

Manuel re-elected FAMAS president

See page 4 report by Willie Quiambao



Cesar Manuel (6th from the left, flanked by Councilors Marvin Rotrand and Lionel Perez) and his party, Samahang Makabayan, won a landslide victory during the FAMAS elections held on August 4, 2019 at the community center on Van Horne Avenue. Photo taken during the appreciation and victory party held on August 18, 2019. (Photo from Marvin Rotrand’s facebook)

G7 Highlights on Final Day of Meetings: Iran, Climate Change and China Trade

President Trump spoke again about the trade war, President Emmanuel Macron of France discussed diplomacy with Iran, and world leaders agreed on Amazon aid.

August 26, 2019 [The final day of the Group of 7 meeting in France ended in whiplash for global leaders and swerves toward diplomacy with China and Iran for President Trump.]

President Trump said on Monday that he would be open to meeting with President Hassan Rouhani of Iran, and would even be willing to support short-term loans to

get Tehran through its current financial difficulties if talks open.

Mr. Trump was responding to an overture by President Emmanuel Macron of France, who said that he would try to set up such a meeting in the next few weeks, to seek a resolution of decades of conflict between Iran and the United States.

Mr. Macron, who said he had spoken with Mr. Rouhani, said that if the American and Iranian presidents met, “my conviction was that an agreement can be met,” addressing

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G7 Highlights



President Trump and President Macron of France during their final press conference of the Group of 7 summit in Biarritz, France, on Monday.CreditErin Schaff/The New York Times

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From the
Executive Publisher's Desk

ENVIRONMENTAL
CRISES AND
CLIMATE CHANGE

Zenaïda Ferry-Kharroubi

It is common knowledge that the planet which we all share and live on is facing environmental crises of untold proportions - wild fires, floods, earthquakes, typhoons as well as pollution both in our waterways and landfills. If nothing is done to change our ways of doing things both locally and globally, we might find it impossible to reverse the damages already caused by harmful human activities.

Facts and figures may serve to remind us that we must be aware of of the environmental crises and climate change that impact our life. We have selected an article that seems to give an overview of climate change and why people should care about what happens to the earth we live on. In other words, if we have more information at our finger tips, perhaps, we can make better decisions and help make this world a better place. As one writer states: "I'm convinced that if the world survives these dangerous times, it will be tens of millions of small things that do it. Keep on!"~ Pete Seeger

Each one of us has a role to play, and little things mean a lot. We can all do something and contribute to the advocacy of protecting our environment. We hope you will read the article below and be better informed about our environment.

Facts About Climate Change

Climate change is not limited for study to scientist and researchers alone. Today even the common man wants to be extremely aware of the climate change effects and contribute the best way he can to save himself and the earth at large. Here is what you can learn all about climate change – from facts to prevention.

What is Climate change?

Due to combustion of fossil fuels, the concentration of carbon dioxide and other greenhouse gases in the atmosphere has been increasing alarmingly. All these gases have been present in the atmosphere to keep this planet warm for the existence of human life. Since last few decades and mostly due to industrial revolution, the presence of these gases in the atmosphere has accumulated steadily resulting in enhanced greenhouse effect.

As a result, world's average surface temperature has increased by around 0.6 degrees Celsius over last 100 years. The changing climate patterns have already made significant impact on our planet. Melting of polar ice caps, change in rainfall patterns,

increase in frequency of hurricanes, storms are few of the adverse effects of climate change. Scientists predicted that due to ongoing activities contributing to global warming, the average global temperature could increase between 1.4 and 6 degrees Celsius in the 21st century.

Climate_change_facts

Below are 35 facts about climate change

- Fact 1: The global temperature on an average has increased by 0.6 to 1 degree Celsius till the 20th century.
- Fact 2: The United States constitutes 5% of the world population and contributes to 22% of world's carbon emission.
- Fact 3: Around 15% of the carbon released in the environment is due to deforestation and change in use of land.
- Fact 4: The golden Toad is the first species to go extinct due to climate change.
- Fact 5: Vehicles like cars and truck contribute to 20% of carbon emissions in the United States.
- Fact 6: Air conditions and heating elements consume 50% of electricity in America.
- Fact 7: Hurricanes, droughts and coral deaths are few of the natural disasters caused due to climate change.
- Fact 8: Climate change enhances the spread of pests that causes life threatening diseases like dengue, malaria, Lyme disease etc.
- Fact 9: The hottest years have been experienced since 1990 till 1997. The warmest years have been from 2005-2010.
- Fact 10: The number of climate change related incidents have increase four fold between 1980 and 2010.
- Fact 11: Land use change and deforestation contributes to 15% of carbon emission every year.
- Fact 12: The climate change scenario was much stable before the industrial revolution and has been rapidly changing since then. Today the reality is that climate change is going to get worse than yesterday.
- Fact 13: A separate budget of US\$ 40 million has been allotted for climate change research since 1990.
- Fact 14: Due to the greenhouse effect, the average temperature of the earth is 15 degrees rather than -18 degrees without the greenhouse effect.
- Fact 15: Carbon dioxide constitutes only 3.6 % of total greenhouse gases out of which 0.12% is attributed to human activities.
- Fact 16: Carbon dioxide is not the only contributing gas towards climate

change. Other gases like methane and nitrous oxide are far more dangerous than carbon dioxide alone.

Fact 17: The UN Intergovernmental Panel on Climate Change (IPCC) is a leading body fighting against climate change. This body is a political organization however and not a scientific body.

Fact 18: The Kyoto Protocol, an organization formed to analyze and fight against climate change will cost more than 100 trillion dollars thus making developing and underdeveloped communities to participate.

Fact 19: According to World Food Program (WPF.org), by 2015, the number of people affected by climate change disasters could reach 375 million per year.

Fact 20: Over the last 50 years, the concentration of carbon dioxide in the atmosphere has increased by 30% due to burning of fossil fuels and greenhouse gas emissions like carbon dioxide, nitrous oxide and other gases, trapping more heat in the lower atmosphere.

Fact 21: The rising temperatures will cause more deaths not due to natural reasons but as a result of overheating and rapid spread of deadly diseases.

Fact 22: Classic examples of climate change can be seen by the damages causes due to heavy rains and disasters like Hurricane Katrina in 2005.

Fact 23: Above 600000 deaths occur worldwide every year due to climate change. 95% of these deaths take place in developing countries.

Fact 24: Climate change can have serious health impacts such as heat stress, extreme cold which can cause major deaths due to heart diseases.

Fact 25: In 2003, around 70,000 deaths have occurred in Europe alone due to diseases caused by rising temperatures.

Fact 26: Pollen and aeroallergen high levels also lead to rising temperature. This can cause asthma which effects 300 million people worldwide.

Fact 27: Climate change is rapidly causing coastal flooding and displacement of people. Floods further cause major damages by injuring and killing people. They can even cause deadly diseases by spreading infection and vector borne diseases.

Fact 28: Due to water shortages, the transportation of water will cause it to contaminate and make it even more

deadly by spreading diseases.

Fact 29: Malaria, diarrhoea and malnutrition are water borne diseases that have caused more than three million deaths since 2005, one third of these deaths are in Africa.

Fact 30: Steps to reduce greenhouse gases can help save the negative health impacts. Promoting safe public transportation and active activities like walking or use public transport can help reduce carbon emissions. This can also help to cut down traffic, air pollution and thereby reducing cardiovascular diseases.

Fact 31: Various countries have taken steps to reduce greenhouse gas emissions. This has led to positive health effects. Promoting green transportation and car pooling can help to reduce carbon emissions and improve public health.

Fact 32: Depending upon the carbon emissions, a rise in temperature from 1.1 degree up to 6.4 degree is expected by the end of this century.

Fact 33: Over the next 20 years, global warming is expected to increase by 0.2 degree per decade.

Fact 34: The effects of climate change can have a disastrous impact on our planet Earth. High temperatures, loss of wildlife species, increase in sea level, changes in rainfall patterns, heat waves, stronger storms, wildfires and shrinking of arctic ice are few of the dangerous effects of climate change.

Fact 35: According to a recent report by Oxfam, climate change could push food prices by 50-60 percent more by 2030.

The horrifying impacts of climate change are definitely a nature's way to indicate that the worse is yet to come. Human beings can be called 'men of wisdom' only if we are prepared and already taking action to save the world from such terrible effects of climate change.

References: WHO

Rinkesh

A true environmentalist by heart ♥. Founded Conserve Energy Future with the sole motto of providing helpful information related to our rapidly depleting environment. Unless you strongly believe in Elon Musk's idea of making Mars as another habitable planet, do remember that there really is no 'Planet B' in this whole universe.



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The opinions expressed by the writers and columnists do not necessarily reflect that of the management of the North American Filipino Star nor its editors.

Gina Lopez, Philippine anti-mining advocate, dies aged 65



Gina Lopez burst into a rendition of R Kelly's I Believe I Can Fly after her appointment was rejected (AFP)

She was known for her strong stance against mining, closing down many of the country's quarries during her ten months in office in 2016.

Ms Lopez was also an advocate for children's rights and protection.

ABS-CBN, the broadcasting company her family founded, said she was a "pillar of strength". She was chair of the company's social development organisation." Her caring heart and

selfless kind of love inspired people within and beyond the organisation to help and serve others," ABS-CBN said in a statement.

What was she known for?

Serving under President Rodrigo Duterte's government, Gina Lopez led a crackdown on mining in a country known for its nickel ore production. Lopez closed 23 mines and suspended five others, as well as

banning open-pit mining.

A campaign followed, led by the country's mining industry, which argued the move threatened the lives of some 1.2 million people who depended on the industry.

A congressional committee rejected her appointment as environment secretary and she was forced to step down after 10 months in the role.

Many of the mines then resumed and Gina Lopez later referred to her time in the post as "painful".

"I really do sincerely hope something can be done about the destruction that mining brings on," she said in a Facebook post in July, while in the grip of what she referred to as a "health crisis".

She died from multiple organ failure but the cause of this has not been confirmed.

According to Senator Bam Aquino, a Filipino politician and social entrepreneur, Gina Lopez "created generations of environmental warriors and inspired Filipinos to unite for a common cause".

Gina Lopez was the second of seven children and her family founded

the broadcasting corporation ABS-CBN before it was captured by the military under the rule of the dictator, Ferdinand Marcos, in the 1970s.

As a teenager, Gina Lopez left the Philippines to study in the United States, before working as a yoga missionary in Portugal, India and Africa.

"I lived as the poor lived, so I learned how not to be wasteful - a trait I carry to this day where I use every bit of everything," she wrote in an essay in 2016, according to ABS-CBN.

The former environment secretary launched a reforestation programme in the Philippines

"It is in Africa that I learned the quality of persistence," she added. "Hardship has its value."

"At an age when people are just figuring out what they want to do in life, she already knew her purpose," said her cousin Mark Lopez, chairman of ABS-CBN. "She left a comfortable life to devote her time and energy to help uplift other people's lives."

Gina Lopez also campaigned against child abuse, setting up a rescue hotline for children in Asia.

"We will miss Gina's light, as a private person, as a leader, and as a crusader," Mark Lopez added.

"While she left us a void that cannot be filled, we take comfort in knowing that with love, like she had shown us, there remains hope and beauty in the world we live in."

PH Navy to get submarines, might lease HQ

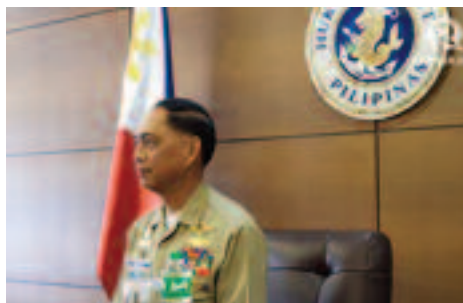
By JC Gotinga
August 29, 2019

Racing to keep up with other countries' naval capabilities, the Philippines plans to acquire new warships and submarines, but it might lease its naval headquarters to help fund the asset-buying spree

MANILA, Philippines – For an archipelago with an enviable strategic location, the fact that the Philippines has one of the region's most under-equipped navies is lamentable, the Navy chief admitted, and he would willingly give up his office overlooking Manila Bay if it meant more boats, ships, and perhaps, a submarine or two.

"Maganda mag-opisina dito dahil nakikita mo 'yung dagat (It's nice to hold office here because you have a view of the sea), but then..." Philippine Navy Flag Officer-in-Command Vice Admiral Robert Empedrad trailed off as he discussed a plan to lease their headquarters that occupies prime real estate along Roxas Boulevard.

Empedrad confirmed to



NAVY CHIEF. Philippine Navy Flag Officer-in-Command Vice Admiral Robert Empedrad speaks to reporters at Naval Station Jose Andrada in Manila on August 28, 2019. Photo by JC Gotinga/Rappler

reporters on Wednesday, August 28, that the Navy is "engaging with companies" over a plan to lease Naval Station Jose Andrada for about P40 billion.

The Department of Budget and Management has earmarked the lease proceeds for the ballooning cost of retired soldiers' and war veterans'

pensions.

Empedrad disagrees, "I would rather use it to modernize our Philippine Navy."

"Relative to our neighboring powerful navies, malayo pa tayo (we're still a long way off)," he added.

Confronted with Chinese naval, survey, and fishing vessels criss-crossing Philippine territorial waters with growing frequency, the government said the Navy will become the focus of the Armed Forces of the Philippines Modernization Plan – a 15-year program to boost the military's defense capabilities that began in 2013 worth roughly P300 billion.

Last week, the Navy brought home the Pohang-class corvette BRP Conrado Yap, a refurbished 30-year-old hand-me-down from South Korea, equipped with anti-surface, anti-air, and

anti-submarine warfare capabilities.

In the next several years, the Navy is expected to get two brand new frigates, two brand new corvettes, and another two refurbished Pohang-class corvettes.

In September, the Navy will commission 4 amphibious assault vehicles (AAV) and 3 multi-purpose attack craft (MPAC).

President Rodrigo Duterte has "approved in principle" the Navy's plan to acquire two submarines, Empedrad said. Last month, Defense Secretary Delfin Lorenzana said the first submarine might be acquired from France.

Meanwhile, the Navy also wants to be able to build its own ships locally.

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PH Navy

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Manuel re-elected FAMAS president

By Willie Quiambao

Cesar Manuel of Samahang Makabayan and his team swept to power in a landslide victory over Team Malaya headed by Romeo D. Remegio. The Aug. 4 election was held at FAMAS community centre. Like in the past, the election was marred by allegations of vote buying and violations of the COMELEC’S Rules and Regulations by the candidates and COMELEC itself. Below is the email sent by Team Malaya on Aug. 6 to FAMAS COMELEC 2019 :

“We are writing to file a formal complaint and we demand a full explanation in the shortest delay that will be published in any form. Your refusal and failure to do so will severely affect the whole electoral exercise in the same way that your action and inaction has already compromised its integrity. At 7:35 am on Aug. 4, we filed a complaint against the Samahang Makabayan re their advertisement in the Filipino Forum. Again, at 9:19 am on the same day, we filed a complaint against the same party re their poster in places frequented by Filipinos in Montreal. Both complaints we filed on the ground that the ad and poster do not bear the sentence “Paid for and Authorize by...” which is a clear and blatant violation of Article V, Section 3 of the COMELEC 2019 Office Rules and Regulations and Procedures. The same we filed with the demand that the complaint be dealt with before the opening of the polls on Aug. 4 which was the logical thing that you should have done. Later, on the same day, we appealed to you in several messages on Facebook Messenger for you to decide on the complaints before you opened the counting. This too, was a request you did not heed. Any legal authority will say that your action or inaction was not the right to do and it must have severely compromised the whole exercise.

Our team’s complaint against the Samahang Makabayan re pre-mature campaigning of Mimi Gasapo for the Samahang Makabayan, was filed and you found the party guilty as you said ‘We do not tolerate such behaviour and Ms. Gasapo and her team Samahang Makabayan are being formally penalized to pay the amount of \$750 within 5 days. Our complaint against Samahang Makabayan re premature campaigning at a Tennis Club gathering of Pia Bautista, you penalized with \$750. Regarding our complaint against the Samahang Makabayan re flyers not bearing the ‘Paid for by ...’, sentence, you issued them a warning while for the complaint against them re ad in the Filipino Forum not bearing the ‘Paid for ...

sentence, you issued them a warning, while for the complaint re ad in the Filipino Star not bearing “Paid for ...” , sentence, you fined them with the amount of \$1,500. Both amounts which you said must be paid immediately, have not been received by the Team Malaya. Article XX, Section 1 of the COMELEC 2019 Official Rules, Regulations and Procedures says that “Contravening the election rules outlined above, and those section of the FAMAS Constitution and Bylaws relating to Qualifications of the Executive Board and the COMELEC may result in penalties or disqualification. COMELEC reserves the right to issue multiple strikes or non-standard penalties where appropriate.” Section 2 of the same Article says that ‘Standard Penalties: First strike: Written formal warning. Second strike: Disqualification from the election.’

With the way you handled the complaints against the Samahang Makabayan, for which you found them guilty and in fact penalized them, it is clear that you violated your own rules.

On the day of the election, Aug. 4, 2019, observers from both parties were not invited in the polling place when X111, Section 1 of the COMELEC 2019 Official Rules, Regulations and Procedures says that ‘Each political party is allowed a representative for each registration who may remain in the polling place during the election process. No more than two representatives for each party are allowed in the polling place’

This, again, was a violation of your own rules. In an interview with CPRM which was broadcast live on Facebook, you announced that the total of votes cast is 2591, yet the combined votes of the candidates for president is 2780. How can the votes cast for 2 candidates exceed the total number of votes cast? This necessitates an explanation. We demand to know the exact number of registered members per Membership Forms, the exact number of Membership Cards issued, the total money collected from membership, the real total number of votes cast, the total number of ballots used, the total number of stubs, the total number of wasted ballots and stubs, and the total number of voided votes. Such should be made public as it is not only Team Malaya that you have to explain to.”

Joseph Gonzales, Team Malaya vice presidential candidate, did not mince words when he described Opendo’s inexperience and unprofessionalism as COMELEC chairman. “He announced the winners

on his personal Facebook, instead of FAMAS. The list of candidates posted on the bulletin board was potential, not official. In other words, we voted for the potential candidates. On the election day, we told Pastor Opendo to solve the complaints before proceeding to the election and counting. How can you disqualify people that have been elected? He did not heed our protest. He said that the people were already there. In the court of law, the election should be declared null and void.The counting started late because Leah Baldelovar, Team Malaya candidate for secretary, and Bing Estopa and Marlyn Villanueva, COMELEC members, were having a heated argument with Pastor Opendo who proceeded with the election without solving the problems.”

The following is Pastor Opendo’s reply dated Aug. 14, “This is an answer to your letter regarding the official election result of the Executive Board Election 2019 that was posted in the Executive Board website, and other social media, in an earlier date. However, for the good of the Filipino community, the COMELEC went beyond that, we published a copy of a video of every step that the COMELEC took a hard copy of the election into the CPRN–Canadian Pinoy Radio Montreal.

“Posting the result in the FAMAS bulletin board will not change the result of the election. The Samahang Makabayan candidates have won 400 votes at the FAMAS election 2019 for a simple reason, the Filipino community has spoken, they went out and have chosen who they deemed is best suited for the Executive Board of FAMAS.

“The Board of Trustees wrote me a letter in behalf of Team Malaya dated August 12, asking me to proclaim the Team Malaya as winner instead. I received the letter through the bailiff the day after the COMELEC made the proclamation of the winning team Samahang Makabayan last August 11, 2019. And now in an email dated Aug. 4, 2019, you are demanding the COMELEC to withdraw my proclamation. From my chair, I don’t think that is the right thing to do.

As I stated before in my previous letter that the Samahang Makabayan has remedied their fault.”

Gonzales remarked, “It doesnt matter whether there were 100 people or 400 people who voted for the Samahang Makabayan. The bottom line is that the COMELEC broke its own rules. In losing, you learn many things. You learn to be humble. What we want is for the same thing to be avoided in the future. For us to allow this thing to happen again is the worst thing that

with really violent force.”

Mr. Trump has repeatedly castigated former President Barack Obama for the 2015 nuclear deal that unfroze billions of dollars belonging to Tehran, and has imposed sanctions that have damaged the Iranian economy. But he said on Monday that he would go along with “a short-term line of credit or loan” to Iran, secured

can happen to us and the community.”

The results of the FAMAS elections are listed below by team:

Samahang Makabayan	
President	
Cesar Manuel	1595
Vice-President (ext.)	
Ramon Vicente	1428
Vice-president (int.)	
Svetlana Suarez	1476
Secretary	
Mark A. Simbulan	1467
Treasurer	
Mimi Gasapo	1445
Auditor	
Aristia Elumbering	1342
Accountant	
Pia Dulce Bautista	1480
Special Projects	
Wilfredo Capistrano	1378
Educ. Social, Cultural	
Lorna Litan	1369
Sports & Youth	
Bryan Perona	1542
PRO	
Alfredo Erguiza	1268
Outreach Coordinator	
Aquilino Aberlin	1455
Membership	
Eric A. Esplana	1407
Team Malaya	
President	
Romeo D. Remegio	1185
Vice-President (ext.)	
Joseph V. Gonzales	1152
Vice-President (int.)	
Mercy M. Umipig	1224
Secretary	
Leah Baldelovar	1164
Treasurer	
Lorenza E. Penullar	1151
Auditor	
Edwin Rosete	1230
Accountant	
Cynthia Liao Bautista	1093
Special Projects	
Michael Castro Supan	1194
Educ. Social, Cultural	
Raquel N.Trinidad	1187
Sports & Youth	
Ismael Cataunan	1039
PRO	
Francisco Bernabe	1094
Outreach Coordinator	
Alona Amano	1143
Membership	
Glenda D. Lasaten	1160
INDEPENDENT	
PRO	
Norberto Mandin	115

Silver is speech but silence is gold. Silent waters run deep.

by oil.

“We’re talking about a letter of credit,” he said. “It would be from numerous countries.”

A meeting between American and Iranian leaders would be the first since the United States Embassy was

From Page 1

G7 Summit

Iran’s nuclear ambitions and its destabilizing actions in the Middle East.

Joining Mr. Macron at a news conference at the end of the Group of 7 summit meeting, Mr. Trump expressed openness to such a meeting.

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G7 Summit

COMELEC Acknowledges DFA Contribution of Overseas Voting

23 August 2019 – The Commission on Elections (COMELEC) celebrated its 79th anniversary by hosting a Stakeholders Appreciation Night on 22 August 2019, at Manila Hotel.

The celebration was led by Chairman Sheriff M. Abas. In attendance were representatives of stakeholders that collaborated with COMELEC in the 2019 National and Local Elections.

In thanking the DFA, Chairman Abas stated that the Department "largely contributed in ensuring that even our overseas workers are given the opportunity to exercise their right to vote." He further stated that "aminado kami na malaki ang kontribusyon ng overseas voting para masiguro na maayos ang patakbo ng ating halalan. The DFA, through the different embassies, have been vigilant in reporting to the COMELEC, whatever bugs or problems that they initially encounter in the early stages of the overseas voting. This helps us prevent these problems from being encountered in the actual day of the regular elections."

During the opening remarks, Chairman Abas thanked all the stakeholders, both from the public and private sectors, and acknowledge their contributions in achieving an honest, orderly, transparent, and credible elections, stating that through the combined efforts of COMELEC and its stakeholders, "the Filipino people

continue to have high trust to our electoral process."



The event ended with COMELEC handing out plaques of recognition to its partners.

Apart from the DFA, among others given a plaque of recognition was the Department of Education, Department of Information and Communication Technology, Philippine National Police, (CNN) Millions of Contigo Kids Cleanable Water Bottles have been recalled because a silicone spout can detach and pose a choking hazard for children, the US Consumer Product Safety Commission stated Tuesday.

By Susan Scutti, CNN

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Millions of Contigo water bottles recalled because of the risk kids will choke on detachable spout

Updated 3:23 PM ET, Tue August 27, 2019

(CNN) Millions of Contigo Kids Cleanable Water Bottles have been recalled because a silicone spout can detach and pose a choking hazard for children, the US Consumer Product Safety Commission stated Tuesday.

Contigo, a Chicago-based company, has received 149 complaints, including 18 incidents in which the spout was discovered in a child's mouth. No injuries had occurred as of Tuesday.

Recalled bottles should be immediately taken from children.

The bottles, which cost between \$9 and \$24, were sold at Costco, Walmart, Target and other brick-and-mortar stores nationwide, as well as online between April 2018 through June 2019.

About 5.7 million total bottles, including about 157,000 sold in Canada and about 28,000 sold in Mexico, were sold individually as well as in two-packs and three-packs.

They come in three sizes (13 ounce, 14 ounce and 20 ounce) and four colors (solid, graphics, stainless steel and stainless steel solid). The word "Contigo" is printed on the rim and near the bottom at the front of the bottle.

Contigo will supply a free replacement lid for faulty products,



Recalled Contigo Kids Cleanable Water Bottles

which have a black base and a black cover over the clear silicon spout.

"Only black color spout base and spout cover models are included in this recall," according to the company website, which provides an online form so consumers can order a free replacement lid.

A spokeswoman emphasized that the company recalled the lids voluntarily.

"The incident rate is very low of consumers reporting any separation of the silicone spout and no injuries have been reported," said the spokeswoman. "Child safety is of the utmost importance to Contigo and we have worked quickly to correct this issue and provide a solution."

The CPSC is tasked with protecting the public from risks of injury or death linked to the use of thousands of consumer products.

Contigo, a Chicago-based company,



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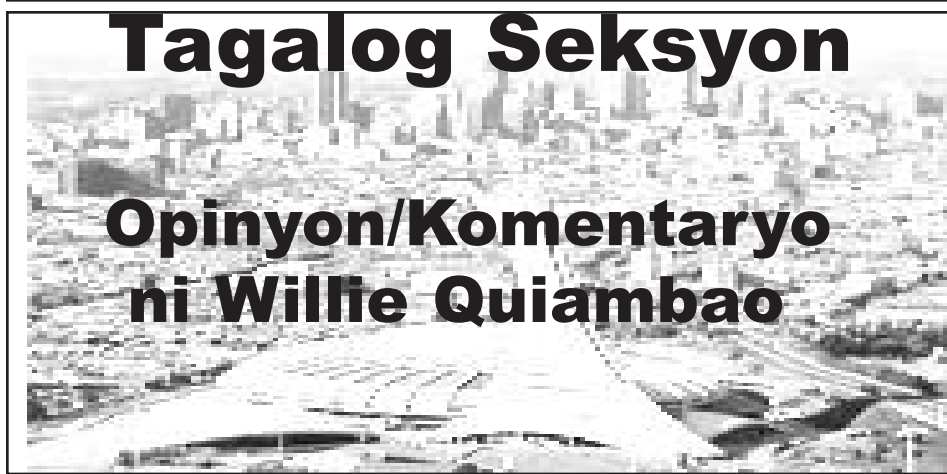
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Opinyon/Komentaryo ni Willie Quiambao

HINDI LAHAT NG GUSTO NG FAMAS COMELEC AY MAGAGAWA NITO

Nang mapapunta ako sa Tim Horton's noong August 2, may grupo ng mga Pilipino na pinag-uusapan ang COMELEC chairman na si Pastor Glenn Opendo. Nang lumabas ang balitang nangampanya ng wala pa sa takdang araw ang isang kandidato ng Samahang Makabayanm, pinagbayad lamang daw ito ni Pastor Opendo. Pinag-uusapan din ang maikasing panahon na ibinigay niya sa mga kandidato upang mangampanya. Ang opisyal na pangangampanya ay July 16 at ang eleksyon ay Aug. 4. Inireklamo rin ang ginawa niyang debate ilang araw matapos ang advance voting. Ginagawa ang debate bago mag-eleksyon upang matulungang magpasiya ang mga tao kung sino ang iboboto. Sa Amerika ay nagde-debate na ang mga kandidato sa pagkapangulo para sa isang taon. Nang tanungin ko siya bakit huli na ang debate, ang sagot niya ay upang makita at marinig ng mga nakatira sa West Island at South Shore ang mga kandidato. Bakit pa? Marami nang

botante ang nakaboto. May nagsabi na magagawa ng COMELEC chairman ang gusto niya. Mali! Magagawa lamang ng COMELEC chairman ang gusto niyang gawin kung tama o makatarungan ang mga ito. Tama ba ang ginawa ng COMELEC chairman na si Julie Parado noong 2015-2017 eleksyon. Iniwi niya ang kahon ng mga balota dahil wala naman daw sa Constitution na hindi puedeng gawin iyon. (Basahin din ang iba pang maling ginawa ni Pastor Opendo sa artikulong "Manuel re-elected as FAMAS president")

MICKY MOUSE LAMANG ANG ELECTION RULES AND REGULATIONS

Ginagawa ng COMELEC ang Election Rules and Regulations upang maging gabay at sundan ng mga kandidato at mismong COMELEC. Hindi ko masisisi ang mga kandidato kung lumabag sila sa mga ito sa kagustuhan nilang manalo. Ang hindi ko maintindihan ay kung ano ang dahilan ni Pastor Glenn Opendo sa mga paglabag niya sa ginawa niyang Rules and Regulation. Nabasa ko ang mga paglabag niya. Nasira na naman niya

ang kaniyang pangalan. Ginawa niyang Mickey Mouse ang mga Election Rules niya. Hindi niya siniryeso ang mga ito.

Isa sa mga hinihiling ng Malaya Team sa COMELEC ay ipaalam kung magkano ang nakolektang membership fees hindi lamang para sa una kundi para sa komunidad din. Hanggang ngayon ay hindi pa nililiwanag nang malinaw ng administrasyon noong 2015-2017 kung bakit \$21,000 ang membership fees \$963.65 lamang ang financial turnover. Sa halip, may nagtanong, "Hindi pa ba sila nakakamove on?" Hindi \$10 o \$20 and pinag-uusapan. At pera iyon ng komunidad.

ANG PAGKAKAIBA NG COMELEC NOONG PANAHON NI SARMIENTO, PARADO AT PASTOR OPENDO

Mahirap at malaking responsibilidad ang trabaho ng FAMAS COMELEC. Nasubaybayan ko ang paninilbihan ng tatlong COMELEC sa eleksyon. Ang mga ito ay noong panahon ni Budz Sarmiento, Julie Parado at Glenn Opendo. Katakut-takot na mura ang inabot ni Sarmiento nang bawasan niya ng 150 boto ang buong Partido ng Samahang Makabayan nang mahuling nangangampanya si Lina Flores sa hindi pa nakatakdang araw. Sa akin, walang niloko si Sarmiento noon. Binigyan niya ng kopya ng Rules and Regulations ang mga kandidato Nasa edad na sila, malalaki ang letra sa Rules and Regulations at marunong silang bumasa at makaintindi ng English. Pinaalalahanan niya ang mga kandidato na kung may mga katanungan sila ay sabihin sa kaniya. Ang problema, pirma na lamang sila ng pirma na hindi binabasa ang pinipirmahan.

Noong panahon ni Parado ay

inamin ni Cesar Manuel at Dante Tabamo sa akin na nakapirma na sila sa candidacy form nang malaman nilang walang advance voting. Deception iyon. Naihambing ko ito sa isang tenant na idinemanda ang ang kaniyang landlord. Nang makapirma na sa lease ang tenant, sinabihan ito ng landlord na No Smoking at No Pets Allowed sa apartment. Natalo ang landlord. Pinayuhan ko si Manuel at Tabamo na makipagusap sa COMELEC chairman na si Parado pero wala silang lakas ng loob na gawin iyon. Dahil miembro ako ng FAMAS, ako ang kumausap at nag-email kay Parado kung puedeng baguhin ang kaniyang desisyon. Ang sagot niya ay walang nakasaad sa Constitution na gawin nila ang advance voting. Ang argumento ko ay wala namang nakasaad na hindi puedeng gawin ito lalo na kung ang mga kandidato at botante ang humihiling. Ngayong si Pastor Glen Opendo ang COMELEC chairman, ang pinag-uusapan ng mga tao ay kung totoo ang mga balitang nagbayad ang isang kandidato ng Samahang Makabayan na nahuling nangangampanya sa Facebook sa hindi pa sa takdang araw. Kinapanayam ko si Pastor Opendo kung totoo ang balita. "Hearsay lamang iyon," ang sabi niya. Idinagdag niya na hindi siya naniniwala sa pagbabawas ng boto subalit may gagawin ang COMELEC na hindi na uulit ang lumabag sa regulasyon. Kung totoo ang balita na may perang nasangkot, higit na hindi ako sang-ayon. Napapahiwatig na pera ang nagpapatakbo sa komunidad. Hindi ko masisisi si Sarmiento kung nagtatawa siya ngayon.

From Page 4

G7 Summit

stormed and American diplomats were taken hostage in 1979, resulting in a 444-day standoff and four decades of hostility. Mr. Obama talked with Mr. Rouhani by telephone in 2013, but the Iranian leader, under pressure from hard-liners in his country, refused to meet in person.

Mr. Macron's bid to bring the two leaders together came a day after he invited Foreign Minister Mohammad Javad Zarif of Iran to Biarritz for a surprise, last-minute visit. Mr. Zarif held talks with French, German and British officials, but Mr. Trump declined to see him.

Trump pivoted again on China, turning down the heat on the trade war — for now.

President Trump shifted tone on his trade war with China yet again on Monday, calling President Xi Jinping of China a "great leader" just three days after branding him an "enemy" of the United States.

Mr. Trump said that Chinese officials had reached out by telephone and that the two sides would soon restart trade talks, after the latest escalation in tariffs and his "order" to American companies to look for ways to pull out of China.

"We were called and we're going to start very shortly to negotiate," Mr. Trump said as he met with President Abdel Fattah el-Sisi of Egypt on the sidelines of the Group of 7 summit meeting in Biarritz, France.

"We'll see what happens, but I think we're going to make a deal."

While Mr. Trump originally said the American side had received two phone calls, Beijing did not immediately confirm any, and the editor of a newspaper owned by the Chinese Communist Party tweeted that there had been no significant contacts in recent days. Asked later about that, Mr. Trump was somewhat more cryptic but insisted that there had been communication "at the highest level."

Either way, Mr. Trump appeared to be toning down a conflict that has battered world financial markets, hours after China's chief negotiator did the same.

"We are willing to resolve the issue through consultations and cooperation in a calm attitude and resolutely oppose the escalation of the trade war," said Liu He, the Chinese vice premier. "We believe that the escalation of the trade war is not beneficial for China, the United States nor to the interests of the people of the world."

Mr. Trump has pivoted repeatedly in his language on the conflict in recent days. On Friday, after China imposed new tariffs in retaliation for American levies, Mr. Trump said he "hereby ordered" American companies to start leaving China and vowed to increase his own tariffs. He referred to Mr. Xi as an "enemy."

On Sunday, Mr. Trump said he had had "second thoughts" about the escalation. But within hours, aides

rushed out statements saying that his only regret was that he had not been even tougher on China.

G7 leaders address fires ravaging the Amazon rainforest.

The Group of 7 agreed on a \$20 million aid package to help Brazil and its neighbors fight the fires raging in the Amazon rainforest, President Emmanuel Macron of France said on Monday.

Mr. Macron and President Sebastián Piñera of Chile said they also had reached an agreement in principle with the countries of the Amazon basin for a long-term program of forest protection and reforestation of cleared lands. They said more details might be presented next month at the United Nations General Assembly.

The announcements followed a session on climate, the oceans and biodiversity that included representatives of several countries that are not members of the Group of 7. President Trump, who was holding meetings with other leaders, did not attend that session. The White House press secretary, Stephanie Grisham, said a senior member of the administration took part instead.

With tens of thousands of fires currently burning, it is not clear how far \$20 million will go in combating them. Mr. Piñera said the affected countries particularly needed specialized aircraft and specially trained and equipped fire brigades.

Mr. Macron and the German chancellor, Angela Merkel, have called

the Amazon fires a global crisis and a significant contributor to climate change, and insisted that the Group of 7 address it.

The fires accelerate depletion of one of the world's largest forests, a crucial sink for the atmospheric carbon dioxide that contributes to global warming. They also threaten Indigenous peoples and shrinking wildlife habitat.

Even before the recent fires, deforestation had accelerated since Jair Bolsonaro became Brazil's president in January, and environmental groups have accused him of encouraging it. Fires in the Amazon are often set intentionally — and illegally — to clear forests for farming or ranching.

Mr. Trump, a presidential candidate at the time, held an event with employees at the Trump National Doral resort in Miami in 2016.

Trump is considering holding the next G7 meeting at one of his resorts.

Next year in Miami?

President Trump appeared to confirm on Monday that he wanted to hold next year's Group of 7 summit meeting at one of his own properties, the National Doral luxury golf resort near Miami.

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Poll shows federal Liberals with double-digit lead over Conservatives in Atlantic Canada, Greens ahead of NDP



Prime Minister Justin Trudeau

By Staff Star Halifax, Wed., Aug. 28, 2019

HALIFAX—A new poll suggests Justin Trudeau's government currently has the edge in Atlantic Canada, despite the Liberals' approval hovering below 50 per cent.

Quarterly political polling from Halifax-based Narrative Research – formerly Corporate Research Associates – found 43 per cent of Atlantic Canadian respondents would have voted Liberal on the day they were asked, 30 per cent would have voted Conservative, 15 per cent Green and 10 per cent NDP. Two per cent would have opted for an alternative party and 41 per cent were undecided or refused to answer.

The pollsters sampled 1,500 people of voting age between July 31 and Aug. 22 in Newfoundland and Labrador, Nova Scotia, New Brunswick and Prince Edward Island. The poll



Jagmeet Singh, NDP

carries a margin of error of plus-or-minus 2.5 percentage points.

A news release from Narrative Research noted the Green Party's "dominant position" over the NDP as a significant change. The Greens moved ahead of the NDP in Narrative Research polls for the first time ever in the last quarter, according to the release.

Narrative Research CEO Margret Brigley is quoted in the release saying the results show "an important quarter for the Liberal Party."

"The gap in decided voter intentions has grown to 13 points (up from three points in May), and the question will be whether the gap will remain in the months to come."

The federal election is scheduled to take place on Oct. 21

Brigley pointed out the Liberal sweep of the Atlantic Provinces in the 2015 election and added, "Today,



Andrew Scheer, PC

Atlantic Canadians are less unanimous about the party, making the region a more competitive landscape."

A tough week reveals trouble ahead for Andrew Scheer. Shark Tank star Kevin O'Leary confirms he was passenger on boat involved in Muskoka crash that left two dead.

Broken down by province, the parties ranked somewhat differently. The Liberals were strongest in Newfoundland at 48 per cent and the NDP maintained third ranking, ahead of the Greens.

In Prince Edward Island, the Conservatives had the lead with 40 per cent of decided voters with the Liberals behind at 35 per cent.

The poll also asked respondents how satisfied they were with the overall performance of the federal government led by Trudeau and 43 per cent said they were mostly



Elizabeth May, Green Party

or completely satisfied. 50 per cent were mostly or completely dissatisfied and 7 per cent said neither.

According to the news release, voter satisfaction with the Liberals had ticked up slightly since May polling, when it hit a record low of 41 per cent.

On the question of party leaders, Trudeau was the preferred choice of 31 per cent of respondents, Conservative leader Andrew Scheer was top pick for 21 per cent, Green leader Elizabeth May was the preferred choice for 16 per cent and for NDP leader Jagmeet Singh, 8 per cent.

"Findings suggest that Andrew Scheer failed to build momentum in the region this past quarter, despite increased scrutiny on the Liberal Party over the SNC-Lavalin affair," Brigley said.

Scientists call on Elections Canada to clarify policy on climate change advertising

By Kerri Breen Evening/Weekend Supervisor, Breaking News Global News

A group of more than 350 Canadian scientists have penned an open letter following an uproar over whether advertising on climate change should be subject to Elections Canada rules.

The signatories said they were profoundly concerned after Elections Canada warned environmental groups that launching campaigns on the perils of climate change during the fall federal vote could potentially require them to register as third-party advertisers.

The scientists are calling on the agency to clarify how it interprets issue-based advertising rules in the Canada Elections Act so that groups can communicate on climate change without

having to register.

One of the signatories, Christopher Lyon of the University of Leeds, said in a statement that the registration process may "stifle evidence-based discussion" during the election. He said that a "chilling precedent" has been set.

Elections Canada issued a statement Tuesday explaining that the legislation doesn't prevent anyone from discussing issues.

If groups spend \$500 or more on certain activities, they will need to register as third parties with Elections Canada and submit reports, the statement said. They will also face a spending limit of \$511,700.

Elections Canada said that the policy on issue-based advertising "leads to increased transparency" and only

applies in cases where the issue is "clearly associated with a candidate or party."

The Act applies regardless of whether a candidate or party is mentioned.

The scientists argued that in describing climate change as an issue under which regulation may be required, the subject is being framed as a debate despite scientific consensus on the crisis.

"The weight of scientific evidence and consistent cross-party political support for major international climate efforts makes absolutely clear that the existence of climate change is not up for debate," said Marie Claire Brisbois of the University of Sussex.

Chief Electoral Officer Stéphane Perrault said that the Canada Elections Act "doesn't speak to the substance of

potential third party issue advertising, nor does it make a distinction between facts and opinion."

"It is not Elections Canada's role to make that distinction, no matter how obvious it may appear."

The controversy was sparked by a report from the Canadian Press over the weekend.

The outlet reported that one advocacy group, Environmental Defence, said an Elections Canada official explained during a training session that groups that communicate on the dangers of global warming could potentially be deemed partisan because People's Party of Canada Leader Maxime Bernier has made skeptical statements about the subject.

The letter was signed by 352 researchers working in Canada and abroad.

—With files from the Canadian Press



Megatrends in the work place

An article published recently online seems quite interesting for it offers an insight about the future of work and how it affects the way we live.

Germany quietly crossed a big threshold recently. According to a study conducted by HTW Berlin, a research university, 54 percent of productive employees in Germany were mainly or exclusively mobile workers at the start of the year. This marked the first time that people who worked "solely or primarily at a particular stationary workstation" were in the minority. This change would be impossible without digital workstations powered by a combination of artificial intelligence, software-defined products and increasingly sophisticated voice control on the one hand, and IT applications such as the cloud, big data and predictive analytics on the other. For Experton advisor Wolfgang Schwab, the terms "digital workplace", "Workplace 4.0" or "future workplace" are misnomers. Instead, he talks about a "digital workspace where virtually all areas of our conventional desktop world and the modern mobile domain come together".

But that's not all: futurologists at the University of St. Gallen have identified no fewer than 25 emerging megatrends that will shape the next generation of work. Megatrends are developments that may take up to 30 years to completely unfold, but that immediately start to affect every area of our lives and jobs and – this much is clear – cannot be stopped by anyone or anything. Tomorrow's jobs have no clear organizational allocation. Machines learn to think, become intelligent and essentially omnipresent through networking. Permanent employees lose importance while globally available skills of specialized experts gain importance.

The growing convergence of real and virtual mobility at the workplace, in employee productivity and in maintaining

a work-life balance has put one aspect at center stage: security. These environments have to be highly secure in order to make 'anytime, anywhere, any device' modes of work reliable and securely available. Collaboration and shared collaboration generally require employees to leave their secure corporate network. This is a real concern, especially since the researchers at Sharepoint and the University of St. Gallen expect collaboration to play a growing role in work processes. The "geographical location of the service provider" will no longer play any role in the future. Instead, work will be as mobile as capital.

At the same time, employability will depend less on formal qualifications and more on technical ability in robotics, augmented reality or similar fields. Even so – machines and self-learning processes won't completely replace human labor and ingenuity. According to scientists, the automation of work is finite. Entrepreneurial ability, creativity and the control of machines are still "hard-to-replace skills".

The 5 Biggest Future Technology Trends: Accenture Reveals Their Vision Of Post-Digital Era

Accenture's Technology Vision 2019 has identified the following five tech trends that will underpin competitive advantages in a post-digital era: DARQ Power: Understanding the DNA of DARQ

The report identifies four technologies, abbreviated to DARQ, that will be the catalysts for change in the post-digital era. These are distributed ledger technology (such as blockchain), artificial intelligence (AI), extended reality

(including virtual and augmented reality), and quantum computing. Businesses that are going to thrive over the coming years will have to master these technologies and identify how they can best leverage them to boost their performance. The vision is that as these technologies develop further and increasingly converge, they will enable businesses to build on their digital investments in order to offer more intelligent experiences that are highly customized for specific customers in specific moments.

Get to know me: Unlock unique consumers and unique opportunities

Accenture's vision is that in the post-digital era, companies will move towards a greater granularity in their understanding of customers. Based on people's digital identities, businesses are able to develop ongoing, personalized relationships in order to deliver rich, individualized products and services. Companies that can understand consumers based on their unique digital identities can cater for an ongoing, experience-based relationship with every individual customer.

Of course, this raises one glaring question – how will consumers react to ever-more in-depth and personal profiling and customization of services based on what could be very personal and valuable data – our day-to-day activities and information on the products and services we engage with.

The key here, according to Biltz, will be building trust, and whether or not a company manages this will be make-or-break in the world of the near-future. Businesses will strive to find the socially acceptable line – how much information they can collect and what they can get away with doing with it. And it's true that this line won't be set in stone, and it won't be the same for all of us.

As Biltz puts it, "It becomes a negotiation – it's not really about what is or isn't ok, it's about what's ok within a particular relationship – and that relationship will evolve over time." Human+ Worker: Change the workplace or hinder the workforce

People are now using technology in their everyday lives to enhance their skills and experiences. In the workplace, this offers companies opportunities to reimagine work and augment working environments with technology in a way to boost human performance.

Biltz states: "Today's workers are empowered not just by skills and knowledge, but also tech-driven capabilities. We call this the "human+" workforce."

The report calls for businesses to empower workers to become human+, where a new set of technological capabilities are integrated alongside people's own skills and expertise, and where companies foster a continuous learning culture.

The issue is that more than two-thirds of the 6,000 respondents to the Accenture survey believe that their employees are more "digitally mature" than their organizations. This results in situations where employees become frustrated as they wait for the infrastructure they rely on to do their job to catch up with their own technical proficiency.

"We're starting to create a new workforce that's dependent on technology, and constantly learning technology, but it's created a new digital divide that says most companies, while creating these new jobs, haven't changed the way they find, train and support workers, and even how they manage the knowledge and info these new workers are creating," Biltz says.

"Right now, in the US, the average stay at a company is three years ... which doesn't even count the number of roles

you may have within a company, which is closer to a year ... which says, 'how do I constantly train workers if they're constantly changing roles?'

"Just as important, if somebody's in a role for a year, who's maintaining all of the knowledge that they learned in the year ... how are they capturing best practices, connections, networks ... all the pieces fundamental to getting things done?"

"Our workers have gone through their own digital transformation, and it's not just the products and services of a company that are transforming, it's the workers and the structure and organization of the company that supports them."

Secure us to secure me: Enterprises are not victims, they're vectors

The increasing digitization of businesses, combined with the fact that they operate in evermore connected ecosystems, make them vulnerable to cyber attacks at unprecedented scales. Instead of focusing only on internal risk management, companies must look at their entire ecosystem and spread and share responsibilities, creating security partnerships.

The research confirms this, with 87% of business and IT executives agreeing that if they want to be truly resilient, organizations must rethink their approaches to security so that it not only defends their own business but their entire ecosystem.

Blitz states that "Cybersecurity is no longer an individual company effort. It needs cooperation with ecosystem partners."

MyMarkets: Meet consumers' needs at the speed of now

In the post-digital era, every moment will become a market opportunity. We are already used to businesses like Amazon or Netflix that provide us with personalized recommendations. But ever-increasing levels of customer insights mean business will become more adept at reconfiguring products and services in near real-time to capture "momentary markets."

The opportunity for businesses is to offer their customers highly customized and on-demand experiences to fulfill customer needs as they arise in a moment. For this, companies must combine real-time analytics capabilities with sophisticated back-end systems to capture and deliver to customers exactly what they need, when they need it.

"Whether we're trying to get across town, get to our jobs, pick up our children, exercise and make ourselves more healthy ... all those things represent small moments in our lives," Biltz explains.

Understanding our behavior in enough depth to capitalize on these momentary markets will be the next goal in personalization and individualization of products and services, according to the Vision 2019 report.

This is supported by two particular findings – with 83% of executives surveyed stating that digital demographics give their organizations new ways to identify unmet customer needs, and 85% agreeing that bringing together customization technology and real-time analytics will constitute the "next big wave" in competitive advantage.

"If you start to think about your market in this way – it flips business on its head. It's no longer about 'how do I maximize an individual transaction when someone's connected with me?'

"Instead, it's looking over people's lives as a whole and asking 'where should I insert my products and services into these lives in order to make them better?'

By Bernard Marr

Contributor ENTERPRISE & CLOUD

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FCT Media Bulletin:

The Filipino Centre Toronto Pursues New and Regular Programs & Services to the Community

True to its established vision and mission, the Filipino Centre Toronto-FCT, a prominent and progressive community-based organization in the Greater Toronto Area, is fully determined of engaging and offering well-defined and meaningful programs and projects to the members of the Filipino - Canadian community. The FCT, founded by dedicated community leaders, professionals and active retirees & volunteers almost 2 decades ago, is committed continuously and conveniently to lead and serve by being a solid player and participant in the social life and activities of its targeted beneficiaries -- kababayans, seniors & the elderly, students & youths, and new immigrants & other qualified residents in the province.

Proudly, the Centre provides "a common place for Filipino Canadians to meet and participate in social, civic, educational, business, recreational, sports and activities". It conducts and sponsors events "to showcase, enrich and promote our Filipino heritage, history and culture " in this adopted country.

Since it started operating as a not-for-profit and volunteer-run entity in the early 1999, the Filipino Centre Toronto's well-established regular programs and services are purposefully focused on the participants and recipients continued good physical health and well-being. The Centre's proven offerings are under 3 major categories, specifically: A. Services- 1) Free medical clinic for non-OHIP enrollees 2) Health information sharing 3) Health & well-being seminars 4) Medical crisis intervention & advocacy strategies 5) Estate planning & writing wills 6) Income tax preparation for seniors & low-income taxpayers 7) Homework club & academic tutoring 8) Recreational line & zumba dancing lessons 9) Beginning artist & painters workshop 10) Employment networking & advising and 11) Arts and crafts; B. Cultural and Social Activities - 1) Pistahan sa Toronto 2) Santa Cruzan 3) Top student-graduates academic

excellence awards 4) Professionals & achievers recognition awards 4) Filipino folk dance and music lessons 5) TGIF / Karaoke Night and 6) Presidents'



biennial gala event; and C.Sports Competitions - 1) Dr. Guillermo de Villa, Jr. golf tournament and 2) Victoria Invitational basketball tournament. These services, activities and events, mostly free or on minimal registration / participation fees, are scheduled and held on periodic, seasonal and at -need bases.

The current FCT Board of Directors on its recent executive board meeting released new, regular, and completed organizational undertakings in 2019. The following events and activities were operationalized in support, complement and /or extension of its current -and-ongoing programs, among the highlights of which were : 1) The "Enabling Accessibility Grant" application was approved by the Federal government in January, 2019. The Matching Grant, presented by MP Shaun Chen on May 10, 2019, is to create a fully-accessible facility for community centre users, especially the handicapped and the elderly. 2) A Town Hall meeting with Federal Minister of Small Business & Export Promotion Honourable MP Mary Ng was held on January 23, 2019 for the Filipino small business community to help business start ups, scale ups and access new markets. Among the special guests were

Members of Parliament Shaun Chen of Scarborough- North, Salma Zahid of Scarborough-Centre, and Jean Yip of Scarborough-Agincourt. 3) On February

16, 2019, an "Orientation Session for Filipino Immigrants" was conducted by FCT in partnership with Archdiocesan Catholic Mission, Family Apostolate Ministry and the Catholic Community Services of York Region. 4) "Planning Ahead Made Simple-Estate Planning", on February 20 and April 29, 2019. 5) In March, 2019 the Free Photography classes started; "Filipinas in Action", a women issue-focused session in partnership with FSO-Filipinas Speak Out, and Free Income Tax Clinic held in partnership with AFCA- Association of Filipino Canadian Accountants. 6) the biennial FCT Spring Gala honouring "Outstanding Filipino Canadian Seniors" was sponsored on April 13, 2019. 7) The Painting Class for seniors started and is held every Wednesday from 11:00 am. to 3:00 pm. with painting instructor Frank Cruzet. 8) The popular "Victoria Invitational Basketball Tournament", conducted on May 17-19, 2019, at the PanAm Sports Centre, engaging Filipino youths in active sports. 9) The Filipino- Canadian women "Roundtable on Women Issues" with MP Maryam Monsef, the Minister for Women, Gender Equality and International Development, on May 21, 2019. Special guest was Member of Parliament and Parliamentary Secretary to the Minister

of Canadian Heritage and Multiculturalism Gary Anandasangaree. 10) MP Shaun Chen's June 15, 2019 Discussion-Meeting on Filipino - Canadian community issues and concerns. 11) The joint FCT Pistahan TO and Flavours of the Philippines Filipino Heritage celebration on June 22 & 23, 2019 at Nathan Phillips Square, City of Toronto. 12) The Dr. Guillermo de Villa, Jr. Memorial Cup, an annual golf tournament played on July 21, 2019. 13) Canada Summer Jobs Funding for 7 full-time positions were created from July to August, 2019. As a result, Free Summer Tutorials in Reading and Numeracy Skills for elementary and high school student were provided.

Two major upcoming community-wide events are planned for the next 4 months. These include 1) the competition and search for 2019 Outstanding Filipino Canadian students in Ontario this October. It aims to encourage and recognize elementary, high school and post-secondary students to aspire and achieve academic success; and 2) "Sanib Saya", a Christmas party to be hosted by a group of Filipino-Canadian organizations to bring holiday cheers and "to model unity and love in meeting challenges in community organizations."

The Filipino Centre, Toronto is newly-sited and headquartered at 4395 Sheppard Avenue East, Scarborough, Ontario M1S 1T9. It has a simple party hall and board meeting rooms, available for rents at modest rates. For more information, please call the Filipino Centre, Toronto at Tel: 416-435-0485; Cell: 416-928-9355; Fax: 416-435-0486; Email: filipinocentreinfo@gmail.com.

As envisioned, the Filipino Centre, Toronto through its well-meaning & good spirited directors, officers, members and volunteers and in partnership and collaboration with its stakeholders and the community shall continue hoping and praying to aspire, inspire and pursue its avowed purpose and mandate in order to achieve success and move forward in the most meaningful and productive ways. And, as the late Rosalinda C. Javier always proudly said "This is our Centre, your Centre. Everyone is welcome to visit us!" (Tony A. San Juan, OCT-Ret.)

FilCan Educator to Lecture at Knights of Rizal -Canada Region Convention in Montreal

By: Jennifer S. MacLean

Noted Toronto educator Tony A. San Juan has been invited and scheduled to present a lecture during the 6th Regional Assembly of the Knights of Rizal-Canada Region. Sir Joe Damasco, KGOR & Knights of Rizal regional commander recently announced that T. San Juan will deliver a lecture on the theme: "The Relevance of Dr. Jose P. Rizal's Ideas, Then and Now" on September 15, 2019 at the Crowne Plaza Hotel in Montreal, Quebec, Canada. San Juan will share his insights and perspectives about the national hero's ideas on government, nationalism, education, leadership, women & youth, racism, religion, and other significant Rizalisms.

T. San Juan, a community leader and retired educator, has taught

college and high school in Manila, Kaduna and Toronto. He has worked in various capacities as a Philippine-licensed & Ontario certified teacher, senior lecturer, school administrator, program director, and assistant professor in various educational institutions in the Philippines, Nigeria and Canada. Active in the FilCan community in Ontario as an organizer and convener, Tony served either as a founding officer or president of the Philippine Teachers Association of Canada (PTAC), Camarines Norte Association-Canada-Ontario (CNAC-O) and other community-based organizations such as TFAT, FCPACE, CFCPO, & ACEN. Currently, he is the Chairman of the federally-registered Filipino Heritage Council of Canada (FHCC), a member of the TCDSB Filipino



Tony San Juan

Advisory Committee, the social-political commentator of Talakayan Radyo Filipino (TRF) public affairs program, and a writer & contributor to Filipino Canadian newspapers.

The K.O.R. quadrennial general assembly is being hosted and organized by officers and members of the Knights of Rizal, Eastern Canada Region-Montreal led by Sir Gerry Danzil, Sir

James Dela Paz and Sir Ramon Posadas. The K.O.R. Eastern Region is composed of the Montreal Chapter, Gatineau Chapter, MCC Chapter and West Island Chapter. The 3-day event, starting on September 13 to 15, 2019, will feature for delegates and guests a City of Montreal day tour, the traditional Gala Night and Commanders' Ball at the Hellenic Community Centre, and Plenary Session at Crowne Plaza Hotel-Montreal Airport.

Expected to register and attend the prestigious Montreal convention are officers and members of the Knights of Rizal chapter organizations from the USA, Western & Eastern Canada, Ontario and some fellow Knights from the Philippines and Europe. Sir Joe Damasco, solidly supported and assisted by senior officers of the K.O.R. Canada Region, expects and hopes to achieve a meaningful and memorable September celebratory affair.

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Human Resources Development
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Batch 11 PAB graduates standing behind the teachers and guests, July 8, 2017 - Seated: From left: Dolores Belandres, Editha Fedalizo, Clarice Mackay, Nina Schiff, Sonny Moroz (representing Mount Royal MP Anthony Housefather), Zenaida Kharroubi, Josefina Toledo, Amy Mano-og and Terry White.

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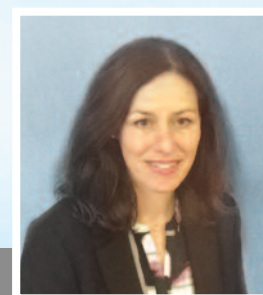
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Tasty and simple recipes



Gising-gising (Minced Pork and coconut milk)

Ingredients

500g green beans, sliced into small pieces
300g minced pork (30% fat)
2 tbsp bagoong or shrimp paste
2 cups coconut milk
1 cup coconut cream
4-5 pcs red chilies, sliced with seeds
4 cloves garlic, minced
2 small shallots, finely chopped
freshly ground black pepper
oil

Instructions

In a wok, sauté garlic and shallots. Add minced pork and cook while continuously stirring for 5 minutes. Add coconut milk and simmer for 15 minutes in medium high heat, at this stage coconut milk will be reduced and thick. Add shrimp paste and green beans, stir for 2 minutes. Add coconut cream and chilies and cook for 2 more minutes. Season with freshly ground black



Healthy Asian Beef Bowl

Ingredients:

½ tbsp olive oil
1 cup onion, roughly chopped
1 tsp finely diced ginger
2 cloves garlic, roughly chopped
1 lb 96% lean ground beef
¼ cup soy sauce
¼ cup brown sugar
for serving: toasted sesame seeds, green onion, and rice
INSTRUCTIONS

In a large pot, heat the olive oil and cook the onions on medium-high heat until translucent. Add in the ginger and garlic and cook for a minute or so. Add the ground beef and break up the meat into small pieces. Cook until no

longer pink, and drain the extra liquid. Add in the soy sauce and brown sugar, stirring to mix everything evenly. Let simmer for 2-3 minutes. Serve over rice with toasted sesame seeds and chopped green onion!



Adobong Baka (Beef with soy sauce and vinegar)

INGREDIENTS

500 grams beef, cut into thin slices
1/2 cup soy sauce
1/3 cup vinegar
3 cloves garlic, chopped
1 teaspoon peppercorns
3 pieces bay leaves (Laurel)
2 tablespoons brown sugar
1/2 cup water
salt to taste

INSTRUCTIONS

In a pot, combine beef, garlic, bay leaves, peppercorns brown sugar, and soy sauce.

Marinate for an hour or overnight in the fridge.

Pour water then simmer on a low heat for 40 minutes or until beef is tender.

Pour vinegar and simmer for another 5 minutes then season with salt and sugar according to taste.



Easy Mamon Recipe

Ingredients:

2 1/2 cups all-purpose flour
1 cup white sugar
1 tablespoon baking powder
1 teaspoon salt
1/2 cup vegetable oil
8 egg yolks
2 tablespoons grated orange peel
1 teaspoon vanilla extract
1/3 cup orange juice
1/3 cup water

8 egg whites
1/2 teaspoon cream of tartar
1/2 cup white sugar

Cooking Instructions:

Preheat an oven to 325 degrees F and grease 16 muffin cups. Stir the flour, 1 cup sugar, baking powder, and salt together in a large bowl. Make a well in the center of the flour mixture and add the oil, egg yolks, grated orange peel, vanilla extract, orange juice, and water. Mix well by until no lumps.

Beat the egg whites with the cream of tartar until foamy in a large glass or metal mixing bowl. Gradually add the 1/2 cup sugar, continuing to beat until soft peaks form. Lift your beater or whisk straight up: the egg whites will form soft mounds rather than a sharp peak. Fold the flour mixture into the egg whites. Pour the resulting batter into the prepared muffin cups to about 2/3 full.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 35-40 minutes. Cool in the pans for 10-15 minutes before removing to cool completely on a wire

Your health matters

The incidence of Type 2 Diabetes triples at age 45 and over

The Incidence of type 2 diabetes triples at age 45 and over. Diabetes vs Prediabetes: Diabetes occurs when your blood sugar, also called blood glucose, is too high. High blood sugar can cause health problems over time. The main types of diabetes are type 1, type 2, and gestational diabetes. Prediabetes is a condition in which blood sugar levels are higher than normal but not high enough for medication to be prescribed. People with prediabetes are at increased risk of developing type 2 diabetes and many of the health complications associated with it. If not treated, it often leads to type 2 diabetes within five years.

Incidence of diabetes increases with age. Over 30% of North American adults have prediabetes or diabetes. Research shows the risk of diabetes increases with age. A 2004 epidemiological study found the incidence of type 2 diabetes was lowest among people between the ages of 18 - 44 at a 3% incidence rate. However at age 45, there was a threefold increase in the incidence of type 2 diabetes. Those in the 45 - 65 age group had a 10% incidence rate and those between the ages of 65 - 79 had roughly 12% affected by type 2 diabetes.

Higher rates among ethnics: In the United States, rates of diagnosed diabetes were highest among American Indians/Alaska Natives (15.1 percent), followed by African Americans (12.7 percent), Hispanics (12.1 percent), and Asians (8.0 percent) compared to non-Hispanic whites (7.4 percent). Interestingly, prediabetes is more prevalent among American men (36.6 percent) vs women (29.3 percent). The patterns are similar among Canadians. Canadian males (8.4%) were more likely than females (6.3%) to report that they had diabetes. Likewise, Natives, Asians and blacks in Canada have higher rates of diabetes compared to whites.

Many with prediabetes and diabetes are unaware. According to the American Centers for Disease Control and Prevention (CDC), more than 100 million U.S. adults are now living with diabetes or prediabetes. It is worth noting it has been estimated that an astounding 24% of people who are living with diabetes are unaware and undiagnosed.

Diabetes and Prediabetes Facts and Statistics: Diabetes total: It's estimated that 30.3 million people have diabetes (9.4 percent of the U.S. population). Prediabetes total: An estimated 84.1 million adults ages 18



years or older (33.9 percent of U.S. adults) have prediabetes.

Diagnosed diabetes: An estimated 23.1 million people have been diagnosed with diabetes (7.2 percent of the U.S. population).

Undiagnosed diabetes: An estimated 7.2 million adults, ages 18 years or older are undiagnosed (23.8 percent of people with diabetes). Undiagnosed prediabetes: the majority of people with prediabetes are unaware and undiagnosed.

Prediabetes and Diabetes can be reversed in many cases. Both prediabetes and diabetes can be reversed or managed through nutrition and physical activity. Diabetics who are unable to adequately manage their blood sugars with diet and exercise require the use of medication to delay the damaging effects of high blood sugar. Prolonged high blood sugar causes complications like vision loss, heart disease, stroke, kidney failure, amputation of toes, feet, or legs and premature death. It is recommended that prediabetics and diabetics consult a dietitian to learn how to successfully control their blood sugar.

Economic burden of diabetes: In the United States, the rate of new diabetes diagnoses remains steady. However, the disease continues to represent a growing health problem with significant economic costs. In 2015, diabetes was the seventh leading cause of death in the USA. It is estimated the total cost of diagnosed diabetes in 2017 was \$327 billion, including \$237 billion in direct medical costs and \$90 billion in reduced productivity. According to the Canadian Diabetes Association in 2010, diabetes cost the Canadian healthcare system and economy an alarming \$11.7 billion. This is expected to rise to \$16 billion by 2020.

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Social Tidbits

Fely Rosales Cariño

Let's just dive into our busy social calendar. I'm dialing back to the Canada Day Extravaganza held last July 1, 2019. This event, which featured Kapamilya artist Sam Milby, had live music free for the whole family. Since it was held at the MacKenzie-King Park, Montreal, there were many children playing in the quadrangle. This musical event, which was very well attended, was sponsored by the Filipino Canadian Artist Association of Quebec (FCAAQ). Thanks to FCAAQ President Michelle Vargas Lao, a noted singer herself, and her FCAAQ Executive Board. It is also worthy to note the efforts of Ramon Posadas (KCR, DSC, LM, Commander, Mackenzie Central Chapter), who shows up at events such as these. He was among the security on the grounds to keep peace. Job well done, Ramon!

The program included the usual parade of colors, the singing of the national anthems by the Panday Tinig Ensemble, and speeches from prominent politicians: MP Anthony Housefather, Mayor Sue Montgomery, Snowdon Councilor Marvin Rotrand, First Secretary and Consul Greg Marie Marino, MNA David Birnbaum, local community leaders Sir James de la Paz, Sir Gerry Danzil, Sir Felix de Luna, Sir Dario Boco, Sir Ramon Posadas, and Filipino Association of Montreal and Suburbs (FAMAS) President Cesar Manuel. Local singers, dancers, and different bands displayed their talents. We are certainly looking forward to next year's extravaganza!

Also, last July 14, Pista sa Nayon, a yearly tradition that celebrates Filipino culture and identity, was held at the Mackenzie-King Park. This event enabled everyone to enjoy the outdoors, witness nature, and watch the myriad of cultural activities that included, among others: Adiva Estinoso, Seniors in Motion, Eagle's Life Hawaiian Dancers, Flores de Mayo Dancers, QACFT Dancers, PPCAQ Cordillera Dancers, Free Believers in Christ Fellowship International Dancers, and Assembly of God Evangelical Mission Community Church. There were more performers than this page can contain and suffice it to say that the day was a hectic one from 8am-5pm! It was filled with activities including volleyball, chess competition, search for Mutya ng Pista Sa Nayon 2019, Zumba, and bands competitions to entertain the crowds.

The Pista sa Nayon was formally opened by the Hermana Mayores Dolores Blandres, Rubi Capuli, Caring Tabunar, Trinidad Jimenez, Isabel de la Piedra, and Fely Rosales-Carino. Escorts were Bert Abiera, Lito Manuel, Ismael Calaunan, and Fredo Erquiza. Preparation activities, planning, and soliciting ads fell on the shoulders of FAMAS officers Joseph Gonzales, Remelyn Remigio, Chelsea Fleming, Angelina Mesina, Lea Baldeovar, Alona Amano, and Michael Supan; they also

took turns emceeing the whole day celebration.

One party worth remembering was that given by Sir Dario Boco and wife Claire at their residence, in appreciation for those who helped make the Philippine Independence 2019 festivities a success. This Thank You party with lots of food and drinks was enjoyed by everyone.

RUBY ROUGE, here we come! This was echoed last July 20 by friends and members of the Association of Filipino Seniors of Montreal (AFSM) led by its President William Favia and his Executive Board. For the past four years in the life of this organization, much can be gleaned from the power and strength of the unity of its members. (They encourage each other to be active in community life, hence, they can boast of a high participation rate in every activity the association undertakes!) Event Chairperson Prescy Andal saw to it that everyone was happily and comfortably seated. The two candidates vying for the FAMAS presidency Cesar Manuel and Romeo Remigio gave their short speeches, each with a short synopsis of their platforms and each urged everyone to go out and vote.

An important part of the evening was a call for membership in BUKLOD, programang pagpapatibay ng pamilyang Pilipino. The salient points, according to their flier: 1. Free Family Meals (restaurant catering), 2. All family activities, 3. Weekly prizes and graduation gifts, 4. Interaction with other parents, 5. Engaging activities for Youth, 6. Free childcare for younger siblings, and 7. Free transportation. This is a 14-week program beneficial for 6-12 year-olds. Registration is now going on. Please contact Lourdes Favia (514-887-4278) and Minda Mazzone (514-885-0092).

The highlight of the evening was the celebration of the AFSM 4th Anniversary and the coronation of Miss AFSM 2019. Vibrant host Svetlana Suarez introduced the singing of the National Anthems, Invocation by Josefa Nicolas, and Welcome Address by President William Favia. The queens were then presented. Carmen Amaro, Miss AFSM Philippine Independence 2019, came in a blazing, strapless, multicolored black gown with appliqué white flowers. She was regal in her entrance, no doubt absorbing all the applause she generated as she paraded towards occupying her 'throne'. Flordeliza Capco, Miss AFSM Quebec 2019, made a grand entrance in her lovely white and blue gown, exuding happiness in earning her title. Saturnina Odon, Mrs. AFSM Montreal 2019, in a black formal jumpsuit, gracefully walked as she took her place in the podium. Ladies, you did well, composing yourselves with ageless grace and beauty!

There were other recognitions as well. Sash presenters were Mr. & Mrs. Rene Daigle and Mila Ministerio.

Bouquet donors were Teresita Mamagat, Zenaida Villania, and Vangie de la Mata. Trophy donors were Capt. Ruben Santos, Lyn Lopez, and Cesar Manuel. The revolving trophy was awarded by Mr. & Mrs. Pepe and Norma Carbon. The honor of crowning the new Miss Philippine Independence 2019 went to Rosie San Juan (Philippine Independence 2018) and William Favia (AFSM President). The public was entertained by Rey's and Norcie's group of line dancers. Their attire of black pants and white blouse were as unique as their dance steps! This is one of the most successful coronation festivities held this year! And did you see how coordinatedly dressed were President Favia & First Lady Nene? Appearing first in blue, they then changed to pink! This active couple deserves everyone's admiration. Special mention goes to the farewell walk of Rosie San, and the smiling crown bearers Spencer Poquiz and Cassandra Poquiz. After a night of dancing, event Chairperson Precy Andal gave the closing remarks.

The Filipino Heritage Montreal (FHM) community was invited by the Philippine Embassy, Sentro Rizal, 30 Murray Street, Ottawa, to view an Exhibit of Mythical Creatures on August 1, 2019. Entitled ALAMAT by Frances Alcaraz, this legend is an important part of Filipino literature and culture. Let us take a stroll through and learn more about Filipino culture. Author Alcaraz has illustrated 25 books for adults and children. Her artistic interpretation of mythical creatures has made her famous. She was an exchange scholar and participated in group exhibits in New York City, Bologna, Singapore, London, Bangkok, Tokyo, Athens and more. Her illustrations are very well defined, authentic, colorful, and glaringly original, evoking nostalgic memories. If you can, seize the chance to view ALAMAT. It will bring your thoughts back to the Philippines. Honorable Petronilla Garcia, Philippine Ambassador to Canada, managed to elicit laughter after telling stories about ghosts, unano, and other funny tales back home. The FHM group was led by Chairman Al Abdon & Cora Abdon, President of the Filipino nurses of Quebec (FNAQ), with auxiliary members Rebecca Aguilar, Elma Bolatao, Nenita Licayo, Jeanette Perignon and yours truly. A most interesting side trip was a visit to the Lemay Casino in Gatineau, Ottawa before attending the ALAMAT presentation. Among the Alamat groups in attendance were Sir James de la Paz, Lady Rose de la Paz, Sir Dario Boco, Sir Gerry Danzil, Sir Boy Galang, Sir Buds Sarmiento, Sir Bert Abiera, Jonathan Padilla, Norberto Mandin Jr., Caring Tabunar, Norma Vohra, Jeanette Perignon and some members of the newly formed Knights of Rizal (KOR) of the West Island.

A first of its kind concert, August 10 – ABELLA CACCI! The Vanier College Auditorium at 821 St Croix, St. Laurent was the selected venue for the release of Bella's first-ever single, Maybe Tomorrow. This performance brought a mixed group of the audience because Bella is half-Italian and half-Filipino. As in professional shows, there were special guests. The opening act was Andrew Aguilar, the only child of Arnel Aguilar and Arlyn Zamudio, from Victoria, British Columbia. This 11-year old and 5th grader started his singing career when, after watching a musical show, he went up the stage and began singing and dancing. The audience's enthusiastic applause fired his fervor to pursue a musical career. Strengthening his

musical background includes his 2-year music class at Ecole Quebec Musique. A consistent winner in singing competitions, at 9 years old he was 3rd runnerup at the Search for Filipino Canadian Talent. He also sang at the Parliament in Ottawa during the Philippine Independence Day Celebration in 2018 and 2019.

The next performer was Astrid Torrico, a 15-year old Grade 10 student, who has been singing for as long as she can remember. She is happy to share her passion of singing whenever she can, performing in many different places throughout the year. Some of her greatest accomplishments include being a Grand Champion in the Fil-Can Idol contest when she was only 10 years old. She was a Grand Finalist in the 2015 La Voix Junior Competition. She did the Opening Act for Arnel Pineda during his last Canadian tour. In addition, she performed on the TD Stage of the Montreal International Jazz Festival 2019.

Ingrid Torrico, 14, is following the footsteps of older sister, Ingrid. Both a singer and a dancer, her dream is to compete in dancing someday. She is usually a guest performer for the FCAAQ. A recent performance was at Parliament Hill, Ottawa during the Philippine Independence Day 2019. Her greatest accomplishment to date includes a singing stint at the Pista sa Nayon, 2019.

And now for the main attraction, Abella started her repertoire with the song, 'Dreaming.' A girl of many talents, she plays the piano and is also a songwriter, writing all the songs she performed at her concert! Most touching was introducing each song with the reason why she wrote them, drawing the audience to empathize with her. The audience felt her long distance love that did not materialize, her reasons to be depressed, and her dream of ending up with a down to earth life with a good person. She certainly knows how to engage her audience! Furthermore, she does humanitarian work at a nursing home in the West Island when she has the time. Cristy Celeste Hunter told me a story that could rip your heart to the bone. Sometime ago, Cristy's husband, Robin, had a cousin confined at the Sacre Coeur Hospital for cancer. When it was evident that this cousin had only a few weeks to live, she expressed a wish to get married. Everyone thought of something to contribute to the upcoming nuptials. Some prepared bouquets, some planned for a catered wedding celebration...etc. For Bella, her contribution was a wedding song, which she sang at Sacre Coeur Chapel, even bringing her own piano to the hospital. This poignant wedding ceremony didn't leave a dry eye to anybody present there. One thing we can say of Bella, she doesn't only have a big talent, she has a BIG HEART as well!

Not to be missed was Camp de Blues, a group of young musicians who accompanied Bella. They received rave reviews when they performed at the 1920 Jazz Festival in Montreal. Very special kudos goes to Bellas's secret weapon: her coach, Lene Catedrilla, rightly credited for the success of her Live Concert! Lene, a singer herself, also coached the singers Andrew, Astrid, Ingrid, and Bella.

Among the many people responsible for this event was the sponsorship of "Pinoy Pa Rin" with hosts Tenne Rose Dayandante, Michael Davantes, with a crew led by Darwin

FILIPINO STAR

SHOWBIZ GOSSIP

Becoming his own Pascual: Iñigo carves a career in music



There is a time for everything. It wasn't much of a wait for Iñigo as he finally got his father's nod when he turned 17. He decided to come home and pursue his dreams here.

He may be pursuing a career in show business just like his father Piolo Pascual, but Iñigo Pascual is set on carving his own name and following his own path. Music—from recording to performing—is what fuels and drives Iñigo the most.

Raised for the most part of his childhood in the United States, Iñigo always loved to perform. With his looks and singing chops, it wasn't long before an international recording company offered him a slot in a boy band.

"I really wanted to join the band. My dad told me what it meant if I did," Iñigo said in Sun Life Philippines' "Kaakbay: Bro," a short film that gives everyone a closer look into the father and son relationship.

"The management was going to have full control of his schedule, and the contract was going to restrict him from going home," countered Piolo, based on his years of working in the entertainment industry.

The famous actor knew that this could only mean lesser time for them to be together. "Plus the fact na, more than anything, gusto ko munang makatapos siya ng high school, at least. So, kahit alam kong gustong gusto n'ya, I had to stop him," he added.

Iñigo understood that his father only wanted what's best for him.

Returning to his roots

As they say, there is a time for everything. It wasn't much of wait

for Iñigo as he finally got his father's nod when he turned 17. He decided to come home and pursue his dreams here.

This is only fitting because his family and Filipino culture have always shaped Iñigo's love for music.

"My family, our Filipino culture, just loves music and everything around it, like dance. Whenever we have family gatherings, we would always have a karaoke competition and all that. It definitely helped me with being confident in singing and singing around people," Iñigo said in an interview.

He began with appearances on TV shows and by starring in films through introductory roles. He also started performing in ABS-CBN's Sunday afternoon show, ASAP. He wanted to do more music.

In 2016, he was signed under Star Music, the recording label of ABS-CBN. He released his self-titled album with debut single "Dahil Sa'yo." He immediately proved his charm by garnering countless Filipino fans. The YouTube lyric video of the song now has 94 million views.

"Dahil Sa'yo" also won Awit Awards' "Song of the Year" and Billboard Philippines "First Chart-Topper Artist Award" both in 2017.

Coming full circle

With his star shining bright, Iñigo's musical career is taking

greater heights this year with a new, more global market. He is coming full circle from the time he received an international offer to join a boy band.

In 2017, he was chosen to sing the Philippine version of "Remember Me," the original soundtrack of "Coco" (Walt Disney Pictures, Pixar Animation Studios).

This year, Iñigo worked on collaborations with American singer, producer, and YouTuber Alex Aiono in March, and Chinese Australian singer and YouTuber Wengie in May. The latter's original song titled "Mr. Nice Guy" was produced by BTS hitmaker Melanie Fontana.

and performed "Kaakbay," the soundtrack of Sun Life Philippines' newest online campaign featuring a series of short films about its celebrity ambassadors, he and his father included.

"It's a song you can dedicate to an important person in your life. We don't always tell our loved ones how much we appreciate them, but I hope that this song and our own 'Kaakbay' videos will inspire everyone to express just how much their loved ones mean to them," Iñigo said.

Meanwhile, "Kaakbay: Bro," which showcases the familial and special bond between Iñigo and



Last June 28, he finally dropped his newest single, "Options," produced by LA-based instrumentalist Bernard "HARV" Harvey. Before the release, he performed the song live at Viacom at the New York Times Square.

More opportunities are still opening for Iñigo this year. "Options" would be part of a new LP to be launched in the last quarter of the year. The album will be produced by Tarsier Records, a new company that aims to elevate local talents to the international scene.

Aside from HARV, songwriter Felisha "Fury" King, who has worked for TV show "Empire" and international artists Justin Bieber and Eminem, is co-producing Iñigo's LP.

His lifetime partner

Back at home, Iñigo wrote

Piolo, can be seen on YouTube.

"He always encourages me, and tells me that I have to believe in myself. I can't imagine myself without my dad. Especially right now, I feel like we have this special bond," Iñigo speaks of his dad.

"Alam ko na kahit anong mangyari, I know he'll always be there for me," Piolo responds.

Besides Iñigo and Piolo, "Kaakbay" also tells the stories of lifetime partnerships of Enchong Dee, Matteo Guidicelli, and Charo Santos-Concio.

"Kaakbay" is Sun Life's latest effort renewing its commitment to becoming Filipinos' lifetime financial partner and its purpose of providing its clients with lifetime financial security, which it has been championing since it introduced life insurance in the Philippines in 1895.

Fil-Canadian actress is Disney's newest hero



At the D23 expo, with thousands of Disney’s biggest fans in attendance, Filipino-Canadian actress Cassie Steele went onstage as she was announced as the talent voicing the title role in "Raya and the Last Dragon."

There are a lot of things about being Filipino we should be proud of, especially our kababayans who continue to raise the Philippine flag on the global stage.

Pinay-Canadian actress-singer Cassie Steel will lend her voice to Disney’s upcoming new animated movie “Raya And The Last Dragon,” the giant entertainment company revealed recently.

Cassie will be the voice of the main character Raya, a lone warrior in the fictional land of Kumandra. She is

on a quest to save her land by finding the world’s last dragon. Voicing the last dragon, Sisu, is actress and rapper Awkwafina.

Following the announcement of her inclusion, Cassie posted a screenshot of the press release on Instagram with the caption, “So excited to finally share this!!!”

She added being “so grateful to be working alongside the incredibly talented and hilarious” Awkwafina, who is known for her stint on “Crazy Rich Asians.”

“Raya And The Last Dragon” takes place in the lush fictional land of Kumandra — a “reimagined earth inhabited by an ancient civilization that venerated the mythical dragons for their power and their wisdom.”

“Raya is ready to meet a magical water being who breathes fog through her nose, flies by riding the raindrops, and has a gem that channels this amazing huge power,” Steele said was quoted to have said in an article on Asian Journal.

Born in Canada to a British father and Filipina mother, Cassie gained fame when she became a regular cast member on the hit Canadian show “Degraasi: The Next Generation” where she played the character of Manny Santos.

‘Advice’

As we all know, Cassie is not the first Filipina to be tapped as voice talent in a Disney movie. There’s Lea Salonga, of course, as Princess Jasmine in “Aladdin,” and Fa Mulan in “Mulan” and “Mulan 2.”

The Tony and Olivier awardee always has a conscious drive for excellence so she points out anything she deems would help singers to improve.

She gives advice from time to time – something that every artist should listen to.

On Twitter recently, Lea urges singers to enunciate the lyrics.

“However, you must also be able to discern when you’re enunciating too much. There is such a thing as ‘too much diction’ or over-enunciating, and it might be more annoying than not having enough,” she said.

Lea is one the coaches on “The Voice Philippines.” ■

Bea Alonzo gets intl. attention for Netflix film



Bea Alonzo

Despite being caught in an alleged “cheating” controversy with ex-boyfriend Gerald Anderson and fellow actress Julia Barretto, Bea Alonzo continues to reap attention as her 2018 horror flick “Eerie” has been getting rave reviews from different media organizations abroad.

“Filipino horror film Eerie has left fans so terrified they can't sleep with the lights off,” said writer Roxy Simons in an article published by United Kingdom-based news site, Daily Mail.

Simons compared “Eerie” to Hollywood movies and series on Netflix such as “The Haunting Of Hill House” and “American Horror Story.”

“Viewers were petrified by the horror film so much that they even struggled to sleep in the dark, and took to Twitter to share their struggle,” Simons added.

Another UK-based news site, The Independent, said that “several viewers admitted on social media that the film left them terrified.”

In her article titled “Netflix Horror Film ‘Eerie’ Has People Sleeping With the Lights On,” Nerisha Penrose of American fashion and lifestyle magazine Elle said: “A scary movie can't be considered great unless it's full of jump scares, unpredictable twists, and leaves you so afraid you refuse to sleep with the lights off. According to thriller-obsessed folks on Twitter, Netflix's new horror film Eerie checks off all of the above.”

According to Penrose, since the flick was released on Netflix last month, it has been getting reviews such as “forced to sleep with the lights on” and “screamed 3 times in 20 minutes.” Likewise, Ale Russian of American entertainment magazine People described the movie as a “really good horror.”

Originally premiered at Singapore International Film Festival last December, “Eerie” tells the story of a school guidance counselor, Patricia Consolacion (Bea), who set out an investigation on the death of a student, Erika, who has been haunting the school, Sta. Lucia Academy, a Catholic school exclude for girls.

During her investigation, she encounters the school’s “strict and borderline abusive” head, Mother Alice, and the “monster” that lurks in the shadows of the school.

The Mikhail Red-directed Star Cinema film was screened at the Bucheon International Fantastic Film Festival and has reportedly earned over P200 million in box office worldwide.

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Showbiz Gossip *Continued from p.15*

US fans fall in love with Martin & Pops all over again



Pops Fernandez and Martin Nievera , the Philippines' Concert King and Queen, enthralled us nonstop with nostalgia-heavy pop hits (solos and duets) and left us in stitches with plenty of jokes surrounding their stormy marriage.

When Martin Nievera and Pops Fernandez took the stage to the tunes of Janet Jackson's *Together Again* and Rick Astley's *Together Forever*, they quickly built rapport with the ecstatic audience at the large Ovation Hall of Ocean Casino Resort and held them spellbound for the next two hours and a half.

The Philippines' Concert King and Queen enthralled us nonstop with nostalgia-heavy pop hits (solos and duets) and left us in stitches with plenty of jokes surrounding their stormy marriage.

It's safe to declare the tandem's magical appeal is intact more than three decades later.

After the opening songs, Martin cracked the first joke about his and Pops' failed marriage. "I know many of you here will play in the casino after the show and take a gamble, just like you Pops, you took a gamble some years ago."

Pops rolled her eyes with a reply that drew laughter: "We must be thankful many people who are here tonight have not moved on, or we would have no audience."

The iconic couple segued to a medley of popular covers from the 1980s — *Reunited*, *Ocean Deep*, *Always*, *Don't Know What To Say*, *You and Tell Me*, with the eager audience jamming with them, accompanied by topnotch musicians led by musical

director Lorrie Ilustre.

Martin's solo set focused on his favorite cuts beginning with the catchy *Footloose*. It was followed by his moving and much-applauded ballads *Forever*, *Ikaw Lang Ang Mamahalin*, *Kahit Isang Saglit* and *Ikaw*, which he dedicated to Pops. As always, Martin soared with his still incredible vocal range, emotive power and commanding stage presence.

Presenting Pops for her solo set, Martin hailed his ex-wife as a good person, saying, "If Pops were an Avenger, her superpower is forgiveness. Ladies and gentlemen, the woman who practically raised our two kids all by herself."

Pops reappeared in a radiant outfit (she made four changes) with the catchy '80s hits *Radio*, *Heaven Knows* and *Last Dance*. Though it wasn't a flashy production number, Pops used to do in her younger days at the ULTRA or Araneta, it was rousing enough to bring back the feel of the era when she was likened to Janet Jackson or Madonna strutting on stage and showing her groove with a group of dancers.

She followed up her perky set with a heartwarming duet with her singer-songwriter son, Robin Nievera. The mother and son beautifully sang one of Pops' signature OPM classics, *Don't Say Goodbye*, before Robin went solo with one of his original

works that displayed his strong vocals and impressive guitar skills.

Robin then joined his dad and both were remarkable with the Righteous Brothers' *Unchained Melody* and Ed Sheeran's *Perfect*, two great songs from different generations that sound so much alike.

Soon afterwards, Martin and Pops rolled through the Oscar-winning song *Shallow* that became one of the evening's highlights. The powerhouse couple's dazzling number clearly showed why they're bonafide showbiz royalties. The Lady Gaga-Bradley Cooper track even highlighted Pops' much-improved vocals — richer, fuller and yes, flawless. Thanks to her English voice coach Zoe Tyler, who helped make Pops sound as if she's just hit her prime as a singer.

A string of '80s timeless love songs that cemented Martin and Pops' status as pop superstars followed. The crowd felt nostalgic and joined the couple as they did a medley of *Somewhere Down The Road*, *With You I'm Born Again*, *Tonight I Celebrate My Love For You*, *Perfect Combination*, *Almost Paradise*, *How Do You Keep The Music Playing*, *Honesty* and *You and I*.

Martin then went solo again

with a medley of his No. 1 hits — *No Way To Treat A Heart*, *Pain, Be My Lady* and *Say That You Love Me*, with the last two receiving the loudest cheers.

Pops, meanwhile, brought the crowd to their feet once again with a medley of jumpy hits by '80s pop queens Cindy Lauper, Whitney Houston and Madonna, plus Laura Branigan's *Telephone* and *Gloria*.

The fast-paced show ended on a high note with the gleeful *Time of My Life* plus an encore, *Pagdating ng Panahon*, the Aiza (now Ice) Seguerra song that gives hope to someone waiting to be loved at the right time by the person he or she adores. This only gave the couple's die-hard fans something to hold on to in the belief that Martin and Pops will still end up in each other's arms when the right times comes.

Lemar International, the producers behind the show's New Jersey leg composed of doctors Ramon and Ching Legarda of Group Ole, and Red and Alice Martinez of Real Entertainment, deserve to give themselves a huge pat on their backs for bringing another first-rate entertainment for Filipinos in North America. ■

'No girlfriend since birth' Vico Sotto accepting 'applicants'



Pasig City Mayor Vico Sotto

Pasig City Mayor Vico Sotto admitted that he had no girlfriend since birth, but he joked that he is accepting "applicants."

Speaking with host Winnie Monsod for her TV show "Bawal Ang Pasaway," Vico answered the host's inquiry on how many girlfriends he had.

"Wala ho. Masyadong naging busy, lalo na po ngayon. Busy sa trabaho," Vico said.

When asked if he is traumatized by the separation of his parents, Vic Sotto and Connie Reyes, so he did not pursue love life, Vico said being in a relationship is just not his priority.

"Hindi ko lang naplano. Lalo na ngayon, last thing on my mind ika nga. Talagang focus muna sa trabaho," he said.

Nonetheless, Vico said that his dream girl is smart, so they should have the "same wavelength," so they could talk about politics and governance.

"Ang gusto ko ho sana, hindi naman tayo magiging choosy no, gusto ko sana 'yung matalino, may itsura naman, wala namang special talaga," Vico said.

"More than matalino, gusto ka sana same wavelength kami lalo na sa topic ng governance," he added.

The 30-year-old mayor also said that hoped to get married before the age of 40, so he is now open for "applicants."

"Sana naman before 40. Sa ngayon ang masasabi ko lang diyan, Diyos na po ang bahala. Tumatanggap naman ako ng aplikante," he enthused. ■

Mikael Daez denies wedding with Megan Young in France



Mikael Daez on settling down with Megan Young: "We're not waiting for anything, really. Wala kaming hinihintay. I think it's important na mahal mo ang isa't isa. Yun talaga ang pinakaimportante."

tinanggi ni Mikael Daez na nagpakasal sila ng girlfriend na si Miss World 2013 Megan Young sa kanilang recent trip sa Europe.

"You know, we just came from France.

"We were there because of my sister's wedding. It's my youngest sister's wedding," pahayag ni Mikael.

Wala bang double wedding na naganap sa France?

"Wala, e," nakangiting sagot ng Kapuso actor.

"Maliit kasi yung probinsiya, e. One wedding a day lang."

Kailan sila magpapakasal?

"Yun nga, e. Baka tapos na po, yeah," makahulugang sagot ni

Mikael.

"Quiet lang. Hahaha!"

Ano ang plano nila ni Megan?

"Ah, we'll see. We'll see."

"Alam mo naman, I mean, if you met me and Megan together, we're so easygoing, grabe. Relax lang talaga kami."

"Well, me and Megan we're very easygoing. I mean, we're very happy with one another."

"Uh, just for the record, we will get married. We just don't know when."

"So, we'll let you guys know."

Nakausap ng PEP:ph (Philippine Entertainment Portal) si Mikael sa grand launch ng mga dinisenyo niyang underwear para sa Hanford.

Ginanap ito sa Hanford's office sa 3rd floor ng Nehemiah Center, The Arte Square Building, Congressional Avenue, Project 8, Quezon City, noong August 22.

For the past five years, si Mikael ang celebrity endorser ng naturang underwear.

No Right Time

Sa palagay niya, when is the right time for them to get married?

"We don't know if there's a right time. There's no right time for that. It's so hard."

"Have you seen people get married at the age of 60?"

"Some people get married at the age of 20, it's spontaneous, yeah."

"I think, rather than think

about when it is, [ask yourself] 'Do you still love the person?'

"We love each other, that's the most important part."

Ilan taon na ang relasyon nila ni Megan?

"Nine years," tugon ni Mikael.

May hinihintay pa ba sila o may gusto pa silang gawin ni Megan bago magplano ng kanilang kasal?

"We're not waiting for anything, really. Wala kaming hinihintay."

"I think it's important na mahal mo ang isa't isa. Yun talaga ang pinakaimportante."

Hindi kaya naghihintay lang sa kanya si Megan na mag-propose sa kanya?

"Uh, tinanong ko siya. Sabi naman niya, hindi. Hahahaha!"

"Hindi naman daw niya ako hinihintay."

"And we had this talk recently, actually, we had it in France. So, we're okay."

For the record, hindi sila naglive-in?

"Uh, no. But I mean, we visited each other very, very often."

"Yeah, of course. We sleepover when we're working together."

"I think it's part and parcel with, but in time."

"In time, I think things will evolve in an organic way." ■

Filipino film 'Dagsin' makes it to Oscars shortlist



Filipino film "Dagsin," starring Janine Gutierrez and Benjamin Alves, has been shortlisted as a possible Philippine entry to the International Film Feature Category of the Oscars, Cinemalaya posted on its Facebook page.

"Supar congrats, #Dagsin!" the independent film festival said in the caption of its Facebook post, showing a screenshot of the letter from the Film Academy of the Philippines that announced the good news.

The letter was signed by the organization's director general,

veteran actor, comedian and director Leo Martinez.

Alves also shared the screenshot in his Instagram story, saying: "WHT? We made the shortlist for the Oscars!?"

The first film of director Atom Magadia, with screenplay by his wife Anne, "Dagsin" (which means "gravity" in Ilocano) tells the story of Justino (played by Tommy Abuel), World War II hero and Death March survivor who lost his legs, and as such, became an atheist.

When his wife, Corazon

(portrayed by Marita Zobel) died, Justino yearned to believe in life after death to be with her. As such, he looked for ways to hold on to the memory of his wife, including reading her diaries, from which he unearths a Pandora's Box of secrets.

"Ok, I know the 'better-mannered and proper' version of myself should be quiet about news like this. But, I am hearts-crossed, not doing this out of hubris. To tell you the truth, I originally thought it was a hoax. Until we received this letter this morning, I didn't believe it to be real," Anne said of their film's Oscars achievement in a Facebook post.

Since the movie debuted in 2016 as a Cinemalaya Film Fest entry, "Dagsin" has won 18 awards, including four Best Actor nods for Abuel at the Cinemalaya, Los Angeles Philippine International Film Fest, European International Film Fest in Italy, and Film Development Council of the Philippines.

Likewise, the film gave Marita a Best Actress in a Cameo Role award from Urduja Film Fest.

Gutierrez, meanwhile, won as Best Supporting Actress at the 2017 4th Urduja Heritage Awards, and was nominated as Best Supporting Actress

at the 40th Gawad Urian Awards.

In general, the film has won as Best Narrative Feature at the World's Independent Film Fest in San Francisco, USA; Best Cinematography at the European Film Fest in Florence, Italy; and Best Costume at the Madrid



Film Fest.

If picked as an official entry, "Dagsin" will compete at the 92nd Academy Awards ceremony, presented by the Academy of Motion Picture Arts and Sciences, which will honor the best films of 2019 and will take place at the Dolby Theater in Hollywood, Los Angeles, California on Feb. 9, 2020. ■

John Lloyd Cruz sports new look; seemingly shooting intl film



A clean-shaven John Lloyd Cruz presumably with son Elias. The actor appears to be on the set of a movie with locals and foreigners.

John Lloyd Cruz teased his fans with a supposed "new look" now circulating in different fan sites dedicated to the actor.

In an Instagram post, a clean-shaven John Lloyd can be seen holding a little boy presumed by fans to be the actor's son, Elias, with partner Ellen Adarna.

"Yes bumabalik n tlga c popoy," cried one fan in the comments section.

"Pogi ni Popoy," said another.

"Ay unti unting bumabalik ang kagwapuhan... ng daddy mo nagbawas na," echoed another.

In another post, John Lloyd can be seen dressed like a ventriloquist and interacting with both

locals and foreigners who seem like shooting a scene for a film.

Last April, John Lloyd teased a showbiz comeback by shooting a commercial for a shawarma brand. This was followed by another ad campaign with good friend Piolo Pascual and former love team partner Bea Alonzo, also for the same brand.

Last October 2017, ABS-CBN issued a statement about John Lloyd taking an "indefinite leave of absence" from showbiz.

John Lloyd has since been seen pursuing art and a private life with Ellen. The couple has been rumored to have separated, but none has confirmed it yet. ■

These Pinoy movies are coming to Netflix in September



Netflix has revealed the list of Filipino movies that will be available for streaming come September 1st, including titles that star Anne Curtis, James Reid, Nadine Lustre, and Jericho Rosales.

One is Jun Robles Lana's award-winning and internationally-acclaimed "Die Beautiful," a movie featuring Paolo Ballesteros as a transgender whose dying wish is to be dressed as Katy Perry for her

funeral.

Another is "Sid & Aya: Not a Love Story," one of Curtis' hit movies from last year. Netflix also added a pair of movies starring the love team of Reid and Lustre, namely "This Time" and "Diary ng Pagnet."

The others are "Camp Sawi," "Luck at First Sight," and "100 Tula Para kay Stella." Check out the sizzle reel below: ■

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EMSB will comply with religious symbols bill

Adam Kovac, CTV Montreal
Published Wednesday, August 28,
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2019 9:59PM EDT

Schools belonging to the English Montreal School Board will adhere to Quebec's religious symbols law despite an earlier vote saying the board would not comply with Bill 21.

At a meeting on Wednesday night the board voted against discussing a resolution concerning Bill 21. According to EMSB chair Angela Mancini the board will therefore be applying the law following Labour Day.

"By de facto the English Montreal School Board not making a decision this evening has rendered its decision by default and we will be applying the law come Sept. 3," she said.

Mancini expressed dissatisfaction, saying she had dissented on the vote.

"We have a resolution on the record that has not been rescinded that says we will not follow the law. Having said that, the council has not reiterated that and our director general has received directors from the ministry that we must apply the law," said Mancini.

According to Mancini, any teachers who come to class after the long weekend wearing a religious symbol and who aren't subjective Bill 21's grandfather clause could face sanctions.

"Anyone who is new and has been hired by us and shows up to work with headgear or a cross or anything that's a religious symbol, right now the law is such that the



EMSB will comply with Quebec religious symbols bill
Schools belonging to the English Montreal School Board will adhere to Quebec's religious symbols law despite an earlier vote saying the board would not comply with Bill 21.

administration of the school has to act upon those people, whether it's sending them home or asking them to remove it," she said. "Those kinds of thing that occur when any employee doesn't follow particular rules, we already have certain steps we take as administrators and certainly those will have to be applied."

Mancini said there were still unanswered questions but that they would be discussed in closed door session by the board's human resources committee.

"Ultimately, I've said before, this is an ethical issue and it's a very serious one for our community because as a community the English community has been very open to diversity," she said.

Last week the Commission scolaire de Montreal said it will comply

with Bill 21, which bans public employees in positions of authority, including teachers, from wearing religious symbols. The board said in June the law needed to be delayed by

a year in order for consultations with schools, parents and others to be held.

Also on Wednesday, the Quebec government responded to parents who had demanded their kids be pulled from classes taught by teachers wearing religious symbols, saying they would not be allowed to transfer their children. Bill 21 contains a grandfather clause allowing teachers who held their jobs prior to the passage of the bill to continue wearing such symbols.

Gilmore College International has been serving the Montreal community since 1989 and offers intensive language courses to help immigrants become fluently bilingual at modest tuition fees that are income tax deductible. Call to register by appointment - 514-485-7861

From Page 13 Social Tidbits

Collantes, Edward Uduvany, Robin and Cristy Hunter, Oyi, Elmer Manila, Adiva Estinoso, Mark Simbulan, and Bryan Perona. Most of all to be thanked is Station ICI which carried the show. Concert hosts Tenne Rose and Michael added to the overall success of the evening!

Summer picnics: The Kalikuhang Bisaya had their picnic at the Mackenzie-King Park on the first week of August. President Ray Omictin and the Executive Board led by Anita Lo and Felix Salazar among others, saw that all guests enjoyed the overflow of food including the delicious lechon. There was dancing in the park starring Amy Manon-og, Anita Lo, and many more. Everybody stayed until late in the afternoon enjoying each other's company.

Another picnic on August 17 was held by the Seniors of West Island and Suburbs (SWIS) at 260 Spring Garden Chalet in Roxboro. In anticipation of rain, a big blue tent was put up by SWIS logistic strongman Ike Bas. He got a lot of help from ex-Chairman Roger Ajero who is in the thick of things as far as SWIS is concerned. Bien Gregorio provided good music for everyone and mostly enjoyed by line

dancers led by Chairman Connie Fabro. Games planned by Lolit Odulio and Lita Bote had the crowd laughing. The "Egg Game" was especially funny; contestants were blindfolded and guided to an egg, which they will attempt to break with an empty coke bottle. I guess you had to be there! Guests included Liberal candidate Kim Manning, FAMAS President Cesar Manuel and his wife Tess.

Samahang Makabayan Celebrates, August 18, 2019! The victorious Samahang Makabayan Team led by President Cesar Manuel gave a victory party for supporters and non-supporters alike. Echoed in his speech (and that of others) was the important speech of UNITY. He urged everyone to join hands and contribute to the projects geared to benefit everyone. Seen working hard at the food table, led by chef head Cora Aberin, was Vicky Miranda. Emcee Mark Simbulan kept the program going, introducing the party lineup with short speeches and speakers Marvin Rotrand and Lionel Perez, and saw to it that the line dancers did not sit for long. Digging in their heels to show their line dancing prowess were Rebecca Aguilar, Elma Bolatao, Trans Liganor and many more. The general ambience of the festivities was one of 'contentment'. Everyone went home intending to look for their cholesterol

pills, I'm sure, due to the 5 lechons served!!! For now, let us congratulate the entire Samahang Makabayan slate: Cesar Manuel (President), Ramon Vicente (VP External), Svetlana Suarez (VP Internal), Mark Simbulan (Secretary), Mimi Gasapo (Treasurer), Arista Elumbaring (Auditor), Pia Bautista (Accountant), Alfredo Erquiza (PRO), Wilfredo Capistrano (Special Projects Director), Lorna Litan (Social and Cultural Affairs), Bryan Perona (Sports and Youth Director), Aquilino Aberin (Outreach Services Director), and Enrico Esplana (Membership Director).

MONTREAL'S BEST-LOVED MATRIARCH TURNS 92! Mrs. Nathalie Olarte Pelausa celebrated her 92nd birthday last July 27 at Ruby Foo's on Decarie Boulevard, Montreal. As always, her son, Dr. Eddie Pelausa came down from Norfolk, Virginia, USA to help his sister, Dr. Hermie Pelausa with the celebration. Attired in brocade gold, she entered the hall with her children and some relatives from Toronto and the US. She looked good for her age, especially when a smile lit up her face. Amazingly, she remembered first names of guests who approached to greet her. Cynthia Purray Pacheco was at her best again emceeing the party. An unrehearsed local version of America's Got Talent was

From Page 3

PH Navy

Empedrad said talks are underway with possible contractors, including the Australian shipbuilder Austal, to build shipyards capable of churning out warships for the Navy.

By the end of the Duterte administration in 2022, Empedrad expects the Navy to acquire 6 new offshore patrol vessels (OPV) and 8 new fast attack interdiction craft-missiles (FAIC-M), of which 4 would be constructed locally.

"This is crucial to achieving the self-reliant defense posture that our defense secretary is pushing for," Empedrad said in a mix of Filipino and English.

But to achieve all this requires a lot of money, and Empedrad said the Navy is willing to make its own adjustments to help shore up funds.

They could move the headquarters to Naval Station Sangley Point in Cavite City or Naval Station Fort Bonifacio in Taguig. The Marines could move to Morong, Bataan.

"Although magiging masikip kami doon (we would be cramped there)," Empedrad added.

If and when the Navy moves, the property their headquarters now occupies, adjacent to the Cultural Center of the Philippines Complex, will be expanded by reclaiming a portion of the harbor.

It would command a hefty price, Empedrad said. "Mahal na dito (It's become expensive here)." - Rappler.com

held to entertain guests, a first of its' kind, as Cynthia reminded the audience. Simon Cowell, aka Al Abdon, served as judge. Other judges were Rose Worth, Paul Imperial, and yours truly. Some of the finalists, selected from 65 candidates (according to Cynthia), were: Epang Nicolas and Jeanette Perignon (presented the folk dance, Carinosa), Elenita Belgica (song-poem combination), Joy Rosales (sang Amazing Grace), and one of Nathalie's relatives performed a Hawaiian dance, Blue Hawaii. Congratulations to the Hawaiian dancer, the evening's winner! MP Anthony Housefather came to give his honor to Nathalie by delivering a Certificate of Congratulations from the Prime Minister of Canada, Justin Trudeau! How cool! The musical rendition most appreciated were those performed by two of Montreal's best-known singers, Freddie Espinosa (aka Montreal's Bob Parker) who sang Love Story, and James de la Paz (aka Montreal's Elvis Presley) who belted out Fools Rush In. The duo weren't surprised when Nathalie requested them to sing their signature songs on her birthday. It seems her night is not complete without her favorite balladeers. See you again on Nathalie's 93rd birthday next year!

Until next issue, God Bless!



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- **Early Childhood Education Asst. (ECA)**

Office Administration

- **Executive Assistant**
- **Accounting Technician**
- **Bilingual Receptionist**

COURSES AND SEMINARS

- **Languages - English, French, Filipino**
Mandarin, Spanish
- **Computerized Accounting**
- **Keyboarding (Computer Touch Typing)**
- **Microsoft Office and Excel**
- **Writers Helping Writers Workshop**
- **How to start and manage a small business**
- **Music (Classic Guitar) - on request**
- **Color Palette, Image & Personality**

**Education raises the bar
but lowers the barriers to
a rewarding career.**

**May our College be a place of wonder,
learning and peace to prepare our
students for tomorrow.**



CONGRATULATIONS to all students who passed their Levels 1 and 2 Beginner class in French. They have received their proficiency certificates and are now ready for the next levels 3 and 4, Intermediate class in French. From left: Yuri Ynion, Lyka Ynion, Dalia Beleno, Director-General and French teacher, Zenaida Kharroubi, Maricris Monis, Joan Mendoza, and Randy Agno. They will be the first group of Filipino-Canadian students who will become fluently bilingual if they continue to be motivated enough to attend the advance levels 5 and 6 as well as a Business French course.



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