

# Pope Francis Ends Landmark Sex Abuse Meeting With Strong Words, but Few Actions

By Jason Horowitz and Elizabeth Dias  
 Feb. 24, 2019 (New York Times)

VATICAN CITY — Pope Francis ended a landmark Vatican meeting on clerical sexual abuse by calling “for an all-out battle against the abuse of minors” and insisting that the church needed to protect children “from ravenous wolves.”

But for all the vivid language and the vow “to combat this evil that strikes at the very heart of our mission,” the pope’s speech was short on the sort of detailed battle plan demanded by many Catholics around the world.

Francis had barely finished speaking before some abuse victims and other frustrated faithful began expressing outrage and disappointment at his failure to outline immediate and concrete steps to address the problem.

“Pope Francis’ talk today was a stunning letdown, a catastrophic misreading of the grief and outrage of the faithful,” said Anne Barrett Doyle, a



In a speech after a Mass at the Vatican on Sunday, Pope Francis said that “even a single case of abuse” must be met “with the utmost seriousness.” (Credit Giuseppe Lami/ANSA, via Associated Press)

leader of BishopAccountability.org, which tracks incidents of abuse in the church. “As the world’s Catholics cry out for concrete change, the pope instead provides tepid promises, all of

which we’ve heard before.”

Pope Francis had raised expectations for a policy breakthrough in September when he summoned the presidents of the world’s local bishops conferences to participate in the meeting.

Abuse victims and their advocates held high hopes that

Francis, who seemed in the last year to overcome his own blind spots on an issue on which he had repeatedly stumbled, would use his absolute authority to institute a churchwide law dismissing abusive priests and the bishops who cover up for them.

He did not.

Instead, with the abuse scandals threatening the credibility of his papacy, the pope decided that the best way for the church to address the problem lay not in issuing an edict from Rome but in setting out to change the hearts and minds of church leaders at the local level around the world.

The pope used the meeting to try to persuade skeptical bishops to take strong action against abusive clerics and to hold themselves accountable for protecting the faithful in their dioceses, rather than simply changing church law himself.

The prelates who organized the summit argued that any papal edicts might fall flat or fade away with Francis’ papacy. In their view, what is required is a broad cultural shift and an acknowledgment of the problem,

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Pope Francis

## Top civil servant denies 'inappropriate' pressure against Wilson-Raybould in SNC-Lavalin case

PCO clerk Michael Wernick says he warned of 'consequences' of prosecution against engineering giant

Kathleen Harris · CBC News ·

Posted: Feb 21, 2019 10:28 AM ET |

Canada's top civil servant insists there was no inappropriate pressure on Jody Wilson-Raybould to override a decision to prosecute SNC-Lavalin, but says he warned her about the dire economic "consequences" of criminal proceedings.

In blunt testimony before the



Clerk of the Privy Council Michael Wernick appeared before the Justice Committee meeting in Ottawa, Thursday February 21, 2019. (Adrian Wyld/The Canadian Press)

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### From the Executive Publisher's Desk

## Some ideas to consider in giving back to the community and why you should

Zenaida Ferry Kharroubi

Watching the news is a daily activity that seems to have some benefits for it not only keeps us up to date with what is going on around us and in the world but also can spark some interesting ideas that can remind us of what we could have done but did not think of it before. CTV News Montreal usually includes some human stories from time to time. Recently, it reported about Foster Grandparents who help young kids in the elementary schools in Washington D.C. do their homework. It was a very brief report and we saw a grandmother with a little boy who is probably in grade 1. Their photo together showed a joyful way that the old generation can inter-act with the very young which can be an activity to overcome the isolation of our seniors. This also leads us to think of the benefits of doing something good for others which we refer to as giving back to the community. Some studies show that giving back to the community is mutually beneficial.

It is a fact of life that we do not succeed without the help of others – our family, our friends, and our community. Giving back is feeling of grateful for something one has received or benefitted from. It is often a private family affair – the parents sacrifice for their children who return that favor when they are grown up and have a career of their own. They normally support their aged parents and take care of them. Of course, there are also instances when this does not happen for some strange reasons. On the other hand, outside of a family, there are many other examples of people who have given back to their communities. Bill and Melinda Gates are in the top 20 most generous people in the world. "I profoundly feel that the art of living is the art of giving," Laurance Rockefeller, the famous philanthropist, financier and conservationist, said. "You're fulfilled in the moment of giving, of doing something beyond yourself."

It may be surprising to know that giving back or doing good to others has been known to make people happier and healthier. According to Stephen G. Post, professor of preventative medicine at Stony Brook University in New York and author of **The Hidden Gifts of Helping**, a part of our brain lights up when we help others. That part of our brain then produces some-good chemicals like dopamine, and possibly serotonin. According to Post, "These chemicals help us feel joy and delight - helper's high." A common reaction is that "some people feel more tranquil, peaceful, serene; others, warmer and

more trusting."

Although it is common knowledge that giving to others does not always need to be in terms of money, it will be a good idea to remind you that they are not hard to do:

1. Offer to Help Family – Ironically, it is often the closest to us that we do not see they need us or the ones we do not care to ask if they need help. Many adult children presume their parents will speak up if they need anything. This is not always the case, especially when Granddad or Grandma have been independent for years. Older people – parents, aunts and uncles, long-time family friends – are often reluctant to share their growing frailty, loneliness, or isolation with their children.

Caring for elderly parents may be necessary, so consider the needs of your own family members first. Drop by for coffee on a Saturday morning, mow the yard, or accompany elderly parents on a shopping trip. Invite them to your child's soccer games or other family activities. Provide an inexpensive computer with access to email and Facebook (and lessons to learn the new technology), or schedule regular visits to brighten their day.

2. Volunteer at Your Local School - Educators are overworked, stressed, and disillusioned about the educational infrastructure – and they need help. Despite knowing that schools work best when the community is actively involved, too many parents and community members believe it's someone else's responsibility to solve the problems of education.

Children need role models and people who care about their lives and behavior. Whether you read stories to elementary school students, monitor outdoor activities, chaperone field trips, or spend a Saturday beautifying the school grounds, your efforts will be recognized and appreciated. Moreover, you can make an investment that will pay dividends.

3. Organize a Yard Sale for Charity - If your talents lie in business, administration, or marketing, consider organizing a yard sale for your community, dedicating the proceeds to a local charity. Almost every household has electronics, furniture, clothes, or equipment that can be donated because they're no longer in use. These items have value and can be recycled to those who will use them again.

4. Visit a Senior Center - Too many nursing homes are turned into dumping grounds for older people whose families are gone or are unavailable, and many residents are

desperate for conversation and connections with people outside the center. An hour or two a week can make a huge difference in the attitude and outlook of the residents, and you may learn something about life from those who have already traveled the journey before you.

5. Coach a Local Youth Team - The old saying, "Idle hands are the Devil's workshop," is especially true for children and teenagers. Playing sports teaches kids teamwork, responsibility, and the joy of being physically fit.

Unfortunately, many kids don't have the opportunity to participate in sports because there aren't enough coaches or assistants. There are openings in almost every sport in every community for compassionate teachers and volunteer coaches. While some experience is helpful, it's not always essential for you to be a good youth league coach.

6. Fix and Serve Meals - Volunteers are needed to prepare and serve food through local charities throughout the year. Meals on Wheels, with an army of almost 2.6 million volunteers, serves 2.5 million seniors every day, offering nutritious meals, warm smiles, and a safety check – often the only conduit to the outside world the recipient receives.

Meals on Wheels programmes generally operate at the county level or smaller. Programmes vary widely in their size, service provided, organization, and funding.

Most clients of Meals on Wheels programmes are elderly and are unable to shop or cook for themselves (as well as their pets).

7. Serve on a Community Board - Charities and community service organizations often compete with other businesses for the community's attention and support. In many cases, non-profits are at a distinct disadvantage, lacking the resources to attract, compensate, and retain top-flight executive staff and administrators. If your talents are administrative, or if you have executive or board experience, your knowledge and insights could be welcomed at not-for-profit, community-based organizations.

8. Become a guide - Museums, art galleries, presidential libraries, aquariums, zoos, and universities frequently need trained guides to lead visitors through facilities

to enhance the visitors' experience. Training is usually provided, so the only qualities necessary are enthusiasm, patience, flexibility, and passion. If you enjoy being around people, volunteering at your local museum or theater could be enjoyable and enlightening.

9. Be a Good Neighbor - Before the widespread use of air conditioning, residents of a community were more likely to spend time outside getting to know one another, rather than retreating inside to escape the heat. Now it's common for neighbors not to know one another; rather, people simply return home from work each night and head inside.

Participation in a neighborhood organization builds a sense of community and provides valuable services to those within the neighborhood. Many neighborhood associations have community watch programs, assist with neighborhood beautification and park projects, and represent the community to local government officials. Knowing your neighbors increases a sense of personal security and connection to those around you.

10. Volunteer at a Hospital - Hospital volunteers provide crucial support to hospitals, and also offer comfort and convenience to patients, families, and visitors. Volunteer opportunities include everything from manning information booths, to sitting with patients or working with children. Duties might involve helping with food service or pushing wheelchairs. Hospitals have a wide variety of volunteer needs that are suitable for all ages.

As you can see from the above list, there are many ways that one can give back to the community and there can be many more. It all depends upon your choice, and your desire to be involved in your community. But if you realize that doing any one of the above activities can really make you healthier and live longer, perhaps you will no longer hesitate to spend even one hour a week, or two hours a month doing something to give back to your community.

It maybe worth your while to try and see for yourself the wisdom of the saying "it is more blessed to give than to receive."

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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.*

# SNC-Lavalin being used as 'a puck in a political hockey game': CEO

The CEO said a settlement now appears out of the question

GABRIEL FRIEDMAN

Updated: February 22, 2019

Bruce said SNC employees have met with numerous provincial and federal politicians to talk about the company's criminal prosecution — on charges it paid tens of millions in bribes to Libyan officials — but he explicitly denied any wrongdoing.

"Our belief is our employees are being used as a puck in a political hockey game," Bruce said during a conference call to announce fourth quarter financial results. "We don't deserve it and we've had enough."

The bribery charges date back to between 2001 and 2011, but a conviction could bar SNC from bidding on federally funded projects in Canada and possibly other jurisdictions — which some analysts believe accounts for 15 per cent of its revenues. As one of the few large Canadian construction companies in Canada, that prospect has raised concerns as Prime Minister Justin Trudeau prepares to embark on an ambitious infrastructure program across the country.

The matter unexpectedly rose to national attention earlier this month after the Globe and Mail reported that the Prime Minister's Office pressed former attorney general Jody Wilson-Raybould to consider a settlement. Wilson-Raybould subsequently resigned from cabinet, as did Prime Minister Justin Trudeau's top aide and principal secretary Gerald Butts.

During the conference call, Bruce made clear a settlement now appears out of the question and acknowledged a board committee is studying possible sales or transactions "to minimize the worst consequences"



**SNC-Lavalin Group Inc. chief executive Neil Bruce fumed on Friday about the unfair treatment of his company in his first comments since questions arose earlier this month about whether the Montreal firm received special treatment in its longstanding criminal prosecution.**

from the criminal case. He said the timeline of any transaction depends on what happens in the criminal case, predicting legal proceedings could last a decade.

"They don't penalize until you're found guilty," he said, adding the company can still bid on federal projects in Canada. "They don't penalize when you're still innocent."

The Financial Post reported Friday that even if the company faces a conviction, proposed changes to government policy could mean it avoids any suspension from bidding on federal projects.

For much of the conference call, however, Bruce and his deputies focused on the growing storm of

troubles at SNC, which cut its dividend for the first time since 1992, from 27 cents per quarter to 10 cents. That should allow the company to maintain its investment grade rating and continue paying down its \$2.3 billion of recourse debt even while it faces the prospect of a roughly \$346-million loss on a mining project it is building for a client in Chile.

The diplomatic rift between Canada and Saudi Arabia has also cast doubts on SNC's ability to win future work in the oil-rich Middle Eastern country where it has thousands of employees.

Its stock dropped just over three per cent in Toronto to \$34.71 — a 42 per cent drop since it traded at

\$60.47 in June.

Many analysts say the company's low stock price does not account for the value of all its assets.

Derek Spronck, of RBC Dominion Securities Inc., wrote on Friday morning that the company's results were "not as current sentiment would suggest."

"There remains lots of challenges ahead for SNC, but none of which we would view as insurmountable and more than reflected in the current share price," Spronck wrote.

Bruce bemoaned the overhang in the company's stock price and said recent events have overshadowed the good news, such as a \$14.9 billion backlog of work it carries into 2019 and the fact that SNC has \$634 million in cash on its books and no need to raise equity.

Still, recent weeks have been difficult for everyone at SNC, Bruce said. Even while saying the company is confident it will emerge successful without a settlement, he used the opportunity to plead the logic of sparing the company from the lengthy court process.

"We believe the public interest would be served through a remediation agreement," he said, adding, "I have to ask if this is fundamentally fair."

Despite talking about sales of certain segments, Bruce reiterated that his company is still focused on growing its business in Canada.

"We've got plenty of opps to grow the business outside Canada," he said, "but we're also committed to the Canadian market and our Canadian employees as well."

## Rachelle Bendayan wins by-elections in Outremont



**Rachelle Bendayan (3rd from left) holds a copy of the North American Filipino Star during her attendance of the CCFAQ party held on May 5, 2018 while she was on a campaign for the Liberal Party nomination. She is flanked by (L to R) W. Quiambao, James de la Paz, Zeny Kharroubi, Fely Rosales-Carino and a member of her political staff.**

Outremont (Québec) - Monday, February 25th,

Outremonters elected Rachel Bendayan, Liberal Party of Canada

candidate, as their next Member of Parliament.

Speaking to Liberal supporters, Bendayan said: "We have

answered the increasing polemic and vitriol in our current public discourse with a clear message. For me, the results of tonight's election proves that politics can be positive.

While some try hard to divide us, we come together. While some build walls to keep others out, we come together. While some want to roll us over, we come together. While some share stages with white nationalists, while others exploit

peoples' anger and fears, we come together. While others focus on turbans and veils, we come together."

To learn more about Rachel and her campaign in this important by-election, visit [rbendayan.liberal.ca/en/](http://rbendayan.liberal.ca/en/)

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From Page 1

Pope Francis

especially in Latin American, African and Asian countries, where the future of the church lies.

"At the end of the day, it is the change of heart that is important," Archbishop Charles Scicluna, the Vatican's leading sex-crimes investigator, said on Sunday afternoon.

The Rev. Hans Zollner, another leader in the church's efforts to safeguard children, said the church had made a "leap" forward by getting at the "systemic roots" of the scandal. But he acknowledged that it would take more time and energy to "turn a big ship around."

This focus on the spiritual evolution of bishops, and on the importance of getting them to work together to tackle sexual abuse, was a letdown to those who had hoped the pope would act boldly, drawing on his own authority.

"The pope is the sole legislator, so he could make this change whenever he wants," said Nicholas P. Cafardi, a prominent canon lawyer in the United States. "Zero tolerance should be universal law, and the Holy Father can do it himself."

After the pope's speech, the Vatican did announce that some specific steps that would be taken soon.

One was described by church officials as a toughening up of child-protection laws within the Vatican's boundaries. They also spoke of a "very brief" handbook for bishops to understand their duties when it comes to abuse cases, and of new task forces of experts and canon lawyers to assist bishops in countries with less experience and resources.

But those limited measures had already been developed before the summit, and were not shaped by the meeting, Vatican officials said.

The pope's bishop-focused approach carries real risks both for him and the church he leads. While Vatican officials believe it is the right course, it is one in which change may come more slowly than the faithful in some countries ravaged by the abuse crisis have begun to demand.

The Roman Catholic Church has been devastated, and Francis' legacy threatened, by a cascade of investigations by civil authorities into clerical sexual abuse. There have also been accusations from within his own hierarchy that he covered up the



**Campaigners against sexual abuse by members of the clergy, at the Vatican on Wednesday. Credit Gregorio Borgia/Associated Press**

misconduct of a top prelate, Theodore McCarrick, a former cardinal and archbishop of Washington who has been defrocked.

Francis has begun to be unsparing in the language he uses to describe the problem. On Sunday, he compared the abuse of minors to "sacrificing human beings, frequently children, in pagan rites."

"Consecrated persons, chosen by God to guide souls to salvation, let themselves be dominated by their human frailty or sickness and thus become tools of Satan," he said. "In abuse, we see the hand of the evil that does not spare even the innocence of children. No explanations suffice for these abuses involving children."

But high-profile cases involving the negligence by bishops, the abuse of nuns and other misconduct added to the pressure on Francis to do more than just talk.

Francis had sought to tamp down expectations about the Vatican meeting, fostered by some of his own bishops, that the conference would deliver instant remedies to end the scourge. He said the meeting was intended to educate all the bishops on the gravity of the problem of sexual abuse.

Still, at times, the four-day summit did seem like a significant turning point for the church.

Outside the Vatican walls, abuse survivors marched and held rolling news conferences.

Inside, at sessions presided over by Pope Francis himself, the world's top bishops, clad in their black cassocks

and purple sashes, listened every day to the brutal testimony of abuse survivors — many of whom spoke about the indifference and complicity of church leaders like them. A Nigerian nun excoriated them for their hypocritical silence and lack of transparency.

In a bid to improve relations with the news media, the organizers invited a veteran Vatican reporter from Mexico to address the gathering.

"If you do not decide in a radical way to be on the side of the children, mothers, families, civil society, you are right to be afraid of us," said the reporter, Valentina Alazraki. And if they remain in denial, she said, honest reporters "will be your worst enemies."

However frustrated many of the faithful were by the meeting, high-ranking church officials said it had achieved a positive outcome.

Cardinal Daniel N. DiNardo, the president of the United States Conference of Catholic Bishops, said on Saturday that he was "very pleased," even if specific action still needed to be determined.

At first, Cardinal DiNardo said, some countries did not want to admit that they had the same problems as the United States, Cardinal DiNardo said. But in the end, he said, he was impressed with the consensus that developed.

"This went far better than I think some of us had hoped," he said. "Now you have the bishops all saying it's ubiquitous."

Cardinal DiNardo said he expected the American church would be asked for resources to assist other

dioceses in rolling out reforms. "That's what I think people want," he said. "They want us to take action."

Archbishop Eamon Martin, president of the Irish Catholic Bishops' Conference, said that the obligation to protect children in the church rightfully fell on the world's bishops.

"I am always frightened about the thought that somehow safeguarding can be commanded from Rome," he said on Saturday.

Archbishop Martin argued that the meeting itself had sent a strong message of what was expected of bishops, even those skeptical of how widespread the crisis is.

As a result, he said, the world's bishops have moved "much closer" to having universal zero-tolerance rules for removing abusers from ministry.

"Every one of us must return home committed to some actions," he said.

He added, "If somebody is in such a grave breach of trust as to have failed to protect children and young people from abuse, I simply can't imagine how they can continue to either minister as a priest or, indeed, to be the chief shepherd."

Archbishop Mark Benedict Coleridge, the president of the Australian Catholic Bishops Conference, said in his homily during the meeting's closing Mass on Sunday that the church needed to believe survivors and work to bring them justice, ensure that abusers never have the opportunity "to offend" again, call to account bishops who have covered up abuse and make the church a safe place again.

"We have been our own worst enemy," he said.

Archbishop Mark Benedict Coleridge compared the wakening of the bishops to the reality of sexual abuse to "a Copernican revolution," and said the church needed to put the victims, like the sun, at the center of their solar system.

He acknowledged that reforms would take time, but warned: "We do not have forever. And we dare not fail."

Some of the faithful who came to hear Pope Francis in St. Peter's Square on Sunday were watching for what came next.

"Everything depends on whether or not they follow through," said Andrew Bradfield, who is from Cork, Ireland. "If those are just more empty words, the church will continue to become more isolated."

Elisabetta Povoledo contributed reporting.

From Page 1

Top Civil Servant

justice committee Thursday, Clerk of the Privy Council Michael Wernick said he called the then-justice minister and attorney general on Dec. 19, 2018 to discuss various issues — including the option of a remediation agreement that would serve as an alternative to prosecution for the Quebec-based global engineering company, which is facing bribery and fraud charges related to contracts in Libya.

During that call, Wernick said, he spoke of the implications of prosecuting the company for employees, suppliers and communities. He said he told Wilson-Raybould that the prime minister and "a lot of her colleagues" were anxious about what they were hearing and reading in business press —

articles warning that the company could close down or move if criminal proceedings went ahead.

"I am quite sure the minister felt pressured to get it right, and part of my conversation with her on Dec. 19 was conveying context that there were a lot of people worried about what would happen ... the consequences not for her, the consequences for the workers, and the communities and the suppliers," he told MPs probing the scandal now engulfing the Liberal government.

Wernick insisted he did not cross any line in his exchanges with Wilson-Raybould.

"I can tell you with complete assurance that my view of those conversations is that they were within the boundaries of what's lawful and appropriate. I was informing the minister

of context. She may have another view of the conversation, but that's something the ethics commissioner could sort out," he said.

In the end, Wernick said, the matter may boil down to an interpretation of what constitutes 'pressure'.

"I think the matter may come down to the ethics commissioner's view on a conversation between two people, between what was sent and what was received. And I think the ethics commissioner is the appropriate person to decide what was undue and what was inappropriate," he said.

Wernick's extraordinary testimony sets the stage for what could be a fierce rebuttal from Wilson-Raybould, who is expected to appear before the committee early next week.

Wernick also attacked the

bombshell Feb. 7 Globe and Mail report that touched off the political scandal and triggered the resignation of cabinet minister Wilson-Raybould and Prime Minister Justin Trudeau's principal secretary, Gerry Butts.

"I'm here to say to you that the Globe and Mail article contains errors, unfounded speculation and, in some cases, is simply defamatory," he said.

The article — citing unnamed, anonymous sources — said that Trudeau's aides attempted to press Wilson-Raybould to intervene in the prosecution of SNC-Lavalin, and that exasperation with her lack of cooperation was one reason for shuffling her out of the justice portfolio.

Wernick repeatedly denied any undue pressure from Trudeau or any officials in the PMO.

"At every opportunity, verbally and in writing in December, the prime minister made it clear that this was the decision for the minister of justice to take. She was the decision-maker," he said.

Wernick, who met with representatives of SNC-Lavalin on Sept. 18, 2018 — after the company had been turned down on its request to avoid criminal proceedings — said the firm was "making the rounds" to make a pitch to avoid prosecution. He said he could not remember whether the company advised him that it had been told the Public Prosecution Service of Canada had rejected its request.

Wernick said that if she had felt she was being put under pressure at any point, she could have filed a complaint with the ethics commissioner or reported any perceived wrongdoing to the prime minister.

In his opening remarks to the committee, Wernick said he's worried about the state of politics in Canada right now, citing the threat of foreign interference in the coming election and the use of words like 'treason' and 'traitor' in political discourse.

"Those are the words that lead to assassination," he said. "I'm worried that somebody's going to get shot this year during the political campaign."

Earlier today, Justice Minister and Attorney General David Lametti told the committee he has never faced inappropriate pressure from the prime minister or anyone in the PMO, and would take action if any official tried to direct his actions improperly.

"I'm here to say to you that the Globe and Mail article contains errors, unfounded speculation and, in some cases, is simply defamatory," Wernick, Clerk of the Privy Council, said. 5:31

Lametti said he would not "speculate" on "what others might or might not do," but would only explain how he would respond to political pressure.



**Liberal MP Jody Wilson-Raybould leaves the Parliament buildings following Question Period in Ottawa, Tuesday, February 19, 2019. - Adrian Wyld, The Canadian Press**

"I would take, under the circumstances, a number of different actions," he said.

Trudeau appointed Lametti to the post in a January cabinet shuffle that demoted Wilson-Raybould from the Department of Justice to Veterans Affairs.

She resigned from that position a month later, just days after the Globe and Mail reported that she had been pressured by officials in the Prime Minister's Office to stop criminal prosecution against SNC-Lavalin, a Quebec-based global engineering and construction firm facing charges of bribery and fraud related to contracts in Libya.

The Liberal government changed the Criminal Code in 2018 to introduce such remediation agreements as an option for cases of corporate wrongdoing in Canada.

Lametti said the legislative regime was addressing a perceived

"gap" in the law and is meant to hold corporations to account while protecting bystanders who could be harmed by a criminal prosecution and possible bankruptcy — such as a corporation's employees, subcontractors and third-party suppliers.

Similar compliance tools — which can impose fines in lieu of prosecution — are also available in the U.S. and the U.K.

Lametti said he only had general knowledge of the SNC-Lavalin case before he was appointed to cabinet and did not discuss it with Trudeau before his appointment.

A Globe and Mail report published today says Wilson-Raybould told federal cabinet ministers Tuesday she believed it was improper for PMO officials to press her to help SNC-Lavalin avoid criminal prosecution.

Wilson-Raybould took the unprecedented step of requesting permission to address cabinet Tuesday, and was allowed to do so after vigorous debate among ministers.

Today, Wernick said Lametti exited the meeting during her address to cabinet.

"He saw it right away, the need to recuse, left the room and was not present for that discussion," he said. Polling fallout

The political fallout since the Feb. 7 Globe and Mail report has been heavy for the Trudeau government.

The opposition Conservatives and NDP have called for a public inquiry and have demanded Trudeau waive solicitor-client privilege so Wilson-Raybould can speak freely on the matter during her appearance before the committee, expected sometime next week.

The CBC's Poll Tracker, an

aggregation of all publicly available polls, shows the scandal is taking a toll on the Liberals. It puts the Liberals and Conservatives neck-and-neck in voting intentions and virtually tied in the number of seats each party would be likely to win if an election were held today.

On Wednesday, Wilson-Raybould abstained from a vote in the House of Commons on an NDP motion calling for an inquiry because she was personally involved in the matter. She said she can't waive client-solicitor privilege on her own.

"I understand fully that Canadians want to know the truth and want transparency," she said. "Privilege and confidentiality are not mine to waive, and I hope that I have the opportunity to speak my truth."

During an event in Halifax Thursday, Trudeau said he remains "surprised and disappointed" by Wilson-Raybould's resignation from cabinet. He cited cabinet confidentiality and said the government is working to create good jobs and protect an independent judiciary.

"We will always do that in the right way," he said.

Lametti said the issue of waiving solicitor-client privilege is "complex and layered." He said he is seeking a way to ensure transparency and fairness without compromising cabinet confidentiality or legal proceedings, but could not say if he would make a decision before Wilson-Raybould appears at committee.

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# Tagalog Seksyon

## Opinyon/Komentaryo ni Willie Quiambao

### PALAGANAPIN AT PANATILIHING BUHAY ANG PAMBANSANG WIKANG PILIPINO

Nang kapanayamin ko ang isang Pilipinong pangulo ng asosasyon para sa Personality of the Month, sinabi niya na natutuwa siya dahil marami siyang natututuhang salita kapag binabasa ang aking Tagalog seksyon. Ipinanganak siya sa Pilipinas pero lumaki siya sa Canada. Sa kabilang dako, isang Ilocano at isang Cebuano ang nagsabi sa akin na kung minsan ay nahihirapan silang intindihin ang mga ginagamit kong salita. Naitanong ko saking sarili, "Sa pagsasalita nila ng English, alam kong laki sila sa Pilipinas pero bakit hindi sila masyadong makaintindi ng salitang Pilipino? Ako na rin ang sumagot sa tanong ko. Hindi nga pala madalas ginagamit ang wikang Pilipino at itinuturo ang balarila (grammar) at pagbabaybay (spelling) sa ibang lugar sa Pilipinas. Pero napikon ako sa aking pinsan na alam kong ipinanganak at lumaki sa Maynila nang sabihin din sa akin ang sinabi ng Ilocano at Cebuano. "Masyado kang maarte," sabi ko. "Nakarating ka lamang sa Canada nakalimutan mo na ang salitang Pilipino,". Pero binigyan ko rin siya ng katwiran dahil kapag nagsasalita ang mga Pilipino ay may halong Spanish at English. Tanungin mo sila kung anong oras na, ang isasagot ay "Four o'clock" o "Alas cuatro". Minsan ay nakatatawa

dahil kahit pare-pareho tayong mga Pilipino ay hindi tayo magkaunawaan dahil maraming dialekto. May Kapampangan, Bikolano at Ilokano. Ngayon ay naiintindihan ko na ang mga Quebecois kung bakit ipinipilit nilang gamitin ang wikang Pranses sa Quebec. Gusto nilang mapanatiling buhay ang kanilang wika. Sa Pilipinas ay mayroong buwan ng wika tuwing Agosto. Dito sa Montreal ay hiniling natin na magkaroon ng Heritage Month tuwing Junio. Sana, maging isa sa mga proyekto ng Heritage ang palaganapin at panatilihin buhay ang ating pambansang wikang Pilipino na kinamulatan natin. Minsan ay pinagtatawanan natin ang mga Pilipinong hindi masyadong marunong magsalita at magsulat sa English. Hindi nakahihiya iyon dahil pangalawang wika lamang natin ito. Higit na nakahihiya ang mga Pilipinong lumaki sa Pilipinas na parang ikinahihiya nang gamitin ang ating pambansang wika. Halimbawa, sa mga meeting ng asosasyon ng mga Pilipino, English pa ang ating ginagamit kahit walang ibang banyagang nakikinig. Hanggat maaari, bakit hindi natin gamitin ang pambansang wikang Pilipino upang mapanatili itong buhay. May kasabihan na wika ang pagkakakilanlan ng isang tao.

### MAY HANGGANAN ANG FREEDOM OF EXPRESSION

Umapela noong isang buwan

sa Quebec Court of Appeal ang abogado ng stand up comic na si Michael Ward. Nahatulan siya ng Quebec Human Rights tribunal na magbayad ng \$37,000 kay Jeremy Gabriel at \$7,000 sa ina nito noong 2016. Simula noong 2010 hanggang 2013 ay patuloy niyang ginawang katatawanan sa kaniyang comedy act si Gabriel na may congenital disorder at facial deformities. Sa mga comedy act niya, itinanong niya pa kung paano nabuhay si Gabriel na hindi niya alam na hindi naman nakamamatay ang sakit.

"Public figure siya," sabi ni Ward. "Kumanta siya nang dumating ang pope dito at nang mag-concert si Celine Dion". "Ngayon ay natatakot nang gawin ng mga stand up comic na katatawanan ang mga itim, Hudyo, homosexual, may kapansanan. Dapat ay maaari naming gawin ito bilang freedom of expression." Idinagdag pa ni Julius Grey na abogado ni Ward na inilagay ni Gabriel ang sarili niya sa katatawanan at insulto ng mga tao dahil nga public figure siya.

Hindi ako sang-ayon sa argumento ni Ward at Grey. Lagi kong sinasabi na ang ano mang kalayaan ay ibinibigay sa atin upang gamitin sa mabuting paraan. Itinatag ang Quebec Press Council upang protektahan ang reputasyon at dignidad ng mga mamamamayan. Bakit may salitang libel at slander? Kung wala ito, madali nating paratangang magnanakaw ang isang tao na wala tayong sapat na katibayan. At sa mga stand up comic, kailangan alam nila kung hanggang

saan sila puedeng magpatawa. Kung may Down Syndrome sila at gusto nilang gamiting katatawanan ito sa kanilang comedy act, desisyon nila iyon. Pero kung ang anak nila ay biktima ng rape o may epilepsy, gugustuhin ba nilang ang mga ito ay gamiting katatawanan ng kapwa nila na stand up comic? Huwag nating alisan ng dignidad ang isang tao dahil sa freedom of speech o expression. Gusto ng Human Rights Tribunal manatili ang desisyon na magbayad si Ward. Malalaman ang desisyon ng korte sa mga susunod na buwan.

### BAKIT \$953.65 LAMANG ANG TURNOVER SA KASALUUYANG ADMINISTRASYON NG FAMAS?

Sa Dec. issue ng The Filipino Forum ay nalathala ang mga nagawa ng administrasyon ni Corazon Santiago-Aberin sa FAMAS noong 2015-2017. Subalit ang higit na pinag-uusapan ngayon ay ang nakasulat sa The North American Filipino Star na \$953.65 lamang ang turnover sa kasalukuyang administrasyon. Paano nagkaganoon? Ang membership fees na nakolekta noong nakaraang eleksyon ay \$21,000. Saan napunta ang ibang membership fees at iba pang pera ng FAMAS? May nagsabi na dapat ay alisin na nga ang membership fees. Transparency ang gustong malaman ng mga tao. Kung nagagawa ng kasalukuyang administrasyon ang maging transparent, bakit hindi ito nagawa ng nakaraang administrasyon?

## RECYCLING AND THE PRINT MEDIA: THE BREAKING POINT

Quebeckers are aware of the challenges that have faced print media for some time now. According to Ministère de la Culture figures, one weekly in four has permanently stopped its presses since 2010... and this situation is going to get much worse unless the government amends the Environmental Quality Act this year to give newspapers the same cultural protection as it does to books.

It is urgent because the dailies and weeklies are stuck in a vicious circle due to the obligations to finance newsprint recycling:

- Newsprint media entities are falling in numbers every year.
- The newsprint tonnage they produce is also dropping.
- However, their annual recycling costs are rising dramatically.
- Conclusion: an exploding recycling bill has been imposed on surviving newspapers.

The numbers are telling. 92,000 fewer tonnes of newsprint were produced between 2010 and 2019 (-68%). But the contribution demanded from the media rose by \$9 million over the same period (+340%). The per-tonne processing cost went from \$23.03 in 2010 to \$241.92.

It is true that the Ministry of Finance proposed the beginning of a solution two years ago. Therefore, if this support slightly reduces the financial burden of print media, it does not improve the aberration of the current system and its adverse effects. In addition, it remains a short-term support in the face of a structural problem that has been increasing year by year.

From the beginning, it was

inconceivable that we are treating newspapers, beacons of democracy and cultural expression, in the same manner as tin cans and plastic bottles.

The news media contributes directly to our communities' vitality and their social and democratic life. As a result, they must benefit from a cultural protection analogous to that for books. Otherwise, the compensatory system for newspapers is about to drop the axe on other press organizations.

Since arriving in power, François Legault's government has shown great sensitivity to the difficult situation the media are facing pursuant to the dramatic drop in advertising revenue that was the foundation of their business model. The government must now agree with us that the first step is to extricate the newspapers from a system that is financially asphyxiating the print media. This intervention must come as of the next budget; otherwise, more communities will lose their print media.

Denis Tétrault  
General Director  
RecycleMédias \*

\* RecycleMédias is a private, non-profit organization created in December 2000 with the mission of representing newspapers, which are required to contribute to the residual materials recycling and reclamation efforts in Québec. The organization has 149 members from the following organizations: Québec Média, Groupe Capitale Médias, Le Devoir, The Gazette, Hebdomadaire Québec, Quebec Community Newspaper Association (QCNA), l'Association des médias écrits communautaires du Québec (AMEQ) and many smaller independent newspapers and groups.

## IN MEMORIAM



**Sir Reggie Villamor passed away on January 16, 2019. He is survived by his wife, Cherry Palmos and his children, who wish to thank all those who came and supported them in their hour of bereavement.**

**Sir Reggie Villamor**  
Dec. 14, 1945 -Jan. 16, 2019

# Zumba Love, Filipino Style



One sunny morning last June I was sitting in the FAMAS meeting room waiting for a community event to start, when I heard music playing downstairs. Curious, I asked one of the FAMAS executives what was going on. "Zumba," she said, "we dance here every Saturday morning. You should come!"

As a nomination candidate for the Liberal Party of Canada (LPC) in the riding of Outremont, I had already been on the campaign trail for six months when I attended my first Zumba class at FAMAS the following Saturday. In the weeks that followed, I found my life take shape around Zumba. I danced at fundraisers, I danced at Pista Sa Nasyon, I danced in Church basements and at local community centres. Zumba's

physical, joyful activity reset my capacity to engage. On days when I was exhausted from juggling my many roles, including as a Mom, as a university professor, and as a political candidate, Zumba allowed me to work out my stress. Zumba also provided me with an incredible new community of loving, inclusive support.

What most people don't recognize is that Zumba is not just another form of exercise – it is, in fact, the foundation of a community.

Whether you are twenty-two or seventy-two, plump or skinny, gay or straight, experienced or novice, everyone is welcome at Zumba. From my first class I was struck by the extraordinary diversity of attendees. This is in no small part a consequence of the low price of admission. At a time

when most exercise classes cost \$15-\$20, Filipino Zin's charge only \$5-\$7 per class. And, if you can't afford or find childcare (as was the case for me on several occasions), your kids are welcome too. The spirit of radical inclusivity and care that prevails in the community brought me to the edge of tears on more than one occasion.

The community is also deeply generous. Zumba fundraisers are a regular part of the rhythm of our dancing world. Whether the goal is to defray the medical costs of an elderly Filipino, to support victims of the recent natural disaster in the Philippines, or to raise money for a nomination campaign, Zumba dancers show up for one another in any way they can. In the case of my campaign fundraiser, more than twenty of my Zumba mates, all wearing red, bought tickets, brought food, and danced alongside me. Several women who couldn't come, nonetheless bought tickets to support my work. One older friend drove across town to contribute food to the event before heading back home. There is no question: Zumba dancers sustain one another, and the larger community, through their constant capacity to give.

A spirit of celebration, fellowship, and gratitude also marks each class. We celebrate birthdays, we celebrate holidays, and we celebrate personal achievements. At least once a month, tables are pulled onto the dance floor and loaded up with food. The potlucks, which some might argue defeat the purpose of having just exercised for an hour, nonetheless provide us an opportunity to connect and catch up. They also provide an opportunity to shower love on one

another. When I was among the birthday celebrants at a recent class, I experienced a profound sense of belonging and joy. As we ate cake and took photos, I realized that this was one of the best birthdays that I had experienced in years.

As a consequence of the Zumba spirit, I not only stayed physically strong, but emotionally strong during the course of my campaign. I also gained an unanticipated capacity to mobilize. Indeed, many of my new Zumba friends embraced my political project with a passion I have rarely encountered. Saturday morning Zumba classes at FAMAS became a launch pad for our collective work; after toweeling off and changing our clothes we would set out, sometimes in one car, sometimes in two, to meet with and register Cote-des-Neiges residents. Together we convinced hundreds of Filipino-Canadian residents, most of whom had never before belonged to a political party, to become members of the LPC.

Although my bid to be the LPC Candidate for the Riding of Outremont was ultimately unsuccessful, my dancing with the Zumba Community has been personally and politically transformative. I became a better person, and a better political candidate, because of it.

If you haven't tried Zumba yet, you should come. I guarantee you won't regret it.

Kimberley Manning  
Principal, Simone de Beauvoir Institute  
Concordia University

## Virtual Kidnapping: Extortion Scam Now in Montreal

Montréal, February 18, 2018. - The Équipe Cyberenquête of the Section des crimes technologiques of the Service de police de la Ville de Montréal (SPVM) calls on the vigilance of the Montréal citizens regarding an increasingly frequent extortion scam in Canada. Virtual kidnapping is not a new phenomenon. It has claimed several victims over the last two years in Canada, namely in Vancouver, and appeared in Montreal a few months ago. By its very nature, the victims of this scam are international students, often students of Chinese origin who have family members still living in China.

### Description of scam

Virtual kidnapping is an extortion scam that involves convincing the victims that they or their loved ones are in danger. This specific scam happens in two phases. Phase 1

The victim receives an automated call in Mandarin that appears to come from the Consulate General of the People's Republic of China, inviting them to call a government representative or a police officer regarding their involvement in an investigation in China. The victim is then persuaded to pay a considerable sum of money to be exonerated. This stage usually takes several days to

persuade the victim to make numerous payments to the suspects. Phase 2

The victim is then manipulated into staging their own kidnapping. The suspects even ask the victim to record a video. The victim must then rent a hotel room in cash, stay in the room and avoid any interaction on social media or with the police, under threat of retaliation against their family in China. The victim remains in constant contact with the suspects. The suspects contact the victim's family and send the video explaining that their child has been kidnapped for ransom.

### Signs suggesting potential extortion

- The suspects keep you on the phone for a long time and do not want you to hang up.

- You cannot talk about this call to anyone.

- You are asked to leave your house, work or class immediately and prepare your luggage without giving any explanation, without notifying your relatives. Please note that a police force will never require you to take action without notifying a loved one and without taking the time to seek legal advice.

### A few preventive tips

- If the phone number appears to come from an official foreign

government body, despite pressure from the suspects, check their website before doing anything.

- Immediately inform the police authorities by calling 911 or going to your neighbourhood police station. To provide information confidentially and anonymously contact: Info-Crime Montréal at 514 393-1133 or online.

- Keep the phone number or other information that was sent to you until you received clear instructions from a police officer.

- If you receive a call informing you that someone you know has been the victim of such a kidnapping, do not send money immediately. Instead, contact 911 or go to your local neighbourhood police station.

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For more information:

Media Relations  
Communications Division  
Service de police de la Ville de Montréal (SPVM)  
514-280-2015

## Caregivers will now have access to new pathways to permanent residence

Launching 2 new 5-year caregiver immigration pilot programs

February 23, 2019—Toronto, ON— Caregivers will soon have access to 2 new 5-year caregiver immigration pilots that will replace expiring and ineffective pilot programs. The new

pilots will allow caregivers to come to Canada together with their family and provide a pathway to permanent residence.

Caregivers will also soon have greater flexibility to change jobs quickly, and barriers that prevent family members from accompanying caregivers to Canada will be removed, Immigration, Refugees and Citizenship Minister Ahmed Hussen announced today.

Under the new pilots, applicants will be assessed for permanent residence criteria before they begin working in Canada. Once the caregiver has their work permit and 2 years of work experience, they will have access to a direct pathway to become a permanent resident.

These pilot programs will replace the Caring for Children and Caring for People with High Medical Needs pilots and include:

- Occupation-specific work permits for caregivers, providing the ability to change jobs quickly when necessary.

- Open work permits for spouses/common-law partners and study permits for dependent children, to allow the caregiver's family to accompany them to Canada.

In addition, the Minister also launched the Interim Pathway for Caregivers, which will be open from March 4, 2019, until June 4, 2019.

See Page 19

Caregivers



## Career trends for the next five to ten years and where they may be found

If you are currently employed, what are the chances that you are happy in your job, and you are receiving a good remuneration and satisfaction from your job? If you are a new graduate looking for your first job, how prepared are you in meeting the demands of the job market? Do you have all the skills that employers are looking for?

If you answer yes to all these questions, probably you are one of the few who have planned well ahead and predicted the skills needed in your field or chosen career. On the other hand, if you cannot answer these questions truthfully, this means this article maybe helpful in guiding you on the subject of career choice and training for the job you are looking for that will meet your goals.

Statistics show that people live longer, and that on the average, most of us will have at least two or more careers in our lifetime. Thus, it is imperative to keep up to date and continue to learn what we must do to understand where the jobs will (and won't) be created over the next five to ten years. Are you in a current job that will be replaced by automation or robotics? Do you know where new jobs will be created and where you will find the best opportunity to use your knowledge and skills?

According to current literature on job trends and careers, three key areas of skills are basic - communications, tech savvy, and constant learning - will be required in all fields.

### Technology

On the bright side of jobs being replaced by technology, there will be a boost in technology-related career options. Every new form of automation or robotics requires engineers and technicians to develop and maintain.

The move from desktops and laptop to smart phones and tablets has created a current high demand for application developers and designers. So while we can't predict exactly where technology will be at in 2020, we can advise people to keep up with the latest trends and tools of their time. Everyone will have to be more 'tech savvy.' Workers will need to evolve their skills as technology also evolves. These same disruptive trends that phase out some jobs will lead to the creation of new ones.

### Healthcare

The aging population will

continue to require more workers in a wide range of medical professions. Doctors, obviously, will be in demand, but also Nurses, Healthcare Managers and Technicians, Pharmacists, Caregivers and Elder-care Coordinators.

A mixture of healthcare and technology education would be a powerful combination. Biomedical engineering is expected to be one of the hottest fields over the coming decade.

Alternately, learning both healthcare and business management skills could also lead to numerous career paths in hospitals, clinics, private care institutions and public health departments.

### Business and Finance

Businesses will continue to seek new ways to attract customers and understand market trends. Data analysts, and market researchers will continue to be hot career paths for the foreseeable future.

Skilled sales people are always in demand. When making financial decisions, many people still like to talk to a human being and shake someone's hand. That can't be automated. For that same reason, financial advisors and financial services jobs will continue to be secure options. Jobs that will always be in demand

There are also those career-paths that will never become obsolete. Although supply and demand can fluctuate, there will always be a basic need for people in roles such as teachers, lawyers, engineers, dentists, doctors, law enforcement officers, accountants, and food beverage preparers and servers.

The skilled trades are also stable jobs that will always be needed. And not enough young people consider these options, which has led to an ongoing shortage of trades workers. This means numerous opportunities and higher wages for many skilled trades. The demand for Electricians, Welders, Carpenters, Construction workers and other trades people will be a constant.

If young people want to create a powerful career path, one where they have the option to be their own boss, they can't go wrong with an education that includes technology, and business management or marketing - along with obtaining an expertise at one of the skilled trades.

This kind of cross-disciplinary education is going to be the key to

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future success. An engineer with technical wizardry may be a genius at what they do, but an engineer with solid technical abilities as well as advanced communications skills is a rock star.

Critical thinking and problem solving skills also cannot be automated. The best paid and most secure jobs will go to people with solid analytic and interactive abilities

## Five job trends to watch in 2019

After nine years of steady growth, 2018 saw one of the strongest job markets in a generation," said Glassdoor Chief Economist Dr. Andrew Chamberlain in a press release. "However, the world of work is forever changing. We're witnessing a power shift as job seekers leverage their market position and employees make an impact with their voice. Plus, as technology matures, it's changing how we work and the variety of jobs available."

Here are the top five job market trends Glassdoor identified for 2019:

### 1. Tech will change job search methods

Previous methods for hiring focused on job searches and applications using online job boards and email submissions. The year 2019, however, will build off of the AI developed in 2018, with machine learning-assisted job matching, according to the report. Rather than just aggregating job postings, sites will leverage machine learning technology and big data to generate job recommendations tailored to each candidate.

This way of hiring will prove beneficial for both candidates and employers, according to the report, by matching candidates with a job faster, and giving companies better quality applicants.

### 2. Focus on non-tech workers will increase

A trend that was already underway in 2018, tech companies will continue to hire more non-technical roles to develop their teams in 2019. Previously, tech companies and startups were focused on back-end development, hiring software engineers, data scientists, and

developers to build organizations' infrastructures. In 2019, the focus will be shifted to the front-end, with tech companies hiring account executives, project managers, operations managers, financial analysts, human resource representatives, and more. These jobs will help boost revenue and improve operations, the report found.

### 3. Job seekers and employers will face an economic recession

While the job economy was strong in 2018, the 2019 economy may be slowing down, according to the report. The odds of a full-blown recession in 2019 are low, but that doesn't mean we won't see one after another year.

### 4. The aging workforce will bring a talent shortage

There are currently more than 7 million job openings in the US, with not enough workers to occupy them, the report found. A big reason for this shortage is America's aging workforce: The first wave of Baby Boomers reached retirement age in 2011, and millions more are expected to follow in the coming years. The result will be a smaller pool of experienced workers, and a complete overhaul of what American consumers will look like, according to the report.

### 5. Diversity will be supplemented with inclusion and belonging

While many companies highlighted and addressed gender and racial diversity in 2018, there is still a long way to go. While adding women and underrepresented groups to the payroll is a good start, in 2019 companies will place the focus more on making sure these people feel included. Inclusion and belonging is vital for a healthy corporate culture, the report found. Without these components, diversity programs will not succeed.

Whether it means making sure all employees are included in company events, are on the right track for a promotion, are represented for leadership, and more, organizations will be making inclusion a primary goal, according to the report.

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# Your health matters



## How many pounds should you lose?

Ever see an ad that promises to make you lose 30lbs in a month? Is this possible? Yes. Is this healthy? For most people it is not. Most people would have to be on unbalanced or unhealthy diets to achieve this rate of weight loss. Such diets result in significant loss of muscle mass, nutritional deficiencies and metabolic disturbances. These are undesirable outcomes that you should aim to avoid.

In general, how quickly an individual can lose the weight in a healthy manner depends on 5 factors. It depends on 1- your metabolism, 2- your health profile, 3- how quickly you are able to align your dietary habits with your physiological needs, 4- your physical limitations or ability to exercise and finally 5- how much time you are willing and able to invest in your health objectives.

With this information your nutritionist can estimate how quickly you will be able to achieve your goal.

As a general rule the recommended rate of weight loss is between 1lb to 2lbs a week on average. Because weight loss can vary considerably from week to week, the average is often based on results over a month or two.

It is not unusual however for some people to lose weight a little below or above the recommended range. Healthy weight loss, without muscle loss, can be observed between 0.5lbs to 3lbs per week.

Is exercise required for weight

loss? No, but it's definitely a plus. Mind you individuals meeting their recommended dietary objectives for weight loss are usually capable of losing 0.5lbs a week without exercising above and beyond their activities of daily living. Some even lose one pound a week with little to no exercise. This is good news for those with physical limitations or those who can't exercise regularly.

While exercise is a plus, it's important to understand that those who rely primarily on exercise to manage their weight are at greater risk of putting on significant weight if they get injured or are incapable of pursuing the same level of physical activity. It's a very common scenario; the ex-soccer player who puts on 35lbs because his knee injury prevents him from playing. Exercise is an important component of staying in shape but nutrition accounts for 80% of your health.

Those who successfully maintain their weight by emphasizing good nutrition are much less likely to experience undesirable weight gain while they recover from an injury.

Choosing to lose weight within the recommended range is safer and practical for most people. Achieving better health should be prioritized over speed in your weight loss strategy. Healthy is beautiful!

For more information or for references visit [www.nutrilogiq.net](http://www.nutrilogiq.net)

## Our Story

By **Rachelle Bendayan**

political views.

There isn't a day that goes by that I don't stop to appreciate the freedoms I have – that we all have – to openly state our views and live our lives the way we choose. I became politically active as a young teenager, around the same age as my father. I quickly found my *raison d'être* in politics. As a young lawyer, I spent my nights volunteering to draft our Party's rules and regulations, and make sure they were followed.

With every step I took, my father discouraged me, seeing the specter of his own experience. Politics is dangerous, he said. It is divisive. It is ugly, he often repeated. It is open here, I would reply. It can be positive, it can be beautiful, if people get involved for the right reasons, we will make it better I told him. These were our dinner conversations for years. From getting involved in the Outremont riding association to becoming the National Legal Advisor of the Party, I defended my involvement at every turn. At every minor and major provincial or federal news story, before and after every election we won and lost. You can imagine the reaction when I announced that I was leaving my law firm to leap headfirst into the fray as a candidate.

I paid for McGill undergraduate and law school by working in the filing department and then as a receptionist in a law firm – reading up on cases and listening into conversations between lawyers when I could.

After graduation, I was hired as a lawyer in one of the largest law firms in the world. I had my heart set on practicing international law. Everyone told me that it was an area normally reserved for older white men with much less hair, and that had already made a name for themselves. I was a young woman. And I didn't have a fancy name, certainly not one that helped me get a leg up. But the corporate world is where I learned that hard work does pay off in Canada, that dedication and long hours do make a difference, and that no matter the roadblocks, if you never give up, this country will at of my parents and grandparents, overlapping two very different countries, and two very different kinds of politics, is similar to many of yours. My family's sacrifices were the foundation of my own Canadian dream. Nothing would honour me more than to help you reach your own.

I can think of no better time to tell this story. The increasing polemic and vitriol in our current public discourse must be countered.

I want to tell the Official opposition in Parliament that spreading misinformation about immigrants is wrong. I want to tell Conservative Leader Andrew Scheer that he shouldn't be sharing a stage with white nationalists like he did this week in Ottawa. I want to tell Peoples Party



I was born in a small one-bedroom apartment on Cote-des-Neiges, on the corner of Ridgewood. My father was finishing his studies. My mother was home with me, and soon became pregnant with my sister. We moved to another apartment a little further down on Cote-des-Neiges in the red brick buildings next to the Rockhill, across the street from the cemetery.

There I organized lemonade stands with my neighbour - right on Cote-des-Neiges street -- sometimes causing traffic jams as cars double parked on the main thoroughway. I would boast to my friends living in the quiet suburbs of how many lemonade glasses we were able to sell at rush hour.

My father, by then a Professor and researcher at the University de Montreal, would walk me to the daycare on Cote-des-Neiges and Jean Brillant, next to the outdoor fruit and vegetable market where he would buy us a fruit each for the road. Very early on, he told me the story of my grandparents. My story may differ from yours, but with themes which I know touch many of us.

Life in Tangier, Morocco had changed following the Second World War. There came a time when my grandparents on both sides, like many Jewish families, no longer felt welcome in their home. My mother was just 1 year old when her family left in the hopes for a better life in Canada – my grandmother carried her two babies on a boat across the Atlantic, terrified that like other children on the voyage, they would contract measles or chickenpox. We were more fortunate than many. Once here, my grandmother, like many new Canadians, juggled two jobs in order to provide a hopeful future for her children.

My family on my father's side stayed in Morocco a while longer, until 1967. As a teenager, my father became involved in activism early in life, helping Jewish families get their paperwork together in order to leave the country. At age 17, he left the country himself. The politics of their country of their birth was nothing like the politics we know today in Canada. My father often reminds me that before leaving, he was arrested for his

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See Page 13 Rachelle Bendayan



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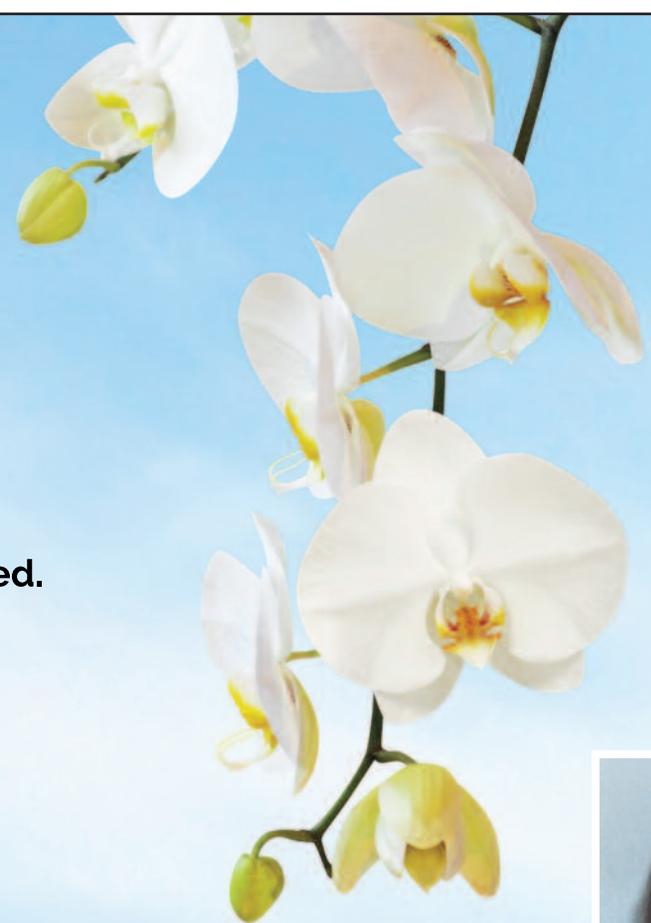
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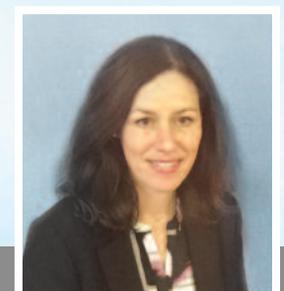
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### Pork Ginataan with Squash and String Beans

Prep Time 10 minutes

Cook Time 50 minutes

Total Time 1 hour

Servings 4

#### Ingredients

1 1/2 lbs. pork cubed

1 1/2 cup beef broth

2 cups coconut milk

1/4 cup shrimp paste bagoong

1 small butternut squash cubed

1 small bundle of string beans cut into 2 inch pieces

1 medium yellow onion sliced

1 1/2 teaspoons minced garlic

3 tablespoons cooking oil

1/4 teaspoon ground black pepper

Salt to taste optional

#### Instructions

Heat the cooking oil in a cooking pot. Once the oil gets hot, saute the garlic and onion.

Add the ground black pepper. Stir and then add the pork. Cook the pork until the color turns light brown.

Pour the beef broth in the cooking pot. Let it boil.

Add the coconut milk. Stir and allow to boil once more. Cover and cook in low to medium heat until the pork gets tender.

Add the squash. Stir, cover and cook for 8 to 10 minutes.

Add the shrimp paste. Stir.

Add the string beans. Cover and cook for 3 to 5 minutes. Add salt only if needed.

Transfer to a serving plate. Serve.

Share and enjoy!



### Beef Caldereta

#### Ingredients

1 kilo beef kenchi or stewing beef, cut into cubes

5 cloves garlic, minced

1 large onion, chopped

5 tbsp cooking oil

2 cups water

1 1/2 cup tomato sauce

1/2 cup liver spread

2 cups coconut milk

1 red bell pepper, cut into strips

1 green bell pepper, cut into strips

1 cup pitted black olives

2 pcs potatoes, cut into pieces.

1 large carrot, cut into pieces

2 tbsp fish sauce

pepper to taste

bird's eye chili (optional)

#### Directions

•Heat oil in a pot. Fry potatoes and carrots until cooked. Remove from pan and set aside.

•In the same pan, sauté garlic and onion until onion becomes translucent.

•Add beef and brown on all sides.

•Add water and bring to a boil.

•Pour in tomato sauce and half the coconut milk. Mix well. Bring to a boil and simmer in very low heat for 1 1/2 hours until beef becomes very tender.

•Add water if needed.

•Add liver spread and the rest of the coconut milk. Simmer for an additional 15 minutes.

•Add fish sauce, potatoes, carrots, black olives, and bell pepper plus pepper to taste.

•Add chopped bird's eye chili if you like it spicy. Simmer for an additional 2 minutes.

•Serve with steamed rice.pork



### Pork Menudo

Prep Time 10 minutes

Cook Time 1 hour

Total Time 1 hour 10 minutes

Servings 5

#### Ingredients

2 lbs. pork cubed

1/4 lb. pig's liver cubed

4 hotdogs sliced diagonally

2 medium baking potatoes peeled and cubed

2 medium carrots peeled and cubed

1 medium yellow onion chopped

2 teaspoons minced garlic

1 teaspoon minced ginger

1/2 cup raisins

3/4 cups frozen green peas

3 pieces dried bay leaves

15 oz. tomato sauce

16 ounces beef broth or 2 cups beef stock

3 tablespoons cooking oil

Salt and pepper to taste

Pork Menudo is not complete without liver. However, there are some people who don't want to include it because of its gamey taste. This recipe deals with this issue by providing a step wherein the liver is sauteed in minced ginger; this gets rid of the gamey flavor of the liver making it more pleasurable to eat. It is better to use Filipino style red hot dogs for this recipe. If you don't have it, you can use beef franks which are less salty than wieners



### Beef Pochero

#### Ingredients

2 lbs beef short ribs or cubed sirloin

1/2 medium cabbage quartered

1 bunch Bok choy pechay

1 bundle long green beans about 15 pieces

1 medium sized potato cubed

2 large plantains saba banana, sliced

3 pieces chorizo sliced thinly

1 large tomato diced

1 medium sized onion diced

2 tbsp whole pepper corn

2 tbsp fish sauce

1 tsp garlic

1 small can tomato sauce

3 cups water

1 cup garbanzos

#### Instructions

•Heat oil in the pot and fry the banana until color turns golden brown. Once done, set the bananas aside

•Put in the chorizo in the same pot and fry for about 3 to 5 minutes then set aside

•Sauté the garlic, onion, and tomato

•Add the beef and cook for 5 minutes

•Add the fish sauce, tomato sauce, and whole pepper corn and mix well

•Add the water and simmer until meat is tender (about 35 minutes in pressure cooker)

•Put-in the fried chorizo, fried banana, potato, and garbanzos and simmer for 7 minutes

•Add the cabbage, long green beans and simmer for 5 minutes

•Add the bok choy and turn off the heat. Cover the pot for 5 minutes to cook the bok choy

#### Ingredients



### Pinangat na isda

#### Ingredients:

1 lb fish, cleaned and salted

8 pieces bilimbi (kamias)

2 medium tomatoes, wedged

1 teaspoon whole peppercorn

1 1/2 teaspoon salt

1 cup water

#### Instructions:

•Alternately arrange the fish, bilimbi, and tomatoes in a wide cooking pot.

•Sprinkle salt and whole peppercorn, and then pour-in water.

•Cover the cooking pot and turn on the heat to medium. Let boil.

•When the liquid starts to boil, adjust the heat to low. Continue cooking for 15 to 20 minutes.

•Turn off the heat and transfer to a serving plate.

•Serve with steamed rice.

Share and enjoy!



### Cheese Ensaymada

#### INGREDIENTS

1 tablespoon active dry yeast

1 tablespoon sugar

1/2 cup lukewarm water

4 egg yolks

1/2 cup sugar

1/4 cup evaporated milk

1/2 teaspoon salt

1/2 cup melted unsalted butter

3 cups all-purpose flour

2 1/2-3 cups grated cheddar cheese

#### INSTRUCTIONS

•Line a cookie sheet with parchment paper. Set aside.

•Dissolve yeast and sugar in a small amount of lukewarm water. Set aside.

•In a mixing bowl, combine the egg yolks, sugar, milk, salt, 1/4 cup melted butter, remaining water and 1 1/2 cups flour to form a sponge dough.

•Stir in yeast mixture. Add the rest of the flour (1 1/2 cups) and remaining butter (1/4 cup) then transfer the dough on a floured board.

•Knead dough until smooth and blisters appear (around 5-10 minutes).

•Transfer the dough in a greased bowl; cover with plastic wrap and let rise for 2 hours or until double in size.

•Punch down the dough and divide it into 15 pieces, each piece weighing approximately 2 oz.

•Form each piece into a ball and using a rolling pin, roll out thinly into a 5X4 inch rectangle. Brushed the surface with creamed butter and sprinkle with grated cheese. Roll as in jelly roll and form into a coil.

•Place in prepared cookie sheet, brush top of each ensaymada with melted butter and let rise for 4 hours or until double in size. (The longer you let it rise, the softer the ensaymada would be)

•Bake in a preheated 350° F oven for 10-15 minutes or until light golden brown (depends on the oven).

•Immediately brush the top of ensaymada with melted butter and let cool slightly.

•Before serving, top with creamed butter, sugar and grated cheese.

Enjoy!



## Social Tidbits

**Fely Rosales Cariño**

Hi everyone! Today, the sun is shining brightly. But how long does it last? Guys, winter isn't over. Don't put away your winter paraphernalia. For all you know the mild weather may surprise us with another snowstorm. Having said this you may feel a little bit better if we compare our weather with that of the United States' subzero temperatures. To us, winter is a passing fancy at best. According to Mr. Josh Freed, a Montreal Gazette columnist, "what they call in the USA national emergency, we call winter."

I'd like to begin my column with some informative resources to answer FAQs (Frequently Asked Questions). One such question is, "Which agency in Canada do you contact when you are in trouble or when you need emergency help?" There was an orientation seminar for Filipinos in Montreal with Andrew Cleveland, a lawyer who talked about labour laws in Quebec. He represents consumers, workers, and human rights victims before the Supreme Court. Another speaker was Evelyn Calugay, a retired nurse and a full-time volunteer of PINAY, an organization that oversees and helps domestic workers sort out their problems. Another speaker from the Philippine Embassy is First Secretary and Consul, Greg Marie Marino, a well-known international worker in consular services. Included in this group of problem solvers is Noel Fernandez III, Deputy Chief of Missions, Philippine Embassy, who spoke about human trafficking. This seminar was sponsored by the Philippine Embassy with the cooperation of PINAY in Montreal. If needed, call 1-613-233-1121. In the case of death or detention of a Filipino citizen, call the Embassy's emergency number at 1-613-614-2846.

Recently the PINAY Quebec presented the new Temporary Foreign Workers' Program for caregivers. This association can answer all caregivers' questions. Call the FAMAS Centre at 514-341-7477. For the Live-in Caregivers Program (LCP) which deals with the rights of the new immigrants,

please call SIARI (Service d'Interprete d'Aide et de Reference aux Immigrants) at 514-738-4763. Their address is 6767 CDN. #499, Mtl, PQ. H35 2T6.

Sadly we have members of our community who left us during the holidays. One is Ella Reyes, the President of the PHP (People Helping People) in Montreal. Ella has been the pillar of this organization since her mother (now 99 years old, enjoying retirement in the Philippines) left the presidency to her. Her passing was a shock since just a week before her death, she still attended a meeting of the Federation of Filipino Association of Quebec and even brought her potluck food. According to other officers who were in the meeting, she was her usual happy self and didn't exhibit symptoms of illness. Well, she is now in a happier place. Rest in peace, Ella.

On January 26, 2019 a memorial service was held for Sir Reggie Villamor (KOR) at Centre Funeraire (Dignity) Cote des Neiges. This was preceded by Sir Dario Boco (KOR), former Area Commander, Eastern Canada region. By the way, all Knight members were in their Barongs and nice uniforms. With one stroke of the gavel, Sir Reggie's family got ready at the front pew of the viewing room. Then came the entrance of four Knights as honour guards. They stopped, facing Reggie's coffin with their swords held high. Then Sir Ed Valdez rendered the anthems, after which the following Knights delivered their eulogies: Sir Ray Balansi (KGOR), former Montreal Chapter Commander, Eastern Canada; Sir Felix de Luna, Deputy Regional Chancellor; Sir Gerry Danzil (KGOR), current Montreal Chapter Commander; Sir James de la Paz (KGOR), Area Commander for Eastern Canada; and Sir Dario Boco (KGOR), Supreme Commander, Supreme Pursuivant.

The above speakers were unanimous in extolling the values, virtues, and enviable character they saw in Sir Reggie. Before completing the ceremony, members of the

our individual liberties.

We cannot allow politics to be used to exploit peoples' anger - to stir up fears for political advantage. We need to show that better is possible. By providing an alternative. By not only using the hashtag of positive politics but by living it. Everyday. If hate is born of ignorance, let us fight it by coming together. Whether you are Jewish, Muslim, Christian or atheist.

Kababaihang Rizal sang a beautiful Tagalog song. Prior to the burial, Warlie Basbacio led the prayers until the 9th day observance. Reggie's children took charge serving delicious snacks. It was a very uniting, commendable and appropriate necrological service by the two organizations coming together to celebrate their brother Knight, Sir Reggie.

Happy Birthday to the recent celebrants: Wendy Cedilla at Pancitan, Monique Regacho at 6767 Côté des Neiges (CDN). Those who joyfully celebrated at home were Ciony Nueva, Valent Lloyd Hughes, Maggie Calcetas and Ding Alzate Guerzon.

There was a social fundraising Bingo last Sunday, February 10, 2019 at 6767 CDN sponsored by the FFCAQ (Federation of Filipino Canadian Association of Quebec). There were nice prizes and our table was a lucky table. Almost all of us were winners! But the champion winner was Nick MAZZONE, the first gentleman of the FFCAQ, Minda Mazzone's hubby, who won twice and got the final cash prize!

Here's another party for you. The Knights of Rizal, Montreal Chapter, recently held their post-Valentine party on February 16, 2019 at 6767 CDN Hall. Their program began with the entrance of colours performed by Sir June Bona (KOR), Sir Albert Camacho (KOR) and Sir Regino Cadano (KOR). After the anthems, Sir Rolando Maday-a (KOR) recited the Pledge of Allegiance and Sir Ismael Calaunan (KOR), Deputy Chapter Commander, gave the Invocation. Sir Ali Ansagay (Master of ceremonies) acknowledged the guests. This party is definitely the eating and dancing party! Line dancers had a field day. Take note of this: there was a lot of food especially fish salad, dinacdacan and sisig, in addition to the regular party food. Was this all done by Sir Dario Boco? Soft drinks, beer and wine flowed abundantly. And we certainly enjoyed Claire Boco's dessert!

February 17, 2019 was a red-letter day for the AFSM (Association of Filipino Seniors of Montreal) and it was held at Saint Kevin's Parish Social Hall. The afternoon began with the usual program format with flag bearers Sony Odon, Zeny Villaria, Engineer Greg Balagot, Alain Charbonneau and Kennedy Estopa. The singing of the national anthems was followed by the Invocation performed by Dory Francisco, one of the AFSM advisers. When everyone got settled, AFSM President William Pavia welcomed the

Black, white, Asian, or Arab descent. French, English, or trying hard to learn either. First, second or fifteenth generation Canadian. Do not let fear divide us. Break bread and share in an iftar. Say Bonjour, Hi in the streets. Find a Hindu temple and go dance at Holi. Dress up at Purim. Make the effort to learn French, and partake in the myriad wonders of the world unrounding you right here in

Outremont. After an exhausting line dancing numbers, Evelyn Calusa introduced the January birthday celebrants: Melania Anore, Warlie Basbacio, Lucing Bulachand, and Amy Chantengco, Amy Malto, Marilyn Mendoza, and Rosita Sumonod. The February celebrants were Elvira Balagot, Cesar Castro, Dorie Francisco, and Rosie San. March celebrants are Aida Baldesco, Precy Andal, Enriqueta Nolasco, Francisco Torne Graitto and Manzano. The highlight of the afternoon was the proclamation of the AFSM Miss Valentine 2019. Winner of this coveted title was Carmen Amaro! Congratulations to 3rd runner up Tess Lanto, 2nd runner up Liza Naveda, and 1st runner-up Siony Odon! Let's thank Fe Fabia for the delicious cupcakes and LB for the beautiful red roses!

A Bill designating the month of June as Heritage Month for all Filipinos in every province of Canada was approved by the Canadian Parliament recently. This Bill was sponsored by Salma Zahid (Scarborough Central, Ontario) and sponsored in Montreal by Snowdon Councilor Marvin Rotrand seconded by Councilor Lionel Perez of Darlington. Now, in the month of June, Filipino organizations can showcase Philippine values and culture with emphasis on songs, dances, and cuisine.

On February 1, 2019 there was a Meet-and-Greet and Orientation Evening of the FHM (Filipino Heritage Montreal). The program began with a Welcome Address by FHM Chairman Alfonso Abdon followed by the following speakers: Councilor Marvin Rotrand, Lionel Perez (CDN/NDG/Darlington), Councilor Frank Baylis (Pierrefonds/Dollard MP). Sonny Moroz, one of the advisers, dealt with some questions. Dolly Belandres gave the closing remarks. Here is a list of FHM administrators: Alfonso Abdon (Chairman), Alberto Abiera (Vice Chairman), Jeannette Perignon (Secretary), Luzviminda Mazzone (Treasurer), Ricardo Ribaya (Assistant Treasurer), Paul Imperial (Director of Communications), Norberto Mandin Jr (Auditor), Editha Fedalizo (Event Coordinator), Dolores Belandres (Assistant Event Coordinator). Advisers are: Councilor Marvin Rotrand (CDN/NDG Snowdon), Sonny Moroz (Constituency Coordinator and Outreach of Anthony Housefather, MP Mont Royal), Christopher Savard (Political Attache, D'Arcy McGee).

Know what's coming soon? Edible insects! Watch for the next issue to find out!! God Bless !!!

From Page 9 Rachel Bendayan

Leader Maxime Bernier that his divisive rhetoric has no place here in Canada. And I want to send a message to our current provincial leaders: there's no place for the government in the wardrobes of the nation. And I will defend at all cost

Outremont.

Tear down the barriers that empower hate. Look for that neighbour you know nothing about, and truly find the empathy to call him your friend.

Share your story at every turn, as I do today. Because that is how we break the barriers, that is how we all win. (Speech delivered by Rachel Bendayan during her campaign).

# FILIPINO STAR

## SHOWBIZ GOSSIP

### The continuous 're-inventing' of Korina Sanchez - Interview by Ricky Lo



**Korina Sanchez arm wrestles heavyweight actor Derek Ramsay**

When those Belo billboards showing Korina Sanchez in an arm-wrestling pose with Macho man Derek Ramsay cropped up all over the Metropolis, many people (this one included) wondered what the wife of Senatoriable Mar Roxas was up to. After all, Korina doesn't stop springing surprises not just on her ABS-CBN Sunday show Rated K but outside of it.

then names were thrown around during the meeting but I won't mention who, hahaha! "Derek was an easy decision because he is family to Belo. He is such a game and nice guy — and secure enough to look like he's losing to a female in a brawn match! That was my concern. But it was no issue with Derek. 'Yan ang tunay na lalaki. Hats off to him. And then, of

And even when I was very skinny my arms were round. I remember as a teenager how I was too shy to wear sleeveless tops.

"In photos and on TV, yikes! My arms always looked even bigger than they actually were. So I thought even as early as then that the only way was to sculpt it. And the only way to permanently get rid of stubborn fat is to suck it out, safely. Was so, so happy after. And especially when I diet, all the cuts of my arms immediately show. Galing! Now I wear my arms showing all the time, hahahaha!"

**How do you maintain the effect of the arms lipo treatment and those of your previous treatments?**

"Liposuction is a great jumpstart. But from experience, if you let yourself go in the kitchen, the fat fights back to stay and grow elsewhere. With any treatment, you have to do your part in maintaining. I do regular exercise and I avoid carbohydrates and sugar. So it isn't zero carbs or sugar. I just avoid as much as I can.

"Mar and I climb mountains and camp occasionally. I swim and do laps which is great for overall body toning. My friends laugh and know I have a 5/10-pound dumbbells in my car all the time. Para 'pag traffic, I do repetitions for toning my arms and shoulders. In any case, I'm in a Belo clinic at least once a week. It is my kind of guilty pleasure. We owe the world to look our best. #LifeIsTooShortToFeelPanget. Hahahaha!"

**What are, if any, the diet do's and don't's?**

"Well, don't do extreme diets without consulting a nutritionist or doctor. Delikado! I know I'm healthy because I have check-ups yearly and I listen to my body. When I did the Keto diet, I was monitoring my numbers. When my cholesterol level increased, I decreased my fat intake. You have to be proactive with yourself. Not all diets are for everyone. It isn't one size fits all.

"Since I lost the weight, I try to be balanced now but still avoid carbs and sugar. Mar taught me to make and take this delicious green juice which is super healthy: Greens, yogurt, avocado, berries and nuts in a glass. Yummy!

"When I do walwal eating one day, I make sure to do penance for the next three days to make up for it."

**Are all these in preparation for the May mid-term elections campaign?**

"Hahahaha, no! I just try to be healthy and strong. As you get older you have to be much more conscious of wear and tear regardless of circumstance. But being in a campaign really does take a lot out of you. I guess the trick is to try to enjoy and be happy in anything you do. That's one secret to health and long life I've read about a lot."

What about Mar, did he have to undergo any "enhancement" (the better to entice voters)?

"Bwahahaha! OMG. He is the least vain person I know. He doesn't even want to dye his hair because he says that is his authentic self. When I look at him with his salt-and-pepper hair, na-i-in love pa rin naman ako sa kanya so I guess it's fine! Hahaha...uuuuyyy!"

**How much will you cover for Mar's campaign?**

"Oh, since it is a senatorial with 12 names, I'm much more relaxed now. I'm less required now so I'm less exhausted. In every election, I see a different, more evolved Mar. Ganyan pala kapag married, you see your partner grow. And I like how Mar has taken in his life lessons and how he continues to become more and more the person he believes himself to be: a man of purpose, a man for his family and a man for others. Marami pa s'yang mabibigay. Bata pa siya. Ampogi pa nya, lalo if he dyes his hair. Ayaw eh, hahaha!"

**Are you temporarily quitting your show during the campaign?**

"Oh, no! Rated K is strong and stable without the politics. It stays that way. Peace on earth." ■



course, he is so good-looking."

**Whose idea was it to include Derek on your billboard?**

"The main idea was to not just pose with my arms, but to have an interesting concept that catches the eye. When I was told I would be doing a billboard for arms lipo, I thought of the arm-wrestling concept with me smiling and a hunk sweating it out with these words: The Best Arms Win. And

**What kind of treatment did you undergo at Belo this time?**

"I've been with Belo since way, way back...hmmm, 20 years ago? My arm liposuction was quite a while ago but, yes, I did it, twice in fact. I wanted it sculpted a bit more after a few years from the first time. You see, I'm naturally rounded. It's my body type.

# Catriona Gray opens up on breakup with Clint Bondad



Catriona Gray on *Tonight With Boy Abunday*

Miss Universe 2018 Catriona Gray spilled details on her breakup with Filipino-German model Clint Bondad.

She confirmed she was now single when asked on how she balances her love life despite being Miss Universe. This she revealed in an episode of ABS-CBN's Kapamilya confessions.

Gray explained in a "Tonight with Boy Abunda" interview Friday

night that she and Bondad already had problems before the pageant happened. "We weren't on speaking terms so much," she said.

Despite this, Bondad still decided to watch Gray as she bagged the title during the beauty competition in Bangkok last Dec. 17. "It was really hard going through the competition with that all happening at the same time," Gray said. "But I have to remind myself

that this is a once-in-a-lifetime opportunity."

When asked why they split, Gray said that both she and Bondad "outgrew" each other during their six years as a couple.

The beauty queen also shared that what she learned in their relationship was "the need to communicate."

If she had her way, Gray said she wants to remain single

throughout her reign. She wants to take the opportunity to establish her own identity and grow during her time as Miss Universe

"I've never really had the chance... Because being in a six-year relationship from the age of 18, I've never been a young adult, especially a growing young Christian din (too), in that season of singleness," Gray said. "And I think it's really important as an individual because you need to know what you want, who you are to be establishing your identity as your own person."



Catriona Gray said that she and Clint Bondad, whom she has been with for six years, just 'didn't work out.'

Abunda then assured Gray that she would know the right time to fall in love again. She agreed with him, adding, "And I don't feel ready at all (yet)." ■

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## Bea Alonzo declares 2019 her 'year for change' in self-love post



Bea Alonzo

Kapamilya actress Bea Alonzo has declared 2019 as her "year for change," telling herself she should get rid of her insecurities so she can "live more."

In her Instagram account on Sunday, Bea posted a photo of herself wearing a blue bikini in Coron, Palawan and shared how she used to be apprehensive about sharing this kind of picture.

"I have always been the type who would choose not to post photos of

myself in swimsuits but since I declared this year as the year for CHANGE, I thought that maybe I should change the way I view myself," Bea wrote.

"Maybe, I should get rid of all my insecurities so I can live more," she said.

This generation's Movie Queen also said she wants to remember the things that she loves about her body and to forget how she hated herself "for being 'fat' in other people's eyes."

"It's the only body that I am blessed with and I am thankful for my health because I get to do the things that make me happy," she said.

She hopes her post will inspire other women to love themselves more despite their imperfections.

"I hope that this post could inspire other women to love themselves more, flaws and all. Let's all work hard to better ourselves for us and not just so others could accept us," Bea said. ■

**Showbiz Gossip** *Continued from p.15*

# 40 years and counting: The secret to Bulaga's success



**After all these years, Eat Bulaga stays true to its mission — to bring isang libo't, isang tuwa sa buong bansa.**

Mula Batanes, hanggang Jolo..." is the opening line of a song every Filipino in every part of the world knows. For 40 years, Eat Bulaga has grown from being a noontime show to an ubiquitous household name. And last Feb. 1, TAPE, Inc. renewed its partnership with GMA Network for the blocktime airing of Eat Bulaga — a relationship that has spanned over two decades and counting.

Asked why he thinks the program remains successful even after all these years, Sen. Tito emphasized that it must be the way it serves the viewers. "Eat Bulaga is really a public service program masquerading as an entertainment show. That's the secret."

"Time really flies 'no?" his co-host, Vic, said. "Pero pakiramdam ko nag-uumpisa pa lang kami eh. We're looking

"Malaki ang pasasalamat namin sa mga Kapuso na hindi kami binibitawan mula noon hanggang ngayon."

Anjo Yllana, Jimmy Santos, Allan K. and Ruby Rodriguez, who have all been hosts of the show for more than 20 years, see the job as a privilege.

"Eat Bulaga is different dahil puno ng entertainment at sariling brand of comedy. I see it both as a

very lucky to be a Dabarkad because of Eat Bulaga's mission to help those who are in dire need, while bringing joy to the viewers." Allan K. added that it's the warmth they receive from viewers that inspires them all these years. "Parang lahat 'pag nakikita ka gusto kang yakapin kasi parang feeling nila, part ka ng family nila dahil every tanghalian kasama ka nila." And for Ruby, she found a family amongst her co-hosts, "I've been with Eat Bulaga for 27 years, so as you can see, I'm very happy. We really are a family."

Meanwhile, Jose Manalo, Wally Bayola and Paolo Ballesteros, more known in the segment Juan For All, All For Juan as JoWaPao, are grateful for the support Kapuso viewers unendingly give.

"Maswerte ako na dahil sa Eat Bulaga, lumawak 'yung dami ng kaibigan ko, 'yung dami ng nagmamahal sa amin, kaya pagbubutihin pa namin magpasaya sa show na ito," Jose promised. Wally complemented this by saying, "Hindi lang basta sa salita siguro magagawa yung pasasalamat namin, nawa'y hanggang sa dulo walang iwanan, Kapuso tayong lahat at Dabarkads."

"I've been with the show since 2001," Paolo shared. "Kumbaga dito ko na-hone 'yung talent ko tsaka more than anything else, pamilya na talaga kaming lahat dito."

Along with this, the other Dabarkads opened up about how Eat Bulaga is more than just a show to them.

"Ako naman, I've been here for practically half of my life," Pauleen Luna-Sotto smilingly said. "I met my husband here and it opened a lot of doors for me work-wise even. It's overwhelming to know na we have a home in GMA."

For his part, Ryan Agoncillo relayed how he continues to grow through the show. "I started my career here and I keep learning and growing as a host. For me, to be part of Eat Bulaga and be a Kapuso is a double bonus talaga."

"Being a Kapuso means that you have the heart to serve people. Here in Eat Bulaga, we serve the public, those who are in need, as much as we entertain," Pia Guanio quipped.

Luanne Dy added that she feels blessed to be part of the nation's noontime habit. "I'm so blessed to be part of this show na



Eat Bulaga's pillars and original hosts, Sen. Tito Sotto, Vic Sotto and Joey de Leon, remain part of the show to this day, along with the growing Dabarkads family.

forward to more and more years."

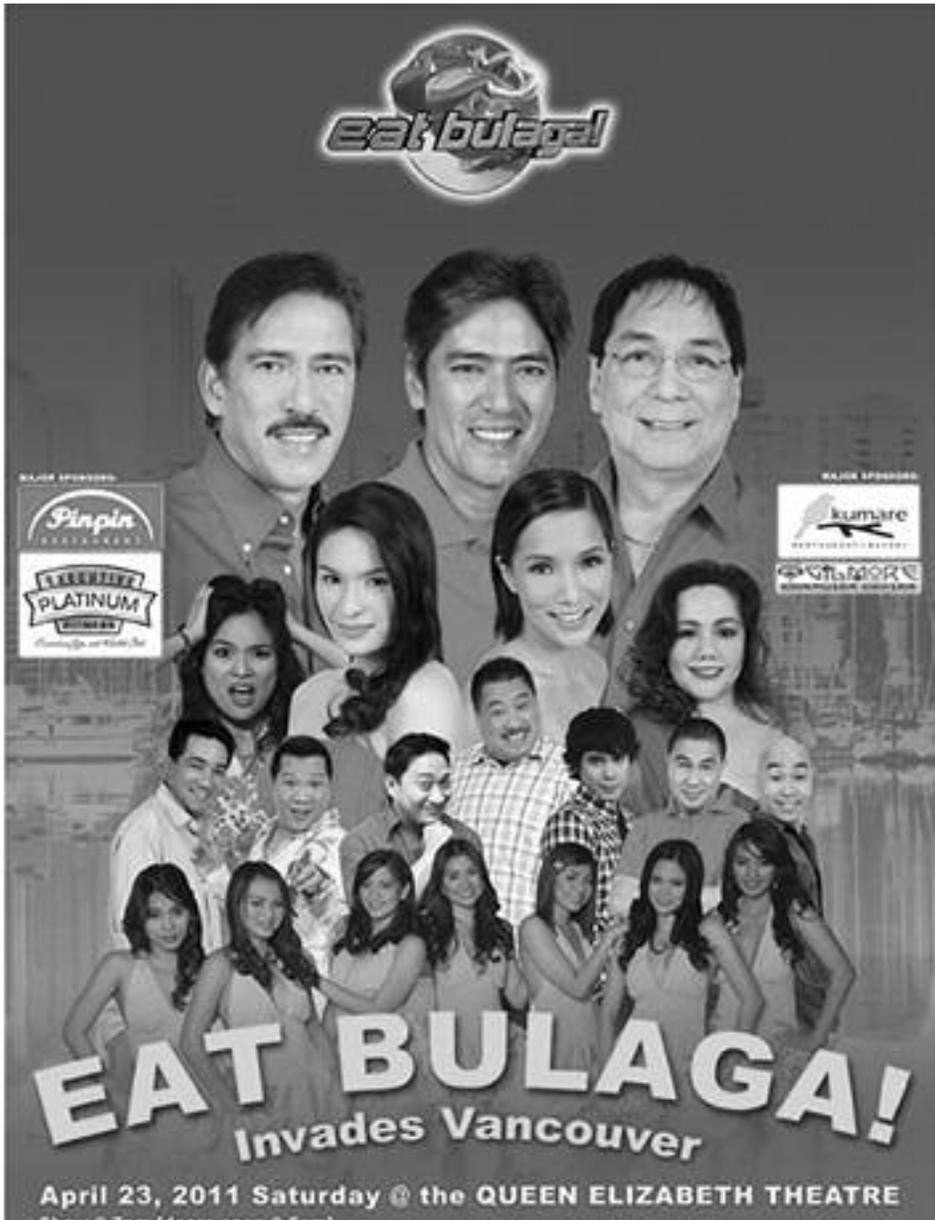
For Joey, doing the show is both fun and gratifying. "Itong palabas na ito ay nakakabata dahil tawa kami nang tawa," he shared.

blessing and a privilege to be part of this longest-running noontime show," said Anjo. Jimmy, on the other hand, talked about the show's generosity to people in need, "I'm

talagang inaabangan ng mga tao, ng mga Kapuso at mga Dabarkads natin dahil naging parte na rin kami ng buhay nila.”

The latest host to join the show, Maureen Wroblewitz, affirmed this and added, “It means a lot to me to be here and I’m very

po.” Phenomenal Star Maine Mendoza, on the other hand, expressed how Eat Bulaga changed her life, “Katulad po ng lagi kong sinasabi, binago ng Eat Bulaga ang buhay ko. Hindi lahat nabibigyan ng ganung



thankful for this opportunity. I hope to stay a Dabarkad forever.”

The youngest Dabarkads, Ryzza Mae Dizon and Baebay Baste, have nothing but gratitude for Kapuso viewers.

pagkakataon at habambuhay po akong grateful na ako’y isang Dabarkad at Kapuso.”

And for Pambasang Bae Alden Richards, Eat Bulaga is his dream come true, “Dream come



“Super thank you dahil parati silang nanonood ng Eat Bulaga. Sana po palagi lang silang nandyan and marami pa pong aabangan sa Eat Bulaga,” Ryzza chirped. With a sheepish grin, Baste said, “Patuloy n’yo po sana kaming suportahan. I love you all

true po talaga sa akin ang maging parte ng Dabarkads. Siguro for almost four years, dito na umikot ang buhay ko at hindi ko ma-imagine na hindi ko ginagawa ang Eat Bulaga. Sobrang thankful po ako.”

Alden added that as early as



now, they are preparing for their 40th anniversary celebration this year. “It will be grand,” he said. “It will be something for the Dabarkads, lalo na sa mga sumusuporta sa amin sa Eat Bulaga. Wala po kaming ibang gustong ibigay sa kanila kundi saya at pasasalamat.”

It’s not difficult to see why

Eat Bulaga remains to be the country’s top noontime variety show. It’s their solid bond, their passion to give back, and their grateful hearts that make these Dabarkads so endearing to Kapuso viewers. After all these years, Eat Bulaga stays true to its mission — to bring isang libo’t, isang tuwa sa buong bansa. ■

# LIST: Oscars 2019 winners in main categories



**From left: Olivia Colman, winner of Best Actress for "The Favourite," poses in the press room; Rami Malek accepts the Actor in a Leading Role award for 'Bohemian Rhapsody' onstage during the 91st Annual Academy Awards at Dolby Theatre on February 24, 2019 in Hollywood, California.**

Here are the winners in key categories at the 91st Academy Awards, which were handed out on Sunday in Hollywood.

"Green Book" took home the best picture Oscar, while Alfonso Cuaron's "Roma" won for best director, best foreign film and best cinematography.

**Related Stories**

Oscars red carpet: old school glamour, loads of pink, stylish men

Top acting honors were shared among four different films.

Best picture: "Green Book"

Best director: Alfonso Cuaron, "Roma"

Best actor: Rami Malek, "Bohemian Rhapsody"

Best actress: Olivia Colman, "The Favourite"

Best supporting actor: Mahershala Ali, "Green Book"

Best supporting actress: Regina King, "If Beale Street Could Talk"

Best foreign language film: "Roma" (Mexico)

Best cinematography: Alfonso Cuaron, "Roma"

Best animated feature: "Spider-Man: Into the Spider-Verse"

Best documentary feature: "Free Solo"

Best original screenplay: "Green Book" - Nick Vallelonga, Brian Currie and Peter Farrelly

Best adapted screenplay: "BlacKkKlansman" - Spike Lee, Charlie Wachtel, David Rabinowitz and Kevin Willmott

Best original score: "Black Panther" - Ludwig Goransson

Best original song: "Shallow" from "A Star Is Born," Lady Gaga ■

# For many, 'Green Book' win was a confounding Oscar climax



**Viggo Mortensen, left, and Mahershala Ali in a scene from "Green Book."**

An Academy Awards that sparkled with more women and African-American winners than ever before came to a screeching halt with the night's final honor. Some would even call it a "Crash."

In a twist ending that shocked many of the Dolby Theatre attendees and those watching at home, Peter Farrelly's hotly debated buddy road-trip dramedy "Green Book" triumphed at the 91st Oscars, complicating the storyline on a night that had, until that moment, belonged to cultural milestones like Ryan Coogler's "Black Panther" and Alfonso Cuaron's border-breaking Netflix release, "Roma."

It's not unusual for the announcement of an Oscar winner to provoke a grimace or two. It's less ordinary to see members of the crowd leap to their feet, wave their arms in disgust and nearly stomp out of the theater.

The cameras missed it, but that was how Spike Lee responded in the Dolby Theatre. After all, Lee has seen it before.

Almost exactly 30 years ago, "Driving Miss Daisy" — a movie with a similarly simplistic view of race that

is often compared to "Green Book" — won best picture in the same year Lee's incendiary "Do the Right Thing" came out.

Backstage, Lee joked on the win for "Green Book" that "the ref made a bad call."

"I'm snake bit. Every time somebody is driving somebody, I lose!" Lee, who won his first competitive Oscar for the script to "BlacKkKlansman," told reporters, laughing. "But they changed the seating arrangement."

Lee was far from alone in his reaction. "Green Book" is the most divisive, and by some measure, most critically derided best-picture winner in more than a decade. Its win was greeted by many as a sign that Hollywood may have changed enough to honor the second and third black female non-acting Oscar winners (as it did Sunday with costume designer Ruth E. Carter and production designer Hannah Beachler for "Black Panther"), but it hadn't progressed so far that it didn't hand the industry's top award to a movie criticized for portraying a retrograde view of race as seen through a white protagonist's eyes. ■

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## IRCC Launches National Call for Proposals for Newcomer Programming

The process will determine Settlement Program and Resettlement Assistance Program services across Canada for up to 5 years

February 18, 2019—Ottawa, ON—As part of its commitment to deliver high quality settlement services to newcomers, Immigration, Refugees and Citizenship Canada (IRCC) is issuing a call for proposals for the Settlement and Resettlement Assistance programs.

The National Call for Proposals (CFP) intake process has been streamlined since the previous CFP to improve the experience for service provider organizations and maximize funding flexibility. Extensive national consultations with partners and stakeholders have identified the principles and key priority areas that will be addressed through the call. These include fostering the entrepreneurial spirit of newcomers and engagement with the private sector, as well as an increased focus on the integration of vulnerable populations, such as refugees, youth and LGBTQ2+.

Through the Settlement Program, eligible newcomers receive the information that they need about life in Canada, the community in which they will settle, language training, help finding a job, and connections with established immigrants and Canadians. These supports and services help newcomers integrate and build a successful life in Canada, while also helping employers, schools and other organizations build welcoming communities. The

Resettlement Assistance Program provides supports and services to address the immediate and essential needs of government-assisted refugees and other eligible clients being resettled to Canada from overseas, such as provision of temporary accommodations.

The CFP is a fair, effective and transparent competitive process that maximizes the efficiency and effectiveness of settlement and integration services for newcomers to Canada. While Settlement and Resettlement Assistance are two separate programs, they will be administered through one intake process under CFP 2019. Proposals will be assessed based on their individual merits and other considerations, such as ensuring the proposed services are widely available, avoiding duplication of services, and ensuring good value for taxpayer's money.

This CFP, in conjunction with several key enhancements to the Settlement Program such as the streamlining of pre-arrival services and the launch of a pilot to support visible minority newcomer women in accessing the Canadian labour market, represents the achievement of the Minister's mandate commitment to ensure high quality settlement services.

Quote  
 "The Government of Canada is committed to ensuring that newcomers have the support and services they need to make the most of their talents and experience in order to fully integrate and

contribute to the Canadian economy and to their communities. The supports and services delivered to newcomers through IRCC's programs are world class and help to make Canada a recognized international leader in settlement and integration."

– The Honourable Ahmed Hussen, Minister of Immigration, Refugees and Citizenship

Quick facts  
 · In 2019-20, IRCC will invest nearly \$778 million to support the settlement needs of newcomers across the provinces and territories (except Quebec).

· In spring 2019, IRCC will be seeking applications through a second process that will focus on indirect settlement services that are not included in the first CFP 2019 (e.g., sector capacity building).

· Applications for the first CFP 2019 are due before 5:00 p.m. PST on April 12, 2019.

· Funding for recommended projects is expected to begin on April 1, 2020 and will end no later than March 31, 2025.

· IRCC's Open Funding Processes  
 · CFP 2019 Funding Guidelines  
 · Grants and Contributions System (GCS) partner portal

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From Page 7

Caregivers

This interim program is being launched after hearing directly from caregivers and interested parties that the previous changes made in 2014 were not well understood. Many caregivers began working for families in Canada, only to find out later that they were not going to qualify for permanent residence under an existing program.

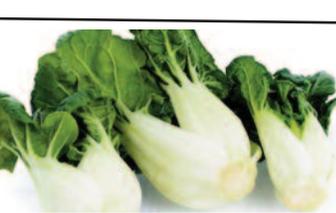
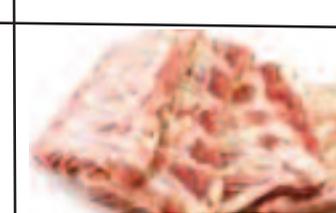
To address this issue, the Interim Pathway for Caregivers will provide those caregivers an opportunity to stay in Canada permanently. The interim program will have modified criteria compared to the current pilot programs and offer a pathway to permanent residence for caregivers who, in good faith, have come to Canada and are providing care to Canadians, without a clear pathway to permanent residence.

The Government of Canada continues to be committed to family reunification and eliminating backlogs across all immigration streams. In 2017, the Government committed to eliminating 80% of the caregiver backlog and reducing the processing time from its peak of more than 60 months. To date, the Government has reduced 94% of the backlog and reduced the processing time to 12 months.

Quote

"Caregivers provide care to families in Canada that need it, and it's time for Canada to care for them in return. We are providing them with both the opportunity to bring their family members here and access permanent residency to demonstrate our commitment."

– The Honourable Ahmed Hussen, Minister of Immigration, Refugees and Citizenship

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