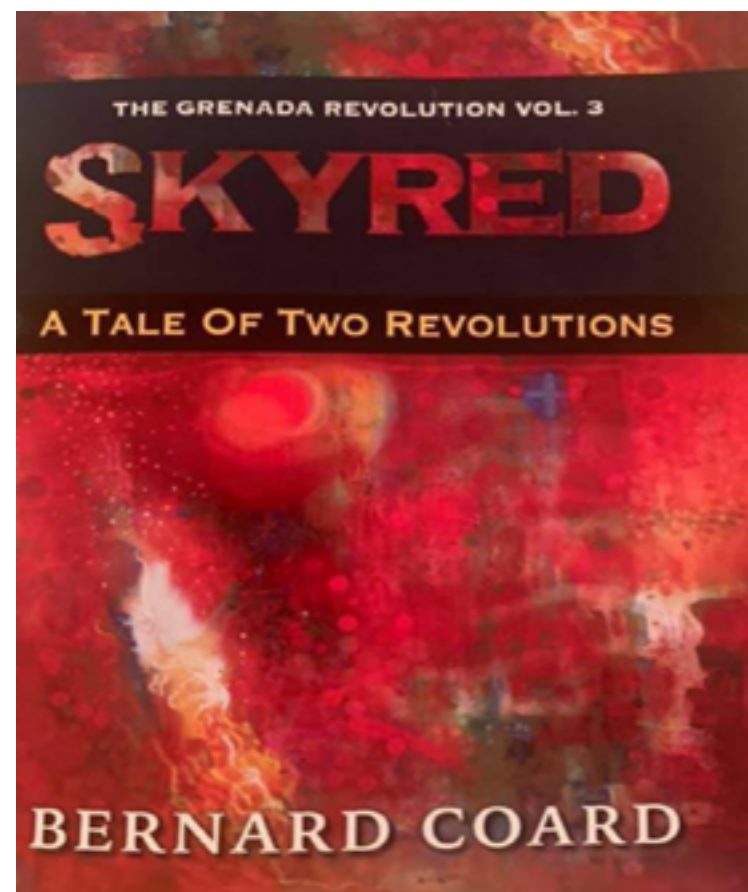
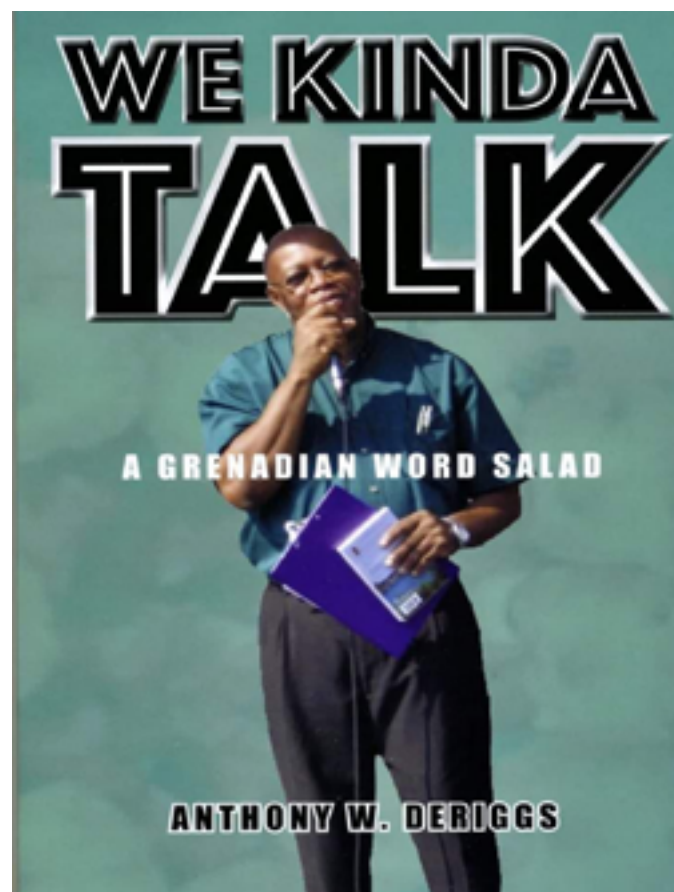
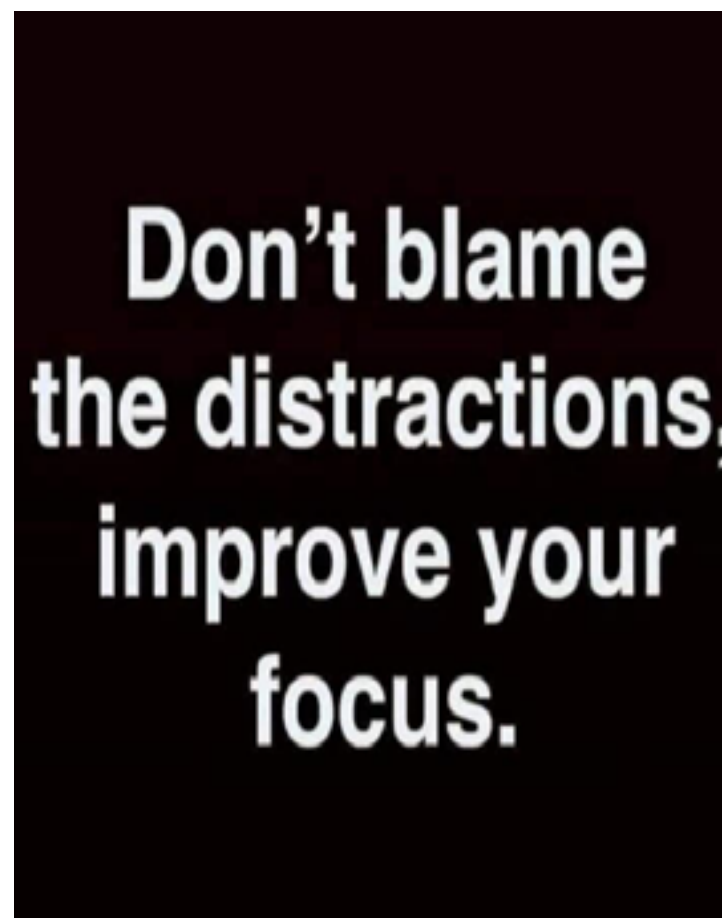
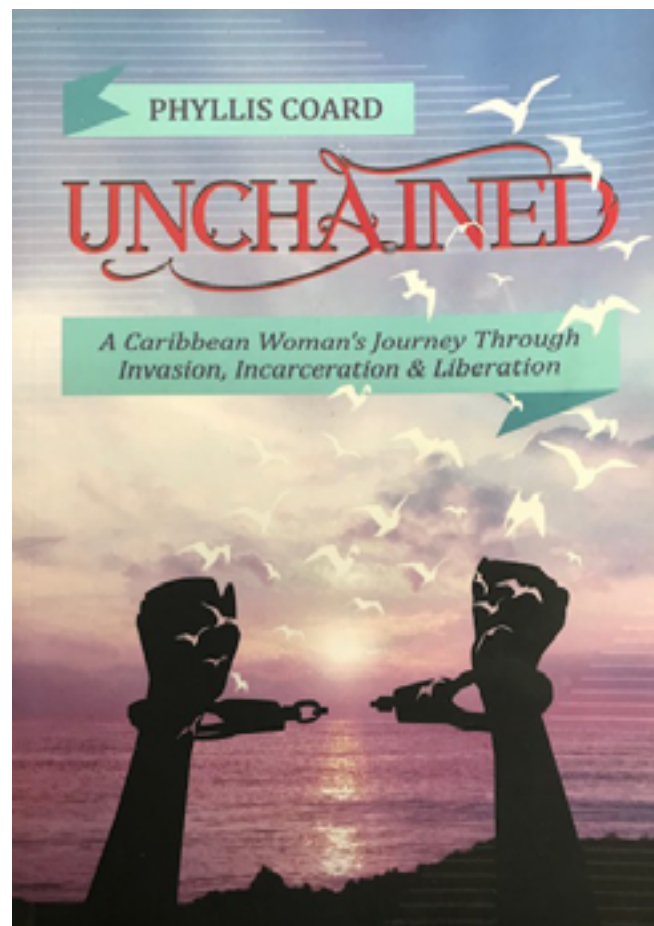
**PLANS TO  
SUCCEED**

**SLEEP RELATED  
DISORDER**

**WORDS HAVE  
CREATIVE POWER**

**INFLATION IN CANADA  
HIGHEST IN DECADES**







## "Moving Forward" with a transformation agenda is the alternative presented and accepted by the Grenadian electorate.



The wisdom teachers advise against living life looking into the rear view mirror. While that is very good advice, reflection and stocktaking do have their place in every facet of life including the national development process, in order to enable growth. Following up on the previous article, which promised to examine some of the reasons why more Grenadians decided to exercise their civic duty and vote or engage in some way in the electoral process for change,

this article briefly examines why. Several reasons. Repeated victimization of anyone opposing the previous administration, openly and increasingly - especially in the public - service. They were being made to feel the full weight of the government, in not so subtle forms, was a growing concern. Any serious dissension silenced as much as possible to the "edges" of being called out by neighbors as being a repressive regime. The observation has surfaced that maybe, just maybe, only fear of "hidden guns of a past era" was an inhibiting factor, restraining the further use of such measures. So dissent went underground - under the radar - for a while until the last year or so before the elections. It always does. Disappearing completely was not an option, especially as socio-economic conditions worsened. The lessons of our ancestors' struggles for liberation were not lost on us.

The age of a leader of over 30 years unwilling to create a leadership succession plan spelled doom. With a population having over 60% of the population under age 65, was the signal to the Grenadian people this was an obvious hot button issue.

And of course COVID-19 unearthed the already very concerning, unsatisfactory and deteriorating health care system. Not to mention the blow to low income families' survival.

So, whither from here. "Moving Forward" with a transformation agenda is the alternative presented and accepted by the Grenadian electorate. The energy and enthusiasm for a new way is palpable.

## TRANSFORMATIONAL LEADERSHIP

## Wish People Well On Their Journey.



Criticize and judge less  
maurer and complainers less. You might be able to do lots of thing and be self motivated, others might need a mentor. Just because you can do something doesn't mean ev-

everyone else can as er understand.. well. Meet people so next time that where they are... "flesh" wants to try to understand rise up inside them...humble you to make you yourself...we are think more highly of yourself than all just passing ly of yourself than through...regard- you ought to..... less of what you renounce it real believe ...you and quick....because I are still just passing a pride often is ing. This world proceeded with a is not our home. fall....and I know And no matter you and I are how intelligent much more resilient and compact we all are.. there lent and compact is still a great deal than that we don't know and will nev-





# “THINK AND GROW RICH.”

By John Calliste Publisher

hard part. Just remember -- it's okay to have friends. The question is: are you growing with them, or just going with them?

You can not afford negative liability; it is too costly. Try gaining assets, it will be more profitable for your life. As you make that shift from a liability friendship to a profitable relationship, you will lose some people in your life. Some may be good friends that you knew from childhood; in your church community and organizations. Others may be from your family and workplace. Never feel guilty about changing and growing.

Some people will gladly embrace your nothingness as long as you doing nothing and having a good time with them and their liabilities; but as soon as you evaluate yourself and begin to take action to correct your course, you will find yourself the “best” of the closest people you once partied with, and even went to church with -- finding you strange because you're no longer sitting in acceptance of your shortcomings.

You have to bust a new move! It is not business as usual anymore. Times are changing and you have to change with them or get left behind. Start today, and seek to be better than you were yesterday. Change, stretch, and grow! Expand your

portfolio. Good things will begin to happen when you set new goals to achieve your dreams. Noting happens magically outside of you; you are the one to make it happen. Your future is trapped within you. The world wants your greatness, bring it out.

Never depend on hindsight or eyesight alone to see your future. Use your mindsight to see and develop your future-picture. Create it, and your eyes will see it. Remember this: sight is a function of your eyes; vision is a function of your mind. Therefore, use your mind more than your eyes to visualize the future. A truly blind person is one who lacks vision, rather than those without eyesight. “Think and grow rich” in every area of your life. This is the powerful message that Napoleon Hill shared with us so many, many years ago.

Never let anybody's negative opinion of you become your reality. .let likely -- you may have to make some adjustments now, to change your present situation. It might be hard; so do it hard! But it will pay off as you continue to set new goals every day. Finally, you must be willing to do some things today, that others would not do, to have the things tomorrow that others would not have. That's the price of progress in this harsh system.

## BUILD IT

People are so deceptive wtheywill look you in your face and tell you a lie. They will promises to be there for you and be true to you , then they work up a skim of deception to limit your potential or so they think . Greater is he that is in you, than her that is in the world. If you haream build it and they will come.

For me I have learned to build doors so I can close them and open them whenever I want . Some people that hold the keys to other people's doors and shut you out. Will one day find themselves knocking on your door.

Remember it's the crap that nourishes the crop so let them throw their crapp at you; use it as motivation to build your dream. But whatever you do be nice to them and that for whatever kindness that they have extended to you.

The truth of the matter is, you must be forever grateful for their motivation no matter how negative it may be it the fuel you must that you have used to go the distance be the disappointments and your success.

BY JOHN CALLISTE



Genesis Magazine  
"EDUCATION IS LIBERATION" GENFM.CA

## JOKE OF THE MONTH

A WOMAN IS HAVING AN AFFAIR DURING THE DAY WHILE HER HUSBAND IS AT WORK. HER NINE-YEAR-OLD SON COMES HOME UNEXPECTEDLY, SEES THE ILLEGAL LOVERS AND HIDES IN THE BEDROOM CUPBOARD TO WATCH. THEN THE WOMAN'S HUSBAND UNEXPECTEDLY COMES HOME.

SHE HIDES HER LOVER IN THE CUPBOARD, NOT REALIZING THAT HER LITTLE BOY IS IN THERE ALREADY. THE LITTLE BOY SAYS: “DARK IN HERE.”

THE MAN SAYS: “YES, IT IS.”

BOY: “I HAVE A SOCCER BALL, DO YOU WANT TO BUY IT?”

MAN: “NO, THANKS.”

BOY: “MY DAD'S OUTSIDE, I'LL CALL HIM IF YOU DON'T BUY IT!”

MAN: “OK, HOW MUCH?”

BOY: “\$1,000.”

A FEW WEEKS LATER IT HAPPENED AGAIN , AND THE BOY AND THE LOVER WERE IN THE CUPBOARD TOGETHER AGAIN.

BOY: “DARK IN HERE.”

MAN: “YES, IT IS.”

BOY: “I HAVE SOCCER BOOTS.”

THE MAN, REMEMBERING THE LAST TIME, ASKS THE BOY: “HOW MUCH?”

THE BOY SAYS :”\$5,000.”

THE MAN SAYS: “FINE, I WILL BUY THEM.”

A FEW DAYS LATER, THE FATHER SAYS TO THE BOY:

“GRAB YOUR BALL AND BOOTS, LET'S GO OUTSIDE AND HAVE A GAME.”

THE BOY SAYS: “I CAN'T, I SOLD THEM FOR \$6,000.”

THE FATHER SAYS: “THAT'S TERRIBLE TO OVERCHARGE YOUR FRIENDS LIKE THAT... \$ 6,000 IS WAY MORE THAN THOSE TWO THINGS COST. I'M GOING TO TAKE YOU TO CHURCH AND MAKE YOU CONFESS YOUR “SINS.”

THEY GO TO CHURCH AND THE FATHER MAKES THE LITTLE BOY SIT IN THE CONFESSION BOOTH AND HE CLOSES THE DOOR.

THE BOY SAYS: “DARK IN HERE.”

THE PRIEST SAYS: “DON'T START THAT SHIT AGAIN!”

THIS IS MY CHURCH, NOT YOUR FATHER'S HOUSE !w



Genesis Magazine  
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## 3 Lessons Brands Can Learn from The Harbour Master and Anderson Peters Fiasco

*By Kemron Corion*

One of the most effective forms of marketing is Word of Mouth Marketing. Word of mouth is the earliest form of marketing that exists. Imagine the pre-historic marketer who had something to sell. You can only know he had something to sell if he told you directly face to face or if someone in contact with him told you. This last part is what facilitated testimonials and feedback.

Over time marketing has evolved to become more than just word of mouth. However, it is still the most effective form of marketing. I will trust the words of my friend over an ad coming from a company. If Company X tells me its products are great, this might not mean much to me, but if my friend Dangles said to me that Company X products are great, I am more inclined to believe him.

Why am I talking about word of mouth? Simple, in the last couple of days, one brand had to learn, and unfortunately, about the negative effect of word of mouth [on steroids].

The boat Harbour Master is a Party vessel that goes from country to country in the Caribbean to facilitate party cruises and excursions; they brand themselves as the largest party cruise vessel in the Caribbean! Furthermore, their Facebook page states that the HARBOUR MASTER provides an aesthetic and memorable experience for all of its

passengers. Therefore, it seems like the Harbour Master prides itself on delivering an unforgettable experience to its patrons.

Nevertheless, one can argue that on their last cruise in Grenada, they certainly provided an unforgettable experience. An incident occurred between members of the crew and Grenada's Javelin World Champion, Anderson Peters. Everyone has their opinion on the matter, what was right and or what was wrong. Let me hasten to say that I will not be addressing that particular issue here. Grenadians locally and abroad took to social media to launch a

and Google, and BOOM, Harbour Master ratings on both platforms dropped significantly. From over 4.5 stars on both platforms to 2.4 on Google and 3.5 on Facebook, respectively.

Many people started talking about the power of social media and how social media was used to attack the Harbour Master. However, while social media was the tool people used to voice their opinion, what was at play here was word of mouth on steroids, as I stated previously. Social Media gave people an avenue to amplify their voice against Harbour Master. If you are still ques-



vicious attack against the Harbour Master. People were upset as videos started circulating on social media showing the crew members of the Harbour Master beating and alleging throwing the World Champion in Javelin overboard. People quickly moved to the Harbour Master's social media page and began leaving negative reviews both on Facebook

tioning the importance of Word-of-Mouth Marketing and social media, this is a typical example of how it can work against you.

learn from this, then? Well, that's exactly what I will be looking at here. I put forth my argument in three points/

**continues on pg 7**

**Continues from pg6**

### Lessons:1 All Employees Need to Understand and Buy into The DNA of Your Brand

I don't have internal information about the operation of the Harbour Master, but I am 100% sure the employee handbook doesn't include fighting with customers and throwing them overboard. (A recent release from the boat captain said Anderson Peters fell and wasn't thrown over; however, one can argue the video tells a different story).

Once your employees are appropriately trained and understand the essence of your brand, they will know how to deal with any kind of customer, even if they are drunk or behaving unruly, as is being purported and reported by the crew concerning the Anderson Peter case. Proper training in customer service and all other areas will allow and should have allowed the HARBOUR MASTER crew to provide an aesthetic and memorable experience for all their passengers, patrons, customers or whoever, as stated on their Facebook Page.

The experience, while memorable, was certainly not a positive one and resulted in all 5-harbour master crew members involved in the altercation being charged by the authorities in Grenada after they pleaded guilty. That is not the message you want going out to the world.

**Lesson 2:**

### If You Are Not Using social media For Marketing, Use it for Customer Service and Customer Relationship Management

If you ever question the effect of social media, go back to the drawing board with your thinking because everyone today with a Smart Phone and access to the internet is a media company. Therefore, we must be careful and believe that anything we do can end up online and spread like wildfire. Pre social media, when someone had a negative experience with a brand, they told maybe ten people; today, with the advent of social media, they can tell hundreds and thousands of people with just one click!

Social media also allows people to dig up past brand transgressions to add to any negative attention they are getting. This happened again in this case with the Harbour Master when an incident in Barbados involving the Harbour Master which resulted in someone dying resurfaced. Even old reviews about crew members' behaviours and attitudes resurfaced, further adding to the vessel's negative attention.

If that wasn't bad enough, people started using the official Harbour Master hashtag (HarbourMasterTT) in their posts, which means that in the future, all the negative posts will resurface if someone searches this hashtag. This is terrible news for the future of harbour Master unless they start promoting

a new Hashtag. (Which is what I would advise them to do). Therefore, if you won't use social media for marketing, use it for customer service and to manage customer relations; most importantly, use social media to manage your brand reputation. Deal with any negative perception out there because it can come back to haunt you.

### Lesson 3: Invest in Crisis Communication (*might be the most important of all three lessons*)

I believe despite what was happening; Harbour Master could have managed the hit to their reputation better if they had a better crisis communication plan in place. First, they should have used the same channel they are being attacked on (Social Media) and issued a statement immediately, saying something as simple as they are aware of an incident on their vessel based on videos being circulated. What happened does not represent the nature of their brand in any way, and they are currently gathering information and will issue a proper release once all details are received. They took too long to respond, and by the time they did, it did not matter what they said; people were already too angry. All organizations should have a crisis communication plan in place if something like this happens so they can better manage the fallout.

The situation is still evolving, and I wish everyone all the best and hope that whatever happens, it's in the best interest of all involved.



## LOCAL TRADITIONS GRANNIES INSPIRED



Annistashia Mitchell Anna Boo as she is affectionately known is a mother of four beautiful girls. Anna boo first got attention at a corner store when she walked in and shouted out to store b his name demanding that he had good breadfruit, she wanted to make a good pot of oil down. I knew she was from Grenada then. She was a happy and full of energy that day. Not long after she saw her and face with her children singing gospel and calypso homoniously and putting on short skeets depicting our Grenadian way of life. That was not all, Anna posted a picture and short video about her cottage industry processing coconut oil, for sale in Canada. I also discovered that she was multi-talented. A calypsonian, actress, playwright, dramatist and scriptwriter. Anna and her family has been featured on Gemfm radio to promote the different business venture. The family is very talented and industrious. I invite to read her story. I am a proud mother of 4 beautiful young ladies named Lindey, Jillisa,

Shinique and Talya. However, starting from the beginning I Anastasia Mitchell, was born on November 6th, 1969, in Mt Horne St. Andrews Grenada. I spent the majority of my childhood in Carriacou, from the age of 6. I finally returned to Grenada at the age of 14 where I attended the Grenville Secondary School.

As I grew older I had Lindey, my first daughter in 1988, 4 years after I had Jillisa, my second daughter. July 1st 1995 was the day that I left Grenada and arrived in Canada, where I then gave birth to Shinique and Talya. I came to Toronto, Ontario in search of a better life for my children and myself. As the saying goes, life is what you make it, with lots of struggles and obstacles. Throughout all of that I managed to support my small family as a single mother working all over the city.

With the love and mercy of God, my work ethics and strong personality that captivated the hearts of many. My family is the element that mends my life, keeps me grounded and allows me to be greater. My girls and I have always been close, everyday we look forward to spending time together. We get along and always support each other. Not saying that we don't get mad and have disagreements, especially being the mother that I am, I know I can be very annoying sometimes but I can't help it and my girls are used to it by now.

I am a very independent woman, I worked very hard to put dinner on the table and I believe I did a spectacular job at raising my girls. Even though it was a great struggle, I take pleasure in watching my chil-

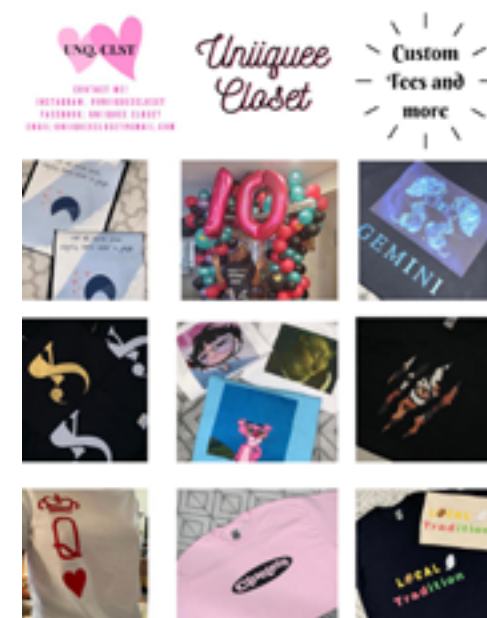
dren evolve. I try to set the greatest example and to allow my girls to become successful in their professional lives. Making good choices and taking responsibility for their actions. My girls have learned to find friendship in each other, although they have their individual friends who would usually visit our home for birthday parties and family gatherings, we make sure they're greeted with a warm welcome and open arms. So much so, they call me mom, so you could say I'm a mother to a few children out there! We are very connected to one another which makes it easy to have conversations. When my daughter Shinique brought up the idea of using my coconut oil for her school project, I was very thrilled and happy to know my daughter; a born Canadian, is incorporating something that she had seen me making for many years, into her project. It was all inspired by my great grandmother, and her great, great grandmother and ancestors. After that one conversation, Grannies Inspired Coconut oil was created to continue the local tradition of our parents and grandparents.

I've always wanted to have my own little business, but I wanted to do something that I would be connected with spiritually, emotionally and also traditionally. Freshly made coconut oil! A tradition that is slowly growing. My great grandmother started a dream in me and it's just getting louder. Coconut oil was my great grandmother's business in Mt Horne, St. Andrews Grenada. She did it for many years, when I was a little girl. The memories are still fresh in my mind. As young as I was,

I also participated in the production of the oil. Even if it was to blow the fire under the pot. I remember it was a very exciting time for me. No one achieves dreams alone. My girls and I decided to embark on this journey together, trusting in God to lead and direct our path.

The dream that was rooted in me as a little girl has now turned into my reality. Granny inspired 100% Coconut oil came from a place deep within my great grandmother's legacy and it will continue to blossom. I am creating my own lane and I'm staying on it.

You can find me on Instagram @localtradition, Facebook @Annaboo or email me at localtradition1@gmail.com



The Artiste



The Queen Anna Boo



wake  
up with  
determination.  
go to  
bed with  
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**SURVIVAL  
GUIDE OF A  
YOUNG BELIEVER**

WITH ANJ & GEN



By Liz Regis

## “I Legend,”

Ask yourself why you do the things you do. Are all your actions rooted in a genuine desire or are you sometimes driven to action by the need to be liked, rewarded or acknowledged?

The science of sociology teaches that we tend to repeat most of the behaviours that are reinforced. So then, receiving a response can often become the catalyst or motivating force behind what we do.

This is significant because of the value we place on free will in our society and the fact that it can be so easily shattered through what amounts to subtle manipulation, intentional or passive. The victim of such manipulation is eventually reduced to a puppet on a string going through life controlled by external influences.

While watching Will Smith's character, Dr. Robert Neville, drive a fancy car on the deserted streets of Manhattan in the movie “I Legend,” my son remarked that there was no reason to drive a nice car in that setting because there was no one around to see and to compliment. I quickly responded to counter this notion of my young son that had personally taken me decades to overcome in my own life. I told him that the motives for what we do have to be deeper than

impressing others and that by impressing God and ourselves, others will inevitably be impressed and still some others will not. Being motivated by the applause and accolades of others causes us to gradually lose ourselves into a deepening pit that ends where we no longer recognize who we are nor our personal preferences.

I have witnessed this phenomena in older individuals whose overall personal presentation is uncertain and indecisive in the absence of outside opinion and I have often wondered how much of a role being a “people pleaser” has played in the development of their persona. On the other hand, I see people who are courageous and confident, almost to a fault, and suspect that, for many, it is rooted in a balance of personal responsibility with the regard for the opinions of others in its proper place. Please do not misunderstand my argument because I am not trying to berate the acceptable gravitation toward positive reinforcements, encouragement and the favouring of circles in which we are celebrated rather than tolerated. I am, however, offering a firm “wake-up” nudge for all of us to recognize the difference between healthy affirmation and being controlled by the whims and notions of others. Whether it is the girl who gives in to peer pressure to wear a certain style, the “artist” who sings his songs in hungry anticipation of the crowd's applause, the man who is promiscuous because, though he feels powerless in other areas of life, he gains his greatest gratification and sense of worth from the reaction of his partners to his sexual prowess, or some other version of subtle external control, none of us are completely beyond the possibility of this form of manipulation.

So now ask yourself if you would still do the things you do if there was no one around to witness. This question becomes our litmus test to know if our motives are pure. It is important, then, to take great care that the things we do and say impress the audience that matters most, the audience of one, our Creator. Thereby placing every other influence in its

appropriate place. After all, we will all eventually realize that the things impress the crowd today become passed to them tomorrow.

## ARE YOU GOD'S WIFE?

An eye witness account from New York City, on a cold day in December, some years ago: A little boy, about 10 - years - old, was standing before a shoe store on the roadway, barefooted, peering through the window, and shivering with cold.

A lady approached the young boy and said, “My, but you're in such deep thought staring in that window!” ‘I was asking God to give me a pair of shoes; was the boy's reply.

The lady took him by the hand, went into the store, and asked the clerk to get half a dozen pairs of socks for the boy. She then asked if he could give her a basin of water and a towel. He quickly brought them to her. She took the little fellow to the back part of the store, and removing her gloves, knelt down, washed his little feet, and dried them with a towel. By this time, the clerk had returned with the socks. Placing a pair upon the boy's feet, she purchased him a pair of shoes. She tied up the remaining pairs of socks and gave them to him. She patted him on the head and said, ‘No doubt, you will be more comfortable now.’ As she turned to go, the astonished boy caught her by the hand, and looking up into her face, with tears in his eyes, asked her. Are you God's wife?

Unknown



# THE MORTGAGE SPECIALIST, ANDRE DAWKINS.

“I specialize in building dreams. Together, we can build YOURS”

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# Plans To Succeed

Success keep the right company all the time

“ I don’t know what your destiny will be, but one thing I do know: the only ones who will be really successful, are those who have very passionate dreams and keeps them clearly in sight!-- Cal Smith

1. Turn your dreams into firm goals. Establish exciting goals and write them down.

2. Create a Plan.

Write down the actions you must take to reach your goal in the allocated time. “Your daily agenda must be driven by your dreams. If not, aimless tasks will keep you from your goals”.

3. Set a Deadline for your goal.

Check it often and mark your progress. “Nothing is ever done until the deadline is at hand, so set your goals close and enjoy success sooner”.

4. Avoid waisting time on other oppportunities.

The internet is ripe with fantastic business opportunities. The most important secret for success on the Web is to wear blinders and ignore everything but your main program! Stick with the one good program and grow rich. “ Make no step that doesn’t move you toward your goal. One oace to the left and one to the right will take you right back to

5. Maintain a good, positive attitude at all times.

You work in insolation on the internet. You must develop and review a set of motivational statments frequenhtly. “Just remember, the attittude that you wake up with Determines the kind of day you will have”.

6. Avoid contact with negative people.

Nothing can kill your enthusiams faster than negative thoughts. Every time a negative creeps into your mind, grab a fly-swatter and squash it! “Be careful around those individuals who have bought negativity because they have the uncanny ability to sell it as well!”

7. Associate with People who share your goals and values.

Develop a close association with a Positive People. If negatives begin to creep into the conversations, discontinue them. “Keep away from peopl who try to belittle your ambitions. Small people always do that, But the really great make you feel that you, too, are great. ”

## Who Will Be Wealthy

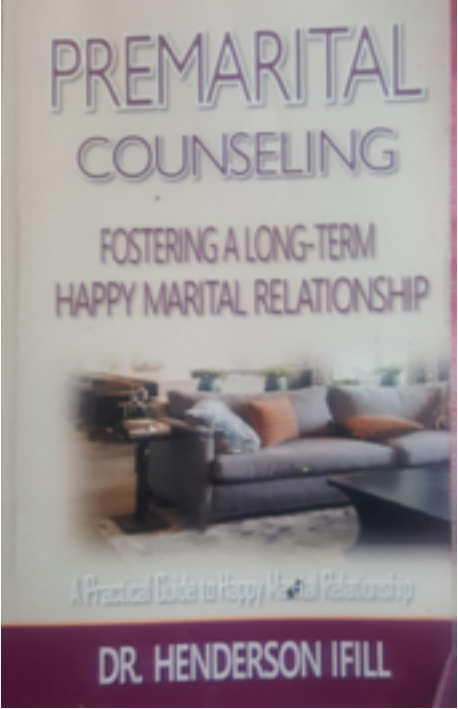
For 100 men or women starting their career at age 25, the following situation will exist at age 65:

53 men, 82 women will require financial assistance from family, friends and / or the goverment.  
14 men, 11 women will be working whether they want to or not

8 men, 2 women will be financially secure enjoying a lifestyle close to what they were accustomed to when they worked

24 men, 4 women will be deceased

1 man, 1 woman will be wealthy  
Source: Statistics Canada







# FOOD MADE SIMPLE



## Scotch eggs perfect recipe

### Ingredients

4 hardboiled eggs (peeled)  
½ kg sausage (ground or minced)  
1 seasoning cube  
A pinch of nutmeg  
100 grams of plain flour  
1 raw egg (whisked)  
50 grams breadcrumbs  
Salt (to taste)  
⅓ teaspoon dried pepper  
vegetable oil (enough for deep frying)

### Directions

- 1) Place the minced meat in a bowl, and add the seasoning cube, nutmeg, pepper, and salt. Mix thoroughly.
- 2) Roll the boiled egg in the flour then roll some meat over the egg, covering it completely in the meat.
- 3) Now, dip the meat-covered egg in the bowl of whisked raw egg, making sure the whole ball is covered in the whisked egg.
- 4) Next, transfer the meat-covered egg into the bowl of breadcrumbs, coating it completely.
- 5) Repeat steps 1 - 4 for the rest of the eggs.
- 6) Heat up ur cooking Vegetable Oil in a deep pan or pot.
- 7) Fry the scotch eggs until thoroughly brown.
- 8) Transfer to a wide tray lined with paper towels to absorb the excess oil.





**RUSSIA-UKRAINE  
CONFLICT**  
*Should we be concerned?*  
*Dr. Tessa Barry*

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**FACTS WE SHOULD NOT IGNORE**

Russia is the world's 2nd largest producer of crude oil and the largest producer of natural gas .

Russia and Ukraine accounts for a third of all wheat exports

Ukraine is among the world's top 10 in many agriculture rankings: wheat, corn, sunflower oil etc

**OUR FOOD SYSTEM IS AT RISK**

Oil prices increased

Transportation costs (air, land, sea) increased

Cost of production increased

Supply chain shortages

**Price of food increased**

**WE MUST REVOLUTIONIZE**

Agriculture policy reform

Investments in agriculture and agriculture technologies

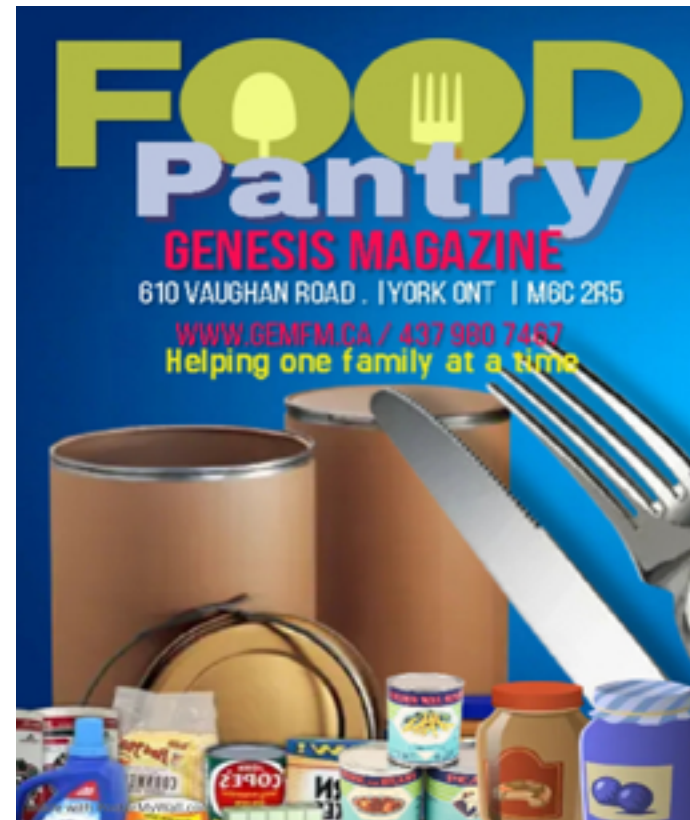
Consumption patterns: Buy and eat local

**Regional trade**

Research and investments in alternatives to:

**wheat  
energy**

**We need an agricultural revolution**  
Source: IICA, UWI



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# Community of Integrity

As the Fall season moves into its annual space; the highway and other auto routes are filled with a mecca of vehicles going in all directions, Last minute vacations, and visits to places or to see loved ones living far away. Even to see friends whom we haven't connected

with for a while. Our recent virus of three years to some degree of return has pushed back many of our normal activities. Many are out of business and the cost of living has doubled plus. The way of living has changed drastically. The various governments are busy revamping and restructuring new ways to live globally. One of the areas that needs to be visited and revisited is our African community. There is a need to reflect intensely and devise ways to gain unity of our people as a community. We strive to gain our place in society worldwide. We make numerous contributions. As a unique people we have to work around this very engraved statement of fact. We need solutions, and we have to sit around the tables of discussions to seek the answer and ways necessary to achieve those goals. We have to minister to our community. We have to minister to our community, and create frameworks to address every need

of our people. There is much lacking. *We can no longer sit and allow others to discuss and decide for our community.* We have more than enough capable people among us to engage in those areas. As I reflect on the many innovations, and contributions we have made over the centuries, time having been far spent, we are reminded that it takes a village to raise a child. Our foundational ways, morals, and lifestyle must be preserved and practiced in all its uniqueness for our generations; from seniors to the unborn, now is the time, and opportunity for change, inclusion and building our place in the twenty first century going forward. United together.



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According to a report on job loss in Canada , reported By Staff The Canadian Press

*Posted August 5, 2022, 8:35 am*  
*Updated August 5, 2022, 9:51 pm*

It is my belief that more and more Canadian and Americans are heading down the poverty line as Unemployment in the US and Canada continues to decline. Canada's unemployment rate stayed at a historic low of 4.9 per cent in July, remaining unchanged from June as the country continues to face a labour shortage. In its latest labour force survey, Statistics Canada says the economy lost 31,000 jobs, marking the second consecutive month of job losses. The number of public sector employees fell, while the number of self-employed workers rose. There was little change in the number of private sector workers. Canada's labour market remains exceptionally tight, with over one million job vacancies across the country. The unemployment rate is the lowest on record with comparable data going back to 1976. Canada's unemployment rate stayed at a historic low of 4.9 per cent in July, remaining unchanged from June as the country continues to face a labour shortage. In its latest labour force survey, Statistics Canada says the economy lost 31,000 jobs, marking the second consecutive month of job losses. The number of public sector employees fell, while the number of self-employed workers rose. There was little change in the number of private sector workers. Canada's labour market remains exceptionally tight, with over one million job vacancies across the country. The unemployment rate is the lowest on record

with comparable data going back to 1976. "Our big economic challenge when it comes to the labour market is a shortage of workers." CIBC senior economist Andrew Grantham noted that the job losses in July were concentrated in the services sector, including wholesale and retail, education and health in a note on Friday morning. "With some of those sectors reporting high vacancy rates, labour supply rather than demand appears to be the main issue," Grantham said. The labour parti We must be careful not to let our feet be swift to cause mischief. We must be careful for our mouths to not be too quick to judge, especially when we ourselves don't know, less we ourselves fall into the same situation. We must be careful not to be too quick to say too much too soon for the weight of those things can be heavy and the consequences very grave. We must be careful what we say and do to others. Being mindful of the fact words have creative power. We must know for sure that we are dust but also that we all are humans and we all err. We must be apt to change our ways knowing that the same ways will not yield a different outcome. we must be mindful with our thoughts because they have the ability to change tones and seasons. We must be wise ..even beyond our own years. We must be wise as a sepant yet calm like a dove. When we enter a room..though our titles may be top notch...one must not know simply by you entering the room...your presence must speak for itself. We must always let others rate us up and not we ourselves We must be thoughtful, kind, caring ,authentic and genuine. We live in a world where the frame of the world seems to be based solemnly on lies. We live in a world where it's hard to differentiate "gold" from goldplated...salt from sugar.....real from conterfeir. We live in a world where finding genuine people seems far and wide...its like if everyone is just pinned to some agenda. We Live in a world where kindness seems toxic but arrogance is bliss. We live in a world where it seems being good is for the books..evil juds seems to reign But a time is coming....a time where all of these catastrophic ills...will end. There will come a time where being Good will actually pay off...authencity will have its place....where being genuine will be

celebrated..for now..we must endure fragments of this imperfect,cruel...messed up world, we call "home" cipation rate for Canadians between the ages of 25 and 54 is relatively unchanged from where it was pre-pandemic. The pace of wage growth also held steady compared with June, with average hourly wages rising 5.2 per cent year over year. Statistics Canada says despite the labour shortage, there is no evidence of a rise in the proportion of people leaving or switching jobs. The Statistics Canada report also looked at the ongoing healthcare worker shortage, with a focus on nurses. According to Statistics Canada, more than one in five nurses worked paid overtime hours in July, the highest level since comparable data became available in 1997. For comparison, about 10 per cent of all other employees worked overtime in July. As Canada faced the seventh wave of COVID-19 infections, 11.2 per cent of nurses were off sick for at least part of the week when the labour force survey was conducted. The Bank of Canada is paying close attention to employment levels in the country as it gears up to make its next key interest rate announcement in September when it's expected to raise interest rates once more. While economic growth slows in the country as the central bank attempts to tame inflation with higher interest rates, economists have noted that the tight labour market makes the slowdown unique in its nature. *U.S. unemployment drops to 3.5%* Meanwhile, America's hiring boom continued last month as employers added a surprising 528,000 jobs despite raging inflation and rising anxiety about a recession. July's hiring was up from 398,000 in June. The unemployment rate slipped to 3.5 per cent. The U.S. economy shrank in the first two quarters of 2022 — an informal definition of recession. But most economists believe the strong jobs market has kept the economy from slipping into a downturn. The American job market has repeatedly defied skeptics this year. Economists had expected only 250,000 new jobs this month. — *with files from the Associated Press and Global News*

# Words Have Creative Power.

We must be careful not to let our feet be swift to cause mischief. We must be careful for our mouths to not be too quick to judge, especially when we ourselves do not know, less we ourselves fall into the same situation. We must be careful not to be too quick to say too much too soon for the weight of those things can be heavy and the consequences very grave. We must be careful what we say and do to others. Being mindful of the fact words have creative power. We must know for sure that we are dust but also that we all are humans and we all err. We must be apt to change

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plated...salt from sugar.....real from conterfeir. We live in a world where finding genuine people seems far and wide...its like if everyone is just pinned to some agenda. We Live in a world where kindness seems toxic but arrogance is bliss. We live in a world where it seems being good is for the books..evil juds seems to reign But a time is coming....a time where all of these catastrophic ills...will end. There will come a time where being Good will actually pay off...authencity will have its place.... where being genuine will be celebrated..for now..we must endure fragments of this imperfect,cruel...messed up world, we call "home"

By Trillions Saraphina Portia

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Grenada we are so blessed. On this small volcanic island that we call home plant based food are in abundance: fruits, grains, vegetables etc.

So how can we say that we are poor and cannot afford good food.

Get out of bed, clean up the waste land. Prepare the soil, plant food. Eat healthy from the earth and many of the imported illnesses that is a result of fast food, junk foods chemical seasoned food, will not take us prematurely to the grave.

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**A lie  
doesn't become  
truth, wrong  
doesn't become  
right, and  
evil doesn't  
become good,  
just because  
it's accepted  
by a majority.**



**-Booker T. Washington**



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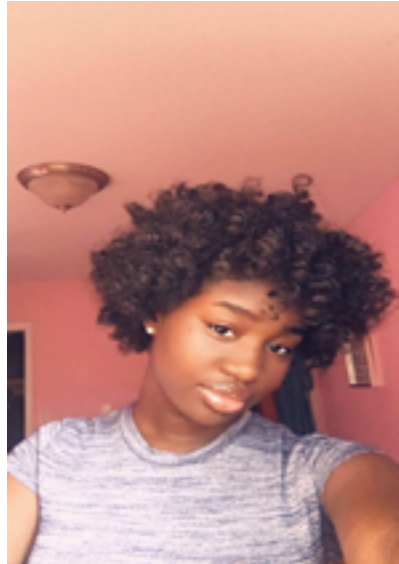
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# Out Of The Booth:

## Why Is Sexism So Bold In Sports Media?

### By Genesis Calliste



#### **Key Findings:**

Women make up smaller percentages of the performance side of media, like anchors, show hosts, editors, etc.

Women are used to the aesthetic of visual media, like television, and are not taken seriously as their male counterparts.

Women believe that they have to flirt and look, dress, and act a certain way to get to the top to succeed.

Not only is it women talking on sports radio being on the station, but also the advertisements. So, therefore, it's not just against women talking about the sports talk but also in their advertisements, giving a "man-cave" environment.

#### **Why Is This A Problem:**

Sexism in sports media is a problem because women are also in sports, so why don't they get to talk about it too? There is a misogynistic environment around sports making it seem as if sports are only reserved for men and women's sports are just for jokes. Many sports radio stations and television stations form their platform around men to fit that demographic. They seem to forget that women enjoy sports

as well, and women are dominating the sports scene as well. Some men in sports media seem to believe that women have little to no knowledge of sports, but women make up "46 percent of NFL fans."(Given, 2018. Para. 32). And also, "... another 40 to 50 percent of NASCAR fans, they are women"(Given, 2018. Para. 33). The problem isn't that women don't know enough about sports; these certain stations, whether television or radio, don't allow them the platform to speak about sports. Some women who do get a chance to be on television believe that they have to do certain things to go above and beyond their male coworkers. As a result, they are held accountable for certain things that their audiences would let their male counterparts slide within the eyes of the media, which is primarily males. Because of this, many women feel like they have to be better, be prettier, dress better, and act better to get validation. Instead, sometimes women get sexualized by watchers and harassed on social media platforms, "I've gotten tweets that the only reason I have a job is because of my looks; I've also gotten plenty more tweets that, you know, I'm an unattractive reporter who shouldn't be on television."(Serazio, 2019. para. 25), says Kim Jones of the NFL network. This targeting prevents more women from aspiring to join the sports media community because they might feel they have to perform beyond measures rather than just enjoying what they love professionally. Insecurities affect people everywhere, maybe even yourself; now imagine people you didn't know targeting you about them. That's probably how some women feel, which isn't fair when their male coworkers aren't being called out for their insecurities compared to them. This is a problem because their job in sports media shouldn't be about how they look but on their actual requirements for their job; they should feel comfortable on the job and not forced to focus on their looks and how they sound but on playing their position in their work fields.

#### **Why Should We Care About Sexism In Media:**

People should care, both in and out of the industry, because this issue affects us all, not in the same ways but similar ways. This report might focus on sexism in sports media, but sports media significantly influences our society; some players children look up to, some hosts. Imagine if a host says something about women and your child starts to see women in a negative light. They might carry what they heard negatively about women for a long time and push misogyny into a more profound negative hole. Imagine that same child seeing women on their sports channels and radio stations and in the same room as other hosts and commentators. That same child will grow up believing that women do belong in the same room as others when it comes to sports, and because of that, it might encourage other little girls to join this field. In the field, people should care because it can affect the future of sports media and the end of sports itself. Foremost, "sports are pretty much the only thing anyone still watches live."(Given, 2018. para.29), and not all of those that watch and listen to those sports shows are women. Therefore if you continue to discourage women in sports, you will most likely lose a whole demographic of listeners and therefore lose the momentum of sports media. Women have come from all sorts of backgrounds, Con

and even some of the women in people's lives, like mothers, sisters, aunts, and daughters, grew up with sports; Julie DiCario, Chicago sports talk radio host, says, "As if we aren't the daughters of Title IX. As if some of my earliest memories aren't sitting on my dad's lap watching the Bears and Cubs. ... Sports belong to all of us."(Serazio, 2019. para.33). To make it seem like they were excluded from this group might prevent the next generation from coming into sports. It might halt the next Serena Williams or the next Cynthia Cooper. So in closing, sexism could affect the sports media and the future of sports for all.

#### **What Is The Best Solution:**

I believe the best solution to solve sexism in sports media is for television and radio station managers to hear out the women in their workplace because "a report from media regulator Of Com last year found that 43% of employees at radio companies were female"(Cooke, 2021. para.3). Meaning women make up almost half the workplace, so they should feel as comfortable in their work environment as their coworkers. Even if women could share what they had to endure from the other factors around them, like how this 2016 PSA made male fans read tweets directed to women in sports media that said, "One of the players should beat you to death with their hockey stick like the whore you are." (Serazio, 2019. Para. 31). Encouraging more people to hear about it makes people think about it, and when people think, people can change and create solutions. Therefore, let others in the sports

media see and learn through proof of what women go through in sports media to develop a change and make sexism a thing of the past.

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# Sleep-related Eating Disorder.

A reported 1 in 4 women<sup>1</sup> have at least one symptom of insomnia, whether it's difficulty falling asleep, staying asleep, or both. In fact, women are 40% more likely than men are, despite needing more sleep than men.

Different sleep strategies can be more or less helpful depending on what's causing your insomnia. We cover some of the common causes of insomnia in women and highlight effective sleep tips for women.

**Causes of Insomnia in Women**  
Women carry a greater risk for insomnia for a number of reasons. Women are 1.7 times more likely to have anxiety<sup>3</sup> or depression<sup>4</sup>, both of which commonly coexist with insomnia<sup>5</sup>. Women also carry a higher risk of certain sleep disorders, including restless legs syndrome (RLS)<sup>6</sup> and nocturnal sleep-related eating disorder<sup>7</sup>. Women's hormone levels also fluctuate<sup>8</sup> throughout the month and over the course of their lifetimes, during menstruation, pregnancy, and menopause.

Women carry a greater risk for insomnia and certain sleep disorders, including restless legs syndrome (RLS) and nocturnal sleep-related eating disorder. For example, 2 in 3 women<sup>9</sup>

report sleep problems during menstruation. The most common symptom of premenstrual syndrome (PMS) is feeling tired, reported by 84% of women. Depression, anxiety, and backache are other commonly reported symptoms — all of which can contribute to insomnia<sup>10</sup>.

Pregnancy is associated with poor sleep, due to changes in mood, pain, and incontinence, among other things. As a pregnancy progresses, these symptoms often intensify and become more frequent. Nearly 8 in 10 pregnant women<sup>11</sup> have trouble sleeping, according to data collected from a Women and Sleep Survey.

The average pregnant woman wakes up three to five times per night during their third trimester. The risk of restless legs syndrome also increases from 8% in the first trimester to 22% in the third<sup>12</sup>. Up to 25%<sup>13</sup> of pregnant women report frequent snoring, which may be a symptom of sleep apnea, another condition that worsens sleep quality and leads to sleep disruptions.

Hormone levels change again during menopause, when a woman's risk of sleep-disordered breathing increases by 21% to 41%<sup>14</sup> compared with premenopausal women. Hot flashes affect 75% to 85% of women<sup>15</sup> during menopause and can disrupt sleep. Women may also gain

weight after menopause<sup>16</sup>, which increases the risk for sleep apnea and poor sleep. Other symptoms of menopause may also negatively impact sleep, including increases in breast tenderness, migraines, depression, and anxiety.

Make Healthy Sleep a Priority  
Sleep Tips for Women



# Get To Know Frontlinez



Frontlinez Barbers is a top-notch (Hair-Care) establishment located in the Oakwood-Vaughan area, specifically at 511 Oakwood Avenue, in the former City of York, Toronto.

Clifford Paul, popularly known as Cliff, took what began years before in a variety of settings as a youthful hobby, from its embryotic stage to another level. With a deep desire to showcase his creativity, talent and skills coupled with a strong determination to serve the community, this self-starter birthed his Brain-child, Frontlinez Barbers in 2004. Deep-rooted in professionalism, with a professional who believes in life-long learning, Frontlinez Barbers has constantly evolved over the years: maintaining and extending its professional services combined with top notch individual customer care catering to an ever-growing diverse clientele.

All About Your FrontLinez Barber  
Cliff was born in the village of Beau-lieu (Beautiful Place), in St George's Grenada. He later migrated to To-

ronto in the early 1990s to join his mother and sibling. Several stints in surrounding Barbershops led him to his own where he remains on the haircut map, running a business that prioritizes customer satisfaction.

One of the things he enjoys is meeting people every day and seeing their happy, satisfied faces. "I absolutely love the fact that I can inject a dose of confidence in people's lives with every haircut." After more than 20 years in the business, he remains fully committed to Frontlinez Barbers' initial motto: "Look smart, be confident with every haircut" but has crystalized and clarified his belief to, "Make a Statement without saying a Word."

In addition to the above, Cliff explores other aspects of his creativity in his spare time. As a multi-talented entrepreneur, he dabbles in the art of Radio Broadcasting, is a Voiceover Artist who loves recording "Hype party" commercials and video editing. He enjoys travelling; attending and participating in conferences, workshops and events locally, regionally and globally. These varied experiences help to solidify a greater hands-on approach to his techniques as he continues to hone his craft. Not only is Cliff committed to learning and improving himself, he is also a firm believer in sharing his knowledge and skills to help empower others because, as he

says, "There are unlimited opportunities for growth and expansion." Frontlinez Barbers is a go-to barbershop located at 511 Oakwood Avenue, Toronto. Frontlinez Barbers has been in Oakwood since 2004 when Cliff Paul opened the doors to welcome a community of people who enjoy the creative and professional barbing services combined with top notch customer care service offered at Frontlinez. Frontlinez Barbers prides itself in constantly evolving and maintain its haircare techniques and quality of service while catering to an ever growing diverse population. This has kept Frontlinez in the cutting edge of barbing hair fashion.





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## Russia and India no longer need US dollar BRICS president



The two countries have successfully established a mechanism for mutual settlements in rubles and rupees, Purnima Anand says. Russia and India don't need the US dollar in trade, having turned to national currencies to conduct mutual settlements, BRICS International Forum President Purnima Anand told reporters on Thursday.

"We have implemented the mechanism of mutual settlements in rubles and rupees, and there is

no need for our countries to use the dollar in mutual settlements. And today a similar mechanism of mutual settlements in rubles and yuan is being developed by China," she said.

"That means that the BRICS countries are opening up to Russia, offering the opportunity for the country to overcome the consequences of sanctions," Anand added, as quoted by RIA news agency.

The BRICS president said mutual trade between India and Russia had grown fivefold over the past 40 years. Moscow supplies a rapidly growing volume of oil to India, and in return gets large quantities of agricultural products, textiles, medicines and other products.

Anand also noted that New Delhi considers itself a neutral party in the current sanctions war between the West and Russia, and despite sanctions pressure, will continue

cooperation with Moscow "in any areas where necessary."

"When Russia's military operation in Ukraine began, naturally there was pressure on India to stop importing Russian oil. But the Ministry of Foreign Affairs had to reject this pressure. The Russian side was assured that supplies would not be stopped and the sanctions regime would in no way affect the relationship between our countries," the forum head stressed.

BRICS an international socio-economic and political forum incorporating five member nations: Brazil, Russia, India, China and South Africa.

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# “Swim With The Tide.”

**D**uring a robbery in Zimbabwe, the bank robber shouted to everyone in the bank: "Don't move. The money belongs to the State. Your life belongs to you."

Everyone in the bank laid down quietly. This is called "Mind Changing Concept" Changing the conventional way of thinking.

When a lady lay on the table provocatively, the robber shouted at her: "Please be civilized! This is a robbery and not a rape!"

This is called "Being Professional" Focus only on what you are trained to do!

When the bank robbers returned home, the younger robber (MBA-trained) told the older robber (who has only completed Year 6 in primary school): "Big brother, let's count how much we got."

The older robber rebutted and said: "You are very stupid. There is so much money it will take us a long time to count. Tonight, the TV news will tell us how much we robbed from the bank!"

This is called "Experience." Nowadays, experience is more important than paper qualifications!

After the robbers had left, the bank manager told the bank supervisor to call the police quickly. But the supervisor said to him: "Wait! Let us take out \$10 million from the bank for ourselves and add it to the \$70 million that we have previously embezzled from the bank".

This is called "Swim with the tide." Converting an unfavorable situation to your advantage!

The supervisor says: "It will be good if there

is a robbery every month."

This is called "Killing Boredom." Personal Happiness is more important than your job.

The next day, the TV news reported that \$100 million was taken from the bank. The robbers counted and counted and counted, but they could only count \$20 million. The robbers were very angry and complained: "We risked our lives and only took \$20 million. The bank manager took \$80 million with a snap of his fingers. It looks like it is better to be educated than to be a thief!"

This is called "Knowledge is worth as much as gold!"

The bank manager and the supervisor were all smiling and happy afterall !!

## Press Release

*Innovative New Program Attempts to Address Failure to Launch among Young Black Men 'Addressing Failure to Launch in Young Black Men through Participatory Action Research' Montreal, September 9, 2022*

A substantial number of emerging adults are facing difficulties in (i) completing an education; (ii) entering the workforce; and (iii) moving out of the parental home to become independent adults. This phenomenon is known as failure to launch and is a serious issue that can contribute to exclusion, marginalization, poverty, isolation and adverse mental health. Evidence suggests that young Black men are disproportionately experiencing failure to launch. For example, a recent Statistics Canada report found that 20% of young Black men are in the 'Not in Education, Employment nor Training' (NEET) category, compared to 12% of other young men. Other data indicates that only 17% of young Black men in Canada have a university degree compared to 34% of young Black women, even

though 94% of Black youth state that they would like to obtain such a degree. Worryingly, another Statistics Canada report indicates a decline in the proportion of Black men obtaining any post-secondary diploma since 2006, whereas other men and women showed an increase in obtaining such a diploma. Given this situation, a team of researchers have got together to develop and launch a new on-line program called 'Flex to Launch' targeted at young Black men, aiming to help them develop new skills that can help them succeed in employment, education and mental health. This program will involve weekly sessions taught by experienced teachers covering topics such as communication skills, job interviews, study habits, networking, and psychological resiliency. The precise curriculum will be developed in collaboration with various sectors of the Black community, and the team is organizing a set of focus groups with young Black men, Black educators and Black parents to obtain their perspectives on the incipient program. Anyone interested in participating in a focus group can contact the team

(see contact details below). The project team comprises of Dr Rob Whitley (Psychiatry-McGill), Dr Stan Chase (Education-Toronto Metropolitan University) and Mrs Valerie-Gordon Williams (Community Organizer who serves on the Board of Directors of the Black Community Resource Center.) The official project name is 'Addressing Failure to Launch in Young Black Men through Participatory Action Research', and the project is funded by the New Frontiers in Research Fund- Exploration Grant. The project is supported by a generous in-kind contribution from D2L, a pioneering Canadian company providing on-line teaching and learning platforms to organizations across the world. D2L is providing the research team with a complimentary on-line learning platform, which will be used to deliver the course. The researchers are available for telephone, in-person or Zoom interviews. Please email [robert.whitley@mcgill.ca](mailto:robert.whitley@mcgill.ca) or call 514-761-6131 ext 3436 to set up an interview

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# Stop Harassing Caroline!

**C**itizen GO's Campaign Director for the UK and Ireland, Caroline Farrow, was arrested this week under false, unfounded and unwarranted accusations.

Caroline, a mother of five children, was preparing dinner on the evening of October 3rd when two policemen knocked on her door, claiming that there had been "allegations of harassment and malicious posts." They eventually stormed their way into the house with NO warrant and arrested Caroline in front of her husband and children.

"Teatime. I was doing a roast chicken. Knock at the door. Two coppers. There's been an allegation of harassment and malicious posts, and we've come to arrest you," - she stated. Then a "6 foot 3 police officer forced his way through the front door", arrogantly claiming that he didn't need a warrant.

It should terrify us all that the police can simply take someone's word for something, storm into your house and arrest you like this.

Surrey Police, and those who called for Caroline's arrest, should be ashamed

of such a forceful, disgraceful, and unnecessary intrusion and MUST be held accountable - she needs all of our support now, more than ever.

We count on your support at this difficult time to demand an inquiry into the actions of the Surrey Police Department, who have deprived Caroline of her liberty in such an undignified way, and an investigation into the complaint history of her accuser.

We've recently seen how the establishment is clamping down viciously on our fundamental freedoms, particularly our right to our own thoughts and beliefs, which are the core of who we are.

We've seen it with Pavi Raasanen - Finnish MP who faced a jail sentence in a lengthy trial for posting a Bible verse. We've seen it with Maureen Martin fired from her job for expressing her religious beliefs. And even most recently, Irish teacher Enoch Burke was jailed for refusing to validate gender ideology.

How many countless others must there still be?

Let's not think for a moment that this is some kind of a distant reality. We

have to wake up to what is happening. We really need your help to fight to halt this totalitarian onslaught on our ideas, our beliefs, and our freedoms! It is up to us to make sure these kinds of attacks do not continue to repeat themselves.

The totalitarian establishment has no limit ... and the persecution will have no end if we don't stand up to it NOW! Caroline is one too many!

Please sign this crucial petition today in support of Caroline and her family, and do not pass this opportunity to stand up to the injustice that is taking place in front of our very eyes.

We are under attack in a way we could never have imagined. Help us to continue to battle in defense of people like Caroline because today it is her; tomorrow it may well be you!



## Trudeau weighs in on Canada hockey sexual assault scandal

The Canadian prime minister laid into Hockey Canada at a press conference



© Mert Alper Dervis/Anadolu Agency via Getty Images © Getty Images

Prime Minister Justin Trudeau has said he understands why Canadians are "disgusted" with Hockey Canada after a slew of scandals involving sexual misconduct allegations came to light.

"I think right now it's hard for anyone in Canada to have faith or trust in anyone at Hockey Canada," Trudeau explained at a press conference at Bowen Island, British Columbia, on Tuesday.

"What we're learning today is absolutely unacceptable," he added. The latest bombshell surrounding Canada's national sport's governing body came on the same day as recently discovered court documents suggested Hockey Canada has a special legal fund set up for paying uninsured liabilities, which includes claims of sexual abuse.

Details about the fund are found in an affidavit sworn by Hockey Canada's former vice-president of

insurance and risk management Glen McCurdie, and come as part of a lawsuit that was launched by an injured player in the state of Ontario.

"When I think about the culture that is apparently permeating the highest orders of that organization, I can understand why so many parents, why so many Canadians who take such pride in our national winter sport, are absolutely disgusted by what's going on," Trudeau admitted. "As a government, we will continue to be unequivocal in our condemnation of what we're learning and mostly in our demands that things change significantly."

Tuesday saw Hockey Canada acknowledge the existence of a "National Equity Fund" covering a "broad range of expenses related to safety, wellness and equity initiatives across our organization."

In comments made to the Canadian press, Hockey Canada insisted the fund had been "established in a manner consistent with reserve funds maintained by other large national organizations".

News of the fund detailed by McCurdie first surfaced after Hockey Canada was widely-condemned for how it handled an alleged sexual assault involving members of the body's world junior team in 2018.

In June this year, Hockey Canada executives testified in relation to the case before Canadian Parliament's standing committee on Canadian heritage.

Montreal Canadiens fans riot and flip over cop car following win to reach Stanley Cup Finals (VIDEO) After deeming that the executives' account of the ordeal was "insufficient", the Minister of Sport Pascal St-Onge later announced that Ottawa would freeze all its funding for Hockey Canada which in 2020 and 2021 was around \$14 million CAD (\$10.9 million).

To receive funding once again, Hockey Canada must provide a third-party report to Sport Canada regarding the alleged 2018 sexual assault and register with the Office of the Sport Integrity Commission, which has been newly created in order to investigate reports of abuse. Hockey Canada has vowed to do this, and will also make sure participation in the investigation is mandatory for players.

St-Onge insists that Hockey Canada must also demonstrate it has changed its culture and also has "a better management of these situations".



## Putin warns that EU gas price plan will backfire



The price cap proposal will only lead to rising energy prices, the Russian president says

The proposal by the EU to place a price cap on Russian natural gas imports is a foolish, non-market-oriented plan that has no future, Russian President Vladimir Putin said on Wednesday.

“Faced with what is happening now, EU politicians are thinking how to get away with it [paying market prices for gas], and to limit the price by administrative decisions. Another foolish notion, nonsense that will lead to further price increases in the global markets, including Europe,” Putin said during a plenary session of the Eastern Economic Forum (EEF).

According to the president, it is impossible to solve anything to do with the economy and world trade with administrative decisions, which “only lead to distortions and higher prices.” Putin stressed that the situation in the gas market is the result of sanctions and other actions taken by Brussels, including

the switch to spot-market trading, while Russia has always preferred long-term contracts for gas exports.

“We have always insisted that prices be formed on the basis of long-term contracts and be tied to such a market category as the price of oil and petroleum products... The EU forced us to link to spot prices. Now they’re trying to backtrack by setting price caps,” he said.

Trust in dollar gone – Putin  
According to Putin, accusing Russia of using energy as a weapon is “nonsense.” He stressed that Russia fulfills its contracts, while the current supply shortages are the result of decisions made by other countries – including Ukraine, which shut down one of its gas transit pipelines; Poland, which also shut down part of its section of the pipeline; and Canada, which delayed the maintenance of turbines for the Nord Stream 1 pipeline.

The president added that Russia is still willing to supply energy to those who need it, though Moscow no longer considers the EU to be its main export destination.

“By receiving natural gas from Russia, the economies of the leading European countries have for decades enjoyed obvious competitive advantages,” Putin said, in reference to the lower gas costs paid under long-term contracts.

“If they think that they don’t need these advantages, that does not bother us at all, because the need for energy resources in the world is huge.”

*For more stories on economy & finance visit RT’s business section*

## Inflation in Canada highest in decades

Consumer prices rose 8.1% in June, fuelled by soaring gasoline costs



Grocery store in Toronto, Ontario, Canada. © Creative Touch Imaging Ltd. / NurPhoto via Getty Images

Canada has joined the US and the UK in seeing its year-on-year inflation hit 40-year highs in June. The Consumer Price Index reached 8.1% year-over-year in June, following a 7.7% gain in May, Statistics Canada reported on Wednesday, adding that the increase was the largest yearly change since January 1983.

The acceleration in June was mainly

due to higher prices for gasoline, which rose a whopping 54.6% on a year-over-year basis, the statistics agency explained.

Hourly wages failed to catch up with inflation, rising by only 5.2% compared to the same period last year, Statistics Canada added.

Although at a nearly 40-year high, June’s inflation rate in Canada is still lower than the levels seen in the US (9.1%, the largest increase

since 1981) and in the UK (9.4%, the highest increase since 1982).

Inflation has been rising across the developed nations amid the worsening energy crunch caused by tight crude oil and natural gas supply which, in turn, has been exacerbated by international sanctions against Russia, a major fossil fuel exporter.

*For more stories on economy & finance visit RT’s business section*



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## Europe faces 'polar winter' – Serbian president

As nobody is seeking compromise on Ukraine, Europe should "prepare well" for upcoming struggles, Alexandar Vucic said



© Getty Images / Darko Vojinovic

Europe is facing a difficult winter this year, but next winter will be "polar," Serbian President Aleksandar Vucic said on Wednesday, commenting on Russian President Vladimir Putin's speech at the Eastern Economic Forum. Among other things, Putin stressed that Russia would not supply energy to countries adopting measures in breach of supply contracts. He also said that amid the sanctions the EU imposed in response to Moscow's military operation in Ukraine, Russia no longer considers the bloc to be its main export destination. Although Serbia is not a

member state, the country's energy supplies transit through countries that are, meaning that any EU sanctions on Russia also affect Serbia. During a joint press conference with his Turkish counterpart Recep Tayyip Erdogan in Belgrade, Vucic admitted that he had listened only to a fragment of Putin's speech but understood his message quite well. "This winter is going to be very cold for all of us," Vucic said, adding that "next winter will be polar for all of Europe." Expressing doubt that Russian forces can be easily defeated and noting that no one seems to be seeking a compromise, the Serbian leader said that Europe should "prepare well

for both a cold and polar winter."

Erdogan, commenting on the same matter, said that "those who underestimate Russia are wrong" as this is "not a country to be taken lightly."

"Russia has stopped supplying gas, prices have gone up, and now everyone is looking for alternatives. Why didn't you think about it earlier?" he said. The Turkish president also added that now, when "everyone attacks" it, Russia "will use all means at its disposal."

Energy prices and bills have been skyrocketing over the last few months. A recent announcement by the Russian energy giant Gazprom that Nord Stream 1, a key gas route from Russia to the EU, would remain shut indefinitely due to sanctions-related maintenance problems drove wholesale gas prices up even further. Both Turkey and Serbia, however, made it clear that they would continue to rely on energy from Russia. Belgrade recently struck a deal with Moscow for additional volumes of natural gas.



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