

Philippine midterm elections deliver a resounding vote of confidence for Duterte

By Regine Cabato May 14
(Washington Post - Democracy dies in darkness)

MANILA — A dictator's daughter and the commander of President Rodrigo Duterte's bloody drug war were among the winners of the Philippines' midterm elections, a resounding endorsement for the strongman leader's policies.

Winners of Monday's vote will allow Duterte to consolidate power and push through some of his most controversial policies — allowing children as young as 12 to be tried as adults and continuing a brutal war on



Election campaign fliers are scattered outside a polling precinct as voting for the country's midterm elections draws to a close May 13 in Manila. (Bullit Marquez/AP)

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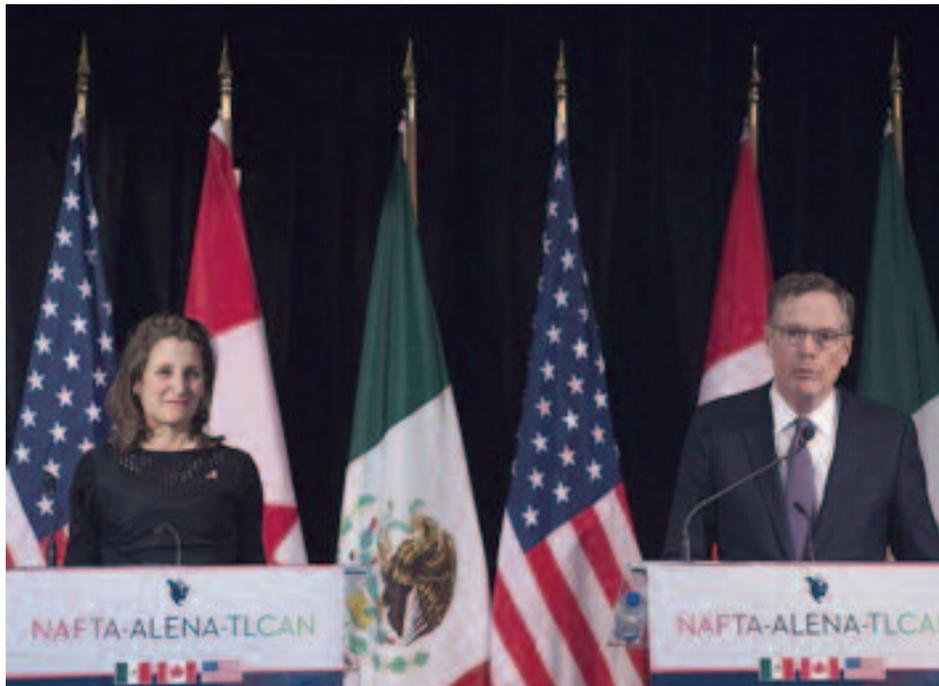
Long-awaited end to Canada's tariff standoff with U.S. finally at hand

THE CANADIAN PRESS Updated:
May 17, 2019

OTTAWA -- U.S. President Donald Trump's administration agreed Friday to drop its punitive and controversial tariffs on Canadian steel and aluminum, ending a bitter dispute between historic allies and removing a key obstacle to ratifying the new North American trade pact.

Canada and the U.S. both say they will now work together in the coming weeks to get legal approval of the new continental trade deal -- a reboot of the original, 25-year-old NAFTA, which Trump has staked much of his political reputation on either replacing or ripping up.

Prime Minister Justin Trudeau framed his victory lap carefully so as not to offend the mercurial U.S. president, who called him weak and dishonest after last year's G7 summit in Quebec -- a nadir on Canada-U.S.



Foreign Affairs Minister Chrystia Freeland looks on as United States Trade Representative Robert Lighthizer delivers his statement to the media during the sixth round of negotiations for a new North American Free Trade Agreement in Montreal, Monday, January 29, 2018. GRAHAM HUGHES / THE CANADIAN PRESS

relations that came at the height of cross-border tensions over trade and tariffs, Trump's preferred lever when it comes to foreign relations.

"This is just pure good news for Canadians," Trudeau said Friday during a previously unscheduled, last-minute visit to a Stelco plant in Hamilton, Canada's steel-manufacturing capital.

"Families will know that their jobs are just a little more secure."

Trudeau avoided mentioning China by name -- the country that the U.S. and Canada must now carefully monitor, under the terms of the agreement, to prevent cheap foreign steel from being dumped into North America. Canada is embroiled in a political crisis with China, which has jailed two Canadian men on national-security grounds and imposed a death sentence on a third for drug smuggling.

See Page 4 Canada-U.S. Tariffs



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From the Executive Publisher's Desk

The Philippine mid-term elections result apparently made President Duterte's administration much stronger than ever - how will this result in making the people's lives better?

The popularity of the current President of the Philippines seems to have not waned in spite of negative reports of extra-judicial killings related to the rampant drug problems that have plagued the country for many years and the continued scandals of corruptions. But at least, there are those who believe that the country needs a president like him because it is now much safer to walk the streets without being afraid. However, his critics have insisted that President Duterte's promises of getting rid of corruptions have not been realized and his tolerance of China's continued activities of building on the disputed South China sea territories might make the Philippines weak and vulnerable to be colonized by its neighbor.

It is said that Duterte's 79% approval rating is quite rare for a president during the midterm elections. He has proven to his opponents that he is very powerful and can use his influence to get most if not all of the bills passed by both the House and the Senate. But there are many unpopular bills that he wanted to pass, namely, the restoration of capital punishment, reducing the age from 15 to 12 to hold minors criminally responsible, and changing the Philippine style of government to federalism. All these proposed changes are controversial and need further reflection and consultations. Will the new senators and congressmen that he endorsed and got elected be able to do their legislative jobs unhindered by his whims and desires? Will the people be better served because he can have all the bills he wants to be passed without any opposition? In other words, will there be a rubber stamped form of democracy prevailing while he is in command?

Analysts expect Mr Duterte to use his control of both chambers to push ahead with plans that include massive infrastructure spending, the return of the death penalty and potentially even re-drafting the constitution to set up a federal style of government. Some believe that this constitutional change may allow him to remain in office indefinitely but he often denies this and states that he is not interested to be president longer than his six-year term.

Many Filipinos view Duterte's strongman image and invectives aimed at the likes of the European Union and the United Nations as elements of his uncompromising political will.

Duterte's deadly war on drugs is estimated to have claimed thousands of lives over the past three

years. Political analyst Richard Heydarian says that Duterte's popularity is less about him and more about a longing for an authoritarian leader. In his book, "The Rise of Duterte," Heydarian writes that just before Duterte's rise to power, close to 60 percent of Filipinos preferred "a strong leader who does not have to bother about parliament and elections."

The Senate is seen as one of the last bulwarks against his increasingly authoritarian rule, but with the election of eight senators he endorsed, Duterte has managed to consolidate his grip on power which many believe would make him continue and accomplish his political agenda. The Senate is now further weakened because his long time critic, Leila de Lima is in jail and Senator Trillanes is not running for re-election.

The election of key Duterte allies, including his one-time personal aide, Bong Go, and Ronald dela Rosa, the police chief, indicated that a majority of the country's population still backed the president and turned a blind eye to the excesses of his drugs crackdown.

"That Duterte continues to enjoy an unprecedented 80 percent popularity after three years speaks of his understanding of the reality on the ground, specifically of the yearning of the vast sections of the poor," said Ramon Casiple, head of the Institute for Political and Electoral Reform.

Some reports indicated that more people who disagree with the President may take the choice of migration to Canada, Australia, and the U.S. but there are those who prefer to stay where they are as they consider the Philippines the only home they know.

The future of the country is at stake - and the majority who voted for Duterte's candidates mean that the common people are behind their strong leader, and they are desperately hoping to be lifted from poverty which is mainly due to the rampant corruptions in all levels of government compounded by the drug problem.

Will President Duterte live up to the expectations of the people who still support him in spite of his excesses in the drug war, and failure to fulfill some of his promises to eradicate corruption?

The following three years of President Duterte's term shall be the final referendum of his administration and must show that he is really interested in accomplishing his political agenda for the benefit of the people.

Canada's 2019 federal election: How could it affect immigration and Express Entry?

Polls show Conservatives leading Liberals, who have introduced significant changes since 2015

May 22, 2019 By Stephen Smith And Noah Turner

Canadians will head to the polls in October to elect a new federal government, which could bring changes to Canada's current immigration policies.

Canada's three major political parties — the governing Liberals, the Conservative Party of Canada and the New Democratic Party (NDP) — are all on the record as being in favour of economic immigration, but there are differences in their approach to the issue that could have an impact on immigration policy.

Under the Liberals, Canada's immigration policies have taken a direction that puts them in increasingly stark contrast to the current policies of the United States and many European countries.

Chief among their policies was the adoption of increased immigration targets that would see Canada welcome more than one million new permanent residents by the end of 2021 and push the country's immigration rate to nearly one per cent of its population.

True to their name, they have also liberalized immigration policy to reduce the time it takes to get Canadian citizenship while reforming medical inadmissibility rules and emphasizing family reunification, among other updates.

In their four years in office, the Liberals have also introduced important changes to the Express Entry system, which manages the pool of candidates for three of Canada's main economic immigration categories — Federal Skilled Worker Class, Federal Skilled Trades Class and Canadian Experience Class. Since taking power in late 2015, the Liberals have overseen a dramatic increase in the number of invitations to apply for Canadian permanent residence, or ITAs, issued through the Express Entry system — from 33,782 in 2016 to 86,023 in 2017 and 89,800 in 2018.

The Liberals have also introduced significant changes to Comprehensive Ranking System (CRS) that determines a candidate's

position in the Express Entry pool, namely the reduction of additional points awarded for a job offer.

While a job offer is not required in order to be eligible under Express Entry, the Conservatives' original CRS rewarded candidates with a Labour Market Impact Assessment (LMIA)-backed job offer with an additional 600 CRS points — effectively guaranteeing an invitation to apply for Canadian permanent residence regardless of their core CRS score.

Critics, however, said this approach favoured low-skilled, low-wage labour at the expense of candidates with greater earning potential who would ultimately provide greater economic benefit to Canada.

In late 2016, the Liberals acted on these concerns and reduced the points awarded for a job offer to a maximum of 200.

This has benefited candidates with higher human capital scores, which include age, proficiency in English and French, education, and skilled work experience. Combined, they provide what is known as a candidate's core CRS score, which can reach a maximum of 600 points.

"The Arranged Employment additional points are now balanced with the core CRS, which means that candidates with a qualifying arranged employment need a sufficiently high core CRS to receive an invitation," Immigration, Refugees and Citizenship Canada (IRCC) noted in its Express Entry year-end report for 2017.

The report showed that invitations to Federal Skilled Worker Class candidates jumped by nearly 400 per cent in 2017 thanks to the Liberals' targeted changes to the CRS.

IRCC also reported that lowering the points awarded for a job offer was having a "significant impact on the occupation mix of candidates that received an invitation."

In 2016, cooks and food service supervisors figured among the top five occupations of candidates

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Data suggests Anglophone support for Bill 21 lower than CAQ says: QCGN



People hold up signs opposing the Quebec government's newly-tabled Bill 21 during a protest in Montreal, Wednesday, April 3, 2019. THE CANADIAN PRESS/Graham Hughes

By Gloria Enriquez (Global News) The Quebec Community Groups Network (QCGN), an organization which represents dozens of English community groups across Quebec, says new data they've gathered on support to Bill 21 contradicts the CAQ's belief that

Quebec education minister stands firm on abolishing school boards, open to meeting with Anglo groups

By Annabelle Olivier (Global News) Education Minister Jean-François Roberge reiterated the Coalition Avenir Québec's plan to abolish school boards in the province, but said Friday morning he was open to meeting with the Quebec English School Boards Association (QESBA) to

discuss the issue. This comes after QESBA issued a statement Thursday afternoon expressing surprise over comments made earlier in the day by Roberge on French radio. During an interview with Paul Arcand on 98.5 FM, the minister of

Anglophones support Bill 21.

The QCGN commissioned an "oversample" of English-speaking Quebecers on the most recent Léger Marketing poll on the secularism bill, commissioned by the Association for Canadian Studies and published by The Montreal Gazette.

An oversample is conducted by polling an additional number of people of a certain group to obtain a more accurate portrait of an issue. In this case, the additional group was made up of Anglophones and Allophones.

The QCGN's oversample conducted by Léger Marketing found that a "clear majority" of Anglophones believe Bill 21 ban provisions violate the Quebec Charter of Rights, with 60 per cent of respondents "totally agreeing."

Responses also showed that two in three Anglophones believe Bill 21 should be submitted to the courts to education said he'd had "reassuring" discussions with the English-speaking community in connection with abolishing school boards.

"The QESBA recently hosted a large number of English-speaking educational stakeholders and community groups. Not one of these groups has been consulted nor are they in favour of abolishing school boards. We are dumbfounded that this minister would declare that we are collectively in favour of abolishing the only institutions that belong to our community," said QESBA president Dan Lamoureux

On Friday, Roberge clarified his position.

determine whether it violates the Charter.

"These numbers certainly shatter the government's claim that many English-speaking Quebecers support the bill," said Geoffrey Chambers, president of the Quebec Community Groups Network in a statement.

"We are asking the government to reconsider adopting legislation that will create deep divisions in Quebec."

The Quebec government's controversial secularism bill, titled "An Act Respecting the laicity of the State", prohibits public-sector employees in positions of authority from wearing religious symbols at work.

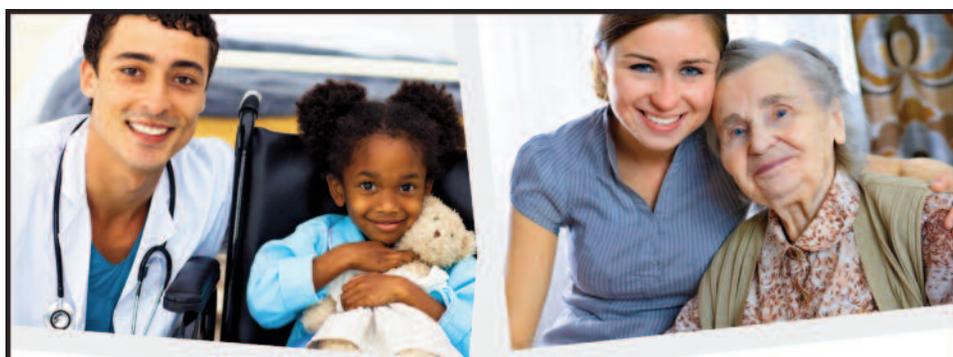
It affects teachers, judges, police officers, prison guards, Crown prosecutors and other public servants in what the government considers to be positions of authority.

"I didn't have a specific meeting since I became minister a few weeks ago, but I've had a few meetings with them in the last four years and a half," he said. "We didn't change our plans since then so I already did those consultations, but of course we will meet again and again. It's not over."

The CAQ government wants to do away with school boards, to replace them with service centres.

Provinces such as Prince Edward Island and Nova Scotia underwent school board reforms, but the French minority boards were left

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From Page 1 - Midterm elections

drug peddlers and users — despite international condemnation. The president himself was not running, but he had made his picks clear. Twelve Senate seats, 200 seats in the lower house and thousands of other positions were up for grabs.

Early unofficial results showed a landslide defeat for the opposition. Liberal candidates who ran on platforms of justice and inclusion lost to former police chief Ronald "Bato" Dela Rosa, who oversaw the drug war, and Imee Marcos, the daughter of deposed president Ferdinand Marcos. The two were among the senatorial candidates who received the most votes, and they will almost certainly be among 12 senators elected Monday.

Imee Marcos will be the second from her family in the legislature, after her brother Ferdinand Marcos Jr.

Another poll-topper is Bong Go, a former special assistant to the president who rose to viral fame as a meme after his selfies with world leaders. An independent investigative report found that Go spent more than 30 times his net worth on the campaign, and he has been accused of using government resources to his advantage.

The early results trickled out after a roughly seven-hour lag in tallying the votes by the Philippine Commission on Elections. While the elections were generally perceived to have proceeded without major issue, there were reports of vote-buying, faulty counting machines and at least 20 cases of election-related violence

From Page 1

Canada - US

The breakthrough was good news politically for an embattled Liberal government that is heading into a federal election in October and must win seats in vote-rich Ontario, where Conservative Premier Doug Ford has mounted a public campaign against the federal carbon tax.

Ford issued a statement, without naming Trudeau, that said he was "pleased" on behalf of his province's workers that the tariffs were coming off.

The deal is a foreign policy win for Trudeau, whose oversight of Canada's most important international relationship has been complicated by a bellicose American president unafraid of flinging personal insults, accusing a key neighbour of threatening national security and accusing Canadian farmers of taking advantage of unfair trading practices.

"We stayed strong because that's what workers were asking ... that's what Canadians were saying," Trudeau said. "These tariffs didn't make sense around national security. They were hurting Canadian consumers, Canadian workers, and American workers and American consumers.

"We did make the commitment to work with the United States on watching how the industry is evolving and making sure that we're not becoming victims of global pressures

Earlier polls had indicated that Duterte's allies would dominate the elections. The populist leader enjoys a roughly 80 percent approval rating, in sharp contrast to the international shock surrounding his rhetoric and policies, ranging from the drug war to his pivot toward China and away from the Philippines' long-term ally, the United States.

Human rights watchdogs estimate that the war on drugs has left at least 25,000 people dead, prompting the International Criminal Court to launch a preliminary inquiry into the killings.

The Senate was seen as the last institutional resistance to looming authoritarian rule. Administration allies dominate the House of Representatives, and a chief justice critical of Duterte was ousted last year.

The victory could mean the passage of key policies under Duterte that he was unable to realize during his first three years in office. Apart from lowering the minimum age of criminal liability to 12, these could include the reinstatement of the death penalty and a shift to federalism that would further empower the political dynasties in the countryside.

"What Duterte has done here is consolidate the political elite around him," said Tony La Viña, former dean of the Ateneo School of Government. "I would say that 99 percent of politicians in this country are behind Duterte."

Imee Marcos, whose father's reign was defined by brutality, corruption and excesses until his ouster in 1986, ran under the party of Sara Duterte, the daughter of the president and the mayor of Davao. The

on our steel industry."

Global Affairs Canada says the tariffs will be removed within two days, while Canada has also agreed to drop all of its retaliatory measures and legal actions against the U.S. at the World Trade Organization.

The deal prompted U.S. Vice-President Mike Pence to announce plans to meet with Trudeau in Ottawa May 30 in hopes of "advancing the U.S.-Mexico-Canada Agreement as swiftly as possible."

"This is WIN for all three nations," Pence tweeted.

Prior to speaking to journalists, Trudeau toured the Stelco facility and met workers to break the news directly to them first. He was joined by several cabinet ministers, including Freeland and Finance Minister Bill Morneau.

Word of the agreement began to trickle out Friday amid reports that U.S. negotiators had backed off long-standing demands for a hard limit on imports of Canadian steel and aluminum, part of an effort to keep cheap Chinese product out of the country.

Last May, Commerce Secretary Wilbur Ross said the tariffs were necessary to prevent a flood of cheap Chinese steel into the U.S. through its NAFTA partner countries, and conceded they were aimed at accelerating trade talks. Canada responded with dollar-for-dollar "countermeasures" on \$16 billion worth

Marcos family is believed to have stolen \$5 billion to \$10 billion from the state during its two-decade rule.

A U.S. court previously found Imee Marcos liable for the death of a college student who was tortured after he questioned her qualifications for a government position in 1977. She recently made headlines again after Princeton University officials denied her claim of having graduated there.

Another one of Duterte's top picks who triumphed in the elections was Francis Tolentino, his former political adviser.

The opposition was left out of the top 12 entirely. This leaves five senators from the Liberal Party in the upper house. One of them, Leila de Lima, has been detained on what critics say are trumped-up drug charges.

"The discourse on what we fought for during the campaign does not end with elections," Liberal Party President Francis Pangilinan said Tuesday. "[These] include China's encroachment on our territory and economy, extrajudicial killings ... and the loss of just salaries and work for our countrymen, as well as many other gut issues."

But La Viña said that "it's not as catastrophic as it seems," as midterms are typically won by the administration. He added that the opposition lost only two Senate seats — previously held by Bam Aquino and Antonio Trillanes, another vocal critic of Duterte. Trillanes was not seeking reelection.

[Philippines leaves International Criminal Court as Duterte probe is underway]

of American imports.

The Commerce Department said Friday the resolution was good news for American farmers who had been hit with retaliatory tariffs from Canada.

"We have a great relationship with Canada and the prime minister -- we have a great relationship, but they've been charging us extremely high tariffs," Trump said, adding that he hoped Congress would approve the new trade pact quickly now that the tariffs were removed.

For some, however, the scars will linger.

Bruce Heyman, former president Barack Obama's ambassador to Canada, said the decision is good news, but that Trump owes Canada an apology for the way it's been treated.

"He is like the arsonist who lights the fire, puts it out and declares some kind of victory ... like he's the saviour," Heyman said.

Trudeau offered a shout-out to Canadian unions for their support, and said it helped the government hold firm to U.S. demands that it submit to quotas before lifting the tariffs.

"Ending tariffs means Canadians can get back to work," Hassan Yussuf, the president of the Canadian Labour Congress, said on Twitter.

The Trudeau government branded the tariffs as illegal, absurd and insulting, warning that Canada

Except for former Senate president Koko Pimentel, who is in Duterte's party, most of the rest of the senators are independents. But a number had the president's endorsement.

Other winners include former senator Pia Cayetano, the sister of Duterte's 2016 vice presidential running mate, and Bong Revilla, a former actor. Revilla, who mounted his campaign amid corruption charges, has been ordered to return \$2.37 million to the national treasury.

Although some of the new senators are expected to kowtow to Duterte's policies, analysts say that a number of them will still vote in their personal interest.

"Duterte doesn't automatically have the votes for everything he wants," La Viña said.

But trouble may arise, he said, if the legislature is mobilized to unseat opposition figures such as de Lima or Vice President Leni Robredo, which would be easier to accomplish with Duterte's majority.

The massive hit for the president's critics reflects what analysts say is a public perception of the opposition as elitist. The Liberal Party fielded eight candidates, branded as the "Otso Diretso" or "Straight Eight."

But La Viña said the opposition politicians could have benefited from a broader alliance with independents and the left, rather than promoting their own party principles.

"The strategy is actually not to fight Duterte, but to fight for positive things," La Viña said. "You really cannot fight Duterte."

and Mexico would struggle to ratify new deal, which Trump has branded the United States-Mexico-Canada Agreement, or USMCA, with the levies still in place.

Ottawa has also been working to demonstrate to Washington that it has taken steps to stem the flow of cheaper Chinese metals into Canada. But Canada stood firm with the U.S. on one key, related point: it has steadfastly refused to agree to quotas or other limits on its exports to get the tariffs lifted.

The agreement says the U.S. and Canada will establish a process for monitoring steel and aluminum trade between them.

It says the two countries will consult if there's a surge of steel or aluminum imports "beyond historic volumes of trade over a period of time" and gives the countries the right to impose 25 per-cent duties on steel and 10-per cent on aluminum.

Toronto trade lawyer Lawrence Herman said it's too soon to predict whether Democrats in the U.S. House of Representatives will ratify the new North American trade pact.

"But it looks like some sense of sanity has prevailed in the White House at long last, helped along the way by huge pressure from the U.S. private sector that found these surcharges to be very hurtful."

Canada to remove rubbish from Philippines by end of June



Environmentalists stage a protest outside the Canadian Embassy in Manila [Bullit Marquez/AP Photo]

Announcement comes on the heels of a threat made by Philippine government to dump the waste into Canadian waters.

The Canadian government says it has hired a shipping company to finally remove truckloads of rotting rubbish shipped to the Philippines years ago.

Relations between the two countries have been deteriorating since a Canadian company sent scores of containers filled with household waste and electronic garbage to Philippine ports in 2013 and 2014.

The row escalated last week when the Philippines announced it was pulling its ambassador and consuls

from Canada, saying Ottawa had missed a May 15 deadline to take back the containers.

In a statement on Wednesday, Canadian Environment Minister Catherine McKenna said the government had awarded a contract to shipping giant Bollore Logistics Canada to bring back the rubbish.

"The company will begin preparation for shipping in the coming days. The removal will be complete by the end of June, as the waste must be safely treated to meet Canadian safety and health requirements," the statement added.

The rubbish is expected to be back in Canada by the end of summer.

Earlier on Wednesday, a spokesman for Rodrigo Duterte held a news conference to announce that the Philippine president had ordered officials to look for a private shipping company to transport the waste to Canadian territory.

As Canada rubbish festers in Philippines, activists demand action "If Canada will not accept their trash, we will leave the same within its territorial waters or 12 nautical miles out to sea from the baseline of any of their country's shores," Salvador Panelo said.

"The president's stance is as principled as it is uncompromising: The Philippines as an independent sovereign nation must not be treated as trash by other foreign nations."

Canadian Prime Minister Justin Trudeau said last week that Canada had been working hard with Philippine officials to resolve the problem and hoped to strike a resolution quickly, without, however, giving a time frame.

In 2017, Trudeau said legal issues preventing the return of the garbage to Canada had been resolved.

"This is a situation that is unacceptable and has gone on too long," Trudeau said on Wednesday. Canada is also looking at ways to hold the responsible parties to account. 'Irritant issue'

At least 103 containers of household trash, including plastic bottles and bags, newspapers and diapers, were shipped in batches from Canada to the Philippines from 2013 to 2014. Thirty-four were already dealt

with by Filipino authorities. Most of the other 69 containers are in two ports in the capital, Manila, and northern Subic Freeport, sparking protests from environmental activists.

Philippine officials say all the containers were falsely declared by a private firm as recyclable plastic scraps and asked Canada to take back the garbage.

"This has been quite an irritant for both sides," Al Jazeera's Jamela Alindogan, reporting from Manila, said.

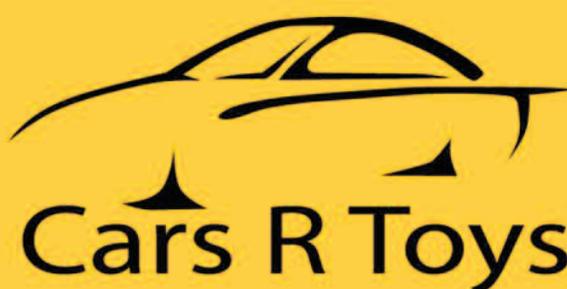
"With the new commitment of the Canadian government to resolve this issue, they hope that this tension between the two countries will be resolved soon as well."

Duterte raised the issue in a speech last month while officials from both countries were already discussing a resolution. The president said he was ready to "declare war" against Canada over the issue.

Canadian Foreign Minister Chrystia Freeland said she hoped her government's move would calm the matter.

"I think we have taken a big step with the announcement today and we are moving as quickly as we can, bearing in mind, you know, the need to take due care to get this resolved once and for all," she said on Wednesday.

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Opinyon/Komentaryo ni Willie Quiambao

ANG PAGPAPATAWAD SA MGA NANAKIT SA ATIN

Noong Mahal na Araw, narinig ko na naman ang salitang pagpapatawad sa mga taong nanakit sa atin - emosyonal o pisical. Madaling sabihin pero mahirap gawin. Ito ang dahilan kung bakit minsan ay sinasabi natin na nakapagpapatawad tayo pero hindi tayo nakalilimot (I can forgive but I can not forget.) Subalit may mga nagsasabi naman na puede tayong makapagpapatawad nang lubusan kahit anong bigat ang pananakit na nagawa sa atin ng isang tao. Nangyari ito sa America kay Mary Johnson. Ang kanyang 20 taong gulang na anak ay napatay ni Oshea Israel noong 1993. Sakit ng loob at poot ang bumalot sa kaniyang buong pagkatao. Dalawang taon pagkatapos ng paglilitis, naging aktibo si Johnson sa simbahan. Noong 2005, parang may nagtulak sa kaniya upang hilinging magkita sila ng pumatay sa kaniyang anak. Sinabi niyang pinatatawad niya na ito. "Nawala ang

bigat na dinadala ko sa aking dibbib nang patawarin ko siya,"sabi ni Johnson. "Noon ko naunawaan ang halaga ng pagpapatawad."

Nangyayari sa ating pang-araw-araw na buhay na may taong nakapananakit sa atin. Kung may dinadala tayong galit sa isang tao, makita lamang natin siya ay nasisira na ang ating araw. Upang maiwasan ang ganitong damdamin, palayain na natin ang sakit ng loob at poot na nag-aalab na poot sa taong nanakit sa atin. Ito lamang ang tanging paraan na makapagbibigay ng katahimikan at kapayapaan sa atin.

KAILANGANG MANGGALING SA PUSO ANG PAGSUSULAT

Minsan ay may nagtanong sa akin kung paano ako magsulat. Natawa ako at hindi ko kaagad nasagot ang nagtanong dahil may kaniya-kaniyang pamamaraan ang mga manunulat. Ang iba ay uupo na lamang sa komputer at doon mag-iisip kung ano ang isusulat. Sa paraang ito umaandar ang kanilang

utak. Ako naman ay nakapag-iisip nang mahusay kapag nakahiga na sa gabi. Gusto ko ay tahimik – walang nakikita, walang naririnig na ingay. Kung alam ko na ang aking isusulat, ibabalangkas (outline) ko na sa aking isip kung paano ito uumpisahan at tatapusin. Higit na madali sa akin iyon. Ginagamit ko rin ang natutuhan kong pamamaraan sa pagsulat na addition at subtraction, lalo na kung limitado ang bilang ng mga salitang gagamitin ko. Halimbawa, mula sa 500 o 750 salita lamang. Una, isusulat ko lahat ang nais kong sabihin. Ilang beses ko uling babasahin ito. Doon ako magdadagdag at magtatanggal ng mga impormasyon na kailangan sa aking isinusulat. Ang pagsusulat ay para ring pagmamaneho. Kailangang alam mo kung saan ka pupunta upang hindi ka maligaw. Kung walang direksyon ang sinusulat mo, maliligaw ang bumabasa. Ang higit na mahalaga, kailangang alam mo at nanggagaling sa iyong puso ang isinusulat mo.

ANG BUHAY NG TAO AY PARANG PANAHO

Pagkatapos ng mahaba, malamig at nakababagot na taglamig ay dumating din ang tagsibol noong Marso 20. Pebrero pa lamang ay iniisip ko na ang tagsibol. Gumagaan na ang aking pakiramdam tuwing iisipin ko ito. Maitatago ko na ang mga makakapal na gamit tulad ng winter jackets, boots at gloves. Mabubuksan ko na nang kaunti ang mga bintana upang makasagap nang sariwang hangin. Lumiliwanag na rin

sa hapon at humahaba na ang araw. Nakatutuwang makita na tumutubo na ang mga dahon sa puno at halaman na nalagas noong taglamig.

Maraming okasyon ang naiisip ko. Ilang araw pagkatapos ng St. Patrick Day parade sa Marso, ipagdiriwang ko ang aking kaarawan. Ang Mahal na Araw ay sa tagsibol din. Ang nakapagpapa-alaala sa akin sa Pilipinas kung tagsibol dito ay ang ulan. Naranasan kong maligo sa ulan noong bata pa ako. Naranasan ko ang lumubog ang aking mga paa at mabasa ang sapatos pagpasok sa eskuela at opisina dahil sa ulan. Hinihintay ko ring umulan upang maisuot ang mga spring jacket na ipinadadala ng aking mga kapatid mula sa Canada. Higit sa lahat, nakapagpapa-alaala rin sa akin kung tagsibol dito na ang buhay ng tao ay parang panahon. Lahat tayo ay nagsisimula sa pagsibol. Pagkatapos ay dumaraan sa tag-init, taglagas at taglamig.

SA HUNYO 15 ANG ARAW NG KALAYAAN

Gagawin ng Council of Canadian-Filipino Associations of Quebec ang Araw ng Kalayaan sa Sabado, Hunyo 15. Sa mga nais na magpa-book ng tents, tawagan kaagad si Dario Boco, 514-995-7612, James de la Paz, 514-762-9547, Gerry Danzil, 514-651-4288. Sa mga gustong ipamalas ang kanilang talento tulad sa pag-awit, pagtula pagsayaw, tawagan lamang mga pangalan sa itaas at si Willie, 514-336-7160.

GRANDEA WINS GOLD IN KARATE COMPETITION

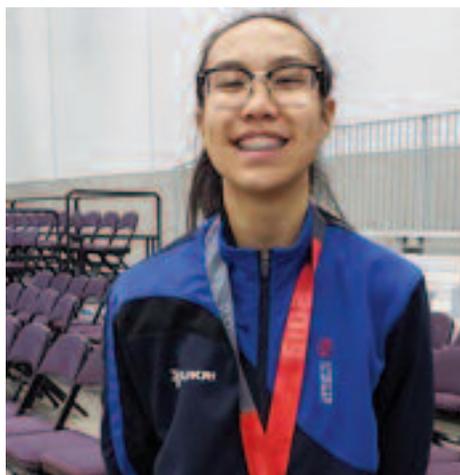
By W. G. QUIAMBAO

Angelia Louise Grandea, a grade 9 student at Ecole secondaire Saint-Luc and once a Personality of the Month in the North American Filipino Star, won a gold medal in this year's Karate Canada Junior National Championships. The competition was held on May 5 in Edmonton, Alberta. She has won medals, mostly gold, in competitions like Jeux de Montreal, Open International de Montreal, etc.

"The whole family, Grandea and Dumandan, is super proud of Angelia," said Ann, mother of Grandea. "We are grateful to Sensei Alexander and blessed to have him as her coach."

Four hundred forty three athletes participated in this year's junior nationals. There were 21 athletes in her division, (14-15 years old, Cadet – 47kg) . She won all her fights in the first elimination. In the second elimination, she waited for the final round before beating a girl from Toronto. The score was 5.3. After winning all her fights, she won a gold medal and became a national champion in the junior division

"Angelia pulled a hamstring during the first Team Quebec trainings when we arrived in Edmonton, Alberta," said Ann. "Thank God for two therapists of the Team Quebec who



Angelia Louise Grandea

treated her everyday. The competitions were from Friday May, 3 to Sunday, May 5. Angelia's fight was on the last day, May 5. She was able to recuperate, felt really focused and determined."

Angelia, who took karate at the age of 6 and started competing at the age of 10, will be attending the KC (Karate Canada) National Training Championships in Toronto from July 12 to July 14. She will be part of Team Canada that will be competing in Guayaquil, Ecuador in the Pan American Junior Championships from August 27 to August 31.

From Page 2 Federal elections

invited through Express Entry that year. In 2017, they lost their fourth and fifth place rankings to financial auditors and accountants and administrative assistants and dropped to 28th and 14th, respectively.

Conservatives

If the Conservatives win in October — CBC's Poll Tracker currently gives them a six-point lead over the Liberals — changes to Canada's immigration policy are possible.

While they have yet to provide a more extensive outline of their immigration platform, the Conservatives say they are for a "fair, orderly and compassionate" immigration system that would emphasize both an immigrant's ability to become self-sufficient and Canada's labour market needs.

"We would directly link the number and skills of people seeking to enter Canada for economic reasons to the needs of the Canadian economy," Conservative immigration critic Michelle Rempel told reporters earlier this month.

This emphasis on economic immigration was central to Conservative immigration policy when they governed Canada between 2006 and 2015 and resulted in their introduction of the Express Entry system in 2015.

The Conservatives have not said whether they would change the Express Entry CRS or the overall immigration targets set by the Liberals.

Rempel, however, has been critical of the Liberals' approach to setting the targets, which she compared

to an auction.

Rempel said immigration targets had to be rooted in policy and the product of a process.

NDP

Canada's third major political party, the NDP, is a left-of-centre party that is best known for spearheading the push for universal health care for all Canadians.

While the NDP has never formed the government, they could hold the balance of power in a minority government and thereby contribute to the shaping of immigration policy.

The NDP has yet to detail its approach to immigration policy, but the party's views on immigration typically emphasize compassion for immigrants and favourable positions on issues like family reunification.

Green Party

Though it only holds two seats in Canada's Parliament, recent electoral gains by the Green Party of Canada could make it a surprise contender in October.

The party's 16 policy priorities on immigration are predicated on the idea that Canada is "a just, fair, and open country" and the belief that new Canadians "are a source of incredible skills and potential for our country."

Among other policies, the Green Party says it would establish "realistic criteria for immigrants based on existing job opportunities for immigrants to Canada" and take action to "eliminate the valuation of foreign credentials for immigration purposes."

The Greens would also press

See Page 19 2019 Federal Elections

In celebration of Filipino Heritage, Part 3

Filipino is Our Philippine National Language: Historical and Legal Bases

By: Tony A. San Juan, OCT.

The official national language or "wikang pambansa" of the Philippines is Filipino, since 1987. Let me share the historical background, justification and legal bases for designating and using Filipino as the National Language of the Philippines.

As in other languages, the concept of the Filipino language has evolved over the years. The history of the Filipino language is also the history of our country and the Filipinos. As most historians and linguists have described, our national language is strongly traced to the history of colonization of the Philippines and the fight for "our independence and sovereignty". The Philippines, with more than 60 ethno linguistic groups from Batanes to Sulu, has had a great need to find a "common and unifying language" for the Filipino people.

In 1935, the American colonial government promulgated the first constitution that provided for a national language. Article XIV, Section 3 of the 1935 constitution states that: "Congress shall take steps toward the development and adoption of a common national language based on one of the existing native languages. Unless otherwise provided by law, English and Spanish shall continue as official languages".

By virtue of the 1935 constitution, the Institute of National Language (Surian ng Wikang Pambansa) was established in 1937. The Surian ng Wikang Pambansa made Tagalog the basis of the national language. The decision was made on the following reasons: "1) Tagalog is "widely spoken" and is "most understood" in all regions of the country; 2) it is not divided into smaller, separate languages as Visayan is; 3)

its literary tradition is the richest and the most developed and extensive;4) Tagalog has always been the language of Manila, the political and economic capital of the Philippines under both the Spanish and American rulers; 5) Tagalog is the language of the revolution and the Katipunan." This then resulted in the standardization of the language, a new orthography and guidelines for Tagalog grammar studied in schools. After 22 years, the Department of Education in 1959 issued a memorandum order for the teaching of a national language called Pilipino.

In Article XV, Section 3, No.1 of the 1973 constitution, known as the constitution of Martial Law and proclaimed by President Ferdinand Marcos on September 21, 1972, provides that: "The Constitution shall be officially promulgated in English and Pilipino, and translated into each dialect spoken by over fifty thousand people, and into Spanish and Arabic. Until otherwise provided by law, English and Pilipino shall be the official languages." Further, Section 3, No. 2 of the 1973 constitution recognized the future use of the term Filipino when it states that: " The National Assembly shall take steps towards the development and formal adoption of a common national language or lingua franca, known as Filipino." So the change of the term from Pilipino to Filipino.

The 1987 constitution, created under the revolutionary government of President Corazon Aquino, as provided in Article XIV, Section 6 states: "The national language of the Philippines is Filipino. As it evolves, it shall be further developed and enriched on the basis of existing Philippine and other languages." . The

revisions and adoption of the 3 constitutions brought changes and developments such as a language that would be more 1) accessible to the masses; changes in orthography,2) legislation in the interest of the national language,3) increased assertion of sovereignty,4) use of the national language in courts or in official documents. Also in 1987 teachers lobbied to "introduce more letters to the Filipino alphabet because this would signal the inclusion into Filipino of the letters of the country's other languages".

As a "developing language", Filipino has integrated more words from other languages and thus the Filipino vocabulary is constantly increasing. In many available dictionaries, newspapers, textbooks and literature and reading materials, Filipino users, readers, and speakers "find that many foreign words, especially in Spanish and English, have been integrated into the Filipino language". This is because the Philippines has a long history of Spanish and American colonization and influences which resulted in the adoption and usage of new words in the Filipino vocabulary, print and broadcast media. Language is dynamic and evolutionary, and through time like words in mathematics, social studies, science and technology disciplines are "used in their original form or adapted into the Filipino language".

The modern Filipino alphabet(makabagong alpabetong Filipino), is

the alphabet of the Filipino language, the official national language and one of the two official languages of the Philippines. The modern Filipino alphabet is made up of 28 letters, which includes the entire 26-letter set a,b,c,d,e,f,g,h,i,j,k,l,m,n,o,p,q,r,s,t,u,v,w,x,y,z) of the ISO basic Latin alphabet, and the Spanish N and the Ng digraph of Tagalog . It replaced the 20 Pilipino alphabet-abakada(a,b,k,d,e,g,h,i,l,m,n,n,ng,o,r,s ,t,u,w,y) of the Fourth Republic.

In 2013, the Komisyon sa Wikang Filipino(KWF) released the Ortograpiyang Pambansa ("National Orthography"), a new set of guidelines that resolved phonemic representation problems previously encountered when writing some Philippine languages and dialects. Thus, Filipino is officially taken to be a pluricentric language, as it is further enriched and developed by the other existing Philippine languages and many foreign-derived terms (Spanish, English, Japanese, Chinese, Indian and others), called "adapted or loaned" Filipino words.

Officially, just like Spanish for the Spanish people, English for the English people and French for the French people, the word Filipino refers both to the people and to the national language of the Philippines and Tagalog, is the main language on which Filipino was based. Let us all celebrate and be proud of progressively and meaningfully using and speaking Filipino !
(Tony A. San Juan).

Using the "Filipino Heritage Month" Logo to Celebrate Filipino Heritage in Canada



By: Tony A. San Juan, OCT.

The Filipino Heritage Month Council-FHMC , a non-profit, volunteer-run, heritage- focused association of Filipino Canadians formed in April 2018, aims to help promote, propagate and preserve Filipino heritage, history, language, art and culture in Canada, through education, information, research, networking and communication initiatives. It is proud at this point to announce the

reintroduction of the use of its official logo to commemorate the inaugural celebration of "Filipino Heritage Month" across Canada beginning June 2019 and thereafter, as proclaimed by Canada's House of Commons on October 22, 2018.

The "Filipino Heritage Month" emblem, shown here, is owned by the Filipino Heritage Month Council-FHMC. It was designed by Filipino Canadian Joy Panjaitan in May 2018 after a competition organized by the FHMC in cooperation with Rise Tribe, a "visionary organization for a new generation of Filipino Canadians." J. Panjaitan received a cash prize donated by ABS-CBN The Filipino Channel led by its marketing head Rosary Escano.

Descriptively, the Filipino Heritage Month logo features "a stylized sun in the centre, with its rays in the shape of people representing the growing Filipino community in Canada."

IN MEMORIAM



**Remedios "Natay" Ramos
June 3, 1938-February 15, 2019**

Remedios (Natay) Ramos passed away on February 15, 2019 at her hometown in Imus, Cavite, Philippines. Prayers for the repose of her soul were held in Montreal with family and friends.

We wish to thank everyone who gave support and donation during the 9 days & 40th day of prayers.



A compilation of educational research, useful tips, advice on personal and professional development strategies by Zenaida Ferry-Kharroubi

Comparing Canada and the U.S. on Education

By Ben Levin

Most Canadians were very surprised when the OECD PISA studies ranked us among the best performing education systems in the world - and many Canadian probably still do not believe these results. Yet for four rounds now, Canada has been among the top performing countries, and also one with smaller than average gaps between high and low performing students.

Canada has many similarities to the U.S. in education. We have virtually no federal government presence in schooling; the 10 provinces and three territories run the systems. We also have a system of local districts with elected boards, as in the U.S., that developed as the country was settled by European arrivals. Many Canadian schools, especially in our cities, are very diverse; in Toronto, where I live, about 50% of the population was born outside of Canada, from all parts of the world. In western Canada, more than 10% of students are Aboriginal. Yet, Canada has consistently been a high performing country on international assessments of student performance. Compared to the U.S., the main difference is that Canada has a much smaller proportion of low performing students; performance at the top end of the distribution is quite similar.

Of course, one can never be sure about the reasons for those differences. Each country has a unique combination of culture, history and institutional structures, both within and outside education, and one can never be sure which results arise from which

differences. But some important differences in education between Canada and the U.S. include:

Better trained teachers, reasonably well paid, with good job security and unionization. It's hard to get into teaching in Canada, but our teachers are generally respected and treated well;

A strong commitment across the country to equity for all population groups (though there are still large achievement gaps in Canada, they are smaller than in most other countries); Better basic services for all students and families, such as health care and social services generally;

Much smaller differences in funding levels from one district to another, and generally more spending in higher need communities; Much consistency across schools and districts in curriculum and teaching methods.

It is this kind of examination that prompted the article with my colleagues Bob Schwartz and Adam Gamoran. We do not advocate the unilateral adoption of policies from one place into another, but we do advocate careful attention to what has worked in other places to see what can be learned. The United States has a great tradition of universal and effective public education. It is one of the institutions that made the country great and supported the social mobility that brought so many people to the U.S. from other parts of the world. In my view, those traditions and practices still have value and can still form the basis for a powerfully effective education system that serves all children and

young people well.

What are some of the outstanding features of education in the United States that should be supported and made more common?

Ben Levin holds a Canada Research Chair in Education Policy and Leadership at the Ontario Institute for Studies in Education. He is also a former deputy minister of education for the provinces of Manitoba and Ontario, Canada.

How Canada became an education superpower

By Sean Coughlan

Education correspondent

When there are debates about the world's top performing education systems, the names that usually get mentioned are the Asian powerhouses such as Singapore and South Korea or the Nordic know-alls, such as Finland or Norway.

But with much less recognition, Canada has climbed into the top tier of international rankings.

In the most recent round of international PISA tests, Canada was one of a handful of countries to appear in the top 10 for maths, science and reading.

The tests, run by the Organisation for Economic Co-operation and Development (OECD), are a major study of educational performance and show Canada's teenagers as among the best educated in the world.

They are far ahead of geographical neighbours such as the US and European countries with strong cultural ties like the UK and France.

At university level, Canada has the world's highest proportion of working-age adults who have been through higher education - 55% compared with an average in OECD countries of 35%.

Migrant students

Canada's success in school tests is also very unusual compared with other international trends.

The top performers are often cohesive, compact societies and the current highest achiever, Singapore, has been seen as a model of systematic progress, with each part of the education system integrated into an overarching national strategy.

Canada does not even really have a national education system, it is based on autonomous provinces and it is hard to think of a bigger contrast between a city state such as Singapore and a sprawling land mass such as Canada.

The OECD, trying to understand Canada's success in education, described the role of the federal government as "limited and sometimes non-existent".

Also not widely recognised is that Canada has a high level of migrants in its school population.

More than a third of young adults in Canada are from families where both parents are from another country.

But the children of newly-arrived, migrant families seem to integrate rapidly enough to perform at the same high level as their classmates.

When the most recent PISA

rankings are looked at more closely, at regional rather than national level, the results for Canada are even more remarkable.

If Canadian provinces entered PISA tests as separate countries, three of them, Alberta, British Columbia and Quebec, would be in the top five places for science in the world, alongside Singapore and Japan and above the likes of Finland and Hong Kong.

So how has Canada overtaken so many other countries in education?

Andreas Schleicher, the OECD's education director, says Canada's "big unifying theme is equity".

Despite the different policies in individual provinces, there is a common commitment to an equal chance in school.

He says there is a strong sense of fairness and equal access - and this is seen in the high academic performance of migrant children.

Trump's biggest fans? Canadian universities

By Sean Coughlan

Education correspondent

Canadian universities are seeing a surge in applications from overseas students, with the country's liberal, migrant-friendly image appearing to be an important attraction.

Students who might once have headed for the United States now seem to be reconsidering and seeing Canada as a North American alternative.

The University of Toronto, one of Canada's top-ranked universities, has seen interest rising sharply, including a 57% increase in applications from India.

This interest has converted into acceptances, says the university - with an overall 20% increase in overseas students accepting places for the autumn.

Wilfrid Laurier University says it has had a 32% increase in overseas students and McMaster University has seen an annual rise of 33%.

This is a valuable market, with overseas students bringing in tuition fees and local spending power. A study last week suggested that overseas students were worth \$36bn (£28bn) per year to the US economy.

Tolerant image

But Canadian universities are seizing an opportunity from the Trump administration in the US and the Brexit vote in the UK to present themselves as a more outward-looking alternative.

There are more than 350,000 overseas students already in Canada, with research from the Canadian Bureau for International Education suggesting that the image of a "tolerant and non-discriminatory society" is a major attraction.

Perception is a powerful force in this market and Canadian universities are contrasting their warmer welcome to international students with the tough messages on immigration being transmitted by the Trump administration.

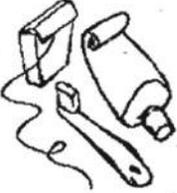
The University of Montreal has set up its own travel fund for its

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Canadian universities are promising overseas students a warmer welcome than the US

international students who would once have attended conferences in the US, but now face difficulties getting into the country.

An Iranian student who says he spent two hours being "interrogated" at a US airport was among those who would be funded to go to conferences elsewhere.

International cities

Professor Ted Sargent, responsible for the University of Toronto's international outreach, says the response of overseas students to such changes in the US has been to "go back to first principles".

on south of our border.

"The US political climate might indeed be one reason why more students are choosing to come to Montreal and Canada generally."

The idea of an "open and welcoming city" has a strong appeal to students coming to Montreal, she says.

"They can have a North American study experience here, in a safe environment."

Best student city

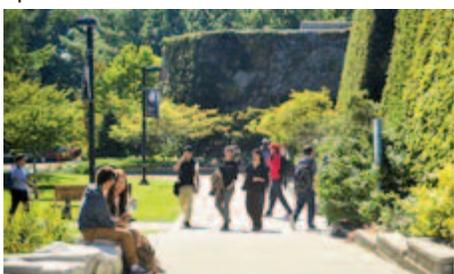
This year saw Montreal getting top place in the QS Best Student Cities rankings, replacing Paris which had been in first place for the four previous



The University of Toronto has promoted a more inclusive image

"Events in the US and the UK have reverberated around the world," he says. "It makes people go back and think again."

Canada can offer top-ranked universities, he says, but the country is also sending a "message about being open to the world".



Canada is challenging the traditional student destinations of the US and the UK

Prof Sargent says that half of the population of Toronto is non-Canadian born and that Canada's strategy has been to "attract the brightest and the best" from around the world.

A spokeswoman for the University of Montreal says: "Of course, it is also difficult to ignore what is going

years.

Among the measures were Montreal's access to employers, safety, pollution, desirability for student life and sense of tolerance.

Another advantage for this part of Canada is that it can offer courses in both English and French.

There is also a rising stream of US students heading to Canada.

Apart from any political considerations, those heading over the border will also be attracted by tuition fees, which can be cheaper for US students than studying at home, even at overseas student rates.

But the US university system remains a powerful magnet for overseas students, with numbers rising to more than a million students last year, with almost 330,000 from China alone.

This annual increase, up by about 7% in 2016, was valued as being worth another £3bn to the US economy.

Liberals ask news groups to name panel to decide eligibility for journalism aid



THE CANADIAN PRESS May 22, 2019

The eight associations include News Media Canada, the Association de la presse francophone, the Quebec Community Newspaper Association, the National Ethnic Press and Media Council of Canada, the Canadian Association of Journalists, the Federation professionnelle des journalistes du Quebec, Unifor and the Federation nationale des communications.

The plan has drawn criticism amid questions over how the process will fairly determine which news organizations should qualify for the support.

The Opposition Conservatives have attacked the Liberals over the measures, accusing them of using taxpayer money to buy off the news media in advance of the October election.

The Liberals have defended their plan, insisting a strong and independent news media is vital to a

well-functioning democracy.

In a statement, Heritage Minister Pablo Rodriguez said the government is creating the independent panel of experts to make recommendations on the eligibility criteria for the tax measures as a way to make sure the rules are efficient, transparent and fair.

The government has said the money will be directed at journalistic organizations primarily involved in the production of original news, with an emphasis on coverage of democratic institutions and processes.

The support will come in the form of a refundable tax credit for news organizations, a non-refundable tax credit for subscribers to Canadian digital news and access to charitable tax incentives for not-for-profit journalism.

The government said the panel will be created next month and is expected to deliver its recommendations to Rodriguez in July.

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ADDRESS: 6999 Cote des Neiges, new location of the First Filipino Baptist Church of Montreal (adjacent to MAXI and Eco Centre)

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Limited spaces, registration on going until all spots are filled.

For more info or to register, call Ailyn at 514-375-5914 / 514-802-5162

A community service project of the FFBCM in collaboration with Crosstalk Ministries

THE NORTH AMERICAN FILIPINO STAR

Montreal, Quebec, Canada

Photo Gallery

**A look back over the 30-year history of
Gilmore College International
(Reminiscences by its founder, Zenaida Ferry-Kharroubi)
in preparation for the 30th year of its foundation
on November 2, 2019**



First gala celebration of the 3rd anniversary, October 18, 1992 at the Victoria Hall, Sherbrooke West, Westmount, Quebec. Anniversary program host was the late TV Pinoy producer, Nestor Ambas.



Eighth anniversary and graduation ceremony, October 27, 1997, at the Philippine Village Restaurant (a Filipino owned restaurant) on Van Horne.



Tenth anniversary celebration and graduation, Queen Elizabeth Hotel, Oct. 29, 1999, with Ambassador Francisco Benedicto (Photo by John "Martinez" Cseh)



A.E.C. students and teachers at the second building location of Gilmore Business Institute (original name) on 5149 Decarie Boulevard, Montreal QC.



Twentieth anniversary & graduation at the Hyatt Regency Hotel, Jeanne Mance Ave., Montreal, QC October 2009, with Ambassador Jose Brillantes.



Twenty-fifth anniversary masquerade ball held at the Hellenic Community Center on Wilderton Avenue, Montreal, November 1, 2014.



GRAND CHAMPION in the Karate Canada Junior National Championships is **Angelia Louise Granda** (standing on the middle platform), a grade 9 student at **Ecole secondaire Saint-Luc** and once a **Personality of the Month** in the **North American Filipino Star**. The competition was held on **May 3-5** in **Edmonton, Alberta**. (See story on page 6 by **W. Quiambao**).



Triple celebration - **26th anniversary of Gilmore College International** and **inauguration of new campus location**, and **2nd anniversary of Filcan TV Productions (Mabuhay Montreal TV)**, **October 24, 2015**, on **7159 Cote des Neiges cor. Jean Talon West, Montreal**, with **guest of honor, MP Anthony Housefather**.



Cutting the silver anniversary cake with **Mercy Sia, Raquel Idio, Vilma Kelly, Remedios Monteagudo** and **Eric Esplana**, **November 1, 2014** at the **Hellenic Community Center, Wilderton Ave., Montreal**.



Cutting the anniversary cake donated by **Brittany Hunter**, courtesy of **Jovy Narvas**. Photo taken by **Derek Neal**, **October __ 2015**.

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MEMORIAL

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Crispy Chilli Beef

Ingredients

400g thinly sliced beef steaks
1 chilli chopped finely
2 cloves garlic finely chopped
2 tablespoons cornflour
1 head of broccoli chopped up
5 spring onions sliced lengthways
1 teaspoon ground ginger
5 tablespoons soy sauce mixed

Method

Toss the meat in the cornflour until it's evenly coated and then fry off and seal in a very hot wok sprayed with frylite. Set the meat aside and then put the garlic and chilli in the wok making sure to scrape all the meat bits and mix well. Add the spring onions and broccoli and then the soya sauce until it starts to bubble. Stir in the beef and cook for a further ten minutes.



Sesame Chicken

Ingredients

for the chicken:
1 lb boneless skinless chicken thighs cut into bite size pieces
1 large egg
3 tablespoons cornstarch
1/2 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons olive oil divided
for the sauce:
1/2 cup low-sodium soy sauce
2 tablespoons rice or apple cider vinegar
3/4 teaspoon sesame oil
1 tablespoon cornstarch
3 tablespoons packed brown sugar
1 teaspoon minced garlic
1/4 teaspoon ground ginger
2 teaspoons sesame seeds
1/2 cup of water or chicken stock to serve:

rice

steamed vegetables like broccoli, snap peas, carrots, baby corn
US Customary - Metric
Instructions

In a small bowl, whisk together all ingredients for the sauce. Set aside. Cook rice and steam vegetables. Set aside.

In a small bowl, whisk egg with cornstarch, salt and pepper. Add chicken pieces to the batter and stir well. In a large skillet, heat up 1 tablespoons of olive oil. Place chicken, piece by piece, in pan and cook on all sides until the batter is golden and slightly brown. It's easier to cook the chicken in two batches, using 1 tablespoon of oil each time.

Once the chicken is done, pour sauce mixture over it and simmer on medium low heat until the sauce thickens. Remove from heat.

Serve chicken over rice with a side of steamed vegetables



Pork Bolabola with Misua

Ingredients

3 ounces misua
1 Knorr Pork cube
1 medium patola sliced
1/2 cup chopped scallion
4 cloves garlic crushed
1 medium yellow onion minced
1/4 teaspoon ground black pepper
2 tablespoons patis fish sauce
6 to 8 cups water
3 tablespoons cooking oil
Meatball ingredients:

1 lb. ground pork
1 egg
1 medium yellow onion minced
6 tablespoons all-purpose flour
1 teaspoon salt
1/4 teaspoon ground black pepper

Instructions

Prepare the meatballs by combining all meatball ingredients in a bowl. Mix well. Scoop 1 1/2 tablespoons of the mixture and form into a ball. Perform this step until the mixture is completely consumed. Set aside.

Heat oil in a cooking pot. Once the oil becomes hot, pan fry the meatballs until the outer part turns light brown. Note: the meatballs do not need to be cooked completely at this point.

Remove the meatballs from the pot. Set aside.

Using the remaining oil, saute garlic until golden brown. Add onion. Continue to cook until the onion softens. Pour water. Let boil. Add the pan-fried meatballs back.

Add Knorr Pork Cube. Stir. Cover the pot and cook in medium heat for 15 minutes.

Add misua and patola. Cover and cook for 5 minutes.

Season with patis and ground black pepper. Stir.

Add scallions. Transfer to a serving bowl. Serve. Share and enjoy!

Your health matters

Carbohydrate rich diets lower inflammation in the body



Chronic inflammation is associated with elevated risk of heart disease and many other health problems. In fact research suggests that chronic inflammation may be the common factor in many degenerative diseases.

A study published in 2007 evaluated the effects of carbohydrates on inflammation in the body.

Inflammation is obvious with problems such as arthritis and rheumatism. However people who do not suffer from overt inflammatory conditions can still have systemic low-grade internal inflammation.

In the study they evaluated 2 types of weight loss diets for their impact on inflammation:

A Low carbohydrate-High fat diet vs a High carbohydrate-Low fat diet. Although the carbohydrate content differed, both diets were similar in caloric content.

Twenty-nine obese women were randomly assigned to one of these diets for 4 weeks. Body weight and C-reactive protein, a key marker for inflammation were measured weekly. It was observed that the Low Carb group lost more weight ~8 pounds vs ~6 pounds over the four weeks. However, the marker for inflammation increased by 25% in the Low Carb group while it decreased by a whopping 43% in the High Carb group.

It was concluded that diet composition has an important influence on C-reactive protein (CRP). The Low Carb diet significantly increased serum CRP which suggests that it significantly increased inflammation in the body. Whereas the High Carb diet greatly reduced CRP suggesting that inflammation in the body was also greatly reduced. Diet is not the only factor that

influences C-reactive protein. Infection, smoking, obesity and aging all increase C-reactive protein. As stated previously CRP is also an indicator of cardiovascular disease risk. The reason why CRP is an indicator of cardiovascular disease is because atherosclerosis, cholesterol inside the blood vessel wall, is associated with inflammation.

People with atherosclerosis are observed to have higher levels of CRP. These CRP levels indicate the presence of low-grade inflammation in the blood vessels.

The fact that carbohydrates can reduce inflammation implies that they help protect against heart disease and many other chronic diseases. Currently low carbohydrate diets are very popular for their rapid weight loss results. This study has also confirmed that low carbohydrate diets result in a higher rate of weight loss. However the High Carbohydrate diet also resulted in significant weight loss and without any observed negative side effects. To put it simply, low carb diets provide a higher rate of weight loss but at the expense of increasing inflammation in the body and increasing your risk for many health problems.

On the other hand, carbohydrate rich diets provide a good rate of weight loss while decreasing inflammation in the body and lowering your risk for many health problems.

It should also be noted that those who adhere to low carb diets tend to regain weight faster. In fact, they often regain more weight than they lost, hence the yo-yo syndrome.

If getting healthier is the objective, the choice is obvious. Losing weight faster

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Carbohydrate rich diets
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Social Tidbits

Fely Rosales Cariño

On Easter Sunday, April 21, 2019, many Filipinos gathered at 615 Rue Sainte Croix Avenue in St. Laurent to celebrate the inauguration of Christ Commission Fellowship (CCF) Montreal. Formerly known as Living Waters International Fellowship, CCF Montreal's stated mission is to make Christ-committed followers who will make Christ-committed followers! Easy enough to remember! This is to obey Jesus' command in Matthew 28:19 which say, "Go therefore and make disciples of all nations." Benji Lopez of CCF Vancouver was on hand to witness Pastor Rene Saquing sign the covenant that recognizes CCF Montreal formally joining CCF Canada. Guest Speaker was Pastor Bong Saquing, Pastor Rene's brother. The main message was about a 'Reboot', but not just to re-start one's walk with God. It's more about being willing to be honest before God and be used by Him, to know His purpose for our lives, and to seek to become better for His glory. Pastor Bong cited some interesting quotes. This one is by Blaise Pascal: "There is a God-shaped vacuum in the heart of each man which cannot be satisfied by any created thing but only by God the Creator, made known through Jesus Christ." Another quote is from GK Chesterton, an English philosopher and lay theologian who is also known as the 'prince of paradox': The Christian ideal has not been tried and found wanting. It has been found difficult; and left untried. Still by Chesterton is this shocking quote: Every man who visits a prostitute is looking for God. How about that? CCF Montreal makes their home in St. Michael and All Angel's Church on 15556 Rue Cabot, Pierrefonds. Sunday Services are from 2:30-5pm. Please visit and prepare to be challenged!

Climate change is upon us whether we like it or not. And there on TV was Filipino Association of Montreal and Suburbs (FAMAS) President Cesar Manuel and his friends on hand to help in sandbagging efforts in Ile Bizzard

and in Pierrefonds, where the latest flooding occurred. I also heard that Svetlana Suarez and friends were there to help and cheer them up. If only more able-bodied Filipinos thought of volunteering . . . if only...!

Last October 30, 2018, the Government of Canada adopted Motion M-155 which declared June to be Filipino Heritage Month (FHM) in Canada. This was initiated by Selma Sahid, MP of Scarborough, Ontario and Councilors Marvin Rotrand and Lionel Perez. Elected Chairman Alfonso Abdon is trying to contact all Filipino organizations in Montreal and suburbs to join in the festivities to celebrate the granting of the first ever FHM, whose launching will take place on June 2, 2019 at 6767 Cote des Neiges, Montreal from 2pm-5pm. The usual Philippine Independence Day will be celebrated on June 15, 2019 starting with a parade of floats of different organizations around the Mackenzie King Park. It will be a full day of festivities showcasing our Philippine culture. Councilors Marvin Rotrand and Lionel Perez are in full support of our festivities. A bilingual invitation was extended to all of us. Please, let's not disappoint them! The different Filipino restaurants will be there for sure.

It is in this context that officers and auxiliary members of the FHM went to Ottawa to pay respect to and recognize Selma Sahid's initiative. The delegation was led by Alfonso Abdon, Dolly Belandrez, Minda Mozzone, Rebecca Aguilar, Elma Berkbick, Valent Lloyd Hughes, Bert Abiera, Norberto Mandin, Jonathan, Jennifer Perignon, and yours truly. Expected guests during our Independence Day are officers of the Embassy of the Philippines, members of Parliament, members of the National Assembly, city councilors, other dignitaries, leaders of the Filipino community, and the Filipino community at large.

My sincere apologies to the Knights of Rizal's (KOR's) first lady Claire Boco who I failed to

acknowledge during the KOR party at 6767 Cotes des Neiges recently! May I also take this opportunity to say that let us focus on the positive aspects of the efforts of our community leaders. One such community leader is Sir James de la Paz, who has done (and is still doing) a world of good for our community! The name James de la Paz is well known in the Filipino community.

The Mrs. Philippines Montreal 2019 held its first competition last May 11 at Cote St Luc High School auditorium, Westhill, Montreal. This project's objective is to help underprivileged youth in the Philippines. This evening showcased the candidates' talent as each came out in her choice of gown. Candidate No.1 was Veronica Mayestraolo from Batangas, with Marc Cortez as pageant coach. She entered the pageant to show the many worthwhile things she can do such as dancing, workouts, and drawing. She challenged herself and discovered that, in her daily endeavor of active socialization, beauty also comes from within. Candidate No.2 Melanie Lobschoy Polo from Kalinga, Apayao, with Alfonso Tena as pageant coach. She is very athletic! To keep herself fit, she gets involved in marathons. She has participated in a 5-km women's marathon, Canadian Army Marathon and Mont Royal Marathon. Candidate No. 3 was Mary Joy Balgos from Iloilo, with Adiva Ross Estinozo as pageant coach. At 5 years old, she already dreamt to be in a beauty contest. So when she heard of this contest, she gladly joined in. Mary Joy is into arts and crafts and in her spare time she likes to read books and watch movies. She is also a good chess player. Candidate No.4 was Genie Fiesta from Ifugao, with Joseph Padua as pageant coach. Genie's daughter, Kathleen Parissa Fiesta Pedram winning the Munting Mutya ng Pilipinas-Montreal in 2015 surely inspired her to join! Genie's love of animals inspired her to put up her pet grooming shop. Candidate No.5 was Brenda Arota from Davao City. Also since 5 years old, she envisioned the thrill of being in a beauty contest. Brenda has many talents: singing, dancing, cooking, gardening, skiing ...etc.

Finally, the awards were: Mrs. Charity (Genie Fiesta), Mrs. Popularity & Mrs. Friendship (Veronica Majestrolo), Mrs. Photogenic (Melanie Lobschoy), Best in Talent & Best in Filipiniana (Brenda Arota), and Best in Interview (Mary Joy Balgos). At the end of the evening, Genie Fiesta was Mrs. Manila, Veronica Majestrolo was Mrs. Mindanao, Brenda Arota was Mrs.

Visayas, and Mary Joy Balgos was Mrs. Luzon. And now, (drum roll please), the title of the first Mrs. Philippines Montreal 2019 was awarded to Melanie Lobschoy Polo! Congratulations!

About the judges. The judges were chosen not only because of their educational qualifications but also for their penchant for music, rhythm, grace, and an eye for beauty. They are all professionals in their own way. Judge No.1 was Rytchel Andre from Haiti, who plays many musical instruments. Judge No.2 was Carole Heather Brown from Port of Spain, Trinidad and Tobago, a ballroom dance instructor. She has been the choreographer for the Austrian Viennese Ball of Montreal. Judge No.3 was Montreal's own Elvira Maximo. A retired surgical nurse, she has been in the thick of Filipino organizations of Montreal. She is the past president of the Samahang Makabayan and past president of the Kababaihang Rizalista. Judge No.4 was Liussa Kilami from Iran and Germany. In spite of her health issues (multiple sclerosis), her tough and resilient character helped her survive life's difficulties and now sits as the Vice-President of Hochelaga's Liberal Party of Canada. The judges are an inspiration as well! Judge No.5 was Garen Simonyan, a real estate broker who remains an active member in a variety of organizations including FAMAS and Dans la Rue, an organization that assists homeless youth and youths at risk.

As I've said again and again, no one can pull off as big a production such as this. A lot of credit goes to Svetlana, who produced a show as natural as the beautiful candidates. She was assisted by none other than a tested community leader in the person of Josefa Nicolas. Enthusiasm, drive, and persistence are traits that belong to both. Hope for more pageants like this in the coming years. Ipang's closing remarks was short and sweet, well-written and well-delivered. I must also salute Councilor Marvin Rotrand for his praise and encouragement to the contestants. No Filipino program is complete without Marvin's speech – this time, very short and very sweet too. And singers Thea Cruz and Adiva Estinozo performed the national anthems. In closing, nobody should forget the Emcee for the evening for delivering so well, even controlling the crowd who shouted out their preferences and drowned out what was going on! Well done, Mark Simbulan !!!

Till the next issue and God Bless!

From Page Quebec Education intact

When pressed by reporters as to whether he would consider keeping following their lead, Roberge said no.

"It is not our project to do what they've done," he said. "We think we can improve both systems, the anglophone system and the French. It is not a good idea to improve only the francophone system."



Russell Copeman
Executive Director, QESBA



Education Minister Jean-François Roberge

As to arguments the move is unconstitutional, Roberge begged to differ.

"In the constitution it is written the anglophone minority has the right to receive their education in English and parents of the anglophone community have the right to control the anglophone education system," he said. "They will keep this control and we will respect the constitution."

FILIPINO STAR

SHOWBIZ GOSSIP

Auditioning to see stars, big break at 30: Jodi Sta. Maria looks back on early showbiz days - by Cody Cepeda



Jodi Sta. Maria

Actress Jodi Sta. Maria said it was her desire to see actors in real life that motivated her to audition for roles in the

makakita ng artista — nangyari nga. Nakatrabaho ko pa sila (My motivation to audition was to see artists —



first place. Except, she got more than she bargained for, as she did not just see actors, but ended up working with some of them.

“Naging motivation ko para mag-audition ay ang

and it happened. I even ended up working with them),” Sta. Maria said via Instagram on May 18. “There are no shortcuts to being successful.”

Sta. Maria looked back on her early days in show

business and remembered how the many struggles she faced left her feeling unworthy. “But always remember this: Life won’t always give you the best case scenario. Everything you experience is preparing you to set better and bigger goals for yourself.” She also said it is never too late for one to dream, sharing to her fans how she only got her big break at 30 years old.

“I’m a mom of a 13 y/o, who got her big break at 30, now studying Psychology at 36...” she said. “And who knows what I’ll be doing in my 40s or 50s?”

Sta. Maria added that a person can wear themselves out with many undertakings, but it would all be for naught if the Lord is not at the center of what they do. In the end, she encouraged her fans to keep the hope alive.

“Don’t lose hope,” she said. “We are all students of life and we never stop learning.” ■

Anne Curtis reiterates stand against lowering age of criminal liability



Making the most out of her massive online reach, Anne Curtis once again made a stand against the proposal to lower the minimum age of criminal liability.

Addressing her 11.7 million Instagram followers, Curtis stressed that children who end up causing trouble “are victims of their circumstance and are still young enough to change their ways.”

The “It’s Showtime” host and UNICEF Goodwill Ambassador said she instead supports the full and proper implementation of the Juvenile Justice and Welfare Act.

“Instead of being penalized, they should have access to proper rehabilitation – where they can be properly cared for to understand what they may have done wrong, learn to change their ways, and be given a second chance at life,” Curtis said in her post, which showed her wearing a shirt that says “children not criminals.”

“I stand with UNICEF as they call on the government to work with child rights defenders and strengthen the juvenile justice system for the sake of all Filipino children.”

Curtis made the statement on Wednesday, noting that the debate on lowering the age of criminal liability is up for talks in the Senate.

Last January, the actress spoke at length about why she opposes the planned amendment. ■

Andi Eigenmann calls attention to the side of Siargao most people don't see



Andi Eigenmann

When Andi Eigenmann revealed she decided to give up the city life and make Siargao her home, you can bet that there were a lot of people who wished that they could do the same.

Who wouldn't want to live on what has been dubbed as one of the best islands in the world, a "paradise" mainly renowned for its idyllic surfing spots and magnificent white-sand beaches?

But taking off her rose tinted glasses for a second, Eigenmann put the focus on the side of the island "you don't see."

She shared on Instagram

Stories this past week a concerning photo showing the heaps of trash stockpiled in the island's back roads.

The photo was taken by Rafael Nogalo, a Siargao local and surf instructor. Nogalo said that the mismanaged garbage is causing "irreversible damage to our beloved island home."

Improper waste disposal has been a problem of many of the country's island destinations, the lack of preparation for the influx of tourists being the main culprit.

Last year, Boracay was



A screenshot taken by Cosmopolitan Philippines of an image Andi Eigenmann shared on Instagram Stories highlighting the trash problem in the island.

closed down for 6 months by the waste problem. ■ national government to fix its

Matteo Guidicelli shares Sarah Geronimo's reaction over his army enlistment



Kapamilya actor Matteo Guidicelli revealed the reaction of his parents and girlfriend Sarah Geronimo upon learning that he joined the Armed Forces of the Philippines as a reservist.

In his speech during the recent closing ceremony of the National Cadet Corps of the Philippines Summer Encampment Training under the Junior High School Commandants Association of the Philippines, Matteo said he was asked by his parents and Sarah why he decided to join.

"Yung girlfriend ko, 'yung mga magulang ko, sabi nila 'Bakit ka sasali ng Army? Mag-gi-giyera ka ba?'" Matteo said.

"Ngayon, they understood na kapag nasa reserve ka or nasa Army ka, hindi naman ibig sabihin mag-gi-

giyera ka, marami kang mga pwedeng gawin," he added. Matteo earlier said that he joined the Army because he is a Filipino and he loves his country.

"I officially joined the Philippine Army today because I love my country. I would like to thank the people that have been very supportive. Exciting times ahead," Matteo said.

According to the ARESKOM Facebook page, the Army Reserve Command is a unit whose primary mission is to recruit, motivate, administer, train and equip reservists in the Armed Forces of the Philippines. The unit is open to all Filipino citizens who are willing to serve the country in the most noble way as members of the reserve component of the AFP. ■

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Showbiz Gossip *Continued from p.15***Iza Calzado on why delay motherhood: I can't even be responsible for myself****Iza Calzado**

I'm not yet emotionally and mentally ready, but I'm getting there. Everyday, I get closer to that," said actress Iza Calzado when asked about her plan to have a baby with husband, British entrepreneur Ben Wintle.

The couple has been married since December 2018. Iza, 36, said she and Ben, 37, will most likely work on having a child next year, since work has already been lined up for her this 2019.

Also, Iza admitted that she was still battling fear. "People would tell me, 'You will never be ready for it.' I'd answer, 'Guys, you don't know where I am coming from. You didn't live my life.' Like my marriage, if I had rushed into it, I don't think I would have felt more ready and secure when I walked down the aisle and said my 'I do.' I know people—friends of mine—who would ask themselves, 'Tama ba itong ginagawa ko?'" even as the ceremony was ongoing. I've never had that. I had no more doubts."

Iza said this was also why she opted not to rush into motherhood. "That's being responsible for a human being—such responsibility! I can't even be responsible for myself," the actress shared with Inquirer.

Iza said she has slowly gotten accustomed to being Mrs. Wintle. "Ben said I'm kinder to him now. Ask him! Seriously, you will eventually learn to let go of petty things, like splashes of water by the sink. I go crazy when he rinses his face! I used to tell him, 'Wipe that!' Now, OK na lang," she said. "Never mind what he does to our toothpaste! I've learned to accept that habits are hard to change."

What Iza said she was trying to teach Ben these days, is chivalry.

"When I go down the stairs in high-heeled shoes, I tell him to offer his hand. His dad has taught him that, but I guess he never got to practice it, especially since he had been single for

a long time."

She recalled: "His dad teased me, 'Maybe because you promote women empowerment.' I said, 'Wearing heels is different. That's beyond women empowerment! 'Pag nahulog ako, siya rin ang mahihirapan.'"

She is currently doing "Pandanggo sa Hukay" for the 2019 Cinemalaya Philippine Independent Film Festival in August. She also got busy with She Talks Asia conferences last March and "Mystified," iflix's first original Filipino film last April.



Iza also recently signed up with iOptions Ventures Corp. to star in Alvin Yapan's period film "Culion," as well as sit as executive producer of the project.

Award-winning screenwriter Ricky Lee wrote a character with Iza in mind. "When he writes, there's meaning to it; his words have weight," Iza said.

Iza will play Anna, one of three best friends (Ditas and Doris), afflicted with leprosy and living like virtual prisoners in Culion in the 1940s.

"Anna grew up there. Her mother had to give her up at age 9 because she had leprosy," Iza explained. "She is hopeful. She believes that there will be a cure. She wants to eventually get out of Culion."

Shooting in Culion, Palawan, will commence in June. ■

Solenn Heussaff forgets about own wedding anniversary

Solenn Heussaff confessed on social media that she actually forgot that she and Nico Bolzico were celebrating their third wedding anniversary on Tuesday.

It was not until someone greeted her that she remembered about the special occasion.

To make up for it, Heussaff penned a funny but sweet

message for Bolzico on Instagram.

"Almost 9 years together and 3 years since this special day happened. 3 years of laughter, stress, small arguments, being lost at times, but three years of BEING. Will work on things i need to work on, and will do better where i can. I wouldnt be fun if i were perfect anyway," she said, unedited.

"Cheers to more years of us forgetting our anniversary and being unsure of whats to come (like this photo haha). Te amo," she added.

Huessaff and Bolzico tied the knot in France in May 2016 after more than four years of being together. The wedding was held at the Eglise Notre Dame in Combourg. ■

'This is too much!' Kim Chiu gets expensive gift from Kris Aquino**Kim Chiu shows off the Chanel handbag gifted by Kris Aquino**

Kim Chiu probably screamed with joy when she saw the gift her "ate" Kris Aquino gave her.

Unable to hide her excitement, Chiu took a photo of a pink Chanel handbag -- which can easily cost hundreds of thousands of pesos -- and posted it on social media.

"OMG! Thank you so much, ate! This is too much but thank you sobra," she wrote.

In another post, the actress expressed how much she misses Aquino and assured her that she will always be there whenever the former Kapamilya TV host would need her.

"We may not see each other

always, please know that I will always be here for you no matter what. I miss you! Take care of your health, ate! Praying that you stay strong amidst everything," she said.

Aquino has always been vocal about her love for Chiu.

In a previous interview, Aquino said she values the relationship that she has established with the actress and for that, she would do anything for her.

The last time Aquino and Chiu worked together was in the movie "Etiquette for Mistresses" which was shown in theaters in 2015. ■

At 30, Gerald Anderson now ready for marriage



Gerald Anderson

Can you not have both in your life?" asked actor Gerald Anderson when reporters made him choose between a thriving career and a blossoming love life, a dilemma of one of the characters in his latest romantic drama film "Between Maybes."

The Jason Paul Laxamana movie, shot on location in Saga, Japan, also features Julia Barretto. It premiered in cinemas on May 15.

"Is it true that you can't have it all? I think it really depends on the situation," said Gerald at a recent press conference organized by producer Black Sheep.

"Right now, work is still my priority. I still need to save up. I still have a lot to do and accomplish," he said. "But I can say that, now that I'm 30, I'm more emotionally ready to settle down as compared to when I was just 17 or 25."

Gerald has been dating fellow actor Bea Alonzo since 2017.

In the film, Hazel (Julia) is an actress experiencing troubles in her career and not having control of her life. Feeling lost and wanting to escape, she books a random flight and eventually ends up in the secluded prefecture of Saga. There she finds an unexpected confidante in Louie (Gerald), who isolated himself after experiencing heartbreak from his family.

"Yes, there were also times in my life when I got into situations that were too overwhelming—it's like everything was happening all at once and I had no control over their outcomes. I guess everyone has experienced this at some point in his or her life. It's really best to find escape first, to recharge, to rethink your battle plan and then go back to face everything," Gerald advised.

From what happened to him, Gerald said he has learned "to simply accept that there are really things you can't control. You have to let go of them. Have faith. Don't give up because there will come a point when things will be OK. You just have to stay

strong."

When things get too overwhelming at work, Gerald, a triathlete, would find escape in "exercising and staying active. I play basketball, work out or run. It's the best therapy for me. Even before I built The Third Floor (his newly opened gym), I would work out at home."

He would also "escape" from social media, which he was convinced was the reason for the "increase in anxiety rate of a lot of people. The No. 1 thing to do is to deactivate. When you're on a trip, you should go out and explore, experience culture, eat their food, talk to strangers and learn the language. When you come back, you'll have a different perspective, for sure."

Gerald, however, admitted that he has yet to experience traveling alone. "Now that I turned 30, I'm more open to trying new things. I hope to do it so I'd be able to grow. My character Louie and I are a lot different, so portraying him was a challenge at the beginning. He wanted to be alone because of a traumatic experience in his life," he explained, adding that it's a good thing the film was shot in Saga.

"It's my first time to film in a place that's so isolated. I think it only has five residents. Louie lives in a fishing village. I tried to explore the place. There were restaurants but there was no one eating, just me and my PA (personal assistant)," he said. "I'm thankful that our location provided no distractions. I was able to get into my character easily because of the environment."

Gerald said working with Julia for the first time had been "very refreshing. The dynamics are different. It's a challenge because you have to have chemistry with your leading lady. I've always been up to challenges like that. I'm thankful to ABS-CBN because my bosses always consider casting me. I was surprised at the offer (to work with Julia), but I was more excited so I said 'yes.'" ■

Toni Gonzaga on Malacañang dinner: I don't know why we're invited



Toni Gonzaga

Actress and host Toni Gonzaga revealed Thursday that she does not know why they were invited at the recent private dinner held in Malacañang.

Gonzaga said she and her fellow artists were also shocked to see each other since they had no clue about who were invited to the dinner.

"Lahat kami nagkagulatan na, 'Invited ka pala, invited ka pala.' Kasi it was such a private invitation na hindi namin alam kung sino 'yung mga makakasama namin," she said during an ambush interview at the press conference of her sitcom

"Home Sweetie Home."

(We were all surprised. We said to each other: 'Invited ka pala.' Because it was such a private invitation that we didn't know who were invited.)

"Hindi rin namin alam kung bakit kami 'yung mga napili na dumating because I wasn't active during the whole campaign nung presidential, hindi ako nangampanya. Kaya nagulat din ako," she added.

(We didn't know why we were chosen because I wasn't active during the whole campaign in 2016. I didn't campaign. So I was surprised.)

Gonzaga asserted that maybe they were invited because of Robin Padilla: "Ang alam ko lang, siguro na-invite kami dahil kay kuya Robin (Maybe we were invited because of Robin)."

The actress was accompanied by her husband Paul Soriano and sister Alex Gonzaga when they attended the private dinner hosted by President Rodrigo Duterte's partner Honeylet Avanceña.

Other artists in attendance include John Lloyd Cruz, Mariel Rodriguez, Richard Gomez, Phillip Salvador, Ai-Ai Delas Alas. ■

Heart Evangelista hand-paints bag for Alex Gonzaga



Heart Evangelista showing the newly-designed bag. Image: Screen grab from Alex Gonzaga's video "Sosyal Bonding by Alex Gonzaga"

Heart Evangelista hand-painted a bag for Alex Gonzaga – a new addition to the list of celebrity-owned bags she has worked on.

Unlike the usual designer bags that Evangelista paints on, Gonzaga handed over a small denim sling bag for a new design from Evangelista, as per Gonzaga's Twitter post on Tuesday night, May 21.

Evangelista gave the bag a new look by hand-painting a profile of a woman with brown hair and red hearts.

Gonzaga shared a photo of the fashion enthusiast in the process of working on her bag saying, "Minsan lang makapagpa-paint ng bag kay heart..." (It is rare when I one gets to ask Heart to paint on your bag.)

Kim Chiu, Carla Abellana, Jinkee Pacquiao and other showbiz personalities have also had their bags redesigned with the art of Evangelista as per Preview.

Prior to Gonzaga's request for a painted bag, Evangelista toured the vlogger around her office which she shares with husband and newly-proclaimed governor of Sorsogon, Chiz Escudero. ■

Seasoned actors talk about the sacrifices they made for love



Sandy Andolong

Actors Sandy Andolong, Ricky Davao and Tetchie Agbayani talk about the sacrifices they made and the silly things they have done for love:

Sandy Andolong

Sandy: My career, in a way—it took a backseat. I was about to be launched full-on then, but I fell in love and had a family. But I have no regrets. I'm still thankful I'm still in the industry, working and doing soaps.

And when you love someone, he or she becomes your priority. You give what little you have to them—even your pride—especially when your children are concerned.

Ricky Davao

Ricky: I gave my life, I gave myself fully, for love. I remember that time, way back in high school, when I haphazardly ran and crossed over Edsa because I was chasing after a girl. I wasn't looking at my surroundings and almost got hit by a car! But sometimes, when you're in love, you will do silly, crazy things.

Tetchie Agbayani

Tetchie: When you love someone, you put his or her needs before yours. But of course, it would

be great if your partner reciprocates that—if you love and take care of each other. When it comes to love, there's nothing you won't do ... Well, except killing someone and other sinful deeds!



Tetchie Agbayani

I also set my career aside. I stopped acting for 11 years because I had to tend to my family. The good thing is that I settled down in my 30s—so I had already made the most out of my life as a single woman. ■

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Pelosi tells colleagues Trump is 'villainous' — and that he wants to be impeached

The House speaker's message to Democrats came as vocal support for impeachment rose among lawmakers in the caucus.

By Peter Alexander, Alex Moe and Rebecca Shabad (May 23, 2019)

WASHINGTON — House Speaker Nancy Pelosi, D-Calif., told her Democratic colleagues Thursday that President Donald Trump "wants to be impeached" so that he can be vindicated by the Senate.

Pelosi made the comments at a closed-door morning meeting, two Democratic aides told NBC News, who also said that Pelosi called Trump's actions "villainous."

The aide said that Pelosi was implying that she will stick to her current plan to keep investigating the president and his administration without jumping to impeachment, though she didn't explicitly address strategy in her remarks.

"Let me be very clear: the president's behavior, as far as his obstruction of justice, the things that he is doing, it's in plain sight, it cannot be denied — ignoring subpoenas, obstruction of justice," Pelosi told reporters at her weekly press conference Thursday following the closed-door meeting.

But she continued to stress a focus on process. "I do think that impeachment is a very divisive place to go in our country," she said. "Get the facts to the American people in our investigation ... it may take us to a place that is unavoidable in terms of impeachment, but we're not at that place."

Thirty-two members of the House



House Speaker Nancy Pelosi

Democratic caucus have so far voiced support for opening an impeachment inquiry against Trump, many of whom came out in support of such a strategy just this week.

The House speaker's message comes a day after she and Trump tangled over her claim that he had engaged in a "cover-up," as vocal support for impeachment surged in the Democratic caucus.

"We do believe that it's important to follow the facts. We believe that no one is above the law, including the president of the United States. And we believe that the president of the United States is engaged in a cover-up," Pelosi told reporters in the morning, following a closed-door caucus meeting with Democratic lawmakers focused on impeachment.

The president later cut short a previously scheduled White House visit with Democratic leaders including Pelosi and Senate Minority Leader Chuck Schumer, D-N.Y., that had been planned to discuss infrastructure policy.

Pelosi said Thursday that the president pulled a "stunt" at the White House on Wednesday and "stormed out"

of the room, throwing "another temper tantrum again."

"I pray for the president of the United States," she told reporters. "I wish that his family or his administration or his staff would have an intervention for the good of the country."sked what she meant when she referenced a presidential "intervention," Pelosi appeared to joke about the 25th Amendment, which allows for a process that could lead to the removal of the president through the vice president and Cabinet.

"Statutory intervention? That would be good. Article 25. That's a good idea. I'll take it up with my caucus, not that they haven't been thinking about it."

Following his brief White House meeting with Democratic leaders, Trump held an impromptu Rose Garden event blasting her statement, and the mounting congressional probes into his conduct and finances.

"I don't do cover-ups," he said, adding that legislative cooperation would be on hold until Hill investigations ended.

Pelosi said Thursday that the president was clearly unsettled by the string of legal setbacks, an apparent reference to court decisions this week that would require the release of previously withheld financial documents.

"What really got to him was these court cases and the fact that a House Democratic caucus is not on a path to impeachment, and that's where he wants us to be," she said. "When he saw that that was not happening that — again with the cover-up, which he understands is true — just really struck a chord."

From Page 6 Federal elections

professional societies to remove unnecessary barriers to recognizing professional credentials and ensure professionals have licensing requirements for their professions "clearly explained" before entry.

Canada has emerged as a leader on immigration over the last four years, a position that is gaining recognition the world over.

From the Express Entry system to its network of provincial nominee programs, Canada's immigration system has broken multiple records and is set to achieve new ones over the next three years.

While immigration may factor into the fall election, it is not likely to take on the tone of elections in the United States and other Western countries given all three of Canada's major federal political parties describe themselves as pro-immigration.

Mounting labour shortages across the country and broad public support for the economic benefits of immigration mean this position is likely to be maintained.

The big question is how?

"It is refreshing to see all the major parties voicing favourable views on immigration, though we've yet to see some important details as to their policies and positions," said David Cohen, senior partner with the Campbell, Cohen Canadian immigration law firm in Montreal.

"Candidates who are eligible under the current system may want to act quickly in order to maximize their chances of obtaining permanent residence before changes occur."

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Batch 11 PAB students on practicum at Chateau Westmount with their teachers and director-general during their orientation day.



PAB Batch 10 students: L to R: Annie Signey, Ethel Tugna, Lourdes Lubang, Janet Haydock, Annabelle Allosa, and Joesie Bingayen.