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Bryan Adams among performers set for CBC New Year's Eve broadcast



Bryan Adams plays during second intermission at the NHL 100 Classic, in Ottawa on Saturday, December 16, 2017. Adams will be among the performers on the CBC's cross-country "Canada's New Year's Eve — Countdown To 2020" broadcast. THE CANADIAN PRESS/Adrian Wyld

Lisa Raitt to help run race to replace Andrew Scheer - see p. 6



In this Sept. 6, 2017, file photo, Conservative Party Leader Andrew Scheer greets his shadow cabinet ministers, as Lisa Raitt looks on, during a meeting in Winnipeg. John Woods / THE CANADIAN PRESS

TORONTO — Bryan Adams will be among the performers on the CBC's cross-country "Canada's New Year's Eve — Countdown To 2020" broadcast.

The public broadcaster says the Canadian rocker will perform at Queen Victoria Park in Niagara Falls, Ont., along with Walk Off The Earth.

Rick Mercer will host the annual special, which will air live from

several cities on CBC and its Gem streaming service on Dec. 31.

Cameras will also capture events in Whitehorse, Edmonton, Winnipeg, Montreal and St. John's.

Other musical acts include Tyler Shaw in Edmonton, Heartstreets in Montreal, and William Prince in Winnipeg.

See Page 4 Things to do



I wish to thank and greet all Gilmore students, alumni, teachers, readers and contributors, community association leaders and their members, elected officials in the municipal, provincial and federal governments - councilors, mayors, MNAs and MPs - for having supported the Filipino Canadian community and Gilmore International College for the past 30 years - HAPPY HOLIDAYS AND A PROSPEROUS NEW YEAR! May peace, prosperity and goodwill prevail in 2020 and in many more years to come.

Zenaida Ferry-Kharroubi

Founder & Director-General, Gilmore College International

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From the
Executive Publisher's Desk

Let's promote
**Actions for
Happiness**
to develop an ideal
society where mental
health is paramount.

Zenaida Kharroubi

In a recent conversation with Professor Isaac Goodine, I learned about a seminar which he just completed and plans on organizing a seminar in order to introduce the idea to many more people. He reported that he is officially now a mentor for a non-profit association based in the UK called Actions for Happiness. This ties in nicely with his preoccupation with aging gracefully, He and his wife are mandated to hold seminars for 50+ clubs in Ottawa. I believe this type of seminar has a lot of merit and should also be adopted and promoted in Montreal through Gilmore College International. As a follow-up to the 30th anniversary of this College that I founded, I will be inviting him to Montreal in the New Year if I can recruit enough people who will be open to participate in "Actions for Happiness."

Action for Happiness (AfH) is a charity based in the United Kingdom.[1] It aims to increase the happiness in the world by bringing together like-minded people from all walks of life and supporting them to take practical action to build a happier and more caring society, drawing on the latest scientific research.[2] The patron of Action for Happiness is the Dalai Lama. The charity has over 151,000 members in 180 countries and over 1,000,000 subscribers on facebook.

AfH was co-founded in 2010 by Richard Layard (Director of the Wellbeing Programme at the Centre for Economic Performance and Emeritus Professor of Economics at LSE), Sir Anthony Seldon (Historian and Vice-Chancellor of the University of Buckingham) and Geoff Mulgan (CEO of Nesta and former CEO of the Young Foundation) and Dr Mark Williamson (who has been its Director since the start).

AfH was originally created and incubated within The Young Foundation,[2] before becoming an independent registered charity in January 2018.

AfH states that "Happiness means feeling good about our lives and wanting to go on feeling that way. Unhappiness means feeling bad and wanting things to change." [3] Thus AfH tends towards a subjective well-being definition of happiness.

AfH supports people to understand that everybody has an

inner world and mental health, and that everybody can choose to take action to look after their mental health, in good times as well as bad times. Just like choosing to look after our physical health by exercising and eating good food, you can look after your mind by developing skills to be happy.

AfH promotes 10 Keys to Happier Living[4] which were created by Action for Happiness, led by Vanessa King, and are based on the latest research in positive psychology, neuroscience, behavioral economics and biology. Their research evidence suggests these Ten Keys are areas in which in the influence of the individual and consistently tend to have a positive impact on people's happiness and well-being. They are spelled out GREAT DREAM. The first five keys (GREAT) are about the interaction with the outside world. They are based on the Five Ways to Wellbeing developed the Foresight Project on Mental Capital and Wellbeing.[5] The second five keys (DREAM) relate to the inner world and depend on the person's attitude to life.

AfH activities include running 8-week "Exploring What Matters" courses, which have been organized by volunteers at 250 places around the world and have been "wholeheartedly supported" by the Dalai Lama.[6] AfH produces monthly calendars of actions that people can take that may improve their happiness. These calendars have been downloaded by 2.5 million people in 2018.[7] These daily actions are also available via the Action for Happiness app. AfH coordinates a network of "Happy Cafes"[8] across the UK and around the world. Happy Cafes are "a friendly and welcoming place to meet other people with a shared interest in promoting happiness and wellbeing." [9] AfH runs monthly events in London with expert speakers presenting on themes related to happiness.[10]

The AfH board includes Richard Layard, and the AfH expert advisory group includes Daniel Kahneman and Martin Seligman.[11]

There are local groups and hubs in many countries. In Australia, Italy and Germany, there are national groups that are legal entities in their countries.

AfH has been praised in The Guardian as reclaiming happiness

from capitalism by helping people to seize the means of the production of wellbeing arguing for "a "new science of happiness" that focuses on social behaviour and personal relationships, rather than material possessions and outward appearance." [12]

AfH has also been criticised in The Guardian for pursuing an individual approach to happiness, rather than focusing on societal negative issues such as inequality.[13]

The Telegraph featured AfH in 2016, including an interview with Dr Mark Williamson, Williamson said "What we believe is that you can help people develop better habits before that happens. We've got the beginnings now of a culture in preventative approaches to physical health problems, with anti-smoking and obesity drives. I think the next 20 years is going to be about massively proactive ways to look after your mental health and your social and emotional well-being, and to really think about what happiness means and how it can be achieved." [14]

Journalist Janet Street-Porter attended the AfH 8 week Exploring What Matters course in 2015, she said "I've really enjoyed the company of these strangers - which is a first. I heartily recommend the course if you're feeling lonely or miserable." [15] Source: (Wikipedia)

References:

1 "Action For Happiness". Charity Commission. Registered Charity (1175160) and Company Limited by Guarantee (10722435) in England and Wales.

2 "About Us". Action for Happiness.

3 <http://www.actionforhappiness.org/>

Malls In The US Are Opening Early So Kids With Autism Can Visit Santa In A Calm Environment



The nonprofit Autism Speaks, along with Cherry Hill Programs, are holding "Santa Cares" days in malls across the country. Malls will open early for these events, so it will be less busy and overwhelming. The lights will be dimmed and the music will be lowered, allowing children to visit Santa in a calmer setting. Santa himself is also trained on how to interact with special-needs children. (Sunny Skyz news)

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Typhoon misery for Philippines as Phanfone hits on Christmas Day



The Philippines gets hit by an average of 20 storms and typhoons each year [Alren Beronio/AFP] The Philippines gets hit by an average of 20 storms and typhoons each year [Alren Beronio/AFP]

Phanfone, with a maximum gustiness of up to 190km/h, batters islands in central Philippines, toppling houses, trees.

The Philippines gets hit by an average of 20 storms and typhoons each year [Alren Beronio/AFP]

Tphoon Phanfone pummelled the central Philippines on Christmas Day, bringing a wet and miserable holiday season to millions in the mainly Catholic nation, and forcing thousands to seek shelter at government facilities.

Thousands were also stranded at shuttered ports or evacuation centres at the height of the festive season on Wednesday, and residents covered in rain-soaked homes as Phanfone moved from one small island to the other for the second day.

More than a dozen killed as Typhoon Kammuri exits Philippines The Philippines braces for Typhoon Kammuri

Super Typhoon Mangkhut makes landfall in the Philippines The country's weather agency, PAGASA, said that as of midday on Wednesday, Phanfone, also known locally as Ursula, had maximum winds of 140km/h (86.9 mph) and gustiness of up to 190km/h (118 mph).

The typhoon toppled houses and trees and blacked out cities in the Philippines's most storm-prone region, but no deaths were reported.

Though weaker, Phanfone was tracking a similar path as Super Typhoon Haiyan - the country's deadliest cyclone on record which left more than 7,300 people dead or missing in 2013.

Thousands evacuate, stranded at ports More than 10,000 people spent the night in schools, gyms and government buildings hastily converted into evacuation centres as the typhoon made landfall Tuesday, civil defence

officials said.

"It was frightening. The glass windows shattered and we took cover by the stairs," Ailyn Metran told AFP news agency after she and her four-year-old child spent the night at the local state weather service office where her husband worked.

Philippines: After Haiyan

With just two hours' sleep, the family returned to their home in the central city of Tacloban early on Wednesday to find their two dogs safe but the floor was covered in mud and a felled tree rested atop a nearby house.

More islands along Phanfone's projected path are expecting to be hit by destructive winds and intense rainfall before blowing out into the South China Sea early on Thursday, it added.

More than 25,000 people trying to get home for the traditional Christmas Eve midnight dinner with their families remained stranded at ports on Christmas Day with ferry services still shut down, the coastguard said.

Flights to the region also remained cancelled, though the populous capital, Manila, on the northern edge has so far been spared.

The Philippines is the first major landmass facing the Pacific cyclone belt.

As such, the archipelago gets hit by an average of 20 storms and typhoons each year, killing many people and wiping out harvests, homes and other infrastructure and keeping millions perennially poor.

A July 2019 study by the Manila-based Asian Development Bank said the more frequent storms lop 1 percent off the Philippine economic output, while the stronger ones cut output by nearly 3 percent.

SOURCE: NEWS AGENCIES

Sara Duterte 'bent to rule with impunity': communist rebels



ABS-CBN News
Posted at Dec 26 2019 09:57 AM

MANILA - Communist rebels in Southern Mindanao denounced Thursday Davao City Mayor Sara Duterte's plan to exclude her city from the government's ceasefire with the left.

Sara Duterte wants Davao excluded from ceasefire, peace talks with Reds

The President's daughter is "bent to rule with impunity," the National Democratic Front of the Philippines-Southern Mindanao said in a statement.

"Mayor Sara wrongly blames the alleged failure of the GRP (Government of the Republic of the Philippines)-NDFP talks to the 'countless criminal acts and treachery' of the revolutionary forces, specifically the NPA (New People's Army," it said.

"Yet, it had been the AFP's (Armed Forces of the Philippines) fascist forays into hinterland areas that violated GRP's ceasefire declarations which forced NPA units to engage in self-defense."

Duterte-Carpio has rejected negotiations with the communist rebels, referring to them as "terrorists." She instead touted the achievements of the local peace initiative Peace 911, saying it is a more effective strategy in winning back strongholds of rebels.

The group, however, said the local peace initiative only "deodorizes the horrid stories of harassment, psywar, forced and fake surrenders of civilians as NPA members and forced recruitment to CAFGU, Alamara and Bagani paramilitary forces."

"She seems to also be blissfully unaware of the fact that the 3 battalions she is coddling in Davao City are pocketing millions of public funds supposedly for salaries of CAFGU members or remuneration for mass fake surrenders," it said.

Duterte-Carpio's stand "clearly displays her charmed ruling class origin, bereft of the troubles of the working class," it added.

President Rodrigo Duterte earlier hinted at the possible resumption of peace negotiations with communist rebels, which he officially terminated earlier this year. On Sunday, the government declared a ceasefire for the holiday season.

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From Page 1 Things to do

In St. John's will be Alan Doyle and the Dardanelles with Tom Power, while Whitehorse performance includes Diyet and the Love Soldiers, and the Dakhka Khwaan Dancers.

This report by The Canadian Press was first published Dec. 16, 2019
Guide to New Year's Eve in Montreal: Parties, Fireworks, and Things to Do

BY EVELYN REID

Updated 11/12/19

From dancing the night away at one of Montreal's hottest clubs to enjoying an intimate evening of fireworks and fine dining, there are plenty of ways to celebrate New Year's Eve in Montreal. Whether you're looking to party all night or are traveling with family, there's an event for everyone on New Year's Eve.

However, finding a taxi after the clubs close on New Year's Day can be an exasperating experience, especially if you're in one of the busier parts of the city. Instead, you can avoid getting frostbite from waiting in the cold by ordering an Uber—which may have a hiked fare due to higher demand—or hire a designated driver service to get you home if you drove yourself.

Alternatively, the Société de transport de Montréal will keep the Metro open all night for New Year's Eve so you can get home by yourself. Unlimited evening passes are available for 5.50 Canadian dollars, which gives users unlimited access to public transit from 6 p.m. to 5 a.m. Night buses will also run on schedule, and the Montreal Casino bus #777 will be shuttling gamblers from Jean-Drapeau Metro station to the Casino and back all night long as well.

01

of 10

Watch Fireworks at Old Port Celebrations

Old Port Celebrations



Mark Novak / Getty Images

If you're not a fan of clubbing but still want to experience all the joy of counting down to the new year surrounded by revelers, you can head to Montreal's Old Port this New Year's Eve for fireworks, ice skating and live outdoor performances. This annual event attracts up to 70,000 people primed to ring in the New Year and is one of the more family-friendly affairs in the city.

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Get Kinky at Cirque de Boudoir's Carnavalesque

Montreal New Year's Eve 2018 events include Carnavalesque.

Cirque de Boudoir / Edgar Delacroix
 Cirque De Boudoir (CDB) returns to Montreal's Bain Mathieu for its annual

BDSM-friendly themed New Year's Eve event, Carnavalesque, on December 31, 2019.

CDB events combine elements from fetish events, burlesque shows, circus performances, and electronic dance music parties to create a truly unique experience for people from every walk of life—regardless of race, religion, gender, or sexual orientation.

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Have a Bluesy NYE at Bistro à Jojo
 Montreal New Year's Eve 2017 events include Bistro à Jojo.

Lonely Planet / Getty Images

If you're not a fan of electronic music but still want to party all night, you can listen to a legendary rock group while enjoying the intimate, baby boomer-friendly bar setting of Bistro à Jojo on New Year's Eve.

This annual event features a blues or rock band to headline the night and ring in the New Year. For the 2020 New Year celebration, come out to see the Dwane Dixon band.

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Laugh at the Comedy Nest's New Year's Eve Bash

On December 31, Montreal's premier comedy club The Comedy Nest hosts a special night of laughs to celebrate the coming year.

The night is hosted by one of the Nest's resident comedians and features special guests, party favors, a comedian countdown, a complimentary glass of bubbly at midnight, access to gourmet sandwiches and dessert tables after the show, and a gift certificate to catch another performance at The Comedy Nest anytime in 2020.

If you're in the city a little early, you can check out "LOL 2019" from December 20 through 23, 2019, which features Heidi Foss (CBC's "Just For Laughs"), Gino Durante ("Just For Laughs" Zoofest), and world-renowned magician Richard Sanders performing special roasts of the past year.

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Rave Away 2019 at Club La Voûte
 Montreal New Year's 2018 events



include La Voûte's NYE event.

Courtesy of La Voûte

The closest thing in Montreal to New York City's legendary Club Kids venues of the 1990s is Club La Voûte, an Old Montreal nightclub located in the vault of the former Royal Bank in Montreal's first skyscraper.

La Voûte is all about image, flair, and drama, and on New Year's Eve, you can party all night with

Montreal's scenesters at "The Vault New Year's Eve." Doors open at 9 p.m. and the night ends at 3 a.m. on January 1, 2020.

You must be 21 or over to attend, and tickets range from \$49 to \$69, depending on when you buy them. A strict dress code will be enforced that bans running shoes, caps, jerseys, baggy pants, and torn jeans.

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Go to the Luau at Snowbird Tiki Bar
 Snowbird Tiki Bar

Put on your tackiest Hawaiian shirts and forget it's the dead of winter at Little Italy's Snowbird Tiki bar, one of Montreal's hottest nightlife destinations in 2019. On New Year's Eve, you can either indulge in the Tiki pub's special four-course menu from 5 p.m. to 7 p.m. or stay late for an all-night luau to ring in the new year with live music and dancing.

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Make a Gamble at a Montreal Casino
 Montreal New Year's Eve 2016 events include checking out the Montreal Casino.

Montreal is home to a number of great casinos including the Casino de Montréal, Vegas Casino Bar, and the Playground Poker Club in Kahnawake, Quebec. On New Year's Eve each year, these all-night gambling establishments host a variety of fun events like club nights, NYE house parties, and swanky champagne soirées.

In 2019, you can start your celebrations early at the Casino de Montréal's Cabaret du Casino, which offers a special New Year's Eve brunch starting at 4 p.m. featuring a live band performance and famous dishes from Pavillon 67.

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Get Jazzy at Modavie's NYE Concerts
 Montreal New Year's Eve 2015-2016 events include dinner and jazz at Modavie.



Modavie

Just a five-minute walk away from Old Port's fireworks celebration, Modavie, a restaurant and wine bar in

Old Montreal, offers an intimate escape from all of the noise of New Year's Eve.

Although it won't be open all night to ring in the New Year, you can stop by Modavie before the fireworks for an evening of jazz music and feasting on a delicious selection of entrees and appetizers. Check out the Modavie live music lineup for more information on this year's performers on New Year's Eve.

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Party in the Satosphere Dome
 Société des arts technologiques



Société des arts technologiques

You can join over 300 revelers under the Société des Arts Technologiques (SAT) Satosphere dome, a 360-degree spherical projection screen 59 feet (18 meters) wide, for a special night of celebration and dancing to techno music spun by several Montreal DJs.

New Year's Eve at the SAT Dome will start at 10 p.m. December 31, 2019, and end at 3 a.m. on New Year's Day 2020. Admission is CA\$80, and tickets can be purchased in advance online.

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Take a Winter Forest Trek or Escape to a Resort



Montreal winter forest treks in 2018 can be done by snowshoe, by foot, and sometimes by cross-country skis. Les Amis de la montagne

For fans of the outdoors and sporting activities, Montreal is relatively close to several great destinations for hiking, climbing, skiing, and snowboarding this winter.

On New Year's Eve this year, you can join a Snowshoe Excursion through Mount Royal Park. The 90-minute guided tour features insights into the wildlife of the area as well as historical tidbits relating to the mountain and park. Tickets cost \$30 and include snowshoe rental, a trek guide, and sparkling wine at one of the scenic overlooks along the trail.

Alternatively, if your holiday travel budget is a little flexible, you can spend a little more and head up to one of Quebec's leading ski resorts to unwind in comfort or race down the slopes into 2020, many of which also feature special events in honor of the new year.

Philippines president Rodrigo Duterte bans Richard Durbin, Patrick Leahy



Patrick Leahy (left to right), Rodrigo Duterte, and Richard Durbin

The Philippines banned two US senators from visiting and will put more restrictions on American citizens who want to visit the island nation if Washington enforces sanctions over the detention of a top government critic, the president's spokesman said. Volatile President Rodrigo Duterte banned US Senators Richard Durbin, of Illinois, and Patrick Leahy, of Vermont, both Democrats, from entering the country. He also said he will impose visa requirements on US nationals if any Philippine officials involved in the jailing of Senator Leila de Lima are denied entry to the United

States. About 792,000 Americans visited the Philippines in the first nine months of the year, with visa-free entry for up to 30 days. Duterte's move comes after Congress approved a 2020 budget that contains a provision introduced by Durbin and Leahy against anyone involved in holding de Lima — who was charged with drug offenses in 2017 after she led an investigation into mass killings during Duterte's war on drugs — keeping them from entering the U.S.

With Post wires

Joe Biden says he wouldn't comply with subpoena in Trump impeachment trial



By Jon Levine Dec. 28, 2019 |

Joe Biden testifying in President Trump's impeachment trial is a nonstarter, the presidential candidate said.

The former vice president confirmed he would not comply with a subpoena from the Senate should one be issued during Trump's trial.

Biden made the revelation to the editorial board of the Des Moines Register on Friday, telling the paper that grounds to call him were "specious" and that he would be reluctant to take the focus off what he said were the wrongdoings of Trump.

"You guys are going to cover for three weeks anything that I said. And [Trump's] going to get away," Biden told the paper, explaining the

decision. "You guys buy into it all the time. Not a joke. ... Think what it's about. It's all about what he does all the time, his entire career. Take the focus off. This guy violated the Constitution. He said it in the driveway of the White House. He acknowledged he asked for help."

A Senate trial date has not been set but is expected sometime in January — coming potentially during or just before the Iowa caucus and other early primary states.

Biden is not alone in his refusal to go along with the impeachment proceedings. Trump has also steadfastly refused to comply with the inquiry as well, and has compared it to the Salem Witch Trials.



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Opinyon/Komentaryo ni Willie Quiambao

ANG MGA LUMANG AWITIN AY NAKAPAGPAPAALAALA SA ATIN NG LUMIPAS

Kung may mga gabing hindi ako makatulog, naghahanap ako ng mga lumang awitin na mapakikinggan sa You Tube upang dalawin ako ng antok. Kamakailan ay nakita ko ang awitin ni Andy Williams na Canadian Sunset. Nakatatak sa isip ko ang mga liriko nito. "Once I was alone, So lonely and then, You came out from nowhere, Like the sun, up from the hills..." Madalas ko itong kinakanta noong nasa Pilipinas pa ako at inaasikaso pa ng aking mga kapatid dito na matupad ang pangarap ko na makapunta sa Canada. Sa mga postcards lamang na ipinadadala nila sa akin nakikita ko ang mga dahon ng puno at halaman na nagpapalit ng kulay kung taglagas, ang snow kung taglamig, ang St. Joseph's Oratory at Royal Canadian Mounted Police. Sa kanila ko nalaman na si Paul Anka na kumanta ng Diana

at si Christopher Plumber na gumanap sa The Sound of Music ay mga Canadian pala. Nang ma-approved ang aking visa ay hindi ko maiwasan ang makaramdam ng lungkot at saya dahil maiwanan ko ang aking mga mahal sa buhay pero naisip ko rin ang magandang kinabukasan na naghihintay sa akin sa Canada. Ang kinakanta ng akin mga kaibigan ay Have a Good Time. "Goodbye, I hate to see you go but have a good time, So long I'll miss you my dear, But have a good time, Have your fling, be gay with your new love, I'm setting you free, Dance and sing with your new love, Don'r worry about me" Ang isang awitin pa na hindi ko malilimutan ay ang Sapagkat Tao Lamang na pinasikat ni Ric Manrique, Jr. noong 1963. Ito ay kinanta sa pelikulang may ganoon ding pamagat. Lagi rin itong kinakanta ng mga taong nakaranas umibig sa isang taong hindi na malaya. Makabagbag damdamin ang himig

nito at ang mga liriko ay tumatagos sa kaibuturan ng puso ng taong nagmamahal. "Puso, kahit hindi turuan, Nakapagtataka natututuhan din ang magmahal, Tunay kami ay nagmamahalan, Kung kasalanan man ay sapagkat kami ay tao lamang, Kahit Diyos ang siyang may utos, Dahil sa pagsinta, Damdamin din ang siyang nasusunod, Di ba tayo ay tao lamang, Ganyan tayong lahat, O kay saklap ng buhay."

Ayon sa pag-aaral, ang mga hinig at liriko ng mga lumang awitin – masaya at malungkot man- ay ang mga dahilan kung bakit naaalaala natin ang mga lumipas.

MAY TSISMIS NA MAGANDA AT PANGIT

Natawa ako sa kuwento kamakailan ng isang kilalang lider sa komunidad. Naghihintay siya sa Tim Hortons sa taong magbibigay sa kaniya ng sakay patungong embassy sa Ottawa. Tahimik siyang nagbabasa ng diaryo at umiion ng kape nang marinig niya ang isang grupo ng mga Pilipino na pinag-uusapan ang isang dating presidente ng FAMAS. Kilala niya ang nasabing presidente at alam niyang hindi totoo ang mga masasamang sinasabi ng grupo tungkol sa una. Hindi na siya nakatiis at tumayo siya at pinagsabihan ang grupo. Dahil may edad na siya at iginagalang naman siya sa komunidad, walang nakaimik. "Hindi naman ninyo masyadong kilala ang tao kaya bakit nagsasalita kayo ng hindi mabuti. Sana, tumulong na

lamang kayo sa FAMAS para umunlad ang ating komunidad."

Kung minsan, ang tsismis ay hindi masama. Halimbawa, nasa isang umpukan kayo at napagusapan ninyo na ang bagong boss ng kompanya ninyo ay mahilig sa musika. Lyon ang maaaring dahilan ng inyong pagiging magkaibigan. Ang hindi mabuti ay gumawa kayo ng masamang tsismis. Halimbawa ay ang ipamalita ninyo na ang inyong boss ay may kalaguyo. Ito ang maigiging daan upang magkaoon kayo ng kaaway. Para makaiwas sa gulo, tumahimik na lamang kayo.

ANG KAHULUGAN NG PASKO SA AKIN

Noong maliit pa ako, tulad ng ibang bata, ang kahulugan ng Pasko sa akin ay ang pagkakaroon ng bagong gamit tulad ng damit, sapatos at mga laruan. Inaasam-asam ko rin ang pagsasama-sama ng pamilya simula sa media noche.

Pinagsasaluhan namin ang sabaw (nilagang manok), tinapay, kalamay ube at queso de bola at hamon. Nang lumaki ako at magtrabaho, hindi na ako naghihintay ng regalo. Nabibili ko ang gusto ko kahit hindi Pasko. Mahalaga sa akin ang makapagpasaya ng mga bata at kapus-palad. Nagbabago ang panahon, nagbabago ang tao. Ang hindi pa rin nagbabago sa akin ay ang hangarin kong pagsasama-sama ng pamilya at kaibigan sa araw ng Pasko.

MALIGAYANG PASKO AT MANIGONG BAGONG TAON SA LAHAT

Lisa Raitt to help run race to replace Andrew Scheer

From page 1



Former Conservative MP Lisa Raitt, who lost her seat in the election, speaks to reporters before attending a caucus meeting on Parliament Hill in Ottawa on Nov. 6, 2019. Raitt will help lead the effort to elect party leader Andrew Scheer's replacement. (The Canadian Press/Justin Tang)

THE CANADIAN PRESS Updated: December 24, 2019 OTTAWA — A high-profile Conservative who lost her seat in the last election will help lead the effort to elect a replacement for party Leader Andrew Scheer.

The Conservative Party has announced that Lisa Raitt will co-chair the organizing committee for the upcoming leadership race.

That contest was kicked into gear after Scheer announced earlier this month he will resign as soon as a new leader is chosen.

Raitt, along with Dan Nowlan — who oversaw the race Scheer won in 2017 — will be in charge of a group of Tories who will set the rules and timing for the vote.

Raitt ran as well in the 2017 campaign and would later be

appointed Scheer's deputy leader.

But she lost her Toronto-area seat in October, a result that underscored the Tories' dismal election showing in Ontario.

Scheer's failure to pick up enough votes there and elsewhere in the country to form government spurred calls for him to step down as leader.

He had initially vowed to stay on and fight for his job but overwhelming pressure, along with questions about how he was using party money, led him to reverse course.

Raitt's position as co-chair of the organizing committee means she won't be among the former leadership candidates vying for the job again.

Several are mulling a run, including Erin O'Toole and Michael Chong.

Other potential contenders include former and current members of Parliament, such as Peter MacKay and Pierre Poilievre, and former Quebec premier Jean Charest.

The Conservative Party says the next steps for the organizing committee will be to determine the time frame for the election and the requirements for applicants.

That will include a potential entry fee and the number of signatures required to support their nomination.

This report by The Canadian Press was first published Dec. 24, 2019

How Alberta completely eradicated rats from the province by declaring war on rodent hordes

The result is that Alberta is a magical land where rats never destroy vegetable gardens and nobody gets diseased from rat droppings in their attic

Here's a map of the global range of the common rat. Notice anything? While the rest of the inhabitable world suffers under the dominion of King Rat, there's a big pentagon of land in the middle of Canada where the rodents have been completely eradicated.

That's not a typo: For nearly 70 years, the province of Alberta has officially been rat-free. Rats still get in, but they never survive long enough to breed. The result is that Alberta is a magical land where rats never destroy vegetable gardens, where nobody gets hantavirus from rat droppings in their attic and where houses never burn down because a rat chewed through the wiring.

This is true for one singular reason: The Province of Alberta has declared a pitiless, eternal, total war on ratkind.

Rats are not native to North America. Coming over from Europe, they began chewing their way into the continent around the time of the American Revolution, starting out from places like New York or Halifax.

It took until 1950 that rats had migrated far enough inland that they began turning up for the first time on

the southwest border of Alberta. It was then that the province made a solemn decision: They could either submit to the rodent hordes, or they could fight.

They chose the path of blood. Teams of armed men were mobilized to patrol a rat control zone on the border. Common citizens were enlisted to trap, poison and shoot rats wherever they could be found. Propaganda posters urged Albertans to give their rodent enemies no quarter. "KILL HIM!" reads this one from 1950.

And damned it if it didn't work. Within a few years, the invasion had been repelled, and Alberta has remained rat-free ever since. The Alberta Rat Patrol still keeps watch on the eastern border, and whenever a rat rears its head in the province, a full-blown military response is raised to search the surrounding area and kill any rats they find. There's even a rat-sighting hotline: 310-RATS.

So there you have it: The inspiring story of how a humble Canadian province set out to kill its way out of a problem, and succeeded fantastically. God Bless Alberta.

Source: The National Post Part of the Series - Everything Should be Better by Tristin Hopper, filed November 25, 2019.

Order of Canada: Stephen Harper, Donna Strickland, Xavier Dolan among new appointments

There are several categories of the Order of Canada, namely, 5 Companions of the Order of Canada (C.C.) 38 Officers of the Order of Canada, (O.C.) and 77 Members of the Order of Canada. (C.M.)

Companions of the Order of Canada:

James Francis Cameron, Saskatoon and Manhattan Beach, Calif. Writer, producer and director.

Raymond A. J. Chretien, Montreal. For his promotion of Canadian ideals and public diplomacy, and for his unwavering commitment to the transmission of knowledge. (This is a promotion within the Order.)

George A. Cohon, Toronto and Moscow. For his philanthropic commitment to children's health and well-being in Canada and abroad. (This is a promotion within the Order.)

Stephen Joseph Harper, Calgary. For his long-standing career in politics and for his service to the nation as the 22nd prime minister of Canada.

Donna Theo Strickland, Waterloo, Ont. For her contributions to optical physics and for her innovative developments in ultra-fast optical science.

Officers of the order

John Amagoalik, Iqaluit. For his leadership in Canada's North, notably for his integral role in the creation of Nunavut.

Annette av Paul, Montreal and Stratford, Ont. For her contributions to ballet and for her mentorship as a dancer, teacher and director.

Raymond Bachand, Montreal. For his contributions to business and politics, and for his ongoing commitment to public governance in several sectors.

David Osborn Braley, Hamilton, Ont. For his contributions to the Canadian Football League, and for his entrepreneurial and philanthropic leadership in his community.

Eddy Carmack, Saanichton, B.C. For his contributions to climate oceanography and for expanding our understanding of the Arctic Ocean and its role as an exemplar for climate change.

John J. Clague, Vancouver. For his contributions to environmental earth sciences and for his impact on the study of natural hazards.

Slava Corn, Toronto. For her contributions to the discipline of gymnastics as a judge, administrator and volunteer who has helped advance the sport in Canada and abroad.

Jean-Charles Coutu, Rouyn-Noranda, Que. For his contributions to the legal profession in the area of Indigenous justice and for his community involvement.

Donald Bruce Dingwell, Corner Brook, N.L. and Munich, Germany. For his contributions to the study of volcanology and for his leadership in promoting science and



Order of Canada recipients, clockwise from top left: James Cameron, Cheryl Rockman-Greenberg, Xavier Dolan, Donna Strickland, Stephen Harper and Phillip Crawley. THE GLOBE AND MAIL

research in international public policy formation.

Michael Donovan, Halifax. For his contributions to Canadian film and television and for his commitment to the professional development of the next generation.

Alain-G. Gagnon, Montreal. For his contributions to social sciences, notably for his research in federalism, francophone-anglophone relations, and national identities.

Daniel Hays, Calgary and Ottawa. For his contributions to the province of Alberta and for his distinguished public service, notably as Speaker of the Senate.

Mark Henkelman, Toronto. For his pioneering work on magnetic resonance imaging and for his ongoing commitment to the development of medical imaging in Canada.

Joan May Hollobon, Toronto. For her career in journalism focused on increasing the public's understanding of scientific concepts related to health and medical advances.

Daniel Jutras, Montreal. For his contributions to the development of pluralist law internationally and for his contributions as a lawyer, professor and university administrator.

Shoo Kim Lee, Toronto. For his contributions to the field of neonatal medicine in Canada, which have helped improve outcomes for ailing infants and their families.

Thomas E. H. Lee, Victoria and Ottawa. For his contributions as a public servant and for his conservation of Canada's natural resources.

Noni MacDonald, Halifax. For her contributions to the enhancement of clinical practices in maternal and child health, in Canada and around the world.

Robie W. Macdonald, Victoria. For having identified the effects contaminants have on northern marine ecosystems and on nearby Indigenous communities.

Robin McLeod, Toronto. For her contributions to surgical oncology and for her innovations in clinical epidemiology and biostatistics.

Andre Menard, Montreal. For his contributions to Montreal's events scene, notably as artistic director of the Festival International de Jazz de Montreal.

Karen Messing, Montreal. For her pioneering research into ergonomic work conditions, particularly as they affect women's health.

Christine M. Morrissey, Vancouver. For her advocacy on behalf of 2SLGBTQ+ immigrants and refugees.

Sister Sue M. Mosteller, Toronto. For her dedication to improving the lives of people with intellectual disabilities, and for her decades of work as a leader of l'Arche.

Donald Kenneth Newman, Ottawa. For his lifelong contributions to journalism and for his advocacy of freedom of the press. (This is a promotion in the order.)

Caroline Ouellette, Montreal. For her contributions to sport in Canada as a decorated athlete, national team leader and ambassador for women's hockey.

Francois Paulette, Denendeh (Fort Smith), N.W.T. and Fitzgerald, Alta. For his contributions to Indigenous treaty rights and for his advocacy of circumpolar health research.

Debra Pepler, Toronto. For her innovative, community-based research on social issues involving children and youth, which changed the way psychologists study bullying.

Heather Maxine Reisman, Toronto. For her contributions to Canadian book publishing and children's literacy, and for her transformational philanthropy. (This is a promotion in the order.)

Cheryl Rockman-Greenberg, Winnipeg. For her contributions as an academic clinician and physician in the field of genetics, notably in the treatment of genetic disorders over-represented in unique populations.

Marcel Sabourin, Montreal. For his artistic career filled with memorable roles in theatre, on television and in film.

James V. Scott, Ottawa and Toronto. For his leadership in

advancing reconciliation with Indigenous Peoples in Canada and for his advocacy of restorative justice.

Alain Simard, Montreal. For his leading role in positioning Montreal as a festival city and for his leadership as the head of L'Equipe Spectra.

Gilles Ste-Croix, Montreal and Mexico City. For his creativity and imagination as co-founder and artistic director of Cirque du Soleil.

Joseph Svoboda, Toronto and Baker Lake, Nunavut. For his pioneering research on tundra ecosystems and for his lifelong mentorship of scientists studying the Arctic.

Lorna Wanosts'a 7 Williams, Victoria. For her contributions to Indigenous education and for her advocacy of Indigenous language revitalization programs.

James V. Zidek, Vancouver. For his contributions to mathematical statistics and for his leadership in expanding the field in academia and government.

Bernard Zinman, Toronto. For his contributions to diabetes research and for his development of advanced preventative therapies. (This is a promotion in the order.)



The Medal of Service of the Order of Canada was designed by Bruce W. Beatty, and is similar in shape to the other elements of the Order of Canada. A silver stylized snowflake measuring 34 mm across, the obverse depicting a single stylized maple leaf enclosed within a circle, surmounted by a Crown.

About the Order of Canada

The Order of Canada is one of our country's highest civilian honours. Its Companions, Officers and Members take to heart the motto of the Order: DESIDERANTES MELIOREM PATRIAM (They desire a better country).

Created in 1967, the Order of Canada recognizes outstanding achievement, dedication to the community and service to the nation. Close to 7 500 people from all sectors of society have been invested into the Order. Those who bear the Order's iconic snowflake insignia have changed our nation's measure of success and, through the sum of their accomplishments, have helped us build a better Canada.

Appointments are made by the governor general on the recommendation of the Advisory Council for the Order of Canada. For more information about the Order of Canada or to nominate someone, visit www.gg.ca/en/honours.



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POST-SECONDARY PATHWAYS IN QUEBEC

Pathways to Education and WorkCentre for the Study of Canadian and International Higher Education Qualifications: The Link Between Educational and Occupational Pathways and Labour Market Outcomes is a project funded by the Social Sciences and Humanities Research Council of Canada. The four-year project investigates the nature of pathways within postsecondary education, and between post-secondary education and the labour market. As part of this project, the Provincial Pathways profile series lays the groundwork for further inquiry contrasting and comparing educational and occupational pathways in Canadian provinces and territories

Quebec: Overview

Pathways in Quebec are facilitated by the structures and policies of Quebec's educational system. Core to this system are the CÉGEPs Collèges d'Enseignement Général et Professionnel - General and Vocational Colleges), which provide students a link between high school and university or the workplace. Pathways for student transfer in Quebec include credit transfer, course exemption and substitution, and equivalency for employment experience (CICIC, 2013; CMEC 2012). Formal agreements between academic stream and vocational stream CÉGEP programs and between CEGEPs and universities offer official pathways for students, and prior learning assessment recognition processes aid students in their indivi-

dual pathways. Post-Secondary System Description Post-secondary education in Quebec is delivered through: Universities • 7 universities (4 French, 3 English), comprising 18 institutions Colleges: • 48 CEGEPS (43 French, 5 English) • 11 government colleges (affiliated with government ministries other than education), • 48 private colleges (in the same school system as the CEGEPs - 25 accredited for government funding and 23 with no government funding). (Fisher, Robinson, Shanahan, & Trottier, 2014). 2 Students in Quebec study for 6 years in elementary school and 5 years in high school, finishing high school at age 17. Those who do not wish to continue their studies after high school may choose after three years of high school to take the high school vocational training path and receive a Diploma of Vocational studies (diplôme d'études professionnelles - DEP) when they graduate (Fisher et al., 2014). They may also choose to pursue the DEP certification after completing high school. After high school, students pursuing further education must study for at least two years in the General and Vocational Colleges known as CÉGEPs. CÉGEPs provide students a bridge between secondary school and either university or technical employment (CUCC, 2001). In CÉGEPs, students are awarded a Diploma of College Studies (diplôme d'études collégiales - DEC) in either the two-year university preparatory stream or the three-year technical stream (Fisher et al., 2014). In the pre-university stream, "the training is focused on the acquisition of broad, basic, multifaceted skills needed to pursue university

studies" (Fédération des cégeps, 2002, p.11). The technical stream provide training orientated toward the acquisition of "high level skills and a body of general knowledge" needed for specific occupations (Fédération des cégeps, 2002, p.11).

CÉGEPs were introduced in the 1960s in response to clergyman Alphonse-Marie Parent's report to the Royal Commission on Education in Quebec. Parent advocated for schools to be regionalized and democratized and for a new network of government-funded colleges and universities to be created (Bilan du Siècle, 2017). In 1993 the Quebec government passed a law that entitled CÉGEPs to also carry out activities in applied research, technical assistance to enterprises, technological innovation, regional development and collaboration, and international Federation (Fédération des cégeps, 2002 ; Québec, 2017a). University programs are typically 3 years in length, so after 11 years of school, 2 years of college and three years of university, students complete a bachelor's degree in a length of time similar to that of other provinces of Canada. To enter a university undergraduate program, students must have completed a CÉGEP Diploma of College Studies (DEC) or received recognition for equivalent study and experience.

Universities in Quebec include Bishop's University; Concordia University; Université Laval; McGill University; Université de Montréal, which includes École Polytechnique and HEC Montréal; Université de Sherbrooke; and Université du Québec which includes Université du Québec's network of universities and institutions. The network includes: • one associated university with its own degree-granting authority (the Université du Québec à Montréal - UQAM), • five other constituent universities (Université du Québec à Trois-Rivières, Université du Québec à Chicoutimi, Université du Québec à Rimouski, Université du Québec à Hull, and Université du Québec en Abitibi-Témiscamingue), • one research institute (Institut national de la recherche scientifique), • two specialized degree-granting schools (École nationale d'administration publique and École de technologie supérieure) and one distance education university, Télé-université, which is now part of UQAM (CICIC, n.d.) 3 Like the CÉGEPs, the Université du Québec network was initiated to provide accessible education to people throughout the province, similar to some state universities in the United States (CICIC, n.d.; CUCC, 2001). Pathways in the Province

Formal pathways in Quebec take place largely through memoranda of understanding between college programs and between colleges and universities. Transfers from high school technical programs to CÉGEPs are governed by "DEP-DEC" (vocational diploma to college diploma) agreements (CICIC, 2013; Métiers-Québec, n.d). The most

common DEP-DEC agreement is for nursing, in which vocational diploma graduates students instead of completing two to three years of study after their two-year high school vocational diploma can complete their studies in the two programs in three to three and a half years (Métiers-Québec, n.d.).

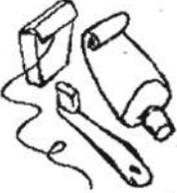
Transfers from college to university are determined on the basis of "DEC-BAC" (college diploma to bachelor's degree) agreements. These agreements connect several CÉGEPs with a university and allow for those who have completed a 3-year college technical diploma to complete a 3-year Bachelor's degree in the same field in 5 years instead of 6 (CMEC, 2003). As in DEP-DEC, Nursing is also a prominent field in DEC-BAC transfers. Other programs with five-year DEC-BAC agreements are Business Administration, Computer Science, Electronics and Industrial Electronics (Fédération des cégeps, 2002). According to the Council of Ministers of Education Canada, "In 2007, 14 universities had agreements with between one and 42 colleges for the transfer of between three and 36 credits. Since then, the number of agreements between universities and colleges has continued to rise— one university now has approximately 100 DEC-BAC agreements." (CMEC 2012, p. 35) Transfers between similar college programs are relatively seamless because CÉGEP programs are centrally authorized by the Ministry of Higher Education and transfer requests are processed in regional centres (CICIC, 2013). The Fédération des cégeps (2002) argues that there is need, however, for further flexibility and bridge-building between various levels of education. Trades in Quebec, trades are governed under Articles 448 and 467 of the Education Act (Loi sur l'instruction publique). These Articles state that the government draws a list of trades and provides funding to school districts to administer trades programs (Québec, 2015). Semiskilled trades" training is offered by high schools in partnership with local industries, based on the labour market needs (Québec, 2017c). Students can access trades and apprenticeships as early as grade 9. "Skilled trades" training is typically offered in CÉGEPs. 4 Prior Learning Assessment Recognition Prior Learning Assessment Recognition (PLAR) in Quebec is governed differently at various institutional levels. Universities have full authority to assess and recognize students' prior learning. They autonomously follow the Pan-Canadian Protocol on the transferability of University Credits and receive some oversight from the postsecondary-education liaison committee, which includes representatives from CÉGEPs, universities, and the Ministry of Higher Education (CMEC 2012). In CÉGEPs, PLAR is governed by section 22 of the College Education Regulations, with quality control provided by the College Education Evaluation Committee (CMEC 2012). For CÉGEP students who seek recognition for their prior learning,

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the Federation of CÉGEPs provides a roadmap to guide their understanding (Fédération des cégeps, 2015).

In the International sphere, the Quebec Ministry of Immigration, Diversity and Inclusion offers academic equivalency assessments, but individual Quebec institutions determine specific decisions (CICIC, 2013). The Ministry of Higher Education also seeks to promote increasing partnerships between Quebec and international universities. For example, doctoral agreements that provide joint degrees have been established with France and are being established in other countries such as Germany, Belgium, and Switzerland (CMEC, 2012). Labour agreements between Quebec and other Canadian provinces as well as France assist in setting standards for PLAR in institutions (CMEC 2012).

Summary

Similar to other Canadian provinces, Quebec's higher education is segmented into a college and a university sector. Unlike other provinces, there is a clear path from college to the university sector, not least because of the requirement for university-bound students to complete a two-year pre-university program in a CÉGEP. Thus, in addition to their mandate of providing vocational education, colleges in Quebec provide a general education in preparation for undergraduate studies.

There are a number of pathways for students interested in pursuing vocational education. School districts across the province have a mandate to provide semi-skilled trades in collaboration with local industries. At a more advanced level, a number of universities have established agreements with CÉGEPs, allowing college students to apply credits earned toward a bachelor degree.

Reference:

Qualifications: The Link Between Educational and Occupational Pathways and Labour Market Outcomes is a research project supported by the Social Sciences and Humanities Research Council of Canada.

Some reasons for (cautious) optimism on the climate change front in 2020

2019 was the year that climate policy took a decisive turn in Canadian politics the second decade of the 21st century was not comforting.

The celebration of the so-called "end of history" turned out to be premature. Liberal democracy proved to be less than inevitable and progress could no longer be taken for granted. Populism, nationalism and authoritarianism reared their heads. New media fed our worst impulses.

The scales fell and all that remains unreconciled became clear. The stakes in our politics were thrown into stark relief. There was unrest in the streets and the planet was, quite literally, aflame.

It also may have been a good decade for climate policy in Canada.

This country wasn't immune to the political forces that came to the fore over the last 10 years. Our most important trading partner and closest ally is in the throes of a political and social crisis. And our own politics experienced dramatic shifts — from the Conservative majority in 2011 to the Liberal majority in 2015 — that may reverberate for years to come.

Stephen Harper created a durable political party that is firmly planted on the political right. Justin Trudeau is now leading the most activist federal government since Lester B. Pearson. The fates of their respective projects will define the pursuit of power in Canada for the foreseeable future.

A helicopter battles a wildfire in Fort McMurray, Alta., in 2016. A year later, the fire season in British Columbia broke records as 2,117 blazes consumed more than 12,000 sq. kilometres of bush. Both events have been connected to climate change in two separate research papers. (Jason Franson/The Canadian Press)

The increasingly unavoidable realities of climate change will shape whatever comes in the next decade. But the work of the next ten years will benefit from significant progress made in the last ten.

It's not easy to feel good about anything related to climate change. The latest international conference ended without significant progress. Average temperatures continue to rise. The world's largest emitters still aren't doing enough. And after decades of failing to confront the problem, the impacts are no longer theoretical. The need for action is now urgent. The provinces step up.

But the last decade in Canada did see significant action. British Columbia's carbon tax, introduced in 2008, survived an election in 2009 and a change of government in 2017. The province's New Democrats, once opposed to the policy, became the first government to increase the levy in six years when they raised it to \$35 per tonne in 2018.

In 2014, Ontario completed the phase-out of its coal-fired power plants — a change that is believed to have resulted in the single largest reduction in greenhouse gas emissions in North America. That same year, Quebec joined its cap-and-trade system with California's, creating the largest carbon market on the continent.

Climate policy in Alberta has lurched markedly from Rachel Notley's NDP government to Jason Kenney's United Conservative government, but at least two important elements remain: a planned phase-out of coal and a carbon levy for large industries. Meanwhile, in the wake of this fall's federal election, New Brunswick ended its opposition and agreed to implement a carbon tax on fuel.

Between 2010 and 2020,



Sunlight breaks through dark clouds shining on a wind farm in Wilhelmshaven, on the North Sea coast of Germany this month. (Mohssen Assanimoghaddam/The Associated Press)

emissions in Ontario, Quebec, Nova Scotia and New Brunswick are projected to decline. They're expected to hold steady in British Columbia, Newfoundland and Labrador, Prince Edward Island and Manitoba.

Boosted by a combination of incentives in Ontario, Quebec and British Columbia, 43,655 zero-emission vehicles were registered in Canada in 2018 — an impressive increase over the 518 such vehicles that hit the road in 2011.

In 2009, wind and solar accounted for 1.2 per cent of the electricity generated in Canada, while coal and oil made up 13 per cent. In 2020, wind and solar are projected to account for 5.5 per cent, while coal and gas are down to 7.6 per cent. Hydro, wave and tidal energy are expected to account for 61.4 per cent of electricity generation.

Federally, Stephen Harper's Conservatives were reluctant to act aggressively, but they were at least willing to match the fuel-efficiency standards implemented by Barack Obama's administration in the United States. The pace of federal action has picked up markedly since 2015 — a federal carbon price, new regulations on methane emissions, billions of dollars in public funds committed to clean technology and "green infrastructure" and plans for a new clean fuel standard.

In 2011, the Government of Canada's official projection showed national emissions rising through the decade, reaching 785 megatonnes in 2020. The projection published in 2018 shows Canada's emissions reaching 704 Mt in 2020 — and then declining to 616 Mt by 2030.

However belated, it's a move in the right direction.

It's also not nearly enough.

The new politics of carbon Even once you take into account carbon credits for land-use changes, Canada's emissions were still projected to be 592 Mt in 2030, 77 Mt short of our target. And the goal for 2050 is now net-zero.

That is a daunting task. It remains to be seen whether our leaders have the will, the skill and the courage to get us there. And Canada's efforts, however far they go, address just one part of a global problem.

But it's also possible that — in Canada, at least — the politics of carbon more than 11 million Canadians — cast a ballot for a party that supported a price on carbon.

The subject was front and centre in the throne speech that opened Parliament last month. That was no accident. Both the Liberal minority government's survival in the House of Commons and its hopes of improving its standing in the next election seem to depend on reaching out to the parties and voters who want to do something about climate change.

The hard work is still ahead

True national consensus — broad agreement on the goals of climate policy and the need for action, if not quite the precise details — may depend on where the Conservative Party goes in its upcoming leadership race. The federal carbon price is still being challenged in court by a number of provinces. And it remains to be seen whether public opinion about climate change can withstand an economic downturn, or any of the other unforeseen events that can shift opinion and political power.

The emissions that still have to be cut will not go away easily. Buildings need to be retrofitted. While electric cars are no longer boutique oddities, they're still vastly outnumbered by gas-powered pick-up trucks and SUVs.

Great change must be managed. And if the election of 2019 seemed to reveal a burgeoning coalition of voters who want action on climate change, it also clarified the challenges and the potential fissures that the transition to a low-carbon world could open up.

From floods to fires to weird Arctic weather, Environment Canada releases top 10 weather stories of 2019. B.C.'s clear-cut forests are 'dead zones,' emitting more greenhouse gases than fossil fuels, report finds

'Greatest existential threat of our time': Ottawa makes carbon tax case in court

Between 2010 and 2020, Alberta's emissions are projected to increase from 239 Mt to 277 Mt. Every corner of the country reaped the benefits of the resource development driving those emissions. Reducing them will require a national effort.

There is more work ahead for this country's political leaders than there is behind them. Arguably, the work still to be done will be harder. But it's also possible that the impacts of climate change — the fires and floods — will continue to be too much for most voters to ignore.

One way or another, climate change will form the backdrop to everything else that happens in politics over the next decade: populism, nationalism, economic inequality, mass migration, geopolitical power struggles, fears for the future of Western democratic institutions. And all of those forces threaten to make it even harder to act to reduce emissions.

The second decade of the 21st century ends with a feeling of precariousness. And the next ten years promise to be neither easy nor relaxing.

The last decade proved that progress is not inevitable. But it also showed that progress is possible.

Aaron Wherry · CBC News · Dec, 28, 2019



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30th Anniversary Celebration of Gilmore College International

December 14, 2019 at Hotel Ruby Foo's, Montreal, QC



MP Anthony Housefather and Councilor Marvin Rotrand pose for souvenir with Zenaida Kharroubi, founder and Director-General of Gilmore College celebrating its 30th anniversary. Also in the photo: Mrs. Rotrand and Cristy Hunter and another guest.

L to R (standing) Divina Grospe, Maricris Monis, Ma. Luisa Ermino, Zenaida Kharroubi, Joan Mendoza, Reyna Reginio, Adela Silverio, Marcelle Hodge. Front row: Walter Tayong, Romulo Grospe, Virgilio Sanico, Henry Venaro.



Nida Verginom (standing, 3rd from left) invited 11 guests, two are not shown in this photo with MP Anthony Housefather and Councilor Marvin Rotrand.



Panday Tinig Choral Ensemble led by Edita Fedalizo and Paul Imperial pose with Councilor Marvin Rotrand and MP Anthony Housefather. Photo:FB Post Marvin Rotrand



Backrow: L to R: Carole Heather Brown, MP Anthony Housefather, Councilor Marvin Rotrand (Front) Nancy Ibarra, Sophia Lorraine Ecdao, and Jacinta Panganiban.



L to R (standing) Rocelle Grospe, Ma. Luisa Ermino, Adela Silverio, Romulo Grospe, Reyna Reginio, Zenaida Kharroubi, Robin Hunter, Joan Mendoza, Maricris Monis, Divina Grospe. Front row: Walter Tayong, Virgilio Sanico and Braulio Lazaro.

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Cooking with love provides food for the soul.

New Year Noche Buena



Molo Soup

Molo soup is comfort in a bowl: homemade broth, lots of veggies and aromatics, and dumplings filled with both pork and chicken, and some people add shrimps. Pancit Molo or Filipino pork dumpling soup is a type of soup using wonton wrappers which originated from Molo district in Iloilo City. The piping-hot soup is often ladled into serving bowls, and garnished with green onions and fried garlic bits for another layer of flavor. This dish resembles the Chinese wonton soup but the wide variety of ingredients and flavor makes this dish noteworthy.

Molo Soup Ingredients

330 grams ground chicken
330 grams ground lean pork
1/2 cup carrots, shredded
1 stalk celery, chopped
1 stalk leek, white part only, chopped
2 tablespoons oyster sauce
1/3 teaspoon salt
freshly ground black pepper, to taste
1 medium white onion, chopped
1 medium egg
1 pack square molo wrappers, 3-inch
5 cups chicken stock
1 medium white onion, chopped finely
1 cube chicken bouillon
1/2 cup chicken breast, boiled, shredded
green onions, Chopped, for garnish
toasted garlic chips, chopped, to garnish

How to Make Molo Soup

- Make the molo dumplings: Mix all ingredients except for wrapper. Form into 1-inch balls. Place a ball on a wrapper. Brush sides of wrapper with water. Fold upper right corner towards lower left corner, covering meat; pinch to seal. Fold the two other corners to the center; pinch to seal. Repeat with the rest of the filling.
- Boil chicken stock, onions, and chicken bouillon cube in a stockpot over high heat.
- Add molo dumplings and shredded chicken. Season to taste with salt and pepper. Turn heat to medium and cook until dumplings are cooked through, about 8 to 10 minutes.



Chicken Relleno (Stuffed Baked Chicken)

Chicken Relleno Ingredients

1 whole chicken, deboned (bones and meat set aside for another use)
1 pack barbecue marinade
2 1/2 tablespoons butter, melted
mushroom gravy, to serve (optional)
500 grams pork, use ground pork
250 grams christmas ham, finely chopped
200 grams chorizo de bilbao, finely chopped
1/2 cup raisins, finely chopped
1/2 cup breadcrumbs
1/2 bar cheddar cheese, grated, or 1 cup grated queso de bola
1/4 cup pickle relish
12 pieces green olives, chopped
2 pieces egg, chopped
salt, to taste
1 teaspoon vegetable oil

How to Cook Chicken Relleno

- Marinate deboned whole chicken in barbecue marinade for at least 6 hours, covered, in the fridge.
- Make the stuffing: Mix together ground pork, ham, chorizo, raisins, breadcrumbs, cheese, pickle relish, and olives in a large bowl. Add eggs and mix well. Season with salt, pepper, and sugar.
- Heat oil in a small frying pan. Fry a teaspoonful of the stuffing to taste.
- Adjust seasoning, if necessary.
- Preheat oven to 350°F.
- Drain chicken from marinade then fill cavity with stuffing. You can sew the opening and truss the chicken legs with kitchen twine, if desired. Baste chicken with half of the melted butter.
- Wrap chicken in aluminum foil and place on a baking rack set on top of a baking pan.
- Roast chicken in the preheated oven for 1 hour and 15 minutes. Remove foil and baste chicken with remaining melted butter. Continue to cook chicken in the oven for 15 minutes or until skin is golden brown. Reserve the drippings. Let chicken rest for 15 minutes before slicing. Remove kitchen twine.
- Arrange chicken relleno slices on a platter. Drizzle chicken with drippings. Serve with gravy and buttered

vegetables, if desired.



There are two ways of deboning poultry. One way is cutting across the rib cage to get to the bones and then sewing back the gap after stuffing. The other method requires a bit more knife skills but the end product comes out prettier and less stitched up. Through the bottom opening of the chicken, use a small sharp knife to gently nudge the meat from the bones and then pull the bones out in more or less one piece.

HOW TO DEBONE WHOLE CHICKEN



1. Place the chicken, breast-side up, on a clean surface. Cut the pope's nose, drumstick knuckles and wing tips off at the joint with a boning knife or kitchen scissors.



2. Cut the wishbone out at the neck by sliding the knife along the underside of the wishbone and cutting around and under the wishbone until it's loose. Pull out.



3. Turn the bird over and cut along the backbone from the neck to the tail.



4. Keep the knife close to the bones and use your fingers to pull the flesh away from the carcass. Cut through the ball-and-socket joints connecting the wing and thigh bones to the carcass, so that

they're separated from the carcass, but still attached to the skin. When this step is complete on both sides, the meat will be attached only along the ridge of the breastbone. Gently (as the skin tears easily) pull to separate the breastbone and carcass from the flesh.



5. While holding the wing bone from inside the bird, cut through the tendons and scrape the meat from the bone. Pull out the bone, using the knife to free it. Repeat with the drumsticks.



6. Reposition the wing and leg meat so the skin side is out.



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Social Tidbits

Fely Rosales Cariño

Drums roll please ... Gilmore International College celebrated its 30th anniversary on December 14, 2019 at Ruby Foo's on Decarie Boulevard, Montreal. Hats off and

Councilor Marvin Rotrand reiterated that Gilmore College is the only Filipino owned college outside of the Philippines. After 30 years of helping new immigrants from different ethnic



Alford Hodge, MP Anthony Housefather, Marcelle Hodge, and Councilor Marvin Rotrand. Marcelle is a former student in French.

Vietnamese community, Dr. Dinh Huy Duong (cardiologist) and Dr. Ann Duong (a geologist). Over a hundred people were in attendance consisting of students, alumni, some community association leaders like Jeannette Perignon of Kahirup and teachers of the PAB program, namely, Sophie Toledo, Amy Manon-og, Dolores

College international.

For musical entertainment, Bella Cacci sang two original songs which she composed and played the piano. Astrid Torrico, although present, was unable to perform as she was not feeling well. Maria and her band, provided live music in English and Tagalog. The ever popular Panday



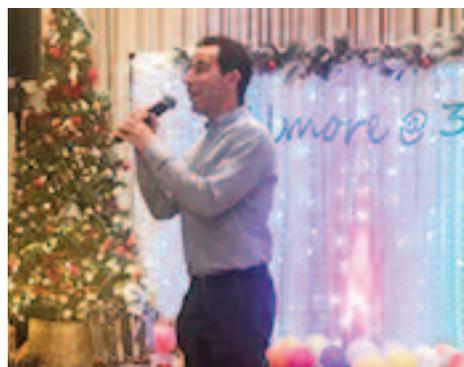
Two proud mothers of two talented daughters pose for souvenir with Zenaida Kharroubi (center) - L to R: Marie Lenne Catedrilla, Astrid Torrico who is going to Hollywood for WCOPA (World Championship of the Performing Arts), Isabella Caci who has released her first album of original songs, her mother, Cristina.

bravo to Zenaida Ferry Kharoubi! Did you know that Zeny is the only Filipino Canadian immigrant who has founded a school in Quebec? Yes, she is! What a unique distinction! Even before her

groups, she has another dream in the works – that of making Gilmore College International a centre of higher education. We all know that with your brand of hard work and dedication, no



Councilor Marvin Rotrand delivering a congratulatory message



MP Anthony Housefather cites the role of Gilmore College International in the Montreal community.

early retirement, she had a dream of establishing her own school. She worked furiously during the summer of 1989 after quickly deciding to open her own school. She went through the rigorous process of obtaining a permit for self-improvement education. MP Anthony Housefather, of the Mount

one will be surprised if you will achieve this dream in the near future. Zeny, you have our utmost admiration!!!!

And the night was full of surprises. Besides the presence of MP Anthony Housefather, Snowdon Councilor Marvin & Jackie Rotrand, there were also other distinguished



Souvenir frame held by Cristina Paac, Juvy Vales and a guest.



Brief remarks by Pinoy Pa Rin hosts Tenne Rose Dayandante and Michael Davantes. They were replaced by Fely Rosales Carino as master of ceremonies. guests invited by Al Abdon - Dr. Cynthia Hammond, a professor and director of COHDS of Concordia Univeristy who attended with her husband, and two doctors from the

Royal riding, commented that her comprehensive curriculum has allowed many newcomers to expand upon their knowledge and abilities in order to maximize their potential and seek greater professional opportunities!



Al Abdon (left), Filipino Heritage Montreal chairman with Marvin Rotrand, Dr. Cynthia Hammond and husband, and Jeannette Perignon.

Belandres, Terry White, Editha Fedalizo who gave the closing remarks and business executives from Toronto, Jesse Panem, and Montreal, Mrs. Ursulene Moira Farmer, CEO and President of College Prep international; Rowel Pangilinan, Rocelle Grospe, Jacinta Panganiban

Tinig led by Paul Imperial and Edith Fedalizo sang the national anthems. Two students gave personal testimonials, Romulo Grospe who is studying French, and Rachele Awakim who has studied two levels of Filipino courses, gave a short speech in Tagalog and explained why she



Former French student, Criselda Awakim and daughter Rachele Awakim who studied Filipino language, her friend, and Councilor Marvin Rotrand

and Jose Espinosa who are in financial, insurance and placement services. A former accounting teacher, Frank McInnis, CA, was present with his wife Susan. He incorporated Ne-Ri-Fe Enterprises on August 5, 1989 that operates Gilmore

wanted to learn the language in order to understand the cultural roots of her mother. DJ Denis Mayuga animated the evening with danceable music.

FILIPINO STAR

SHOWBIZ GOSSIP

Julie Anne is upbeat about 2020 - Honey Orio-Escullar



Julie Anne San Jose

Five months after she suffered as early as now, Julie Anne San Jose is already claiming that her 2020 is going to be a year of breakthroughs.

"I claim it. It's going to be great. I'm excited, very excited," she said, but did not confirm nor deny rumors that she and Alden Richards are going to be the frontliners of the alleged revamp of Sunday Pinasaya.

Meanwhile, the holidays are keeping Julie Anne busy as she's expected to perform for the New Year's Countdown on Dec. 30 at the Philippine Arena and on Dec. 31 for GMA 7's yearly countdown at SM Mall of Asia. But before that, she and her family will be flying to Japan to take a quick break and spend their Christmas there.

On assessing her 2019, Julie Anne said that this year has been great even if she remains fancy-free. According to her, she has no time for love life because she wants to focus on her career.

"Madaming nangyari. Siguro mas naging rollercoaster ride for me yung last year than this year because like yung ngayon puro work po talaga tapos ang daming blessings ni Lord, of course. Ang daming opportunities and I'm just very, very grateful for everything," said Julie Anne who has had a slew of projects like the Studio 7, Sunday Pinasaya and the recently-concluded second season of The Clash. She also

released last October her single Isang Gabi, her first collaboration with Rico Blanco under Universal Records, and mounted her sold-out major concert last July.

As if that's not enough,

Daryl Zamora.

The 25-year-old Kapuso star, who gets inspiration from fashion icons Olivia Palermo and Heart Evangelista, loves to dress up and experiment with clothes.



Julie Anne was recently tapped as Lee Jeans PH's newest ambassador. The contract-signing was attended by Lee country manager James Parry, Lee senior VP for Corporate Affairs Dondi Manlulo, GMA Artist Center assistant VP for Talent Imaging and Marketing Simoun Ferrer and GMAAC senior talent manager

She believes that "at the end of the day, you are what you wear. It says a lot about you. Like right now, I'm wearing a simple dress from Lee, so I guess I can say that I can be very simple but at the same time I look very chic and casual. It's not just about carrying yourself as a person but also presenting yourself kung ano ka talaga." ■

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Iza Calzado on pressure to become a mom: 'My body, my choices'



Iza Calzado is not letting others dictate when she will become a mom

Iza Calzado opened up on the pressure put on women to become a mother and how she has been able to cope with it.

The actress, 37, is open to motherhood, but is still "mentally and emotionally" preparing for it, she said on "Tonight with Boy Abunda" aired on Thursday, Dec. 19. She said she hopes to be ready for children by the end of 2020.

When Abunda said he gets "bothered" that women get asked why they are not mothers yet, Calzado emphasized, "This is my body, these are my choices, you have to respect it."

She discussed, too, freezing her egg cells, saying, "I'm not that young anymore. It's a security thing for me."

Calzado previously said on ANC's "Headstart" that she was open to both getting pregnant and to surrogacy. She married longtime boyfriend Ben Wintle in December 2018.

The actress' latest film "Culion" is set to premiere at the Metro Manila Film Festival on Dec. 25. ■

Janine Gutierrez unfazed by backlash from Bong Revilla comment, gets support of fellow celebs



Janine Gutierrez received support from a few celebrities who are politically outspoken after she commented on Bong Revilla's TV comeback.

Two words landed actress Janine Gutierrez on headlines, gathering her both support and ire on social media. She has kept her cool so far, tweeting today about working on projects she believes in.

The "Elise" actress merely tweeted "Oh God" on

Wednesday, Dec. 18, to news that Senator Bong Revilla is making a television comeback.

Gutierrez said today, Dec. 21, "[S]o happy that this year I've finally learned to say yes to only projects I really like and believe in – no matter what other people say. [A]s it should be with

everything else in life."

Actor and spoken word poet Juan Miguel Severo tweeted the actress yesterday, Dec. 20, for speaking up and to encourage others to support her. "Hi @janinegutierrez. Thanks for speaking truth to power. Mas gumanda ka, mga 200% (You became 200% more beautiful)."



Bong Revilla

"And guys I wish you'd give her some love. Celebs and high profile individuals are dissuaded to get political. Those who do so despite need to know we got their back."

Musician Jim Paredes advised, "Be strong Janine. Trolls will hit you. Wag ka sanang

matinag (I hope you will not be swayed)."

Actor Ivan Dorschner shared her tweet and added his own commentary: "no Mefenamic Acid for that headache."

One who was none too happy with Gutierrez's reaction was talent manager Lolit Solis,



Jim Paredes

who called the actress "cruel."

Revilla was previously charged with plunder for his alleged involvement in the P10-billion pork barrel scam. He was acquitted in December 2018, but has yet to pay P124.5 million in civil damages to the national treasury. ■

Aga Muhlach in the eyes of Atasha



Atasha Muhlach

"Super nice, super funny," and someone she could "always joke around with." That was how Atasha Muhlach described his father, Aga Muhlach. It's a different story, however, when her suitors enter the picture.

"He's strict when it comes to boys ... It's a no-no!" the 18-year-old celebrity daughter related in an interview at a screening of "Miracle in Cell No. 7," Aga's entry in this year's Metro Manila Film Festival.

Meanwhile, asked if she sees herself entering show biz in the future, Atasha said she doesn't mind the prospect but studies come first. "I'm not sure—whatever happens, happens. We will see ... Right now, I want to finish school. That's my priority."



Aga Muhlach

Her mother, Charlene Gonzales, chimed in: "It's a big commitment and she's aware of that."

"Once she finishes school, she can do whatever she wants that will make her happy. That's the only condition," she added. "We will support them in whatever they want to pursue. That's the most important thing—my kids being happy with their decisions." ■

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Showbiz Gossip *Continued from p.15***Fil-Am 'American Idol' runner-up Jessica Sanchez to debut as actress****Liza Soberano**

Miss Universe 2018 Catriona Gray sees actress Liza Soberano as a potential candidate to represent the country.

But the 25-year-old beauty queen stressed it still boils down to one's passion and willingness.

Gray, who just relinquished her title to South Africa's Zozibini Tunzi, underscored the need for passion to join despite encouragement from other people.

"Even if you have so many people saying, 'Yes, this is for you,

**Miss Universe 2018 Catriona Gray**

During her contract signing with ABS-CBN Books Thursday, Gray was asked whom she thinks could be fit as the Philippines' Miss Universe bet.

"Well, everyone always wanted Liza to join, di ba?" Gray said.

"She's very very beautiful and I feel like she would be wonderful, but I really feel it needs to be the girl that wants to do it," she added.

this is your time,' unless you feel it, it needs to be your own passion, it needs to be your own will," Gray said.

Soberano had been eyed by pageant fans and even Miss Universe 2015 Pia Wurtzbach to represent the country at the coveted pageant.

Soberano even portrayed Wurtzbach in her life story in anthology series "Maalaala Mo Kaya" back in 2017. ■

JC explains why he now 'walks with a purpose'**JC (left) with fiancée Rikkah and daughter Lana**

JC de Vera said a lot had changed since his daughter Lana Athena, who celebrated her first birthday in April, came into his life. He said his responsibilities now were different from when he and fiancée Rikkah Alyssa Cruz had Lana. "Di na ako binata. These days, life is no longer just about me. When I'm not at

work, I spend my time with my small family. I cook for them. I take care of them," said JC, who was last seen on the big screen in the rom-com "Love is Love" and the TV series, "The General's Daughter." "My whole life revolves around them. I now walk with a purpose—and it's all because them." ■

Liza Soberano, James Reid, other Filipino stars on 2019's most beautiful, handsome faces list**Liza Soberano and James Reid.**

Actress-model Liza Soberano is included once again in the Top 100 Most Beautiful Faces list, just a year after being inducted to the list's prestigious Hall of Fame.

Soberano claimed the 10th spot for 2019, slipping down just a few ranks from 2018's 4th spot. She topped the list back in 2017.

This is Soberano's fifth appearance on the annual list, and is joined by fellow actress Jessy Mendiola, who claimed the 93rd spot, as shown on a YouTube video posted by TC Candler last Friday, Dec. 27.

Singer-actor James Reid meanwhile grabbed the 42nd spot for this year's Top 100 Most Handsome Faces, his third appearance on the

list, as shown on a separate video posted by TC Candler.

Reid ranked 21st last year, while his highest appearance on the list was also in 2017 at the 4th spot. He is joined this year by Daniel Matsunaga, who landed at the 50th spot.

K-pop stars Tzuyu of girl group Twice and Jungkook of boy band BTS topped this year's most beautiful and handsome faces list, respectively.

Film critic TC Candler and The Independent Critics have been publishing the annual list since 1990. Over 40 countries are regularly represented on the list. ■

How Henry Cavill turned PH fans' dreams into reality



Henry Cavill at the fan meet (Ayala Malls, Manila Bay)

The recent fan meet for Netflix's new fantasy drama series, "The Witcher," wasn't set to begin until 5 p.m. But as early as 12 noon, a line had already formed, snaking its way around the barricades enclosing the activity area at the Ayala Malls Manila Bay.

It was a standing event. And so, the more eager of revelers made sure to be at the venue before everyone else did, to secure strategic spots that would put them at an arm's length away from British star Henry Cavill, who portrays Geralt of Rivia—the series' brooding but altruistic beast hunter.

But as it turned out, the fans needed not jostle each other or resort to over-the-top antics just to catch the actor's attention as he walked down the black carpet: Henry left no souvenir unsigned or selfie-seeker denied.

He arrived around early evening. And looking at how the fans cheered and screamed their faces off, you probably wouldn't have known that some of them had been standing and waiting for close to six hours just to see Henry in the flesh.

The 36-year-old celebrity was indeed quite a presence in person, so much so that the host, actor-athlete Matteo Guidicelli, at one point, seemingly ran out of synonyms for "godly" and "macho man" to describe him. The ladies—and some men—gushed at how "hot" he was. "Marry me!" one of them shrieked.

But as physically imposing as he was, Henry was gracious, gentle even, with his fans—many of whom brought posters and collectible figurines. Others had copies of the books on which the series was based and the video games it spawned. He also didn't mind signing mementos related to Superman—the role that turned him into a household name in

2013.

It took him about one-and-half hours to reach the stage from the entrance, because he was bent on reciprocating everyone's efforts. He walked up to every single person in front him.

When the fans asked for selfies, he saw to it that the photos were nice and clear. Sometimes, he himself offered to take the photos. And he did all that with a gracious countenance, even when things got a bit hectic and the security had to ask the crowd to move back, because some of the posters and other trinkets were mere inches away from his face.

When at last he made it onstage, he was asked about his preparations for the role. "To be honest, I have been preparing for this all my life," Henry said, prompting raucous cheers from the audience.

At a press conference earlier that day, Henry related that doing "The Witcher" was a "dream come true," because it combines two of his childhood passions: reading fantasy novels and video gaming.

"My father would read to me before I could read, and they were always fantasy books. Every book I have picked up since—for the sake of reading for enjoyment in my free time—were mostly fantasy," said Henry, whose introduction to the title was through the video games.

"I knew there was also a book series, but I assumed they were based on the games," he added. "But little did I know that the books were written way before, and that it was actually the video games that were based on them. So, I picked up the books and immediately fell in love with them."

"The Witcher" saga is a brainchild by Polish author Andrzej Sapkowski, with the first book "The Last Wish," released in 1993, and the eighth and most recent one, "Season



Cavill signs souvenirs and autographs for his PH fans.

of Storms" in 2013. The title was then adapted into comic books and, later on, into video games, which catapulted it to international recognition.

The story takes place in The Continent, 1500 years before The Conjunction of Spheres—a great cataclysm that led to a shift in the place's population. Once inhabited by the Elder Races (elves, dwarves and gnomes), The Continent was overrun suddenly by Monsters (vampires, ghouls and gravers).

The most destructive of the new species, however, turned out to be the humans—the ascension of whom resulted in unrest and political divide in The Continent.

When Henry learned that Netflix was turning "The Witcher" into

a television series, the fan in him kicked in. Before long, the actor was bugging his agents to get in touch with people from the streaming service.

"I wanted to see if I could get it, because it's really very important to me," said Henry, who admitted to calling up his agents every three days to check if there was any progress being made.

Soon, he found himself meeting with the showrunner, Lauren Schmidt Hissrich, to talk about the project. Six weeks later, he got a call asking if he would like to audition. "I was on holiday at the time, so I canceled that and flew to New York to audition. And the rest is history," he said. ■

From Page 13 Social Tidbits

Cristy Hunter did a good job in decorating the stage, a Christmas tree and setting up the tables with fresh flowers, assisted by several current French students (Joan Mendoza, Malou Ermino, Braulio Lazaro, Walter Tayong). Good food, good dancing, and good friends made for an unforgettable evening! What a great night of commemoration befitting the meritorious three decades of educational endeavor!!!

The Pangasinan Association of Quebec (PAQ) held their 26th Anniversary celebration at CRC, 6767 Cote des Neiges, Montreal last November 23, 2019. Despite the inclement weather, many dressed up to attend the event. PAQ director Ray Balansi gave the Invocation right after the playing of the national anthems by DJ Michael Arguel. PAQ Vice President Dario Boco welcomed the guests before PAQ President Estella Tablas delivered her message. Close to every member of the PAQ's heart is

to relieve the 'forever' PAQ President Estela Tablas. The order of the night after an assortment of good food was the usual line dancing. Boy Galang seemed to miss his own group of line dancers. The highlight of the evening was the cutting of the anniversary cake. After more food and line dancing, PAQ ex-officio Gerry Danzil

Some of the finished products displayed were the Mayon Volcano by Ciony Nueva and Dick Ribaya, replicas of pine trees by Nenita Licayao, rocks and coconut trees by Minda Mazzone, school and church nearby illustrated by Elma Bolatao. Also notable were Jeannette Perignon's and Paul Imperial's coconut trees and white sands, Valent Lloyd Hughes' memory

Narvas and all the officers. President Minda Mazzone welcomed the guests with enthusiasm as everyone presented themselves in lovely formals. Before the cocktail and food, Warlie Basbacio did the Invocation. Then the entertainment part was delegated to Rondell Dwayne Talabocon, the Flores de Mayo Kids' Dance, the warm warbling of famous singers Bella Cacci and Astrid Torrico and the nonstop line dancing that went on forever as if there was no tomorrow. Midway through the party, FFCAQ First Gentleman Nico Mazzone and First Son Francesco arrived in their crisp formals. Did you see Jovy's eyelids carrying silver blings from Saudi Arabia? Cristy Hunter was photographing the crowd while my favorite persons Robin Hunter and Fred Narvas were busy attending to guests' arrivals. Those Board of Directors who made the party a success were Josefina Narvas (VP Internal), Warlie Basbacio (VP External), Cristy Hunter (Secretary), Froilette Bautista (Assistant Secretary), Haydee Trinidad (Treasurer), Josefa Nicolas (Auditor), Jan Carlo Orque (Communications), Alfonso Abdon (Education and Leadership), Lorenza Tolentino (Seniors), Valent Lloyd Hughes (Human Rights), Amelia San Juan (Social Services), Renzie Costales (Sports), Remedios Monteagudo (Trade and Commerce), Dolores Arjona (Immigration and Employment), Nenita Licayao (Philippine Studies and Library), Emelita Avergonzado (Youth), and of course, Luzviminda Ojerio Mazzone (President). We should also thank the Master of Ceremonies Renzie Costales whose announcements made everyone stopped and listened.



Minda Mazzone (3rd from the right, standing) president of FFCAQ, poses with some guests and officers during the Winter Wonderland party, Nov. 30, 2019 held at CDN Community Center (Photo: Cristy Hunter)



Souvenir of Winter Wonderland - Zenaida Kharroubi posing with Fely Rosales Carino, and behind are two young men who popped in suddenly.

the song Malinac Lay Labi which was sung after the President's message. Dressed in a deep embroidered blue cocktail, Estella emphasized the need for somebody to come forward to relieve her of the presidency which she has held for several years. She said she needs a break to enjoy her retirement with family and close friend David Beasy. Seen raising both hands was Bong Racuya. Hope he steps up

delivered his closing remarks. Among the prominent guests were Sir Joe Damasco (Regional Commander), Knights of Rizal (KOR), and Sir Mario Alpuerto (Deputy Regional Commander, KOR), Sir Rey Balansi (KOR), and Sir James de la Paz (KOR)!

The Filipino Heritage Association of Montreal has embarked on an important educational, cultural, and social undertaking in cooperation with the Concordia University Acts of Listening Lab (ALLAB). Last November 26, 2019, members of the Filipino Heritage of Montreal (FHM) led by Chairman Al Abdon attended a workshop where each one was given an opportunity to look back in time and express those early impressions in our lives that we can vividly recall. These recollections were later shared with the group and recorded. Ultimately, these will be released in the form of photographs, audio and/or video recording. All the participants tried to sit down, closed our eyes, and visualized our favorite memories of yesteryears. These were illustrated in drawings, and later on with building clays, sticks, and paper-mâché to mold a portion of our memories. This was the fun part as each tried to demonstrate a morsel of one's past.

of churches, and other fond memories of the other participants. The valuable insights and inspiration of the workshop were due to the invaluable help of Dr. Cynthia Hammond of Concordia University Center for Oral History and Digital Storytelling (COHDS); Amanda Gutierrez, visiting scholar at ALLAB; Caroline Valencia, Assistant Professor of Bates College, Maine, USA; Adela Goldbard, Assistant Professor Rhode Island School of Design; Marie Jou Costales, Sound Technician; Shenna Ramos of COHDS Concordia University and Amanda Leger. Join the fun. Attend these workshops sometime, someday!

Have you seen the 6767 Community Center along Cote des Neiges, Montreal all dressed up? I mean - where the tables and chairs were covered with pristine white linens? Yes, as one entered the place last November 30, 2019, you wondered if there was a party called "Winter Wonderland". Yes there was. It was the Federation of Filipino Canadian Associations of Québec's (FFCAQ) Christmas Party. Greeting guests in their lovely gowns where FFCAQ President Minda Mazzone, Cristy Hunter, Warlie Basbacio, Jovy

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Last December 7, 2019 there was a "Kapehan" hosted by FHM Chairman Al Abdon. It was held at the FAMAS building. The purpose was to invite leaders and members of the community for the purpose of exchanging ideas for the purpose of enhancing unity, helping each other where help is needed, and enjoying each others' presence. Attendees were Remy Monteagudo, Fely Bisares, Nenita Licayayo, Rebecca Aguilar, Nancy Karidis, Liza Escutiel, and Lilia Esguerra.

The Seniors of West Island and Suburbs (SWIS) held its dinner-dance party at the Olympia Hall on St. John Boulevard last December 15, 2019. With many associations celebrating Christmas parties at the same time, we were concerned about the attendance. Lo and behold, there was almost no space for tables and every time DJ Dennis Mayuga played his line dancing music, almost everybody was on the dance floor. Overall chairperson Connie Fabro and event chairpersons Jeannette Perignon and Lolita Odulio, usherettes Lucy Salazar, Evangeline Salvador, Nora Arcalas, Mameng Transfiguracion, Tess Igroby, Nita Advincula, Rose Rillo, Tina Oana, Nerie Ajero, and Fina Palma worked the floor to receive visitors while Nene Isada, Edith Valenzuela and Cely Dagsaan managed the ticket table. SWIS decorator Elvie Maximo did her magic again with the table decorations. It was very nice to welcome back Mary Bangalan who gave the Invocation. Edith Valenzuela and Emy Bayan took care of door prizes. Expert food and traffic coordinators ex-Chairman Roger Ajero and Ike Bas did their job well again. Lydia Fielding and Lolita Odulio introduced our special guests retiring MP Frank Baylis and DDO Mayor Alex Bottausci. Among the members Andrew Odulio, Cesar Bayan, Flor Rillo, Roger Sandoval, Pete Ison, Benny Bote, Nilo Valenzuela, and Felix Salazar were all on "alert duty".

The highlight of the evening's program was the creative ingenuity of SWIS 'entertainment guru' Lita Bote who choreographed an all-time favorite, New York, New York. The dancers were seniors but you could still see their grace and their 'wow' legs in full display. Their black hats, black pants, and red bow ties added to their oomph. The terrific dancers were Lolita Odulio, Dory Isada, Nerie Ajero, Connie Fabro, Nita Advincula, Jeannette Perignon, Tessie Igdaya, and Emy Bayan. Seen vigorously dancing were Lolita Williams' guests Yvonne Sam, Claudia McIntyre, Linda Philip, Joe & Melba Kamber, Werner & Mary Brauer, and Romana D'Sousa. Among the crowd were guests such as Pepe & Norma Carbon, Elaine of YMCA and her Elvis look-alike boyfriend, Pros & Gloria Martinez, Mar & Puring Bamba, Eppie Marcos, Andy & Tita, Hernan & Ely Cabotaje, Mona Domingo, Daphne Odulio and others.

Happily watching the line dancers were Dr. & Mrs. Jean Villoria. Not to be overlooked was the presence of FAMAS President & Mrs. Cesar Manuel, former AFSM President William & Mrs. Fabia, Chess President & Mrs. Manny Lagasca, KARNAK officers Pete & Perla Ison, FHM Chairman Al Abdon, FNAQ President Cora Abdon, and Seniors in Motion President Caring Tabunar. And do you know that one couple who danced almost nonstop during the night? It was Frank Baylis and lovely wife Valerie! In the meantime, Mayor Alex Bottausci went from table to table to accommodate picture-taking requests. For us SWIS members and our friends, it was a very successful event. Many felt that this was so far the best local SWIS Broadway presentation!

Buklod Graduation, Fall 2019. There was a cocktail welcome while taxis arrived to bring in families. The graduation ceremony started with a meal blessed by Deo Quiblat and Joel Vicente. Dinner served was a combination of various ethnic dishes topped by a whole roasted pig (lechon)! After dinner, a slew of entertainment numbers began with songs from Spencer and Cassandra Poquiz. This was followed by two songs from Nylles Vanheil Am, who was accompanied on the guitar by his dad. MP Anthony Housefather arrived to give his inspirational speech. The program closed with singing and action song by the Buklod children. (Congratulations, kids!) Dessert was served while certificates were distributed. Among the advisory committee members are past FAMAS president Cora Aberin and Federation of Filipino Canadian Associations of Quebec (FFCAQ) President Minda Mazzone.

What is Buklod? It means unity, alliance, oneness, and togetherness all rolled into one. It has a government grant for the purpose of creating awareness of the culture shock of newcomers from different ethnic groups. This is in partnership with the Cote des Neiges Black Community Association. To date, 11 families are involved. Tiffany Callender from the Black Community is the executive director while Lourdes Fabia is the overall chairman. Lisa, Marilou Esguera, Robert, Patience and Trisha are trainers. This project, facilitated through the help of MP Anthony Housefather of the Mount Royal riding, is a 14-week course (once a week every Thursday, 6-8pm). The course covers family issues such as how to cope with difficult circumstances newcomers face. There are different classes- one for children, one for teenagers, and one for parents. The workshop is held at the Nelson Mandela Pavilion at Vézina. You can consult them for further information. But what you need to know is the free taxi service, free babysitting, AND free take-home grocery! There's nothing to lose and everything to gain. The next start of the second session will be on February 20, 2020. The committee is now looking for another set of 11 families to participate. This committee is also planning to include a teen program from 13-16 years old. So join the workshops!

Merry Christmas and a Happy New Year to all! See you in 2020! God Bless!

Greta Thunberg's parents went green to 'save' their daughter



In this file photo, Swedish 15-year old climate activist, Greta Thunberg and her father Svante attend a press conference during the Climate Change Conference COP24 in Katowice, Poland, Tuesday, Dec. 4, 2018. (AP Photo/Czarek Sokolowski)

By NATASHA LIVINGSTONE
ASSOCIATED PRESS

LONDON -- The parents of teenage climate activist Greta Thunberg made changes in their lives to "save" their daughter, not the world.

The teenager's father, Svante Thunberg, told the BBC on Monday that his 16-year-old daughter experienced depression for three or four years before

that, how much energy she got from it," Thunberg said.

The father added that initially he did not support his daughter's activism.

"We thought it was a bad idea, just the idea of your own daughter sort of putting herself at the very front line of such a huge question like climate change," he said. "You wouldn't want that as a parent."



Climate change activist Greta Thunberg arrives with her father aboard the yacht La Vagabonde at Santo Amaro port in Lisbon, Portugal December 3, 2019. Rafael Marchante / Reuters

going on school environment strikes.

He described how the young climate activist "fell ill" and stopped eating and talking to others.

To help her recover, he and his wife – Swedish opera singer Malena Ernman – made significant changes in their lives to become more environmentally friendly.

Svante Thunberg went vegan and Ernman stopped flying, which "changed her whole career," he said.

"To be honest, she didn't do it to save the climate. She did it to save her child because she saw how much it meant to her, and then, when she did that, she saw how much she grew from

His comments came during a special edition of the BBC Radio 4 Today program guest-edited by the young climate campaigner.

The BBC was heavily criticized for flying their presenter to Sweden to interview the teenager and her father, saying they "did not have time for other means of transport."

The program also included interviews with outgoing Bank of England chief Mark Carney, who said the financial sector is responding too slowly to the climate crisis, and environment filmmaker David Attenborough.

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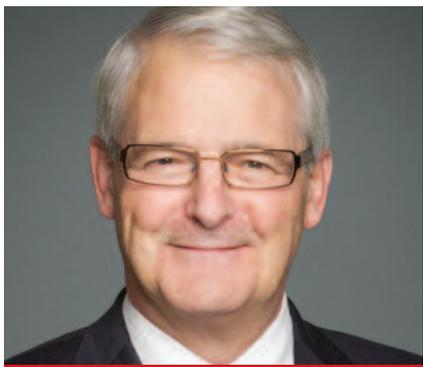
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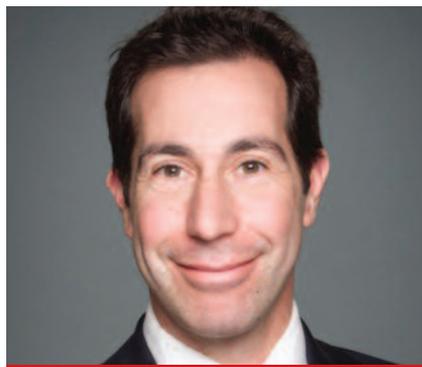
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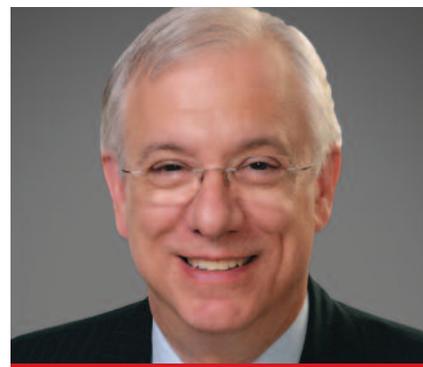
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