

Merry Christmas, Happy Holidays

Countries have forged a climate deal in Poland — despite Trump



COP24 president Michal Kurtyka jumps at the end of the final session of the COP24 summit (timesofisrael)

UPDATED, December 15: International climate change negotiators announced late Saturday that they have reached an agreement at COP24 in Poland. The text charts a path forward for countries to set tougher targets for cutting greenhouse gases under the Paris climate agreement, as well as stronger transparency rules for countries in disclosing their emissions. However, nations still couldn't reach an accord on how to use markets to limit carbon dioxide. Those discussions will continue next year. Read on for the context around these negotiations and why environmental groups, governments, and private companies were so concerned about the outcome of this conference.

An agreement between 200 nations at a major international climate change conference in Katowice, Poland, is taking longer than expected. The two-week meeting was supposed

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Countries have forged

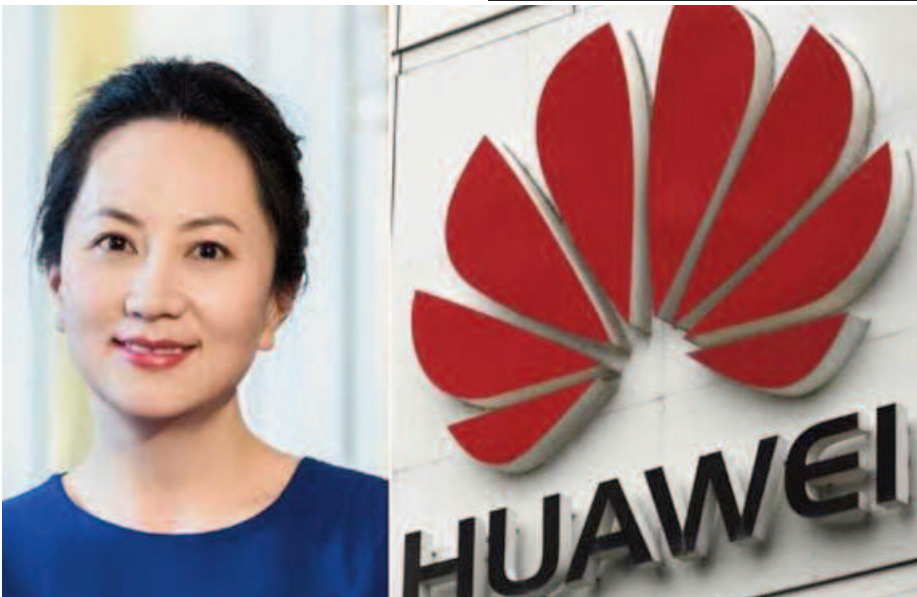
Canada warns Trump administration against politicizing Chinese executive's arrest

New York (CNN)Canada issued a stern warning to President Donald Trump on Wednesday: don't use the arrest of a Chinese executive as a bargaining chip in trade talks.

"Our extradition partners should not seek to politicize the extradition process or use it for ends other than the pursuit of justice,"

Canadian Foreign Minister Chrystia Freeland said at a press conference discussing the US request for extradition of Huawei CFO Meng Wanzhou.

Freeland's remarks come after Trump said in an interview Tuesday that



Wanzhou Meng was released on bail Tuesday after a lengthy three-day bail hearing at B.C.'s Supreme Court.

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and a Happy New Year, from your Liberal MPs

De la part de vos députés libéraux, nous vous souhaitons un

Joyeux Noël, et une excellente année 2019 !



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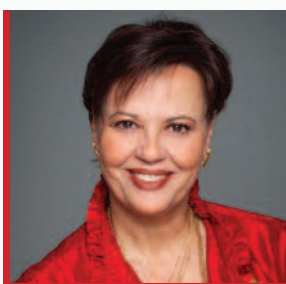
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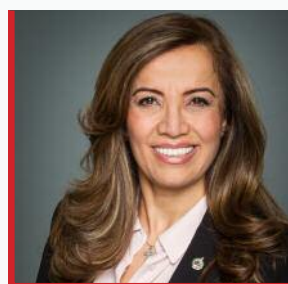
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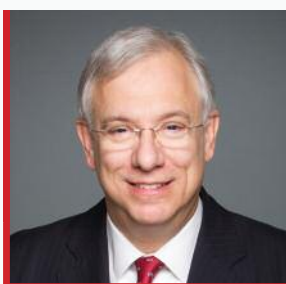
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From the Executive Publisher's Desk

Ordinary people doing extraordinary things

Zenaida Ferry Kharroubi

At this time of the year, most newspapers tend to publish a review of important events. This seems to be useful in reminding us of facts that may be relevant to our needs. But it is also an interesting feature of newspapers to report what we call human interest stories which evoke a range of emotions in the readers and serve to inspire many of us to emulate heroic deeds,

Kaleb Klakulak and his pal, Kenneth "K.J." Gross, were best friends from Detroit. Though they were only 12, the pair had already gone through much together since becoming friends in second grade. Kenneth tragically died from heart failure last May but his mother did not have enough money to have a marker for his grave that usually cost between \$2500 to \$3000. When Kaleb found out, he decided he would give his friend's family a gift for Christmas. He did odd jobs in the neighborhood and also raised funds through social media to have the amount needed to buy the grave marker.

CNN Heroes, an All-Star Tribute is a television special created by CNN to honor individuals who make extraordinary contributions to humanitarian aid and make a difference in their communities. The program was started in 2007. As of 2018 the program was hosted by Anderson Cooper. Nominees are introduced during the fall of each year and the audience is encouraged to vote online for the CNN Hero of the Year. Ten recipients are honored and each receive USD\$50,000 (\$25,000 in 2014). The top recipient is chosen as the CNN Hero of the Year and receives an additional USD\$250,000 (\$100,000 in 2014) to continue their work. During the broadcast celebrating their achievements, the honorees are introduced by celebrities who actively support their charity work. To celebrate

the 10th anniversary, the 2016 edition had an additional segment where 5 previous Hero of the year winners were chosen as candidates for the Superhero of the year award, which was decided with an online poll.

This year, the CNN Hero ceremony was held on Sunday, December 9, 2018. Dr. Ricardo Pun Chong from Lima Peru was declared the CNN Hero of the Year and dubbed as the doctor with a big heart. He founded in 2008 a shelter and a nonprofit called Inspira and to date, his organization has helped more than 800 families. The shelter was designed to make the children feel at home and to provide a space for kids to "be kids."

Here's the 9 other heroes changing lives in their communities:

- Abisoye Ajayi-Akinfolarin, a computer programmer in Lagos, Nigeria, teaches impoverished women in the city's slums how to code through a program run by the Pearls Africa Foundation.

- Maria Rose Belding launched MEANS, a platform that reduces food waste by connecting restaurants and businesses with extra food to charities that feed the hungry.

- After she was paralyzed in a ski accident, Amanda Boxel started Bridging Bionics -- a nonprofit that provides high-tech physical therapy to people with mobility impairments near Aspen, Colorado.

- Dr. Rob Gore, an emergency physician in Brooklyn, New York, founded the Kings Against Violence Initiative, which leads anti-violence programs in his community.

- Luke Mickelson quit his high-paying job to found Sleep in Heavenly Peace, a nonprofit that builds and delivers beds to children in need.

- Susan Munsey escaped from a life of sex trafficking and in 2009 started GenerateHope, a group that provides housing, therapy and more to survivors

of sex trafficking.

- At age 87, Florence Phillips still leads her nonprofit -- ESL In-Home Program of Northern Nevada -- which provides free English, computer and GED classes to immigrants.

- Ellen Stackable is a former English teacher who founded Poetic Justice, a nonprofit that teaches creative writing to incarcerated women in Oklahoma.

- Former US Army Corporal Chris Stout started the Veterans Community Project, which connects homeless veterans with housing and other essential services.

Also honored Sunday were the 2018 CNN Heroes Young Wonders, an impressive group who despite their young age, are already making the world a better place. This year's class is working to eliminate plastic bags, feed the homeless and much more.

Beginning at 8 p.m. ET on Sunday, December 9, donations made to the designated nonprofit organization of each Top 10 CNN Hero, via CNNHeroes.com and crowdise.com/cnnheroes, will be matched by Subaru up to \$50,000 per Hero through January 2, 2019.

Now in its 12th year, the Peabody and Emmy Award-winning "CNN Heroes: An All-Star Tribute" has profiled more than 300 heroes and has received nearly 100,000 nominations from more than 100 countries.

Besides CNN, there are other organizations that recognize volunteers and good samaritans in many parts of Canada and in other countries. Their initiatives in finding ways to help others are quite heartening testimonials of the basic goodness of humanity. As we celebrate the advent of Christmas and the holidays, we need to reflect on what it means to give back to the community, and to believe in the wise saying that it is more blessed to give than to receive. Learning about the stories of kindness, the power of friendships, and the creative genius of talented people to alleviate human misery are inspiring stories that must be told time and time again as they are good reasons to feel joyful and thankful.

We wish you all a Merry Christmas, Happy Holidays, and a Prosperous New Year in good health. May there be always peace and goodwill to all mankind not only during this holiday season but all throughout the years to come.

LETTER TO THE EDITOR

Dear Editor

Filipino Star readers are likely aware that the promoter Carbonleo wishes to build what will possibly be Quebec's largest mall that will also include several hotels, office towers, theaters and a cinema, 8000 parking spots and ultimately as many as 7000 housing units near Royalmount and Decarie.

The project would be just inside the territory of Town of Mount Royal but would impact the neighbouring communities including the district of Snowdon which I represent and which surrounds the proposed development site on three sides.

The promoter's studies provided to the City of Montreal anticipate that there would only be manageable traffic impact and little downside to nearby malls and commercial streets. However, the City of Montreal services don't seem to share this view and suggest the project would create significant traffic congestion in an area that is already saturated with traffic and indeed would have economic impact as far away as downtown.

The City's Economic Development and Urban Planning Commission of City Council is holding public hearings in regard to the proposal, including, at my request, one in our neighbourhood. This is an excellent opportunity for the public to learn more and have its say. Allow me to invite your readers to consider attending.

The local meeting will be held **Wednesday, January 16, 2019 at 7 P.M. at Ruby Foos Hotel, 7655 Decarie.** The consultation document can be easily accessed on the City's web site and portrays what I see as a worrisome situation adding significant travel time through the Decarie - Metropolitan interchange, along highways 15 and 40, on the Decarie service road, and along nearby streets.

The Cote des Neiges - Notre Dame de Grace Councillors, despite their differences on other issues, have agreed to submit a joint memoire that evening. This will be an excellent opportunity for the public to learn more about one of the largest proposed developments on the island of Montreal in decades. I encourage members of the community to take advantage of this occasion to learn more and to share any opinions they might have.

Yours truly,

Marvin Rotrand
City Councillor - Snowdon



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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.

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to wrap Friday. But as of Saturday, a full compilation of the Paris Agreement rulebook had been released, but a final deal still hadn't been announced as critical details remained up for debate.

The goal of the 24th Conference of Parties (COP24) to the United Nations Framework Convention on Climate Change is to hammer out critical the details of the Paris climate agreement. Under the 2015 accord, countries set out to limit global warming to 2 degrees Celsius above preindustrial levels by 2100 at most, with a preferred target of 1.5 degrees Celsius.

However, the original pledged cuts in greenhouse gas emissions would not put the world anywhere near meeting these targets.

So the agreement included provisions for countries to meet regularly and ramp up their ambitions, all of which are voluntary. COP24 is the first time since Paris that countries are actually talking with each other about going beyond their initial commitments. That's why this meeting is so important. That's also why scientists and activists are pushing for even more ambitious commitments to reduce emissions in the final days of the negotiations.

"If the Paris agreement is actually going to live up to that model of voluntary bottom-up commitments, ... ongoing ratcheting down of those commitments, then it has to happen at this first moment," said Lou Leonard, senior vice president for climate and energy at the World Wildlife Fund, by phone from Katowice. "And if it doesn't happen at this first moment, then it will call into question whether this ratcheting will actually work."

The outcome of the negotiations became increasingly uncertain after President Trump in 2017 announced he would withdraw the United States from the accord.

For an agreement that hinges so much on cooperation and good faith, the worry was that without the US, the world's second-largest greenhouse gas emitter, the deal would fall apart, that other countries would weaken their ambitions or sign an agreement so full of loopholes as to be useless.

For delegates, the goal is to nail down critical details, like how to verify that countries are actually progressing in cutting greenhouse gases, creating market mechanisms to control emissions, and coming up with

ways to help developing countries finance a transition to cleaner energy sources.

It turns out countries are making some progress in tracking their emissions, but are still struggling with many of the financial issues associated with mitigating climate change. It's yet another example of the tension between the threat of rising average temperatures and the fears of economic strain that hinder ambition in cutting greenhouse gases.

Fighting climate change is only getting harder

The literal and metaphorical backdrops of the COP24 negotiations highlight the enormity of the challenge. Katowice is in the heart of Poland's coal country and the conference is sponsored in part by Polish coal companies. The conference venue is literally festooned with coal.

The IPCC report found that it would require an unprecedented international effort, demanding technologies that are still in their infancy, and that the world may have as little as 12 years to act. That would likely require current cutting global emissions in half by 2030.

Though the United States has managed to reduce its greenhouse gas emissions while growing its economy, largely by switching from coal to natural gas, other countries have yet to satiate their appetites for dirty energy. China, for examples, emits more greenhouse gases than the United States and Europe combined, and its emissions are still growing.

The world as a whole needs to sharply bend the emissions curve as fast as possible if the planet is to stay below 2 degrees Celsius of warming, let alone 1.5 degrees Celsius. And seven big countries, including the US, are well behind hitting the pledges they made in Paris, according to the UN Environment Program's most recent annual "emissions gap" report.

So the agreement taking shape in Poland seems to be a mixed bag. "Some of the issues like transparency rules are going in the right direction, but market mechanism is a pretty big mess," said Alden Meyer, director of strategy and policy for the Union of Concerned Scientists, speaking from Poland.

The first step in limiting greenhouse gases is to keep track of them and provisions on measuring and verifying carbon dioxide emissions inventories for different countries looks

to be strong.

But countries are still struggling with the best way to deal with climate change around the world, whether it means deploying clean energy in their own countries, financing climate change adaptation in vulnerable regions, or pooling money to help more fossil fuel-dependent countries sever their ties to carbon-intensive energy. Some delegates, particularly those from island nations threatened by sea level rise, also want more stringent targets for greenhouse gases.

The US government is a major obstacle in climate negotiations, but not the only one

As Vox's David Roberts has explained, the United States is undermining the success of the Paris agreement. It's not just that Trump announced his intent to withdraw from the accord. The Trump administration has gone as far as to gleefully taunt delegates at COP24 with a panel promoting the use of more coal.

Unlike previous proposed international climate agreements, there's no penalty or enforcement mechanism for breaching greenhouse gas targets. And the targets, remember, are set by countries for themselves.

The agreement hinges on peer pressure, which in turn requires countries to be open and transparent about their progress in fighting climate change.

So when the world's second-largest carbon dioxide emitter decides not to play ball, it drastically weakens how much other countries can be shamed or prodded into limiting their emissions.

That in turn makes it more difficult to secure investments in clean energy, since the regulatory environment has become more volatile.

The US's actions have given some cover to other countries who are less than enthralled with the prospect of cutting greenhouse gas emissions. At COP24, this manifested in a fight over how to acknowledge the findings of the recent IPCC special report on limiting warming to 1.5 degrees Celsius. A draft of the final text initially said that negotiators "welcome" the findings from more than 300 researchers.

But the US, joined by Russia, Saudi Arabia, and Kuwait, objected to the language and want the final text to "note" the IPCC report rather than

"welcome" it.

"The United States was willing to note the report and express appreciation to the scientists who developed it, but not to welcome it, as that would denote endorsement of the report," the US State Department said in a statement to the Associated Press. "As we have made clear in the IPCC and other bodies, the United States has not endorsed the findings of the report."

More recent drafts of the agreement now say that countries "appreciate" the IPCC report.

The federal government isn't the only representative of the United States in Poland

Because of the rules of the Paris accord, the US can't formally withdraw until after the 2020 election. But a consortium of US companies, investors, tribes, universities, and legislators have pledged to continue cutting carbon dioxide emissions in line with their commitments under the Paris accord.

Members of the We Are Still In coalition, which represents about half of the US population, are meeting with other negotiators as they highlight their own initiatives in fighting climate change to help encourage other countries to pursue their own. California, for example, has set a target of zero net carbon emissions by 2045, deploying aggressive policies to encourage electric cars, rooftop solar power, and batteries on the power grid to store variable renewable energy.

The hope is to bypass the Trump administration's retrenchment on climate change action. However, activists are still not content with the pace of progress. Students in Poland staged a strike at the COP24 venue on Friday, demanding that countries set tougher emissions goals for themselves.

Observers say that whatever agreement that's forged in Poland is only a first step. After representatives take the deal back to their home countries, their governments will still have to implement the rules and report back next year at the United Nations general assembly next September. That gathering will highlight just how far apart words and actions are on climate change.

"That will be the real acid test of ambition," Meyer said.

Source: Media Vox

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he might intervene in the legal saga if it would help the United States and China reach a trade deal.

"If I think it's good for what will be certainly the largest trade deal ever made — which is a very important thing — what's good for national security — I would certainly intervene if I thought it was necessary," Trump told Reuters.

His comments, which were published shortly after Meng was granted bail by a judge in Vancouver, were highly unusual for an American President, and contradicted assertions by senior officials in his administration that the December 1 arrest, part of a

long-running investigation, should not be tied to Trump's dinner that same day with Chinese President Xi Jinping. China's state-run media has repeatedly claimed that Meng's detention appears to be politically or economically motivated.

The United States claims that Meng helped Huawei, one of China's most prominent tech companies, dodge sanctions on Iran. She was arrested during a layover at Vancouver International Airport.

Freeland said that in arresting Meng, Canada was just following the terms of its extradition treaty with the United States. She added that she's talked with American Secretary of State



Michael Kovrig, former Canadian diplomat detained by the Chinese (globeandmail.com)

Mike Pompeo about the case.

Freeland also on Wednesday

confirmed the detention of Canadian Michael Kovrig in Beijing. Kovrig, a former Canadian diplomat, is an employee of the International Crisis Group, a nonprofit organization.

"Canada is deeply concerned by the detention of Mr. Kovrig and Canada has raised the case directly to Chinese officials," Freeland said.

It's not clear why Kovrig has been detained. In a press conference Wednesday, Chinese Foreign Ministry spokesman Lu Kang refused to confirm or deny that he'd been apprehended. CNN's Paula Newton contributed to this report.

Iran connection emerges as Canada's envoy briefs China on Huawei arrest

Mike Blanchfield, The Canadian Press
Published Friday, December 7, 2018

OTTAWA -- As details of American allegations against a Chinese executive were revealed Friday in a Vancouver court, Foreign Affairs Minister Chrystia Freeland said Canada's ambassador in Beijing had briefed the Chinese foreign ministry on her arrest.

Freeland said that Ambassador John McCallum has assured the Chinese

do business with Iran, violating sanctions against that country.

Meng is being accused of fraud by the U.S. government, which wants her extradited from Canada to face the charge.

The Crown says Meng is alleged to have said Huawei and Skycom were separate and she allegedly lied to an executive of an unnamed financial institution, which it asserts put the



Minister of Foreign Affairs Chrystia Freeland takes part in a meeting at the G20 Summit in Buenos Aires, Argentina, on Friday, Nov. 30, 2018. THE CANADIAN PRESS/Sean Kilpatrick

foreign ministry that due process is being followed in Canada and consular access will be provided to Meng Wanzhou, the chief financial officer of Huawei Technologies. She was arrested at the Vancouver airport on Saturday after a request by the United States.

Freeland refused to discuss details of the case, citing the imperative of keeping politics out of a live court proceeding -- one that clearly has massive geopolitical ramifications.

The case will likely intensify pressure on the Trudeau government, which is being urged to refuse to allow Huawei products in Canada's next-generation 5G telecommunications networks.

A Canadian prosecutor told a Vancouver court on Friday that the United States asked Canada to arrest Meng because the U.S. alleges she violated sanctions on Iran.

The allegation against Meng came in a packed Vancouver courtroom during a hearing on whether she should be released on bail before an extradition process. The Crown lawyer told the hearing that the U.S. alleges Huawei Technologies used subsidiary Skycom to

institution at risk.

China's foreign ministry has pushed Canada to reveal the reason for the arrest and the Chinese Embassy in Ottawa has branded Meng's arrest a serious violation of human rights.

Freeland highlighted McCallum's elevated diplomatic status as a former Liberal cabinet minister, and characterized his conversation with the Chinese as positive.

"I have not spoken directly to Chinese officials but John McCallum, our ambassador to China -- our very senior ambassador to China -- has spoken with Chinese officials," Freeland said Friday in a teleconference from meetings in Berlin. "And he has assured China that due process is absolutely being followed in Canada and consular access for China to Ms. Meng will be provided, and that we are a rule-of-law country, and we will be following our laws as we have thus far in this matter, and as we will continue to do."

Freeland reiterated what Prime Minister Justin Trudeau said Thursday: that Meng's arrest was part of an independent legal process that is separate from politics.

"The Chinese are well aware of John's seniority," she said. "They have had a good conversation with John. John has been very clear with the Chinese authorities -- as we are with Canadians -- that this was a matter handled as a part of our rule-of-law process; it was done without any engagement on involvement in the political level because we respect the independence of our judiciary."

McCallum was clear that Chinese consular officials will have access to Meng "just as we seek consular access for detained Canadians around the world, including in China."

Meng's father, the billionaire Ren Zhengfei, founded Huawei Technologies Ltd. in 1987 and established it in the southern China city of Shenzhen, across the border from Hong Kong.

Among other things, it is working with Telus and Bell Canada to develop equipment for fifth-generation wireless networks that are expected to transform telecommunications around the world over the next decade or more.

Huawei has become the world's biggest supplier of equipment used by phone and internet companies. But the company has faced widespread allegations that it is an espionage organ of the Chinese military and security services -- an accusation the company strongly denies.

The U.S. has led a charge to ban the use of Huawei products among its allies, particularly the Five Eyes intelligence-sharing network that also includes Canada, Australia, Britain and New Zealand. So far, New Zealand and Australia have banned the company from their 5G networks; Britain has expressed concerns and is considering measures.

Asked this week about a possible

Canadian ban on Huawei, Trudeau said he would defer to the advice of his intelligence agencies.

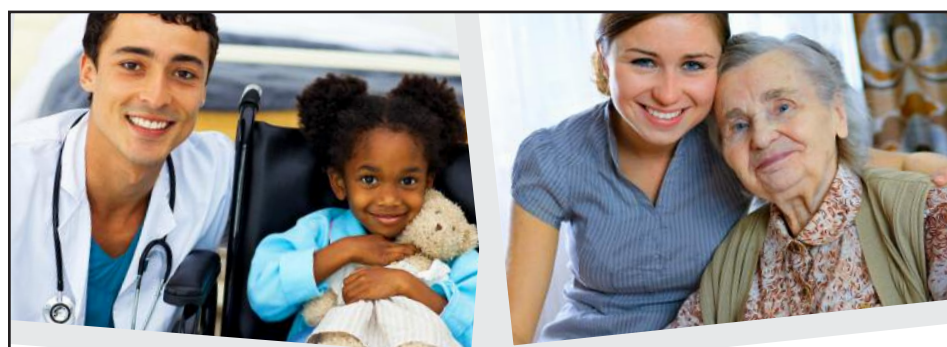
The new director of the Canadian Security Intelligence Service flagged issues surrounding 5G technology in a major speech this week in which he described the threat to Canada's national security posed by "economic espionage" from "hostile states."

David Vigneault did not name China or Huawei in his speech, but he noted that "many of these advanced technologies are dual-use in nature in that they could advance a country's economic, security or military interests."

"In particular, CSIS has seen a trend of state-sponsored espionage in fields that are crucial to Canada's ability to build and sustain a prosperous, knowledge-based economy," he added. "I'm talking about areas such as A.I., quantum technology, 5G, biopharma, and clean tech."

On Thursday, former prime minister Stephen Harper told Fox Business News that while he was in power he became increasingly concerned about allowing the use of equipment from Huawei and ZTE, another Chinese telecom-equipment manufacturer.

"These are organizations, ultimately, tightly tied to the Chinese security apparatus, and we think there are some real, serious issues there," Harper said. "The United States is encouraging western allies to essentially push Huawei out of the emerging 5G network, and my personal view is that is something that western countries should be doing in terms of our own long-term security issues."



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Opinyon/Komentaryo ni Willie Quiambao

ANG KAHALAGAHAN NG DIARYO SA PAGPAPAKALAT NG MAHAHALAGANG BALITA SA KOMUNIDAD

Kamakailan ay nagkaroon ng isyu sa paggamit ng Filga sa pangalan ng Heritage sa kanilang fundraising. Tumutol ang narami pero hindi sila pinakinggan. Ang ilan sa pumayag sa gusto ng Filga ay miembro ng ad hoc committee ng Heritage. Ang isa pang isyu ay may mga taong humingi ng donasyon para sa souvenir program ng Heritage noong June na hindi naman yata nagawa. Dahil sa mga nangyayari, marami ang nagpahayag ng interest na dumalo sa susunod na meeting ng Heritage upang pumili ng mga opisyal na tiyak na mangangalaga sa kapakanan nito.

Isinulat ko na kung gagawa ng meeting, ilagay ito sa community newspaper upang mabasa ng marami.

Climate of Fear Opinion

ON DISTANT SHORE

By Val G. Abelgas

Duterte-holding-assault-rifle President Duterte sent a few more chilling messages to his critics the past couple of weeks as he intensified the climate of fear in the country.

Stopped by the court from arresting and detaining his harshest critic Sen. Antonio Trillanes IV after illegally voiding the senator's amnesty, Duterte revealed that the government is investigating supply deals made by the latter's ailing 84-year-old mother with the Philippine Navy, prejudging them as "a clear case of conflict of interest."

In another assault on the family of another critic, the President went ballistic again with slanderous remarks against Caloocan Bishop Pablo Virgilio David, claiming that the popular "Bishop Ambo" was stealing from the church's collections to give to his family.

The attacks came apparently in retaliation for the bishop's remarks when he called on Catholics to pray for Duterte because he is "a very sick man" after the President called saints "fools" and "drunkards." Not contented with calling the bishop a thief, Duterte said he suspected that David might be into drugs and threatened to "chop off" his head if he is caught buying drugs.

Bishop David has been a vocal critic of Duterte's brutal drug war that has killed thousands of mostly poor alleged drug users. By attacking and threatening the bishop, the President was basically also addressing the prelate's brother, Prof. Randy David, who is also critical of the President in his columns in the Philippine Daily Inquirer.

A week after his tirade against Bishop David, Duterte turned again on the Catholic Church, whose teachings, he said are "archaic." Duterte, who once

Nabalitaan ko na lamang na nakabuo na ng mga opisyal ang Heritage. Ilan sa mga napili ay sina Al Abdon, chairman at si Minda Mazzone, treasurer. Ayon kay Abdon, nagtawag siya ng mga tao para sa meeting pero pito lamang yata ang dumalo. Nakalimutan kong tanungin kung ilan ang tinawagan niya. Sampu? Dalawampu? At sino ang mga ito – kaibigan, kakilala? Walang problema kung napiling mga opisyal sina Abdon at Mazzone. Ang isyu ko ay ang paraan ng pag-disseminate ng impormasyon ng Heritage, tulad ng ibang mga asosasyon, sa mga impormasyon na dapat ay malaman din ng komunidad. Minsan ay inilalagay lamang sa internet o facebook pero hindi lahat ay mayroon at marunong gumamit ng mga ito lalo na ang mga matatanda. Minsan pa ay word-of-mouth na lamang ang nangyayari. Alam ba ng mga asosasyon na ang The North American Filipino Star ay may calendar of

called God "stupid" called on Filipinos to stop going to church and just build a



Duterte holding assault rifle.

chapel in their homes where they can pray privately, oblivious of the fact that most Filipinos can't even afford to buy a home.

"You build your own chapel in your own house and pray there. You don't have to go to church to pay for these idiots," he said in a speech in Davao City.

It's not just the Church and Trillanes who have earned the ire of Duterte in the past few weeks. Turning to media critics, he again threatened to block the renewal of the franchise of ABC-CBN that is scheduled to end in 2020 as he repeated his claim that the giant media network did not run his already paid campaign ad in 2016. ABC-CBN offered to give him back the money, but Duterte refused, opting to use the issue to go after the network, whom he accused of biased reporting, especially on his alleged ill-gotten wealth and on his brutal campaign against drug.

Last week, the Department of Justice filed tax evasion charges against Rappler and its head, Maria Ressa. The social media platform, which has been critical of Duterte and his administration, had been accused by Duterte of being owned by Americans and funded by the Central Intelligence Agency, a wild

events o activities na puedeng ilagay ng libre sa diaryong ito kung mga ilang linya lamang? Sa diaryo ang pinakamabisang paraan upang makapag-disseminate ng impormasyon.

ANG PAGKAKAIBA NG BALITA AT OPINYON /KOMENTARYO

Minsan ay gusto kung isipin na nakapag-aambag ako ng kaunting kaalaman sa pagsusulat sa mga mambabasa ng The North American Filipino Star. Halimbawa ay nang isulat ko kung ano ang bago at lumang balita dahil may nagtatanong sa akin kung bakit inilalatahala pa ng NAFS ang mga balitang nabasa na nila sa ibang diaryo. Sa October issue naman ng NAFS ay ipinaliwanag ko kung ano ang honorifics at bakit kadalasan ay tinatawag ng ibang diaryo ang isang tao sa apelyido lamang. Ngayon naman ay tatalakayin ko ang pagkakaiba ng balita at opinyon. Sa September issue ng The Filipino Forum ay tinawag ako ni Fred Magallanes ng messenger ng fake news. Wala akong isinulat na balita noon at hindi ako nagsusulat ng fake news. Matagal na sana akong napatunayan ng Quebec Press Council na lumabag sa journalistic ethics at na-idemanda ng mga taong sinira ko ang reputasyon. Ang aking isinulat sa NAFS ay Opinyon/Komentaryo na may pamagat na Kapag nagkaroon ng problema ang Comelec, dapat gamitin ang common sense.

Para sa kaalaman mga pangkaraniwang tao na bumabasa ng NAFS at ng editor ng The Filipino Forum, ang balita ay isang bagay na nangyari (it's

accusation that has not been backed with evidence.

Also last week, Davao policemen arrested former Bayan Muna party-list Rep. Satur Ocampo and ACT Teachers party-list Rep. France Castro, along with 12 teachers, 4 pastors, 29 students and a community learning center administrator for transporting 12 lumad students from their school to Compostela Valley.

Ocampo's group told the policemen that they were rescuing the lumad children from a military offensive in the area and bringing them to a safe haven. That they were accompanied by teachers and pastors did not matter to the policemen, who arrested and jailed them for kidnapping and trafficking charges. The accused were able to post bail to the obvious consternation of the police.

Just like the drug charges against De Lima, those filed against Ocampo and the others were obviously trumped-up charges meant to silence Ocampo, who writes a critical column for the Philippine Star, and Castro, who is also a Duterte critic in the House of Representatives, and to send a chilling message to progressives and other critics.

Backing the Davao police for the arrests, Duterte said: "Bayan [Muna] is a front of the Communist Party of the Philippines. Bakit pa tayo mag-drama? Alam natin that KMU [Kilusang Mayo Uno], 'yan Gabriela, they're all communist fronts or being used by the communists. Alam ninyo lahat 'yan," Duterte said. Again, the President made accusations without presenting evidence or filing subversion charges, but the threat of arrest now hangs on the heads of members of these groups with the President himself making the accusations.

But the biggest threat against critics, especially the progressive groups, is Duterte's plan to organize his own armed civilian group to be called "Duterte Death Squad" allegedly to counter the

a fact) na sumasagot sa mga katanungang ano, sino, kailan, bakit at saan. Ang opinyon ay kung ano ang nasa iyong isip at masasabi sa nangyari. Ang simpleng halimbawa ay ang ginawa ni Julie Parado, FAMAS Comelec chairman, noong eleksyon. Ano ang nangyari? Inalis niya ang advance voting dahil magastos at wala naman daw nakasaad sa constitution na gawin ng Comelec ito. Ang grabe ay iniuwi ang mga kahon ng balota sa kaniyang bahay dahil wala naman daw sinasabi sa constitution kung saan dapat itago ang mga ito. Ang mga sumusunod ang sagot ko: Lalong lumaki ang gastos dahil sa demandahan. Wala rin nagsasabi sa constitution na hindi sila puedeng gumawa ng advance voting lalo na kung ang mga kandidato at mga botante ang humihiling. Wala rin nakasaad sa constitution na dalhin sa bahay niya ang mga kahon ng balota. Conflict of interest iyon at common sense ang dapat gamitin." Opinyon ko ang aking mga isinagot na sinang-ayunan ng marami. Opinyon ko rin na maaari palang dalhin ni Parado ang mga membership fees sa bahay niya at gastusin ang mga ito dahil wala naman sa constitution na hindi puedeng gawin iyon ng Comelec chairman.

Minsan, may mga bagay na hindi nakasaad sa constitution pero kailangang gamitin ang common sense.

I rest my case. MALIGAYANG PASKO AT MANIGONG BAGONG TAON

New Peoples Army's Sparrow Units, which PNP chief Director General Oscar Albayalde acknowledged has been non-existent for at least three years now.

"They will do nothing but look for idlers who are prospective New People's Army members and take them out," he said. Remember that this is the President, the leader of the country and the commander-in-chief of the armed forces and the national police, talking about giving authority to civilians to be judge and executioner at the same time.

The idea was so wild and so thoughtless that even Defense Secretary Delfin Lorenzana, who is one of the very few Cabinet members who dare speak against the President, warned that the plan could lead to abuse.

"We will study it very closely. Who will compose it, who will supervise it, who will be the targets, who will be accountable? Because there is great danger of abuse or mistakes in these undercover operations," Lorenzana said.

What will stop these armed groups from killing innocent people on the pretext that they are prospective members of the New People's Army? This latest threat is aimed directly at progressive groups, who have been accused by the President as fronts of the Communist Party of the Philippines and who have been at the forefront of protest actions against Duterte.

Senator Francis Pangilinan said it best when he warned that Duterte's death squad would turn the country into "a howling, lawless wilderness."

The Commission on Human Rights and other human rights groups protested the plan, saying the principles of international humanitarian law strictly prohibit death squads "under all circumstances." But do all these protestations matter to a leader who idolizes dictators and tyrants?

Tyrants have only one response to criticisms. Instill fear. (valabelgas@aol.com)

White House digs in on border wall demand, pushes government closer to shutdown

We will do whatever is necessary to build the border wall to stop this ongoing crisis of immigration,' said White House senior adviser Stephen Miller

THE ASSOCIATED PRESS

Updated: December 16, 2018

WASHINGTON — The White House on Sunday pushed the federal government closer to the brink of a partial shutdown later this week, digging in on its demand for \$5 billion to build a border wall as congressional Democrats stood firm against it.

"We will do whatever is necessary to build the border wall to stop this ongoing crisis of immigration," said White House senior adviser Stephen Miller.

Asked if that meant having a government shutdown, he said: "If it comes to it, absolutely."

Trump said last week he'd be "proud" to have a shutdown to get Congress to approve a \$5 billion down payment to fulfil his campaign promise to build a wall on the U.S.-Mexico border. But the president doesn't have the votes from the Republican-controlled Congress to support funding for the wall at that level.

Democratic congressional leaders, Sen. Chuck Schumer and Rep. Nancy Pelosi, have proposed no more than \$1.6 billion, as outlined in a bipartisan Senate bill. The money would not go for the wall but for fencing upgrades and other border security. Democrats also offered to simply keep funding at its current level, \$1.3 billion.

Showing no signs of budging, Schumer said Sunday that it was up to Trump to decide whether parts of the federal government shut down at

night. The Senate returns Monday after a three-day absence.

Trump had neither accepted nor rejected the Democrats' proposal



House Minority Leader Nancy Pelosi, Vice President Mike Pence, President Donald Trump, and Senate Minority Leader Chuck Schumer arguing during a meeting in the Oval Office on Dec. 11, 2018. Credit: Evan Vucci, AP

midnight Friday over his border wall, sending thousands of federal employees home without pay during the holidays.

About one-quarter of the government would be affected, including the departments of Homeland Security, Transportation, Agriculture, State and Justice, as well as national parks.

"He is not going to get the wall in any form," Schumer said. Both parties in Congress have suggested that Trump would likely need to make the next move to resolve the impasse. The House is taking an extended weekend break, returning Wednesday

as of Friday, according to the Democrats, telling them he would take a look. Trump will need Democratic votes either way, now or in the new year, for passage.

Wyoming Sen. John Barrasso, the No. 3 Republican in the Senate, said Republicans remain hopeful they can come up with a proposal that can be acceptable to Trump and pass both chambers. He suggested that could take the form of a stopgap bill that extends funding until January, or a longer-term bill that includes money for border security.

Judge throws political bomb in Trump's lap by voiding Obamacare

Trump's chaotic search for new chief of staff over, picks budget director Mick Mulvaney

'Over my dead body': Attorney Giuliani firmly rules out Mueller interviewing Trump

"There are a lot of things you need to do with border security," he said. "One is a physical barrier but also the technology, the manpower, the enforcement, all of those things, and our current laws are in some ways an incentive for people to come to this country illegally, and they go through great risk and possibly great harm."

Sen. Susan Collins, R-Maine, urged senators to revisit a bill she helped push earlier this year that would provide \$2.5 billion for border security, including physical barriers as well as technology and border patrol agents.

Schumer declined to say whether Democrats would be willing to consider proposals other than the two options that he and Pelosi offered.

Republicans "should join us in one of these two proposals, which would get more than enough votes passed and avoid a shutdown," Schumer said. "Then, if the president wants to debate the wall next year, he can. I don't think he'll get it. But he shouldn't use innocent workers as hostage for his temper tantrum."

Miller and Barrasso spoke on CBS' "Face the Nation," Schumer appeared on NBC's "Meet the Press," and Collins was on ABC's "This Week."

George H.W. Bush Secretly Sponsored a Filipino Boy: 'He Really Threw Himself Into It'

New details about George H.W. Bush's philanthropy are continuing to come to light after the former president died at age 94 in November.

Among the most secretive of Bush's good deeds was his sponsorship of a Filipino child named Timothy, The Gazette reported. Even the boy did not know that Bush was his benefactor through Compassion International.

The connection started about 18 years ago when Bush attended a Christmas concert in Washington, D.C., where performers handed out packets about the organization.

"To everybody's surprise, all of a sudden George Sr. raises his hand in the middle of his security entourage and says, 'I want one!'" Wess Stafford, Compassion International's president emeritus, told The Gazette. "All of these security people were like, 'Has anybody screened this? Does anybody know if this is okay or not?'" Bush developed a rapport with Timothy by writing personal letters. He even sent doodled pictures and art supplies.

"He really threw himself into it," Stafford told the outlet. "He would write to little Timothy and Timothy would write to him, and anything that Timothy said that was interesting, President Bush would



write right back with a comment on it. You know, 'Thank you for the picture of that beautiful rainbow. You know, we had a rainbow like that right outside my house just last week.'"

To conceal who he was, Bush signed up under the name George Walker and used Stafford as a middleman. But sometimes his letters dropped hints. From Canada Goose

"The first time he started breaking our little security rules was

when he sent a picture of his dog, Millie, and he added, 'This is Millie. She's met lots of famous people,'" Stafford told the newspaper. "And I thought, 'Okay, that's cute, but boy, that's starting to slip some little secrets in there.'"

Bush nearly crossed the line again when discussing his holiday plans. "Then years later, he wrote, 'We're going to have Christmas this year with my son at his house,'" Stafford recalled to The Gazette. "And then he adds, 'Oh, and he lives in a big, white house.' And I'm like,

'Come on, Mr. President. You are really pushing the envelope here.'"

Bush eventually transferred the sponsorship to his Stafford's executive assistant Angie Lathrop, who met Timothy in 2010.

"Angie is the one who told him, 'Your former sponsor is someone that I know pretty well, and he was the president of the United States,'" Stafford said. "And Timothy, he was so dumbfounded, he was speechless. And he says, 'Well, I knew that he was a kind and encouraging, wonderful man, but I had no idea.'"

The story was news even to Bush's spokesperson Jim McGrath.

"Had no idea — ever — that 41 did this, but not the least bit surprised. The kindest, most giving man," McGrath tweeted on Sunday in response to The Gazette's article. He added the hashtag #Remembering41.

Jim McGrath

When Bush's son George W. Bush eulogized his father at the National Cathedral on Dec. 5, he said the elder Bush embodied his famous phrase for volunteerism, "a thousand points of light."

"He recognized that serving others enriched the giver's soul," the former president said. "To us, his was the brightest of a thousand points of light."

Source: People



Ask the Video Guy

Technological Tidbits
by

Al Abdon

THE FILIPINO PHOTOGRAPHERS OF MONTREAL (FPOM)

It took decades before some group of young dedicated photographers decided to form themselves what is to become the "Filipino Photographers of Montreal" or FPOM for short. It was popularly suggested that the name should be in Pilipino terms "Mga Maniniyot Pinoy ng Montreal". It didn't go well with the

daughter of the late Joe Escudro who was a professional photographer in the Philippines and came here to continue his profession. Because of his skills he was hired as photographer of Dana Serpati of Armand Studios when she got married many years ago. Most of our Filipino commercial photographers are still working their way up to have studios by themselves. Meanwhile they have what we call "Mobile studios".



The Filipino Photographers of Montreal (FPOM)

others so FPOM became the official name of the group. It was generated by photographers Ana Mhey Dapulano, Pinky Maghari and Jun Delavin Jr. along with four other photographers at a local coffee joint. The group has flourished from 7 to 35 members and more are joining. The mission of FPOM is to introduce professionalism in their trade of photography and mentoring of members.

The FPOM is composed of different fields in Photography. The first one is commercial photography.. Many Filipino photographers have been trained and are working in studios to shoot company products, family portraits and work of arts. Joanna Escudro has been in this line of field using a stationary set-up. Joanna is the

They carry all the props, stands, lightings in the back of their car for location shots. One of them is Cristy Hunter. Cristy just graduated from Dawson School of Commercial Photography with high honours. Her portfolios are astonishing. Some of her work can be seen on Facebook. Another product of Dawson School of Commercial Photography is Oye Olivar. She too graduated with honors. She also specializes in wedding photography.

The 2nd field in photography is nature or landscape. The photographers of this field are mainly interested in nature that includes Astronomical photography. Ana Mhey Dapulano is one of them. Ana Mhey enrolled in my basic photography

course at Gilmore College International which to my surprise has a good collection of nature shoots from the Philippines.

The event photographers belong to the third type of photography. These are the ones you see at birthdays, meetings, anniversaries, debut and weddings. Many of the FPOM members are in this

quality of the pictures on which these photographers are rated. Most famous in these areas I've known are Hartistic Production, Oye Olivar Photography and the popular and likable Archie Muje.

Anyone can be a photographer. As long as you know how to press the shutter button and aim the camera to the subject while the



Photo Booth

field because of its broad activities. The most difficult trade in this category is taking pictures of weddings. The pay is good, depending on your salesmanship but it is stressful. You are putting your reputation at stake when you get these contracts. The brides could become "Bridezillas" when it comes to style and quality of the finished product. Jun Delavin Jr stands out because I saw some of his samples. I will include the skills of Domz Ramos, Jessie Balaodan, Bryan Davis, Danny Revilla and others whom I saw their work to have character and are well defined.

The most in-demand trade of photographers is the Photo-Booth photographers. They are very popular in every type of events because everyone wants to have a souvenir. Photo-booth photographers do not use their photography skills but they make both their clients and guests happy. It all depends on the green screen background, the physical layout, the

camera settings is on auto, you are considered a photographer. But then the question is how good are you as a photographer. To find out, show your work to anyone not related to you and you will get their honest opinion. If they don't like it, well, hire a FPOM member to teach you. Joking aside, If they like it, then you have a potential. If they reacted with a "wow", then you are good. At this point it's time to learn and study. First, master the functions of your camera. Make it as your second nature without thinking how to operate it. Second, study the basics of photography such as exposure, aperture, shutter, white balance, ISO and focusing. Third, learn from the works of professionals. It is a short cut to education and make sure to develop your own creative style.

Al Abdon – Adviser FPOM

Gilmore College International Winter 2019 Session

New schedules are available in English, French, and Filipino language courses as well as vocational programs such as PSW/PAB, Early Childhood, Accounting and Computer courses. Classes will start on January 5, 2019, 9:30 a.m. to 5:00p.m.

Registrations are accepted anytime according to enrollment minimum to meet the needs of working students who can study any course or program they need during their days off. Don't hesitate to call for appointments: 514-485-7861 or by cellphone: 514-506-8753 (11 a.m. to 9 p.m. or anytime by leaving a voice mail.)

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Merry Christmas, Happy New Year!



Although not everyone's face is visible, and some guests did not join this group photo, it is obvious that there was a good attendance at Gilmore College International's annual fellowship and Christmas party on Sunday, December 9, 2018. Next time, we will make sure that we get a better picture and we extend our apologies to those who were disappointed in not being seen clearly, and we thank you all for joining us on this happy occasion. See you all next year, as the saying goes - the best things are yet to come.



A special souvenir photo of Gilmore College International alumni who have been absent from get together parties for a while and we welcome them warmly.



From a facebook posting of one of the guests, Roger Webbe, who has requested to resume the Gilmore Dance Club. Call 514-485-7861 to join.



Gilmore College International faculty pose with Councilor Marvin Rotrand and Mount Royal MP Anthony Housefather.



Alumni group photo with PAB instructor Dolores Belandres and Director General Zenaida Kharroubi (L to R) Arlene, Ethel, Annabelle & Annie.



ASSEMBLÉE NATIONALE
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Wishing the Filipino Community

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&
HAPPY NEW YEAR**



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DAVID BIRNBAUM
MNA for D'Arcy-McGee
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*Happy Holidays
and
Happy New Year!*



Lionel Perez
City Councillor
District Darlington

Montréal 

Côte-des-Neiges-Notre-Dame-de-Grâce
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Top Pinoy Recipes for Christmas feasts



MORCON (Rolled beef)

Morcon is a Filipino meat roll stuffed with sausage or hotdogs, carrots, pickles, cheese, and egg. This is considered as a holiday dish and is usually served during Christmas and New Year's eve.

Ingredients

2 lbs beef eye of round or flank steak
3/4 inch thick in one piece
2 pieces beef cubes dissolved in 3 cups boiling water beef stock/broth
1/4 tsp salt
1 piece lemon
1/2 cup soy sauce
1 piece medium sized carrot cut into long strips
1/2 cup flour
1/2 cup cooking oil
4 pieces hotdogs cut in half lengthwise
2 pieces pickled dill or sweet pickled cucumber cut lengthwise divided into 4 equal pieces
3 pieces hard boiled eggs sliced
3 ounces cheddar cheese cut in strips (about 1/2 inch thick)

Instructions

1. Marinate the beef in soy sauce and lemon juice for at least 1 hour
2. Place the beef in a flat surface and arrange the hotdogs, pickle, carrot, cheese, and egg on one side
3. Roll the beef enclosing the fillings and tie with a cooking string to ensure that the meat will not open-up
4. Place cooking oil in a pan and apply heat
5. Dredge the rolled beef in flour and fry until the color of the outer part turns medium brown
6. Transfer the fried rolled beef in a casserole and pour-in the beef broth then bring to a boil
7. Pour-in half of the soy sauce-lemon juice marinade, salt and simmer until the beef is tender (about 2 hours using ordinary casserole or 30 minutes if a pressure cooker is used)
8. Optional: Fry the simmered meat for at least 2 minutes
9. Remove the strings and slice into serving pieces
10. Place in a serving dish and add the sauce.
11. Serve hot. Share and enjoy!

Embutido is a type of meatloaf prepared Filipino style. Though a well known dish for the holidays, Embutido



Embutido (Meat loaf)

can be enjoyed everyday without any hassle. Several meat processing companies now produce this meatloaf for commercial purposes; all you have to do is grab one from your favorite grocery store. For those of you who want to enjoy the naturally prepared Embutido, this is the recipe to go for.

Ingredients

2 lbs. ground pork
12 pieces vienna sausage or 6 pcs hotdogs cut in half lengthwise
3 hard boiled eggs sliced
1/2 cup sweet pickle relish
1/2 cup tomato sauce
2 raw eggs
2 cups cheddar cheese grated
1 cup red bell pepper minced
1 cup green bell pepper minced
1 1/2 cup raisins
1 cup carrots minced
1 cup onion minced
salt and pepper
2 cups bread crumbs made by placing 4 slices of tasty bread in a food processor. If not using any food processor, just tear the bread.

Instructions

1. Place the ground pork in a large container
2. Add the bread crumbs then break the raw eggs and add it in. Mix well
3. Put-in the carrots, bell pepper (red and green), onion, pickle relish, and cheddar cheese. Mix thoroughly
4. Add the raisins, tomato sauce, salt, and pepper then mix well.
5. Place the meat mixture in an aluminum foil and flatten it. (see video for guidance)
6. Put in the sliced vienna sausage and sliced boiled eggs alternately on the middle of the flat meat mixture.
7. Roll the foil to form a cylinder — locking the sausage and egg in the middle if the meat mixture. Once done, lock the edges of the foil.
8. Place in a steamer and let cook for 1 hour.
9. Place inside the refrigerator until temperature turns cold
10. Slice and serve. Share and Enjoy!

Crispy Pata is a famous Filipino pork dish that uses a whole pig's leg. The leg (or pata) is made tender by simmering in water along with other spices. It is then rubbed with seasonings and deep-fried until the



CRISPY PATA (Pork leg)

texture becomes very crunchy. This dish can be eaten as a main dish along with pickled green papaya (atchara) and a dipping sauce made from soy sauce, vinegar, brown sugar, and chopped onions. It can also be served as beer food or "pulutan" — which is what Crispy Pata is popularly known for.

By looking at the procedure,

you might be thinking that it is easy to cook Crispy Pata. The procedure seems simple, yet the process involves dangerous steps that need extra caution.

Deep frying a whole leg can cause the hot oil to be uncontrollable. It is a must to slightly (not fully, as the cover can pop-up due to pressure) cover the cooking pot while frying. There are also other recipes that require the leg to be frozen then deep-fried immediately. I do not recommend that, at all. The technique can be effective, but it is very risky. It is better to fry the leg in medium heat until it becomes crispy.

Crispy Pata is best eaten with a good dipping sauce. Make sauce by combining 1 cup of vinegar with 1/4 cup soy sauce, 1 tablespoon brown sugar, one small chopped onion, and some bird's eye chili. Microwave it for 30 seconds to let the flavor of the onions out.

Ingredients

1 whole pig's leg pata; about 3 to 4 lbs, cleaned
6 pieces dried bay leaves
2 tablespoons whole peppercorn
4 to 6 pieces star anise optional
6 teaspoons salt
2 teaspoons ground black pepper
2 to 3 teaspoons garlic powder
12 to 15 cups water
8 to 12 cups cooking oil

Instructions

1. Pour water in a cooking pot then let boil.
2. Put-in dried bay leaves, whole peppercorn, star anise, and 4 teaspoons of salt.
3. Add the whole pig's legs in the cooking pot then simmer until the leg becomes tender (about 45 to 60 minutes).
4. Remove the tender leg from the cooking pot and set aside until the temperature goes down.
5. Rub the leg with garlic powder, ground black pepper, and remaining salt. Let stand for 15 minutes to absorb the rub.
6. Heat a clean large cooking pot (preferably with cover) and pour-in cooking oil.
7. When the oil becomes hot, deep fry the rubbed pork leg. Continue cooking in medium heat until one side becomes crispy, and then cautiously flip the leg to crisp the other side. Note: Be extra careful in doing this procedure.
8. Turn-off the heat; remove the crispy pork leg; and transfer it to a wide serving plate.
9. Serve with atcharang papaya and soy sauce – vinegar dipping sauce.
10. Share and enjoy!



BEEF CALDERETA

Beef Caldereta is a main stay in any Filipino Kitchen. It is a type of beef stew cooked with tomato sauce and liver spread. Ingredients such as potato, carrots, bell peppers, and olives are also utilized when cooking this dish.

This is a popular dish is served during special occasions. It is a regular item in every Filipino cookbook. Some consider kaldereta as the Philippines most famous beef stew.

There is more than one version of Filipino Kaldereta. This happens to be one that makes use of liver spread. It is an ingredient similar to liver pate. Its rich and bold liver taste helps make beef kaldereta tastier. The other version is using peanut butter instead of liver spread.

Ingredients

2 lbs beef cubed
3 pieces garlic cloves crushed and chopped
1 piece onion finely chopped
2 cups beef broth
1 piece red bell pepper sliced
1 piece green bell pepper sliced
1 cup tomato sauce
1/2 cup liver spread processed using blender
1 teaspoon chili flakes
3 pieces dried bay leaves
2 cups potatoes sliced
2 cups carrots sliced
1/4 cup cooking oil
1 cup green olives
salt and pepper to taste

Instructions

Heat the cooking oil in the cooking pot or pressure cooker.
Sauté the onion and garlic.
Add the beef. Cook for 5 minutes or until the color turns light brown.
Add the dried bay leaves and crushed pepper. Stir.
Add the liver spread. Stir.
Pour-in the tomato sauce and beef broth.
Cook the beef until it becomes tender (about 30 mins if using a pressure cooker, or 1 to 2 hours if using an ordinary pot).
Add potato and carrots. Cook for 8 to 10 minutes.
Put the green olives and bell peppers in the cooking pot. Stir and continue to cook for 5 minutes more.
Add salt and pepper to taste
Serve Hot. Enjoy!



FRUIT SALAD

Ingredients

1 can large fruit cocktail
1 cup fresh strawberries cleaned and cut in half lengthwise
1 cup blueberries cleaned
3 pieces kiwi cleaned and sliced into bite size pieces
3/4 cups nata de coco
14 ounces condensed milk
8 ounces table / medium cream or all purpose cream

Instructions

Drain the juice from the fruit cocktail and transfer the canned fruits in a bowl. Combine the fruit cocktail, strawberries, blueberries, kiwi, and nata de coco then toss lightly.
Add the condensed milk then mix lightly. Be extra careful so that the fruits will remain intact.
Add the table cream / medium cream then mix again. Make sure that the cream is properly distributed amongst the fruits.
Refrigerate for at least 3 hours.
Serve Chilled. Share and Enjoy!



Social Tidbits

Fely Rosales Cariño

Have you been invited to two or three different parties held at the same date, same time, but different venues? Well, this happened especially in the month of November and December. November 30, 2018 was an extra busy day. First, I was invited to attend a TV interview by Tenne Rose Dayandante, Michael Devantes, and Derwin Collantes, the three ICI TV superstars. They wanted to know my opinion on an educational issue in the Philippines. The Philippine Ministry of Education dropped the Filipino language (Tagalog) in the curriculum from Kindergarten to College. Added to this issue is the inclusion of the Korean language as an elective subject in College. I told them that I'm sad and a bit angry. My frustration stems from the fact that Tagalog is our national language and it connects people from different regions in the Philippines. It is the foundation of our culture. In my opinion, the Filipino language, Tagalog, should always be a core subject in the Philippine Educational system from Kindergarten to College. This TV interview was held at ICI television studio at Christophe Colombe in the east end of Montreal.

From ICI, I proceeded to the West Island to attend the Christmas Party given by the Friendship Group of Quebec (FGQ) held at John Fisher Hall. It was surprising to see and meet old friends you haven't seen in years. Mostly SWIS members occupied the dancing space. Very hard at work during the party were Lucy Salazar, Nilo & Edith Valenzuela, Nasir & Lou Asghar, to name a few. After the buffet, dancing continued in earnest. Everyone had a good time!

A group of Filipino community leaders were invited to the 30th anniversary celebration of PROMIS, an NGO entity (non-governmental organization) whose primary function is to help immigrants meet their social, physical, and educational needs, free of charge. It was held at the Rialto Theatre on Park Avenue, Montreal. Speaker after speaker mounted the stage to say their pieces. A band was on stage playing the whole time. It was a nice surprise to see people from different ethnic denominations mingle and dine to conversations as if they have met before. There was a hot and cold buffet. The theatre was full. Most of the guests remained standing with their drinks and or plates. Filipino leaders invited to the party were FFCAQ President Minda Mazzone and husband Nick, past FFCAQ President Ed Tupaz and wife Tess, Gilmore College International founder Zeny

Kharroubi, photographer Cristy Hunter and husband Robin, Federation officers Warly Basbacio, Joy and husband Fred, Kimberly Wong, FILGA's Valent Lloyd Hughes, QAFCT past President Trans Liganor, Heritage Montreal Chairman Al Abdon, and yours truly.

Recent birthday celebrants feted at Coolbrook Chalet on Spring Gardens at DDO were Ex Chairman Roger Ajero and Flor Rillo. Another celebrant was Lucy Salazar who was surprised with a lunch at Peking Garden's Restaurant in the West Island.

The Pangasinan Association of Quebec (PAQ) recently celebrated the 25th Anniversary of its foundation with the coronation of Ms. Pangasinan 2018 as its highlight. It was held at Ruby Rouge Restaurant on Clark Street in Chinatown. Twenty five years as an association clearly shows the cohesiveness of its president and its Board of Directors. In fact, President Estela Tablas is on her 8th year as president!!! A rarity. Estela, you must be so well liked and hardworking to occupy the presidency for this long. Congratulations!

The display of gowns was led by President Estela Tablas in a bright red gown. Third runner-up was Cristy Ragonton in shimmering bare back blue. Second runner-up was Rosario Estrada in bare back red. First runner-up was Nolah Manuel in a yellow and gold ensemble. Crowned Miss Pangasinan 2018 was Marilou Bermas who wore a halter shiny brown ballgown. Program participants included Julie Tabamo (Invocation), Dario Boco (Welcome Address), and messages from Buddy Cabugao (PAQ Adviser) and President Estela Tablas. Dancing in full force followed the coronation.

The Fil-Can Chess and Social Club (FCCSC) held its Christmas Party and Induction of Officers on December 1, 2018 at the Ramada Plaza Montreal on Decarie Boulevard. The parade of colors opened the program. Flag bearers were Mario Bajar, Danny Valdez, and Francisco Bernabe. After a series of hot dancing music, dinner was served (courtesy of Bhaby Castillo). The main focus of the program was the awarding of trophies and cash prizes by Gerry Danzil, Federico Tan, and Marlou Agcaoili and the Induction of Officers by FAMAS President Cesar Manuel. Officers inducted were Manuel Lagasca (President), Mario Bajar (VP Internal), Cherry Palmos (VP & Social Affairs), Mimi Gasapo (Secretary), Brenda

Toledo (Assistant Secretary), Jojo Aguirre (Treasurer), Rudy Oliver (Auditor), Nicolas del Rosario (Ass. Auditor), Hubert Sison (P.R.O.), Danny Valdez (Business Manager), Mel Villanueva (Tournament Director), Marlou Agcaoili, Diosdado Ilustre, Ronald Mangahas (Training & Dev. Officers), Jun Bergonio, Francis Aquino, and Board of Directors: Dario Boco, Marcelino Cabantugan, Gerry Danzil, Ferdie Manaog, Rey Mellares, Adolfo Nicolas, Remy Ramos, Peter Tan, Alejandro Toledo, Primitivo Velasco, and Reggie Villamor. During dinnertime, the assembly was serenaded by two great singers; Peter Tan and Mario Bajar. Both can really sing! I lost count of how many times they were asked for encores!

Two Filipino organizations had their Christmas Parties at the same place (6767 Cote des Neiges, Montreal) and at the same date (December 8, 2018). The two organizations are Knights of Rizal, Mackenzie Central Chapter (MCC) and BIBAK Montreal. First half of the party was the MCC party. I was seated opposite the door and I witnessed that every member who arrived had a potluck dish. Food was overflowing! As usual, the program began with the parade of colors participated in by Ryan, Regie, and Randy. After the National Anthems, Sir Julius Abad led the singing of Ang Pasko ay Sumapit. Sir Rowel Pangilinan read the Rizalian Prayer and Sir Felix de Luna and Sir Ramon Posadas delivered their messages. The Ladies of the Knights of Rizal (LKOR), Ladies Mariz, Nancy, Berly, Elena, Marilym, and Marlene each expressed their Christmas Greetings to everyone. Chairmen of the party were Sir Willy Passion and Sir Ramon Posadas. Co-Chairs were Sir James Menzi, Sir Orly Villanueva, and Sir Julius Abad. There was a photo booth where everyone took turns

enjoying the party. The surprised numbers included performances by the Benguet Group, Mae Afuyong and AJ Tamid-ay, Jiane Keisha Pau, Neslyn Banggiwak, the Line Dancing Group and the Zumba Group. The last segment of the program was cultural presentations by the Mountain Province Group, the Benguet Group, and the Community Dancing Group. It was a sight to watch the dancers swaying to the rhythm of the gongs. "Colorful" describes best their Igorot costumes. Angie Talig-an welcomed the guests. Nenita Licyayo delivered a Christmas message, and Ailey Domanas David gave the closing remarks.

On December 9th, I attended Gilmore College International's annual fellowship and Christmas potluck supper. All alumni as well as present students, teachers, community leaders, former MMTV crew, Star columnists, their friends and families were invited but not everyone came as there were other parties on the same day. A short visit by Councilor Marvin Rotrand and our Mount Royal MP, Anthony Housefather added to the significance of the annual fellowship party. Mr. Rotrand wanted to communicate an important message regarding the huge development project affecting the residents of the CDN-NDG Borough although the project is under the Mount Royal riding. He urged everyone to attend the consultation meeting on Wednesday, January 16, 2019 at Hotel Ruby Foo's on Decarie Boulevard. He introduced our MP Anthony Housefather who will run again for the forthcoming Federal elections in 2019. Gilmore alumni who work at Chateau Westmount came after a long absence from this annual reunion, namely, Estela Tugna, Annabelle Allosa, and Anne Signey. Other alumni, current students and teachers are too



L to R: KoR Sir Bert Abiera, MP of Mount Royal Anthony Housefather, Gilmore College International Founder & Director-General Zenaida Kharroubi, Snowdon Councilor Marvin Rotrand, and Valent Lloyd Hughes (FILGA) Photo taken on December 9, 2018.

smiling and displaying funny faces. Dancing became non-stop as the night progressed.

Second half of my night was spent downstairs at 6767 Cote des Neiges with BIBAK Montreal. It was a family party because well dressed children were all over the place

numerous to mention. Special guests present were Frank McInnis and his wife, Susan, Attorney Roman Gordy, Bert Abiera, Ben Bade, Roger Webbe, Monica Regacho, Fely Bisares and Valent Lloyd Hughes.

God Bless ! See you next issue !

FILIPINO STAR

SHOWBIZ GOSSIP

Kylie Padilla, Aljur Abrenica hold star-studded wedding in Rizal



Longtime couple Kylie Padilla and Aljur Abrenica finally tied the knot on Tuesday at Villa Milagros in Rizal.

Photos from the wedding ceremony surfaced as many of their celebrity friends took to social media to congratulate the newlyweds.

Padilla's co-actress in "Encantadia" Gabbi Garcia posed with the couple in an Instagram post on Tuesday.

Garcia wrote: "Always here for the both of you. Congratulations! Stay happy! Love you."

Garcia attended the

wedding ceremony with her boyfriend Khalil Ramos.

Another co-actress from "Encantadia" who was spotted at the wedding was Mikee Quintos who was happy to witness Padilla and Abrenica's "the celebration of love."

"You two understand my heart most, I know I'm not alone because I have you two in this life! Love you both so much!!" Quintos wrote in an Instagram post.

Padilla's stepmother Mariel Rodriguez-Padilla was also present with her daughter Maria Isabella.

"Thank you so much for making

@mariaisabelladepadilla one of the flower girls to your beautiful wedding," Mariel wrote in an Instagram post.

Daniela performed in the wedding reception of Padilla and Abrenica.

Actress Maritoni Fernandez posed with cousin Robin Padilla whom she referred to as the "debonair father of the bride."

Padilla's co-star in "The Cure" Diva Montelaba also attended the wedding.

In an Instagram post, she expressed how lucky she is to have known Padilla and Abrenica for a long time, even describing them as "some of my few dearest friends in this crazy world."

She added: "I am beyond happy for the both of you & you guys know that I am always here for you okay? I'm deeply honored to be part of this extremely intimate celebration."

Padilla and Abrenica dated for seven years before tying the knot. They were blessed with a son named Alas born in August 2017.s inner confidence because she



Gabbi Garcia (center) with the newlyweds



Kylie Padilla

Little Maria Isabella may not remember it, but Mariel assured her she would never forget this moment. She also extended her congratulations to the newlyweds.

Showbiz couple Vin Abrenica and Sophie Albert were also spotted at the wedding.

Kapuso singer-actress Rita

knows her worth and is unafraid to follow her heart..."

Said Heart, "For me, Kamiseta is timeless, that's why I've always wanted to be with Kamiseta. I'm so happy to be representing a brand that's very me, so it's so natural, it's effortless." ■

The making of Miss Universe 2018

Catriona Gray

- by Nicole Cordoves



Miss Universe 2018: Catriona Gray

Miss Universe (1969) Gloria Diaz said winning the Miss Universe pageant is 99 percent luck. Newly crowned Miss Universe 2018 Catriona Gray begs to differ and showed the world—universe, rather—that preparation is key. Catriona first walked into the world of pageantry in 2016 when she competed for Miss World in Washington, D.C., USA and made it to the Top 5. This was the making of Miss Universe 2018 Catriona Gray the biggest heartbreak for Filipino pageant fans all over the world. I was with Catriona when we watched the preliminary and finals night of Miss Universe 2017 while

vacationing in a Bohol resort. When our bet Rachel Peters did not make the final cut, Catriona’s phone started buzzing incessantly with tweets urging her to join Binibining Pilipinas so she could represent the Philippines in the Miss Universe pageant. That time, Catriona was still mulling over whether or not she would join, but the sparkle I saw in her eyes when all the tweets came pouring in pretty much gave me the answer. On the last day of the submission of applications to the Binibining Pilipinas 2018 pageant, Catriona surprised fans (including me) by showing up, heeding the request of

the Filipino people. It is from her countrymen that she drew her strength and found her purpose.

‘Kuya Caloy’

What a lot of people didn’t see was how much Catriona prepared for the pageant. She prepared a slideshow that outlined her everyday styling, national costume, the color, cut, and look of her long gown, and how her hair would be styled, to name a few.

She also made sure to pick her own team, causing a stir among pageant enthusiasts and observers who have become accustomed to girls belonging to a “beauty camp.” Some loved the game changer but faced criticism for it. Today, with the Mikimoto crown on her head (Catriona told me once that the Mikimoto crown was really her favorite among all the Miss Universe crowns), pageant fans everywhere applaud her for her boldness, courage, and determination to pave her own way.

The first thing people ask about is her training and how different is it from the routine of past beauty queens. One of her secret weapons is Carlos Buendia, Jr., a Bayanihan Dancer we fondly call ‘Kuya Caloy.’ With the combination of dance and a knowledge and passion for Philippine history, culture, and the arts, Kuya Caloy is the man behind Catriona’s signature turn and pose at the end, “Lava Walk”, and the dance she performed with her national costume. He is the mind and heart behind the concept of Catriona’s national costume brought to life by designer Jearson Demavivas. It was also to Kuya Caloy that Catriona cried in pain because of her scoliosis that has become her bane during past related trainings.

Standard of beauty

With her scoliosis, Catriona couldn’t really fit into what society can describe as ‘sexy’ where one would see deep curves and the evident absence of a Venus pouch that’s inherent in every woman. But she taught her critics a lesson or two about the standards of beauty and being your best self. She worked in the gym twice a day: In the morning and at night so she could fulfill her duties during the day.

There was never a moment where Catriona took her training sessions for granted, which impressed her glam team of Jelly

Eugenio and Brent Sales who trained her for makeup and how to do her hair. When she goes to events, she doesn’t rely on her glam team and does her own hair and makeup so she could keep practicing.

A lot of people were surprised to find out she did her own hair and makeup for the preliminary and final show.

Leading up to the competition, Catriona gained supporters from different countries. And in a feat never witnessed in any pageant, gained a million followers on Instagram before the Finals night. Usually, candidates reach a certain number of followers after winning the Miss Universe crown. This made Catriona an early favorite.

Finally, it boils down to the question and answer portion to determine if she is worthy of the crown. The odds were against her because compared to the questions thrown to other candidates, Catriona honestly got the hardest – it is too controversial and too limiting at the same time. Say too much, you might say something you can’t take back. Say too little, it might not get you through the next round. At this point, I was praying hard that the judges realize this and hope they see Catriona as a worthy spokesperson who could handle controversial and political questions. When she answered the question, she made her stance clear as well as rebutted one of the arguments made by groups pushing for the legalization of marijuana – in the most diplomatic way possible.

How did the stars align for Cat? When Catriona was a little girl, her mother Mita dreamt that Catriona won the Miss Universe crown in a red gown. This is why Catriona chose to wear red. Many would also bring up close-to-accurate predictions by psychics and show that the stars have indeed aligned for Catriona to be crowned. Was it luck? No. It was a fulfillment of a life purpose through determination and passion.

Catriona earned the fourth Miss Universe crown for “104 million Filipinos” she proudly declared onstage. Throughout her journey in Miss Universe, every move, every thought, and every outfit she put on represented every facet of the Philippines.

She told the story of the Philippines to the whole world and carried 104 million Filipinos on her shoulders. ■

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Miss Canada Siera Bearchell says she has supported Catriona Gray since Miss World



**Miss Universe 2018 Catriona Gray (left);
Miss Canada 2016 Siera Bearchell**

The world is still reeling from Catriona Gray's triumph as Miss Universe 2018 during coronation night at the Impact Arena in Bangkok, Thailand, yesterday, Dec. 17.

Apart from all the politicians, celebrities and netizens who fervently congratulated Gray for her win, Miss Universe Canada 2016 Siera Bearchell also rallied behind her. Bearchell, who is 8 months pregnant, has been taking to YouTube where she would regularly share her predictions and reviews about the Miss Universe candidates. In her latest video shared on Dec. 17, Bearchell gave a recap and her thoughts over the result of the pageant.

Her support for Gray could not get any more palpable, as she showed to the camera the shirt she was wearing, which had the words, "Miss Universe 2017 The Philippines" written all over the front.

"My prediction was right on who was to beat because nobody beat her..." Bearchell said. "I have supported this girl from when she was at Miss World and I thought she should have won Miss World, but obviously she was on to bigger and better things."

She shared how she stood up for Gray during the Binibining Pilipinas 2018 pageant where the latter was body-shamed. "I know what it's like to go through that and she's just so amazing and beautiful and didn't deserve all that criticism."

Bearchell experienced body shaming during her time at Miss Universe 2017, where she was told by critics that she was larger than the rest of the girls. She, however,

proved all her haters wrong with her top 9 finish.

"I have supported this girl for a long time and she has deserved every moment of this victory and it is very exciting."

Bearchell also gushed about Gray's Mak Tumang gown, which she said looked like it was on fire.

"Philippines, oh my god, when I saw that gown, I didn't even know what to say, I said to my husband 'that gown looks like it's on fire.' Her gown was amazing, the slit, it was unbelievable..."

She also commended Gray for her answer during the Top 3 Q and A, saying she nailed it by touching on a personal note. She shared it was really important that Gray's advocacy was something she has already explored and would continue to explore more in the future.

"I don't like it when girls just get up there and say here's all the things I would do or I'm gonna do," Bearchell said. "Here's the things that I've done and here's how I can do even more. That's what I like and that to is me what Philippines 100 percent nailed."

In the end, Bearchell said that Gray is a well-deserved winner and hoped that Miss Universe will be held in the Philippines next year she can go with her baby, which she may or may not name after Gray.

"I will for sure be there if I can I'll bring my small human with me. A lot of you have been saying I should name her Catriona which I don't think that's quite gonna happen, but maybe I'll convince my husband for it to be the middle name, at least." ■

Liza Soberano celebrates first year as a businesswoman



Liza Soberano

Actress Liza Soberano has expressed joy as she marked the first anniversary of her first venture as a businesswoman.

Soberano, owner of Hope Hand and Foot Wellness, couldn't

believe that the business she launched a year ago along Tomas Morato in Quezon City became a success.

"My little passion project turned out to be something bigger than I could've ever imagined," the young actress wrote in an Instagram post last Saturday.

She added: "Words cannot express how happy and proud I am to call myself a business woman."

Soberano, 20, admitted she still has a long way to go and a lot to learn, "but with hard work, passion, dedication and a wonderful team, I'm hopeful that someday my dreams of having a wellness empire will come true."

She ended her post by saying, "Thank you to everyone who took part in making my wellness project possible!" ■

Photo of Korina Sanchez with Karen Davila surprises fans



Karen Davilla with Korina Sanchez

A photo of broadcast journalist Karen Davila with television host Korina Sanchez during a friend's birthday celebration pleasantly surprised and delighted fans of the two Kapamilya personalities.

In an Instagram post late Sunday, Davila shared a photo of her with Sanchez during the birthday party of magazine editor Anton San Diego..

Sanchez's slim figure, meanwhile, apparently inspired Davila's new years resolution.

In Davila's post, she captioned their photo with: "#MerryChristmas ?? Great way to end 2018! Resolution for 2019: Paano pumayat ng ganito ??"

Sanchez also posted a photo of her with Davila quashing any rumored issues in the past between the two.

She shared their photo, this time from a different angle, with the caption: "I guess urban legend can indeed precede reality. Karen and I have worked in ABS-CBN together for decades. And there is no issue whatsoever."

Fans of the Davila and Sanchez commented on the former's post with some even suggesting a collaboration between the two television household names. ■

Vice Ganda, Kim Chiu go Christmas caroling in the streets



Vice Ganda (left), Kim Chiu

Christmas is definitely right around the corner and what else can fortify the Christmas spirit but some caroling? Kapamilya stars Kim Chiu and Vice Ganda did something different in Gandang Gabi Vice (GGV) last Dec. 9 when they went out of the studio and into the streets to regale bus and UV Express riders, as well as passengers of private cars with rounds of "Jingle Bells."

With tambourines and a container in hand, Chiu and Vice Ganda knocked on windows of vehicles whenever the stoplight would flash red.

joined in on the fun and sang with them.

At one point, Chiu suggested they go inside a jeepney, but Vice Ganda decided against it.

"Eh kasi pag sa jeep baka limitado lang pera nila. Nakakahiya naman ma-p-pressure sila," he said. "Yung sa nakakaluwagluwag. Katulad dun sa bus kanina medyo nahiya ako, sakto lang yung pamasaha nila."

After a few more minutes of caroling, the two decided to sit on the street where they counted their earnings. Varied coins and bills



"Mangangaroling lang po para sa Bantay Bata," Vice Ganda said to a group of shocked commuters inside a UV Express van.

The pair also went up to private vehicles and inside a bus, much to the passengers' surprise. It seems, however, that the public just could not get enough of the two, as many of them asked to take pictures with the stars. Others

spilled on the ground as they put the money in the donation can.

Chiu and Vice Ganda were able to collect a ballpark figure of P2,600. In the end, they also shelled out money from their own pockets to add to the donations.

"Nakakahiya naman sa Bantay Bata kung bibigay natin 2,600," said Vice Ganda. "Buuin na natin yung 10,000." ■

Carla wants to spread holiday cheer



Carla Abellana

What is Carla Abellana's most cherished Christmas memory?

"That would probably be when I was far from being an adult, enjoying Christmas tradition with my family at our grandmother's home and receiving gifts from Santa," said the actress, whose drama series "Pamilya Roces" is ending today.

Carla recounted that she, her sister and cousins would also

perform numbers for the grown-ups at such gatherings: "We would choreograph a short dance for everyone and wear coordinated outfits, as well. Those were good Christmas days."

As for what she wishes to give during the holidays, the Kapuso actress said, "I wish to comfort people who are hurting. I know that sounds vague, but I know many people have had a tough year and are not quite feeling the Christmas spirit. So, it would be nice to actually give them a little bit of comfort, somehow."

The gift she'd like to get this Christmas, she added, is something similar.

"I could use some cheering up, too," she said, elaborating, "It would be nice to get more time to spend with my dogs, my family and [my boyfriend], Tom (Rodriguez)."

Carla disclosed that she already has plans for the holiday break with family members: "Same as every year, I am spending it at my grandmother's house." ■

Anne Curtis awarded by Variety, Macau film fest as rising Asian talent



Anne Curtis

Last Saturday, Dec. 15, Curtis posted a picture of her in a black deep V-neck terno gown while holding her award on the steps of the cultural center.

"This will continue to inspire me to do my best in my chosen craft, pursue my biggest dreams and hopefully inspire others to do so too," she said. "I dedicate this to all the Filipino filmmakers and actors who continue to work hard to

make films that are not only appreciated by our fellow Pinoys but also appreciated by the global audience."

In the first Asian Star: Up Next awards last year, Piolo Pascual was honored for his work in TV and film, as well as for his roles in Lav Diaz films' "Hele sa Hiwagang Hapis" (2016) and this year's "Ang Panahon ng Halimaw". ■

Your health matters

Common weight loss mistakes to avoid

For many, weight loss success is measured by how quickly the weight comes off. The desire to reach the goal as soon as possible is understandable but whether the weight is lost quickly or slowly, it should always be accomplished without compromising your health.

Losing weight in a healthy way



and keeping it off can be quite challenging without proper guidance – hence the billion dollar weight loss industry. The biggest mistake most people make is eating in a way that is incompatible with their health profile, their metabolism or their objectives. There are too many diets that result in one of three unfavourable outcomes: The most common outcome is the yo-yo syndrome where weight is regained after a relatively short period, and then re-loss and then regained... Mind you, scientific studies do not conclusively show that this poses an increased danger of cardiovascular disease or mortality. However on a practical level, I think we all know that weight cycling is not great for your self-esteem. Nobody likes the feeling of not being able to fit into their favourite pair of jeans – yet again, nor is weight cycling

great for avoiding stretch marks.

The second most common outcome is reaching a plateau after losing a considerable amount of weight. In this scenario people are frustrated because they don't reach the ideal weight they strive for. Imagine losing 40lbs but wanting to lose another 30 and feeling the scale won't budge no matter what you do. As a side note, know that it is possible to overcome this type of plateau with the right type of intervention. Unfortunately, many people get stuck in this category and they stay there for years.

And finally, one cannot deny the persistence of those who stay on unbalanced or unhealthy diets until they reach their target weight. But does the end justify the means when you've lost 40lbs but your blood sugar is getting worse, your blood pressure is getting higher or you need plastic surgery to remove excess hanging skin?

The determination of these individuals is highly commendable but weight loss is supposed to improve your health, not make it worse. And plastic surgery should never be considered a normal outcome of considerable weight loss.

In your effort to become a better version of yourself it's important to make sure your physiological needs are met to avoid falling victim to the yo-yo syndrome, a permanent plateau or deteriorating health. Achieving better health should be the priority in your weight loss strategy. Healthy is beautiful !

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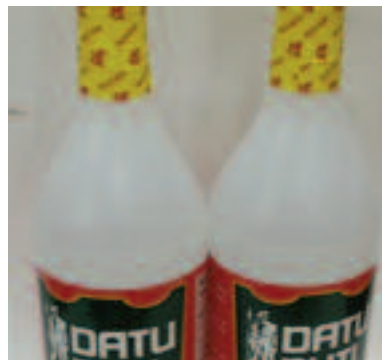
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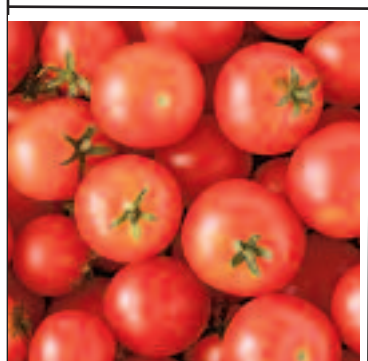
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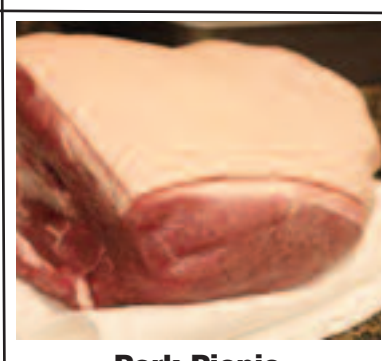
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Nutrition Class - PAB students L to R - Mary Anne Go, Mary Ann Warain, Nurse Instructor Dolores Blandres, May Ann Paccial and Maria Victoria Lapitan



PAB students, Batch 4, pose with their teachers: Clarice Mackay, Nina Schiff, and Director-General, Zenaïda Kharroubi. Some of these students have moved to Calgary and Toronto to work in hospitals and health centers.

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TESL Cert., Dipl. Education
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