

Fearless farmers defy Mayon's anger



This photo taken on January 27, 2018 shows farmer Jay Balindang tending to his water buffalo under heavy rains in a rice field at the foot of the Mayon volcano in the town of Guinobatan in Albay province. Balindang is among nearly 10,000 farmers who have been affected by the eruption of Mayon volcano that began earlier this month. / AFP PHOTO / TED ALJIBE



This photo taken on January 28, 2018 shows Mayon volcano spewing lava from its crater as seen in Daraga town south of Manila in Albay province. Authorities have imposed a no-go zone around the 2460-metre (8070-foot) mountain as they worried of a hazardous eruption within days as 77 000 people stuck in crowded shelters likely for months. AFP photo/ Ted ALJIBE

As blistering lava spews from the seething volcano nearby, farmer Jay Balindang leads his buffalo through the ash-strewn paddy fields of the no-go zone, creeping closer to danger in a desperate bid to support his family.

Tens of thousands of people have been evacuated from around the erupting Mayon volcano, as a white-hot cocktail of gas and volcanic debris

streaks down its flanks, threatening local communities who rely on the fertile land at its base.

Fearing a significant eruption that could engulf whole swathes of the nearby land in burning rock and lava flows, authorities have cordoned-off a nine kilometre (six mile) danger zone around Mayon.

But that has not stopped defiant farmers like Balindang from

tending to crops and livestock that are a crucial part of their livelihoods.

Each day the father-of-eight leaves his children at a government evacuation centre, sneaking past police as he returns to his small farm at the foot of the volcano to feed his precious "carabao" water buffalo.

"I am not afraid of the volcano. We are used to its activity," the 37-year-old told AFP, at the edge of his rain-

lashed rice fields, a few kilometers inside the danger zone.

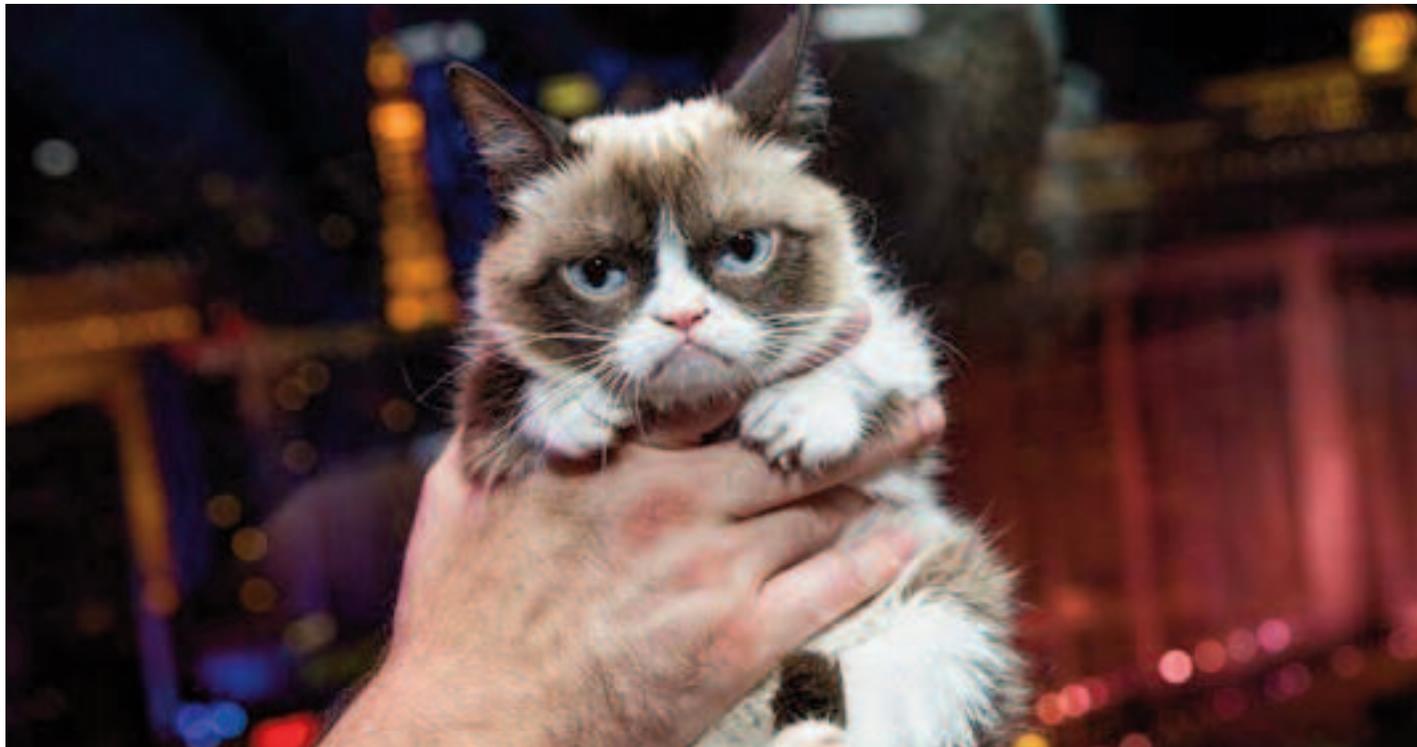
Farmers make up around 10,000 of the 84,000 people displaced by the eruption of Mayon in Albay province, some 330 kilometers southeast of Manila.

The lush region is famous for its chili peppers, as well as less fiery

See Page 4 Fearless farmers

Smile! Grumpy Cat wins £500,000 over copyright breach

By Nicola Slawson, The Guardian



A cat that became an internet sensation because of her gloomy expression has won \$710,000 (£500,000) in a copyright case.

Grumpy Cat, whose real name is Tardar Sauce, went viral due to her permanently moody face, which is thought to be caused by feline dwarfism and an underbite. Her popularity spawned a Christmas film, TV appearances and a range of merchandise including soft toys and clothing.

In the trial at California federal court Grumpy Cat Limited sued a US coffee company Grenade after they broke the terms of an agreement over the use of the cat's image.

In 2013 Grenade's owners struck a \$150,000 deal to serve iced coffee beverages branded with the

See Page 4 Grumpy cat

Editorial

How should we react to stories of abuses and violence?

As everyone who watches TV, reads the news, or listens to the radio has learned, there have been decades of sexual harassment and abuse committed against young women and girls who remained silent because they felt helpless, shamed, and afraid that they would not be believed. But at last, the media played a role in breaking this long silence when an article appeared in a New York Times article entitled "Harvey Weinstein Paid Off Sexual Harassment Accusers for Decades"

Since then, the story has developed continuously, with a large number of women coming forward to say they were sexually harassed or assaulted by Weinstein - allegations he has denied. Actresses Rose McGowan and Ashley Judd are among the women who came forward first.

Subsequently, other famous men in the media, politics, and other fields were reported to have sexually abused not only women but even young girls. The most horrible and long time abuser is the trusted physician of U.S.A. Gymnastics and Michigan State University, Dr. Larry Nassar who has been sentenced to 175 years in prison, a judge announced Wednesday, after more than 150 women and girls said in court that he sexually abused them over the past two decades. Why has this doctor been allowed to continue his abuse over such a long period of time? The executives of the athletics organization have allegedly turned a blind eye and a deaf ear to the complaints of the victims for so long.

With so many glaring examples of sexual abuse of women in many places and in all kinds of industries, a movement against this social plague was born.

The phrase, long used by social activist Tarana Burke to help survivors realize they are not alone, was popularized by actress Alyssa Milano when she encouraged women to tweet it to "give people a sense of the magnitude of the problem." Since then, the phrase "#MeToo" has been posted online millions of times, often with an accompanying personal story of sexual harassment or assault. The response on Twitter included high-profile posts from several celebrities, and many stories of sexual violence were shared, including from Gwyneth Paltrow, Ashley Judd, Jennifer Lawrence, Terry Crews, Reese Witherspoon, Rosario Dawson, Viola

Davis, Anna Paquin, Lady Gaga, Sheryl Crow, Björk, Sarah Hyland, Molly Ringwald, Uma Thurman, McKayla Maroney, Ellen DeGeneres and Simone Biles.

During the Golden Globes 75th Awards Ceremony, all women attendees wore black to show solidarity together to fight against sexual harassment in all its forms and to support the "Timesup" movement. A legal fund was raised for \$15 million dollars in a few days to help those who have been victims to fight for their rights.

A long list of sexual violence against women and other stories of children and young people being abused by their own parents and being tortured before killing them have been exposed lately. Although not killed, 13 children ranging in ages from 29 to 2 years old, have been found chained, and malnourished in a home in Perris, California after one of them escaped and called the police. What makes this case strange is how these parents were able to act as if nothing was wrong and no one ever found out, even their relatives and neighbors until one of them, a 17-year old girl escaped to seek help from the outside world.

Whose responsibility is it to protect people, in particular women and children, from these horrible acts of cruelty, violence, and harassment? What should concerned citizens who now have learned that these things could happen in their own neighborhood, or in their own workplace, in their own families do to help protect the weak, and act promptly to prevent further harm to the victims? Perhaps, the starting point is to be vigilant and be pro-active. If we care enough and believe that we can make a difference, and that we are willing to do something in whatever way possible without thinking of any reward, we will make a big difference in someone's life. It is also important to speak up, say something if you see things that are not normal or that seem weird. Just do not assume that it is not your business to care for your fellow human beings, or to think that you are unable to do anything at all. Everyone has a God-given will and talent to create a better world if one chooses to do so.

May humanity's natural goodness prevail and our legislators see the need to institute more severe laws against these crimes.

Letter to the Editor

January 8, 2018

Dear Editor,

Re: Filipino Heritage Month Motion

Allow me to alert your readers to a motion which I am tabling for the February meeting of the Cote des Neiges - Notre Dame de Grace Borough Council.

Your readers are undoubtedly aware that nearly half of the 35,000 persons of Filipino origin and heritage in Quebec reside in the Borough of Cote des Neiges - Notre Dame de Grace. Indeed, the Borough is the epicentre of our province's Filipino community hosting all its major institutions as well as many Filipino owned businesses.

Following the lead of Toronto City Council, I will propose a motion to declare June Filipino Heritage Month in Cote des Neiges - Notre Dame de Grace. The month of June is significant in our Borough with Philippines Independence Day and the Commemoration of the birth anniversary of Dr. Jose Rizal drawing large crowds to the annual celebrations.

I note that as the Filipino community grows in Canada, politicians at various levels of Government have felt it important to highlight the contributions of this growing community to our country.

A few months ago the Ontario legislature adopt a motion by M.P.P. Mike Colle noting the positive impact on that province of Filipino immigration

and declaring June Filipino Heritage Month.

My motion recognizes the positive contributions of the Filipino community to the well being of our Borough as well as alerting the general population to this contribution from one of the major ethnic groups in our territory.

Filipino organizations and interested individuals wishing to provide letters of support for the motion should contact me. Their letters will be tabled during the debate of the motion.

The Borough Council meeting will be February 12 at 7:00 P.M. at 6767 Cote des Neiges. All are welcome.

Yours truly,

Marvin Rotrand
City Councillor - Snowdon

Motion sur le mois du patrimoine philippin pour le mois de Juin

Attendu que l'arrondissement Côte-des-Neiges-Notre-Dame-de-Grâce compte, sur son territoire, une population d'origine ou d'ascendance philippine substantielle;

Attendu que cette communauté représente presque la moitié des 35,000 Philippins résidant au Québec et que ses principales institutions sont localisées sur le territoire de l'arrondissement;

Attendu que la communauté philippine a connu une croissance continue au sein de l'arrondissement depuis les années 1960 et que leur présence a contribué à faire de Côte-des-Neiges-Notre-Dame-de-Grâce un endroit où il fait bon vivre;

Attendu que l'arrondissement Côte-des-Neiges-Notre-Dame-de-



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GAWAIN / FELLOWSHIP - Every Sunday

1:30 p.m. St. Antonin Church, 5391 rue Snowdon, Montreal, Quebec

Weekly at 7:30 pm at El Shaddai Center, 4415-A Van Horne Avenue, Montreal

- Monday - Aspirant Preachers Training
- Tuesday - Bible Sharing
- Wednesday - Intercessory Prayers + Word of God
- Thursday - Discipleship Enrichment
- Friday - Character Development
- Saturday - Youth Activities / Community Outreach

Contacts: Sis. Marilyn (514-241-5695) Sis. Mercy (514-554-8940)

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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.

Grâce est également l'épicentre de la communauté philippine du Québec avec de nombreux commerces, des organisations d'aide, sportives, culturelles, récréatives ainsi que des clubs sociaux au bénéfice de la population située sur le territoire;

Attendu que l'arrondissement apporte son soutien à des événements importants chaque année au mois de juin tels que la célébration de la Journée de l'indépendance des Philippines ou encore l'anniversaire de la naissance du Dr. José Rizal, le héros national du pays.

Il est proposé par le conseiller Marvin Rotrand

Appuyé par le conseiller Lionel Perez

Que le conseil d'arrondissement déclare formellement le mois de Juin comme « Mois du patrimoine philippin » pour l'arrondissement Côte-des-Neiges-Notre-Dame-de-Grâce en 2018 et pour les années à venir;

Que le conseil d'arrondissement prenne note que le 12 juin 2018 marquera les 120 ans de l'indépendance de la République des Philippines.

Ash Wednesday falls on Valentine's Day: is that a problem?



Bishop Robert J. Baker, head of the Catholic Diocese of Birmingham, has advised that Ash Wednesday observance takes precedence over Valentine's Day.(Greg Garrison/AL.com)

By Greg Garrison ggarrison@al.com
Ash Wednesday and Valentine's Day fall on the same day this year, Feb. 14, and that presents a problem for some people who observe both holidays.

The observance of Ash Wednesday requires fasting in many traditions. Valentine's Day is a time for celebrating love, often by eating out and giving candy.

Catholic Bishop Robert J. Baker, head of the Catholic Diocese of Birmingham, today issued his official position on the matter.

He said Catholics should fast on Ash Wednesday and celebrate Valentine's Day dinner either on Mardi Gras - "Fat Tuesday" - the last day of allowable heavy consumption before Ash Wednesday fasting begins, or on another day when penitence is not required.

"The good Lord, who suffered so much out of love for us, will surely reward our fidelity and sacrifice," Baker wrote in his letter to the diocese.

Ash Wednesday begins the fasting season of the 40 days of Lent. Liturgical fasting during Lent emphasizes eating plainer food and refraining from "pleasurable" foods

See Page 6 - Ash Wednesday

Bell Let's Talk Day is January 31: You're invited to get engaged in the world's biggest conversation about mental health

Montreal , Friday, January 5, 2018

Bell Let's Talk Day is January 31: You're invited to get engaged in the world's biggest conversation about mental health

The 2018 Bell Let's Talk Day awareness campaign starts today on sports networks TSN and RDS featuring Canadians from around the country sharing their own experiences with mental illness

Show your support, help fight the stigma around mental illness and drive Bell's donations to mental health – talk, text and join in on Twitter, Facebook, Instagram and Snapchat on Bell Let's Talk Day

Learn 5 simple ways to help end stigma and download the Bell Let's Talk toolkit at Bell.ca/LetsTalk
MONTREAL, January 5, 2018 – Bell Let's Talk Day 2018 is set for Wednesday, January 31 and everyone is invited to join the Canadian conversation that's leading the world in confronting the stigma around mental illness and sharing ideas to move mental health forward.

The 2018 Bell Let's Talk Day awareness campaign spotlights personal stories from Canadians of all ages from all walks of life living with mental illness or providing support for those who do. The TV campaign begins today on sports networks TSN and RDS and continues with the support of multiple Canadian media and other organizations, including television networks; social media and other online platforms, radio and print; billboards and other out-of-home advertising; and in movie theatres with Cineplex, Cinémas Guzzo and the Hot Docs documentary film festival.

"A diverse and dedicated group of Canadians has come together to share their personal stories of struggle, recovery and support with everyone in the country. I thank them for offering their lived experience, encouraging all of us to talk openly about mental illness and how we can all support better mental health for everyone," said Mary Deacon, Chair of the Bell Let's Talk initiative. "I would also like to extend our thanks and appreciation to the many media and other organizations across the country supporting the awareness campaign as we look forward to Bell Let's Talk Day on January 31."

"I am so happy to join with all the friends of Bell Let's Talk to share our stories of living with mental illness and the stigma that surrounds it, and work together to encourage everyone to talk about mental health so no one misses out on the care they need," said Melynda Ehloak, a mental health advocate in Canada's North who appears in the campaign. "Through my work with youth in Nunavut, I see every day just how important it is to keep talking so that we can help young people living with mental health issues."

"As someone who lives with mental illness, I've been fortunate to have the support of Bell Let's Talk here in the workplace and also as a volunteer advocate for mental health,"

said Leanne Simpson, a Bell employee and CAMH Engage volunteer with the Centre for Mental Health and Addiction Foundation. "It's really a privilege for me to be able to share the story of my own experience as part of this great group of Canadians that has come together for Bell Let's Talk Day."

"As Bell Let's Talk continues to grow each year, more inspiring voices join the conversation, and I'm incredibly excited to welcome all our new friends to the Bell Let's Talk campaign," said Clara Hughes, Canada's 6-time Olympic medalist and Bell Let's Talk Founding Spokesperson. "This amazing group of Canadians has a passion for sharing their experiences to encourage everyone to join in the conversation in communities all around the country. So let's all keep talking and make January 31 a new record for Bell Let's Talk Day here in Canada and everywhere around the world!"

Bell Let's Talk also welcomes back long-time spokespeople Howie Mandel, Marie-Soleil Dion, Serena Ryder, Michael Landsberg, Michel Mpambara, Steffie Shock, Mary Walsh and Étienne Boulay, and Bell Let's Talk ambassadors Toronto Maple Leafs Head Coach Mike Babcock, pro golfer Andrew Jensen, comedian Kevin Breel, retired CFL player Shea Emry, musician Robb Nash, singer-songwriter Séan McCann and Royal Canadian Navy veteran Bruno Guévremont. We're very pleased to welcome 3 new Bell Let's Talk ambassadors to the team this year – comedian and actress Jessica Holmes, musician and author Florence K and actress Véronique Bannon.

Join the conversation on Bell Let's Talk Day On Bell Let's Talk Day, millions of people in Canada and around the world send messages of support and encouragement for those struggling with mental illness, share their own stories and offer ideas about how we can improve everyone's mental health.

Bell will donate 5 cents to Canadian mental health programs for each of these interactions on January 31, at no extra cost to participants:

Text and talk: Every text message, mobile and long distance call made by Bell Canada, Bell Aliant and, new this year, Bell MTS customers in Manitoba

Twitter: Every tweet using #BellLetsTalk and Bell Let's Talk Day video view

Facebook: Every view of the Bell Let's Talk Day video at Facebook.com/BellLetsTalk and use of the Bell Let's Talk frame

Instagram: Every Bell Let's Talk Day video view

Snapchat: Every use of the Bell Let's Talk geofilter and video view

Bell Let's Talk Day 2017 set all new records with 131,705,010 messages, growing Bell's funding for Canadian mental health by \$6,585,250.50. #BellLetsTalk was Canada's top hashtag in 2017, and is now the most used Twitter hashtag ever in Canada.

With approximately 729,065,654 interactions by Canadians over the last 7 Bell Let's Talk Days, Bell's total commitment to mental health, including an original \$50-million anchor donation in 2010, has risen to \$86,504,429.05. Bell expects its donation commitment to reach at least \$100 million in 2020.

Since launching in 2010, Bell Let's Talk has supported organizations providing mental health care and services in every region of Canada. Focused on 4 key action pillars – anti-stigma, care and access, research and workplace leadership – Bell Let's Talk programs include major donations to hospitals, universities and other care and research organizations across Canada and these dedicated programs: the Bell Let's Talk Community Fund for local community mental health organizations; the Bell True Patriot Love Fund for military members, veterans and their families; a fund supporting mental health care in Canada's Territories; and most recently a new fund dedicated to Indigenous mental health in Manitoba, launched alongside the creation of Bell MTS with a donation to Winnipeg's Ma Mawi Wi Chi Itata Centre.

According to the latest Bell Let's Talk awareness survey conducted by Nielsen in October, 4 in 5 Canadians are more aware of mental health issues than 5 years ago, 70% think attitudes about mental health have changed for the better, and over half believe the stigma around mental illness has been reduced. The numbers are even more impressive among young people aged 18 to 24: 87% are more aware of mental health issues than 5 years ago, 76% think attitudes are better, and 60% believe stigma has been reduced.

The 5 simple ways to help end the stigma around mental illness Together, we can all help end the stigma around mental illness with the 5 simple ways developed by Dr. Heather Stuart, the Bell Mental Health and Anti-Stigma Research Chair at Queen's University:

Language matters – pay attention to the words you use about mental illness

Educate yourself – learn, know and talk more, understand the signs

Be kind – small acts of kindness speak a lot

Listen and ask – sometimes it's best to just listen

Talk about it – start a dialogue, break the silence

To learn more, please visit Bell.ca/LetsTalk.

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From Page 1 - Fearless Farmers

crops like rice, corn and vegetables.

All are threatened by the volatile volcano, which has gushed molten lava and belched giant clouds of superheated ash since it began erupting two weeks ago.

Local authorities say that beyond the immediate damage to crops caused by the coating of smoldering embers, there are concerns that heavy rainfall could combine with ash and rock to form deadly, fast-moving mudflows that could sweep away entire settlements and block vital rivers.

"This is a new and daunting challenge to our agriculture workers who in the past had to cope with typhoons, landslides and floods," Agriculture Secretary Emmanuel Pinol said.

Farming the 'Ring of Fire'

Farmers are among the most vulnerable to the meteorological miseries that afflict the Philippines, which is hit by an average of 20 typhoons a year and is in the earthquake-prone volcanic belt around the Pacific known as the "Ring of Fire."

The 2,460-meter (8,070-foot) Mayon has been both a blessing and a curse to the farmers living near its slopes for generations.

Volcanic ash can kill vegetation immediately after an eruption, but as it seeps into the ground it can also enrich the soil with minerals that sustain future crops.

"If the ash is thin, it would become a fertiliser but if the ash is thick it would mean farmers who had spent money a lot of money to plant the vegetables lose everything,"

Renato Solidum, head of the Philippine Institute of Volcanology and Seismology, told AFP.

Vegetable prices have already begun to soar in parts of Albay as the eruption hampers access to key crops.

"We are very famous for these dishes wherein the (taro) leaves are being grown just at the foot of Mount Mayon," Elsa Maranan, chief of the agriculture department's local breeding station, told AFP.

"If all this will be destroyed then the production of our delicacies and the income of our farmers will be very much affected."

Dangerous dash

In a bid to stop farmers from slipping back to tend their own fields, local authorities have set up communal areas, where farmers can graze livestock on ash-free grass.

"We appeal to them not to be stubborn because they are putting the lives of our responders in danger,"

Brigadier-General Arnulfo Matanguihan, head of a local task force for the eruption, told AFP.

But many still make a daily hazardous dash back to their own land.

Balindang said the choice was clear — if he ensures that his pigs, carabaos and cows are fed, then his family will also be assured of something to eat.

"It's very difficult because I don't know if we will have any rice left to harvest. For now, we have nothing," he said.

Read more:

<https://newsinfo.inquirer.net/964591/volcano-mayon-eruption-farmers-albay-agriculture#ixzz55bmwokJu>
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This photo captures the eerie, otherworldly fury of Mount Mayon

By ELEANOR PEAKE

Sunday 28 January 2018

As the most active volcano in the Philippines, Mount Mayon has erupted 50 times in the past 500 years

It may look like a clip from an upcoming sci-fi blockbuster, but this is anything but fantasy.

Mount Mayon in the Philippines, in the north-eastern Albay province, has been erupting for nearly two weeks, covering surrounding communities in a blanket of grey ash. Although beautiful, the eruption is violent and is sporadically ejecting lava up to 1.8 miles from its crater.

As the most active volcano in the Philippines, Mount Mayon has erupted 50 times in the past 500 years. And this current eruption could carry on for up to a few months. If the eruption continues, it will likely create a logistical nightmare for the local communities, whose livelihoods depend on the surrounding farmland.

74,000 people have been evacuated from the eight kilometre danger zone surrounding the volcano so far. Livestock is also being evacuated in the hope of protecting the livelihood of the local population.

According to the Philippine



Photo credit: Ezra Acayan/SIPA USA/PA Images

Institute of Volcanology and Seismology, sulphur dioxide gas emissions have been measured at an average of 1,916 tons a day. The institute also reports that continuous GPS measurements show that there has been sustained swelling and inflation under the volcano since October which is "consistent with

promote the drinks on social media. They also complained they were told the cat would be appearing in a film alongside Will Ferrell and Jack Black, but this did not happen.

The judge ultimately sided with the cat, however, and ordered that the coffee company pay \$750,000 in damages alongside a \$1 nominal damage fee for breach of contract.

According to Courthouse News, the five-year-old cat was brought into court during the trial, but was not present for the verdict.

pressurisation by magmatic intrusion".

The Mount Mayon volcano lies in the so-called Pacific Ring of Fire region, covering Japan, Indonesia and California. Being home to 90 per cent of the world's volcanos, volcanic activity is common on this 25,000 mile perimeter. But, in the past few weeks, the region has been particularly active

with the United Nations Office for Disaster Risk Reductions reporting a 7.9 magnitude earthquake in Alaska, and a 5.3 magnitude earthquake in Jakarta, Indonesia. However, so far, Mount Mayon stands as the most dramatic display of the Earth's awesome power.

From page 1 Grumpy Cat

cat's face called "Grumppucinos". However, in a court filing Grumpy Cat's owners said the coffee company had "blatantly infringed" their copyrights and trademarks when they began selling roasted coffee and Grumppucino T-shirts featuring the cat's face.

The coffee chain's owners countersued and said Grumpy Cat had not held up their end of the deal to



Grumpy Cat Day' Celebrated Before MLB Game TUE, SEP 08 Possibly the world's most famous grumpy cat seemed typically unimpressed at making the ceremonial first pitch at a Diamondbacks game at Chase Field.



An example of Grumpy Cat on iPhone covers.

Progress in NAFTA talks, but 'very slow': US trade official

MONTREAL: Talks aimed at revamping the North American Free Trade Agreement have advanced slowly, a US trade official said on Monday (Jan 29), while holding out hope for breakthroughs in the next round of talks.

Negotiators from Canada, the United States and Mexico bore down on key issues in weeklong talks in Montreal, averting a feared collapse of the bloc, which binds together nearly 500 million consumers.

With Washington accusing Canada of intransigence, Ottawa changed tack and presented new proposals on several key sticking points.

US Trade Representative Robert Lighthizer slammed a few of those proposed compromises including on the auto sector, but agreed to keep talking.

A next round of NAFTA negotiations has been scheduled for the end of February in Mexico, before moving to Washington.

"We finally began to discuss some of the core issues. So, this round

was a step forward. But we are progressing very slowly," Lighthizer told a news conference.

"We'll work hard between now and the beginning of the next round (in Mexico at the end of February) and we hope for major breakthroughs during that period," he said.

Canadian Foreign Affairs Minister Chrystia Freeland said she was "pleased with the progress that has been achieved here this week."

"Canadians do not view trade as a zero sum game in which one side must lose in order for the other to win," she said.

"We've also said from the outset, last August, that we believe that NAFTA must be updated and improved and that the benefits of trade must flow more broadly to more people in order for that trade to be sustainable."

Their tone was markedly more optimistic than at the start of the round when Canadian officials expressed concern the United States would pull out of NAFTA.

To protect itself from such an eventuality, Ottawa had even announced last week that it was joining



Mexico's Minister of Economy Ildefonso Guajardo (left), Canadian Foreign Affairs Minister Chrystia Freeland (centre) and US Trade Representative Robert Lighthizer address the press at the closing of the NAFTA meetings in Montreal, Quebec. (Peter McCabe/AFP)

the Trans-Pacific Partnership along with 10 other Asia-Pacific countries.

Canada - the second-largest economy in the TPP - had initially snubbed the proposed Pacific trade deal, acting as the main holdout in negotiations after US President Donald Trump decided in early 2017 to go it alone under his "America First" policy.

But with Trump also threatening to pull his country out of NAFTA and time running out to reach that deal, Canada was under pressure to diversify its trade relationships.

See Page 6 NAFTA Talks

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ANG CANADA AY LIPUNAN NG MGA NAGSUSULAT

Maraming taon na ang nakalilipas nang may mabasa ako na nagsasabing ang mga Canadian ay mahilig magsulat. Halimbawa, upang maalaala nila ang kanilang gagawin tulad ng magpunta sa doktor, isusulat nila ito sa papel at ididikit sa fridge. Kung minsan naman, isusulat nito ito sa kalendaryo. Isa ako sa mga nagsusulat ng mga bagay na aking gagawin upang hindi ko malimutan pero sa ibang paraan. Kalagitnaan pa lamang ng Disyembre ay bumibili na ako ng Daily Appointment (Mead). Ang unang isinusulat ko rito ay ang mga birthday ng aking mga mahal sa buhay upang hindi ko sila makalimutang batiin pagdating ng mga araw na iyon. Tuwing Linggo (Sunday) ay isusulat ko ang aking gagawin sa susunod ng buong linggo (week). Kabilang sa mga ito ang menu sa araw-araw. Ayaw ko

na paggising sa umaga ay duon pa lamang mag-iisip at mag-dedefroze ng iluluto. At bago ako matulog sa gabi, isusulat ko ang mga maliliit na bagay na gagawin ko kinabukasan. Halimbawa ay ang pagpunta sa grocery, banko o kung saan man. Isinusulat ko rin na sa ikalawang Lingo ng bawat buwan ay ipadadala ko na ang articles ko sa North American Filipino Star. Iba't iba ang ugali ng mga tao. Kung ang iba ay hindi makaalis ng bahay na hindi dala ang cell phone, ako naman ay hindi makaalis ng walang dalang ball pen at papel. Kailangan ko ang mga ito dahil kung minsan, habang nakasakay sa bus o metro, may nakikita akong bagay o nakakausap na nakapagbibigay ng paksang puede kong isulat. Kung hindi ko gagawin ang mga iyon, makalilimutan ko pagdating sa bahay. Ang mahirap, pangit ang sulat-kamay ko na parang kinahig ng manok.

From Page 5

NAFTA Talks

SURPLUS OR DEFICIT

In Montreal, Mexico's secretary of the economy, Ildelfonso Guajardo, said progress was made on anti-corruption, customs and trade facilitation, and information and communication technologies.

He also said the parties were close to wrapping up annexes on chemicals and pharmaceuticals.

"Progress has been achieved in several areas of the negotiation, especially in those chapters that aim to modernise NAFTA," he said.

But, "We still have substantial challenges to overcome," he added.

Guajardo noted that the parties were moving forward on procedures and controls on the movement of goods across borders that are "much more advanced than ... in the WTO and definitely much more stronger than what we're achieving in TPP."

Friction, however, remains between Ottawa and Washington. Notably the two sides could not agree on how to calculate their trade imbalance.

Lighthizer cited Canadian trade data that showed it had an US\$87 billion trade surplus in goods with the United States in 2016, while Freeland rolled out US figures that included both goods and services, for a Canadian trade deficit of US\$8 billion with the US.

Lighthizer also lashed out at Canada for filing a complaint at the World Trade Organization just before the opening of this round.

In its complaint, Ottawa listed more than 100 examples of wrongdoings it alleged that Washington had committed in its dealings not only with Canada but

also with a long line of other trade partners, including China, India, Japan, Mexico, South Africa and the European Union.

This "unprecedented" and "frivolous" action "does make one wonder if all parties are truly committed to mutually beneficial trade," Lighthizer said.

In regards to rules of origin in the auto sector, which US President Trump wants to restrict to better favour the United States, he said Canada's latest proposal "may actually lead to less regional content than we have now and fewer jobs in the United States, Canada, and likely Mexico."

In defending Canada's approach, Freeland said she feared the "dismantling of the cross-border supply

From Page 3

Ash Wednesday

such as meat, dairy and eggs. Many people "give something up" during Lent as a way to prepare for Easter.

It's the first time since 1945 that Ash Wednesday and Valentine's Day have fallen on the same day, Baker noted.

St. Valentine was a priest in Rome during the reign of Emperor Claudius II, according to Christian tradition.

Claudius was having difficulty enlisting enough soldiers for his army, which he attributed to men being reluctant to leave their wives and families. Claudius banned marriages and engagements. Valentine defied the edict and continued to perform marriages. He was arrested, beaten and beheaded. He was executed on Feb. 14, in about 269 A.D., according to church tradition.

Nakatatawa pero totoo, minsan ay hindi ko mabasa ang aking isinulat.

ANG MANLOLOKO AT NAGPAPALOKO

May kasabihan na dalawang klase ng tao sa mundo – ang manloloko at nagpapaloko. Minsan ay binalaan ako ng aking kapatid na kung may tatawag galing sa BIR, huwag raw akong matakot at nanloloko lamang iyon. Dahil sa binalaan na ako ng aking kapatid bungkol sa mga nangyari sa kaniya, hindi na ako nabahala nang may tumawag nga sa akin mula sa BIR. Tinatawagan daw ako at hindi ma-contact. May mga inpormasyon tungkol sa akin na kailangan niya. Nakipaglaro muna ako sa kaniya. Pagkatapos ay ibinigay ko sa kaniya ang telepono ng pulis sa St. Laurent. Ibinaba niya kaagad dang telepono. Minsan naman ay may tumawag na lalake. Kung magsalita ay halatang Indian. Tungkol daw sa aking komputer na may sira at virus. Wala akong tinawagan na gagawa ng komputer kaya minura at pinagbabagsakan ko siya kaagad ng telepono. Sa mga matatanda o bagong dating sa Canada, ingat kayo sa manloko.

PUPUTI ANG UWAK PERO HINDI MAGBABAGO SI FRED

Sa kabila nang hindi lamang isang demandang nakaharap ni Fred Magallanes noong nakaraang taon, nagtataka ang mga kababayan natin dahil patuloy pa rin ang atake niya sa

mga taong hindi sumusunod sa kaniyang gusto. Hindi niya na maatake si Budz Sarmiento at Felix Reyes kaya ako na naman ang hinarap. Sa isyu ng Forum noong Disyembre, isinulat niya, "One-sided, biased journalism and how it distorts the truth within the community." Ako ang tinutukoy niya dahil isinulat ko na sinabi niya sa Quebec Press Council na hindi siya nagtapos ng Journalism kaya wala siyang alam sa Journalism ethics.

Napatawa na lamang ako sa isinulat ni Fred dahil sino ang may kinikilingan at bumabaluktot ng mga balita? Siya! Nahatulan siyang lumabag sa journalism ethics. At na-idemanda at nahatulan din siya ng korte na magbayad nang malaking halaga kay Budz at Felix dahil sa mga kasinungalingang pinagsusulat niya. At sa halip na asikasuhin niya muna kung paano malalagpasan ang kasong hinaharap niya ngayon, tinanong niya sa nakaraang isyu ng Forum kung bakit ginagamit akong columnist ni Zeny Kharroubi. Si Fred na rin ang gumawa ng daan upang itanong ko ang matagal nang gusto kong itanong : Bakit ginagamit ng mga advertisers ang Forum at ang publisher nito na walang kredibilidad? Alam ba nila na kaunti lamang ang bumabasa ng diaryong ito kaya paano nila maititinda ang kanilang mga produkto? Panahon na upang mag-isip sila.

Anniversary vigil for mosque shooting victims draws more than 1,000 in Quebec City



Why does the word Islamophobia make us uneasy?" Prime Minister Justin Trudeau asked in his remarks to the vigil in Quebec City. (Ryan Remiorz/Canadian Press)

Vigil attendees invited to write messages of hope, pay homage to last year's shooting victims
By Jonathan Montpetit, Sabrina Marandola, CBC News Posted: Jan 29, 2018 5:43 PM ET

More than a thousand people in Quebec City braved a bitter cold Monday night to stand in solidarity with the six Muslim men who were killed in a local mosque last year.

The candlelight vigil came after four emotional days of commemoration events marking the first anniversary of the shooting.

It was held in the same church parking lot as last year's — near the mosque where the attack happened — and featured many of the same speakers, including Prime

Minister Justin Trudeau and Premier Philippe Couillard.

But widows and survivors did what they were unable to do then: take the stage and speak publicly about their pain.

"I'm using this opportunity to tell you to take advantage of each moment of your life, to savour each moment with your family, to tell them you love them," said Louiza Mahammed-Said, a mother of three who lost her 41-year-old husband, Abdelkrim Hassane, in the attack.

"Life is so short and unpredictable. Every January 29th, I hope that we'll remember the victims."

Aymen Derbali, shot seven times when he attempted to distract the shooter, took the stage in his

electric wheelchair. The vigorous applause he received from 1,000 pairs of hands wearing gloves and mits sounded like thundersticks.

"Beyond the tragedy, we really saw the nature of Quebec and Canada — their generous natures, their good hearts," Derbali, now quadriplegic, said as an organizer held a microphone for him.

"The whole [Muslim] community felt it.... We are proud of being Quebecers."

He added: "We are all human beings. We have many similarities. The values that unite us are much more important than the small things that differ."

The Islamophobia question The anniversary of the shooting was accompanied in Quebec by debates about whether the attack was simply the work of a "lone wolf" or reflected wider unease with Muslim immigrants.

All the large political parties in the province opted not to endorse a campaign to have the anniversary declared a day to combat Islamophobia. Some argued the word is too divisive, others that Quebecers were not Islamophobic.

The federal Liberals had also avoided taking a clear stand on the issue. But Trudeau appeared to address it directly in his remarks to the crowd.

The Islamophobia question

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The values that unite us are much more important than the small things that differ,' said shooting survivor Aymen Derbali. (CBC)

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"Why does the word Islamophobia make us uneasy?" he asked. "As a society we are going to have to go deeper to find out why it bothers us."

In his remarks, Couillard discussed Islamophobia alongside other forms of discrimination. He also

urged Quebecers to consider their own origins when criticizing other newcomers to the province.

"We all came here from elsewhere to join the First Nations," he said.

"It's only the date that changes, and that date does not determine our level of citizenship. Someone is not a better citizen because they have been here for 10 generations versus someone who just arrived five years ago."

One of several vigils across the country The speeches were followed by a short walk to the mosque, where many placed flowers, candles and messages of support in the snowbanks outside. A man with a trumpet played Ave Maria as the procession ended.

"They were Quebecers who were killed a year ago," said Sylvie Lavoie, who is from the Saguenay region about 150 kilometres away.

They were people who fled countries that were difficult to live in and they came here to live in peace, but that's not what they found here."

Pierre Chateauvert, a longtime resident of Quebec City, said the tragedy was still too fresh in the minds of many residents for them to face the deeper issues associated with it.

"Quebec is a conservative city," he said. "It's changing. But the problems still haven't been solved yet."

Several other cities across the country also held events commemorating last year's attack, one of the worst mass shootings in Canadian history.

A vigil was held at Ottawa's monument to human rights on Elgin

Female employees demand back pay and apology from BBC

Graham Ruddick

Tue 30 Jan 2018 04:55 GMT(The Guardian)

A group of 170 women at the BBC have called for an apology, back pay and pension adjustments over claims that the corporation broke equality laws by failing to pay them fairly.

made mistakes in the way it paid some presenters in the past. But it will deny that there are problems at all levels of the corporation and insist that it has not broken equality laws. Early on Tuesday, the broadcaster proposed a £320,000 pay cap for its news presenters.

While the BBC's admission



Victoria Derbyshire, Jane Garvey, Mishal Husain and Carrie Gracie

In a ratcheting-up of the criticism of the broadcaster by female staff, the BBC Women campaign group has submitted evidence to the influential DCMS committee that they said demonstrated the corporation's failure to ensure equal pay.

The 14 examples they provided included cases of women being paid less than men for the same job and being on inferior contracts without benefits such as sick pay or maternity leave.

Eleanor Bradford, BBC Scotland's health correspondent from 2001-2016, said that she received a pay rise only when she cited equal pay legislation and was still "around £10,000 below some male colleagues who were doing identical correspondent jobs".

An unnamed national radio presenter said a manager had told her that "the BBC doesn't do equal pay" and that she was being "aggressive" for raising the subject.

The written evidence also mentions threats made to female staff over the subject of equal pay. It reads: "While individual BBC managers have been supportive there is still a bunker mentality in some quarters and women have experienced veiled threats made against them when they raised the subject of equal pay."

'The BBC doesn't do equal pay': Why female staff are fighting back

The cases presented by BBC Women are published as the BBC attempts to draw a line under the equal pay crisis by revealing a new "transparent" pay policy for presenters and journalists.

In the overhaul of the BBC's pay framework, to be announced on Tuesday, the BBC will admit that it has

and the introduction of a new pay policy will be welcomed, BBC Women are pressing the broadcaster for an apology and to immediately agree to an independent arbitration to settle a wave of individual cases on equal pay. The National Union of Journalists is leading a collective grievance on behalf of more than 120 employees, while City law firm Mishcon de Reya is representing more than 10 senior women at the BBC, including former China editor Carrie Gracie. These cases could end up at an employment tribunal or the high court if they are not settled by the BBC.

The BBC has faced heavy criticism over equal pay since it revealed last summer that two-thirds of its best-paid stars were men. The pressure on the broadcaster increased earlier this month when Gracie resigned as China editor earlier this month in protest at its "secretive and illegal" pay culture.

The BBC will respond on Tuesday by publishing an audit of the pay of its stars by the accountancy firm PwC and a set of proposals designed to respond to the issues raised by the report. It will then run a consultation with its staff on the proposals before they are reviewed by a QC.

A BBC source said its proposals would represent a "wide-ranging and significant overhaul of how we manage on-air pay", introducing a new framework, and that the broadcaster was at "the vanguard of wider change".

They added: "That framework will have transparency at its heart. It will enable presenters to know where they stand and ensure they have

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Ask the Video Guy

Technological Tidbits
by

Al Abdon

NIGHT PHOTOGRAPHY TRICKS

You will need to use long exposures to get great nighttime shots and that means that you will need a tripod.

If your tripod is a bit flimsy, hang a heavy bag from the center section to keep it from blowing around in the wind. Even the slightest amount of wind can shake the tripod while exposing and you may not be able to see a soft blur on the LCD screen. Err on the side of caution.

long exposure.

A minimum of 30 seconds is a good place to begin and the exposure can be extended from there if necessary. At 30 seconds, any moving lit objects in your shot, such as cars, will be transformed into stylish trails of light.

If the exposure is very long, then it may be out of your camera's range of shutter speeds. Many DSLRs can go as long as 30 seconds, but



Use the Self-Timer

Just pressing the shutter button can cause camera shake, even with a tripod. Use your camera's self-timer function, in conjunction with the mirror lock-up function (if you have this on your DSLR) to prevent blurry photos.

A shutter release or remote trigger is another option and a good investment for any photographer who takes long exposures on a regular basis. Be sure to purchase one that is dedicated to your model of camera.

Use a Long Exposure

To create great nighttime shots, you need to allow the dim ambient light to sufficiently reach the image sensor and this will require a

that may be it. If you need a longer exposure, use the 'bulb' (B) setting. This will allow you to keep the shutter open as long as the shutter button is pressed. A shutter release is essential for this and they typically include a lock so you do not have to actually hold the button the entire time (just don't lose it in the dark!).

It should be noted that the camera will take longer to render and process these long exposures. Be patient and let it process one image before trying to take the next one. Night photography is a slow process and, besides, you want to see the capture on the LCD screen so you can adjust the next exposure to perfect the shot.

Switch to Manual Focus

It is heartbreaking: Violence at Winnipeg nursing homes causes 500 injuries to residents in 2 years

Residents are routinely abusing or assaulting other residents in Manitoba personal care homes, leading to two deaths in 2016 and more than 500 cases of injury in Winnipeg alone over the last two years, CBC News has learned.

"It is heartbreaking to hear this is still going on," said Joanne Rislund, whose 87-year-old father, Frank Alexander, was a nursing home

resident who died in 2011 after being pushed by another resident.

Man, 87, dies after Winnipeg care home assault

Daughter testifies at inquest into death of elderly assault victim

In one case in 2016, a resident aggressively removed another resident's feeding tube. The tube had to be surgically re-inserted and the patient died from complications two



Even the best cameras and lenses have a difficult time with autofocus in low light and it is probably going to be best to switch your lens to manual focus.

If you even have a hard time finding something to focus on in the dark, use the distance scale on the lens. Estimate how far away a subject is in feet or meters, then use a flashlight to see and set that measurement on the lens.

If the only subject is very far away, set the lens to infinity and stop down as far as the lens will go (a minimum of f/16) and everything should fall into focus.

You can always check on your LCD screen and adjust the next shot accordingly.

Increase the Depth of Field

A large depth of field is best for nighttime shots, particularly when photographing buildings and lit structures. A minimum of f/11 should be used though f/16 and up are even better.

Remember that this also means that less light is being allowed into the lens and you will need to adjust your shutter speed accordingly. For every f/stop move you make, your exposure will double. If you shot at f/11 for 30 seconds, then you will need to expose for a full minute when shooting at f/16. If you want to go to f/22, then your exposure would be 2 minutes.

Use the timer on your phone if your camera does not reach these times.

Watch Your ISO

If you have adjusted your shutter speed and aperture, and still

days later.

In the other case, one resident pushed another resident to the ground. The fall fractured the resident's hip and the victim died four days later.

The WRHA logged just under 7,000 reports of abuse or assault by residents in 38 Winnipeg personal care homes from October 2015 to December 2017. Of those, 504 resulted in injury to another resident.

Another 965 injuries to staff members were reported

"My heart goes out to the

do not have enough light in your photograph, you could consider upping your ISO setting. This will allow you to shoot in lower light conditions.

Remember, though, that a higher ISO will also add noise to your image. Noise makes its biggest appearance in the shadows and night photography is filled with shadows. Use the lowest ISO you can get away with!

Have Spare Batteries On Hand

Long exposures can quickly drain camera batteries. Make sure to carry spare batteries if you are planning on doing a lot of nighttime shots.

Experiment with Shutter and Aperture Priority Modes

If you want to help yourself learn as you go along, consider experimenting with these two modes. AV (or A -- aperture priority mode) allows you to choose the aperture, and TV (or S - shutter priority mode) allows you to choose the shutter speed. The camera will sort out the rest.

This is a great way to learn how the camera exposes images, and it will help you to achieve the correct exposure.

Turn Off the Flash for Night Time Photography

If you leave your camera in Auto mode, it will try to fire the pop-up flash to compensate for the low light. All this will achieve is an "over-lit" foreground, with a background that's been plunged into darkness.

Using any of the other camera modes will negate this problem.

family from 2016 that had to deal with, and are still dealing with, the loss of their loved one. Because that's not how you expect an elderly person to die," Rislund said.

Incidents underreported

Rislund thinks the extent of the problem is being underreported — a view backed up by patient safety expert Dr. Rob Robson.

The reported number is

See Page 12 Nursing Homes



Beef Tournedos



Ingredients

- Croutons:**
 4 slices, country-style bread
 Olive oil
 Salt and pepper
- Tournedos and Sauce:**
 2 tablespoons olive oil
 1 tablespoon unsalted butter
 4 beef fillet steaks, about 6 ounces
 Salt and coarsely ground black pepper
 1 pound shiitake mushrooms, cleaned

and quartered
 2 shallots, finely diced
 1 cup red wine
 1 cup beef broth
 2 tablespoons Dijon mustard
 2 tablespoons cold unsalted butter

Onion and Potato Gratin:
 2 tablespoons olive oil
 3 large Spanish onion, peeled and sliced thinly
 2 cloves garlic, finely chopped
 Salt and freshly ground black pepper
 4 large potatoes, peeled and sliced thinly
 3 tablespoons balsamic vinegar
 1 1/4 cups heavy cream
 1/4 cup finely chopped fresh parsley
 1 cup grated Gruyere cheese

Directions
Croutons:
 Preheat oven to 400 degrees F. Place bread on a work surface and using a 3-inch cookie cutter, cut a round crouton from the center of each piece of bread. Brush both sides of the croutons with olive oil and season with salt and pepper, to taste. Place the croutons on a baking sheet and bake for 5 to 7 minutes or until lightly golden brown.

Tournedos and Sauce:
 Heat olive oil and butter in a large skillet over high heat. Season the fillets with salt and press the coarsely cracked black pepper onto 1 side of each fillet. Place the fillets pepper-side down into the skillet and sear until golden brown, turn the fillets over and continue cooking for 4 to 5 minutes for medium-rare doneness. Remove the steaks to a plate. Remove all but 3 tablespoons of the fat in the pan and return to high heat. Add the mushrooms and cook until golden brown and their liquid has evaporated. Add the shallots

and cook until soft. Add the red wine and reduce by half. Add the broth and cook until reduced by half. Whisk in the mustard and butter and cook for 30 seconds. Season with salt and pepper, to taste. Place each fillet on top of a crouton and spoon some of the sauce over.

Onion and Potato Gratin:
 Heat oil in a large saute pan over medium heat. Add the onions and cook slowly until caramelized. Add the garlic and balsamic vinegar and cook for 2 minutes. Preheat oven to 375 degrees F. Butter a 9-inch baking pan a place a layer of potatoes on the bottom and season with salt and pepper. Spoon 1/5 of the onion mixture over the potatoes and top with 1/4 cup of the heavy cream and a tablespoon of parsley. Repeat to make 5 layers. Sprinkle the cheese over the top of the potatoes. Bake for 50 to 60 minutes, or until the potatoes are soft and the cream has been absorbed.



Italian beef braciolo

Ingredients

- For the Braciolo:**
 1 1/2 cups panko bread crumbs
 Extra-virgin olive oil
 2 anchovy fillets, minced
 4 cloves garlic, minced
 1 cup buffalo mozzarella bocconcini balls, sliced in half if large size
 1/2 cup store-bought, drained and roughly chopped roasted red peppers
 3 tablespoons minced flat-leaf parsley
 Kosher salt and freshly ground black pepper
- 2-pound piece flank steak
 3 hard-boiled eggs, quartered lengthwise
- For the Braising ingredients:**
 Extra-virgin olive oil
 6 sprigs fresh thyme
 2 cloves garlic, gently smashed
 2 small onions, sliced
 2 bay leaves
 1 1/2 cups low-sodium beef broth
 1 (28 ounce) can tomatoes (recommended: San Marzano)
 8 vine-ripened tomatoes, separated from vine
 Kosher salt and freshly ground black pepper
 2 tablespoons good-quality balsamic vinegar
 1/2 bunch flat-leaf parsley, chopped for garnish
- Directions**
 Watch how to make this recipe.

To make the Braciolo: Toast the panko bread crumbs in a dry skillet with a little olive oil over low heat, until golden. Add to a large mixing bowl along with the anchovy, garlic, bocconcini, red peppers, parsley, a drizzle of olive oil and some salt and pepper, to taste. Stir together until well combined.

Set the flank steak on a piece of plastic wrap. Make a deep horizontal slice along the steak almost all the way through and fan open like a book. Lay another piece of plastic wrap on top. Using the smooth side of a meat mallet, gently flatten the steak until about 1/2-inch thick; take care

not to tear. Discard the top sheet of plastic wrap; rub the surface with olive oil and season with salt and pepper, to taste. Spread the stuffing evenly over the meat, leaving a 1-inch border all around. Arrange the eggs lengthwise down the center of the meat and roll up like a jelly roll log, using the plastic wrap as support. Tie the roll with kitchen twine in 4 to 5 places to secure - this will help hold the shape and keep the filling from falling out.

Preheat the oven to 350 degrees F. Put a roasting pan across 2 burners and heat over medium heat. Add a 3-count of olive oil and add the thyme and garlic. Cook for about a minute until fragrant. Carefully add the braciolo and sear until evenly browned all over, approximately 2 minutes each side.

Add the sliced onions and bay leaves, then stir in the beef broth to deglaze. Add the canned tomatoes over the top, then nestle in the whole vine tomatoes around the braciolo. Bring to a simmer, then cover with foil and put in the oven to braise for 45 to 60 minutes. When done, remove the foil and remove the braciolo to a carving board to rest. Carefully remove the whole vine tomatoes, with a slotted spoon, to a plate. Let the sauce cool for about 5 minutes. Discard the thyme stems and bay leaf, then add the sauce to a blender and puree. Pour the sauce back into the pan and set over medium heat to bring to a simmer. Season with salt and pepper, to taste, and add the balsamic vinegar. Remove the kitchen twine from the beef and cut into 1-inch thick "pin-wheel" slices. Arrange the slices on a platter and arrange the whole vine tomatoes around the beef. Pour the sauce over the top, garnish with chopped parsley and serve.



Beef & beetroot curry

Ingredients

- 750g raw beetroot stalks trimmed to 1cm
 finger-length piece ginger chopped
 3 garlic cloves
 1 whole red chilli, seeds and all small bunch coriander, 1/2 leaves reserved to serve, remaining leaves and stalks roughly chopped
 6 cardamom pods
 2 tbsp tomato paste
 2 tbsp treacle
 2 tbsp ground cumin
 1 tbsp ground coriander
 2 tsp fennel seed
 1/4 tsp (or other stewing beef), cut into big chunks
 2 onions

- , chopped
 2 beef stock cubes
 2 tsp garam masala

naan bread, basmati rice and raita or natural yogurt, to serve

Method
 Put the beetroot in a large pan of water, bring to the boil and simmer until tender

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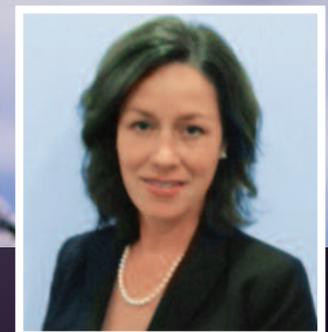
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COMMUNITY NEWS

Fil-Can Lawyer George Garvida is Running for MPP

By Tony San Juan, OCT

The start of 2018 bodes well to the promise of a Filipino Canadian community leader and lawyer, emerging anew in Ontario's political arena has entered the political ring in Canada's premier province. This time, George Marcos Garvida, a practicing barrister-solicitor & notary public in Ontario, is officially running for MPP - Member of Provincial Parliament for Scarborough-Guildwood, Toronto under the Trillium Party of Ontario this coming provincial election in June, 2018.

Atty. George Garvida has been a resident in Scarborough-Guildwood for more than 10 years. He has a solid understanding of the issues in the community and believes in working together through diversity. A passionate advocate for positiveness and solidarity, George is "about being fair, reasonable and pragmatic in trying to reach our common goal of community success, development and progress".

As a Canadian lawyer with a significant practical experience, Garvida said that "together we can tackle any hurdle and find solutions to every challenge we may face, toward financial independence and creating opportunities for the betterment of the community" as part of the Trillium team. The Trillium Party of Ontario aims to champion, among other issues, the following platform and policies :1) Review of the Ontario sex education curriculum, 2) End solitary confinement for juvenile offenders in Federal custody, 3) Allow for quality, affordable, and sustainable child care, 4) Build a stronger economy, healthier families, and a more secure future, 5)

Believes that education up to secondary education is a "right", 6) Believes Police officers should be respected and admired.

Called to the Bar in Ontario by the Law Society of Upper Society in 2015, Atty. Garvida currently practices law in the areas of immigration, family law, civil litigation, business law, criminal defense and administrative and regulatory laws. He has also handled a number of appeals in the immigration and refugee law cases having appeared before the Immigration and Appeals and Refugee Protection Divisions of the Immigration and Refugee Board, the Alcohol and Gaming commission of Ontario, Ontario Provincial Court and Small Claims Court. Proudly, he has gained favourable decisions for certain humanitarian and refugee applicants.

Atty. Garvida completed his legal studies in 1993 at the College of Law of the University of the Philippines and passed the Philippine bar exams also in the same year. He has a Bachelor of Arts - BA Degree in Humanities from the University of the Philippines and was a UP University Student Council leader. He also finished his Law Clerk Diploma program, with Honours, at Seneca College, Toronto.

Before becoming a full-pledged lawyer in Ontario, George was a Court Services Officer of the Ontario Superior Court of Justice and has worked with the Immigration Appeals Division of the Immigration and Refugee Board of Canada; the Crown Prosecutor's Office of the Ministry of the Attorney General of Ontario and the Toronto Catholic Children's Aid

Society. In his community outreach, through Legalnett Consultants International, Garvida is highly committed to assisting those from the Ontario Filipino Canadian community

Media Board, formerly Videogram Regulatory Board. Subsequently assigned as a Government Corporate Attorney of the Department of Justice' Office of the Government Corporate



Family photo of Atty. Garvida with his wife, Sheila Ortega, and three children - Reanne, Riley and Ryan.

who have not been traditionally represented by becoming available in helping clients in their legal concerns in the Philippines.

Akin to challenges faced by new immigrants in the adopted country, Atty. Garvida has patiently gone through the so-called "Canadian Experience" in the workplace as a server & storekeeper at Dunkin' Donut; worked at the IKEA Restaurant in North York as a cook/server, and as a crew member of Tim Horton's in Pickering. George started three Resto bars in Toronto in 1995, such as ; Kalesa, Kalan Chow, and Katipunan and has also performed DJ & audio engineering services via KMR Muzik for members in the Filipino-Canadian community on weekends and special events.

In the Philippines, Atty. Garvida began his career as a Counsel and Hearing Officer with the Optical

Counsel, he has acquired substantive experience in the areas of corporate, administrative and criminal law. In his private practice, he served in trials either as a defense lawyer or as an attorney for plaintiffs in various courts and quasi-judicial tribunals in the Philippines.

George is proudly married to Sheila Ortega and is father to Ryan, Reanne and Riley Garvida. He is the eldest son of Modesto Agullana Garvida of Bangui and Hideliza Laureta Marcos of Solsona, both of Ilocos Norte, Philippines.

In solidarity, let's bring Atty. George M. Garvida to Queen's Park and support his campaign by "spreading the news", making donations and/or becoming a Volunteer of Team Garvida. Call: 416 638-1529 or Email : georgegarvida@trilliumpartyontario.ca

From Page 8 - Nursing Homes

never be analyzed and reviewed," Robson said in an interview from Dundas, Ont.



'Our government has to step up with more money and properly staff nursing homes,' said Joanne Rislund, whose father died after a violent incident at a care home. (CBC/Tyson Koschik)

"astonishingly low," said Robson. He said the actual number of incidents was likely much higher. Generally speaking, it's a good thing that events are being recorded, even though they are often tragic and sad and regrettable events. But unless events are being reported, they really can

In Ontario, a CBC Marketplace investigation has found reports of resident-on-resident violence in nursing homes have doubled over a six-year period, in part because of increased rates of dementia among residents.



Frank Alexander, who had Alzheimer's disease, was a nursing home resident who died in 2011 after being pushed by another resident with Alzheimer's. (Submitted by Joanne Rislund)

MARKETPLACE'It's a horror movie': Nursing home security footage provides raw picture of resident violence problem

The Winnipeg Regional Health Authority says about 60 per cent of its personal care home residents have some form of dementia, and that number is likely to go up.

There are 5,700 residents in Winnipeg

homes.

"The baby boomers, the people born 1945 to 1963 — you can do the math — are getting into that period where they are going to be more likely to have dementia, and so there is going to be more people with the condition," said Dr. Barry Campbell, with the University of Manitoba's geriatric psychiatry

See page 13 - Nursing Homes



Social Tidbits Fely Rosales Cariño

Murmurs of the recent past include the late entrance of Winter. This should not fool anyone because the turbulence of freezing rain and blowing snow are still at hand. Let's call them skiing, curling, ice fishing – the joys of winter! I do not even want to list one downside except to say that we should embrace the Canadian weather because we are Canadians!

The beginning of December was still good to me as I was still able to attend the following:

The Bicol Association of Quebec (BAQ) held their party at St. Kevin's Social Hall (Dec. 23/17). Upon entering the hall, I thought it was a political rally due to the decorations that I'm sure Delia Daniel and group put together. There were giant balloons and large billboard announcing the presentation of the newly elected officers. I met the BAQ president Mr. Boy Nicolas and he promised to invite me on their coming induction party. I couldn't stay long because I was rushing to the second party of the night that I had to attend to. Surely, I'm sure Delia Daniel took care of their muni-bar and delicious food. BAQ, thanks for your invitation.

Did you know that we have a Migrant Quebec Association (MQA) ? Yes we do. They had a big party last Dec. 22/17 held at 6767 Cote des Neiges social hall. One of the organizers is Thelma Castro de Jesus. This Migrant Party was held in collaboration with the Pinay Association, Aklanon Association (AA), Filipino Indigenous People's Organization (FIPO), and the Filipino Parent's Support Group Organization (FPSGO). The above groups work for the needs of Filipinos in Canada, in the Philippines, and Filipinos all over the world. Procesa Gladysch, Valent Lloyd Hughs, Adoree Silva, Hans Hilgehoff, John and Lilia Megly, Ciony Nueva and others were there – also to support the group. Remember the Shutterbugs? This is a project that is sponsored by the Quebec Association of Canadian Filipino Teachers' Association (QACFT) If you turn the pages of "Shutterbugs showcase 2017, class 4, you will discover the depth of their artistry, (in the angles, the sizes, the colors, etc.) Seen through the pages also are the list of Basic Photography Class, the Basic Class 4 students, and the very inviting dishes

from Pinoy Pansitan owned by Mr. & Mrs. Cesar Manuel, FAMAS President 2017-2019. You can phone 438-386-7999. Also included on page 9 of the program is a beautiful picture of Nancy Castillo. One of the students who wrote of their teacher Al Abdon and I quote "A great momentum to Al Abdon for his tireless effort of teaching the Filipino Seniors the Art of Photography leading to multimedia awareness"

The back page of Shutterbugs did not escape my curiosity. It had the picture of 2017 CSCE president Dr. Jim Gilliland (PHD, P. Eng). elevating Peter Calcetas to the status of (M.Eng., P.Eng., MBA) Fellow of the Canadian Society for Civil Engineering. Now you are in a very enviable position because of your academic excellence. I salute you Peter. Keep up the very, very good work! I'm very proud knowing you! Have you attended the SOUP-A-SABADO at FAMAS Building chaired by Joseph Gonzales et al? Try to attend. Different kinds of home-made Soups are really tasty. There are games like Bingo and Raffles to entertain you.

Have you read the Fall/Winter issue of The Torch (the Quebec Association of Canadian Filipino Teachers (ACFT) news publication? I tell you that its worth reading word for word and page by page. The writers are Natalie Pelausa, Ric Liganor, SR., Trans Liganor, Nenita Licayayo, and Joseph Gonzales. Here are excerpts from their writings:

Ric Liganor, a champion bowler and a very observant in teacher happenings wrote, that the "The annual publication of The Torch is anchored on a unique meaningful foresight and purpose about the world of learning. It promotes the tremendous value of education, and shines a light on the success of its members. I hope that such great effort could be the turning point towards a newer and greater direction".

"I am proud to be one of the earlier propagators of the value of education, particularly in Montreal's Filipino community. For the organizers of this event, I sincerely commend and congratulate them for scoring to what amounts to a hockey "hat trick" by initiating educational activities, publishing The Torch and positively contributing to the

community at large despite the economic downturn.

Ric T. Liganor Sr., December 2017

"The four seasons are made of many beautiful and wonderful things. Spring is the morning of the year, when everything wakes up. Leaves pop out of the bare trees, flower plants come out of the ground.

Animals that have slept all winter pop out of their holes. It is on this season that the ground is soft from the rain, and the sun shines for planting season.

Summer is the day of the year. It is the time for growing. Flowers get bright and fruits get ripe. Birds fly to see all kinds of living and grow and stretch

Autumn is the evening and a colorful fall of the year. It is the last harvest time. The lasat fruits and grains ripen and get picked. This time, plants finish making their seeds. After a while, the leaves fall and crumble to the ground and become part of the soil"

"Winter is the night of the year, and the tie for resting. In cold places, gardens rest and so do seeds waiting for the warmth of spring. Many animals rest in their caves and holes and hardly do a thing buth breath. This is the time of the year when days are short and the nights are long.

A year is long but made of many beautiful and wonderful things.

As you say goodbye to the year 2017, treasure the happy, unforgettable and memorable episode in your life. All from God's love and blessings"

"Have a Blessed Christmas to all and everyone with Grace filled 2018

Trans T. Liganor, QACFT

President 2016-2018

Christmas Story About The Three Wise Men

"Then one night in the middle of winter, when they were tired and cold in the snow, they cme to a town called Bethlehem. The star was now above them and Melchor said that they must have arrived at where the King was to be born at the Inn. There was no room for them. The Inn keeper allowed them to sleep in the stable of the Inn."

"They said nothing but laid their gifts of Gold, frankincense and Myrrh at the end of the crib and kissed the Baby on the forehead. Then they left. They stopped at the courtyard outside the stable still silent, gazed up at the stars through the falling snow.

Nenita Lickyayo, QACFT Secretary 2016-2018

AND I BECAME A TEACHER

"During the early years of elementary at the Dr. Clemente Dayrit, Sr. Elementary School, I had the privilege of being in the class of Ms. Lorieta Calara, a beautiful morena who was also a very ingenious teacher. I loved her style of teaching and strategies she used I thought I wanted to be like her – a teacher."

"In college, I took Bachelor of

Arts, Major in English as the first step towards the fulfillment of my dream of becoming a writer/journalist. I developed and honed my own style of writing with the guidance of some of the best professors in Angeles City until I enrolled in the class of Dr. Enrique Mallari – the best professor I ever had. Being under the tutelage of Dr. Mallari was a privilege not everyone had the chance to have. I admired the man, but when he unabashedly demonstrated his admiration for me, his humble student, I admired him more. In the presence of a whole class of would-be teachers, he announced, "Mr. Gonzales, you have so much to share." That day changed my life forever. And I became a teacher."

Joseph V. Gonzales, QACFT President 2014-2016

Message from Natalie Q. Pelausa "Some insightful ideas about teachers:

"The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires". William A Ward

"Teachers open the door, but you must enter by yourself." Chinese proverb.

"Teaching is truly a noble profession. Teachers are entrusted with the most precious treasures, our children. With their parents and families, we have the task to help our children grow, to develop their ideas, unleash their creativity, be unafraid to ask questions and have the determination to follow their own paths. We have the task to help them discover who they are as individuals and part of a community and a global reality. We have the task to socialize them, so that they can live in harmony and peacefully in our diverse and complex world, revealing the differences as avenues for more growth, learning and understanding. We have the task to help them to understand the lessons of the past and the richness of our cultural traditions, and to use these as the platform on which to build a better and a brighter tomorrow".

The 34th Anniversary of the Fiesta and Sinulog celebration was held at St. Kevin's Parish Social Hall, 5600 Cote des Neiges, Montreal, January 21, 2018. It began with a mass celebrated by Bishop Alain Faubert, concelebrated by St. Kevin's parish priests. The mass was made very solemn with pianist Alfred Vilanueva, playing the musical hymns. As usual there were faithful navigators and the Carusa bearers. During the Holy Mass, Lina Castillo welcomed the congregation. Bishop Faubert gave a very short but very meaningful homily. The processional hymn "Batobalani Gugma" was sang by the parishioners. The social hall was teeming with guests. Entertainment was great. The bishop even did the Sinulog dance in its entirety. The Visayan women's club performed some dances that reminded us of our native land and Mark Simbulan was at his best with his songs.

Despite that, health officials say big changes have been made to address the issue of caring for people with dementia, in part because of an inquest into the high-profile case of Rislund's father.

Frank Alexander was living at Parkview Place care home in Winnipeg in 2011 when another resident, Joe McLeod — who suffered from severe dementia — pushed Alexander, causing him to fall backward and hit his head.

Four days later, Alexander died from blunt head trauma.

From Page 12 - Nursing Homes

program.

"There's anxiety, there's psychosis, there's depression, there's apathy — there's a whole range of behavioural symptoms that people have. Those events are not really increasing — it's the number of people that are increasing."

Dr. Barry Campbell explains how some dementia patients can become aggressive

Dr. Barry Campbell explains how quickly a small event can escalate into violence among dementia patients. 1:32



Faye Jashyn's father, Joe McLeod, was the man who suffered from Alzheimer's disease and pushed Frank Alexander in 2011. She's worried about the wait time for special needs beds. (CBC/Tyson Koschik)

See Page 19 Nursing Homes

FILIPINO STAR

SHOWBIZ GOSSIP

How Kate Valdez overcame low self-esteem



Kate Valdez

17-year old Kate Valdez revealed she had low self-esteem in her younger years because of audition rejections for commercials.

She recalled it wasn't easy for her then to bag a modeling job against fair-skinned, taller and mestiza teenagers. She deemed herself unpretty then because of these rejections.

"Sabi ko nga sa Mama ko bilhan na lang ako ng Glutathione," shared Kate laughing. "I wanted to quit kasi doon tumatak sa akin na hindi ka maganda kaya hindi ka makuha-kuha. Umabot sa point na huwag na lang kaya."

Despite being a casting reject, her "morena" feature had its moments. She won the Ms. MSLP 2015 of Gen. Trias, Cavite, beating around 300 beauty contestants. While Kate's perseverance in

pursuing her dream to enter modeling and acting also paid off. She, to date, has done four commercials. And she has signed a five-year contract with GMA Artist Center. Her latest project with the Kapuso Network is "Sherlock Jr." that starts airing today on GMA Telebabad.

The young actress is simply elated for another opportunity to showcase her acting skills. And she said it's an honor that she's entrusted with another role by GMA-7 and to work with matinee idol Ruru Madrid, the lead actor of "Sherlock Jr." Kate plays Jenny Nuñez, the sister of Ruru on the series.

Kate first appeared on "Wagas" and this was followed by "Destiny Rose."

"Wala po akong masabi sa

nangyayari sa career ko," she remarked. "Nakukuha ko naman yung mga roles na gusto ko. And for now hinahayaan ko muna kung anong mga roles ang binibigay nila sa akin para ma-experience ko yung various roles."

So what's her goal in showbiz, is it fame or fortune?

Kate said that everything is up to her if she wants to accomplish things in her career or not.

"Given na kasi na lalaki yung savings ko dahil sa mga work ko. Pero lalaki pa yun depende kung gagalingan ko at mamahalin ko ang pag-aartista. Depende po sa akin yun kung gusto kong pagyamanin yung yung pagiging artista ko. Ang importante nag-enjoy ka sa trabaho ko," explained Kate.

Aside from money, Kate's takeaway so far from her budding showbiz career is learning the art of patience.

"Ito po ang natutunan ko sa showbiz. Pati pakikisama sa iba't-ibang mga tao. Iba't-iba kasi yung mga ugali ng mga taong nakakatrabaho ko araw araw so kailangang marunong kang makibagay at sakyan yung mga trip ng iba. Ako kasi dati, school at bahay lang bago ako pumasok ng



showbiz. So ngayon gulat ako. Hindi pa ako sanay sa pakikisalamuha hindi pa ako magaling sa ganun pero na work out ko dahil sa showbiz," she related.

Kapuso viewers abroad can also catch "Sherlock Jr." via GMA's flagship international channel, GMA Pinoy TV. To check the program schedule for each territory, visit their official website www.gmapinoytv.com. ■

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Shaina, who hates singing, stars in Lav Diaz screen musical



Shaina Magdayao

I've never prayed so hard in my life as I did while doing this," said actress Shaina Magdayao when asked to recall her experience working on

the latest Lav Diaz film, "Ang Panahon ng Halimaw" (The Season of the Devil).

The movie, which was

described to Shaina by producer Bianca Balbuena as "an antimusical musical, a rock opera," was shot entirely in Malaysia. Shaina plays a singer.

"I hate singing. I honestly don't feel as confident as when I'm dancing. I feel more comfortable doing complicated dance moves and death-defying flips rather than making sure I hit the right notes when singing," the 27-year-old actress confessed.

This came as a revelation since Shaina is the youngest sister of singer-actress Vina Morales. Their dad, Ike Magdayao, a former band vocalist, taught Shaina how to sing when she was 4 years old.

"When we were shooting, I didn't have time for voice lessons because I was still working on (the ABS-CBN drama) 'The Better Half.' I tape for the series three times a week and during weekends, I fly to Malaysia for this. I prayed hard that I'd meet Direk Lav's expectations," Shaina recalled.

The actress added: "I only realized how effective an actress I was when I faced the camera [as a singer].

Even though I was feeling so nervous, I was able to pull it off. I kept thinking, Direk Lav wouldn't cast me for the film if he didn't see my potential."

She said the entire cast would be singing throughout the movie. "It's very interesting. I think it's the first Filipino film of its kind," she beamed. "Before this, all I've wanted was to work with Lav Diaz—and it's finally happened!"

She recently announced on Instagram that she'd be part of yet another Diaz creation—"Ang Saka ni Henrico" (Henrico's Farm), starring Charo Santos.

The actress hasn't informed her dad of her role in "Ang Panahon ng Halimaw." "I'm sure he will be so happy the moment he hears me sing. He's really the singer in the family, and he knows how I hate singing," Shaina pointed out. "But, for the moviegoers, I'm sure it will be awesome."

Meanwhile, Shaina said the Magdayao family also has another reason to celebrate this month—it's the 19th anniversary of Ystilo Salon, which now has 25 branches nationwide.

Robin thanks celebs for helping Marawi



Robin Padilla

Robin Padilla expressed his gratitude to friends from the entertainment industry for helping out in efforts to rebuild the city of Marawi.

During a presscon for his upcoming show Sana Dalawa Ang Puso Ko with Jodi Sta. Maria and Richard Yap, Robin revealed that a lot of his showbiz colleagues have offered assistance since he started an advocacy aimed at aiding rehabilitation and recovery of the capital of Lanao del Sur, following a months-long siege by militants.

The 48-year-old actor and Mindanao peace advocate launched in October 2017 a movement called Tindig Marawi, reportedly donating P5M for the psycho-social needs of

children affected by the war and another P5M worth of relief goods for the hundreds of thousands displaced residents.

Among the first ones from showbiz who supported Robin were Piolo Pascual and director Joyce Bernal who donated P1.5M.

Most recently, those who helped included Sharon Cuneta (his co-star on the Star Cinema film Unexpectedly Yours), ABS-CBN chief content officer Charo Santos-Concio, ABS-CBN Foundation, Vice Ganda, Vhong Navarro and even newscasters.

"Madami ang tumulong sa atin. Pero si Piolo, si direktor Joyce at Ma'am Charo, nakabantay talaga sila. Si Sharon gumawa siya ng sarili

n'ya, kami din yung beneficiary niya. Pupunta siya dun (sa Marawi). Yung It's Showtime, Vice Ganda, Vhong, nagbigay din. Naka-report ako sa lahat sa kanila," he said.

Another project Robin is cooking up for the benefit of Marawi is a movie. Capital for the film came from his friend Dennis Uy who initially made it as a donation to Marawi. All proceeds of the planned film will go to Tindig Marawi projects.

"Ang pinaka-malaking project namin ay pelikula kasi dun ako nakasalalay kasi yung isang donor namin, ang pangalan ay si Dennis Uy, my friend, gusto niya magbigay ng malaking pera sa Tindig Marawi. Sabi ko, sayang yung pera na yan, kung sa Tindig Marawi mo i-ano... baka gusto mo i-produce ng pelikula tapos yung kikitain yun yung ibigay sa Tindig Marawi kasi mas malaki yun," he said.

Robin is tapping Joyce and Piolo, who own the independent film production outfit Spring Films, to help make the film a reality. He said, who else would he trust but Joyce and Piolo, who as producers, struck box-office success to the tune of more than P400M for a low-budget film that cost them only P8M. This was 2017's Kita Kita, the highest-grossing indie film to date.

Robin said he didn't have any difficulty convincing both director and the actor to agree to the project. The film, which will be about the story of Marawi, will start shooting next month. "It will be

about what happened there, because there are still a lot of stories that we don't know about. It's more important for me that we know their story, delivered in the style of the director."

For Robin, all these efforts will give hope and show that "we understand the Moros. That's what we need to do during this (difficult) time — to understand their culture, their problems... because their grievances are legitimate."

According to Robin, who last visited Marawi during the Christmas holidays, Tindig Marawi has also provided a water system for 16 evacuation centers to date. "It's very important because water is life." Next step is housing, which will take more time to accomplish because they will not be relying on any form of government assistance. He wants it to be free of political color, and will be a completely private sector-driven effort.

"Yung pabahay ay siempre hindi naman natin pwede asahan (kaagad). Ako kasi nag-set ng standard. Ayokong humingi ng tulong sa gobyerno. Ang experience ko — mas maganda kung puro private tayo. Pag ka nag-gawa tayo ng housing ang gusto ko ay binili natin ang lupa. Ayaw ko na binigay ng gobyerno kasi baka mag palit tayo ng President, after six years, baka bawiin yung lupa, ayoko ng ganoon, ayoko ng bawiin. Kaya ngayon andun ako sa estado sa pagbili ng lupa." ■

Showbiz Gossip *Continued from p.15***John Lloyd Cruz competes with Hollywood actors for international acting award****John Lloyd Cruz**

ABS-CBN actor John Lloyd Cruz, who is still on leave, has been nominated for Best Supporting Actor for the film "Ang Babaeng Humayo" at the 15th International Cinephile Society awards.

Cruz is set to compete with American actors Willem Dafoe, famous for his character in "Spiderman," Armie Hammer, also known as "The Long Ranger," and Michael Stuhlbarg, who is tied with series "Boardwalk Empire," as well as "Dunkirk" Irish actor Barry Keoghan and "BPM" French actor Arnaud Valois.

"Congratulations John Lloyd on your nomination under the Best Supporting category for 'Ang Babaeng Humay'" in the 15th International Cinephile Society awards," Star Magic announced on Twitter in January 23.

On his Instagram account, John Lloyd (@ekomsi) posted that never in his wildest dreams did he think that he will be nominated in the international awards.

"Wasak. ICS Awards never in my wildest dreams," the versatile actor posted.

He added that when he read that his idol Daniel Day-Lewis has been nominated as Best Actor for the movie "Phantom Thread," he felt that

he already won.

"When I read Daniel Day-Lewis written in his category sabi ko uy panalo na ko."

Lav Diaz's revenge drama "Ang Babaeng Humayo" was also nominated for best adapted screenplay and best film not in the English language at the International Cinephile Society awards.

These nominations came almost two years after the film won the top prize at the 73rd Venice International Film Festival in 2016.

John Lloyd, for his part, plays the role of Hollanda, a transvestite whom Horacia eventually takes under her wing.

There is still no word as to when John Lloyd will be back on the limelight. Reports said he and his girlfriend Ellen Adarna are preparing for their upcoming wedding, but this has been denied by Ellen's best friend Beauty Gonzales.

Formed in 2003, the International Cinephile Society is an online group made up of approximately 100 accredited journalists, film scholars, historians, and other industry professionals who cover film festivals and events in five continents. Winners will be announced on February 4. ■

Angel Locsin still a Kapamilya**Angel Locsin**

Film and TV superstar Angel Locsin remains a Kapamilya after she signed Monday a renewal of her contract with ABS-CBN.

The 32-year-old actress, one of the prized stars of the network since her transfer in 2007, revealed that a film and a TV series are among the projects included in the contract.

"Malapit nang maluto, tinitimpla na ngayon," she told members of the press after the contract-signing. "Target namin ang year na 'to [for] both."

Locsin added: "Pero sana hindi lang siya magsabay para matutukan. I'm very happy. I'm happy to have work na mahal ko at medyo matagal pa tayong magkakasama."

The series, Locsin shared, will be produced by Dreamscape, a production unit of ABS-CBN. The actress' last two TV series, "La Luna Sangre" and "The Legal Wife", were produced by a different unit, Star Creatives.

"I am very excited kasi first time kong makatrabaho under Dreamscape," she said. "Matagal ko nang wini-wish na makatrabaho, sila dahil super nice sa akin sina Sir Deo (Endrinal, Dreamscape head) and excited naman akong makakakilala

ng ibang unit kaya iba 'to. Ibang challenge naman 'to para sa akin."

Currently, Locsin is seen as one of the superstar-judges of the reality talent search "Pilipinas Got Talent", which airs on weekends. Her new movie, meanwhile, is planned to co-star her erstwhile "love team" partner Richard Gutierrez, with whom she recently worked with in "La Luna Sangre".

Present at Locsin's contract-signing were her father, and ABS-CBN executives, including President and CEO Carlo Katigbak, Chief Operating Officer for Broadcast Cory Vidanes, Star Cinema Managing Director Olive Lamasan, Cinema Executive Adviser Malou Santos, and Entertainment Production Head Laurenti Dyogi.

"Actually nakakatuwa na patuloy mo pa rin nararamdaman 'yung care nila sa 'yo," Locsin said of the Kapamilya network. "Hangga't kailangan naman nila ako, nandito lang naman ako talaga, dahil iba 'yung suporta na ipinakita nila sa akin."

She added: "Iba 'yung pakiramdam na nararamdaman mo rin na pinapahalagahan ka, may malasakit sa'yo 'yung mga tao at happy 'yung pamilya dito sa ABS-CBN." ■

Bruno Mars sweeps the Grammys, winning song, album of the year



Bruno Mars

Bruno Mars went six for six at the Grammys, winning all of the awards he was nominated for with his energetic and upbeat '90s-inspired R&B album.

Mars won album of the year for "24K Magic," record of the year for the title track, and song of the year for the No. 1 hit, "That's What I Like," on Sunday at Madison Square Garden in New York City.

"Oh my God. Thank you guys so much. Wow," said Mars. "I'd like to dedicate this award to (songwriters like Babyface, Teddy Riley Jimmy Jam and Terry Lewis)."

Mars acknowledged fellow nominees in the album of the year category, including Jay-Z, Lorde and Childish Gambino.

Mars says, "You guys are the reason I'm in the studio pulling my hair out."

Jay-Z, the leading nominee with eight, walked away empty handed. He lost in the rap categories to Kendrick Lamar, who won five awards, including best rap album for "DAMN." and best rap song for "HUMBLE." He has a career total of 12 Grammys.

Mars urged the Grammy

Awards to not play him off the stage as the show had during one of his earlier wins, but the music did come up toward the end of his speech.

"My father, if you're watching this, I love you," said Mars. "This is for the fans."

Mars beamed as he accepted the awards and thanked a group of men he said helped him create the song.

He also won for best R&B song and best R&B performance for "That's What I Like," and best R&B album for "24K Magic."

Earlier, he gave an energetic and colorful performance of "Finesse" with breakthrough rapper Cardi B.

Mars has now won 11 career Grammys.

Mars will perform in Manila on May 3 and 4 as part of his "24K Magic" world tour.

READ: After huge demand, MMI Live, SMART announce Bruno Mars Day 2 concert in Manila

Mars' mother, Bernadette San Pedro Bayot, was of Filipino and Spanish ancestry. She emigrated from the Philippines as a child and grew up in Hawaii. ■

PH film goes to Toronto



Gina Alajar in "Madilim ang Gabi"

Cherie Gil.

Adolfo Alix Jr.'s "Madilim ang Gabi" (Dark Is the Night) is set to have its world premiere at the 42nd Toronto International Film Festival, to be held in Canada from Sept. 7 to 17.

Alix told the Inquirer that "Madilim ang Gabi" is his 30th feature film. For this special project, Alix gathered actors whom he had collaborated with in previous films. Leading the cast are Gina Alajar, Phillip Salvador, Bembol Roco and Felix Roco. Also in the movie are some of Alix's regular cast members: Anita Linda, Perla Bautista, Elizabeth Oropesa, Rosanna Roces, Cherry Pie Picache, Angel Aquino, Alessandra de Rossi, Iza Calzado, Sid Lucero, Jason Abalos, Zanjoe Marudo and

The shoot was a reunion for these Alix actors. "All of us did this film for the love of Adolf," Alajar related. "He is such a lovable guy. He's easy to get along with. No drama. No angst. That was why everyone was ready and willing to work with him."

"Madilim ang Gabi" is part of the Contemporary World Cinema section. According to the Toronto website, Alix's latest movie is "a timely story of a couple (Alajar and Salvador) caught up in [President] Duterte's war on drugs when their son goes missing."

Also in Toronto's Short Cuts section is Carlo Francisco Manatad's "Jodilerks dela Cruz, Employee of the Month," which the fest's site calls "a dark and wickedly acerbic comedy." ■

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Rose McGowan's memoir Brave details alleged rape by Harvey Weinstein



In the book, actor also recounts her fight against the 'Hollywood machine' and its misogyny

Sian Cain @siancain
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Rose McGowan was 23 when she alleges she was raped in a hotel room by Harvey Weinstein

After years of publicly accusing Hollywood producer Harvey Weinstein of rape, the actor Rose McGowan has detailed the sexual assault she said occurred after their first meeting more than 20 years ago.

In her memoir *Brave*, published on 30 January worldwide, McGowan recalled first seeing Weinstein, whom she refers to only as "the Monster", at a screening of her film *Going All the Way* during the 1997 Sundance film festival.

Then 23 years old, McGowan wrote in *Brave* that, after the screening, Weinstein allegedly summoned her to a meeting at a restaurant, which was later relocated to his hotel suite. McGowan described being shown to his room for what she believed would be a meeting to "plot out the grand arc

of my career".

Instead, she alleged, after a half-hour discussion about her career, he held her down on the edge of a jacuzzi and raped her. Later he allegedly called her and described her as "a special friend".

Brave: Rose McGowan, the angry voice who pursued Hollywood's beasts, tells her story

"I felt so dirty. I had been so violated and I was sad to the core of my being. I kept thinking about how he'd been sitting behind me in the theater the night before it happened. Which made it – not my responsibility, exactly, but – like I had had a hand in tempting him," she wrote. "Which made it even sicker and made me feel dirtier."

Describing Weinstein as looking like "a melted pineapple", McGowan said that immediately after the rape, she attended a photo opportunity for *Phantom*, another Miramax film she was in, where she allegedly told a co-star what happened. The co-star, who has previously been identified by McGowan as Ben Affleck, reportedly said: "Goddamnit. I told him to stop

doing that." Affleck has never responded to this allegation.

Many of Weinstein's 80-odd accusers have alleged the disgraced media mogul asked them to visit him in various hotel rooms, where he'd either forcibly performed oral sex on them or demand it in turn. A spokesperson for Weinstein in the US told the Guardian: "Any allegations of non-consensual sex are unequivocally denied by Mr Weinstein. Mr Weinstein has further confirmed that there were never any acts of retaliation against any women for refusing his advances."

"Mr Weinstein obviously can't speak to anonymous allegations, but with respect to any women who have made allegations on the record, Mr Weinstein believes that all of these relationships were consensual."

Harvey Weinstein hired ex-Mossad agents to suppress allegations, report claims

Detailing her fight against "the machine, the manufacturers of myth, the gaslighters themselves, the sacred men of Hollywood", McGowan detailed a troubled childhood while outlining her thoughts on misogyny in Hollywood and wider society.

Beginning with her childhood growing up in the polygamous cult Children of God in Italy, the actor detailed her family's escape to America after some leaders began advocating child abuse. After becoming a teenage runaway, enduring a three-year abusive relationship, and being sporadically homeless, McGowan said this background was instrumental in her decision to not press charges against Weinstein.

"No work would land me back on the streets, and homelessness was a death sentence. I knew if I died I'd be remembered for revealing my rapist, but not for my achievements. I didn't want his name next to mine on my obituary," she wrote.

Likening her career as an actor

intelligence giant Kroll.

The report, published on 6 November, alleges that two Black Cube investigators met with actor Rose McGowan, who later publicly accused Weinstein of rape, to obtain information.

Weinstein "unequivocally denies" all claims of non-consensual sex, a spokesperson for the producer says.

The New Yorker also claims

to being a sex worker, McGowan described her decision to shave her head as "a battle cry" against the pampering regime that she says once turned her into "the ultimate fantasy fuck toy by the Hollywood machine". She wore the infamous "naked dress" to the 1998 MTV Awards as "a reclamation of my own body after my assault", she claims and, at one point, described keeping fake blood and wounds on her face after filming episodes of the witchery drama *Charmed* to see how the public would react to a wounded woman. "Nobody asked to help me. Not once. They would just avoid eye contact and look down at the floor," she wrote.

In the book, she also detailed her relationship with the director Robert Rodriguez, who she claimed used his knowledge of Weinstein's alleged assault to punish her, particularly in a scene in the film *Planet Terror*, in which a character played by Quentin Tarantino attempted to rape her.

"I was in a backward world," she wrote. "I was losing my grip on sanity." Afterwards, in what McGowan interpreted as a cruel demonstration of power, Rodriguez sold the film to Miramax, Weinstein's studio.

In a statement to Vanity Fair,

Rodriguez said the Weinsteins had priority on his next project at the time, and that the scene was "in every draft of the script since the first draft was issued to cast and crew [and] if there was any objection to the scene there was plenty of time to address it. It was never brought up as being an issue."

McGowan ends the book by calling for more women in producing and directing positions, and asks for the support of groups like the Screen Actors Guild to protect women and children, particularly the establishment of an anonymous tips line for victims of assault.

Harvey Weinstein hired ex-Mossad agents to suppress allegations, report claims



Harvey Weinstein calls New Yorker report 'fiction', as magazine alleges producer used an 'army of spies' to stop accusers from going public

Harvey Weinstein allegedly hired an "army of spies", including former Mossad agents, in an attempt to stop accusers from going public with sexual misconduct claims against

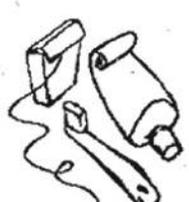
him, according to a report in the New Yorker.

Among the private security agencies hired by Weinstein starting around autumn 2016, the magazine claims, was Black Cube, which is largely run by former officers of Israeli intelligence agencies, including Mossad. Another was corporate

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attempted to broker a meeting with Ronan Farrow, the New Yorker journalist who reported 13 claims of abuse made against Weinstein last month, and also wrote the 6 November investigation.

Weinstein and the private investigators also used journalists to extract details from women who were making claims against the film producer, according to the magazine.

During his yearlong effort, Weinstein and his team are accused of collecting information on dozens of people, compiling psychological profiles with their personal or sexual histories in order to contradict, discredit or intimidate his targets.

The New Yorker reports that Weinstein sought the assistance of ex-employees from his movie enterprises to help collect names and place calls. Investigations also allegedly sometimes went through Weinstein's lawyers. Among them, the New Yorker claims, was David Boies, who represented Al Gore in his 2000 presidential election dispute with George W Bush.

The New Yorker claims Boies had signed a contract demanding that Black Cube seek to uncover information to stop the publication of a New York Times story about Weinstein's sexual abuse when his firm was also representing the Times in a libel case. Boies told the magazine "it was a mistake" to have been involved with the investigators.

Weinstein's spokeswoman Sallie Hofmeister dismissed the report, saying: "It is a fiction to suggest that any individuals were targeted or suppressed at any time."

Neither Hofmeister nor Boies immediately responded to requests for comment.

The New York Times called Boies' alleged behaviour "inexcusable" and said it would be "pursuing appropriate remedies".

"We learned today that the law firm of Boies Schiller and Flexner

secretly worked to stop our reporting on Harvey Weinstein at the same time as the firm's lawyers were representing us in other matters," the paper said in a statement. "We consider this intolerable conduct, a grave betrayal of trust, and a breach of the basic professional standards that all lawyers are required to observe."

Following the publication of the New Yorker report, McGowan praised Farrow for his investigation, tweeting: "Ronan Farrow your words will line the halls of justice."

Meanwhile, another person alleged to have been spied on, actor Asia Argento, described the revelations as terrifying, writing on Twitter: "Why didn't I, @rosemcgowan, @RoArquette [Rosanna Arquette] @AnnabellSciorra spoke [sic] up earlier? We were followed by ex-Mossad agents. Isn't that terrifying? Very."

The latest allegations against Weinstein came as the Television Academy, responsible for the Emmy awards, announced it had expelled Weinstein for life. The move follows similar actions by the Academy of Motion Picture Arts and Sciences and the British Academy of Film and Television Arts.

"The Academy supports those speaking out against harassment in all forms and stands behind those who have been affected by this issue," a spokesperson for the Television Academy told Variety, adding that it was reviewing the organisation's code of conduct.

"We are determined to play a role in protecting all television professionals from predatory harassment, ensuring they are able to practice their craft in a safe environment."

Police in London, Los Angeles and New York have launched investigations into the alleged behaviour by Weinstein, who has been accused of sexual assault and harassment by more than 90 women.

From page 13 Nursing Homes

The inquest heard that both men had a history of Alzheimer's disease.

Death of senior, care home wait times 'not acceptable,' inquest finds

Can a national dementia plan reduce seniors home violence?

The 2015 inquest report recommended a number of changes to deal with aggression in care homes

Manitoba Health says it has completed 22 of those action statements. Three are in progress, and one is still under review.

Steps to curb aggression

All personal care home residents are assessed for their potential for violence, and health-care staff are given specialized training to deal with violence prevention, a Manitoba Health spokesperson said.

To help deal with the sharp rise in dementia, the WRHA is expanding the number of beds in special needs behaviour units.

There are currently 79 of those beds in Winnipeg, located at Deer Lodge Centre, Actionmarguerite and Riverview Health Centre. Another 10 new beds slated to be added at Holy Family Home.

But WRHA officials say the need will continue to grow.

"We suspect that we will need more special needs behavioural unit beds," said Gina Trinidad, the WRHA's chief operating officer in charge of long-term care.

"[We don't know] what that number is specifically — we just know we'll need more in the coming years, especially as the baby boomers age and the requirements to provide a personal care-home setting for individuals in our community grows."

Wait 'way too long'

There is currently a nine- to 12-month waiting period for anyone needing a specialized bed, the WRHA said, with nine people on the wait-list.

"It's too long, way too long," said Rislund. "I don't see why they can't just keep making, finding more beds."

Concern about the wait time for a special needs bed is shared by Faye Jashyn, whose father, Joe McLeod, was the man who pushed Frank Alexander in 2011, causing the fall that led to his death.

Joe McLeod, senior accused in care home assault, dies in hospital "The numbers are going to increase as the population ages, and they only designate so many beds as high-risk or high-aggression," said Jashyn.

"We shouldn't have any aggressive patients needing a bed. They should all get one immediately."

Faye Jashyn's father, Joe McLeod, was the man who suffered from Alzheimer's disease and pushed Frank Alexander in 2011. She's worried about the wait time for special needs beds. (CBC/Tyson Koschik)

Rislund said she's also concerned

about staffing levels in the homes.

"I feel like there's never enough staff in a nursing home. And when a person is acting out or agitated, their staff should be right there to calm the situation and prevent anything from going from bad to worse," she said.

Provincial staffing guidelines call for each resident to get 3.6 hours of care per day, which is more than in some provinces. Alberta, for example, calls for 1.9 hours of care per day.

For residents who have special needs, the WRHA said it increases that to 6.9 hours per resident per day.

Trinidad said the WRHA has instituted an intensive dementia education program for staff that focuses on how to manage difficult and escalating behaviour.

"WRHA has to step up with more money. Our government has to step up with more money and properly staff nursing homes," Rislund said.

"It's all about the money. And it costs a lot of money to run a nursing home with proper staffing," Rislund said. "The government has a lot of money and they need to put it in the right place."

A spokesperson said the province has plans to add 1,200 new personal care home beds across the province, with particular consideration given to specialized environments for behavioural challenges.

From Page 9 Cooking with love

– check with a skewer; you may need to remove smaller ones first while the larger ones carry on cooking. Drain and cool, then put on rubber gloves to peel the skin and remaining stalks. Chop into large chunks and set aside two-thirds for later.

Put the remaining one-third beetroot in a food processor or blender with the ginger, garlic, chilli, chopped coriander, cardamom pods, tomato paste, treacle, cumin, ground coriander, fennel seeds, cloves and 2 tsp ground black pepper. Whizz to a paste.

Heat oven to 160C/140C fan/gas 3. Heat half the oil in a big flameproof casserole. Fry the beef chunks in batches until browned all over, removing to a dish as you go. Add the remaining oil, lower the heat, then tip in the onions and fry gently until softened, scraping up the beefy bits. Tip in the spice paste and fry for 5 mins until really fragrant. Return the beef and stock cubes with enough boiling water from a kettle to cover. Bring to a simmer, then put on the lid and bake for 2 hrs.

Uncover and bake for a further 30 mins until the beef is really tender. Put back on the hob and stir in the garam masala and reserved beetroot to heat through. Season well with salt, scatter with coriander leaves and serve with naan, basmati rice and raita or yogurt, if you like.

From Page 7 Female Employees

knowledge about their pay relative to others. It will be rooted in fairness and equality. Alongside that, it will be informed by data and analysis."

The source said that the BBC was also "working hard" to address issues that a number of male and female staff had raised about their individual pay.

The evidence submitted to MPs on the DCMS select committee ahead of a hearing on Wednesday shows how serious these issues are. The BBC Women group, which includes high-profile presenters such as Jane Garvey, Mishal Husain and Victoria Derbyshire, has accused the corporation of "perpetuating a longstanding breach of its stated values of trust, transparency and accountability".

Damian Collins, chair of the DCMS committee, said: "We are concerned to see evidence suggesting a much deeper cultural problem exists."

They said: "We believe the BBC can put these matters right by admitting the problem, apologising and setting in

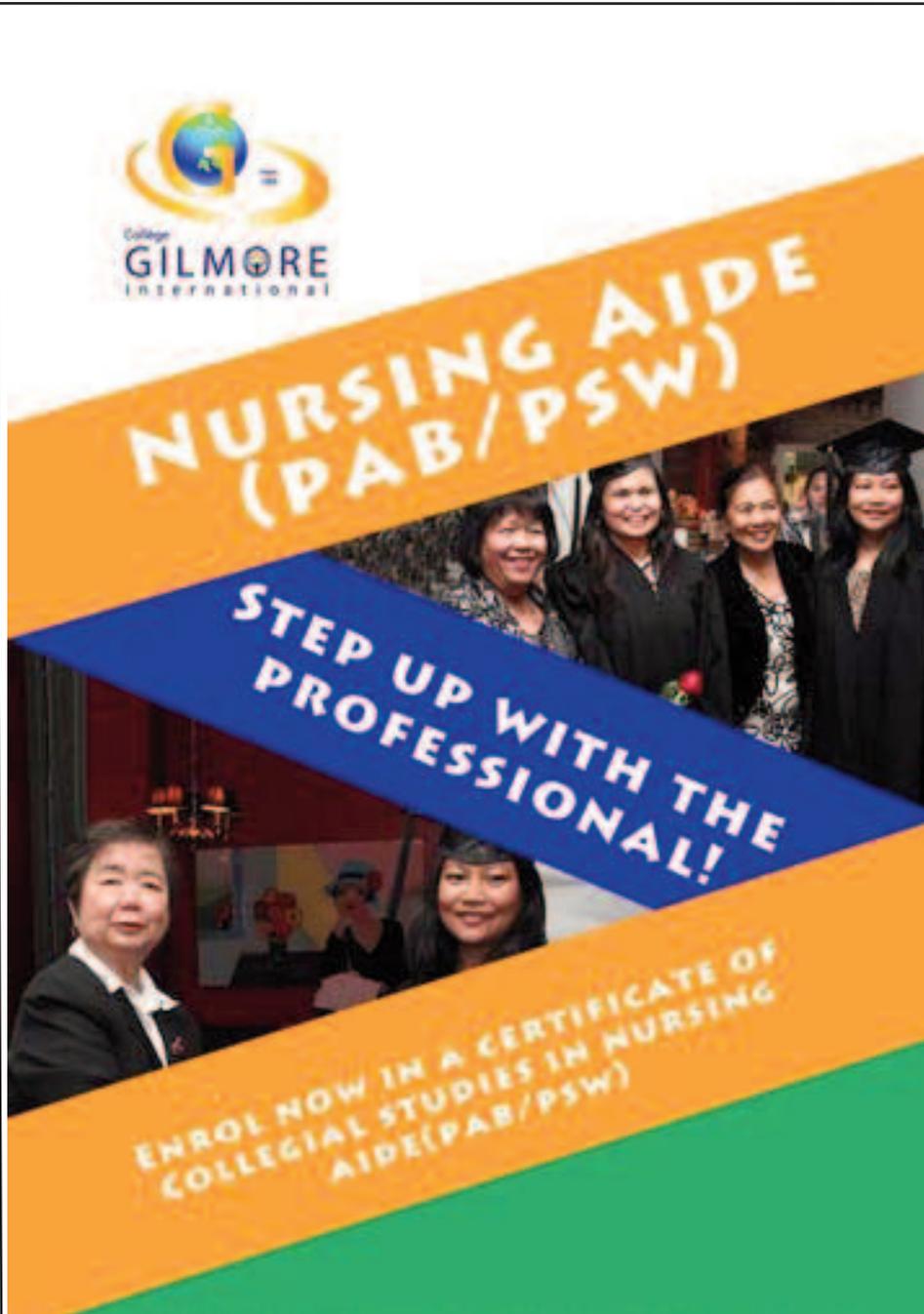
place an equal, fair and transparent pay structure.

"The BBC should avoid wasting licence fee money on an unwinnable court fight against their female workers over equal pay and immediately agree to independent arbitration to settle individual cases, including back pay and pension adjustments."

Damian Collins, chairman of the DCMS committee, said: "Whilst a few big names on high salaries have been the focus of media attention in recent weeks, we are concerned to see evidence suggesting a much deeper cultural problem exists."

A BBC spokesman denied that the broadcaster was in breach of the Equality Act. They said: "The BBC is committed to equal pay, and we don't accept the assertion we have not been complying with the Equality Act, nor do we offer inferior contracts based on someone's gender or race."

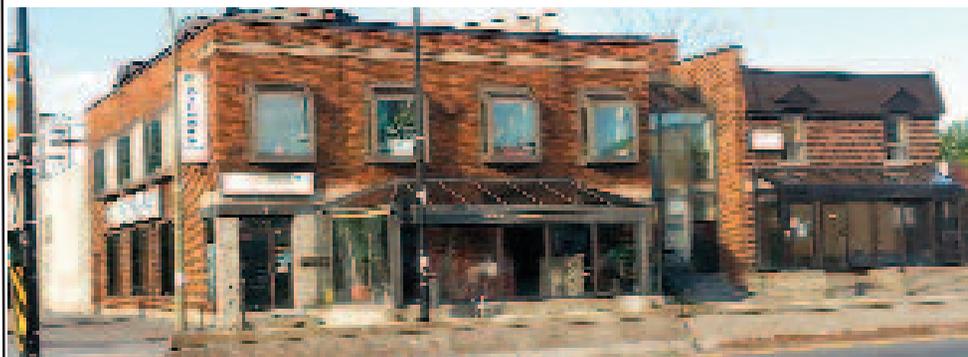
"We employ people in a wide variety of different ways, from fully employed to freelancer, often to suit the individual, and different types of contracts come with different benefits."



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PAB Nutrition class: L to R: Mary Anne Go, Mary Ann Warain, PAB instructor Dolores Belandres, PAB students May Ann Paccial, and Maria Victoria Lapitan.



Coffee break time of Monday French class - Clockwise: Remy Amila, Lynn Solis, Zeny Garcia, Director-General & Founder, Zenaida Kharroubi, Joseph Cempron, Sokun Soy, Sovy Kouch, Siv Er Lim and Armi Tula.



Gilmore College International provides immigrants the tools for a successful career change. The training and the skills that I learned gave me the confidence to work as a nursing aide. Adele Lascano (October 2009 graduate)



The knowledge and skills I learned at Gilmore College gave me the edge to work in the health care field where one needs to show willingness to render service to the sick and the elderly. (Ethel Tugna, March 2011 graduate)