

Canadian Parliament to approve

Filipino Heritage Month



Paulina Corpuz

first conceived the idea of Filipino Heritage month

The House Commons is accelerating the passage of a private member Bill M-155 sponsored by a Liberal Party MP, Madame Salma Zahid of Scarborough Center, who presented the first reading of the bill on October



Zalma Sahid. Liberal MP,

Scarborough-Center

1st, and a second reading on October 25th to be followed by short speeches from members supporting the bill. News communicated by e-mail indicated that the bill has been moved up for expected adoption on October



Mike Colle, Liberal MPP,

Eglinton-Lawrence

31st. For this reason, the executive assistant of Madame Zahid recommended to have a Montreal group to be organized to go to Ottawa and witness the historic vote in Parliament adopting the passage of



Neethan Shan, Councilor, Ward 42,

Scarborough-Rouge River

the bill. Nineteen members have signed on to be joint seconders of M-155: Sukh Daliwhal (Surrey-Newton), Gary Anandasangaree (Scarborough-

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Filipino Heritage

Canada just legalized

pot. Who could profit?

By Gretchen Frazee, PBS News Hour, Making Sense.

(Oct. 17, 2018) Recreational marijuana in Canada became legal Wednesday, opening up a new multi-billion dollar cannabis market to businesses and investors.

The move will likely have significant economic implications for the global cannabis industry as companies clamor to grab a share of the sales and experiment in what is only the second country in the world to legalize recreational marijuana.

Uruguay legalized cannabis nationwide last year, but it is a much smaller investment market than Canada. Uruguay has a population of only 3.4 million and a national gross domestic product of \$56.2 billion,

according to the World Bank, whereas Canada has a population of 36 million and a GDP of \$1.7 trillion.

“A lot of countries are going to be looking at Canada and their ability to make this a success,” said Colin Busby, a research director at the Canadian-based Institute for Research on Public Policy. “There is always going to be an economic incentive for governments to get involved in this, given the size of the marketplace.”

That economic incentive, for businesses and the government, will come in the form of revenue, jobs and taxes, including income, sales and excise taxes.

But many investment analysts warn against overhyping the market potential, arguing that Canada’s



Canada on Wednesday became the second country in the world to legalize marijuana. Uruguay was the first. Photo by Chris Wattie/Reuters

economy is still relatively small compared to countries like the United States, where 30 states have legalized medical marijuana and another nine,

plus the District of Columbia, have legalized its recreational use. And they

See Page 5

Legalized pot

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From the Executive Publisher's Desk

The time to be vigilant about current events

Zenaida Ferry Kharroubi

Since the election of Donald Trump, there seems to be an endless series of controversy, scandals, suspicions, accusations, that permeates political rhetoric, in press conferences, speeches, and daily tweets. The atmosphere in the U.S. seems to be full of anger and hatred against all types of people which the President labels with names from his standard vocabulary emanating from his campaign slogan – Making America Great Again, and America first. His supporters who agree with his ideas always applaud loudly, and chant the notorious words “Lock her up! Lock her up. He even invited the Russians to hack Hillary Clinton’s emails during the election campaign. And when the FBI started the investigation into the Russian meddling in the elections, he took the words of Vladimir Putin during their private meeting by themselves that the Russians did not meddle in the elections. Except for Fox News, all the rest of the media are “the enemy of the people” and he blames them for all the “fake news”. He wants to build a wall to prevent bad people from coming in as he believes almost all immigrants and Muslims are terrorists, rapists, and criminals. But the members of the White House staff and ardent supporters are always prepared to defend him, making it appear that the President cannot do any wrong, and that he never made any improper statement. It must be the media that have always misinterpreted him.

Over a period of not even two years, Donald Trump has been the center of attention for all the wrong reasons.

During this month of October alone, there are three events which most critics say have something to do with the “rubble rousing” political rhetoric of the President. The most heart breaking news is the mass shooting at the Tree of Life Synagogue in Pittsburgh on Friday, October 26, where Robert Bowers, a lone gun man, killed 8 people and wounded 11 others, uttering at the same time the hateful words that “Jews are committing genocide. All Jews must die.” Almost simultaneously, we learned about an ardent admirer of Donald Trump, Cesar Sayoc, who has been arrested for sending pipe bomb packages to prominent critics including former president Barack Obama, Hillary Clinton, former CIA Director John Brennan, the

actor Robert De Niro. A pipe bomb was also left at the CNN office this week. Jeff Zucker, the company president, denounced Trump and his administration for not grasping the consequences that come from their attacks against the media.

A caravan of 5,000 migrants is on the way to the U.S. border in spite of threats from President Trump who promises to send the Army to prevent them from going into the United States. He sees the opportunity to make this as an argument to build the wall and protect the border from illegal immigration. In his speech during a rally, he calls these migrants “invaders” and asks them to go back to where they come from because he says the troops will prevent them from coming in and that they must apply through legal channels.

Although there are more mass killings by a lone gunman in the United States, Canada is not immune to the same problem. We have had a share of crimes of hate like the shooting at a synagogue in Quebec City where eight people died, and the use of a van in running down people in Toronto. We also had to deal with an influx of refugees when President Trump clamped down on undocumented immigrants, many of them illegally crossed the border and came to Canada.

Canada is the second country to legalize the use of marijuana. It is hard to say whether this bold move will have the expected results of fighting the crimes of illegal drug trade. Even though there are rules against impaired driving, we are not sure that the accidents that maybe caused by pot users can be completely avoided. Will this new law solve the drug problem at all? Or will it just be a way to encourage more people to pick up a new addiction because it is legal?

A lingering problem that has been reported frequently is about the opioid crisis which has affected every part of Canada. According to available data reported as of September 12, 2018: there were more than 8,000 apparent opioid-related deaths between January 2016 and March 2018 (3,005 in 2016 and 3,996 in 2017). Efforts are being taken both by government and private groups who want to solve the overdosing problem which seems to be increasing. Recently, CTV news interviewed the founder and leader of The Bear Patrol group which is composed

of volunteers in Manitoba where there are many people dying from it. They go around the city, and look for people who are suffering from the opioid addiction.

The prevalence of bad news appears to indicate the rise of hate in America. Some Trump critics say that he has emboldened white supremacists to be in the mainstream instead of remaining on the fringes of society. Since we are a close neighbor, we are disturbed by this phenomenon. We are more anxious and afraid than ever. But it does not do us any good if we allow our fear and anxiety to control our life. The only thing we can do is to be vigilant and careful in order not to expose ourselves to any danger. We hope and pray that these horrible things will never happen here.

With the forthcoming midterm elections, we wish that the political landscape in the U.S. would be friendlier in order to unify the country that seems to be divided by partisanship. Many people believe that their only hope to make democracy work is if everyone exercises the right to vote candidates who will be setting up a good example of true leadership and return civility to public discourse.

Councilor Marvin Rotrand proposes a motion to ban smoking in our parks



The following is the text of the motion that will be submitted for discussion at the CDN-NDG Borough council meeting in November 2018:

Motion to Prohibit Smoking in Parks and Green Spaces in the Borough of Cote des Neiges - Notre Dame de Grace (proposed by Councilor Marvin Rotrand, seconded by Councilor Lionel Perez):

Whereas Montreal City Council has recognized the dangers of smoking which causes 45,000 preventable deaths a year in Canada and costs an estimated \$17 billion annually in additional health care spending and in productivity losses

to the economy;

Whereas Montreal City Council has adopted motions over the past five years aimed at reducing the smoking rate by calling for plain packaging of tobacco products, the hiking of tobacco taxes and the augmenting of the age at which smoking should be allowed as well as urging the province to extend the public places at which smoking should be prohibited;

Whereas the provision in the current provincial tobacco law that mandates that tobacco cannot be used within 9 meters of a children’s play area within a park is both unenforceable and inadequate in terms of providing children smoke free protection;

Whereas marijuana has been a legal product in Canada since October 17, 2018 and may be used where tobacco is allowed heightening the public’s concern about second hand smoke in parks;

Whereas to extend smoke free protection to the public New York City, Philadelphia, Washington, San Francisco, Chicago, Boston, Dallas, Honolulu as well as over 1000 other municipalities in the United States have over the past years favoured a public health approach and banned smoking in their parks and other municipal green spaces and beaches;

Whereas as early as 2011, Vancouver banned all smoking in its parks, followed by dozens of other British Columbia municipalities, a public health initiative that has proven popular and easily enforceable;

Whereas many Montreal area communities particularly all the neighbouring communities to the Borough of Cote des Neiges - Notre Dame de Grace including Cote Saint Luc, Westmount, Town of Mount Royal, Hampstead and Montreal West have adopted bylaws making their parks entirely smoke free;

That the Cote des Neiges - Notre Dame de Grace Borough Council express its support that smoking of tobacco, marijuana or any other weed or substance be prohibited from all parks and green spaces within the Borough’s territory;

That the Council mandate the Borough services to return with a draft bylaw that will make prohibit smoking of tobacco, marijuana or any other weed or substance from all parks and green spaces within the Borough’s territory.



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Will Saudi Arabia hold a fair trial in Khashoggi murder case?

Saudi Arabia has arrested 18 Saudi nationals in connection with the murder of journalist Jamal Khashoggi in Istanbul.



Saudi Foreign Minister Adel al-Jubeir says the kingdom is determined to find all the facts in the case [Hamad I ohammed/Reuters]

By Yarno Ritzen
October 29, 2018

Istanbul, Turkey - When Saudi Arabia's top prosecutor met with Istanbul's chief public prosecutor on Monday, it was a rare display of cooperation in the investigation into the murder of Saudi journalist Jamal Khashoggi.

Nearly three weeks since the two sides agreed to conduct a joint probe and almost a month since Khashoggi was killed at the Saudi consulate in Istanbul, Ankara and Riyadh appear to be pursuing separate strategies with seemingly divergent aims.

The Saudis have also launched their own internal investigation, arresting 18 individuals, but have rejected Turkish requests to extradite the men.

For its part, Turkey has drip-fed evidence from its probe to local and international media, heaping pressure on the Saudis to provide answers. On Monday, Turkish Foreign Minister Mevlut Cavusoglu called on the kingdom to reveal "the whole truth" about the murder.

Saudi Foreign Minister Adel al-Jubeir has said that Riyadh is "determined to uncover every stone" in its investigation.

"We want to make sure that those who are responsible are punished," he told Fox News on October 21.

"We are determined to find out all the facts and we are determined to punish those who are responsible for this murder."

Political leaders in the United States and Europe, as well as the United Nations and international human rights groups, have urged the Saudis to conduct a thorough, transparent, timely investigation and deliver accountability for the murder.

But legal and human rights experts told Al Jazeera that if Riyadh were to investigate and eventually try the suspects in Saudi Arabia, there would be little chance of a fair and transparent process.

"There is basically no separation of powers in Saudi Arabia," said Noha Aboueldahab, visiting fellow at the Brookings Institution in Doha. "The judicial system is not independent

and as a result, you have unfair and non-transparent trials."

"Saudi Arabia will probably use national security as an excuse to prevent the recording of this trial," Aboueldahab, an expert on the prosecution of political leaders in the Arab world, added.

These practices are common in Saudi Arabia, Aboueldahab said, citing a recent UN report.

The June report stated that Saudi Arabia uses its anti-terror laws to torture suspects and that those in prison are prevented from talking to lawyers.

Antoine Madelin, director for international advocacy at the International Federation for Human Rights (FIDH), agreed with Aboueldahab's view that the chances of a fair trial in the kingdom are small.

"Saudi Arabia has proven itself as a country where there is no independence of the judiciary and [has] a track record of human rights violations, particularly when these trials regard the Saudi Arabian authorities," Madelin told Al Jazeera.

"Anything related to this crime will neither be independent nor democratic," he argued.

Death penalty?

Suspects convicted of murder, rape, terrorism and drug trafficking offences face the death penalty under Saudi Arabia's penal code.

Last year, at least 146 executions took place in the kingdom, Amnesty International said in a report.

According to Sultan Barakat, director of the centre for conflict and humanitarian studies at the Doha Institute in Qatar, if the suspects are executed, the truth of Khashoggi's murder and who ordered the killing may become harder to uncover.

"I think if they are put on trial, we can see anything, [including] execution of the whole lot, so we'll never know exactly what happened," Barakat said. "That is not good for anyone, it'll cover up the story."

But Aboueldahab said the chances of the 18 suspects being tried and executed are slim because the case was being followed closely around the world.

"Saudi Arabia has been criticised for using the death penalty, as have other countries in the region, so it probably wouldn't do Saudi Arabia any favours to give these people the death penalty," she said.

International pressure

Turkish officials allege a 15-member Saudi "assassination squad" flew to Istanbul to kill Khashoggi, a critic of the powerful Saudi Crown Prince Mohammed bin Salman.

Turkey's President Recep Tayyip Erdogan has said the team carried out reconnaissance north of Istanbul and deactivated the consulate's security cameras.

While stopping short of accusing Saudi royals of the "savage" killing, Erdogan has also said Turkish

authorities have gathered more evidence, which will be made public "when the time comes".

Meanwhile, al-Jubeir, the Saudi foreign minister, last week criticised the global outcry surrounding Khashoggi's killing as "hysterical" and said the investigation would "take time" and facts should be determined as inquiries continue.

Aboueldahab said the Saudis could prolong their probe, dragging out the process while hoping the world's attention will shift away from the murder.

"Yes, investigations take time. But pressure from the international community is crucial and that pressure needs to be sustained," she said.

FIDH's Madelin said international pressure had been extremely effective, effectively pushing Riyadh to shift its narrative surrounding the circumstances of Khashoggi's killing.

"What has happened over the weeks has been a surprising chain of revelations that were totally outside of the Saudi Arabian government control," he said.

"It has gradually pushed the Saudi government into a position to admit part of its responsibility, so in this context, I believe the only way to know more about who is responsible is by keeping pressure on them."

Madelin also expressed concern that the Saudis may decide to hold a trial to show the world it had served justice, without actually holding those behind the killing responsible.

"I don't think Saudi Arabia will allow this trial to be held independently, in case anyone wants to unveil the fact that authorities are actually responsible," he said. "I fear that we will be having a mock trial, something to please the international community."

Aboueldahab concurred, adding that "there are thousands of Jamal Khashoggis, not just in Saudi Arabia, but in other countries in the region as well".

"The thing is, if there is genuine concern [among Saudi Arabian authorities] about the fate of Jamal Khashoggi, I think you would see additional trials happening for all the other Saudi citizens who have been detained and tortured and ultimately killed."

Journalist's fiancée demands justice after 'death squad' killing



Hatice Cengiz, fiancée of slain Saudi journalist Jamal Khashoggi, is seen during an interview in London on Monday [Dylan Martinez/Reuters]

30 Oct 2018 00:19 GMT

Hatice Cengiz, fiancée of slain Saudi journalist Jamal Khashoggi, is seen during an interview in London on Monday [Dylan Martinez/Reuters]

London - The fiancée of the murdered Saudi Arabian journalist Jamal Khashoggi has demanded that Crown Prince Mohammed bin Salman reveal the whereabouts of his body.

In an emotional plea, Hatice Cengiz told an audience in London: "I believe that the Saudi regime knows where his body is: they should answer my demand, for this is not only the demand of a fiancée but a human and Islamic demand."

In a moving tribute to Khashoggi - who was killed at the Saudi consulate in Istanbul on October 2 - Cengiz called on the international community to ensure there is no cover-up of his murder.

Speaking for the first time outside Turkey, she said: "I want justice to be served - not only for those who murdered my beloved Jamal, but for those who organised it and gave the order for it. These questions are not just my questions: they are being asked by millions."

"I want the role of the political leadership in this brutal killing to be brought to light."

Speaker after speaker at the homage organised by Middle East Monitor and the Al Sharq Forum to commemorate The Washington Post columnist placed the blame for his death squarely on the shoulders of bin Salman.

See Page 6 Fiancée of Jamal

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From Page 1 Canadian Parliament

Rouge Park), Ali Ehsassi (Willowdale), Anthony Housefather (Mont Royal), Michael Levitt (York Centre), Frank Baylis (Pierrefonds-Dollard), Francesco Sorbara (Vaughan-Woodbridge), Kevin Lamoureux (Winnipeg North), Marco Mendicino (Eglinton-Lawrence), Shaun Chen (Scarborough North), Randeep Sarai (Surrey Centre), Gagan Sikand (Mississauga-Streetsville), Ken Hardie (Fleetwood-Port Kells), Iqra Khalid (Mississauga-Erin Mills), Hon. MaryAnn Mihychuk (Kildonan-St. Paul), Joe Peschisolido (Steveston-Richmond East), Ramesh Sangha (Brampton Centre), Chandra Arya (Nepean and Jean Yip (Scarborough-Agincourt).

Madame Sahid read her proposed bill which mentions the contributions and accomplishments of Filipino-Canadians. She said that "Filipino Canadians are making a difference in all walks of life, from singers like Canadian Idol finalist Elena Juatco to athletes like soccer star Jonathan de Guzman. Rey Pagtakhan was the first Filipino Canadian MP and cabinet minister as a Liberal. The late senator Tobias Enverga was a champion for his community in the Senate as a Conservative. Florina Marcelino was the first woman of colour elected in the Manitoba legislature, today serving as a New Democrat with her brother-in-law Ted. It was a Filipino Canadian, Ariana Mari Cuvin of Toronto, who designed the Canada 150 logo. Another Filipino Canadian, Martina Ortiz-Luis, sang the new gender-neutral version of O Canada at this year's Canada Day celebration on Parliament Hill."

Madame Salma Zahid's role in the two year-long process of having a Filipino Heritage month in Canada is the culmination of efforts of several people, starting with the original idea of Paulina Corpuz of Toronto who first thought of the idea of a Filipino Heritage month when she attended the UFCW Canada –AWA Award (United Food and Commercial Workers) event on November 1, 2016. From that day to the time she finally managed to have her idea realized took several months of working on getting signatures from different groups in the community. Councilor Neethan Shan of Toronto Ward 42, Scarborough Rouge River, called for a Filipino Workers consultation. In that consultation, Paulina shared her campaign about the Filipino Heritage Month and the challenges she was facing with it. Councilor Shan offered to bring this to the City of Toronto Council. Twelve days after, on November 2, 2017, Paulina received a call from the Office of Councilor Neethan Shan about a motion being prepared by Councilor Shan to be tabled on November 8. An email was likewise received from Catholic Trustee Garry Tanuan regarding this motion to support Councilor Neethan Shan.

Paulina and Ben Corpuz frantically reached out to their network, their friends and colleagues to ask for



The late Conservative Senator Tobias Enverga, Jr. (in the center) organized a reception for Filipino-Canadians on Parliament Hill for the 119th Philippine Independence Day anniversary. He suddenly passed way on November 16, 2017 while he was on a Parliamentary trip to Colombia.

assistance and submit endorsement letters to the Clerk of the City of Toronto. A copy of the signed petition was also forwarded to the Councilor office, in case more proof is needed. For three days, phone calls and email went out to friends and colleagues. It was a very tight deadline. Seventy-seven (77) individuals and organizations responded to the call

Liberal party.

In December 2017, following the untimely death of Filipino-Canadian Senator Jun Enverga, PC MPP Raymond Cho, representing the riding of Scarborough – Rouge River (riding that is almost 40% of Asian ethnicities, of which 8% are Filipino, according to the 2011 Census) took the opportunity to honor his close



Scarborough-Rouge River MPP Raymond Cho has introduced a private member's bill to see Ontario declare each June Filipino Heritage Month. - Staff photo/Mike Adler

and endorsed the motion. On November 8, 2017, a year after Paulina started the campaign, a milestone victory was won. One of the largest cities in Canada declared the first annual Filipino Heritage Month in the month of June.

The victorious campaign caught the attention of the Liberal Party, the New Democratic Party and the Progressive Conservative Party. These political parties were all willing to sponsor a bill to recognize the Filipinos' contribution to Canada but are not willing to work together on one bill.

While partisanship in Queen's Park is nothing new, the political party maneuvering by the Liberals, the Conservatives, and the NDP suggest that the Parties are actively courting and are aware of the voting power that the Filipino-Canadian community now wields in Ontario's provincial politics.

Following the lead of the Toronto City Council, which designated June as Filipino Heritage Month on November 8, 2017, NDP MPP Peter Tabuns, representing the riding of Toronto-Danforth (which has a sizeable Filipino community), introduced Bill 181. The bill was not pursued further by the governing

friend and colleague by requesting a moment of silence and introducing Bill 185 to honor Sen Enverga's legacy, with the first reading on December 5, 2017. While the speaker of the Legislative Assembly allowed for a moment of silence for the late Senator, the governing Liberal party again did not pursue the new bill further.

The Liberal Party then proceeded to introduce their own Private Member's Bill for Filipino Heritage Month, Bill 189, introduced by Liberal MPP Mike Colle, representing the riding of Eglinton-Lawrence (the riding of the southern parts of Bathurst and Dufferin streets, just south of Bathurst and Wilson, and a riding with an active and vibrant Filipino community). The bill's first reading was on December 12, 2017, days before the Legislature Holiday Break. The bill was not pursued further due to the prorogation of the Ontario Legislature on March 15, 2018.

Liberal MPP Mike Colle re-introduced the Filipino Heritage Month bill as Private Member's Bill 10, with the first reading on March 20, 2018. The bill passed through the second reading, but the third reading was blocked by the Ontario PC Party.

Within the Filipino-Canadian

community, Filipinos aligned with or sympathetic to the Ontario Liberals criticized the move by the Ontario PC Party, but Filipinos aligned with or sympathetic to the Ontario Progressive Conservatives and the Ontario NDP pointed out that the governing Liberals had three private member bills with similar wordings introduced, but did not pursue the bills further until recently, with an election that is imminently approaching.

With the demise of Bill 10, the Filipino Heritage Month Act will have to wait until after Ontario's general election, and will have to wait for an MPP to sponsor and introduce the bill in the next session of Provincial Legislature. Ontario already recognizes Tamil Heritage Month in January, Black History Month in February, Bangladeshi Heritage Month and Irish Heritage Day in March, Sikh Heritage Month in April, Asian, Dutch, Jewish, and South Asian Heritages Month in May, Italian and Portuguese Heritages Month in June, Ukrainian Heritage Day in September, Hispanic Heritage Month in October, and Albanian Heritage Month in November.

In the December 2017 issue of the North American Filipino Star, Tony San Juan submitted a summary of important news in Toronto one of which mentioned the first Filipino Heritage month being recognized in Toronto. Not long after this report, Councilor Marvin Rotrand proposed a motion seconded by Councilor Lionel Perez to declare June as Filipino Heritage Month in the CDN-NDG Borough during the Borough Council's meeting on February 12, 2018. An ad hoc committee was quickly formed to prepare for the first celebration of Filipino Heritage Month in Montreal for the whole month of June 2018.

Two other cities announced the celebration of June as Filipino Heritage Month. In Edmonton, the initial roll out of this event was made by Minister Sarah Hoffman, who is in charge of the Filipino community, during the 120th Independence Day Gala of the Congress of the Philippine Associations of Alberta (COPA) on May 31, 2018. In Calgary, the proclamation was made on June 1, 2018 by Premier Rachel Notley and the Lieutenant Governor Lois Mitchell who signed the proclamation making the month of June as Philippine Heritage month in perpetuity.

With the passage of the private member bill M-155, Filipino Heritage month will be celebrated in Canada from coast to coast in June 2019. Over 850,000 Filipino-Canadians have earned a recognition of their contributions to their adopted country which has been long overdue. If the rate of immigration continues, it will not be long before the community reaches a million.

(Reference: Files from various websites on Filipino Heritage Month)

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From Page 1 Legalized Pot

say tight regulations both in Canada and the U.S. are likely to limit the market's growth for years to come.

Here's what experts say about the market for marijuana in Canada and beyond.

What does the new law do?

Canadians who are 18 years or older are now allowed to possess up to 30 grams of legal cannabis in public and can buy that cannabis dried, fresh or in the form of oil from a licensed retailer. Beyond that, much of the regulations vary because exactly how cannabis is bought and sold is being left up to each Canadian province.

109 new marijuana shops are expected to open in Canada immediately.

As of Wednesday, 132 licenses to produce or sell marijuana have been issued, with hundreds of more applications waiting to be processed. An Associated Press survey found 109 new marijuana shops are expected to open immediately.

Canada is still restricting vaping pens and concentrated THC, the psychoactive chemical in cannabis that gets users high, for at least one year. The Canada health department said it needs more time to study those products' health effects.

How big is the Canadian market?

Canada already has a well-established market for medical marijuana, which has been legal in the country since 2001. Illegal use of the substance has also spiked in the last decade.

A total of 4.7 million Canadians, or 18 percent of the population 15 years and older, used marijuana in the past year, either recreationally or for medical purposes, according to a 2017 survey from Canada's national statistics agency. (In comparison, 9.5 percent of the adult U.S. population, or about 30 million people, said they used pot in the last year, according to data from the National Institutes of Health.)

Statistics Canada estimates Canadians spend about \$4.4 billion annually on cannabis. Of that, just \$570 million was spent on legal medical marijuana in 2017, according to The Arcview Group. But as more Canadians move from the illicit to legal

markets, the research firm predicts that number will climb to \$1.3 billion in 2018, and \$5.5 billion by 2022.

So while there likely won't be a substantial spike in the number of Canadians using cannabis, they will be buying it legally — and that means tax revenue for the Canadian government. Estimates put the potential tax revenue as high \$1 billion. In the U.S., states that have legalized recreational marijuana have generated hundreds of millions of dollars in taxes.

Though both medical and recreational marijuana use is still illegal at the federal level, the U.S. marijuana market was \$8.5 billion in 2017 and is expected to grow to \$23.4 billion by 2022, according to The Arcview Group.

Pros and cons for investors

The relatively small Canadian market for marijuana has not stopped investors from flooding in. Stocks of Canadian cannabis companies have skyrocketed in recent months as investors prepare for a spike in demand, and, hopefully, profits.

But some industry watchers are warning companies should not to get too far ahead of themselves — for one reason, because of restrictions on things like vaping pens and concentrated THC.

"That is why we are being less bullish about Canada's growth going forward than we saw in Colorado, Washington and Oregon, where a much freer market approach sparked an explosion of growth by startup companies," said Tom Adams, the managing director for the cannabis market research firm BDS Analytics.

Stocks of Canadian cannabis companies have skyrocketed in recent months.

Meanwhile, some alcohol companies are playing the long-game when it comes to pot, betting that regulations will loosen over time.

Molson Coors Brewing Co. announced earlier this year it would develop cannabis-infused beverages in Canada. Corona's parent company Constellation Brands this year bought \$4 billion worth of stock in Canopy Growth, a cannabis producer that already has a number of products on the market and is one of the largest players in the Canadian marijuana industry.

Part of that investment could be more about alcohol companies hedging their own potential losses to

cannabis. Research shows that consumers typically trade off one controlled substance for the other when deciding how to spend their discretionary income

"It's quite rational. If you have \$20 to spend on a Friday night activity, if you are in that recreational marketplace, the question really comes down to which one are you going to consume," said Busby, the public policy researcher.

Who has the upper hand?

Canada and the U.S. aren't exactly competitors in the marijuana industry because regulations are keeping the two markets isolated. But companies are already looking for ways to broaden their horizons, thinking about a world in which they could freely compete across borders.

Cura, a cannabis oil company headquartered in Oregon, announced earlier this year it was entering the Canadian medical marijuana market. California-based Kush Bottles, which provides packaging and cannabis accessories, launched a subsidiary in Toronto earlier this year.

Those companies are likely to find themselves in tough competition with well-established Canadian firms. But U.S. businesses that already produce specialized marijuana products, such as vaping pens and edibles, on a large scale might have "first-mover" advantage in Canada if that country loosens restrictions on those products in the future.

A sign warning travelers about crossing international borders with

cannabis is seen at the Ottawa International Airport. Because marijuana is still illegal at the federal level in the U.S., the Canadian and U.S. markets are still largely divided. Canadian companies are on the move, too. Canopy Growth on Monday announced it was buying a Colorado-based research and development company named ebbu as a way to develop "novel cannabinoids at scale."

Canadian firms also have their own a distinct advantage when it comes to raising capital. They can get bank loans in Canada more easily than their U.S. counterparts, and they can be listed on the Canadian stock exchange. (Some U.S. pot companies are now trying to get onto the Canadian stock exchange as well.) Canopy Growth is the largest publicly traded marijuana company, valued at more than \$13 billion.

Other U.S. companies can take some solace from the fact that, at least for now, Canadian companies cannot sell their products in the U.S. or anywhere outside of Canada.

"They have all this capital, and they don't have anywhere to send it," said Micah Tapman, the managing director of Canopy Ventures, an unrelated venture capital fund based in Colorado. This means, for now, "there is no global market to speak of," he added.

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Tagalog Seksyon

Opinyon/Komentaryo ni Willie Quiambao

SINO ANG NAGSASABI NG TOTOO – CAVANAUGH O FORD?

Nanumpa na bilang Supreme Court justice si Judge Brett Kavanaugh sa kabila ng pagtutol ng marami, lalo na ng mga kababaihan. Pinaratangan siya ni Dr. Christine Ford ng tangkang panghahalay. Marami ang nagsasabi na politika ang dahilan ng kontrobersya. Nominado ni Donald Trump si Kavanaugh sa Supreme Court, at supporter ng mga Democrat si Ford. Gender issue rin ang nasasangkot - babae laban sa lalake.

Ang mga supporter ni Kavanaugh ay nagsasabing mahusay siya at napanatili niyang malinis ang kanyang pangalan simula nang maging judge siya. Ang isyu ay ang pagiging mahilig niya sa beer o pagiging lasenggo. Nangyari ang sinasabing tangkang panghahalay niya kay Ford sa isang beer drinking party noong nasa high school pa sila. "Hindi dapat maging issue ang pag-inom ko ng beer upang hindi ako maging nominee sa Supreme Court," sabi niya. Maraming babae naman

ang panig kay Ford dahil sariwa pa sa kanila ang balita tungkol kay Bill Cosby na napatunayang nanghalay nang maraming babae at kay Harvey Weinstein na naging simula ng Me Too movement. Totoong madalas nangyayari ang mga pang-aabusong sexual sa mga babae subalit minsan, hindi sila pinaniniwalaan at sila pa ang sinisisi. Ipinalabas naman ni Megyn Kelley sa Today show ang nangyari sa teen ager na si Brian Banks na nabilanggo nang limang taon sa maling paratang na panghahalay. Ito ay pagpapatunay na minsan ay inosente rin ang lalake.

Bukod sa Diyos, si Kavanaugh at Ford lamang ang nakaaalam kung sino ang nagsasabi ng totoo o hindi. Nagtrabaho ako bilang court interpreter sa Montreal at may natutuhan ako. Kung nagsasabi nang totoo ang isang tao, kahit paulit-ulit siyang tanungin ng abogado, hindi magbabago ang kanyang testimonya. Magbabagu-bago ang sagot niya kung siya ay nagsisinungaling. Lyon ang dahilan kung bakit pinapanigan ko si Kavanaugh. Pabagu-bago at hindi

magkakatumag ang mga isinasagot ni Ford sa mga tanong ng abogado. Ayon sa kanya, naantala ang pagdalo niya sa hearing sa Washington dahil takot siyang sumakay sa eroplano pero napatunayan sa imbestigasyon na kasinungalingan ang kanyang sinasabi. lang beses na siyang nagbakasyon na sakay ng eroplano. Nang tanungin siya kung ano ang tumatak sa isip niya nang tumakbo siya sa itaas pagkatapos siyang pagtangkang halayin ni Kavanaugh, ang sagot niya ay, "Ang malalakas na ingay at tawanan ni Kavanaugh at isang lalake sa ibaba." Pero hindi niya rin matandaan kung saan ginawa and party at anong oras at kung sino ang naghatid sa kanya pauwi. Ang apat na witness na sinasabi niya, isa roon ay ang kanyang matalik na kaibigan, ay hind mapatunayan ang kanyang testimonya. Na kay Ford ang burden of truth, ang patunayan ang kanyang akusasyon, pero hindi niya nagawa iyon. Sa Amerika, ang isang tao ay innocent until proven guilty.

Hindi pa napatunayang guilty si Kavanaugh kaya para sa akin, walang dahilan upang hindi siya makapanumpa bilang Supreme Court Justice.

ANG KABUTIHAN AT KASAMAAN NG INTERNET

Natatawa ako tuwing maaalaala ko ang mga pang-araw araw na gawain ko sa bahay noon na mapadadali sana pero hindi ko nagawa dahil sa kawalan ko ng kaalaman sa internet. Ipinakilala ito mahigit nang 30 taon na ang lumipas pero hindi ko ito natutuhan gamitin kundi noong 1998 lamang. Nagsisimula pa lamang akong

magsulat bilang free lancer sa Gazette nang tawagan ako ng editor at itanong kung saan ang isang lugar sa Pilipinas na nabanggit ko sa aking isinulat. Hindi pa ako nakasasagot nang sabihin niya, "It's ok. I'll find it myself." Ang tanong ko sa aking sarili, "Saan? Sa Encyclopedia?"

Nasagot ang aking tanong nang matutohan ko na ang paggamit ng internet kung saan ay halos makikita ang halos lahat ng impormasyon. Noong hindi ko pa alam ang paggamit nito at kung hindi ako sigurado sa grammar o spelling, pinagtitiyagaan kong gamitin ang mga English grammar na libro, dictionary at Thesaurus ko. Kapag may gusto akong iluto, pupunta pa ako sa bookstore upang kumopya ng recipe. Kung may kaibigan akong darating dito galing sa Pilipinas, magbibilin ako ng diaryo o magasing Pilipino kahit luma na dahil sabik akong makabasa ng mga ito sa Tagalog.

May mabuting naidudulot ang internet subalit may masama rin. Maraming oras ang nagugugol ko sa internet na dapat ay nagagamit ko sa ibang bagay. Gusto ko nang ihinto ang Gazette subscription ko dahil hindi ko na ito nababasa. May masamaito ring naidudulot ang internet sa mga kabataan. Nawawalan na sila nang panahon sa pag-aaral. Kung minsan ay nakapanonood sila ng porno at nagkakaroon sila ng contact sa mga sexual predator na hindi natin nalalaman.

Parang gamot ang internet. Nakatutulong sa ating sakit pero may side effects. Kailangan alam nating ang tamang paggamit ng internet. Huwag abusuhin ito.

From Page 3 Fiancée of Jamal

Cengiz said her fiancée's death had left a "void" in her life and had turned him into a "martyr" for the cause of democracy in Saudi Arabia. The writer was highly critical of the Saudi leadership and left his homeland for the United States last year after growing fearful for his safety.

A Turkish academic who became engaged to marry Khashoggi four months ago, Cengiz was left waiting for her fiancée outside the consulate where he was murdered by what she branded a "death squad".

"If only I knew what would happen, I would have entered the consulate myself... If only I knew that there were bloodthirsty, evil people waiting inside the consulate for my Jamal, I would have done all I could to prevent him from entering."

'Tipping point?'

Jamal Khashoggi: The world demands answers. She also attacked US President Donald Trump who has limited his criticism of the Saudi leader, a close ally, and stressed the importance to the American economy of arms sales to the country.

"I am deeply grateful for the solidarity of people all over the world," Cengiz said. "I am, however, disappointed in the actions of the leadership in many countries, particularly in the US.

"President Trump should help



reveal the truth and ensure justice be served. He should not pave the way for a cover-up of my fiancée's murder. Let's not let money taint our conscience and compromise our values."

Wadah Khanfar, former director general of Al Jazeera, said bin Salman, 33, "shot himself in the foot" with this latest act of terror.

"He underestimated the amount of anger this would cause across the world," Khanfar told Al Jazeera.

"This is a tipping point that will undermine his government and his future. No respected politician in the world will ever want to have a photo opportunity alongside him again."

Several speakers indicated the young Saudi leader's disastrous policies - including the brutal war he is waging in neighbouring Yemen - had now turned him into a liability for his country by alienating its international allies.

'Toxic brand'

Sarah Leah Whitson, executive director of the Middle East and North Africa division of Human Rights Watch, delivered a heartfelt tribute to Khashoggi, whom she described as "the Saudi man who would not bow down".

Jamal Khashoggi case: All the latest updates She said the murder had revealed the crown prince "not only to be a reckless, sadistic murderer ... but an unreliable and treacherous ally".

"No foreign leader who is not enslaved to Saudi Arabia financially would dare to be seen standing next to him," Whitson said. "He is now exposed as the greatest liability for Saudi Arabia in its short history."

British parliamentarian Crispin Blunt said the murder was "a very profound moment" that would silence Saudi society completely unless the government changed direction in order to "do penance for this appalling atrocity".

He called on the regime to begin by ensuring freedom of expression, ending the death penalty, and halting efforts to brand all political opponents as "terrorists".

David Hearst, editor in chief of Middle East Eye, told the audience bin Salman had become a "toxic brand" whose actions would have important diplomatic implications for Saudi Arabia.

Khashoggi murder: Is US inaction on MBS linked to Iran?

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"Jamal's murder has shown us that our closest allies are not just unstable - but a source of instability."

x
Killing the messenger

Beyond its geopolitical ripple effect, the Khashoggi killing has also begun to influence global debates about the increasing risks faced by journalists today.

In a veiled reference to US President Donald Trump - who has been vocal in his attacks on the press, Michelle Stanistreet, head of the UK's National Union of Journalists, described a "shocking level of state-sponsored impunity" for those who attack media workers.

Stanistreet said: "The global journalistic community today faces an international climate that is ever more febrile and increasingly fraught with danger: an American president who has called journalists the 'enemies of the people', a Saudi regime that believes the world will suspend disbelief and allow itself to be hoodwinked as it repeatedly changes its story [on Khashoggi], and a Turkish president speaking out against a terrible act - while journalists languish in Turkish prisons."

xJamal Khashoggi, Mohammed bin Salman and the media
Jamal Khashoggi, Mohammed bin Salman and the media

SOURCE: AL JAZEERA NEWS

Int'l lawmakers call out human rights violations against de Lima, Trillanes



Senator Antonio Trillanes IV

By CNN Philippines Staff
Sun, October 21, 2018
Metro Manila (CNN Philippines, October 21) — A global group of parliaments said it was "resolved to send an official mission" to inquire into what it calls "political persecution" of Senators Leila de Lima and Antonio Trillanes IV.

In a statement released Sunday, the Inter-Parliamentary Union (IPU) said, "In separate resolutions adopted at the end of the 139th IPU Assembly in Geneva, Switzerland last Oct. 18, the IPU expressed deep concerns over the human rights violations committed against De Lima and Trillanes."

In March, the IPU adopted a resolution reiterating its call to release de Lima immediately and drop all charges relating to her alleged involvement in the illegal drug trade "unless serious evidence is rapidly forthcoming."

In its latest statement, the IPU said a follow-up visit to de Lima was needed as they remain concerned

about the "public campaign of vilification by the highest state authorities" against the senator.

The group also renewed the call for de Lima's release, and hoped the Senate will act in solidarity with her.

Meanwhile, the IPU raised concern over the issues surrounding Trillanes following the issuance of Proclamation Order No. 572 in August, which put into question the senator's amnesty.

The IPU said they are deeply concerned "Trillanes is facing renewed charges of rebellion, and possibly of mounting a coup d'état, with regard to the same incidents that occurred in 2003 and 2007, offences for which he, together with all others involved, was subsequently amnestied in 2011."

As a result, the groups said they are worried the senator may soon be arrested and the "sudden questioning" of his amnesty will "give serious weight to the allegation that this is a targeted attempt to silence" him.

He upheld justice': Trillanes thanks Judge Soriano for upholding rule of law



Senator Antonio Trillanes IV shares a light moment with members of the press outside his office in the Senate, September 27, 2018.
Jonathan Cellona, ABS-CBN News
Rose Carmelle Lacuata, ABS-CBN News Updated as of Oct 22 06:40 PM MANILA - Senator Antonio Trillanes IV expressed his gratitude to Judge Andres Soriano for upholding the rule of law and justice when he denied the Department of Justice's (DOJ) motion to have Trillanes

arrested for coup d'etat.
"Tayo po ay nagpapasalamat sa Panginoon na pinagbigyan niya ang mga kahilingan ng lahat ng nananalangin na manaig ang tama," he told reporters Monday.
(We thank God for answering the prayers of all those who prayed for

truth to prevail.)
"Nais rin po nating pasalamatan si Judge Soriano na single-handedly, he upheld justice and the rule of law in our country despite the extreme pressure coming from the Duterte regime," the senator added.
(We also want to thank Judge Soriano for single-handedly upholding justice and rule of law in our country despite the extreme pressure coming from the Duterte regime.)
With his recent victory, Trillanes said he will continue his job as part of the opposition.
"I will just continue to do my job...Nothing changes, I'll be the same critic as I was before. I'm just upholding my role in our democracy as a member of the opposition," he said.

In the decision penned by Soriano, the court cited records that show the coup d'etat case against Trillanes has been dismissed in September 21, 2011, and that the dismissal was "final and executory."
"Well established is the doctrine that a final and executory judgement shall be immutable. The court, in fact, loses jurisdiction over the case when its decision has become final and executory," the decision read.
DOJ motion for Trillanes' arrest denied
However, the court sustained

the "factual bases for the issuance of Proclamation No. 572" of President Rodrigo Duterte and Solicitor General Jose Calida revoking the amnesty of Sen. Trillanes.
"Given its findings, both on the legality of proclamation no. 572 and its factual bases, the Court finds no reason to disturb the doctrine of immutability of a final and executory judgment," the court said.
Trillanes was arrested nearly a month ago for rebellion, on orders of the Makati RTC Branch 150 over the 2007 Manila Peninsula siege. He posted bail on the same day.
The 2 cases were revived after President Rodrigo Duterte voided his 2011 amnesty for allegedly failing to comply with application requirements.
Trillanes: From hot-headed Navy lieutenant to Duterte nemesis
The Department of Justice earlier asked the 2 Makati courts to order Trillanes' arrest and bar his departure from the country, arguing that the nullification of his amnesty meant that all cases against the senator must be pursued.
The senator has insisted that his amnesty is valid and that he followed procedure.
A former Navy lieutenant, Trillanes won a seat in the Senate in 2007, campaigning from detention, and was reelected in 2013.

Trillanes camp: MR may no longer be filed to reverse court ruling

By: Maila Ager - Reporter / @MAgerINQ INQUIRER.net / 07:31 PM October 22, 2018
Senator Antonio Trillanes IV's camp believes that a motion for reconsideration (MR) may no longer be filed to reverse a court's junking of a motion for his arrest.
In a 33-page decision, the Makati Regional Trial Court Branch 148 denied the Department of Justice's request to issue an arrest order against Trillanes for non-bailable coup d'etat charge against him.
The court noted that the case has long been dismissed as per court's order dated September 21, 2011.
"Sa criminal cases, once dinismiss ng korte, hindi na normally

nag e-entertain ng Motion for Reconsideration. Kaya one strike lang yun e," Trillanes' lawyer, Rey Robles, explained in a press briefing at the Senate.
"Ito dismissed na seven years ago, sinabi lang ni Judge dito na hindi nya pinagbibigyan yung kahilingan na buksan yung kaso so wala tayong kasong pinag-uusapan."
"Pwede siguro silang mag file ng MR pero mananatiling sarado ang kaso hanggang buksan uli ito," he said.
It was clear in the ruling of the court, the lawyer said, that a case, which has been decided with finality, could not be reopened anymore even by the Supreme Court.



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Ask the Video Guy

Technological Tidbits
by

Al Abdon

Microphone Hide and Seek: 7 Ways to Hide a Lav

In a scripted sitcom, the audience never sees a mic. Why? The production must sustain the illusion that the audience is watching the characters live out their lives. A visible mic would destroy that illusion in the same way that an accidental wide shot would show that the characters are actually on a set and not in their kitchen. The challenge lies in hiding the mic from the camera's prying eyes. This has always been a challenge during our taping at MMTV's episodes because often times the dress or the outfit of the talent does not conform with the mics' ability to pick up audio during the interview.

In this article, we'll explore how to capture audio with a mic cleverly placed on the human body, just outside the camera's view. You'll learn how to use a special mic that is great for hiding, because it is super small.

Lavalier Basics

A tiny lavalier mic is unobtrusive and typically attaches to the clothing of the talent. Sometimes spelled "lavalier," it is a French word for an ornamental pendant worn on a chain around the neck. Years ago, bulky lavalier mics hung around the neck on a necklace. Nowadays, these mics are extremely small and often called a "lav" or "lapel" mic.

Essentially all modern lavalier mics use a condenser transducer to

convert acoustic energy into electrical energy. This is the type of mic that permits your cellphone's speakerphone to work its magic. Most lavaliers have an omni-directional polar pattern that picks up sound coming from virtually all directions.

These minuscule mics work best when attached to clothing at a person's sternum. This placement allows the mic to pick up some of the resonant sounds from the chest. If placed elsewhere on the body, some EQ adjustments may be required in post-production to fill out the tonal quality of the audio.

Concealing in a Shirt or Blouse

The most common garment worn on the upper body is undoubtedly a shirt or blouse. This wardrobe choice offers several opportunities for hiding mics. Let's look at some of them:

1. On a dark-colored, buttoned, dress shirt you might be able to pop the tip of a black lavalier mic out of a button hole. On the inside of the shirt, use gaffer's tape to secure the mic and cable. With appropriate lighting and favorable camera angles, the audience will likely never notice the mic.

2. On that same dress shirt, you might be able to hide the mic in the cloth flap between two buttons. Put a loop of self-adhesive moleskin around

the body of the mic to minimize contact noise with the shirt's material. Most pharmacy stores sell moleskin.

3. A necktie offers additional hiding places. Most lavalier mics include a clip for attaching to a tie. Hide the mic by simply clipping it to the back of the tie. Use moleskin to protect

mic on the side the talent will turn towards most often.

7. A t-shirt affords a challenge, but one that can be overcome. In this situation, attaching the mic directly to the chest of the talent is a good option. Use first aid tape to attach the mic to the sternum. Just like in the dress shirt



the mic from contact noise. The audience will see the backside of the mic clip and assume it is a standard tie clip.

4. Another necktie hiding place is at the knot. Loosen the knot and feed the mic through so that it barely hangs out the bottom. Using an omni-directional mic is critical here, because it will be pointed away from the talent's mouth.

5. What about a traditional 2 or 3 button polo shirt? In this scenario you can place the lavalier in the 'V' below the buttons. Use gaffer's tape to secure the mic and cable inside the shirt. "TRY TO DETERMINE IF THE TALENT WILL BE TURNING THEIR HEAD TO ONE SIDE OR THE OTHER, THEN PLACE THE MIC ON THE SIDE THE TALENT WILL TURN TOWARDS MOST OFTEN."

6. Another option is to hide the lavalier under the collar of a shirt. Use gaffer's tape to run the wire around the back. Try to determine if the talent will be turning their head to one side or the other, then place the

example, use moleskin to create a small buffer between the mic and the shirt.

Other places to hide a lavalier include under the brim of a baseball cap, or along the brim of a fedora-style hat. You can even hollow out a plastic writing pen, feed a tiny mic through to the top, and run the cable through a small hole on the inside of a dress shirt pocket.

The best advice is to hide a lavalier only if there are no other possibilities — like the use of a shotgun mic. Also, be aware of personal privacy issues when placing microphones on talent. Finally, be sure to use headphones to monitor the audio and listen specifically for noise generated by clothing coming into contact with the mic.

If lavalier fails we just use a zoom mic which is not as effective than the lapel mic.

Happy Shooting,

Al Abdon

Schukov: The origin of Halloween — a true tale



umpkin carving is a Halloween tradition. VINCENZO D'ALTO / THE GAZETTE

Once upon a time, there was a village named Pumpkintown on the outskirts of a deep forest. Neighbouring towns shunned the villagers because they were goblins, ghosts, witches, mummies, ghouls, werewolves and investment counsellors.

The "scaries" had been banished here by decree of the king. So eager was the ruler to please his

subjects, he staged regular referendums, resulting in all kinds of unwanted items like spiders, bats, snakes and broccoli also being banished to Pumpkintown.

But the monarch felt compassion for the outcasts, so he built his castle nearby. To lessen their pain of social stigma, he held a gathering in the village square to declare a new holiday called, "The People's Forest Day," whereby any villager could lay claim to any woods that started wherever the trees stopped.

The scaries cheered. Then, a hand rose at the back of the crowd. Silus Boo, a ghost, casually asked, "Begging your pardon, sire, doesn't that make as much sense as 'People's Lake Day' where we could claim parts of the lake that did not have any water?" Boo was immediately hauled away and hung at the adjoining gallows. Boo put on quite a show when the trap door fell. He hovered above the hole. This was the sixth time that he had been hung. Then

he did the trick where he split into two identical ghosts. It amused the ghouls so much that they started to exchange heads. One shocked visitor asked the king: "Can they do that?" "Of course!" said the king. As long as they return it to the original owner."

Later, the king summoned Boo to his court:

"Why do you persist in putting your spin to all of the proceedings?" asked the king.

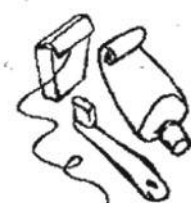
See Page 13 Origin of Halloween

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A message from the American Diabetes Association. 
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Results from the 20 year Diabetes Prevention Program. Diabetes is currently one of the top 10 causes of mortality among African Americans and Latin Americans. Some of the complications associated with diabetes are, problems with veins and blood circulation requiring amputation, cardiovascular disease, eye problems and kidney disease. In 2002, the New England Journal of Medicine published a study that showed that lifestyle intervention with dietitians was more effective than metformin (drug) and placebo in preventing diabetes. All 3,234 participants in the study had borderline diabetes. Participants were divided into 3 groups. The lifestyle intervention group, the pharmacological group or the placebo group. The lifestyle intervention group

received 45-60 min sessions with a dietitian approximately once per week over a period of 16 to 24 weeks. The interventions were personalized and tailored to meet the needs of the participants. After the first 16 sessions, participants had face to face sessions with a dietitian every 2 months with at least one telehealth consultation in between. The pharmacological group received general lifestyle guidelines and metformin which was taken as prescribed. The placebo group likewise received general lifestyle guidelines but no treatment. After 5 years there was a 58% decrease in the incidence of diabetes in the lifestyle intervention group. In addition there was a significant reduction in the risk factors for cardiovascular disease. The lifestyle intervention group had significantly lower weight, lower blood pressure, lower cholesterol, and lower

triglycerides. These findings are very encouraging as cardiovascular disease is the leading cause of death among patients with type 2 diabetes. In the pharmacological group, metformin treatment resulted in a 31% decrease in the incidence of diabetes. However, in this group there was also a significantly higher rate of adverse gastrointestinal symptoms reported. In 2015, a follow-up study was published in the Lancet Diabetes Endocrinology journal. The follow-up analysis of the Diabetes Prevention Program allowed researchers to conclude that the benefits of lifestyle intervention persist for at least 15 years. Clearly type 2 diabetes can be prevented or delayed with nutrition and lifestyle intervention. Despite this, diabetes is increasing globally. According to stats Canada, diabetes has risen steadily within the Canadian population over the past 15 years. In 2015 approximately 7% of Canadians had diabetes compared to approximately 4% in the year 2000. Even more alarming is the estimated prevalence of pre-diabetes (borderline diabetes) in the population. According to diabetes Canada, an estimated 22% of Canadians over the age of 20 currently have borderline diabetes. This means

that currently, about 30% of the Canadian population is either diabetic or borderline diabetic. In other words, almost 1 in 3 people in the population are at risk of developing the previously mentioned complications associated with diabetes. Although the population statistics are cause for serious concern, the clinical research shows that people can indeed avoid becoming victims to diabetes. Lifestyle intervention is key, however if you are a medicated diabetic be sure to discuss with your physician which aspects of lifestyle intervention are appropriate for you. Article courtesy of HeartlogiQ.com For more information or to speak with a dietitian call 514-420-2777 or visit www.heartlogiq.com

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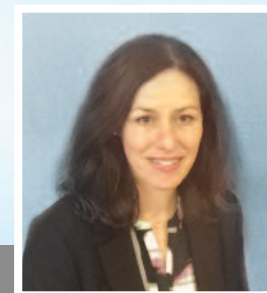
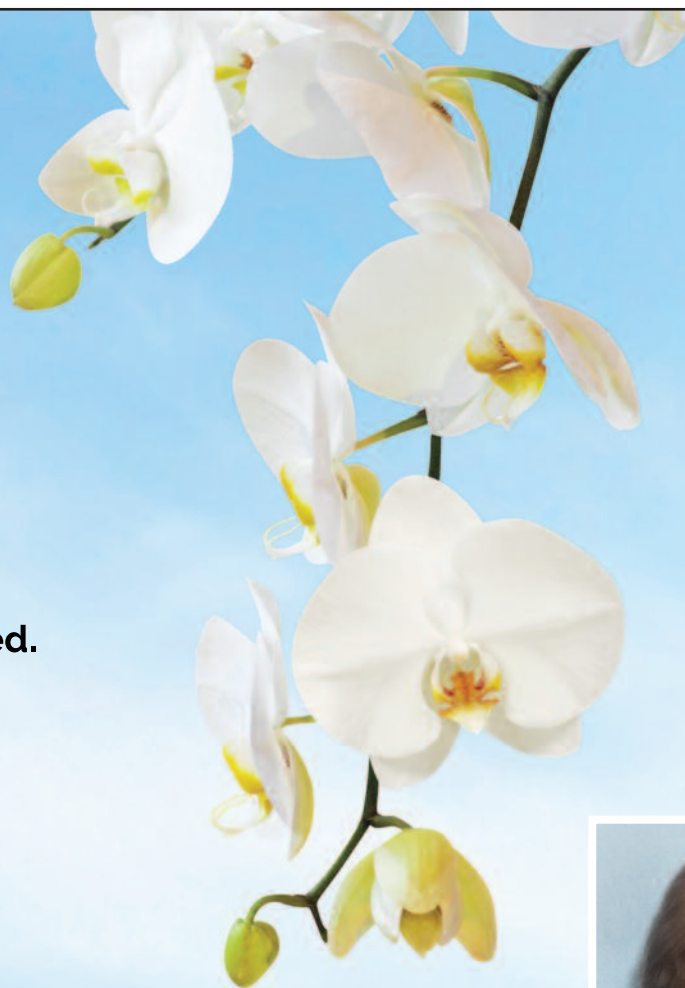
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Filipino simple comfort food



Bulalo (Boiled Beef)

Ingredients:

2.5 lbs of beef shanks
water
2 bundles of bok choy, quartered

whole
3 ears of corn, cut into half, or quarters
1 medium onion, quartered
2 tbsp black peppercorns
pinch of salt, to taste
1 head garlic, top cut off (exposing cloves)
1 tbsp fish sauce, more to your liking
1/2 small green cabbage, roughly chopped
limes, optional
cooked jasmine rice, per serving
fried shallots, optional
fried garlic, optional
Start by adding cold water to a stock pot. Add the beef shanks (find these on the cheap at local Mexican grocery stores), and turn on the heat to a medium high heat.

Cook the shanks for about 15 minutes or until they come to a boil for about 5 minutes. During the boil, get a large spoon out and skim the top surface of all of the bone scum. Discard the scum. We are going to discard the water and scum anyway but it's always nice to get rid of the majority ahead of time.

Put a strainer in your sink and pour the beef and water into the strainer. Rinse the beef well.

Rinse out the stock pot. Place the bones back in the pot along with the onion, garlic, and peppercorns. Fill to cover with water, and return to a boil.



Ingredients for Bulalo

Filipino Fried Bangus for Breakfast



Ingredients:

4 filets of bangus, bones removed are optional
1 cup of distilled white vinegar
1 tbsp lightly crushed whole black peppercorns
1 head of garlic, skins removed, roughly chopped
1/2 tsp salt
1 cup canola oil
1 cup of cooked jasmine rice, optional, per serving
2 eggs, cooked to your liking, per serving
Thai bird chilies, optional
Start by marinating your fish. To a sealable plastic bag, or medium sized bowl, add the vinegar, garlic, black peppercorns, and salt and mix to combine. Add the bangus (in my case they came portioned, most likely quartered). Give a good mix, seal or cover, and let everything marry overnight.

The following morning, remove the bangus, and place onto a plate. Pat both sides with paper towel and remove any peppercorns or garlic from the fish. Don't worry if some stick on the fish. That's extra flavor in my opinion!Ingredients:

Filipino Tinola Halang Halang



1 tbsp canola oil
1/2 cup ginger, cleaned and cut into 1/4 inch rounds
1 head garlic, minced
1 whole onion, chopped
1 russet potato, cleaned and cut into bite sized cubes (optional)
1 whole chicken, breasts, legs, wings, and thighs, cut into pieces

4 cups of chicken stock
1 cup of water
15 oz can of coconut milk
8 Thai chilies (preference 2 per bowl)
1 whole lemongrass stalk, top part removed, trim tender bottom part
1 tsp salt, to taste
1 tsp cracked black pepper, to taste
1/2 tbsp fish sauce, to taste
1 bunch of spinach, cleaned and roughly chopped
jasmine rice, cooked
Start by heating the oil in your large dutch oven, or medium sized soup pot, on medium heat.


Next, add in your onion and ginger and give that a stir, cooking until it slightly begins to softens, about 4 minutes. Next toss in the garlic, and give that a good stir, cooking for about a minute.

Now add in your chicken pieces, moving the onion mixture around so that you are able to brown up some of the chicken skin. Cook the chicken for about 20 minutes, turning halfway through. After 20 minutes, add in the lemongrass, chicken stock, water, coconut milk, salt, pepper, and fish sauce. Add in the potatoes if you will be using them. Give this a good stir.



Lechon Kawali (Pan Roasted Pork)

Ingredients:
2 lbs boneless pork belly, cut into 2 inch long strips
1 head of garlic, skins removed, bulbs smashed
4 whole bay leaves
3 tbsp black peppercorns
3/4 cup soy sauce
water
salt
canola oil
dipping sauce
White Vinegar, to your liking
Soy sauce, to your liking
Chopped garlic, to your liking
cracked black pepper, to your liking
1 Thai birds eye chili, smashed, optional or Thai chili flakes
Start by adding the pork belly, garlic, bay leaves, peppercorns, soy sauce, and enough water to cover the pork belly into a large pot or dutch oven. Cover, and bring to a simmer, cooking for about 1 hour. This is to tenderize the pork, and infuse all of the great flavor from those aromatics. Drain and let sit at room temperature until pork has air-dried.
Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
Fry pork in the hot oil, working in batches, until golden brown, 3 to 5 minutes. Remove fried pork with a slotted spoon and drain on a paper towel-lined plate. Serve hot.



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Social Tidbits

Fely Rosales Cariño

The Kapampangan Association of Montreal (KAM) presented the candidates of the Munting Hiyas and Munting Lakan ng Pilipinas Montreal last September 18, 2018. It was held at Salle de Spectacles Jacques-Maurice, College de-Brebeuf, on Decelles Avenue, Montreal. Characters from Disney’s Beauty and the Beast were represented by each candidate: Alondra Keshia Ignacio as Princess Belle (parents: Reynaldo Ignacio and Anita Castillo), Angelica Paige Del Rosario as Princess Cinderella (parents: Mark Del Rosario and Doyeth Maligaya), Lexie Anne Castro as Princess Aurora (parents: Edred Castro and Anivic Garcia), Rianna Ashley Bumanlag as Princess Elsa (parents: Ronald Bumanlag and Annabel Gantala), and Therese Ann Salmon as Princess Pocahontas (parents: Arnel Salmon and Heidi Saul). Likewise, here are the candidates of Munting Lakan ng Pilipinas Montreal 2018: Reignan Joseph Aquino as Prince Alladin (parents: Regina Aquino), Rondell Dwayne Talabocon as Prince Adam (parents: Romeo Talabocon and Raquel Trinidad), Vince Jenry Naco as Prince Philip (parents: Jenry Naco and Vilma Bermudez), and Zeus Meir Licudine as Prince Li Shang (parents: Zany Licudine and Madelyn Pambid). The good looking candidates were well-poised, well put together, and super in their strides and facial expressions. For the above skills, credit goes to their coaches Alfonso Tena, Mark Alvin Simbulan, Adiva Ross Estinoso, Vince Garde, Michelle Aguirre, and Shaira May Salamanca, who labored for long hours coaching and practicing to get to that perfect level of their expectations. Same number of hours were spent by their parents (if not more) during rehearsals. Judges were chosen from a very qualified and diverse background that included talents in dancing, singing, playing the piano, keyboard, bass and guitar. In other words, in their orbit

music is their forte. Selected to sit as judges were Mia Faye Valle (born in Montreal, Quebec), Erika Perez (born in El Salvador), Riytchel Andre (born in Haiti, Caribbean) Luisa Kilami (born in Iran), Lyobov Serebrayakova, and Kimberly Grey Ortiz (born in San Fernando, La Union, Philippines). If there are judges, it always follows that there are auditors. Three popular community leaders were requested to do the job, namely, Corazon Santiago Aberin (FAMAS President 2015-2017), Rowel Pangilinan (Financial Security Advisor), and Pia Bautista (Financial Security Advisor of Sun Life Assurance Company). This beauty pageant was a fundraising activity designed to help the charity called ANCOP (Answering the Cry of the Poor). The following are the winners for the Munting Hiyas ng Pilipinas Montreal 2018 are: Rianna Ashley Bumanlag (Best in Theme Wear), Angelica Paige Del Rosario (Best in Talent and Best in Interview), and Lexie Ann Castro (Best in Evening Gown). For the Munting Lakan ng Pilipinas Montreal 2018, the winners are: Reignan Joseph Aquino (Best in Theme Wear and Best in Stage Interview), Vince Jenry Naco (Best in Talent), and Rondell Dwayne Talabocon (Best in Barong Tagalog). Last but not least, coronation awards went to the following: Angelica Paige Del Rosario (Munting Hiyas ng Pilipinas 2018), Therese Ann Salmon (Munting Hiyas ng Luzon), Lexie Ann Castro (Munting Hiyas ng Visayas), Alondra Keisha Ignacio (Munting Hiyas ng Mindanao), and Rianna Ashley Bumanlag (Hiyas ng Maynila). For the Lakan side, Vince Jenry Naco (Munting Lakan ng Pilipinas Montreal 2018), Reignan Joseph Aquino (Munting Lakan ng Luzon), Rodell Dwayne White (Munting Lakan ng Visayas), and Zeus Meir Licudine (Munting Lakan ng Mindanao). The overall positive audience reaction was amazing. I can attribute this to the visionary ingenuity of the pageant’s director and chairman

Svetlana Suarez, choreographer Jennifer Camposano and emcees Thea Cruz and Rochie Banaag. Congratulations to the KAM Executive Board 2017-2019 headed by its president Corazon S. Punzalan who gave a short and sweet speech before the competition began. This is a belated news about the late Leticia Bulotano Wheeler, PAMANA’s beloved founder. PAMANA members, through the leadership of Sherling Rose de la Paz, PAMANA President, presented “Huwaran ng Sankatauhan (Role Model of Humanity) last August 25, 2018. This was held at CEGEP Jean-de-Brebeuf, Jacques-Maurice Auditorium. As usual, their performance was unequaled in terms of variety, costumes, repertoire, grace and showmanship! This was PAMANA’s 6th stage production. The members felt that they can’t do enough to celebrate and honor the legacy that Letty has imprinted in their minds and hearts. As a result of her awards and recognition, both locally and internationally, in October 3, 2018, Letty was honored by the Quebec National Assembly for her outstanding contribution in promoting the cultural heritage of the Philippines. If you read Letty’s awards printed in the inside cover of the recent PAMANA program, I am with you if you say nobody, but nobody, could equal or come close to her achievements. May she rest in peace. The Bicol Association of Quebec (BAQ), care of Patrick Gotera and Delia Daniel, invited friends on September 15, 2018 to Our Lady of Penafrañcis Fluvial parade held at the Lachine Canal, Montreal. The first order of the day was a holy mass held at the Resurrection of Our Lord parish at 34-34th Avenue in Lachine. The mass was preceded by a novena headed by Norma Orbita. After the mass, we followed the procession to the nearby park beside the Lachine Canal. This place was where the Batobus waited for us to board and experience the sounds and smell of the water. After an enjoyable trip, the boat turned back and we all proceeded to the park for lunch. Luckily, Sheldon Cohen took charge of the barbecue job and had more than enough for all of us. Seconds later, Julius Abad arrived carrying a huge lechon. Everyone lined up for the favored and crispy lechon skin. Then we started our uninterrupted lunch, going back and forth to the buffet table of other home-cooked delicacies. Among the picnic guests were William and Nene Favia, Salvador Cabugao, Remy Lopez, Bert Abiera, Yoly Manzanal, Siony Posada and Marlyn Mendoza, among others. September 15, 2018 was the date chosen by the Philippine Benevolent and Scholarship Society of Quebec (PBSSQ) to celebrate its 34th Annual Awards Night. It was held at the Grand Hall of the Cote des Neiges Community Center on 6767 Cote des Neiges. Since the event was awards night, it is fitting to highlight the ‘raison d’etre’ of these awards. Two well-deserved benevolent awardees are William Fabia, also the President of the Association of Filipino Seniors of Montreal (AFSM), for helping many Filipinos in need and Fruan Tabamo for his kindness and generosity to others. Community Service Awards went to Romeo David Remigio for excellent service in the community and to former President Trans Liganor for her successful stewardship of the Quebec Association of Canadian Filipino Teachers (QACFT). And did you know that she is a champion bowler? Yes, she is – but only second to her brother, Ric Liganor. They are both members of the Filipino Mixed Bowling League of Montreal. If you want to see spares and strikes, go watch them bowl at the Laurentian Lanes at Cote-de-Liesse every Saturday afternoon. Luz Celine Caro, the 2018 Philippine Benevolent Scholarship Society of Quebec (PBSSQ) Elementary Scholar, started to dream early. She aspires to be a doctor. Other PBSSQ CEGEP scholars are: Xaviery Van Maldo (whose ambition is to enter the medical field and understand more about the human body), Jane Marie Ramil (who aspires to pursue a career in media, become a professor and travel the world), and Joshua Bolofer (who desires to promote and preserve the Filipino culture and lifestyle using arts on a global scale). The only 2018 PBSSQ University scholar is Joanne May Ramil (who wants to become a physician and help people around the world). Last but not least, not to be forgotten are the Executive Board of the PBSSQ, led by President Nilo Valenzuela, ex-officio Dr. Ermie Pelausa, the youthful and healthy-looking PBSSQ Founder Mrs. Natalie Pelausa who recently turned 91 years old. The evening was made enjoyable by the dynamic team of Pinoy Pa Rin’s Tenne Rose Dayandante and Michael Davantes as Master of Ceremonies. See you next issue and God bless !

ordered for tonight’s gala have arrived. We put them in the corridor next to the kitchen, like you asked.” “Good.” Turning to Boo, the king says, “We need a name for this holiday.” Just then, the chef entered and said, “Excuse me, exalted one. What do I do with the hall o’weenies?” “Hmmm . . .” said the king.

From Page 8 Origin of Halloween

Boo replied, “Your greatness, all of your kindness does not fill the void in our hearts. Just once a year we would like to feel that we are part of the world.” “Out of the question!” barked the king. “You would scare them out of their skins.” “What if they didn’t know we were monsters? What if they thought we were normal people dressed up as monsters?” “You’ve lost your mind as well

as your body,” sighed the king. “How about a holiday to celebrate the banishment of the monsters? On that day, people outside of Pumpkintown, dress up as monsters and knock on strangers’ doors, asking if they can stay for supper. We join in and nobody knows the difference,” said Boo. “Too dangerous,” said the king. “Someone may pull on a werewolf’s beard and find that it doesn’t come off. Besides, monsters have terrible table manners.” “Okay. Everybody carries a cooler and asks for leftovers.”

“Good idea but coolers haven’t been invented yet. How about treats like candies and fruit?” asked the king. “Little wonder that you’re the king,” beamed Silus. He slaps the king on the back but misses. “We can have people say stuff like, ‘Give us a treat or we’ll move back into the neighbourhood.’” “Too scary,” said the king. “It’s just a trick to get a treat.” “I’ll get back to you on that one.” Just then, a guard entered and said, “Sire, the 50 carts of hot dogs you

Happy Halloween

FILIPINO STAR

SHOWBIZ GOSSIP

Jessica Sanchez says easier now for Asian Americans to make name in the industry



Jessica Sanchez

A big voice in her own right, Jessica Sanchez is back to perform with an edgier look and a sound that is her own. Catch up with the powerhouse voice on November 10, 2018 in her self-entitled concert “Jessica Sanchez with special guest Martin Nievera” happening at The Theatre at Solaire.

Jessica Sanchez’s story is one that begins when a shy 16-year old girl dominated the stage with a voice that can go head-to-head with some of history’s icons. It may seem like she was dealt a lucky card, but behind the curtains, it couldn’t be anywhere near the truth.

“I was so young when American Idol happened,” she says. “I learned so much from the show, the people, and the experience afterwards. It prepared me for what was to come, the constant hustle and hard work.”

Born from immigrant parents who have established their lives in the United States and being in one of the world’s most watched singing competitions, one would

hear many Filipinos say Jessica Sanchez was living the American dream.

Some argued, however, that she was too American to be celebrated by Filipinos, adding the fact that she has never set foot in the Philippines prior her *AI* stint.



But it was this opportunity that helped her touch base with a part of her identity that she has yet to fully discover. “My first time being in the Philippines was for the *Idol* tour. I was so excited for my first trip to my mom’s homeland. It all

happened so fast, but I remember it being full of amazing food, amazing people and amazing moments,” Jessica recalls.

The impact of the memories has not evaded her. In the years that followed, the Philippines saw Jessica perform on local television programs, radio shows, and held a concert for her freshman album.

Her constant appearance has prompted most to wonder whether she will be back again, or maybe stay for good. Although with no certainty just yet, Jessica shares, “I try to visit at least once a year. I’m half-Filipino so I’m always wanting to learn and experience more of the culture.”

Contrary to stated prejudices, Jessica is more Filipino than meets the eye. Just like other Filipinos who quest for greener pastures under the star-spangled flag, she also fell prey to the unforgiving eyes of those who saw her as an outsider, sticking out amid fair skin, corn-hued hair and colored sights.

Despite the fragility that her youth has handed, her voice set her apart – a voice that commands and resists to be contained. And just as what her Pinoy compatriots do best, she persisted with an awakened innate resiliency – a Filipino quality that ultimately shaped her.

She says that times have changed, and minds are more open, especially in the business of entertainment. Truly, Hollywood has seen an influx of Filipino heritage gracing its regal red carpets.

Apl de Ap of the popular group Black Eyed Peas – someone who Jessica considers as a friend – is one that has made a dent in the once highly exclusive music industry, and has at the same time, continued to wave the three stars and the sun.

“It’s been harder in the past for Asian Americans to make a name in the industry, but I feel that now, it isn’t impossible.”

Believing that Filipino talent knows no impossibilities, Solaire’s Director for Entertainment Audie Gemora shares what’s special about this concert, “We were all witness to how Jessica rose above every challenge she had to face in the cutthroat Hollywood scene. Although she has found her footing in the United States, this concert

will represent rediscovering her Filipino roots and bringing her beloved Filipino fans with her in that journey. The night’s performances will speak of every Filipino artist’s hustle that each must go through to make it in the music industry, and more importantly, the potential to become a global sensation.”

Now 23, Jessica has kept the momentum going, but at her own pace, “These past years have been filled with traveling internationally for events, concerts, and recordings, but I’ve also taken some time to step back and find myself as an artist.”



Her upcoming concert will show her evolution and versatility as an artist with songs that are deemed as Filipino favorites such as “I Will Always Love You,” “And I Am Telling You I’m Not Going” and “I Have Nothing,” which are coincidentally, among her *Idol* performance repertoire. This night will also see a new Jessica that’s bolder and grittier as she sings R&B songs alike that speak of her edge and vibrancy.

It has been seven years since her almost-victory. Bittersweet as it may sound, Jessica still feels blessed. “I am able to live my life doing what I love. I was given a platform on *Idol* when I was 16 and have accomplished things I’ve dreamed of,” she says.

Even with the dominant Western look and feel brought by the land that cradled her, she continues to beat blood in her veins that epitomizes what the Filipino talent can reach and the kind of stage that it deserves. ■

Dingdong Dantes criticized for photo with Sen. Risa Hontiveros



Sen. Risa Hontiveros (left) with Dingdong Dantes

Actor Dingdong Dantes was criticized after he posted a photo of himself with Sen. Risa Hontiveros, as both are working on an upcoming project regarding an advocacy they both promote.

Dantes took to Instagram yesterday, Oct. 28, to share his and Hontiveros' photo. "Happy to share the same advocacy with Sen. @hontiverosrisa. #ComingSoon #ForTheFilipinoFamily," he wrote.

His fans, however, weren't impressed with the brewing collaboration between the actor and the senator. They took to the comments section of Dantes' post to express their disapproval by using the thumbs down emoji.

Some said they will be unfollowing Dantes because of his post.

Others made use of the comments section to lambast Hontiveros for allegedly stealing Philippine Health Insurance Corporation (PhilHealth) funds.

Hontiveros denied the allegations that she was a part of the

PhilHealth Board of Directors that approved the diversion of P10.6 billion budget meant for the payment of senior citizens' insurance premiums in May this year, calling said allegations as "fake news."

Meanwhile, some commenters stated that Hontiveros is only using Dantes.

While many are against Dantes working together with Hontiveros, there are still fans who continue to support the actor. They asserted that real fans will support the actor no matter what Dantes' political stance may be.

"[Di] naman nila kayo pinupush sa kung sinong gusto o ayaw nyo ang mahalaga sa kanya ay ang advocacy nya," said one fan, Krezha Mae Requillo Calague (@krezhamae). "Kung dahil lang sa isang tao ayaw nyo tatalikuran nyo sya at least mapapatunayan kung sino ang totoong nagmamahal sa DongYan."

(They are not forcing you to like someone. The important thing to him is his advocacy. If because of

one person you don't like, you turn your back on him, at least now we'll see who truly loves DongYan.)

"Sana lang respetuhin nyo din kung sinong gusto nilang suportahan (I hope you respect whoever it is they will support)," she added. "No hate just love."

Another fan, meanwhile, wondered why people are surprised the actor is collaborating with Hontiveros when he and wife Marian Rivera had been vocal about their support for the Liberal Party (LP), which Hontiveros is part of.

"Yung mga ayaw kay [Risa] Hontiveros na fan daw ng primetime couple eh di naman talaga nila fan," said one fan, Shadey (@shadey559). "Alam naman ng buong Pilipinas na LP supporters ang mag-asawa."

(Those who don't like Hontiveros and claim they are fans of the primetime couple are not really their fans. The entire Philippines knows that the couple supports LP.)

Bea Alonzo on relationship with Gerald Anderson: It's 'true love'



Gerald Anderson and Bea Alonzo at the 2018 ABS-CBN Ball

Kapamilya actress Bea Alonzo asked rumored boyfriend Gerald Anderson if the second chance given to them is worth it.

In an interview with Vice Ganda at the "Tanong Mo Mukha Mo" segment of talk show "Gandang Gabi Vice," Bea asked Gerald: "Worth it ba na nagkaroon tayo ng second chance?"

When Vice asked Bea the same question, the "First Love" star responded with "Yes!"

Nonetheless, Bea said they are not ready to tie the knot because there are more things to do: "Marami pa kong gagawin e. Wala pa kami doon. Marami pang inaayos."

It can be recalled that Bea and Gerald first became an item years ago, but the romance reportedly lasted for only three months. Nevertheless, the two admitted that their past relationship was "true love" as Gerald admitted that they both cried in the plane during the breakup.

Bea also described their relationship then as "whirlwind romance" because she did not expect to be in love with Gerald in that short time.

Bea and Aga were guests on Vice's show to promote their upcoming movie "First Love," directed by Paul Soriano. ■

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Showbiz Gossip *Continued from p.15*

Coleen Garcia clarifies she's not angry at Duterte: 'I neither hate nor completely adore'



Coleen Garcia

Actress Coleen Garcia were among those who trooped to Boracay for its reopening after its six months of rehabilitation. Just like fellow actress Cristine Reyes, Garcia did not think twice to hop on a plane and jet off to check out the changes in the island.

Garcia shared on her Instagram last Oct. 27 a picture of her walking down the world-famous white sand beach in Boracay. Garcia was very much impressed with the beach's improvements, telling her fans that she is falling in love with Boracay all over again.

"Walked from station 3 to station 1 to see what has changed so far," she wrote. "I love that the island is noticeably cleaner, and you can walk around and all over the sand without being afraid of stepping on broken glass."

Garcia commended those who were behind the rehabilitation, adding that she cannot wait to return to the island once more.

She also reminded her fans to do their part in taking care of the island, saying, "All the effort put into this would go to waste if we don't learn to be more conscious of the damage we humans cause on a daily basis. Let's try to minimize that, not just here, but everywhere we go."

Garcia's post garnered more than 250,000 likes since the time of posting, seemingly echoing the sentiments of thousands of fans who came upon her post.

One netizen, however, thought it apt to comment on Garcia's post and tell her to thank President Rodrigo Duterte for it was because of him why she fell in love with Boracay again, said the commenter.

"Dati galit ka kay [Duterte] pasalamatan mo siya," wrote a

certain Reginald (@reginaldmelchor06). "Kung hindi dahil sa kaniya di ka ulit ma-i-in love sa Boracay ulit."

Garcia wasted no time in responding to the netizen, asking how they came to the conclusion that she was angry at President Duterte.

"Paano niyo naman po nasabi na galit ako sa kanya? (How can you say that I am angry at him?)" Garcia asked. "Yes, there are some things that I have questioned and disagreed with, but there are also many things I am grateful for."

Garcia added that her sentiments towards Duterte is balanced. "I neither hate nor completely adore, but I do respect," she clarified. "And I hope you respect my opinions, too."

Garcia also commended Duterte for his efforts in rehabilitating Boracay, saying, "It's important to have leaders that care about our environment, because sadly not everyone does."

It was six months ago when President Duterte ordered Boracay closed and placed it under rehabilitation after tagging it as a cesspool due to its poor sewage system. Today, the president could not be any happier with the results of the island's rehabilitation.

As per Presidential Spokesman Salvador Panelo last Oct. 26, during the ceremonial reopening of Boracay, he said that Duterte is very pleased with what has happened in the island.

"It has to take a President Duterte to put things in order," Panelo said. "[And] we should all learn from all these lessons so that Boracay will become the attraction not only in this country but in the world."

Kris Aquino hints of possibly signing with GMA



"I do. I miss TV, but TV requires long hours and I cannot give that," - Kris Aquino

After singer Regine Velasquez's much publicized transfer from GMA to ABS-CBN recently, GMA has reported that "Queen of All Media" Kris Aquino hinted of a television return.

In a "Life Update" video posted on her account on YouTube, Kris admitted that she misses television appearances. Aquino said that if a network will just give her a limited time to shoot every week, she will gladly accept the offer, so she can have time to balance work with personal life.

"I do. I miss TV, but TV requires long hours and I cannot give that," she said.

Nonetheless, if a network will allow her to shoot just once a week, Kris will grab the chance especially if she will team up with Jessica Soho or Willie Revillame, who are now both signed with GMA network.

"There are two people that I have not had a chance to work with that I love to work with. One is Jessica Soho and the other one is Willie Revillame," she said.

"Kung magkaroon man anytime in the future and if it is just once a week, I'd grab it. Magmamakaawa ako sa doctor ko sa Singapore, 'yung health certification, pirmahan niya," she added.

Kris described Soho as professional and always nice to her.

"She was always nice to me. And I got to work with her actually way, way back noong nagkaroon ng Japanese Royal Wedding, nagalingan talaga ko sa kanya from before," she said of the veteran news anchor.

Kris or GMA, however, have not yet officially confirmed if they are going to work together. ■

John Lloyd Cruz seen riding UP 'Ikot' jeepney



John Lloyd Cruz riding a jeepney inside the campus of the University of the Philippines-Diliman in Quezon City.

On-leave Kapamilya star John Lloyd Cruz might be trying to hide from public view by growing some hair and beard, wearing glasses and just a simple shirt and shorts. But he was still unable to escape a netizen's eagle eye as he was recently spotted and photographed riding an "Ikot" jeepney inside the University of the Philippines-Diliman campus compound.

The netizen's photo, posted on Twitter in October, went viral on social media, with 1,800 likes and 65 retweets as of posting. Different news organizations have also reported about the photo.

"Huhu ang pogi pa rin," the netizen described John Lloyd in the caption.

"Wow, cutie parin niya. Buti po hindi ka na ellen adarna sa pagpicture sakaniya. Hehehe," another netizen commented on the post. The netizen

was amazed how the person who took the photo was able to get away with it, unlike a pair of teenagers who recently filed a case against John Lloyd's partner, Ellen Adarna, who accused the teens of shooting "paparazzi" or stolen pictures of them in a restaurant.

"Hindi naman. Mukhang hindi niya hawak hawak phone niya kanina eh," the netizen who took John Lloyd's picture in the jeepney said.

"Shookt ako nung nakita ko siya TAS NASA HARAPAN KO PA," she added.

"Sana aka balik na siya ng showbiz," commented another netizen.

"Mukhang goons," said another.

"Comeback movie with bea pls!" another comment went.

It can be recalled that John Lloyd recently posted on Instagram about participating as one of the artists in an exhibit in UP.

Prior to this photo riding the jeepney, the actor has also been spotted enjoying a humble living away from showbiz life. These include buying fruits and eating "balut" on sidewalks. He also made headlines for posting on Instagram a simple "tuyo" (dried fish) dinner and showing his family eating it by hand.

Recently, he has also been photographed playing on the beach with Ellen and what many believe to be their son. ■

Angel is no typical bag lady



Angel Locsin

Angel Locsin said that like every lady out there, she is into bags. But the actress is no ordinary bag lady. She's big on organized bags.

"I'm like a girl scout," Angel told the entertainment press, describing her everyday bag as practically having everything from the beauty essentials, to sanitizer and even poo poo kit. "Andun lahat so that in case of emergency, di ka mahihirapan."

She further shared, "If you have seen my earthquake emergency bag, parang zombie apocalypse yung inaabangan ko (It's as if I'm waiting for a zombie apocalypse). I have a tent and portalet in my go-bag."

This fascination for organized bags is channeled into her collaboration with Avon Philippines via the Avon Fashions x Angel Locsin collection of bags designed by Angel, who has been one of the beauty and lifestyle brand's long-time endorsers.



Angel Locsin designs (from left) a backpack, an everyday bag and a sling bag for Avon Fashions x Angel Locsin collection.

"Avon approached me and they asked me if I wanted to do a collaboration with them. I said, of course! I have been with Avon for 14 years, I think, but it was the first time that they gave me that (kind of) offer," she said.

"I was happy also because

what they wanted (were bags that represented) me, as Angel, what they think I would use, that would fit my personality and lifestyle. So, I pitched some designs. They listened to me and with the help of the design team of Avon Fashions, we were able to create three bags — for now."

According to Angel, she was very specific with what she wanted, from the overall look to details like buttons, zipped pockets, clear pouches and matching wallet. "Avon presented to me the materials and we discussed. I'm very grateful to Avon for letting me do this and for trusting me."

In a recent fashion show that launched the Avon Fashions x Angel Locsin collection (now available on AvonShop.ph), models strutted with Angel's designs — an everyday bag, a sling bag and a backpack — which she described as "perfect for the modern Filipina, (people) like me who are on the go. (These) bags are for

mothers, students, career women... which you can use during daytime or nighttime. (They're) very practical and you can put a lot of things in there. (These bags are) very compact and the most important thing of all, very fashionable."

She also stressed that these

bags are lightweight. This was an important requirement for Angel who has had medical procedures in the past to correct spinal issues.

"These bags, I can guarantee, are for those who have back problems because they're very light. What I hate with some bags, they can look nice but are quite heavy even when they're empty," Angel said.

"Sinabi ko talaga sa kanila yun (na dapat magaan lang) because I remember what my doctor said. Parang pinapatapon pa niya yung ibang bags ko because they were bad for posture and could cause injury. We used to think the heavier, the better, but it's not. We can always find a bag that's of good quality, practical but easy to carry and for everyday use."

Angel appears to be open to pursue bag designing as a side career. Fans might have forgotten but more than a decade ago, she took up a short fashion design course at the St. Martin's School of Arts in London, which counts Christian Dior as among its famous alumni. After that, she created a sports apparel line for a chain of malls.

"Nagamit (ang course) dito. Akala ko di siya magagamit (laughs). Di kasi ako ganun. Di nga ako nag-sho-shopping masyado. Awa ng Diyos na pakinabangan ko naman yung pinag-aralan ko dun. I did the sketches," she said. "I really enjoyed it! So, if I can do it (yes). Rather than be stressed over finding a bag that fits my lifestyle, I will just design it."

Meanwhile, Angel is currently

shooting General's Daughter, which marks her first time to work with Dreamscape Productions. The pilot week of the ABS-CBN series is set in Daet, Camarines Norte, a 10-hour drive from Manila, which she doesn't mind "because I enjoy long drives more than airplane rides."

The Armed Forces of the Philippines is helping the production out. In the series, which is rumored to replace the long-running FPJ's Ang Probinsyano, she plays a soldier who is part of the nurse corps. She will figure in intense fight scenes. While she was told by production that her role requires her to be herself ("as is, how I am as a person"), "feeling ko hindi ako nagtatrabaho if di ako gumawa ng research, so I've been going to other locations, like military camps, with production people but mostly on my own."

She is positive that the action-oriented sequences will not cause any health problems because production is very careful, and so is she. She goes through therapy sessions so as to prepare her body for the next taping schedule, especially when she knows she's about to do fight scenes.

Angel noted that even before when she was with her previous network, her genre was more action. "Now that binabalik, bumabalik, I'm very excited."

Her co-stars are Paulo Avelino, JC de Vera, Tirso Cruz III and Albert Martinez, with the series to be directed by Manny Palo. ■

TORONTO Community News

Canadian Filipinos Rowena Santos and Lisa Bower Win Civic Council Seats; Trustees G. Tanuan and L. Del Rosario Re-elected

By : Tony A. San Juan, OCT.

For the first time in the history of Canadian politics involving Filipinos in the Greater Toronto Area, two Filipinas were elected City and Town Councillors in the October 22, 2018 municipal elections. Yes mga kababayans. Proudly, it is indeed a historic day for Filipinos in this adopted country.

Rowena Santos, who was born



LUZ DEL ROSARIO, Ward 6 & 11 – Re-elected as Trustee for Dufferin Peel CDSB

and raised in Canada, has won the riding of Wards 1 & 5 of the City of Brampton. She claimed the City's Councillor position with 7,160 or 41.34% the total votes. Lisa Bower, also a Canadian Filipino of Filipino heritage, bagged the municipal council seat for Ward 3 in the Town of Ajax. Bower garnered 4,380 or 45.79% of the electorate votes.

A political director and business professional, R. Santos has a BBA degree from Schulich School of Business and has Masters from UK's London School of Economics. An active school council chair, she volunteers for "Brampton Focus", "Neighbourhood Watch" and "Stand Up for Brampton" community service initiatives.



ROWENA SANTOS, Ward 1 & 5 – City Councillor, Brampton

Lisa Bower, is a proud mother with over 25 years of experience in insurance and financial services being an administrator and financial advisor. She also volunteers for community outreach programs and fundraising for cancer research as a survivor. As a parent of school-aged children, Lisa is



Lisa Bower, Councilor Ward 3, Town of Ajax

active in the Catholic school board. Bower campaigned on the platform of "New leadership. New possibilities for Change."

In her winning the vote, R.

Santos emphasized the diversity of her campaign team. "Everything we have done has been about the grass roots of our community, from youth to seniors and every background," Santos said.

"We said yes to more transit, we said yes to creating jobs for Brampton, we said yes to opportunities for young people, according to Santos." She also plans to fight for a cap on property tax increases and an increase in commercial zoning for small, medium and start-up companies. She promised to "engage" with residents in the decision-making process. "You inspired us," she told her campaign team and supporters.

In the Ontario Catholic English separate school system, two incumbent Filipino Canadian Trustees were reelected. Garry Tanuan, of the Toronto Catholic District School Board's Ward 8 in Scarborough North won his 3rd term. He was elected in 2012 bye-election and in 2014. He received a total of 3,441 votes.

Luz Del Rosario, claimed the Trustee position for Wards 6 & 11 of the Dufferin Peel Catholic District School

Ontario Filipino Canadian Educators set 11th annual conference

By: Tony A. San Juan, OCT.

The service- focused Philippine Teachers Association of Canada - PTAC, slates its 11th Annual Educators Conference on November 3, 2018, Saturday, from 9:30 am to 3:30 pm., at North York Civic Centre, Conference Room 3, 5100 Yonge Street, North York, Toronto, Ontario. PTAC is a provincially registered, non-profit & volunteer - run, professional organization, composed of Ontario licensed practicing teachers and former educators from the Philippines.

The whole day Autumn event with its theme: "Teaching in Ontario: Challenges and Expectations" will have in attendance the officers and members of the 12- year old social - professional association including internationally-trained teachers in transition, and newly-certified teachers. Expected to attend as well, are leading Filipino Canadian teachers, school administrators and education professionals in Ontario who will share their knowledge and experience in teaching.

The planned 5- hour conference will have for its four- part sessions the following: 1) Ontario teacher certification process and requirements 2) Financial literacy 3) School teaching experience

sharing and 4) Open panel with education professionals. The participants are expected to gain professional insights, information and advice in order to develop effective strategies and approaches in teaching and supervising elementary and secondary students in publicly- funded schools in Ontario.

PTAC, as part of its mission and mandate, is pursuing the free gathering to develop and enhance further personal and professional skills of participants in effective teaching & learning, communication and interpersonal aspects through networking and fellowship engagements. The more than a decade-old Association has established continuing partnerships and collaborative programs and projects with other stakeholders & community-based organizations.

It maintains a website

www.philippineteachers.ca.

Internationally-trained teachers of Filipino heritage who are Ontario residents are invited to attend and also encouraged to become a member of PTAC. The November 3rd Conference is free and a complimentary light meal will be served. Interested FilCan educators are requested to register and contact: Cielito Drapeza at cielitodrapeza@gmail.com or Tel.647-928-7333 or Mary Anne Santos at : email@annesantos.com or Tel.647-949-0771 (Tony A. San Juan)

Toronto Filipino Canadian delegation heading to Canadian Parliament in Ottawa

In response to the "call for patriotic duty" and meaningful participation, a delegation of Filipino Canadians from the Greater Toronto Area will travel and converge in Ottawa on October 31, 2018. The action is to support and witness in the Canadian Parliament the final reading and passage of Motion 155 officially declaring "June as the Filipino Heritage Month" in Canada.

Motion 155, moved to the order of precedence in the House of Commons on June, 2018, reads as follows: "That, in the opinion of the House, the government should recognize the contributions that Filipino-Canadians

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have made to Canadian society, the richness of the Filipino language and culture, and the importance of reflecting upon Filipino heritage for future generations by declaring June, every year, Filipino Heritage Month."

"I am proud to put forward this motion, with the support of colleagues across Canada, to recognize and officially celebrate the contributions of Filipino-Canadians to Canada," said Zahid. "This is long-overdue recognition for a community that has given so much to Canada, and I look forward to celebrating Filipino Heritage Month next June, 2019 with my friends and neighbours."

The significant Motion, once passed, will be a historic moment for all Filipino Canadians all over Canada, from coast to coast. Liberal Member of Parliament for Scarborough Centre Salma Zahid, will move the adoption of Motion 155 in the House of Commons with Liberal Member of Parliament for Scarborough North Shaun Chen seconding the motion. After the vote, a celebratory reception will follow to be hosted by the Members of Parliament in the Greater Toronto Area and to be attended by a very special guest.

A complimentary chartered coach bus will bring the members of the delegation to and from Ottawa at 8:30 am. on October 31st. Assembly will take place at the Constituency Office of MP Salma Zahid, # 2155 Lawrence Avenue East, Unit 5, Scarborough, Toronto.(Tony A. San Juan)



Philippine Press Club of Ontario officers, members and guests join 6 Filipino Canadian municipal election candidates at the PPCO Political Forum on September 30, 2018 at Friends of Jesus Christ Church Social Hall, Scarborough, Toronto, Ontario.(Photo by: Ariel Ramos).



Filipino Canadian Civic Election candidates in the Greater Toronto Area fielded questions from PPCO Political Forum attendees and reporters on September 30, 2018 in Toronto. Shown right to left : TCDSB Ward 8 Trustee candidate Garry Tanuan, Toronto Ward 21 council candidate Randy Bucao, TCDSB Ward 12 Trustee candidate Maria Montemayor, Mississauga Ward 7 and Ward 1 council candidates Louroz Mercader and Miles Roque, and Toronto Ward 20 council candidate Paulina Corpuz.(Photo by: Ariel Ra

Canadian radio legend Roger Ashby retiring after 50 years



CHUM 104.5 host Roger Ashby is retiring on Dec. 5.

Morning radio in Toronto is about to lose one of its most iconic voices.

After 50 years, Roger Ashby won't have to hit the snooze button everyday at 5 a.m. The legendary broadcaster has announced he's retiring from the CHUM 104.5 FM morning show this December.

Ashby's farewell broadcast is set to air live from the Toronto's Sheraton Centre on Wednesday, Dec. 5 beginning at 5 a.m.

"It's easy to get up early every morning when you love your job and the people you work with," Ashby said in a statement.

"Of course, I couldn't have done it without the amazing Marilyn Denis. From the first moment we met, I knew she was the right person to spend my mornings with. And our success over the decades would not have happened without the dedication of our longtime listeners."

"Roger Ashby is quite simply a radio legend, and a luminary of Canada's music industry," said Bell Media President Randy Lennox.

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PAB graduates - L to R: Grace Calvo, Giselle Arellano, Joesie Bingayen, Mildred Mendoza, Vilma Lagonilla and Anne Signey.

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

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