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BC Budget 2022: 'A Pie That Has Some Share For Everyone, But Lacks The Plan To Grow The Pie'

By **Surbhi Gogia**

The newly elected BC Liberals leader Kevin Falcon has compared the 2022-23 BC budget with a pie that is being offered to so many people, but no one is thinking about growing that pie bigger. He said similarly the current BC government wants to give some share from the budget to every sector, but the budget lacks big ideas and long-term planning to address issues that are currently gripping British Columbians especially rising cost of living and housing affordability. "At a time when affordability and the costs of living are higher than ever, this NDP budget doesn't say anything that's going to improve everyday affordability for British Columbians," he said.



Selina Robinson, BC Minister of Finance



Kevin Falcon: BC Liberals leader

He said as the former finance minister things that were most concerning to him like government spending which is at 7 percent and revenues are 3 percent. "A government which is exploding in size, all this would have made sense if we had seen \$10 a day child care, streets getting safer, decrease in overdose deaths or major projects getting done."

Selina Robinson, BC Minister of Finance and opposition leader Falcon, both held a South Asian media roundtable to discuss the 2022-23 budget. In both the discussions, South Asian media representatives raised questions about how proposed budget will address rising cost of living, housing crisis, rising gas prices, drug overdose crisis, struggling health care system, and regarding Surrey's infrastructure especially the new hospital in Surrey.

Minister Robinson pointed in her opening remarks that the budgetary allocations have been done while keeping in mind all the current problems. "Budget 2022 supports bold actions to fight climate change and to protect people and communities from climate-related disasters. In addition, the budget helps with the cost of living by reducing child care costs, delivers a comprehensive approach to respond to and prevent homelessness, makes investments needed to close the digital divide and grow an inclusive and sustainable economy, and continues to strengthen the public services British Columbians rely on." She said that the ongoing pandemic to the devastating effects of climate-related disasters require government leadership and

collective action. "That is why we are investing in BC's economic, environmental and social strengths." The budget, she said is putting people first. The highlights of the budget included decrease in budget deficit. Budget 2022 included updated forecast budget deficit of \$483 million for 2021-22, less than \$9.7 billion projected in 2021. "This decrease is mainly because of higher revenues, including significant one-time revenues and federal transfers, as well as higher natural resource and tax revenues as a result of stronger economic growth," she said. BC is also expecting \$2.5 billion in revenue from the property transfer tax in 2022-23 and \$327 million from ICBC. "Despite significant Covid 19 and climate related destruc-

tions, BC's economy expanded by an estimated 5% in 2021 and is forecast to expand by 4% in 2022 and 2.5% in 2023," she said. The budget received a mixed response from various organizations and BC municipalities. BC government was applauded for making it inclusive, reducing child care cost and investing in climate change. "We are pleased to see the Province invest \$164 million in complex care housing and supports, with the promise of 20 new sites across British Columbia," said Kelowna Mayor Colin Basran, Co-Chair of BC Urban Mayors' Caucus. "This funding signals the Province's commitment to supporting our most vulnerable."

Continued on page 07

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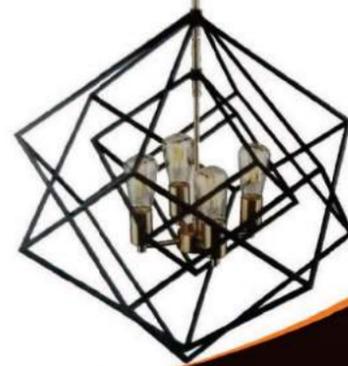
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Canada Condemns Russia's Attack On Ukraine, Announces Additional Measures To Support Ukraine

Canadian Prime Minister Justin Trudeau has strongly condemned the large-scale military aggression by the Russian Federation against the territorial integrity, sovereignty and independence of Ukraine. He reiterated that Ukraine's security is also Europe's security and that of all democratic states seeking to uphold fundamental principles of international law and state sovereignty.

He also spoke with the President of Ukraine, Volodymyr Zelenskyy, to express solidarity and support to the people in Ukraine. The Prime Minister reaffirmed Canada's steadfast support for the sovereignty and territorial integrity of Ukraine. President Zelenskyy thanked Prime Minister Trudeau for announcing meaningful and punitive sanctions against those in Russia who are directly responsible for this tragedy or who help support it.

"Let me be clear: there will be serious consequences for Russia's actions. Together with our allies and partners, we will continue to take decisive action to support the sovereignty, territorial integrity, and independence of Ukraine and by extension, democratic principles, freedom, and human rights around the world," said Prime Minister Justin Trudeau.

Canada has already taken a series of measures, in close coordination with our allies and international partners, to respond to Russia's reckless and dangerous acts, and following last night's attack on Ukraine, Canada will take additional action to stop

Russia's unwarranted aggression.

Prime Minister, Justin Trudeau, announced that Canada will be imposing additional sanctions under the Special Economic Measures (Russia) Regulations and the Special Economic Measures (Ukraine) Regulations. These new actions, which build on the measures announced on February 22, include:

- Imposing restrictions on 58 additional Russian individuals and entities, including banks, financial elites and their families;
- Sanctioning members of the Russian Security Council, including the Defence Minister, the Finance Minister, and the Justice Minister;
- Imposing restrictions on four Ukrainian individuals for their collaboration with Russia to destabilize Ukraine; and
- Restricting exports to Russia by halting new export permit applications and cancelling valid export permits, with a limited number of exceptions for critical medical supply chains.

The Prime Minister also announced that Canada will take additional and immediate measures to support Ukrainians and people residing in Ukraine, and to make it easier and faster for Canadian citizens, permanent residents, and their accompanying immediate family members to return to Canada. These new measures include:

- Establishing a dedicated service channel for Ukraine enquiries on immigration. This will be available for clients both in Canada and abroad at 613-321-4243, with collect calls ac-

cepted. In addition, clients can now add the keyword "Ukraine2022" in their email enquiry, which will prioritize their email:

- Urgent processing of travel documents, including issuing single-journey travel documents for immediate family members of Canadian citizens and permanent residents who do not have valid passports;
- Ensuring that Ukrainians currently in Canada are able to extend their stay or work longer in Canada by prioritizing the renewal of work and study permits;
- Issuing open work permits to Ukrainian visitors, workers, and students who are currently in Canada and cannot go home; and
- Waiving fees for travel and immigration documents, such as for Canadian passports, permanent resident travel documents, proofs of citizenship, visitor visas and work and study permits.

Immigration, Refugees and Citizenship Canada (IRCC) has already implemented measures to priority-process applications for travel documents for Canadian citizens, permanent residents and their immediate family members, and grant applications for adoption, and permanent and temporary residence applications for people with a primary residence in Ukraine who want to reunite or travel with family, study, work or start a new life in Canada. More immigration measures will be announced in the near future.

Russia's actions are being met with severe consequences. Earlier this week, Canada unequivocally



(Photo by Adam Scotti (PMO))

Justin Trudeau

condemned Russia's decision to recognize the independence of the Donetsk and Luhansk regions in Ukraine and in response announced it will:

- Impose new sanctions against Russia, including new prohibitions on direct and indirect dealings in Russian sovereign debt;
- Send additional military contributions to support the North Atlantic Treaty Organization (NATO) through Operation REASSURANCE, including up to an additional 460 personnel to the approximately 800 currently deployed in Europe in support of NATO; and
- Authorize approximately 3,400 Canadian Armed Forces personnel across all branches of the service to deploy to the NATO Response Force should they be required by NATO. Russia's attack on Ukraine is also an attack on democracy, on interna-

tional law, on human rights, and on freedom. It threatens peace and order in Europe and around the world. These unwarranted actions will not go unpunished. We continue to stand with Ukraine, its people, and the Ukrainian Canadian community here in Canada.

"In the wake of Russia's deliberate attack on Ukrainians orchestrated by Putin, Canada's message to Ukraine is clear – Canada stands with you. Today is a devastating day for Ukraine, for democratic societies, and for peace and security around the world. Together with our allies and partners, our Canadian Armed Forces and country will continue to meet Putin's unwarranted aggression with Canada's steadfast support to the Ukrainian people as they fight for their sovereign right to exist," said Anita Anand, Minister of National Defence.

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One Teen Arrested, Two Injured In An Assault

Surrey RCMP informed the public of an assault with a weapon that has left two teens with injuries at Lord Tweedsmuir Secondary. The suspect, also a teen, has been taken into custody. On February 22, 2022 at 2:39 p.m., Surrey RCMP Frontline officers responded to a report of a stabbing at the school grounds of Lord Tweedsmuir Secondary school located in the 6100-block of 180 Street. Two victims were located and taken to hospital in stable condition with non-life threatening injuries. The suspect remained on scene

and was taken into custody. Early indications are that this incident stemmed from a dispute between teens who were known to each other. The investigation is active and ongoing. The Surrey RCMP Youth Unit are engaged and are working with Surrey School District staff to ensure youth, parents and staff, are supported. Surrey RCMP's General Investigations Unit has taken conduct of the investigation. If you have any information on this incident, please call Surrey RCMP at 604-599-0502.

Budget 2022 moves forward Surrey Hospital, Skytrain

Surrey-Cloverdale MLA Mike Starchuk while responding to BC Budget 2022 said that the Budget is making key investments in Surrey and is moving forward the new hospital, new schools, Skytrain expansion, and more.

\$1.66 billion is provided for the new Surrey Hospital and Cancer Care Centre with ground breaking slated for 2023 with an opening expected in 2027. Land has been acquired and \$2 million has already been spent on preliminary work.

It will include 168 in-patient beds, emergency department, medical imaging department, five operating rooms, and state-of-the-art Cancer Centre. (Health Service Plan, p. 26)

"BC Liberal Leader Kevin Falcon has promised to halt work on the hospital. As Finance Minister in 2012, Falcon initiated the sell-off process that sold

land in Surrey that was set aside for the hospital," Starchuk said.

"For 16 years, Kevin Falcon's BC Liberals gave tax breaks to the richest 1% while refusing to properly invest in Surrey and making us pay unfair tolls. Our BC NDP government is delivering for people in Surrey. We're moving forward with the second hospital, expanding Skytrain, replacing the Massey Tunnel, and making record investments in new schools," he added.

Budget 2022 includes \$589.5 million over the next three years for Surrey-Langley Skytrain. The project will be complete in 2028, two years earlier than originally planned. It will include eight stations, three bus exchanges, and park and ride spaces. Work is already underway to widen Fraser Highway and relocate utilities.

A new toll-free, eight-lane Massey



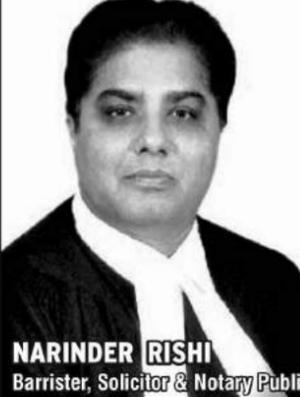
Tunnel replacement, listed in Budget 2022 as the 'Fraser River Tunnel Project', has been allocated \$4.1 billion.

Kevin Falcon has promised to cancel the tunnel and go back to the BC Liberal bridge plan, a project that included tolls, Starchuk said.

In addition to schools funded in previous budgets, Budget 2022 includes funding for new schools in Surrey, including the Regent Road Elementary School, Snokomish Elementary School, Ta'tula Elementary School, and the completion of Grandview Heights Secondary.

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Two Asian women shot dead in vehicle in Vancouver's Point Grey

VANCOUVER Police informed about the murder of two women who were shot dead in a white BMW SUV on the city's west side.

Investigators from VPD's Homicide Unit spent Sunday collecting evidence from the crime scene near West 8 Avenue and Discovery Street, after the bodies were discovered just after 8 a.m. by a neighbourhood resident out for a walk. The victims have been identified as Shu-Min Wu, 50,

and Ying Ying Sun, 39.

Vancouver's Emergency Response Team was briefly deployed to the neighbourhood on Sunday morning to search a house near the crime scene, as investigators feared there could be additional victims inside.

The targeted murders are the first and second homicides in Vancouver this year. Anyone with information or dash-cam video from the area is asked to contact VPD's Homicide Unit at 604-717-2500.

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Celebrating International Mother Language Day with Punjabi language



By Balwant Sanghera
President, Punjabi Language Education Association

Punjabi Language Education Association (PLEA) had a very successful virtual celebration of the 18th International Mother Language Day on February 20. In view of the on-going COVID-19 Coronavirus pandemic it was a very different way to celebrate. It was great to have well-wishers of Punjabi language join us from various places including California, Toronto, Winnipeg, Calgary and Metro Vancouver etc. Well-known businessman and promoter of Punjabi language Barj Dhahan

set the stage for the celebration by reciting a poem of prominent Punjabi writer/poet Dhani Ram Chatrak in Punjabi and English. PLEA's own very versatile MC Kamaljit Kambo began the celebration by welcoming everyone. She then introduced Harman Pandher who gave a brief overview of the program.

Deepak Binning Foundation (DBF) has been a strong supporter of PLEA all along. It has provided a lot of funding for student scholarships not only to PLEA but also to UBC and Kwantlen Polytechnic University (KPU). DBF President and director of PLEA, Paul Binning welcomed the guests and gave a brief overview of DBF. Paul then introduced Steven Lewarne from KPU, a partner with DBF and PLEA to say a few words. As PLEA's President it was an honour for me to give the attendees an update on PLEA's activities during the past year and upcoming challenges. It is very encouraging to note that

Punjabi classes are well under way in many elementary, secondary and post-secondary institutions in Metro Vancouver. Also, a lot of work has been done in promoting Punjabi in the community. However, still, we have a lot more to do. The upcoming Census in May 2021 will provide all of us with an opportunity to promote selection of Punjabi as their mother tongue. Every resident of Canada on that date is entitled to that and must do so.

In addition to brief speeches by invited guests including Surrey School Trustee Garry Thind, Surrey School District's director of instruction Shauna Ross and others, the students were the stars of the show. They included Mehakpreet Dhaliwal, Sehajpreet Dhaliwal, Sukhman Kambo, Prabhjeet Kaur, Jaspreet Kaur, Safalsher Singh, Keeret Dhanoa, Gursimrat Dhanoa, Sahib Singh and Prabhroop Singh Mangat. All of them recited very inspiring poems and

stories about the on-going farmers' campaign on the outskirts of New Delhi against the Farm Laws. PLEA Vice President Sadhu Binning, who did an excellent job in organizing this get-together, also expressed strong support for the farmers' cause. Speaking about the status of Punjabi in Canada, Sadhu mentioned that we need to continue our efforts in getting our mother tongue Punjabi its due place in Canada. He also assured the attendees that PLEA will continue its efforts in convincing Victoria to facilitate implementation of Punjabi language in BC schools. Special guest Navkiran Kaur Natt, student youth leader and editor of the Kisan Andolan's newspaper Trolley News, gave a very inspirational account of the activities at the Singhu Border headquarters of the Farmers' Protest. She emphasized that the farmers, labourers and their supporters are there for the long run.

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Community Grant Provides Surrey School With New Playground Surfacing Made From 1,391 Recycled B.c. Tires

VICTORIA, BC Tire Stewardship BC (“TSBC”), a not-for-profit group dedicated to the collection and recycling of scrap tires in British Columbia, announced that Senator Reid Elementary, located at 9341 126 Street, Surrey, B.C., received a grant from TSBC that provided them with 2,278 sq. ft./8,600 kg, of recycled B.C. tire rubber, which is equivalent to 1391 scrap tires, to be used for the surface of their new playground.

“Senator Reid Elementary is a fantastic community school that provides a lot of support and supplies for its students that come from socio-economically disadvantaged backgrounds, including food, clothing, and school supplies, and they continue to be proactive in looking at ways to meet the diverse needs of their students,” said Rosemary Sutton, Executive Director, Tire Stewardship BC. “This is why we are very proud to partner with Senator Reid Elementary on the development of this new playground that is



wheelchair accessible, environmentally friendly and safe for the children. The recycled rubber surface is also locally made, low maintenance, and can handle all weather conditions. TSBC continues to look for opportunities to provide financial resources to organizations that use recycled tire products for projects that enhance the quality of life for all British Columbians.”



To date, TSBC has given out over \$5 million dollars in community grants. Grants go towards a variety of projects including rubber surfacing for playgrounds, water parks, fitness areas, walkways, and running tracks. Organizations within the province of BC, including municipalities, registered non-profit community groups or organizations, schools,

Continued on page 25

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Continued from Page 01

BC Budget 2022: 'A Pie That Has Some Share For Everyone...

Affordability

Minister Robinson highlighted that when it comes to making life more affordable, Budget 2022 brings B.C. closer than ever to government's planned \$10-a-day child care. Through a new agreement with the federal government, fees for full-day infant and toddler care will be reduced by 50% to an average of approximately \$20 a day by the end of 2022. She also mentioned government's continuous efforts to put money back into the pockets of people by eliminating MSP costs, reducing ICBC costs and getting rid of tolls on the Port Mann and Golden Ears bridge.

Healthcare

When it comes to healthcare, the budget invests \$3.2 billion in additional funding over the fiscal plan to improve the health-care services that includes reducing wait time for surgeries, investing in paramedics services, improving support workers wages and work conditions and expanding mental health care, Robinson informed. Falcon, however, asked the government about long-term planning to invest in doctors and 'real hospitals' especially for the fastest growing city like Surrey.

"A \$1.66 billion is provided for the new Surrey Hospital and Cancer Care Centre with groundbreaking slated for 2023 with an opening expected in 2027. Land has been acquired and \$2 million has already been spent on preliminary work. It will include 168 in-patient beds, emergency department, medical imaging department, five operating rooms, and state-of-the-art Cancer

Centre," informed Robinson. Falcon while explaining the \$2 million allocation said that the new Surrey hospital is "not a real hospital but an urgent care centre with 168 beds." He said real hospital is the Surrey Memorial hospital with full services like maternity etc. Also, the government has allocated only \$2 million dollars in this budget for the new Surrey hospital. "The 1.66 billion dollars is the estimated cost once the hospital is completed in 2027."

Also, when it comes to training doctors in British Columbia, the budget offers nothing, according to Falcon. He thought the biggest problems with filling doctors' shortage is lack of medical schools and red tape. "British Columbians educated in finest schools cannot practice in BC. We need a medical school in Surrey because I want to make sure that our kids have a local doctor or a family doctor."

Mental health

Along with Covid 19 pandemic, BC has been going through the pandemic of drug overdose that needs immediate action from the government. The government wants to build a strong workforce but on the other hand, the workforce that is the youth and people between 20 to 50 years of age are becoming victim to drug overdose crisis. When asked about Budget allocation to stop this drug over dose death, Minister Robinson said that when NDP came to power in 2017 all there was a "hotch-potch and no coordinated program to deal with mental health and addiction.

"We faced difficult challenges. We

stared to draw a framework and find gaps in services. We have been doing it for the last 5 years." She said "We have Pathway to Hope plan to expand mental health and addictions care, supported with significant Budget 2021 investments that bring increased annual expenditures since 2017 to over \$375 million annually. Also, in this budget we are expanding the first-of-its-kind Complex Care housing model to at least 20 more sites throughout B.C. through an investment of \$164 million over three years, with plans to support up to 500 people with severe mental health, substance-use issues, or traumatic and acquired brain injuries who are currently homeless or unstably housed."

Housing

One of the most discussed topics during the discussion was housing affordability.

The provincial government has promised accelerating investments to build more affordable and mixed-income housing projects faster. It is sticking to the 10 year housing plan with a goal of delivering 114,000 affordable homes in British Columbia, with an additional \$166 million over the fiscal plan. This brings the annual level of housing investments to over \$1.2 billion by 2024-25.

This funding provides \$100 million in 2022-23 to non-profit housing providers to accelerate the construction of mixed-income housing through the Community Housing Fund. It also adds additional resources for the HousingHub at BC Housing to keep up

with growing demand for the \$2 billion in low-cost financing announced in Budget 2021.

Falcon said all these investments look good on papers but there are no immediate steps taken to address middle-class home buyers dream to afford a house. "There is no relief on the horizon for people trying to buy a home, as prices skyrocket — in fact, the NDP are profiting from the housing market, collecting more than \$3 billion in revenue from home sales last year," he said.

Disaster recovery

When it comes to disaster recovery, Budget 2022 earmarks more than \$1.5 billion over the fiscal plan to help communities build back better from recent and future climate-related disasters, including floods and wildfires. This includes: \$400 million for Emergency Management B.C. to support ongoing disaster response and recovery costs, including debris removal and clean-up. \$1.1 billion in general programs contingencies to cover additional costs. In addition, \$100 million is provided for capital costs to repair damage to provincial public-sector buildings. These allocations are in addition to the \$5 billion in spending allocated by the Government of Canada to help disaster response and recovery efforts in B.C.

Businesses

Small businesses were hoping to see measures to reduce costs and help with recovery, said the Canadian Federation of Independent Business (CFIB). CFIB appreciates the BC government did

not introduce new tax increases, however, small businesses are still feeling cost increases in the form of employer-paid sick days, rising property taxes, the employers' health tax, carbon tax increases and inflation.

"CFIB recognizes the province has managed the pandemic well by allowing businesses to keep open as much as possible, but small businesses are still very much in survival mode," said Annie Dormuth, CFIB provincial affairs director. "We are coming up to two years of the pandemic and only 35% of BC small businesses are back to normal sales and have accumulated \$129,000 in COVID-19 related debt. The budget was a missed opportunity to help businesses through the immediate and current crisis with cost relief measures and a plan to help them to recover in the long-term."

Greg D'Avignon, President and CEO, Business Council of British Columbia on the other hand called the budget a missed opportunity. "We are at a pivotal point of a very difficult two years, both economically and socially. The Government continues to increase spending while taking for granted sources of recent economic growth, like surging natural resource exports, rebounding consumer spending and buoyant housing markets without a solid plan for the longer-term. In an increasingly complex world where many other jurisdictions are stepping up efforts to attract productive private sector investment,

Continued on page 08



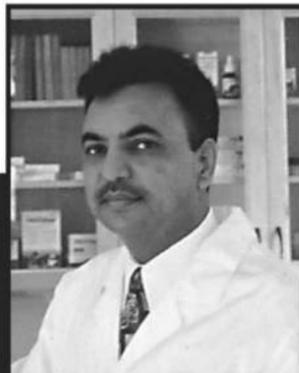
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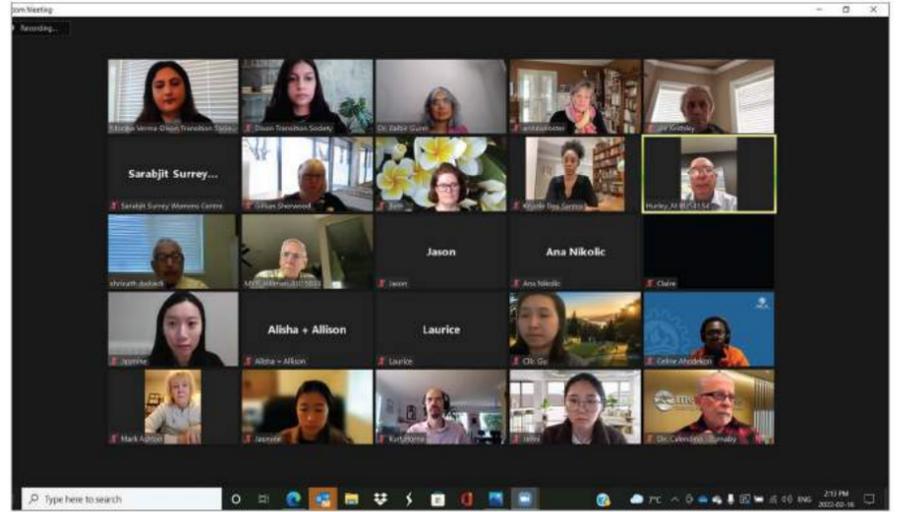


One Billion Rising Event to Eliminate Violence held Virtually



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Acharya S.P. Dwivedi
It is largest mass action to eliminate violence against women (cisgender, transgender, gender-based violence) in human history. Campaign was launched on Valentine's Day on 2012 and began as a call to action based on horrible statistic, "1 in 3 women across the planet will be beaten or raped during her life-time, that is one billion women and girls". This event has been organized every year since 2012 by the Networking

to Eliminate Violence Relationships (NEVR) to create awareness about violence against women. Every year, we rise together in February, across the world to show our local communities and the world what 1 billion looks like; and shine a light on the rampant impunity and injustice that most often face. People rise through dance to express joy and celebrate the reality that we have not forgotten and defeated by the abominable violence. Because of pandemic Covid it was

virtually celebrated on February 16, 2022. Dr. Balbir Gurm, the chair of NEVER welcomed the participants of about 32 representatives of the affiliated organizations. Monica Verma efficiently carried the role of MC. Mayor of Burnaby addressed the group. A pre-recorded song by KrystleDos Santos was relayed, and Anna Maria read the Pledge which was repeated by others. The question-answer session was quite interesting. Donna gave the closing remark.

Continued from Page 07

BC Budget 2022: 'A pie that has...

B.C. must do more to get the economic foundations right -- or future generations will bear the costs of our inaction." Today's Budget estimates a \$483 million deficit for 2021/22, which is a very different picture from the \$9.7 billion shortfall projected a year ago. Although the smaller operating deficit is a positive development, it reflects booming exports, red hot housing markets, rock bottom interest rates, and an unusual double-digit increase in "nominal" GDP as the economy rebounded from the 2020 downturn amid higher inflation. "The 36% jump in the value of B.C.'s merchandise exports in 2021 played a key role in moving the economy out the COVID slump. The bulk of this export gain was due to the rising value of B.C.'s natural resource exports. Over the next three years, the Government will continue to run substantial operating deficits and also borrow more to fund capital projects. As a result, the province's overall debt load is set to increase by 37%. The Business Council is disappointed the Budget didn't out-

line a plan to balance the operating budget over the next three years." "When examining the overall debt to GDP ratio, BC is still better off than other provinces and territories affected by the pandemic," said Anita Huberman, President & CEO, Surrey Board of Trade. "However, we need to ensure that supply chains are fortified, that infrastructure investments are made now to create sustainable jobs, and that any transportation planning that takes effect in the next 3-4 years continues and is enhanced. Today's BC Budget did not commit to a review of BC's tax system, which is long overdue." Provincial government's commitment to climate change, homelessness, affordable child care, were very well welcomed but many were left still looking for solutions to solve current problems like housing affordability for middle class, record breaking gas prices \$1.82 per litre in Vancouver: the most expensive gasoline in North America and increase in grocery prices.



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BC TAKES NEW MEASURES TO DEAL WITH COVID 19 PANDEMIC

COVID-19 Treatment Outpatient Virtual Service For Those At Higher Risk

VICTORIA - A new online assessment tool and virtual service has launched for people to see if they could receive and benefit from COVID-19 anti-viral treatments.

Two therapeutic treatments for COVID-19 are approved for people with confirmed cases of COVID-19 who are at high risk and who are not in hospital: Sotrovimab, which must be given through an infusion and requires a visit to a clinic or hospital; and Paxlovid, which is a course of anti-viral pills that can be taken at home.

These treatments are used to prevent severe illness in people who are at higher risk from COVID-19 and need to be started within five days of developing symptoms to be most effective. These treatments must be prescribed by a health-care provider who helps to determine the risk and benefit for individuals.

These treatments are available to:

- * those who are clinically extremely vulnerable;
- * those who are over 60, not fully vaccinated and have one or more chronic conditions; and
- * those who are over 60, not fully vaccinated and are Indigenous.

As part of the new virtual service, British Columbians can find out if these treatments are right for them by following the four-step process available online, starting with the online self-assessment. A physician and pharmacist team will decide as part of the four-step process if treatment is safe and appropriate.

Paxlovid and Sotrovimab treatments are not suitable for everyone and must be prescribed by a health-care provider who can assess interactions with other conditions or medications. Patients may not be able to receive treatment if they are already taking some other medications or herbal supplements. These treatments are not a substitution for vaccines and vaccination is strongly recommended as the most effective way to prevent serious illness. Find out if treatments are available to you: gov.bc.ca/covidtreatments

COVID-19 Rapid Tests For People 70+ To Be Available At Pharmacies

VICTORIA - People aged 70 years and older will soon have access to rapid antigen tests through community pharmacies at no cost.

"We started using rapid tests to protect those most vulnerable in our province, including those in long-term care, and now that we have at-home rapid tests available, we are expanding that strategy by making them available to all people 70 years and older," said Dr. Bonnie Henry, provincial health officer. "This will allow people to quickly test for COVID-19 when they have symptoms so they can keep themselves and their loved ones safe."

This week, the Ministry of

Health, in collaboration with the BC Pharmacy Association, is shipping COVID-19 rapid tests to community pharmacies throughout the province. Starting as early as this Friday, Feb. 25, 2022, people aged 70 years and older can pick up one kit containing five tests every 28 days from participating pharmacies at no cost. Individuals must present their personal health number when picking up the kit or, if others are picking up kits on their behalf, in addition to the individual's name and personal health number, date of birth must also be supplied.

"Community pharmacies have played an important role in supporting people in B.C. through-

out the COVID-19 pandemic by providing vaccinations and now distributing rapid tests," said Adrian Dix, Minister of Health. "Our expanded test availability means more people will be able to access rapid tests to use to understand their own symptoms and illness and to take action to limit transmission to their friends, family and work."

Test kits are available to all individuals aged 70 years and older. People should pick up their kits when they are asymptomatic and use one test at a time when they have symptoms. Guidelines for testing continue to indicate tests should be used for symptomatic individuals.

"B.C.'s community pharmacies



are a convenient location for eligible patients to pick up their free rapid antigen tests," said Jamie Wigston, president of the BC Pharmacy Association.

B.C. is expecting to receive an additional 12 million tests from the federal government within the next four weeks, which will support the province's strategy to further distribute tests to members of the broader community.

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Loss of Companionship: Can You Claim Any Benefits from Losing a Loved One in an Accident?



By Cathy Rizzo

Associate

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You may be entitled to compensation if your loved one has died in a fatal accident caused by another's wrongful act or negligence. This is called loss of companionship. If you are a surviving spouse, parent, or child, here is what you should know about compensation for your loss.

What Is Covered In Loss of Companionship Benefits?

BC law allows you to claim for benefits af-

ter losing someone in an accident, but only certain types of losses and damages are covered. Wrongful death claims usually include funeral costs, medical expenses, compensation for loss of financial support

from your loved one, and compensation for loss of your loved one's contribution to household services and/or childcare. Children of the deceased person can also claim compensation for the loss of care, ed-

ucation, training, and guidance from their parent. It may also be possible to claim for loss of inheritance.

Loss of Companionship Limitations in BC Fatal accident claims are meant to put surviving loved ones in the economic position they would have been in were it not for the wrongful death. In BC, claims are limited to "pecuniary" benefits—that is, losses that can be measured in money like income loss and the expenses discussed above. Some Canadian provinces have fatal accident legislation that permits recovery of damages for loss of companionship, but BC does not. That means that in BC, there is no entitlement to claim for "non-pecuniary" benefits such as loss of love, care, and companionship.

Does Your Benefit Claim Depend On How The Wrongful Death Occurred?

Yes. Common causes of wrongful death include:

- Car, truck, or motorcycle accidents,
- Pedestrian or bicycle accidents,
- Medical malpractice,
- Defective products, and
- Harmful incidents due to unsafe conditions on private, public, or commercial property (known as "occupiers liability" claims).

The type claim you can bring and your entitlement to benefits are impacted by the cause of death. For example:

- A claim against a doctor or hospital for medical negligence or a claim against a company for a defective product is brought under the BC Family Compensation Act ("FCA").
- A claim for a fatal vehicle accident that occurred before May 1, 2021 can also be brought under the FCA.
- A fatality claim arising out of a motor vehicle accident that occurred after May 1, 2021 cannot.

The law in BC changed as of May 1, 2021, removing the right to sue for wrongful death arising from a motor vehicle accident. You would instead have a claim for benefits under ICBC's Enhanced Care. Your entitlement to death benefits, including the formulas/factors for calculating lump-sum benefit payment based on the deceased's age and income, are set out in the Regulations.

Get Legal Advice If You Have Lost a Loved One In A Fatal Accident

Wrongful death claims are complex and often require actuarial evidence from an economist as part of the analysis. It is highly recommended that you hire an experienced personal injury lawyer if you or a loved one intends to bring a wrongful death claim arising out of a motor vehicle accident that occurred before May 1, 2021. Simpson Thomas & Associates has the expertise necessary to handle any fatal accident claim. Call us at 604-229-6448 or fill out our online form to request a free initial legal consultation with one of our team of lawyers.

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The Story Of This Pandemic Is Not One Of Division, But One Of Solidarity

The Leader of Canada's NDP Jagmeet Singh made the following statement following the end of the use of the Emergencies Act:

“New Democrats did not take the use of the Emergencies Act lightly, and we recognize that invoking it represented a somber time in Canadian history. The use of the Act was an admission that all levels of government collectively failed to protect Canadians. We said from the beginning that it should be revoked as soon as it was no longer needed. We're glad to see that has been done.

These last few weeks have raised important concerns about our country and its security. Central to this are questions regarding policing and the lack of enforcement early on that resulted in an escalating crisis. As well, the clear double standard applied by law enforcement to participants in the occupation compared to Indigenous and racialized Canadians must be addressed.

Canadians need an action plan to address the rise of extremism and hate in our country. There has been a clear failure to take the threats of extremism, radicalization, and white supremacy seriously. The flow of disinformation and foreign funding is contributing to this growing threat to the safety and security of Canadians, and it is long past time that the federal government address it.

While we look back and look into what happened in the last few weeks, we must not lose sight of the bigger picture. The story of this pandemic is not one of division – it is one of solidarity. The vast majority of Canadians are vaccinated and continue to follow public health advice to keep their families and their neighbours safe. As we come out of this pandemic, we need to build on that solidarity to fix the gaps in our country that continue to grow.

The choices we make in the next few weeks will set the course for generations to come. Let's choose to work together to build a better Canada for our little ones. A Canada that is safer, more just, more hopeful, where all of our children believe they belong.”



Obituary: Subedar Gurdev Singh Powar

It is with sadness and heavy hearts we announce the passing of Subedar Gurdev Singh Powar, 1932-2022, of Mitha-pur, Punjab. He passed away peacefully Saturday February 19th, 2022 in Burnaby, BC, with family by his side. Born on February 9th, 1932, he had recently celebrated his 90th birthday. He was predeceased by his parents, mother, Bhand Kaur and father, Subedar Genda Singh. Also predeceased by his wife, Daljit Kaur, daughter Surinder Kaur and son Balvinder Singh. He was survived by his sons, Harjinder and Pargat and daughters Sukhvinder and Davinder. Gurdev Singh will be remembered lovingly as the patriarch of the Powar family. Gurdev Singh served the Indian army from the age of 18 to 42, before immigrating to Vanderhoof, BC with his family in 1978. There, he worked long hours at the mill to support the family. In 1982, he settled in Vancouver where he turned his love of gardening into a longtime job and ongoing hobby. He devoted his free time to his community as a committee member at Vancouver Khalsa Diwan society at Ross Street Gurdwara. Throughout his life, he maintained an active interest in politics, societal issues and



lifelong learning. He proudly encouraged his 21 grandkids to pursue higher education and perform community service. He will always be remembered for his wisdom, guidance, and lively presence.

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Sikh Girl Asked To Remove Turban In Bengaluru Amid Hijab Row

Mount Carmel PU College asked the 17-year-old girl to remove her turban in accordance with the February 10 High Court's interim order

Amid crisis related to wearing of hijab in classrooms, an Amritdhari Sikh girl was asked to remove her turban in the reputed Mount Carmel PU College in accordance with the February 10 High Court's interim order, IANS reported.

The authorities are now crossing their fingers over the turn of events, as the sensitive issue could spread more and to other colleges as well in the state capital.

Though colleges across the state witnessed widespread agitations, protests regarding denial of permission to attend classes with hijab, the agitations so far had not touched Bengaluru in a major way. The Special bench of the High Court has made it clear on Wednesday that no religious symbols

are allowed in the classrooms in PU as well as graduation colleges until the matter is disposed of.

Parents of college students who were asked to remove hijab by the authorities have demanded that the order of the High Court must be implemented equally to all students. The problem started when G. Sriram, deputy director of PU Education, who was inspecting the college during practical exams on Monday, directed two students to remove their hijab as per the court order. This led to outrage among the students and more students strongly protested against it.

Meanwhile, the college authorities of Mount Carmel PU College asked the 17-year-old Sikh girl student to remove her turban to follow the High Court order. The authorities also mailed about it to her father. The girl was asked to remove her turban on February 16, but she did not agree. However, after G. Sriram, deputy director of PU Education visited the college and asked students not to wear hijab, they demanded

that others who were wearing religious symbols too should not be allowed.

The school authorities informed the father of the Sikh girl about the situation and her family informed the college that she would not take off her turban and they would seek a legal opinion on the issue. The education department maintains that the High Court interim order does not talk about turbans.

The college authorities conducted a series of meetings and asked the students to follow orders, demanding that they should be treated equally. Though the college authorities successfully convinced the majority of the students, a few insisted that if they were to remove hijab, others should also not be allowed to wear any religious symbols.

Mohali Court Denies Bail To Sad Leader Bikram Singh Majithia In Drugs Case

A Mohali court rejected Shiromani Akali Dal leader Bikram Singh Majithia's regular bail plea, a day after he was remanded in judicial custody following his surrender before a court in connection with a drug case. Majithia was remanded in judicial custody for two weeks by the court of Additional District and Sessions Judge Sandeep Kumar Singla.

The Akali leader, who was on taken to a Patiala jail, had moved the bail plea, which was taken up by the Mohali court on Friday.

"The court on Friday rejected the regular bail plea," said Arshdeep Singh Kaler, one of Majithia's counsels.

"We will appeal before the High Court now," he said.

The Shiromani Akali Dal (SAD) had earlier called the registration of the FIR against Majithia as "political vendetta" and said three DGPs and three Directors of Bureau of Investigation were changed and police officers were allegedly coerced to falsely implicate the leader.

The Special Investigation Team (SIT) probing the case had questioned Ma-



jithia for over an hour in the court complex in Mohali on Thursday.

The apex court had recently directed the Punjab Police not to arrest the former Punjab minister till February 23 so that he could undertake electioneering in the state.

A Bench comprising Chief Justice N V Ramana and Justices A S Bopanna and Hima Kohli had, however, directed Majithia to surrender before a trial court after the Punjab Assembly polls on February 20.

It had also directed the trial court to hear and expeditiously decide Majithia's regular bail plea after his surrender in the case.

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Punjab Records 71.95 Pc Turnout On Polling Day; Gidderbaha Tops With 84.9 Pc Voting

Polling for Punjab Assembly Elections on Sunday ended peacefully with 71.95 per cent of the total 2.14 crore voters in the state turning out to exercise their franchise. Chief Electoral Officer (CEO), Punjab, S Karuna Raju said of total 1,54,69,618 persons who have cast votes, there were 81,33,930 males and 73,35,406 females, while 282 were transgenders/others. Giving the final details here on Monday, the CEO said of total 117 constituencies of the state, Gidderbaha remained at the top with highest polling percentage 84.93%, followed by Talwandi Sabo (83.70%) and Sardulgarh (83.64%), while Amritsar West (55.40%), Ludhiana South (59.04%) and Amritsar Central (59.19%) constituencies have witnessed lowest voting percentage. He said scrutiny reports of all the 23 districts have been received at the Office of Chief Electoral Officer. He said over 23 tonnes of Covid waste, which includes PPE Kits, face masks, hand gloves, face shields, etc., was generated from 24,740 polling stations on polling day in the state. The waste was collected and disposed of with the help of District Nod-



al Officers of Punjab Pollution Control Board (PPCB) appointed in each district in an environmentally sound manner, he added. On law and order situation, CEO Raju said some minor poll related incidents witnessed in the state and a total of 33 First Information Reports (FIRs) have been registered on day of polling to avert any untoward incidents. Of the total 33 FIRs, 10 were related minor clashes, 16 of violation of prohibitory orders, three of poll-related offences, three of other cases and one was related

to firing Incident. Raju said after peacefully at 6 all the Electronic Voting Machines (EVMs) have been moved to the respective strong rooms. All the 117 strong rooms at 66 locations were sealed and as per the ECI guidelines,

voting ended at 6 pm on Sunday

three-tier security measures have been set up with deployment of Central Armed Police Forces

(CAPF), Armed Police and Punjab Police. He said security forces have been keeping strict vigil round the clock at strong rooms. He said 65 ballot units, 60 control units and 738 VVPATs were replaced during the conduct of poll. The CEO again thanked people of Punjab for coming out in large numbers to exercise their democratic right in a peaceful in the festive environment. He also thanked all the polling personnel, security personnel, Punjab Police personnel, 25,000 booth level officers, PWD coordinators, Asha workers, aanganwadi workers, mid-day-meal workers and village chowkidars for working day and night to ensure free, fair peaceful and inclusive polls in the state.

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AWARD WINNING PHOTOGRAPHY BY Kulbir Mahi

Indian-American student wins \$250K Prize In College Quiz Contest

In a three-contest winning streak by Indian-American students, Jaskaran Singh has won the premiere quiz tournament for students, the National College Championship Jeopardy with a prize of \$250,000.

The 22-year-old red-turbaned Sikh studying at the University of Texas at Austin beat out 35 other students selected from about the 26,000 who competed for a chance to be on the tournament held over two weeks.

After winning the championship, Singh was modest about his success.

"I just sort of just buzzed fast and know things, pretty much. I don't think there's much more," he told an interviewer from the show.

The quarter million dollars win will pay for his college fees "and a lot more", he said.

The college tournament is an offshoot of Jeopardy, the most popular daily quiz show, which uses the unusual format of the quizmaster or host stating



an answer for which the contestant has to frame the right question.

The puzzle given by the host, TV actor Mayim Bialik, in the final round of the contest was, "An 1873 book title gave us this phrase for the period in the late 1800s of growth & prosperity & also greed & corruption".

Singh gave the correct solution in the form of a question: "What is the gilded age?"

Nibir Sharma from the University of Minnesota won the 2019 tournament and was a semi-finalist in the Jeopardy Tournament of Champions going again the big winners in the main Jeopardy programme next year.

Dhruv Gaur from Brown University bagged the championship in 2018 and there were no collegiate contests in the last two years because of the Covid-19 pandemic.

Before them, Vinita Kailasanath had won the championship in 2001.

This time four of the students contesting against Singh were of Indian origin and one was of Sri Lankan heritage.

Singh who is in the final year studying finance and economics said on the show that he had worked for a civil rights organisation in Washington after his first year of college.

He credited his parents for his victory, telling the Austin Statesman newspaper that they "are really amazing, They supported me throughout the whole thing".

He said that his mother had made him sign up for the Jeopardy Teen Tournament when he was 13.

Although he didn't make it to the teen competition, she kept encouraging his to try for the college championship, he said.

Congratulating Singh, his university president Jay Hartzell said the university's tower would be lit up in orange, the university's colours to honour the victory.

Avi Gupta won the last Jeopardy Teen Tournament with an \$100,000 prize held in 2019 before the Covid pandemic suspended it. Four other teens of Indian origin had also won the championship in the 36 tournaments held so far.

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2021 Was A Record Year For Housing Starts

The BC Budget shows that housing starts hit an all-time high of 47,607 in 2021.

Under the BC NDP, there have been 73,648 more housing starts than the BC Liberals had projected for the last five years.

Housing starts have outpaced the BC Liberal plan by 53%.

Another report by BC Housing shows that of the new homes registered in 2021, 12,899 were purpose-built rentals – a nearly 50% increase over 2020. In the five years of BC NDP government, more new purpose-built rental homes have been registered than in the 15 years of BC Liberal government that came before.

The BC NDP's speculation and vacancy tax is also working to put more homes on the market. A 2021 CMHC report found that the speculation tax has added 18,000 units to the rental market in Metro Vancouver and recent census data shows an "astounding" drop in the number of homes sitting empty. Despite this progress, BC Liberal Leader Kevin Falcon is opposed to the speculation tax.

Canada supports over 150 New homes for seniors in Vancouver

A federal investment of \$44.5 million dollars to redevelop two buildings to create 157 units of housing, primarily intended for low and moderate-income seniors and people with physical disabilities has been announced.

Located at 1425 and 1451 East 12th Avenue, the two new Passive Housing certified buildings will be operated by Brightside Community Homes Foundation. The project will be purpose-built to facilitate seniors' ability to age in place and will accommodate residents' accessibility needs by designating 20% of the homes for residents with mobility challenges, as well as accessible common areas and amenities designed to facilitate and enhance community interaction.



Brightside will also offer part-time supports and community programming. The project is expected to be complete by spring

2024. This investment by the Government of Canada is made possible by the National Housing Strategy's

(NHS) National Housing Co-investment Fund (NHCF) and through the Green Municipal Fund's Sustainable Affordable Housing initiative delivered by the Federation of Canadian Municipalities. "Every Canadian deserves a safe and affordable place to call home. Through the National Housing Co-Investment Fund, our government is investing in affordable housing right here in Vancouver to help improve the quality of life for those who need it most. Thanks to today's announcement, more seniors and people with physical disabilities in Vancouver will now have access to affordable homes. This is the National Housing Strategy at work said Ahmed Hussien, Minister of Housing and Diversity and Inclusion.

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\$4,488,000

Architectural elegance at its finest; this West Vancouver-inspired property is located within the prestigious Elgin Park Estates neighborhood in South Surrey. This extravagant home portrays the unique blend of timeless sophistication and secluded park-style living. Sitting on approximately 14,000 sqft of land, this property offers 6488 sqft of luxurious living space; meticulous by design, it features four opulent bedrooms upstairs and similarly one spacious bedroom on the main floor. The kitchen is equipped with Miele appliances throughout and features a beautiful transparent wine cabinet. Furthermore, the property possesses an abundance of outdoor entertainment space in conjunction with a designated theatre room, gymnasium, games room, and bar. Call us now to book your private showing!

9858 HUCKLEBERRY DRIVE



Welcome to Fraser Height's newest sub-division. This 3684 sqft lot is ready to build, the plans should be ready to pick up from the city in a few weeks. The home will include 7 bedrooms 6 bathrooms with a media room and a bar area for your own use downstairs. The total square footage for the home will be 3922 plus a garage. Call now to get more info.



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16900 30A Ave., Surrey

\$3,499,000

FOR SALE



Gorgeous acre property in a luxurious neighbourhood with Views of North Shore Mountains, situated on a quiet, no through street in the heart of a highly desirable area of South Surrey. This custom built rancher has been lovingly maintained. Updates include laminate flooring, new kitchen counters, high end appliances, paint and more. This PARKLIKE acre has towering majestic trees and backs on to 5 acres of grazing horse land affording the ultimate in privacy. Perfect location minutes to major shopping, schools, U.S. border and freeway access to Vancouver. Great holding property with excellent future development opportunity in North Grandview Heights, Subdividable property. Must See!

23101 40 Ave., Langley

\$3,698,000

FOR SALE



RENOVATED! New Flooring, New Furnace, New Paint, New Appliances, New Blinds and much more done on this 5 Acre flat Parcel. The cute rancher is 1,663 sq. ft and features 4-bedrooms and 3-bathrooms. Rancher is located at the corner of 232 Street and 40 Avenue. Two road frontage zoned RU-1 within ALR. There are various outbuildings including a carport, chicken coop & barn. The property is fully fenced, cleared, and no creek. RU-1 Zoning permits one single-family dwelling plus mobile home (please verify with Township of Langley). There are equestrian centers, riding stables, mushroom farms, commercial greenhouses and more nearby. The subject property is only 2 blocks south of Fraser Hwy, close to all amenities & Trans-Canada Hwy. Great building site, ideal for Farming & Horse operation.

13744 112 Ave., Surrey

\$2,099,000

FOR SALE



SUB-DIVIDABLE POTENTIAL View, View, View!! 5 Bedrooms and 3 Bathrooms with a suite! An amazing panorama spans the North Shore Mountains & Fraser River and then magically transforms into a million points of light as evening fades to night and the cities of New Westminster & Coquitlam begin to glow - it never gets tired! Bolivar Heights is an important part in the spectacular growth of the trending Central City hub. Just minutes to Skytrain - gets you to Vancouver in under 40 minutes. Insightful vision at City Hall shows potential for denser 'Brownstone' style development (check with City for nearby applications). Regardless, your investment is protected with the 2 bedroom suite, million dollar view and keen interest to densify the area. A rare opportunity to own a view and an investment!

18791 72 Avenue

\$2,100,000

FOR SALE



Investor Alert!! Live, rent or hold for future development. Adjacent property consists of retail, condominiums and townhomes! This property is just steps from shops and services, brand new Community Centre, secondary and future elementary school. This corner lot is designed to be a major commercial retail / business Hub in West Clayton NCP. Easy access to both 72 and 188 Street, great rental protection for holding property.



FOR SALE **\$2,599,000**
INDIA BAZAR
FOR SALE WITH PROPERTY
Listing include units #107 & #108. Great investment property on Scott Road. Good exposure to busy traffic with plenty of parking. The property consist of 3,957 square feet of retail space plus a small office. Lots of continual development around this area and opposite Delta side buildings coming in near future. Strata fee \$805 per month for both units.

INDIA BAZAR GROCERY BUSINESS
FOR SALE WITH PROPERTY



FOR SALE **\$4,199,999**
15466 Kilmore Pl., Surrey
SULLIVAN STATION MANSION! 10 Bed 9 bath MEGA HOUSE with an ELEVATOR. OVER 10,000 SQ.FT LIVING SPACE! Luxury at it's finest. You are welcomed into this fully custom home with high 21 ft ceilings, open concept. On the Main floor there is a bedroom with an ensuite, large great room with a beautiful kitchen and high end s/s appliances + additional wok kitchen. Upstairs there are 4 master bedrooms all with their own private ensuites and walk in closets. On the top floor you have a rec room and a massive private theatre room and 3 balconies plus an additional guest room with full washroom. This floor is all about entertaining with 3 balconies you can enjoy those summer nights. Dual high velocity A/C/HVAC Units. Built in Vacuum security system, radiant in floor heating. 2 bedroom suite as well.

FOR SALE **\$689,900**
#211 13623 81A Avenue
Welcome to KINGS LANDING II built by Dawson + Sawyer! This BRAND NEW 2 bedroom + 2 bathroom, OPEN concept, unit features a spacious kitchen with s/s appliances, laminate flooring. From the BRIGHT living room you have ultimate privacy as there are no neighbours looking directly into the unit! The master bedroom features his & her closets and a spa like ensuite bathroom w/ double sinks & bay window. Additional features include spacious coat closet with IN SUITE LAUNDRY, 1 parking stall, storage locker, rentals & pets allowed, great amenities in the building. Transit is just steps away & only 11 minute bus ride to King George Skytrain station.



FOR SALE **\$1,599,000**
7231 116 Street
WELCOME TO DELTA! This Centrally located home features 5 bedrooms and 4 baths! Radiant in floor heating, open layout, loads of windows are just a few features to name. Large 6000+ Sq.Ft Lot! Loads of parking, double car garage. This home is perfect for the growing family. 5 minute drive to Sungod rec centre and both levels of schools and stores. Easy access to 72 avenue - Richmond, Vancouver, Burnaby. Very well maintained and clean home.



FOR SALE **\$2,850,000**
6430 130 Street
WEST NEWTON CUSTOM BUILT MEGA HOME WITH SIDE LANE ACCESS! *2 DRIVEWAYS* You have parking for days! This home features 10 bedrooms and 9 baths as well as two mortgage helper suites (2+2) - Great mortgage help. Main floor features a welcoming living room with + dining room with high end custom finishes and high ceilings. Huge family room for entertaining, chefs kitchen + spice kitchen and separate eating area. Covered Patio to enjoy those summer bbq's. Loads of windows to soak all that aural light. Upstairs hosts 4 bedrooms ALL with their own private ensuites. In the basement you have a massive Media Room with a bar, perfect for your parties! There is also a den/bedroom along with a full washroom. This home truly has it all - perfect for the growing family! Close to schools/transportation.



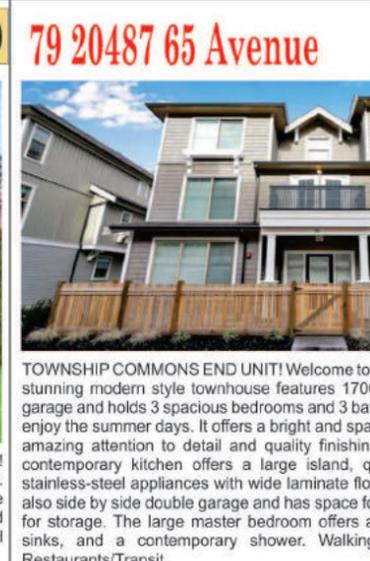
FOR SALE **\$1,099,000**
79 20487 65 Avenue
TOWNSHIP COMMONS END UNIT! Welcome to your brand-new dream home! This stunning modern style townhouse features 1700 SF living space+360 SF double garage and holds 3 spacious bedrooms and 3 bathrooms, den and large sundeck to enjoy the summer days. It offers a bright and spacious open concept floor plan with amazing attention to detail and quality finishing and loads of natural light. The contemporary kitchen offers a large island, quartz countertops, and premium stainless-steel appliances with wide laminate flooring. Loads of windows! There is also side by side double garage and has space for two cars and tons of extra space for storage. The large master bedroom offers an ensuite washroom with double sinks, and a contemporary shower. Walking distance to Costco/Shopping/Restaurants/Transit.



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For units in York Centre (80 & 128 St), Please Call 604-897-9575 or 604-897-0006

Tips On Choosing The Right Gym In A Post-Pandemic World

VANCOUVER: Gyms and fitness centres across British Columbia are now allowed to return to their full capacities after BC announced it is easing health restrictions in place to reduce COVID-19 transmissions. After several rounds of closing and reopening, it finally seems to be a good time for people to consider their gym memberships and start tackling those 2022 health goals. Before you make a decision on which membership you'd like to sign-up for, the BBB is sharing their tips for finding the right gym for you, and what issues to watch out for. Every year, the BBB receives numerous complaints about health clubs or gyms closing abruptly or refusing to cancel a contract or provide refunds. Other common complaints include inadequate equipment maintenance or facilities or difficulty keeping up with the gym's constantly changing class booking policies.

Therefore, before you sign on those dotted lines, BBB encourages you to consider the following tips to help you determine which gym is the best place to keep you on track.

- Check BBB.org. Business Profiles can help you check on the trustworthiness of fitness clubs and gyms. They show whether a facility has complaints and how the gym resolved them. You also can find out how long the facility has been in business, who owns it, and a rating from A+ to F.

- Take a tour. Ensure the gym has the equipment, classes and trainers you need or expect. Pay attention to things that are important to you, whether it's the



cleanliness of the showers or the availability of Wi-Fi. Ask questions and make sure you understand all the rules. Ask about busy times, wait times for equipment, whether classes require pre-registration, availability and cost of

trainers, etc. Ask how the gym staff is keeping up with COVID-19 restrictions and maintaining the cleanliness of the facilities.

- Ask questions about limited free trials. Gyms often give a one-week free pass for potential mem-

bers; this is a great way to see if the gym is a good fit for you. Try the gym at different times to see how crowded it is and whether there is a wait for certain equipment. Check out classes if they are offered.

- Understand the terms. Read the contract carefully before signing. Make sure that all verbal promises made by the salesperson are in writing. What matters is the contract and the terms within it, so don't just take a salesperson's word for it. What happens if you move or the gym goes out of business? Will the membership renew automatically at the end of the term? What are the options if the changes in gym policies contradict your benefits? What is the cancellation policy, and under what circumstances?

- Calculate the true costs. Gyms often use special introductory offers to encourage new members,

but the price could go up more than you budgeted once the initial period is over. Make sure you understand the regular monthly fees and what they include.

- Figure out your priorities. Think carefully about what is most important to you. Will a convenient location and extended hours help you stick to your fitness plan? Will a variety of equipment or classes keep you motivated? Do you prefer a chain with numerous outlets?

- Don't feel coerced. Do not give in to high-pressure sales tactics to join right away. A reputable gym will give you enough time to read the contract thoroughly, tour the facilities, do some research, and make an informed decision.

For more information on specific gyms and businesses, visit BBB.org and check out the available Business Profiles for more details.

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Continued from Page 05

Celebrating International..

It is going to be a tough fight with the government but eventually the farmers will succeed in having these three Farm Laws repealed. Navkiran stressed that like so many other young people she is also very proud to be apart of this campaign since its beginning. She mentioned that though the protest on the outskirts of Delhi is only three months old, actually, in the Punjab it has been going on since August, 2020. Navkiran stated that she is very impressed and pleased with the widespread support for the farmers' protest not only from all over India but also from abroad. She spoke fondly about the role that Punjabi language has been playing in this campaign. Navkiran stated that most of the songs, plays and newsletters in this struggle are in Punjabi. She emphasized that Punjabi has become the main language of this historic protest. It has brought Punjabis closer to their mother tongue. This will leave a long lasting impact on Punjabis' relationship with their mother tongue.

The celebration concluded with closing remarks from some of the PLEA Board members and invited guests. On behalf of PLEA I would like to thank all of the participants in making the 18th International Mother Language Day a great success.

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Zoned CHI (Highway Commercial) with almost 4500 SqFt. Includes a warehouse with a showroom style building. 12 foot overhead doors, designated for medium to high-rise building. Freestanding and sitting on a 7200 SqFt lot.

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2817 Sqft in Surrey, Newton for sale. Great for auto etc. 16 foot ceiling.

FARM 20 ACRES

20 acre blueberry farm with shop, call for details.

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FARM 33 ACRES

33 Acres with high exposure and multiple buildings.

HOUSE WITH BIG LOT.

8811 SqFt Lot with beautiful view and also potential to subdivide.

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SURREY DOWNTOWN

12432 SqFt Lot in the heart of downtown Surrey. Designated as medium to high-rise. Presently has a 6 unit building on it.

CABINET BUSINESS

Surrey Cabinet - manufactured business for sale with lots of parking and a huge warehouse. Call for details.

COMMERCIAL KITCHEN WITH BUILDING

Huge opportunity to buy this warehouse with 20' exhaust system. 16'x11' cooler, 16'x12' freezer. There are 4 stoves with cooking kettles. Upstairs there is are offices and storage. This is a perfect CFIA & BRC (SGS) certified building to get import & export license and food packaging business. Total building is 3967 SqFt.





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4879 DUCHESS STREET, VANCOUVER



Well-kept 1,563 sqft corner townhouse unit in the rarely available, highly sought-after Duchess Place! This east facing unit sits on the quiet road close to Kingsway. It features a functional layout, 4 spacious bedrooms/3.5 baths, a grand kitchen with eating area, and a side-by-side garage with lots of storage. Consistent upgrades done over the years include painting, flooring. Roof, balcony, exterior painting, stairway upgraded / ongoing in the complex. Enjoy all the nearby conveniences this central location has to offer, with schools, shopping, restaurants and transit at your doorstep!

4 BED • 4 BATHS • 1,563 SQ.FT.

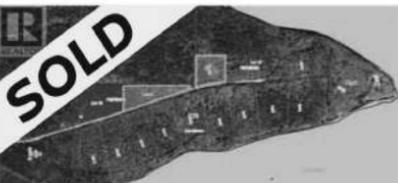
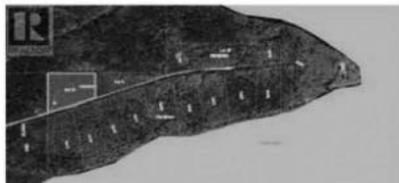
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Rape and Silence in Kashmir's Jihad

After being ignored for over 3 decades, Kashmiri women are speaking out about the sexual abuse they have experienced at the hands of Kashmiri

militants.

A report published by The Diplomat details the harrowing tale of these victims, who were sexually abused by the Islamic terrorists in the valley. "Even as the world takes cognizance of rapes and abuse by Islamic State

ner conceivable... Torture and humiliation on an unimaginable scale," she said. "The murder of my husband wasn't enough revenge," she remarked. "Neither was the first gang rape. "My torment went on for years after that. The nightmare that began when I was 18

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militants, little has been spoken about similar crimes committed by jihadists in Kashmir in the name of holy war," mentioned the report.

According to The Diplomat, data from India's National Crime Records Bureau shows that the number of cases of violence against women in Jammu and Kashmir increased by 11 percent in 2020, from 3,069 in 2019 to 3,414 the next year – even while the national rate fell by 8.3 percent during the same period.

In 2020, 1,744 cases of "assault on women with the intent to violate her modesty," as well as 243 cases of rape, were reported.

"Given the low reporting rate and the shroud of violent shame and social boycott that accompanies rape – especially in a society as conservative and patriarchal as Kashmir – the real numbers are likely to be significantly higher," wrote The Diplomat.

Beyond the numbers, the striking similarity of the militants' modus operandi stood out in the narratives.

Like all guerrillas worldwide, Kashmiri militants sought shelter and food from locals. But soon after, their demands flowed to the satiation of other carnal needs.

Here are the accounts of a few women who describe how they were subjected to prolonged harassment by Islamist terrorists. (To keep their identities hidden, their names have been changed.)

Afroza from Baramulla
Afroza stated that like the militants anywhere else, they also sought food from the locals. "First they came asking for food and shelter, then they demanded this and that," said Afroza. "We gave them the best we could arrange but over time, they started to come frequently," she added.

She said that when they started offering them food, they made it a habit to come and ask for everything. Later on, they came and occupied one of the rooms in their house. "In our tiny home, we only had two rooms, and they took over one of them. We ladies were confined to the kitchen for the whole day," she said.

Bismah from Kupwara
Bismah recalled the night when her husband, a driver, was assassinated on suspicion of being an informant. "They took me forcibly just after he was killed. I was abused in every man-

ner conceivable... Plain Injustice... Only Allah knows how much I have suffered... Suffered in every way possible," she remarked, her eyes welling up with tears. The Diplomat wrote, given the polarized debate around Kashmir, acknowledging the crimes of one side can very easily be misconstrued as batting for the other side. This sentiment is evident from the positions taken and abdicated by academics and activists alike.

For example, take a 2006 Human Rights Watch report on rape in Kashmir, shared by the organization's South Asia director, Meenakshi Ganguly. The report acknowledges that abuses have been committed by state forces and militants alike, but there is no data on the latter.

"While in areas of armed conflict, sexual violence can often occur, survivors can choose not to report such crimes," Ganguly added further. "A key need in Kashmir is to create a strong health infrastructure including psychosocial support so that people can receive the help that they need in spaces they can trust."

On being asked specifically about this bias in the data, she said, "When we were conducting the research for this report, we did not receive complaints of rape by militants."

"Who would I report to?" Chasfeeda from Uri said.

A group of militants that often visited their village sent her husband away under the ruse of some work that needed to be done.

"They parked themselves in our house and refused to leave. Feed us, they said, and ate every morsel of what I had at home. But even after eating, they refused to leave. Then they forced themselves on me and raped me."

"I don't know which group they belonged to or what their politics was. But whatever morality and piety they preach is bogus. Just to mislead people. Only Allah knows what evil truly lies in their hearts."

"So many of them raped me so many times... I've lost count. In the darkness, I couldn't even tell whether it was four or eight people at a time. They ate away at me until all my flesh was picked off clean, and I was left bone dry as I am now."

To read the full article go to: <https://thediplomat.com/2022/02/rape-and-silence-in-kash>

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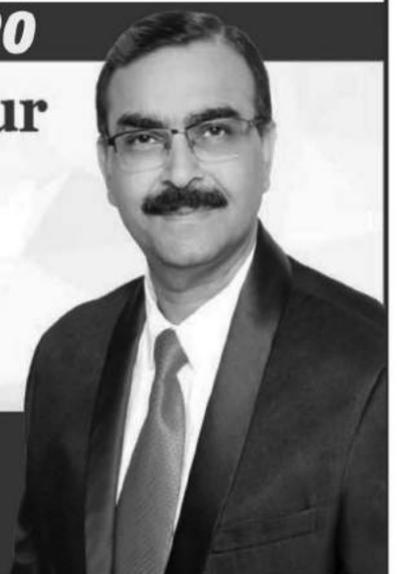
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602 New Nursing Seats Added To Public Post-Secondary Institutions

VICTORIA - British Columbians will soon benefit from more nurses to support their health-care needs as 602 new nursing seats are being added to public post-secondary institutions throughout the province.

A total of 602 new nursing seats will be added to approximately 2,000 seats currently in nursing programs in B.C.'s public post-secondary institutions. The new seats include 362 registered nursing seats, 40 registered psychiatric nursing seats, 20 nurse practitioner seats and 180 licensed practical nurse seats at 17 public post-secondary institutions. As part of this expansion, new seats will support health-care assistants who want to train as a licensed practical nurse (LPN), and LPNs looking to move into a career as a registered nurse (RN).

Aman Grewal, president, BC Nurses' Union, said, "Nurses are, indeed, the backbone of health care, but more often than not, their backs are breaking due to the staffing crisis. We recognize this investment as a step in the right direction and look forward to working together with all parties to build on today's announcement for the future."

"The past two years have shown us just how critical our health workforce is. By supporting post-secondary institutions like the University of Victoria, University of British Columbia, University of the Fraser Valley, Thompson Rivers University, Northern Lights College and Selkirk College, we're not only expanding the future nursing capacity in the province, but creating pathways to incredibly rewarding, long-term and fami-

ly-supporting careers," said Adrian Dix, Minister of Health.

Government provided \$5 million to public post-secondary institutions in 2021-22 to begin the expansion of nursing seats throughout the province. The University of British Columbia (UBC), Thompson Rivers University and UBC Okanagan welcomed additional students in September 2021, with new and expanded intakes at more public post-secondary institutions opening up over the next year and a half.

This expansion builds on recent investments in growing health programs in the province. Government has also provided approximately \$8.7 million in 2021-22 to support health educational training programs, including the expansion of specialty nursing and the launch of a



Aman Grewal
President, BC Nurses' Union

new nursing program in the northeast. Additionally, to help grow the next generation of nurse leaders who will teach, mentor and support these new nursing students, government is providing an initial \$475,000 to support graduate nurse education at UBC, UVic and UNBC. The funding will provide for the development of faculty and nurse leaders, with a plan for ongoing faculty and leadership support being developed in partnership with education and health-sector experts.

In Budget 2021, the Province has committed to invest \$96 million over three years to support expanded post-secondary education and training capacity for the health profession workforce. Along with the 602 new seats in post-secondary institutions to meet the growing demand for nursing services, the Province is working with post-secondary institutions to expand health-care assistant training as part of the Health Career Access Program. Further expansions in a range of health education programs are also underway.

Aashna Thapar, nursing student, College of New Caledonia, said "I am choosing to become a nurse because I want a career where I can make a real difference in people's lives - offering hope, care and comfort, often during some of their most difficult days. Having additional nursing seats in communities across B.C. will give even more students like me the opportunity to follow this essential career path."

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Handwriting Remains A Useful Skill



By Michael Zwaagstra

Handwriting is more important than simply signing for a UPS delivery. We are more likely to remember words we write than words we type

“Sign here please.” Anyone who has ever accepted a UPS delivery, signed a permission slip for a school field trip, or filled out a legal document has likely seen this phrase. Although it takes only a few seconds to sign a document, our handwritten signature means we have read the document and accepted its terms. The signature makes an agreement legal. But signatures might soon become a relic. Fewer students are learning cursive writing, as evidenced by it being optional in Ontario, British Columbia, and Newfoundland. Thankfully, Manitoba still requires students to learn this skill.



Many educators don't see a problem with dropping cursive writing. After all, handwritten signatures are being replaced by electronic signatures and PIN codes. If the only reason for learning cursive writing is to sign legal documents, perhaps we should phase it out of education. But handwriting is far more important than for signing documents. For example, a recent study published in *Frontiers in Psychology* showed that handwriting engages the person's thinking in more ways than typing on a keyboard does. In this study, researchers compared the brain activity of children while handwriting with children who were typing. Not surprisingly, they found that writing produced far more brain activity than typing. Children were much more likely to remember words they wrote than words they typed. In another study, Dr. Hetty Roessingh, a professor at the University of Calgary and an expert in language and literacy, found that handwriting assists young students recognize letter shapes and plays a fundamental role in their development as readers.

According to Roessingh, connecting let-

ters together by handwriting moves the information from the students' short-term memories into their long-term memories. Thus, the material is more likely to be remembered.

Obviously, handwriting remains useful long after students have finished elementary school. In 2014, Dr. Pam Mueller and Dr. Daniel Oppenheimer published an excellent article in *Psychological Science* showing that university students who took notes by hand retained considerably more information than students who typed notes on laptops.

Mueller and Oppenheimer attributed their results to the fact that students who wrote by hand usually summarized the main points in their own words, and the information was more likely to be processed by their brains. This process helped these students to retain the most important information in their long-term

memories. Laptops made it too easy for students to transcribe lectures almost word-for-word without having their brains work the ideas over. Consequently, students who typed had a worse understanding of the material.

Clearly, students should handwrite notes because it helps them retain more information.

But students need to learn how to write cursively. If they don't learn to handwrite in school, they are unlikely to acquire this critical skill later in their lives.

Learning is hard work because our brains are not naturally wired for the foundational skills of reading and writing. To master these skills, they must be taught, regularly practiced, constantly evaluated, and reinforced.

The evidence is very clear: handwriting is a useful skill students need to learn in elementary school.

Michael Zwaagstra is a public high school teacher, a senior fellow with the Frontier Centre for Public Policy, and the author of *A Sage on the Stage: Common Sense Reflections on Teaching and Learning*.

Courtesy Troy Media

Continued from Page 06

Community Grant Provides Surrey School With New Playground...

and First Nations and Métis settlement, interested in a TSBC community grant can find out more information at <https://tsbc.ca/community-events-programs/the-tsbc-community-grant-program/>. Applications for 2022 will be accepted until March 17, 2022.

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Madhuri Dixit Talks About The Dual World Her 'The Fame Game' Character Resides In

Mumbai, Actress Madhuri Dixit Nene has talked about her character Anamika Anand from the upcoming series 'The Fame Game'.

While dissecting the complexity of her character Anamika Anand who lives a dual life, Madhuri said "Well, Anamika is a very popular actress. Her home life is seemingly very ideal, and everybody looks up to her. She has two children, a husband and a mother who lives with her. It all seems perfect on the surface.

"But what goes on within the four walls is something that people don't see. She has two sides to her, one for the world and one for herself."

The actress shared that there is this game that she has to play to balance these two sides of her character.

She added: "Anamika puts up a glamorous and happy front whereas in reality, she's always compromising, sacrificing and trying her best to stop all hell from breaking loose. This characteristic of being broken inside yet putting on a game face when needed is a very fascinating aspect about the character."

'The Fame Game' is releasing only on Netflix on February 25. Directed by Karishma Kohli and Bijoy Nambiar, it also stars Sanjay Kapoor and Manav Kaul.



Ekta Kapoor: 'We Probably Are The Most Dysfunctional, Functional Family'

Mumbai, Renowned film and television producer Ekta Kapoor, who is also a single mother of a son who came into her life through surrogacy, says that she has always been a non-conformist and maternal quality has nothing to do with gender. Ekta became the mother of a baby boy named Ravie in 2019 and she explained how she never had a natural parenting quality that she rather learnt from her brother Tusshar Kapoor who is also a single father.

Ekta said, "Just like Tusshar, believe that these stereotypical gender-based thought processes now are so broken because I don't identify with half the mothers, not even my own. I feel I am always lost and I am not this natural parent like Tusshar is. I'm always messing up and taking his advice.

"I have much better control over my work than my son. I'm learning with him. You think it comes naturally, but it is not the case. Every day I realize that there are so many new things to learn. It's a natural progression for all, and gender has nothing to do with it. It came naturally to Tusshar, while it's been hard for me."

Being

the daughter of the yesteryear star Jee-tendra, asked about how her decision on motherhood changed her family dynamic, Ekta further added, "I think there is an age where you learn from your parents and after an age, you teach your parents, that's how life is. We didn't lead the conventional lives that people do and yet we maintained the warmth in our family. We probably are the most dysfunctional, functional family."



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'83' Pads Up For Television Premiere, Ditches The OTT Route

Mumbai, Ranveer Singh starrer sports drama '83 is taking the broadcasting route before it makes its way to the digital medium. The film, directed by Kabir Khan, earlier found itself in troubled waters as the third wave affected its theatrical run.

The plan to give preference to broadcasting format over

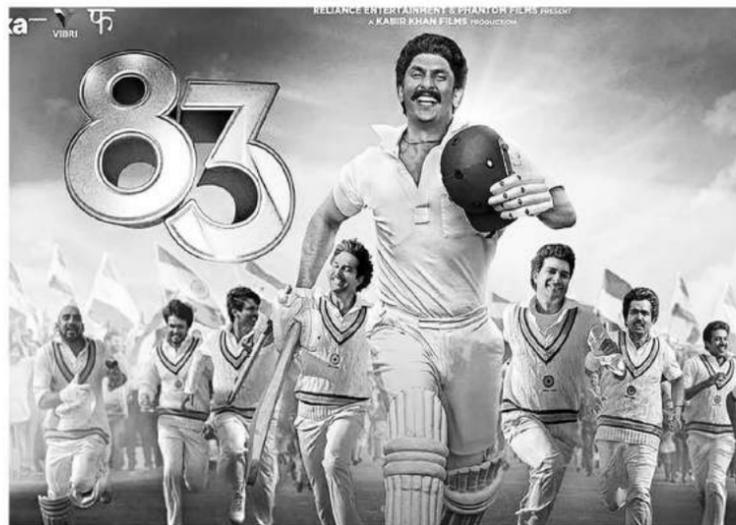
streaming seems to be wired with the nostalgia factor of an entire generation, an audience group which primarily is found on the medium of television.

The film will premiere on Star Gold on Sunday, March 20 at prime time, 8 PM. In addition, to celebrate the nostalgia of an

incredible win in the 1983 Cricket World Cup, the channel will be offering brands the chance

to replay some of their memorable and iconic TV ads during the premiere.

Apart from Ranveer, the film also stars a string of actors like Deepika Padukone, Tahir Raj Bhasin, Jiiva, Saqib Saleem, Jatin Sarna, Chirag Patil, Dinker Sharma, Nishant Dahiya, Harrdy Sandhu, Sahil Khattar, Ammy Virk, Addinath Kothare, Dhairya Karwa, R Badree and Pankaj Tripathi.



Disha Patani wraps up shoot for 'Ek Villain Returns'

Actress Disha Patani has wrapped up shooting for her upcoming film 'Ek Villain Returns'.

Mumbai, Actress Disha Patani has wrapped up shooting for her upcoming film 'Ek Villain Returns'.

She took to her Instagram story, to announce the same. She shared a picture of herself with her team.

Along with it, she wrote: "It's a wrap #ekvillain-returns"

Starring a powerful ensemble cast including John Abraham, Arjun Kapoor and Tara Sutaria, 'Ek Villain Returns' is jointly produced by T-Series and Balaji Telefilms.

The film is a sequel to the 2014 blockbuster 'Ek Villain', which featured Sidharth Malhotra, Riteish Deshmukh and Shraddha Kapoor.

Directed by Mohit Suri, the film's cast includes Disha Patani, Tara Sutaria, Arjun Kapoor and John Abraham. Disha also has Sidharth Malhotra-starrer 'Yoddha' in the pipeline.

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Full Leg Waxing.....	\$ 27
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Bikni Waxing.....	\$ 07
Full Arms Waxing.....	\$ 15
Half Arms Waxing.....	\$ 10

Back Waxing.....	\$ 18
Stomach Waxing.....	\$ 12
Brazilian Waxing.....	\$ 25
Facial (European).....	\$ 30
Facial (Shahnaz).....	\$ 27
Pedicure.....	\$ 20
Menicure.....	\$ 20
Hair Style.....	\$ 15 & Up

Bridal Makeup.....Special Price



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Virushka: Anushka, Virat Pose For The Shutterbugs At Mehboob Studio

Mumbai: Celebrity power couple Anushka Sharma and Virat Kohli were all smiles as they posed for the cameras at the iconic Mehboob Studio here. The couple were spotted and clicked by the

shutterbugs at studio here on Wednesday. The two were reportedly shooting for an upcoming ad campaign. Virat and Anushka, who are fondly called as Virushka by their fans, chose comfort-

able outfits. Virat was seen wearing a powder pink T-shirt paired with white joggers. While Anushka glowed in a white crop-top and black pants.

On the work front, Anushka has started prepping for her upcoming film 'Chakda Xpress' where she will be seen playing woman fast bowler of India Jhulan Goswami.

'Chakda Xpress' is tracing the glorious journey of one of the fastest female pacers in the history of world cricket, Jhulan, as she moves up the ladder despite the count-



less hindrances posed by misogynistic politics to fulfil her only dream -- to play cricket.

'Chakda Xpress' is being produced by Clean Slate Filmz.

SRK Sets The Internet On Fire With 'Pathan' Look In Ad

Mumbai, After being away from the limelight for months following his son Aryan Khan's detention in a narcotics case, Shah Rukh Khan is back, albeit in an advertisement for a soft drink brand. The actor, who is currently busy with the production of 'Pathan', took to his Twitter and dropped a 45-second digital advertisement. The edgy video boasts of sleek action choreography, grungy background score and SRK's new look with long hair with stubble.

The video starts with a guy offering a soft drink to Khan, who takes off the hood. The video then dives into an action sequence atop a moving train where SRK fights armed men as he slides his way into a moving car, knocking out the armed men one after the other as he flashes his signature smile before mouthing the tagline.



SRK's look in the advertisement is an extension of his look from YRF's 'Pathan', which will also see a cameo appearance by Salman Khan. The film, directed by 'War' fame Siddharth Anand, also stars Deepika Padukone and John Abraham and is set for August 15 release.

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Flood recovery supports for farmers

The BC and federal governments are helping farmers impacted by November's devastating floods.

Based on feedback from farmers, the new Canada-BC Flood Recovery Program for Food Security provides \$228 million in funding to help farmers with uninsurable extraordinary damages. Producers will receive personalized financial support, based on the damages they experienced, with on-farm extraordinary expenses including:

- ▶ Clean up, repair and restoration of land, buildings, water and waste systems
- ▶ Repair of essential farm infrastructure and rental of temporary production facilities
- ▶ Animal welfare including replacement feed, transportation, veterinary care and mortality disposal
- ▶ Loss of perennial plants not raised for resale

Let's get BC growing again.

Application packages are available at gov.bc.ca/AgriFloodRecovery

Have a question about your application?

One-on-one help is available for farmers in English and Punjabi.

Contact agrirecovery@gov.bc.ca or 1-888-332-3352 for support.





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\$1.49
lb

Extra Extra Super Special

Roma Tomatoes
ਰੋਮਾ ਟਮਾਟਰ



79¢
lb

Extra Super Super Special

Spinach
ਪਾਲਕ



99¢
bunch

Chickpeas
ਚਿੱਟੇ ਛੇਲੇ



88¢
lb

Red Delicious Apples USA #1
ਲਾਲ ਸਵਾਦ ਸੇਬ ਯੂ.ਐਸ.ਐ #1



89¢
lb

Extra Super Super Special

Jumbo Cauliflower Size 9
ਵੱਡਾ ਗੋਬੀ ਦਾ ਫੁੱਲ ਸਾਈਜ਼ 9



\$2.99
ea.

Super Special

Okra
ਭਿੰਡੀ



\$2.99
lb

Chana Dal
ਚਨੇ ਦੀ ਦਾਲ



88¢
lb

Long Eggplants
ਲੰਬੇ ਬਤਾਉਂ



\$1.49
lb

Super Special

Yellow Onions 50 lbs
ਪੀਲੇ ਗੰਦੇ



\$14.99
bag

Super Special

Russet Potatoes 10 lbs
ਆਲੂ ਰਸਟ ਸਨੋਬੁਆਏ



\$2.99
bag

Indican Almond Oil 1 L
ਇੰਡੀਕੇਨ ਬਦਾਮ ਦਾ ਤੇਲ



\$12.99
bottle

Indian Eggplants
ਦੇਸੀ ਬਤਾਉਂ



\$1.49
lb

Super Special

Golden Temple Flour 20 lbs
ਗੋਲਡਨ ਟੈਂਪਲ ਆਟਾ



\$9.98
bag

Super Special

Kala Chana
ਚਨਾ ਦਾਲ



78¢
lb

Punjabi Cookies New Crunch & Indican 2.2 lbs
All Flavours



ਪੰਜਾਬੀ ਕੁਕੀਜ਼ ਨਵੀਂ ਕ੍ਰੰਚ ਅਤੇ ਇੰਡੀਕੇਨ
\$4.98
pkg.

Maggi Masala Noodles 280 g
ਮੈਗੀ ਮਸਾਲਾ ਨੂਡਲਸ



99¢
pkg.

Super Special

Almonds Supreme #1
ਬਦਾਮ ਪ੍ਰੀਮੀਅਮ ਸਾਈਜ਼ 1



\$4.49
lb

Super Special

Cilantro
ਧਣੀਆ



2 bunches for 98¢

Long English Cucumber
ਲੰਬੇ ਇੰਗਲਿਸ਼ ਖੀਰੇ



2 for \$1.50

Large Seedless Oranges
ਵੱਡੇ ਸੰਗਤਰੇ (ਬਿਨਾ ਬੀਜ ਤੋਂ)



98¢
lb

Daikon (Mooli)
ਮੂਲੀ



88¢
lb

Fresh Ginger
ਤਾਜ਼ਾ ਅਦਰਕ



\$1.48
lb

Zucchini Squash
ਜੁਕੀਨੀ ਸਕੁਐਸ਼



88¢
lb

Green Elaichi (Cardamom) S.G
ਹਰੀ ਇਲਾਇਚੀ (ਐੱਸ. ਜੀ)



\$18.99
lb

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