

Winnipeg metro

WAGE!
LOVE!

Your essential daily news A SPECIAL EDITION WEEKEND, FEBRUARY 3-5, 2017

NOT BANNED HERE

With so much division and hate in the world, these immigrants and refugees from the seven countries recently banned by the U.S. are **waging love, not hate** — in all of Metro's cities Canadawide



'Now, I have children born here. They are proud to be here... We won't let hate shake us down'
Hani Al-Ubeady, who left Iraq 26 years ago and now calls Winnipeg home



IRAN
Golsa Golestaneh



SOMALIA
Osman Ali



SUDAN
Yousif Makkawi



LIBYA
Eiman Zarrug



SYRIA
Abdalah Ahmad Al Ahmad



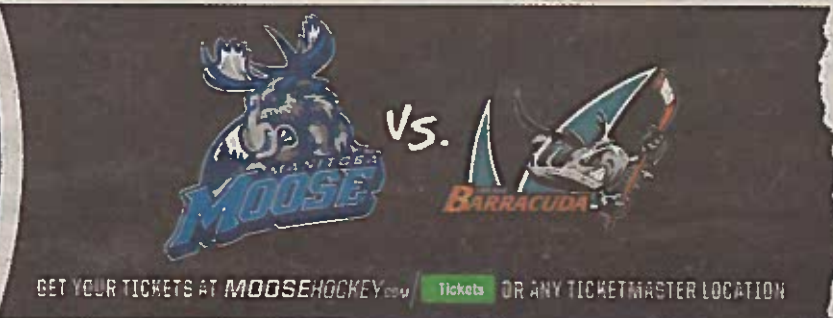
YEMEN
Omar Al-Emrani



QUEBEC MOSQUE SHOOTING
'WE WILL RISE FROM THIS DARKNESS STRONGER' metroNEWS

SOMETIMES LOVE MEANS SAYING SORRY
(APOLOGIZE, PEOPLE) VICKY MOCHAMA metroVIEWS

OSCAR SPEECHES WON'T CHANGE THE WORLD — DOCS WILL metroLIFE



The faces of love

Immigrants and refugees across the country tell Metro what they love about Canada, and how to spread love across the world. **METRO CANADA**



Halifax's Abdalah Ahmad Al Ahmad

1 SYRIA - ABDALAH AHMAD AL AHMAD

Syrian refugee Abdalah Ahmad Al Ahmad arrived in Halifax with his wife and five kids last February. Their children had no access to schooling for the almost four years they stayed in Lebanon, so they were "thrilled" to come to Canada.

When asked about how to best spread the love during troubled times,

Al Ahmad pauses and smiles. The best way to spread more love, he believes, is for Canadians to just keep doing what they're doing.

"Keep doing exactly what you're doing now. The most beautiful thing I noticed here in Canada is whenever you look at anyone you always find a smile on their faces... just do that."

2 YEMEN - OMAR AL-EMRANI

A decade has passed since Omar Al-Emrani left his home in Yemen after being offered an engineering scholarship at the University of Calgary.

Just one year into his new life in Canada, a 19-year-old Al-Emrani took a friend up on the strange offer to hitchhike to Vancouver.

"Along the way we were picked up

by four different people," he said.

"I was always curious to ask them — why? Why would you pick people up? But they all shared one thing: their eagerness and interest to learn about different people and different cultures and just sharing the love for humanity."

In the end he got to know the country he now considers "home."



Calgary's Omar Al-Emrani



Winnipeg's Hani Al-Ubeady

3 IRAQ - HANI AL-UBEADY

Hani Al-Ubeady left Iraq 26 years ago to find the personal freedom and peace he says he now has in Canada.

"I chose Canada, and I think it was based on a gut feeling. Canada is a country of immigrants, built by immigrants," he said. "It's a country I can belong to."

Al-Ubeady said he started a new life

when he came to Canada. It's now his home — a place where he could pursue his goals without persecution.

"It is our country without any hesitation," he said. "Canada is an inclusive society with a few incidents. Now, I have children born here. They are proud to be here... We won't let hate shake us down."



Ottawa's Yousif Makkawi

4 SUDAN - YOUSIF MAKKAWI

The way to spread more love in the world is for people to think of themselves as individuals, and not as members of a country or race. That's the advice of Yousif Makkawi, winner of the 2016 Outstanding Volunteer Award from the Ottawa Regional Cancer Foundation, director of the Sudanese-

Canadian Association of Ottawa and member of the African Canadian Association of Ottawa.

Asked how to spread more love in, he said, "(People) should think of themselves as who they are... You don't say, 'I am Sudanese,' or 'I am Canadian.' I am Yousif, and I love everybody."



Vancouver's Golsa Golestaneh

5 IRAN - GOLSA GOLESTANEH

Golsa Golestaneh, 19, came to Vancouver in 2012 with her family, as government-assisted refugees. They fled from Iran, where her politically active parents were persecuted after mass protests in 2009.

"If they were arrested again, they would probably not survive," she said.

What carried Golestaneh through their escape was "love," she said, which she found in refugees' openness and understanding for others. "As a refugee, love is the basis of our society," she said.

Now, "love," to her, "looks like community."



Toronto's Osman Ali

6 SOMALIA - OSMAN ALI

As a 20-year-old refugee arriving from Somalia in 1978, Osman Ali thought nothing was going to be easy.

He had nothing, and he knew no one in the country. But he was amazed at how friendly and welcoming people were. "It was easy to fall in love with Canada," he said. "You couldn't have

wished to live anywhere else."

As he went through the immigration process, and later studied and started his own family, he continued to appreciate the country's multiculturalism and the sense of diversity he sees. "Canada is you and me. That's really what I like."



Toronto's Eiman Zarrug

7 LIBYA - EIMAN ZARRUG

Her parents left Tripoli when she was only four months old, and Eiman Zarrug lived in London, England, before coming to Canada when she was eight.

"The difference was like night and day," she said, remembering being fascinated by the ability to find Ethiopian

food or a Chinese restaurant. While her background made it a challenge to "fit in" in Europe, it felt like an advantage in Canada. "Being different was comforting," she said. "If you ask me where I'm from I'll tell you that I'm Canadian before going into details of what's written on my passport."

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