

COVID-19 Canada: First 'virtual parliament' brings accountability with a few technical headaches

Ryan Tumilty, April 29, 2020
National Post

OTTAWA — Canada's first "virtual parliament" brought MPs together Tuesday over Zoom with technological challenges from muted microphones, translation issues and slow internet.

Health Minister Patty Hajdu was the first to speak but, like a tree falling in the forest with no one around, there was no initial sound. The mute button had felled its first victim.

She was not the last to have a mute button misfire with several MPs from all parties making the same mistake, including the prime minister.

There were also issues with simultaneous translation that lead to several stoppages of the nearly two-hour question and answer session. But the session did allow MPs to question government ministers on a range of files, from personal protective equipment orders, to help for international students, to concerns about meat processing plants shutting down.

Without any heckling, the Speaker also never had to stop the proceedings to bring the Commons to order.

Conservative leader Andrew Scheer dialed into the conference from



Canadian Members of Parliament, displayed on a computer monitor, attend the first virtual meeting of the special committee on the COVID-19 pandemic, as efforts continue to slow the spread of the coronavirus disease (COVID-19), on Parliament Hill in Ottawa, Ontario, Canada April 28, 2020. Blair Gable / Reuters

See Page 4 First Virtual Parliament



Canadian Forces personnel arrive at the Villa Val des Arbes seniors residence, Monday April 20, 2020 in Laval, Que. THE CANADIAN PRESS/Ryan Remiorz

Military deployed to care homes in Quebec to help curb spread of COVID-19

MONTREAL -- Members of the Canadian Armed Forces are now working in Quebec's long-term care facilities where the COVID-19 infection rate in homes is hovering around 75 per cent.

Military personnel were in Laval, Que Monday bringing medical supplies and much needed help at the Villa Val des Arbres long-term care home.

"They're much older, much more fragile than younger people, so

we have to use a lot more care," said Corporal Mathieu Bergeron, a medical technician in the Canadian Armed Forces.

Nurses and support staff have been deployed along with the technicians from Val Cartier, and inside the facility, the only uniform they'll be wearing is scrubs.

The Armed Services staff will

See Page 4 Military deployed



From the
Executive Publisher's Desk

Coping with mental health issues amidst the global pandemic

Zenaida Kharroubi

During normal times, it is common knowledge that there are some people who suffer from depression. We are also aware of the fact that there are many groups of people who are in a very precarious situation which is aggravated by the global pandemic, namely, people who are supposed to have surgeries but are postponed because priority is given to Covid 19 patients in intensive care, refugees in detention centers, prison inmates who are being infected in close quarters, new immigrants, temporary permit holders who are losing their jobs as businesses are closed. Government response programs simply do not cover the needs of everyone and somehow there will be people who are going to fall into the cracks as they will not get any help they so badly need.

The news about a New York City emergency doctor who took her own life due to the work pressures she was suffering from is just an example how much damage this pandemic has caused and revealed that the healthcare system in general is not prepared to deal with a global pandemic of this magnitude. This also shows the great importance of finding ways to cope with the mental and emotional issues facing everyone, and to a greater degree, our front line workers who seem to bear the greatest burden because they have to take care of the sick and worry about their own families' welfare. Compounding the stress among healthcare workers is the fact that our healthcare system is far from perfect and that shortages of proper equipment to protect them have become acute. They have also, ironically, become both heroes and victims of the crisis. We have known cases where healthcare workers are praised but also shunned because people are afraid of being contaminated.

It is often said that mental problems are harder to solve than any physical ailment. For this reason, many studies have been done to find ways of helping people with any mental issue to learn how to seek help and not feel stigmatized. However, during this time, everyone is bound to suffer from the effects of worrying about the future. What happens after this lockdown is anyone's guess as there is no definite answer. We are all facing an uncertainty that no one has

ever predicted. How do we find the balance between the two pressures of economic insecurities and emotional breakdowns?

There are numerous recommendations on achieving good mental health. Learning how you react to situations that you have no control over may give you a better chance of surviving this global pandemic and managing the stress associated with the fear and anxiety that are normal responses to this crisis. Moreover even under normal conditions, no one can avoid stress and must learn how to take control of it in order to avoid getting sick as stress is considered to be a precursor to more serious diseases.

Everyone in the healthcare field has been trained to react to stress in a calm way in order to do his or her job well. Even though doctors and nurses are known to succumb to the pressure of dealing with so many sick patients at the same time with limited resources, they are also able to bounce back because they know that they have chosen this profession to save people's lives as their noble mission in life. In other words, having a goal or purpose in life, as well as a dream can sustain a person's hope and believe that this crisis will pass in due time. An optimistic person can look at it like a wheel of fortune - when it is down, the only other way is for it to go up.

In order to keep one's optimism, it is important to have emotional health during this stressful period of our life. This helps us develop the ability to deal with the physical dangers of the virus. There are many books written about the subject but we have chosen to quote practical tips that are easy to follow and understand from a website called family doctor. org:

1. Be aware of your emotions and reactions. Notice what in your life makes you sad, frustrated, or angry. Try to address or change those things.

2. Express your feelings in appropriate ways. Let people close to you know when something is bothering you. Keeping feelings of sadness or anger inside adds to stress. It can cause problems in your relationships and at work or school.

3. Think before you act. Emotions can be powerful. Give yourself time to think, and be calm before you say or do something you

might regret.

4. Manage stress. Try to change situations causing you stress. Learn relaxation methods to cope with stress. These could include deep breathing, meditation, and exercise.

5. Strive for balance. Find a healthy balance between work and play and between activity and rest. Make time for things you enjoy. Focus on positive things in your life.

6. Take care of your physical health. Your physical health can affect your emotional health. Exercise regularly, eat healthy meals, and get enough sleep. Don't abuse drugs or alcohol.

7. Connect with others. We are social creatures. We need positive connections with other people. Make a lunch date, join a group, and say hi to strangers.

8. Find purpose and meaning. Figure out what is important to you in life, and focus on that. This could be your work, your family, volunteering, caregiving, or something else. Spend your time doing what feels meaningful to you.

9. Stay positive. Focus on the good things in your life. Forgive yourself for making mistakes, and forgive others. Spend time with healthy, positive people.

According to this website, there are other things to consider regarding mental health. People who have good emotional health can still have emotional problems or mental illness. Mental illness often has a physical cause. This could be a chemical imbalance in the brain. Stress and problems with family, work, or school can trigger mental illness or make it worse.

Counseling, support groups, and medicines can help people who have emotional problems or mental illness. If you have an ongoing emotional problem, talk to your family doctor. He or she can help you find the right type of treatment.

In addition to these guidelines, it is also a good idea to take a break or to limit your exposure to bad news and try to switch to other news that can make you laugh or be entertained.

In view of what has been happening and what may happen in the future, we can say that there are always two sides to any story, to any event, and that if we are by nature optimistic, we will focus on the positive side rather than the negative. After all,

this pandemic has led us to discover new ways of doing things, and have led some people to innovate and to be creative in overcoming boredom and isolation. It has also led to the renaissance of home baking because people have more time in their hands. Social media is more popular now than ever as it is one of the ways to get in touch with others. The virtual world has come alive. In fact we have just had our first virtual parliament in history this week notwithstanding the technical problems which are part of anything new.

Even if we have to fret and sigh, we must be aware that facing the challenges of this pandemic helps us become better human beings. Let us try to take it in stride as we must maintain our mental health first before we can go forward. We must believe that nothing is impossible and never give up in fighting an invisible enemy. With the immense scientific knowledge that has kept humanity alive on this planet, there is no reason to think that we cannot conquer this virus like others in the past.

Allison Hanes: Quebec is now paying the price for undervaluing caregivers

Allison Hanes • Montreal Gazette
Publishing date: April 16, 2020

Quebecers, including those in high office, have suddenly come to realize the crucial importance of the unheralded grunt work involved in caring for frail seniors, a job usually left to the lowliest and lowest-paid caregivers in the health system.

Those who change adult diapers, wipe chins, give sponge baths to the bedridden and coax spoonfuls of purée into reluctant mouths are in such short supply due to COVID-19 that Quebec's long-term care homes are in need of what Health Minister Danielle McCann called "a humanitarian mission."

Some 2,000 staff from public and private seniors' residences across the province are missing in action, either because they've contracted COVID-19, are in isolation after exposure or are simply too frightened to show up for work. The dire lack of personnel to carry out basic tasks and maintain the dignity of patients has forced the government to take desperate measures.

Premier François Legault on



7159 ch. de la Cote des Neiges Tel.: 514-485-7861/ 514-506-8753
Montreal, Quebec H3R 2M2 E-Mail: marketing@filipinostar.org
www.filipinostar.org Published by: Filcan Publications, Inc..

Fely Rosales Carino
Society News

Zenaida F. Kharroubi
Chief Editor
Publisher - North American
Filipino Star
April 1998-present

W.G. Quiambao
Tagalog Columnist

Bert Abiera
Founder-Publisher, Filipino
Star Nov. 1982- Nov. 97

Sam Kevin
Show Biz News & Layout Editor

The opinions expressed by the writers and columnists do not necessarily reflect that of the management of the North American Filipino Star nor its editors.

Masks are mandatory now to ride public transit in most of the world's largest cities. Why not in Canada?

Rotrand Questions Lack Of Clear Direction On Wearing Face Masks

City Councillor Marvin Rotrand has undertaken a comparative study of major world transit systems, looking at elements such as ridership, funding and changes to policies in the wake of the Covid-19 pandemic.

Recent figures from across North America show a 50 to 90% drop in transit ridership with accompanying revenue losses for transporters. As the economy gradually reopens and in the eventual return to normalcy, transporters' biggest challenge will be to win back public confidence that transit is safe.

Rotrand anticipates changes to work habits where, at least in the short term, more workers will accomplish at least part of each week's work schedule at home and online. As well, the move to increased on-line shopping will depress transit ridership.

However, the Councillor believes that the key factor that operators will have to address is fear.

Rotrand's study shows that most major public transporters worldwide have by now made the wearing of masks in buses and trains mandatory.



Italian authorities are making the use of face masks mandatory on public transport and in stores as they gradually loosen lockdown measures, starting next Monday. Here's where and when you have to put on a mask. (Paywall Free)

Masks are now compulsory in most cities that have large transporters such as: Mexico City, Singapore, San Francisco, Shanghai, Buenos Aires, Taipei, Tel Aviv, Honolulu, Istanbul...

Hundreds of smaller cities also have adopted this strategy as key to maintaining and rebuilding transit ridership.

"Cities from New York to Berlin to Dubai have quickly moved to make mask wearing mandatory during the COVID-19 crisis to protect public health and to bolster public confidence about continuing to use transit. That's not the case in Canada where many cities recommend but don't oblige the

wearing of masks. The reality is that most people likely do not want to share public transit vehicles with unmasked persons whom they may perceive as likely to spread the virus."

Accordingly, Rotrand is calling for a national safety standard that could be proposed to the provinces and transporters to bolster public confidence and rebuild ridership.

These measures should include: an obligatory use of masks to ride transit for the foreseeable future a federal fund to allow transporters to distribute masks for free to riders and to offer abundant hand sanitizer a uniform cleaning standard outlining how often and by what means transit vehicles are cleaned

Rotrand notes that both Theresa Tam and Horacio Arruda recommend that transit riders wear masks.

However to date, despite growing world wide legislation obliging mask use in transit, none of the provinces or major transporters in Canada have adopted a law or directive to make mask use mandatory.

In Montreal Mayor Valerie Plante favours keeping mask use voluntary. Rotrand says that sends a very mixed message that may well keep riders away.

Rotrand - who last week asked for urgent federal funding to stabilize transit - notes that as of April 20 Canada already obliges air travellers to wear masks.



A worker pauses from wiping down furniture at Résidence Herron in Dorval on Wednesday. JOHN MAHONEY / Montreal Gazette

Wednesday appealed to doctors — surgeons, specialists and general practitioners alike — to roll up their sleeves and lend a hand in Quebec's beleaguered CHSLDs. He had already issued a call to arms urging retired health professionals, nursing professors, social workers and dentists to join the fight.

He's now asking physicians to help bathe, clothe and feed the non-autonomous elderly, take temperatures, monitor blood pressure, dispense medications — perhaps even hold the hands of the dying or place final phone calls to family members to allow them to say goodbye to parents and grandparents who have been in lockdown for a month.

In other words, he wants them to take on the humble work of caregivers. For this "humanitarian mission," Legault is ready to pay specialists up to \$211 an hour or a maximum of \$2,500 a day.

Yes, you heard that right. Quebec could only come up with an

extra four-per-cent boost in salary for minimum-wage-earning préposés aux bénéficiaires and an eight-per-cent premium for front-line nurses. But after underestimating the devastation COVID-19 would unleash on long-term care homes, Quebec is sending in the most highly paid professionals in the health system as reinforcement.

There's no doubt this is an all-hands-on-deck moment and that anyone and everyone with training is needed to respond to the pandemic — particularly to look after seniors in residences who have been preyed upon by this brutal disease.

We don't have to look far to see what happens when there's not enough staff on hand. As the Montreal Gazette first revealed, public health authorities who took over the privately run Résidence Herron in Dorval found patients unfed, dehydrated and stewing in their own feces and urine. A doctor who arrived on scene ended up calling her own husband and teenage children to come feed hungry seniors, La Presse reported.

This may be an extreme case, but there are 41 seniors' homes in Quebec where the situation has been deemed critical.

There is something bitterly ironic about drafting doctors — an expensive solution to a problem largely born of underpaying, undervaluing and exploiting the unsung caregivers who do arduous physical and emotional labour most of us are unwilling to sign up for.

It's a slap in the face to those who have suffered through long shifts, mandatory overtime, understaffing, overwork and abysmal morale toiling away in Quebec's CHSLDs for years on end.

It's especially insulting for those nursing home employees who were thrust into what turned out to be the epicentre of the pandemic without always having access to the personal protective equipment, training and safety gear deployed to hospitals. According to their union, two caregivers from the Mauricie region are now hospitalized in intensive care after contracting COVID-19.

Sending in the cavalry is too little, too late. If only we'd invested proactively over the years in underfunded CHSLDs or in the nurses and caregivers who provide this essential work, perhaps the pandemic's grim toll on the aged might have been lessened.

As it stands, Quebec is belatedly coming to terms with the fact it

left seniors' residences dangerously unprepared as the pandemic swept the province. And it is now belatedly recognizing that the exhausting, back-breaking labour of caregiving is the crumbling foundation on which the entire eldercare system is built.

If the true measure of any society is reflected in how it cares for its most vulnerable members, Quebec's missteps in protecting seniors from COVID-19 have been especially heartbreaking. But how we have treated those who do the difficult work of caring for our sickest and weakest is just as troubling.

Rent an Apartment in the City of Côte Saint-Luc
7431 Kingsley Road, Côte St Luc, QC, H4W 1P1
www.cotesaintlucapartments.ca
Please contact Michael at 514-489-4949 or 514-927-6347

Bentley
Balmoral
Beresford

Indoor Activities
Quiet, European Neighborhood, Indoor & Outdoor Pools, Heated Dry Sauna, Indoor Parking Space, Laundry Rooms

The Bentley, Balmoral and Beresford apartment buildings are located in the great, clean & calm city of Cote-Saint-Luc. It is quiet, family-friendly and close to Downtown Montreal.

From Page 1 First Virtual Parliament

his House of Commons office, complete with a Canadian flag and the Saskatchewan Roughriders merchandise key to the decor of any MP from the province.

Scheer used his first question to focus on testing kits, with several companies waiting for approval from Health Canada, he asked why the government wasn't doing more.

"The latest information is that up to 50 companies are waiting for Health Canada approvals, so can the prime minister explain why Health Canada has, to this point, been unable to implement a fast track process?"

We did have a few glitches, but nobody is perfect and we are working on perfection

Prime Minister Justin Trudeau, appearing apparently from his Rideau Cottage office framed by a bookcase and a painting of the northern lights behind him, said Canada couldn't afford test kits that did not work perfectly.

"We have seen around the world problems with test kits that have been faulty or unreliable," he said. "Health Canada is prioritizing and rapidly going through a process of evaluating these tests, but we can't compromise, not just the safety of individual Canadians, but the safety of our entire country."

Many MPs dialed in from their homes where they, like most Canadians, have been for weeks now while public health authorities work to control the pandemic.

From Page 1 Military deployed

help with everyday tasks such as feeding, changing and moving residents.

Lieutenant-Commander Heather Galbraith is a family physician and said working in seniors' homes is generally fast-paced, but with COVID-19, it's a very different reality.

"You add, pardon my language, a pesky bug that we just are learning day-to-day more and more about, you're in a different realm," she said.

Like many care homes in Quebec, Villa Val des Arbres is struggling with staff shortages, and containing the virus. Fifty-nine per cent of the residents have tested positive.

Nathalie Veilleux can only visit her father Guy through a window. He has dementia and his daughter learned on Saturday that he tested positive for COVID-19.

"We heard that beds weren't being changed," she said. "We don't know what the real conditions are inside."

Nearly 90 military personnel have been deployed in the Montreal area, and more may be coming.

It is an unusual situation for them, but they are up for the challenge.

"We're mostly proud to be here," said Bergeron. "We're going to be helping our own population in Quebec. We live here. They're our people and we're here to help."

Industry Minister Navdeep Bains caught people's attention with a striking painting of men in colourful turbans on his wall. He later explained on Twitter that it was the work of Benjamin Charles Ellis, an artist from Peterborough, Ont.

Alberta Conservative MP Shannon Stubbs was in her kitchen when she asked questions about help for the province's oil industry — with a fridge covered in family pictures at the edge of the shot.

In a moment parents across the country will sympathize with, Green MP Jenica Atwin warned the committee they might hear a crying child in the background as she asked her questions.

The virtual parliament did leave some people on the sidelines however.

Saskatchewan MP Cathay Wagantall said despite the hard work of House of Commons staff she was unable to connect to the meeting. She said everything worked on the trial run the House held on Monday, but Tuesday she couldn't connect and had to watch the proceedings through the online webcast system.

I am watching through ParVu and not connected. It's very disappointing."

She said the virtual parliament worked OK, but there was still a lot missing and she believed in person sittings could have been possible.

"There is nothing quite like being in that room," she said. "I think we have the capability to be there in reasonable numbers."

Conservative MP Kyle Seeback said on Twitter he couldn't connect to the meeting because of his internet connection speed and Conservative MP Alain Rayes said he was unable to connect to the meeting for ten minutes because his internet service failed, despite being in a government building in Ottawa.

Liberal Cabinet Minister Seamus O'Regan seemed to also be struggling with connection issues, because his video was low quality and audio strained when he answered questions.

The virtual sittings were approved last week during a special sitting of the House of Commons, as a means to provide government accountability to Parliament while limiting how often parliamentarians would have to attend the House of Commons in person.

The meetings are technically a new committee, but unlike other parliamentary committees all members of the House are members. Tuesday was the first virtual sitting, with an in person sitting scheduled for Wednesday.

No legislation can pass during the virtual sittings, but as set up they will give the same amount of time for questioning ministers that MPs normally get from Question Period over a full week.

The Conservatives opposed the virtual sittings, pushing instead for three in person sittings, but the other opposition parties sided with the government.

Last week, the House of

Commons Clerk, Charles Robert, said he wasn't sure all MPs would be able to participate. He said at the time the Zoom platform that the House was using would likely not be able to handle much more than 60 MPs.

But the House of Commons staff managed to overcome the technical problems, because 280 MPs were ultimately on the call Tuesday. There have been security and privacy concerns with Zoom, but the House is using a commercial version of the platform and there were no incidents of people forcing their way into the meeting.

At committee last week, Speaker Anthony Rota said he would impose the rules of decorum that House of Commons has for the virtual session and warned MPs to respect parliament's dress code even if they were in their living rooms. They all did.

During Tuesday's meeting he cautioned them not to take photos of their screens respecting the rules that prevent photos from being taken on the House of Commons' floor and in committee rooms.

Rota ended the session by thanking technical staff and saying he hoped the system would only improve.

"We did have a few glitches, but nobody is perfect and we are working on perfection."

Starting next week, there will be twice weekly virtual sessions, on Tuesday and Thursdays, to go with the in person sessions on Wednesdays.

Trudeau under pressure to do more to protect seniors, long term care workers

BY STAFF THE CANADIAN PRESS

Posted April 17, 2020 7:19 am

Updated April 17, 2020 7:20 am

Prime Minister Justin Trudeau will be under pressure today to flesh out his promise to do more to protect seniors in long-term care homes, which have been hardest hit by the deadly COVID-19 pandemic.

Trudeau promised earlier this week that the federal government would provide funding to top up the wages earned by essential workers in nursing homes who earn less than \$2,500 a month.

That promise was discussed during a conference call among first ministers late Thursday.

No details of the call were immediately forthcoming, other than a brief summary of the discussion issued by the Prime Minister's Office which said first ministers "agreed on the urgent need to ensure long-term care facilities have the resources they need to protect the health and well-being of their residents and workers."

Since the salaries paid to workers in long-term care homes fall under provincial jurisdiction, Trudeau has been clear that whatever the federal government does must be in collaboration with the provinces.

Seniors Minister Deb Schulte told CBC News late Thursday that the federal government will boost transfer payments to the provinces and



territories to allow them to top up wages. She did not say how much money Ottawa is prepared to ante up.

Personal support workers in nursing homes often work poorly paid part-time jobs in multiple facilities, which has contributed to the spread of COVID-19.

In a letter late Thursday to Commons Speaker Anthony Rota, Conservative whip Mark Strahl argued that regular sittings could be done safely without putting at risk the health of MPs or Commons staff at a time when all Canadians are being advised to keep two-metres physical distance from one another and stay home as much as possible.

Strahl said only essential staff necessary for the operation of the

Commons should be required to work, they should be issued with masks and gloves where necessary and hand sanitizing stations should be set up at entrances and exits of the Commons and other strategic locations throughout the parliamentary precinct.

Canadian cases
 CONFIRMED
 53,009
 (Today: +1,423)
 DEATHS
 3,180
 (Today: +184)
 RECOVERED
 21,211

Meet the 101-year-old who was born on a ship during the 1918 flu pandemic and just beat coronavirus

Angelina Friedman survived cancer, miscarriages, internal bleeding, sepsis and now not one, but two pandemics. More than 100 years after living through the 1918 influenza pandemic, the 101-year-old woman just beat coronavirus.

An administrator at the Mohegan Lake, New York, nursing home where Friedman lives said Friedman is back to her old self and celebrating life as if nothing ever happened.

"It also just goes to show how much the world needs hope that you can beat this at 101," Amy Elba told CNN. Friedman's daughter, Joanne Merola, told CNN affiliate WPIX that her mother is a survivor.

"She and my dad had cancer at the same time. She survived. He didn't," she said.

After beating coronavirus at 101 years old, Friedman started looking for some yarn so she could knit.

After beating coronavirus at 101 years old, Friedman started looking for some yarn so she could knit.

In 1918, Angelina Sciales (now Friedman) was born on a ship that was transporting immigrants from Italy to New York City. It was in the midst of the 1918 pandemic. It's not believed that the baby contracted the disease.



Angelina Friedman celebrates her birthday.

Her mother died giving birth, and her two sisters helped her survive until they could reunite with their father in New York, where they lived in Brooklyn, Merola told WPIX. One of 11 children, Friedman is the last surviving.

"She is not human," Merola said. "She has superhuman DNA." Now a resident of the North Westchester Restorative Therapy & Nursing Center, Friedman battled yet another pandemic.

"She had gone out to the hospital for a procedure and when she returned she had tested positive," Elba told CNN. Merola told the affiliate her mother isolated in her room and ran a fever on

and off for several weeks as she battled the coronavirus until April 20, when she tested negative.

Nurses called Merola and said Friedman was doing great. She was eating again and looking for yarn to crochet with, they told her.

"She is a mover and a shaker," Elba said. "She's a big knitter and she makes all kinds of things and gives them away to visitors."

The staff threw a big birthday party for Friedman's 101st birthday, and last year she was crowned prom queen.

Friedman was named Prom Queen at the nursing home. Friedman was named Prom Queen at

the nursing home.

"She's super active. You couldn't believe it for her age," Elba said. "Still doing her leisure activities probably that she's done forever."

Like many other facilities, Elba said, they have set up alternative means for patients to remain in contact with their families.

Due to a back injury, Merola hasn't been able to visit her mother since February, but she doesn't live far from home. Because her mother is nearly deaf, they can't speak on the phone.

As prom season approaches, Elba said that although the schools might not get a dance, Friedman is certainly going to have hers -- and hopes she will be named prom queen for the second year in a row.

**Advertise
to prepare to
re-open
your business
Call
514-485-7861**

MY OFFICE IS OPEN AND WE ARE COMMITTED TO SERVING YOU!

We are here to help guide you through the process of dealing with the many different federal departments, programs, and services.

We can provide information and assistance relating to a variety of areas, including:

Immigration, Refugees and Citizenship Canada (IRCC)



Anthony Housefather

Member of Parliament · Mount Royal

4770 Av Kent, #316, Montréal (QC) H3W 1H2

514.283.0171 · www.ahousefather.liberal.ca

Anthony.Housefather@parl.gc.ca



Tagalog Seksyon

Opinyon/Komentaryo ni Willie Quiambao

MAY NANGYARI RING MAGANDA SA AKIN NOONG MANALANTA ANG COVID - 19

Hindi madali sa mga tao ang pinagdadaanan ngayong may pandemic sa buong mundo. Sa akin naman, may maganda at hindi magandang pangyayari na naranasan ako dahil sa Covid -19. Wala akong mapuntahan upang magpalipas ng oras. Sarado ang casino, mga restaurant at mga sine. Iniiwasan ko ang mga lugar kung saan maraming tao. Sa kabila ng mga ito, may nangyari ring maganda sa akin dahil sa COVID - 19, Unang una- ay nakaiwas ako sa mga gastusin. Hindi natuloy ang pagdiriwang sa aking kaarawan noong Marso 23 dahil natatakot ang aking mga kamag-anak na lumabas at kumain sa restaurant. Pangalawa, nagkaroon ako ng pagkakataong makapag-email at makipagbalitaan kay Budz Sarmiento at Felix Reyes na nakapagdadalala sa akin ng mga nakaaaliw na balita mula sa Pilipinas. Araw- araw ay tungkol sa corona virus ang nababasa ko sa diaryo at nakikita sa television. Pangatlo, nag-aalala rin pala sa akin ang mga pamangkin ko kahit madalas kaming magsigawan kapag nagpapaturo ako sa kanila sa komputer. Ngayon ay lagi nila akong pinaaalalahanan na huwag lumabas ng bahay kung hindi rin lamang kailangan. Covid - 19 din ang naging dahilan upang magkasundo ang mga magkakamag-anak at magka-kaibigan na may tampusan. Walang pinipili ang corona virus - 19 - mayaman o mahirap. At hindi naman masama ang mga namumuno sa ating pamahalaan. Hindi sila tumitigil sa paggawa ng paraan upang masugpo ang pagkalat ng corona virus. Tumutulung din naman sila sa mga taong naapektuhan ng sakit at nawawalan ng trabaho. Higit sa lahat,

nakakuha ako ng paksang maisusulat nang mag-google ako at makita ko ang Debate sa Pagdiriwang Ng Buwan ng Wika o Mga Wika sa Agosto. Nakapaskil sa Philippine Embassy sa United Kingdom na ang mga sumusunod tulad ng Bikocano, Ilokano. Cebuano, Kapampangan at Waray ay mga lengguahe (wika) at hindi mga dayalekto (dialects). Matagal na itong nakapost pero tiyak na kaunti lamang ang nakaaalam sa impormasyong ito. Kahit ipinanganak at umaki ako sa Maynila ay nagagalak ako dahil ang Kapampangan na naririnig kong ginagamit ng aking mga magulang noong bata pa ako ay lengguahe rin pala. Hindi ako makapaniwala sa nabasa ko na ayon sa Komisyon sa Wikang Filipino (KWF) na may mga 150 na lengguahe tayo tulad ng mga nabanggit ko sa itaas. Ang lengguaheng Pilipino o Tagalog ay ginagamit kahit saang bansa tayo. Ang dayalekto ay ginagamit sa isang pook o lugar, maliit o malaki. Ito rin ang unang wika na kinagisnan natin sa ating tahanan na ginagamit ng ating mga magulang o miyembro ng pamilya. Noong una ay nagtatawa ako kung may nagtatanong sa akin na "Pilipino ho kayo?" Gusto ko siyang sabihan, "Kinausap mo ako ng Tagalog, itatanong mo pa kung Pilipino ako." Bagamat natutuwa ako na lengguahe rin pala ang Kapampangan tulad ng Ilokano, Bikolano, at Zambueno, hindi ako sang-yon na maging wikang pambansa ang isa man sa mga ito. Kapag naging wikang pambansa ang isa sa mga ito, higit tayong hindi magkakaunawaan. Kung minsan, kahit Tagalog na ang ating ginagamit sa pagsasalita ay hindi pa tayo magkaintindihan, ano pa ang mangyayari kung iba't iba pang lengguahe ang ating gagamitin? May mga salita sa Tagalog na nag-iiba ang kahulugan at sumasamang

pakinggan kapag naisalin sa ibang lengguahe. Ang halimbawa ay "lasing". Sa Bicol ay hindi magandang pakinggan ang salitang lasing kaya nagulat ang nanay ko nang minsan ay magpunta sa aming bahay ang Bikolanong nanliligaw sa kapatid ko. Fiesta sa amin at umiinom ito ng beer kasama ang ibang bisita. Nagsalita ito ng Bikolano na ang ibig sabihin ay nalasing yata siya. Ang isa pang salita ay ang itlog. Sa Tagalog ay itlog pa lamang ito pero sa Kapampangan, ebon na ito. Mayaman ang kultura ng Pilipino. Marami tayong wika, mga awit at sayaw na katutubo na wala ang ibang bansa. Ang mga ito ang maipagmamalaki nating mga Pilipino.

ANG MAPANGMATANG INGLESERO

Napatawa na lamang ako sa nabasa kong salaysay sa Manila Bulletin ng isang nagingalang James Soriano, estudyante ng Ateneo University. Nagkaroon ng malaking isyu sa Pilipinas nang isulat niya na ang English is for the learned and the Tagalog is for the people on the streets, katulong at tindera. Sobra naman. Lumaki raw siya na napaliligiran ng mga taong nagsasalita ng English sa eskuela at sa bahay. Nagsasalita lamang siya ng Tagalog kapag nasa kanilang lalawigan at kausap ang mga kamaga-anak. Sa halip na mainis ay naawa na lamang ako sa kaniya. Hindi niya alam ang mga salitang paggalang na "ho" at "po" sa mga nakatatanda sa kaniya. May karapatan siyang magbigay ng opinyon subalit hindi niya karapatang insultuhin ang wika ng ibang tao. Maaaring ikatwiran niya ang freedom of expression. Kung matalino siya, alam niya na babatikusin siya ng makababasa sa kaniyang isinulat. Dapat ay alam niya na ang bawat kalayaan ay may limitasyon. Ang gulo siguro sa mundo kung wala tayong batas na sinusunod. May kalayaan tayong bumoto pero alam nating hindi puedeng mandaya. May kalayaang magsalita at sumulat pero dapat ay alam nating mag-iingat tayo sa ating isusulat at sasabihin dahil baka ma-idemanda tayo ng slander o libel. Hindi natin basta maisusulat na magnanakaw ang isang tao. Dapat ay alam ni Soriano na ang katalinuhan ng tao ay hindi nasusukat sa kahusayang

magsalita at magsulat ng English o Tagalog o kung saang pamantasan siya nagtapos. Masusukat natin ang katalinuhan ng isang tao kung may katuturan ang kaniyang mga sinasabi. May mga kilala ako na nagtapos sa mga pribadong pamantasan na teribleng magsalita ng English. Isang Pilipino ang tumanggap ng award at sa isang pagtitipon ay buong pagmamalaki niyang ibinalita sa mga panauhin na tumanggap din siya ng notorious award, sa halip na meritorious award. Ito ang malapropism, maling gamit ng salita sa isang salitang nais niyang sabihin. Halos magkapareho ng tunog ang notorious at meritorious. Isa naman ang nagsabi na na-dismembred siya sa isang asosasyon. Ang ibig niyang sabihin ay stripped of membership. Nakatatakot pakinggan ang dismembered, parang pinagputol putol ang mga bahagi ng katawan ng isang tao tulad ni Lucila Lalu, queen of chop chop noong 1967.

May naukuwentro sa akin na isang ina sa Heritage Class ang nagsabi sa anak na huwag magsalita ng Tagalog dahil Canadian na siya. "Bakit ipinasok pa sa Heritage class ang anak?" tanong ko. Walang masama kung matutuhan ng isang bata ang wikang ginagamit sa bansang kaniyang pinagmulan. Ayon sa pag-aaral, hindi makasasama sa isang tao ang turuan ito ng iba pang wika habang bata pa ito.

Sa iba't ibang lugar sa mundo ay maraming mahuhusay na doktor at nurse na Pilipino. Kung magkasakit si Soriano, pipiliin niya ba ang mga mahuhusay na doktor at nurses na nagsasalita ng English na pam-palengke o dayuhang mahusay mag-English na kulang ng karanasan sa panggagamot? May kaniya-kaniyang opinyon ang bawat tao at karapatan niya iyon. Ang hindi niya karapatan ay mang-insulto ng ibang tao. Nakalulungkot lamang isipin na kaya mahina ang pag-unlad ng Pilipinas ay minsan, ikinahihiya natin ang ating magandang kaugalian at mayamang kultura. Kapag nanood ka ng pelikulang Tagalog, sasabihin ay kabilang ka sa "bakya crowd", mahirap at hindi mataas ang pinag-aralan tulad ng mga taong nagsusuot ng bakya. .

With angry words around the world, China uses COVID-19 pandemic to take on superpower mantle

NATHAN VANDERKLIPPEASIA
CORRESPONDENT
BEIJING
PUBLISHED APRIL 30, 2020
U00:00

Open this photo in gallery
A man walks near a Chinese national flag, in Beijing, on April 29, 2020.

THOMAS PETER/REUTERS

Weeks of battles between China and western countries has brought intemperate language, pointed metaphors, at least one quotation from Mao Zedong – and a clearer glimpse into the ways Beijing is using a worldwide pandemic to bolster its efforts to assert a new place of global importance.

Chinese diplomats, senior Party officials and state media have lashed out at Australia, France, the



A man walks near a Chinese national flag, in Beijing, on April 29, 2020. THOMAS PETER/REUTERS

Netherlands and the United States, in a sustained assault that has underscored an important change to how Chinese leadership sees its place

in the world. As one striking example, Chinese diplomats demanded that at least one country publicly rededicate itself to the "one-China principle" –

under which Beijing asserts ownership over Taiwan – if it wanted the smooth procurement of masks and other protective equipment from China, according to a person with knowledge of the situation. The country refused the Chinese demand. The Globe and Mail granted the person anonymity because they are not authorized to speak publicly.

No longer is Beijing acting like an emergent nation. It is asserting itself as a rival superpower, and making demands befitting the role it has assumed. "Any notion that China was a rising power has been superseded by the fact that they have risen," said Jane Golley, director of the Australian Centre on China in the World at the Australian National University.

But it's an ascension

See opposite page Angry words

Trump says China 'will do anything they can' to see him lose re-election race

STEVE HOLLAND REUTERS
PUBLISHED APRIL 29, 2020

President Donald Trump said on Wednesday he believes China's handling of the coronavirus is proof that Beijing "will do anything they can" to make him lose his re-election bid in November.

In an interview with Reuters in the Oval Office, Trump talked tough on China and said he was looking at different options in terms of consequences for Beijing over the virus. "I can do a lot," he said.

Trump has been heaping blame on China for a global pandemic that has killed at least 60,000 people in the United States according to a Reuters tally, and thrown the U.S. economy into a deep recession, putting in jeopardy his hopes for another four-year term.

The Republican president, often accused of not acting early enough to prepare the United States for the spread of the virus, said he believed China should have been more active in letting the world know about the coronavirus much sooner.

Asked whether he was considering the use of tariffs or even debt writeoffs for China, Trump would not offer specifics. "There are many things I can do," he said. "We're looking for what happened."

"China will do anything they



U.S. President Donald Trump answers questions during the daily briefing of the coronavirus task force on April 27, 2020. Trump says China could have stopped the coronavirus before it became a global pandemic.

WIN MCNAMEE/GETTY IMAGES

can to have me lose this race," said Trump. He said he believes Beijing wants his Democratic opponent, Joe Biden, to win the race to ease the pressure Trump has placed on China over trade and other issues.

"They're constantly using public relations to try to make it like they're innocent parties," he said of Chinese officials.

He said the trade deal that he concluded with Chinese President Xi Jinping aimed at reducing chronic U.S. trade deficits with China had been "upset very badly" by the economic fallout from the virus.

A senior Trump administration

undergirded by anger at perceived historical humiliations against China over the past century. "They firmly believe the time is right for China to take revenge, and America and the West is in decline," said Feng Chongyi, a scholar at Australia's University of Technology Sydney who studies contemporary Chinese history. And so, "whoever offends China will be punished."

The spread of the COVID-19 pandemic from China to the rest of the world – and the ensuing recriminations – have intensified that conflict. So, too, has Beijing's confidence that it has more capably handled the outbreak than western democracies, despite accusations of an initial cover-up. It's a confidence that has turned strident in recent weeks.

Cheng Jingye, China's ambassador to Australia, questioned whether a country that is so "hostile" is "the best place to send" Chinese students for education, or whether Chinese consumers would want to buy Australian wine and beef, after Prime Minister Scott Morrison called for an independent review of the spread of the virus. Vice foreign minister Le Yucheng accused the U.S. of "political manipulation to a level beyond anyone's imagination" in response to White House pressure over the virus and, in an interview with NBC News, quoted Chairman Mao Zedong: "a first-order question in revolution is to discern the true enemies and true friends."

In France, Lu Shaye, who previously served as ambassador to Canada, has released a series of

attacks on the "malevolence" of the French media, calling them lapdogs of the U.S. He suggested Le Figaro was trafficking in "lies" and accused western politicians more generally of agitating "the populist, racist and anti-Chinese strands of their countries against China."

"Some Westerners are starting to have no confidence in liberal democracy," Mr. Lu wrote, sneering at critics he deemed "psychologically fragile."

In the Netherlands, the Chinese embassy called De Volkskrant newspaper "full of prejudice, discrimination and malice," while China's Communist Party-backed Global Times reported comments from Beijing that "China may consider suspending medical supplies to the Netherlands" after a change to the name of the country's mission in Taiwan was viewed as not honouring the one-China principle. (The newspaper's editor, Hu Xijin, also called Australia "chewing gum stuck on the sole of China's shoes. Sometimes you have to find a stone to rub it off.")

China's outspoken officials "are seeking to prevent any censure of China and impress headquarters in Beijing. Some of the behaviour is quite outrageous," said Michael Fullilove, executive director of the Lowy Institute, Australia's leading foreign policy think tank.

"Beijing is anxious because the stakes are so high. If Beijing gets pinned with responsibility for the pandemic, that will be a huge drain on its soft power," he said.

Many in China, meanwhile,

official, speaking on condition of anonymity, said on Wednesday that an informal "truce" in the war of words that Trump and Xi essentially agreed to in a phone call in late March now appeared to be over.

The two leaders had promised that their governments would do everything possible to co-operate to contain the coronavirus. In recent days, Washington and Beijing have traded increasingly bitter recriminations over the origin of the virus and the response to it.

However, Trump and his top aides, while stepping up their anti-China rhetoric, have stopped short of directly criticizing Xi, who the U.S. president has repeatedly called his "friend."

Trump also said South Korea has agreed to pay the United States more money for a defence co-operation agreement but would not be drawn out on how much.

"We can make a deal. They want to make a deal," Trump said. "They've agreed to pay a lot of money. They're paying a lot more money than they did when I got here" in January 2017.

The United States stations roughly 28,500 troops in South Korea, a legacy of the 1950-53 Korean War that ended in an armistice, rather than a peace treaty.

see the country as the victim of a broad Western attempt, led by Washington, to pin blame on Beijing for the pandemic as a way to distract from their own missteps.

"Calling for an investigation is just buck-passing behaviour," said Ruan Zongze, vice-president of the China Institute of International Studies.

It is for that reason unfair to criticize China for aggressive diplomacy, he said. Chinese officials are engaged in "self-defence against irresponsible accusations made by western political figures. China isn't provoking anything." In fact, he said, "China should choose to be tough on people who just try to throw mud at our country, because they never hesitate to demonize and degrade China. How can you be polite to impolite people?"

Beijing, too, has good reason to threaten economic consequences, said Su Hao, a professor in the School of Diplomacy at China Foreign Affairs University. He accused the Donald Trump administration of manipulating the emotions of other countries to join the U.S. in strategically constraining China. Remain silent, and others will follow, he said. "China must use such language, so to ensure a threat of a boycott is actually understandable. They must realize that their attempt to contain China is wrong."

Besides, he said, "China and the World Health Organization should not and do not want to be scapegoats" for public health failures in other countries.

The pandemic has allowed China to make a much larger argument, said Prof. Golley. "If you

Trump is leading a triage effort to try to keep the U.S. economy afloat through stimulus payments to individuals and companies while nudging state governors to carefully reopen their states as new infections decline.

He said he is happy with the way many governors are operating under the strain of the virus but said some need to improve. He would not name names.

Trump's handling of the virus has come under scrutiny. Forty-three per cent of Americans approved of Trump's handling of the coronavirus, according to the Reuters/Ipsos poll from April 27-28.

But the president got some good news when Gilead Sciences Inc said its experimental antiviral drug remdesivir was showing progress in treating virus victims.

Trump has also seeking an accelerated timetable on development of a vaccine.

"I think things are moving along very nicely," he said.

At the end of the half-hour interview, Trump offered lighthearted remarks about a newly released Navy video purportedly showing an unidentified flying object. "I just wonder if it's real," he said. "That's a hell of a video."

look from a developing country's perspective, who has done a better job? The United States or China?" she asked. The official numbers show a far smaller death toll in China than the U.S. "And that raises the possibility, I think, that authoritarianism wins favour in other parts of the world," she said.

China stands to be the first major economy to return to growth, raising the country's importance for other countries seeking to buttress their own economic performance.

At the same time, some of the most successful strategies to counter the virus have taken place in democratic states, including Taiwan, South Korea, Australia and New Zealand.

In China, "the same authoritarian system that checked the spread of the virus was also responsible for covering it for months and allowing it to disperse from Wuhan to the world," said Mr. Fullilove.

"Once, the world saw China as a source of capital, labour and innovation. ... When this is finally over, with armies of dead and a battered global economy, does anyone think that China will remain blameless?"

With reporting from Alexandra Li

Australia's calls for an independent inquiry into the origins of COVID-19 is 'reasonable' and not targeted at any specific country, Prime Minister Scott Morrison said on Wednesday.

REUTERS



Ontario unveils details of learn-at-home program, students out of school until at least May 4

Teachers will issue final grades and report cards, work done at home will be graded: education minister
CBC News · Posted: Mar 31, 2020
11:19 AM ET | Last Updated: March 31

Ontario students won't be back in the classroom until at least May 4 as the province continues to battle the spread of COVID-19, the government announced Tuesday.

Effective immediately, publicly-funded schools will remain closed until May 1 for teachers and May 4 for students, Premier Doug Ford confirmed at a news conference, adding he is prepared to extend the closures even further if the province's chief medical officer of health advises him to.

Private schools, licensed child care centres and EarlyON programs will also remain closed for at least another two weeks, according to the province's emergency declaration, which only allows closures to be extended for 14 days at a time.

"We know from the medical experts that the next two weeks will be critical in the fight against COVID-19 and that's why we're taking further action to keep our kids safe and healthy by having them stay home," said Ford.

Ontario COVID-19 cases near 2,000 as schools set to stay closed until at least May

Speaking to reporters, Ontario Education Minister Stephen Lecce announced a new "teacher-led"

program to keep students learning while at home. Lecce also said teachers will be issuing final grades and report cards, meaning work completed at home will be graded. Whether or not the school year will extend into the summer has yet to be determined, he said.

Lecce said the plans will incorporate online learning, but where that is not possible, telephone calls and mail-out packages will be used.

For now, students will continue to complete credits, and that "no student will have their graduation compromised by COVID-19," the government said in a news release.

As part of what Lecce called the "second phase of Learn at Home," students will reconnect with their teachers and school staff, including mental health workers.

Here's what the program will look like:

Kindergarten to Grade 3 students will complete five hours of work each week, focusing on literacy and math.

Grades 4 to 6: Five hours of work each week, focusing on literacy, math, science and social studies.

Grades 7-8: 10 hours of work each week, focusing on math, literacy, math, science and social studies.

Grades 9-12: Three hours of work per course each week for semestered students, 1.5 hours per course each week for non-semestered students.

The program will also involve



Schools were initially set to reopen on April 6, but are set to remain closed until at least May as the number of COVID-19 cases in Ontario continues to increase. Danforth Collegiate and Technical Institute, pictured here, is among them. (Alan Habbick/CBC)

training educators to better enable them to teach online, and could see schools distribute laptops or other devices to students who need them, Lecce said.

"By providing clarity for parents, enhancing support for students and enabling the teacher-student relationship, we are ensuring our children continue to safely learn — providing some sense of stability and hope for them amid this difficulty," Lecce said.

Students throughout Ontario have been out of class since March 14, after Lecce issued a ministerial order to keep publicly-funded schools closed for two additional weeks after March Break as concerns mounted about the threat of COVID-19. Private schools were also closed a few days later.

Some licensed child-care centres won't survive COVID-19 closures, industry warns

Schools were initially set to reopen on April 6, but both Ford and Lecce have conceded that the closures would need to be prolonged as the number of COVID-19 cases in Ontario continues to increase.

"No small task" to make remote learning possible
The president of the Ontario Public School Boards' Association, which represents trustees, said school boards have been hearing from parents in recent weeks that they need help teaching their children at home.

Cathy Abraham said every board in the province has been crafting a local plan to address the needs of students who may not have access to the internet, computers or tablets, or whose parents may not have time to oversee their schooling.

"This is uncharted territory for everyone," she said. "We're just asking parents to have a little bit of patience with their school boards while they try to figure it out. It's not going to be the same for everybody."

Schools were initially set to reopen on April 6, but are set to remain closed until at least May as the number of COVID-19 cases in Ontario continues to increase. Danforth Collegiate and Technical Institute, pictured here, is among

them. (Alan Habbick/CBC)

The director of education at the province's largest school board told parents Monday night they are developing a plan to connect teachers to students and "restore teacher-led learning to the greatest extent possible as of April 6."

TDSB's John Malloy says staff have been trying to determine more information about the devices and internet access families have in the meantime.

He asked for patience as educators connect with thousands of students to make plans for remote learning.

"As you can appreciate, this is no small task, however we have been working around the clock to ensure that as many students as possible have the opportunity to resume learning remotely next week," Malloy said in a statement. Union stresses need for 'inclusive opportunities'

The government has formed a working group with the province's education sector unions to look at options for continued learning until the pandemic abates.

The Elementary Teachers' Federation of Ontario, which represents 83,000 public school teachers, said in a statement that it supports the temporary moves made to address the situation.

But the union's president stressed that learning is best done "face-to-face in a classroom setting." Ontario teachers hosting virtual lessons as COVID-19 keeps students out of class

"We have reminded the Ministry that many students have unique and specialized needs and that some have challenging circumstances affecting their ability to engage in learning outside the classroom," Sam Hammond said in a statement.

"It is extremely important that during this temporary situation, we strive to provide equitable and inclusive opportunities for students to advance their learning."

With files from The Canadian Press

CBC's Journalistic Standards and Practices | About CBC News By Joyce

Dental Clinic

Dr. Rosario Ambayec, D.D.S.
Chirurgien Dentiste / Dental Surgeon

Comprehensive Gentle Dental Care for The Whole Family

- > ☎ Open Tuesday to Saturday.
- > Days & Evenings.
- > By appointment, Accept emergencies.
- > Free parking for your convenience.

☎ (514) 731-6479

3535 Côte Ste. Catherine, Suite 1, Montreal, Quebec H3T 1C7
(corner Côte des Neiges)

Possible Economic Impacts of Falling Oil Prices, the Pandemic, and the Looming Global Recession onto Overseas Filipinos and their Remittances

Policy brief 2020-09

Ateneo Center for Economic Research and Development (ACERD)

Alvin P. Ang (Ateneo de Manila University)

and Jeremaiah Opiniano (University of Santo Tomas)

The COVID-19 pandemic may well be the most challenging crisis facing the migration management system of the Philippines. The global dispersion of overseas Filipinos (estimated to be at least 10.3 million, in over-200 countries and territories) meets up with the global spread of the viral disease. Both the countries receiving overseas migrants and migrant-origin countries like the Philippines are now trying to survive, unleashing stimulus packages or rescue funds to meet the needs of their citizens.

Remittance flows from abroad are literally a major economic lifeline. This lifeline will then backstop whatever public funds the Philippine government is now unloading to meet urgent survival and social protection needs of Filipinos. The scale of Filipino households who continually receive foreign remittances? Around 12 percent of all Filipino households “have or had an OFW [overseas Filipino worker] member,” says the 2018 National Migration Survey (NMS).

With much of the global economy in a lockdown, many OFWs are unable to report for work and, at the same time, are unable to send money back home more frequently. In addition, declining oil prices in the past few weeks are a corollary challenge, threatening the stability of OFWs in the Middle East.

OFWs sent about US\$ 30.13 billion in cash remittances in 2019, higher than the US\$ 28.94 billion sent in 2018. The 2018 Survey on Overseas

Filipinos[1] (SOF) says there are about 2.3 million Filipino migrant workers. Meanwhile, stock estimates on overseas Filipinos (latest: 2013) disaggregates Filipinos overseas as follows: 4.2 million as temporary migrants (migrant workers), 4.8 million as permanent migrants, and 1.2 million as irregular migrants.

During the 2008-09 global financial crisis, the presence of OFWs in many parts of the world has spread the risk of slow levels of total remittance inflows to the Philippines. However, COVID-19's spread has now reached literally the entire planet. As of April 2, over-940,000 people have been infected with COVID-19 (including some Filipino migrant workers, permanent residents and naturalized citizens).

Also, during the 2008-2009 crisis, oil prices did not go down to its present level —about US\$ 22 per barrel.

The impacts of the 2008-2009 crisis on OFWs were not as severe as initially anticipated. Many OFWs remained in their working countries, adjusting their statuses there by deskilling (e.g. an engineer laid off, continued to work as an electrician) and by coping and riding through the short-term impacts of that crisis. Workers were still physically mobile at that time.

In the current scenario, many countries are on lockdown and all the oil producers in the Middle East (where nearly half of our OFWs are based) are at risk with falling oil prices. If this price trend continues, the Middle East might be forced to stop oil production and possibly lay off many workers — including Filipinos.

With the combined impacts of the global economic stoppage, lockdowns and declining oil prices,

base-to-worst case scenarios could lead to:

a) Cash remittances potentially declining from US\$ 30 billion in 2019 to US\$ 27 billion (base case) to US\$24 billion (worst case). That is roughly 10-to-20% or US\$3 to US\$6 billion less, year on year —this to become steepest drop of remittance inflows in Philippine migration history; and
b) About 300,00 to 400,000 OFWs being affected by lay-offs and pay cuts, not to mention that some of them may need to be repatriated.

Note also that in 2019, at least 121 countries and territories where Filipinos are sent lesser remittance amounts than in 2018. The total lesser remittance amounts from these 121 jurisdictions was US\$ 1.36 billion.

These base-to-worst case scenarios are significant numbers hitting the economy externally and then internally. With overseas Filipinos' remittances fueling national consumption, we can lose 20 to 40 percent of consumption due to the pass-through effect of remittances.

Some things that can be done now:

Labor and foreign officials may have to start monitoring and informing the public how many overseas Filipinos will be displaced from their jobs —similar to efforts done during the 2008-2009 global economic crisis.

Embassies and consulates have to anticipate and monitor expected job displacements affecting Filipinos. Diplomatic officials should also be given leeway to negotiate with ministries of labor possible steps to keep foreign workers and, to the extent possible, include them in their countries' social protection programs.

Globally-mapped information on these arrangements must be tracked. That way, these resources from host

countries will give overseas Filipinos and their families some wherewithal apart from what migration and non-migration government agencies back home will be giving (e.g. social amelioration program funds under the Bayanihan to Heal as One Act). Resources coming from host countries will buy relevant Philippine government agencies (e.g. Overseas Workers Welfare Administration [OWWA], Social Security System [SSS], Philippine Health Insurance Corp. [PhilHealth]) some time.

Labor and foreign officials may have to initiate dialogues with the International Labor Organization (ILO) and the International Organization for Migration (IOM) on how to assist distressed migrant workers affected by the pandemic.

OWWA may have to offer Metro Manila-based temporary shelters as 14-day quarantine facilities for displaced returning OFWs.

Since PhilHealth will be covering hospitalization expenses of COVID-19 cases, this should also apply to COVID-19-infected returning overseas workers through PhilHealth's Overseas Workers Program (OWP).

The SSS and its OFW membership program should allow OFW members to avail of the benefits of membership at this critical juncture.

Prior to going overseas, OFWs are compelled to pay accredited private insurance companies insurance premiums so as to cover repatriation expenses. This arrangement must now be activated by the private insurance companies concerned.

[1] Since the SOF is just a rider to the October round of the quarterly Labor Force Survey (LFS), we are just taking samples of the bigger universe of overseas Filipino workers (OFWs).

209 new Covid-19 cases recorded among overseas Filipinos

Ann L. Rocamora, Philippine News Agency on April 28, 2020

This brings the total positive to 1,604, some 419 of whom have recovered while 189 have died.

(Pexels photo)

MANILA – The Department of Foreign Affairs (DFA) on Tuesday reported 209 new cases of the coronavirus disease 2019 (Covid-19) among overseas Filipinos, the highest single-day increase recorded.

This brings the total positive to 1,604, some 419 of whom have recovered while 189 have died.

Foreign Affairs Assistant Secretary Eduardo Meñez said the newly reported cases also raised to 46 from 44, the number of countries with Covid-19 patients.

The countries, however, were not identified.

Of the overall tally, 360 cases came from the Asia-Pacific region, 454 from Europe, 333 from the Middle East/Africa, and 457 from the Americas.

“The DFA personnel in our foreign service posts remain steadfast in partnering with local health authorities and agencies in ensuring adherence of our people with preventive measures against (the) Covid-19 pandemic, and commit to tirelessly attending to the needs of our people affected by this pandemic, whenever possible,” Meñez said.

Since the Covid-19 outbreak, thousands of overseas Filipino workers were also displaced due to temporary closures and suspensions of business operations.

In a recent virtual briefing, DFA Undersecretary Sarah Lou Arriola assured that the repatriation efforts for



There are now 651 overseas Filipinos who have contracted the coronavirus disease, the Department of Foreign Affairs said Saturday. (FILE PHOTO)

those requesting to return home will continue.

As of April 27, about 22,016 overseas Filipinos have returned to the Philippines amid the pandemic,

5,423 of whom were land-based while 16,593 were seafarers from about 78 cruise ships.

A tribute to front line workers who are Gilmore College International alumni



Cristina Pa-ac (left) works as a surgical nurse at St. Mary's Hospital. When she was a new immigrant she took a beginner level in French and the only student who achieved a 100% in the test. The photo on the right shows Cristina posing with Juvy Vales and her guest during the 30th anniversary of Gilmore College International last Dec. 14th.



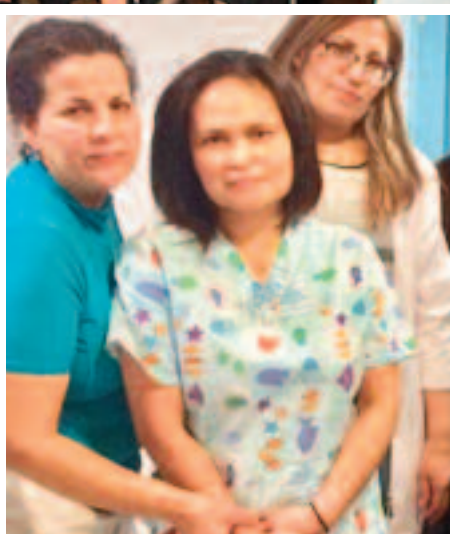
Irma Morales (right, shown with her colleague Cindy Teves at the Montreal General Hospital) is one of the few students who achieved Level 4 in French 2nd language.



Maribeth Sernal works as a PAB at Chateau Westmount. She studied French 1 and 2 at Gilmore College when she first arrived in Canada.



Ethel Tugna works as a PAB at Chateau Westmount. She is shown 3rd from left in the photo above in her toga with Annabelle Allosa seated, 2nd from the left.



Annabelle Allosa (center) used to work at Chateau Westmount and transferred to the Jewish General hospital a few months ago.



Rose Padayao who took three courses at Gilmore works at St. Mary's Hospital in the pharmacy.



Gloria Danda works as a PAB in Montreal after completing Gilmore's PSW program.



Cristina Pa-ac (on the right) volunteered to work for two weeks at the much besieged nursing home, Herron CHSLD where there were many seniors who were neglected due to the shortage of healthcare workers. She said she just could not stand hearing about the seniors' suffering.

Bijouterie Nancy

Plaza Côte des Neiges Shopping Center Unit 210
6700 Chemin de la Côte des Neiges, Montreal
QC H3S 2B2

Tel. 514-448-6264

Serving You Since 2007 in English, French & Filipino

Nancy

A DIAMOND IS FOREVER

BIG SALE!

Diamond 50%, Gold 25%,
Citizen/Seiko 30%

Specializes in Natural diamonds, fine solid gold jewelry,
original Citizen and Seiko watches (made in Japan)

We repair & customize jewelry



A private college devoted to your personal and career development since 1989



**7159 ch. Cote des Neiges
Montreal, QC H3R 2M2
E-mail:
zbk@gilmorecollege.com**

**For information & registration,
514-485-7861**

PROGRAMS

- **PSW/PAB**
- **Nursing Aide**
- **Early Childhood Education Asst**
- **Administrative Assistant**
- **Accounting Tech.**

COURSES

- **English**
- **French**
- **Filipino (Tagalog)**
- **Accounting & Bookkeeping**
- **Keyboarding**
- **Microsoft Office**
- **Bilingual Telephone Reception Tech.**
- **Business English**
- **Business French**

OTHER SERVICES

- **Writers Workshop**
- **Small Business Management**
- **Career Orientation**
- **Translation (Eng., Fr. to Filipino or Tagalog)**



PAB Batch 9 practicum at St. Marguerite CHSLD



French class, Cambodian and Filipino students at 5320 Queen Mary Building, 2013-2015

Dignity
MEMORIAL

LIFE WELL CELEBRATED

Spare your family the difficult decisions and expense involved in arranging a funeral.

Planning your funeral in advance ensures your wishes are respected and your family is protected.

Up to 10 year financing available in pre-arrangement
Reception facilities and free indoor parking
Chapel recording/webviewing for family overseas
Repatriation services



Centre funéraire Côte-des-Neiges
4525, ch. de la Côte-des-Neiges,
Montréal, QC H3V 1E7
www.dignitequebec.com



Sandra Wong
Funeral Planning Counselor
514.342.8000 ext: 2258



**Cooking
with love
provides
food for the
soul.**



Kare-Kare

Ingredients

1 Knorr pork cube
2 1/2 lb Oxtail
1 Banana, small fresh
1 Chined eggplant, medium
3 cloves Garlic
1/2 cup Peanut, ground
10 pieces Snake beans
1 Yellow onion, medium
Condiments
3/4 cup Peanut butter
Baking & Spices
1/4 cup Cornstarch
Oils & Vinegars
3 tbsp Cooking oil
Liquids
3/4 cups Annatto water
4 cups Water
Other
2 bunches Baby bokchoy (or pechay)
1/2 cup bagoong alamang
Instructions
Heat oil in a cooking pot.
Saute garlic and onion.
Once the onion becomes soft, saute the Oxtail until light brown.
Pour water into the the pot. Let boil.
Add Knorr Beef Cube. Stir. Cover and cook between low to medium heat until the oxtail becomes tender. Note: This will take around 2 to 2 1/2 hours for conventional cooking, and 30 to 40 minutes if a pressure cooker is used.
Add peanut butter and ground peanuts. Stir.
Pour annatto water. Cook for 3 minutes.
Combine cornstarch and 1/2 cup cold water. Stir. Pour the mixture into the pot. Stir until the sauce gets thicker.
Add banana blossoms. Cook for 3 to 4 minutes.
Add eggplant and snake beans (sitaw). Cook for 5 minutes.
Put the bok choy into the pot. Stir. Cover and cook for 2 minutes.
Transfer to a serving dish. Serve with bagoong alamang.
Ingredients
2 lbs. pork spare ribs
1 piece Knorr Pork Cube



Spare Ribs Caldereta

1 piece potato diced
1 piece carrot sliced
2 pieces bell pepper sliced
3/4 cup green peas frozen
5 tablespoons liver spread
8 ounces tomato sauce
1 piece onion chopped
4 cloves garlic crushed
2 pieces Thai chili pepper chopped
2 cups water
3 tablespoons cooking oil
Salt and ground black pepper to taste
US Customary - Metric
ADVERTISEMENT

Instructions

Heat oil in a pan.
Saute onion and garlic.
Once the onion softens, add spareribs. Saute until the ribs turns light brown in color.
Pour tomato sauce and water. Stir and let boil.
Add Knorr Pork Cube. Cover the pan and then cook for 1 hour or until the meat gets tender.
Add liver spread and chili pepper. Stir.
Add carrot and potato and more water, as needed. Cover and cook for 5 minutes.
Stir-in bell peppers and green peas. Cook for 3 minutes.
Season with ground black pepper and salt.
Transfer to a serving bowl and serve along with warm rice.
Share and enjoy.
Nutrition
Calories: 645kcal | Carbohydrates: 10g | Protein: 34g | Fat: 52g | Saturated Fat: 15g | Cholesterol: 186mg | Sodium: 601mg | Potassium: 769mg | Fiber: 3g | Sugar: 5g | Vitamin A: 4912IU | Vitamin C: 17mg | Calcium: 55mg | Iron: 3mg
Share and enjoy!



CHICKEN PARMESAN MEATBALLS

INGREDIENTS

1 pound ground chicken breast
3/4 cup Italian breadcrumbs
1-1/4 cup fresh grated Parmesan cheese, divided
3 garlic cloves, minced
1/2 small onion, grated (or minced)
2 tablespoons + 1 cup marinara sauce (divided)
1/2 tablespoon dried Italian seasoning
2 tablespoons fresh basil, chopped
2 tablespoons fresh parsley, chopped
1/2 teaspoon kosher salt
1/2 teaspoon fresh cracked black pepper
1 large egg, lightly beaten
1 cup shredded mozzarella cheese, for topping

INSTRUCTIONS

Preheat oven to 350°F. Prepare a baking sheet by lining with parchment paper.
Set aside 1 cup marinara, 1 cup shredded mozzarella cheese and 1/4 cup Parmesan cheese.
In a large mixing bowl, combine all remaining ingredients (chicken, breadcrumbs, 1 cup Parmesan, garlic, onion, 2 tablespoons marinara sauce, Italian seasoning, basil, parsley, salt, pepper and egg). Mix well, do not over mix or you will have tough meatballs.
Using a 1-1/2 tablespoon scoop, portion out meat mixture and place on baking sheet. After all meatballs have been scooped onto tray, roll into balls. Bake for 16-18 minutes until lightly browned.
Turn oven to broil.
Drizzle a spoonful of marinara over each meatball. Sprinkle with mozzarella cheese.
Broil for 2-3 minutes until cheese is golden brown and bubbly.
Serve and enjoy!
Prep time : 15 mins
Cook time : 1 hour



Total time : 1 hour 15 mins
Chicken joy is I think the most popular

fried chicken in the Philippines. Not just the taste that captured the palate of Pinoys but also the crispy chicken skin and the aroma is what makes it number one.

Serves: 8 Servings

Ingredients

cooking oil for deep frying
salt and pepper
2 kilos chicken, your choice cuts
For the breàding:

1 cup cornstarch
1 cup all-purpose flour
1/2 tsp. five spice powder or ngohiong powder
1 tsp. fine salt, adjust if necessary
1 Tbsp. garlic powder

Instructions

First, Put the chicken pieces in a bowl and season with salt and pepper. Rub and press each chicken with the salt and pepper so all the pieces is evenly coated.

Next, to make the breàding, in a mixing bowl, combine flour, cornstarch, five spice powder, garlic powder and salt.
Then., Stir the dry ingredients using a fork until all the ingredients are evenly mixed.

Set Heat the oil in the deep fryer or deep frying pan for about 175°C.

Next, Coat a piece of chicken with the breàding inside and out. Coat underneath the skin as well.

Do it by pressing each chicken with the breàding then shake off excess breàding and fry it.

Then, Depending on the size of your fryer and the size of your chicken, you can put 4 to 5 pieces per batch.

Just don't overcrowd the fryer to avoid the fried chicken to become soggy and loose it's crispiness.

Cook it for about 15 to 20 minutes in medium fire.

Last, Put the chicken in a paper towel or a rack to drain the excess oil.

Serve with your favorite gravy. Enjoy!



QUICK PEACH MELBA CRUMBLE

Ingredients

410g can sliced peaches in syrup
1 tbsp butter
150g raspberries
100ml whipping cream
1/2 tbsp icing sugar
100g granola

Pour the can of peaches, with the syrup, into a small saucepan over a medium heat. Add the butter and simmer until the peaches are hot.

Once simmering, add the raspberries and cook for 1-2 mins more until hot. Meanwhile, put the cream in a large bowl with the icing sugar and whisk until lightly whipped.

Using a slotted spoon, put the peach Melba mixture into four serving dishes and top each with a sprinkling of granola and a dollop of cream.



Social Tidbits

Fely Rosales Cariño

Spring has sprung! Now that winter eased its grip on us, beneath our breath, we give out a big sigh of relief and say to ourselves, "Thank You Lord!"

This Coronavirus has taken a lot from us. It took away our winter as we used to know. It took away all sports we love to watch. It took away all cultural shows, the anniversaries, the parades, the scheduled parties in the park, etc. The school year the students look forward to and everything planned for fall and perhaps summer may be gone as well. In exasperation, many will ask, "God how could this be happening?" And imagine if God replies, He might respond, "How could you forget about Me in your everyday living?" Hmm. Food for thought.

This pandemic has wrought havoc on everyone. Our hearts go out to those most affected, those who lost loved ones through this virus. If there are rays of hope that come from this, it is the realization that sooner or later, a cure will be found and we can flatten the curve. But for now, city-wide activities including sports competitions are cancelled/rescheduled until further notice. The same is true with all the events in the Filipino association's calendar.

Several good things that came out of this are the benevolent services resulting from the desire to help the vulnerable. First, I heard from Monica Regacho telling me that at the end of the day, she had still seven food baskets left to give out. The Filipino community knows Monica very well because of her many volunteer work. Every Tuesday, she serves a \$5.00 a meal to seniors (and those in need of this service) at the FAMAS basement building. All you have to do is call Monica to let her know that you are going. After lunch, a bingo game follows.

Every Thursday, she serves lunch at the government building found at the corner of Cote-des-Neiges and Appleton. She also has the same program going on at St. Kevin church once a week. Due to her 20 years of volunteer work, Monica is well known and well connected to agencies that provide the necessary resources. If you find yourself needing lunch, or if you know someone who needs it, please give her a call at 514-245-7945. She can register you for the service on a regular basis.

Also, Minda Mazzone, the President of the Federation of Filipino Canadian Associations of Quebec (FFCAQ) mobilized her executive board and formed a "Pinoy Food Drive" with the following slogans: "TOGETHER WE CAN", "WE HEAR AS ONE", and "SHARING IS CARING". All Filipinos, especially the elderly, the sickly, and the needy can register with FFCAQ President Mazzone. The FFCAQ, in turn, wants to thank their donors who gave money and food for their food drive. They also want to thank the drivers led by Fred and Jovy Narvas and their grocery shopping service from Robin and Cristy Hunter.

Tenne Rose and Michael Devantes are doing a very helpful service through their TV program Pinoy Pa Rin. Read Tenne's dissertations on important topics such as the coronavirus and some information on how to avoid getting infected. On the other hand, Michael, a medical technologist who works at the Jewish General, seemed energized from the cheers afforded to frontliners by a grateful and thankful public. Tenne and Michael, we are proud of you!

Adiva Estinoso and her group are also doing their share in helping out with food relief

drive for the elderly.

Last but not the least, the Filipino Association of Montreal and Suburbs (FAMAS) have their own food drive appropriately called FAMAS HOT MEALS ON WHEELS in collaboration with Samahang Makabayan. Spearheaded by FAMAS president Cesar Manuel, his wife Tess, Svetlana Suarez, the FAMAS Board members, this drive takes care of the distribution of hot meals every Sunday, courtesy of Pansitan. Julie Parado and Angie Ojerio are also doing their bit to help. Ramon Vicente, Bryan Perona, and Eric Esplana lead the group of volunteers We should also give a big shout-out to Snowdon Councilor Marvin Rotrand for his invaluable assistance. Marvin, we can't thank you enough!

No doubt we're all feeling

THE FILIPINO FORUM (June 1999). On this note, I'd like to extend my apologies to Dr. Ed Sideco, who by mistake, was included among the names of the deceased in this paper's last issue. Dr. Ed Sideco is very much alive and well as I write this. And I am still with the North American FILIPINO STAR.

After doing this write up, I think I've earned my lunch! Let me go look what's in my pantry, then go to my favorite TV chair, and take hold of my favorite device - the remote control. I'm certain most seniors are doing the same thing!

In closing, thank you Lord that for now, according to current news, things seem to be getting brighter (due to a downward trend of infections) and we are surviving. We look up to You to set us free from this virus, and thank you for giving



Cesar Manuel, FAMAS President, (left) doing delivery of food to needy seniors, as part of FAMAS food on wheels program.

restless. This pandemic business is not over yet. So let's lighten up and go down memory lane. One day, it crossed my mind to go through my newspaper collections of my SOCIAL TIDBITS. I found out that aside from the North American FILIPINO STAR, I was also a columnist with the TAMARAW TIMES where I wrote two articles: "FAMAS marks Independence Day" (May-June 1984, p.7) and "In My View...Bill 40 Ignores the role of Teachers" (Jan-Feb, 1984, p.7). With the ASIAN LEADER, I wrote about the 91st Independence Parade (June 1989, p.15). With the FILIPINO FORUM I also wrote about "The Filipino Doctor (Dr. Edgar Sideco)" who lobbied for laws on handicap access,

us enduring strength and peace up to now. Amen!

Until the next issue! God Bless You!



Monica Regacho a community volunteer who works with different associations. She wants to help needy families. Please call her if you need food assistance at Tel.: 514-245-7945

FILIPINO STAR

SHOWBIZ GOSSIP

Christopher de Leon released from hospital, Sandy Andolong tests negative for COVID-19



Sandy Andolong and Christopher de Leon

Veteran actor Christopher de Leon was discharged from the hospital on Tuesday after testing positive for the novel coronavirus (COVID-19) a week ago.

According to ABS-CBN News' MJ Felipe, the actor's manager Lolit Solis confirmed the news, saying that Christopher is now in a better condition but will still be in self-quarantine for 14 days.

When asked if the veteran actor is already cleared with the virus, Lolit said Christopher still has it.

"Meron pa rin siya. Kasi may sipon pa siya, pero maganda kasi 'yung recovery (signs) niya kaya pinauwi na siya, kaya dapat naka quarantine pa rin," Lolit said.

Meanwhile, Lolit also confirmed that Christopher's wife Sandy Andolong, a kidney transplant patient, tested negative for COVID-19.

Christopher is one of the lead stars of ABS-CBN's "Love Thy Woman" with Kim Chiu and Xian Lim. Reports said that the cast of the afternoon teleserye are in self-quarantine after Christopher revealed that he tested positive for the virus. ■

COVID-19 survivor Christopher de Leon donates plasma



Christopher de Leon is seen seated down and linked to a bag of his plasma while posing with St. Luke's Medical Center personnel.

Actor Christopher de Leon, who recently won the battle for his life against the novel coronavirus disease 2019 (COVID-19), is now helping save lives offscreen by donating much-needed blood plasma that would benefit critical patients afflicted with the same illness.

This was revealed in a photo posted by his wife Sandy Andolong, where Christopher is seen seated and linked to a bag of his plasma while posing with St. Luke's Medical Center personnel. ■

Heartwarming Globe digital film shares message of hope and connection amid isolation



With the extension of the enhanced community quarantine (ECQ) to April 30, people will still have to stay home as the whole country continues its fight against the COVID-19 pandemic. Life in isolation and physical distancing has changed everything in the way we live and connect.

In the midst of challenging times however, there is hope — with increased recovery rate, increased capacity of health units to accommodate patients, and as the country begins its COVID-19 mass testing.

Through these, Globe remains committed to standing with the Filipinos in this fight and shares its message of hope through a video that shows support and faith that we will all overcome this crisis:

"Dyan ka muna. At dito ako. Magkalayo. Kasi close tayo."

The story talks about the "pain" that Filipinos are experiencing. Social and physical distancing, while a solution to help flatten the curve, continue to bring families and loved ones apart. The video attests to how Filipinos continue to show support to one another and become part of the communities they belong to.

Human connections prevail as friends and families bond; show love and concern; trade stories, workout, dance, laugh and cry together albeit on virtual grounds.

Ernest Cu, Globe President and CEO assures customers, "While we go through this crisis together, Globe will do what it can to provide uninterrupted connectivity especially during these times."

Globe continues to respond to COVID-19 with initiatives for its customers to stay connected, informed and #SafeAtHome. For more information on how you can take part in #OneGlobeVsCOVID,

Visit: <https://www.globe.com.ph/SafeAtHome>

'I was patient 878': Iza Calzado says COVID-19 not just physical battle



Actress Iza Calzado shared this photo while she was being treated for pneumonia in a hospital.

Kapamilya actress Iza Calzado revealed that she did not fight novel coronavirus disease 2019 (COVID-19) alone as her husband was with her in the hospital all the way.

In a Facebook live organized by the office of Senator Risa Hontiveros today, speakers, including Iza, discussed how to cope with isolation and anxiety in the time of the pandemic. Iza said she is lucky that hospitals were not strict back then as she was among the first COVID-19 patients in a hospital.

"I wasn't alone. I was patient 878. I think they started really implementing really strict rules afterwards. I don't know. My husband, he was with me all throughout. When we got the test, it was like seven days after," Iza shared.

"Parang that whole time, they never asked him to leave. They just asked him to please wear PPEs. I was very happy that my husband was actually there," she added.

Related: Iza Calzado says sorry for COVID-19 comment,

shares experience having the virus

Iza also recalled what she felt when she learned that she was positive with COVID-19.

"Nagulat ako na may pneumonia ko. Parang it's the first humbling moment na 'Okay I'm woman, not superwoman,' parang, 'Teka lang, akala ko malakas ako,' tapos posibleng COVID pa. No'ng una pa, ang daldal ko, ang alam ko lang may sakit ako, na may nilalabanan ako, pero no'ng sinabi na ng doktor, bumaba kasi 'yung oxygen level ko sa blood ko, nanghihina ako. Pero hindi ko alam 'yung nangyayari na 'teka lang bakit kailangan nila akong dalhin sa ICU, hindi ko maintindihan,'" she said.

Iza also revealed that she has been battling insomnia for some time, but she believes that it is God's grace that made her win



"This was me exactly a month ago. Every breath is a blessing," Calzado wrote on her Instagram post on April 26.

against COVID-19.

"I've been battling insomnia for quite some time. You know, when you can't sleep then these things are in your head. I just wanted to sleep but may insomnia ka, may pneumonia from COVID, di ba parang ang

dami? I was battling a lot, physically, mentally, emotionally, but good thing marami na rin akong pinagdaanan. I guess it's God's grace. Even in my darkest hours, I chose to go to the path that will lead me to light." ■

RESTAURANT	
LA MAISON NEW KUM MON	
6565 Côte-des-Neiges Road (near Corner Appleton) Montreal, QC	5047 Henri Bourassa Est Montréal, QC H1G 2S1 Tel.: (514) 322-3133, 322-3130
Bean Curd Seafood Soup 1/2 Crispy Chicken Salt and Pepper Pork Loin Stuffed Bean Curd with Shrimps Sauted Seasonal Vegetables Steamed Rice \$49.95 4 persons	Fish Maw Seafood Soup Baked Lobster with Ginger Seafood with Chinese Broccoli Salt and Pepper Cuttle Fish Fried Sea Bass Fish Steamed Rice \$74.95 4 persons
Bean Curd Soup 1/2 Crispy Chicken Shrimp Cake with Chinese Broccoli Sweet and Sour Pork Seafood with Bean Curd in Hot Pot Salt and Pepper Squid Fried Sea Bass Fish Steamed Rice \$79.95 6 persons	Fish maw seafood soup 2 Baked Lobsters with Ginger Seafood with Eggplant in Hot Pot Stuffed Bean Curd with Shrimp Seafood with Chinese broccoli Fried Sea Bass Fish House Fried Rice Special Fried Noodles \$159.95 10 persons
FREE DELIVERY Minimum order of \$10 Delivery hours: 11:30 a.m. - 3:30 p.m. 5:00 p.m. - 11:00 p.m.	514-733-6029 514-733-1067 For party menu, call Kenny

Showbiz Gossip *Continued from p.15***Regine on turning 50: A milestone I feel in my knees!****Regine Velasquez celebrating birthday at home.**

Many people consider turning 50 a life milestone.

And to be fair, Regine Velasquez quipped, it does feel like it. "A milestone I feel in my knees!" said the iconic singer, who turned 50 last April 22.

Because of the enhanced community quarantine and the Covid-19 pandemic, Regine spent her birthday at home, with some of her loved ones celebrating with her through FaceTime. "While I miss all of you dearly today, we still got to spend time together somehow. Miss you and love you guys," she wrote on her Instagram page.

She also thanked her husband, Ogie Alcaside, their son, Nate, and stepdaughter Leila for "making my birthday extra special."

Her wish and prayer for her birthday, she related, is for the health crisis to end soon. "I hope we all get to rise up, little by little, and return to

our normal lives. It's difficult and I know it will take some time for us to recover. But I know that we can do this ... that nothing's impossible with fervent prayers," she wrote.

"This, too, shall pass, by God's grace," added Regine, who's set to hold an online fundraising concert. Dubbed "One Night with Regine," the show is for the benefit of ABS-CBN's Bantay Bata Foundation, and will be streamed on April 25 on the network's official Facebook and YouTube pages.

Meanwhile, Ogie wished his wife "all the joy, peace and love the universe can offer."

"Go and keep shining for Jesus," the singer-songwriter said of Regine, his "beloved who's most beautiful even in her simplest. You are and will always be my eternal, and I love you with all my heart. May God bless you and keep you." ■

Marian Rivera continues to prepare food for frontliners

Actress Marian Rivera continues to prepare food as a sign of her gratitude to frontliners who are risking their lives to combat the coronavirus disease.

On Instagram, Rivera posted photos of her preparing snacks for the frontliners at University of the Philippines-National Institute of Health (UP-NIH) and National Center for

Mental Health.

"Hope you'll enjoy this meal I made for you. Stay strong and healthy. Maraming salamat sa inyo," Rivera wrote in the caption.

Rivera and her husband Dingdong Dantes earlier cooked meals for frontliners at the Quezon City General Hospital. ■

**Angel Locsin, Neil Arce share COVID-19 test results****Engaged couple Neil Arce and Angel Locsin**

Engaged celebrity couple Angel Locsin and Neil Arce tested negative for the novel coronavirus disease 2019 (COVID-19).

In her Instagram story, Angel posted the photo of the result. She credited her strong immunity to her supplements.

"Covid free," Angel wrote.

Angel and Neil have been actively helping frontliners in the efforts to beat COVID-19 in the country.

After celebrating her birthday last week, Angel announced that her "Unitent We Stand PH" initiative concluded with P11.35 million raised, 246 tents (225 isolation and 21

sanitation) set up, and 135 hospitals benefiting from a range of donations.

"In the beginning, our only dream was to provide tents to hospitals for patients, for our frontliners, to address the challenge in overcrowding, and to help lessen the increase of spreading the virus in hospitals, but because you were all so generous and kind, we received from you donations of food, PPEs, aircon and many others kaya naman po dahil sa inyo (so it's only because of you) we were able to give out not only tents but also PPEs and other supplies," Angel posted on Instagram. "we don't know anything," she added. ■

Moira Dela Torre surprised with quarantine date on pickup truck

Moira Dela Torre and husband Jason Marvin Hernandez prove that romantic dates can still take place even as restaurants and other public spots remain closed during the enhanced community quarantine.

Hernandez surprised the "Tagpuan" singer with a date that involved sharing fast food and wine on the back of a pickup truck covered in blankets.

"Last night, Jason took me out on a date on my lolo's (grandfather's) truck right on our driveway, with [drive-thru] chicken joy and snacks from our parent's kitchen," Dela Torre recalled on Instagram yesterday, April 18.

"It started with flowers and a letter for me (and my stepmom) and ended with a romcom at sunset. It was the best date night ever."

Hernandez first brought bouquets of yellow flowers for both Dela Torre and her stepmom, as seen in a video on Dela Torre's post. He then escorted his wife out to the truck, and Dela Torre could be seen getting teary-eyed at the set-up.

"Losing you has easily become my greatest fear. [B]ut my fear is taken away by my thankfulness that I get to spend all my days with you, whether in normalcy or quarantined, whether it be [10 years] or a hundred," she addressed her husband after the date. "You will always be my greatest blessing. [I] love you." ■

Staying connected despite social distancing



Patricia Tumalak: Best way to help at home is to use social media to empower and encourage our fellow Filipinos.

Due to the extreme threat of the coronavirus disease (COVID-19), Luzon is now under enhanced community quarantine which means that everyone is asked to stay indoors and not have physical contact with those outside to help in “flattening the curve” of daily cases that put pressure on our health care system.

Let’s face it. We are all trying to adapt to the new normal and living in quarantine has reshaped our reality and the ways we interact with each other.

Nevertheless, life goes on. We carry on, from home workout routines that don’t require a trip to the gym, to stockpiling healthy food, to learning to manage anxiety.

With this current situation, GMA Kapuso Foundation advocates — Rocco Nacino, Bea Binene, Patricia Tumalak, Sofia Pablo and Will Ashley — share how we can all display the bayanihan spirit even indoors and how important it is to keep up with the news as the country grapples with this pandemic. They also expressed their gratitude towards health workers and other frontliners who have been risking their lives to give aid to COVID-19 patients in the country.

As a Kapuso Foundation (KF) advocate, how can we all help those in need in these trying times?

Rocco: As a KF advocate, I do my part by staying up to date with any news about the virus and being a medium where people can be updated with our situation through my social media posts.

Bea: By staying at home and by following the rules mandated by the government, sana sama-sama tayong sumunod, simply by staying at home and not leaving the house will make a difference. Para maagapan ang pagkalat ng nakakahawang COVID-19.

Patricia: The best way to help at home is to use social media to empower and encourage our fellow Filipinos. Stay at home and practice social distancing. There are also a lot of organizations, one of which is GMA

Kapuso Foundation, where we can donate online to help the frontliners and the victims as well.

Sofia: Since I can’t go out like I usually do to donate food, money or even clothing, I make sure to pray. I pray for everyone’s safety and protection.

Will: Pinaka-importante yung pagpapaalala sa mga kababayan natin na magkaroon ng proper hygiene. Pati na rin po yung pag-share ng knowledge ko about sa virus or sa kung anumang sickness na alam kong makakatulong sa marami. Mahalaga din po na we stay in touch sa mga mahal natin sa buhay at kapwa upang i-remind silang mag-ingat.

With all the fear mongering associated with the COVID-19 outbreak, how do you take care of your physical and mental health?

Rocco: Staying at home allows me to catch up on my sleep thus, boosting my immune system. I also regularly take my vitamin supplements. I take time to keep myself busy with the musical instruments that I bought from way back. It’s good brain food and I get to be productive!

Bea: I try to work out even though I’m just home. I pray, I read articles online from reliable news websites, and I try to use this time to catch up on TV series that I missed.

Patricia: I start my day by writing on my journal, the things that I’m grateful for and write down lists on what to do today. I plan my schedule, including my meditation and workout activities per day.

Sofia: I take care of my physical health by eating healthy, sanitizing and staying updated with any news about the COVID-19. I try to look at the situation in a way on how I can learn to be more hygienic, careful and more appreciative of life.

Will: Inaalagaan ko po yung katawan ko sa pamamagitan ng regular na pag-exercise, pagkain ng masusustansya, at pagtulog sa tamang oras para healthy at masigla pa rin. I try to be positive and pray a

College
GILMORE
International

**NURSING AIDE
(PAB/PSW)**

**STEP UP WITH THE
PROFESSIONAL!**

**ENROL NOW IN A CERTIFICATE OF
COLLEGIAL STUDIES IN NURSING
AIDE (PAB/PSW)**

**PROGRAM TAUGHT BY PROFESSIONAL NURSES
CALL 514-485-7861**

lot po.

What do you want to say to our frontliners?

Rocco: Maraming salamat sa inyo. Madaling tanggihan ang pagsilbi pero you put your lives on the line just to help contain this virus. Saludo kami sa inyo para sa paglilingkod ninyo para sa bayan. Sa mga kaibigan ko na frontliners, ako ay namamangha sa inyong dedikasyon para malabanan itong pandemic na pinagdadaan ng Pilipinas. Rest assured, ipinagdarasal namin ang inyong kaligtasan at muli, maraming salamat sa inyo. A snappy salute to you all!



Bea Binene: By simply staying at home and not leaving the house will make a difference

Bea: Sa mga doctors, healthcare workers, nurses, security guards, supermarket personnel, bank employees, public officials, policemen, sa lahat po ng mga frontliners, salamat po sa effort at sa pagmamalasakit sa ating mga

kababayan. Saludo po ako sa inyo. God bless you.

Patricia: I would like to thank the frontliners for rendering their services in times like these. My thoughts and prayers go out to them.

Sofia: I’d like to thank all of the doctors, policemen and nurses who serve our country. They choose to help people rather than stay at homes with their families. It’s very admirable and I will pray for their safety as well.

Will: Gusto ko pong magpasalamat sa ating mga frontliners na nagtatrabaho at nagsisilbi sa ating mga kababayan. Saludo po ako sa inyong tapang at galing. Nawa’y bigyan kayo ng Diyos ng mabuting kalusugan upang maipagpatuloy ang paggamot sa ating mga kababayan.

Recently, GMA Kapuso Foundation has launched its Labanan Ang COVID-19 campaign to call for monetary and online donations to help provide basic medical supplies for the workers at the frontlines in the fight against COVID-19.

From the proper way of wearing face masks, washing our hands thoroughly, practicing social distancing, up to doing acts of generosity, all of us can be a light to one another and bring relief to our fellow Filipinos. By spreading awareness and showing compassion even in the comfort of our homes, there is no doubt we can fight this pandemic. ■

Marian Rivera, Dani Barretto, more celebs give haircuts at home during quarantine



Solenn Heussaff about to cut husband Nico Bolzico's hair.

Celebrities, like many Filipinos staying home, are tapping into new skills during the enhanced community quarantine (ECQ).

Heussaff laughed as he looked nervous throughout the process. At the end of it, Bolzico ended up shaving his own head.



Nico Bolzico (L) ended up looking like Woody Harrelson (R).

With hairdressing services unavailable amid physical distancing measures, local personalities are taking matters into their own hands.

Actress and artist Solenn Heussaff hacked off her husband Nico Bolzico's locks right before the onset of the Luzon-wide lockdown which was declared on March 16 and officially started March 17.

"I promised Solenn to cut my hair and also I promised Solenn not to leave the house. I have to keep both promises and there's only one way," he said in the video of the haircutting session posted on his Instagram page on March 14.

Bolzico poked fun at his new look too, posting pictures on March 18 which showed that he expected to look like Brad Pitt but ended up resembling "Hunger Games" star Woody Harrelson.

Actress Marian Rivera found a happy client in husband Dingdong Dantes after she gave him a stylish fade haircut on Tuesday, April 14.

"Satisfied naman daw sya sa gupit ko lol (He said he is satisfied with my haircut)," Rivera said on her Instagram Story, posting a shirtless picture of him with his new hair.

Dantes meanwhile gave a haircut to their son Sixto on his first



'Satisfied naman daw sya sa gupit ko lol' commented Marian Rivera after the haircut she gave husband Dindong Dantes.

birthday on Thursday, April 16.

Dani Barretto also tried her hand at being hairdresser to her husband Xavi Panlilio, as seen in a YouTube video posted on April 17.

"He's been so annoyed with his hair already and I keep telling him, 'I'll cut it, I can cut it,' although in reality wala naman talaga akong alam sa paggupit ng hair (I know nothing about cutting hair)," she said in the introduction of the vlog.

10."

Actor Zanjoe Marudo also tapped into some barbershop skills when he shaved his dad's head outdoors, as seen in a picture on his Instagram account yesterday, April 18.

I hope someday my son will cut my hair #kwentongbarbero

A post shared by zanjoe marudo (@onlyzanjoemarudo) on Apr 18, 2020 at 1:23am PDT



'I hope one day my son will cut my hair' said actor Zanjoe Marudo after giving his father a fresh new cut.

"She learned via YouTube for 3 minutes," said Panlilio.

"At the end of the day, kung panget, siya 'yong talo kasi (if it's ugly, she loses because) she looks at me more than I look at myself," he quipped.

At the end of it, Barretto pulled off a respectable haircut with a fade. Panlilio rated it as "7.2 out of

"I hope someday my son will cut my hair," Marudo mused, playfully punctuating his wish with the expression "kwentong barbero" (which means exaggeration) as hashtag.

With the ECQ extended to April 30, we will probably be seeing more of these haircuts from home.

Toni Gonzaga urges people to be thankful as many Filipinos suffer during lockdown



Toni Gonzaga

Celebrity mom Toni Gonzaga has urged Filipinos who are in the comfort of their houses to be grateful as others are living in difficulty due to travel and work restrictions brought by the enhanced community quarantine (ECQ).

Gonzaga said during an online interview on Wednesday that the first thing that people should do is to pray and be thankful for being given another day to live — which some people do not have the luxury of, due to the COVID-19 pandemic.

“I think the first thing that we should do pagdilal ng mga mata natin is to say ‘thank you’, to say a prayer of thank you,” the actress told with ABS-CBN’s Magandang Buhay.

“Kasi maraming mga kababayan tayo na hindi ganito ang

sitwasyon, tayo maswerte tayo na nandito tayo sa loob ng ating mga tahanan, may mga tao na ang tahanan nila sa ilalim ng tulay, ang tahanan nila sa gilid ng kalsada, ‘di ba, so if we make it a habit to be thankful [...] then good blessings would come to us,” she added.

Amid the COVID-19 pandemic, a lot of high-profile celebrities have either donated or started donation drives for frontliners, medical practitioners, and those severely-affected by the lockdown.

After the national government was forced to place an ECQ over Luzon and other areas due to rising COVID-19 cases, work except for essential services was suspended.

However, this has left workers who rely on daily earnings, and whose jobs cannot adjust to a work-from-home scheme without any income through the lockdown. While the government has implemented a social amelioration program (SAP) to assist at least 18 million Filipinos, a lot still have

sought for assistance.

As of now, the administration has not decided whether the ECQ will be extended past its April 30 deadline. The Department of Health said that there are now 6,710 patients infected with the coronavirus, of which 446 have died and 693 have recovered. ■

IN MEMORIAM

of my beloved cousin, Eddia
May you rest in peace with the
grace of our Lord.



KATRINA DE LA CRUZ - SORIANO
May 7, 1955 - April 16, 2020

Education raises the bar but lowers the barriers to a rewarding career.

Intensive, personalized instruction in languages & vocational education programmes is our specialty. Register by appointment - Call 514-485-7861.



Collège
GILMORE
International



**7159, ch. Cote des Neiges
Montreal, QC H3R 2M2
Telephone: 514-485-7861
Fax: 514-485-3076
E-mail:
zbc@gilmorecollege.com**

PROGRAMS

- **PAB/PSW (Nursing Aide)**
- **Office Assistant (Secretarial)**
- **Accounting Technician**
- **Customer Service Clerk (Bilingual Reception Procedures)**
- **Data entry**



French students in beginner levels 1 & 2



PAB Batch 12 Practicum at Chateau Westmount

COURSES

- **English**
- **French**
- **Filipino (Tagalog)**
- **Other languages on request**
- **Business English**
- **Business French**
- **SEMINARS**
- **How to start and manage your own business**
- **Writers helping writers**

OTHER SERVICES

- **Human resources development**
- **Translation (Filipino to Eng./Fr.)**

Quebec looking at options for a gradual return from COVID-19 measures



Quebec Premier Francois Legault, centre, responds to reporters during a news conference on the COVID-19 pandemic at the legislature in Quebec City. Legault is flanked by Horacio Arruda, Quebec director of National Public Health, left, and Quebec Health Minister Danielle McCann. THE CANADIAN PRESS/Jacques Boissinot

MONTREAL -- As Quebec attempts to get a handle on the COVID-19 crisis in long-term care homes, Premier Francois Legault said Tuesday the province will begin to plan for a gradual return of everyday activities, including the reopening schools and daycares.

"Of course, we still need some time to be sure that the pandemic is under control before reopening the economy and the schools," Legault said Tuesday, emphasizing measures would be introduced gradually and with the blessing of public health officials. "We'll table a plan to tell you exactly how it will be done in the next weeks and months."

Legault said that would include how to bring children out of confinement and back to schools and daycares sometime down the road -- but stressed he didn't foresee putting kids in school during the summer months.

Some parts of the province less affected by COVID-19 could open first, the premier said, but he made clear waiting until September to reopen schools and daycares wasn't optimal either.

"You don't want to have one million children going back to school all at the same time, because then, if they infect their parents ... we have a big wave of people needing to be hospitalized. We'll be in trouble," Legault said. "So, we have to do that

gradually and every week, we have to test the results of this gradual opening -- it's true for companies, it's also true for schools."

Legault wasn't prepared to say whether physical distancing would be practised at schools.

There are now 1,041 people who have died of COVID-19 in Quebec, health authorities announced Tuesday, as confirmed cases in the province reached 20,126.

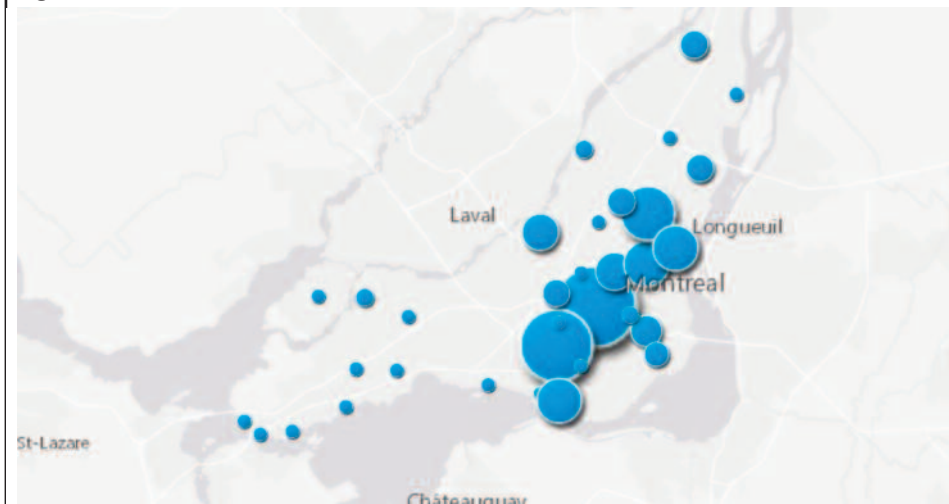
That's up 102 from the 939 deaths reported Monday; COVID-19 cases in Quebec rose 807 from the 19,319 announced a day earlier.

There are 1,224 people being treated for COVID-19 in Quebec hospitals as of Tuesday, up 55 from the 1,169 reported Monday. Of those in a hospital, 201 are in intensive care, up three from the 198 reported 24 hours earlier.

There are 2,970 people waiting for COVID-19 test results in Quebec as of Tuesday, down one from the 2,971 reported Monday.

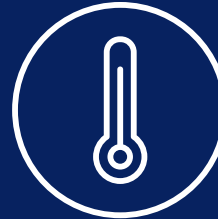
The number of people in Quebec who have recovered from COVID-19 as of Tuesday was 4,048, up 201 from the 3,847 recoveries reported a day earlier.

With 9,348 confirmed cases, Montreal remains far and away the provincial region hardest hit by COVID-19.



Here's a look at the regional breakdown of COVID-19 cases across Quebec. In Quebec, there are now 25,757 confirmed cases of COVID 19. Of them 1,682 people have died. 1,625 people are in hospital with COVID-19, including 217 in intensive care 2,789 people are awaiting test results 178,715 tests have come back negative. 5,841 people are confirmed recovered.

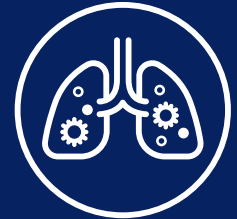
The coronavirus disease (COVID-19) causes a respiratory infection that can involve the following symptoms:



Fever



Cough



Trouble Breathing

Protect Yourself!

Wash your hands often with lukewarm running water and soap for at least 20 seconds. Use an alcohol-based sanitizer if you do not have access to soap and water.

Stay home: do not go to school, child centres or daycares. Avoid public spaces and work from home, whenever possible.

Protect those close to you, particularly the elderly and those at greater risk for infection, by avoiding visiting them if you are feeling sick.

It is strongly recommended that all persons returning from abroad self-isolate at home for a period of 14 days and watch out for any symptoms.

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

1 877 644-4545