

**CDN-NDG Borough Council approves
June as Filipino Heritage month**



Photo op with the CDN-NDG Borough Council headed by the Mayoress Sue Montgomery - A big crowd of Filipino-Canadians residing in the borough attended the meeting held on Monday, February 12, 2018 at 6767 Cote des Neiges to support the motion to declare June as Filipino Heritage month proposed by Councilor Marvin Rotrand, seconded by Councilor Lionel Perez. See report on Page 4

Florida shooting survivors meet US President Trump



President Donald J. Trump hosts a listening session with high school students and teachers (Photo Credit: Official White House Photo by Shealah Craighead)

Survivors of a school shooting in Florida, USA, have told President Donald Trump that they want tighter gun controls.
(February 22 ,2018 BBC Newsround)

They called on him to make sure that an attack, like that which left 17 people dead on 14 February, does not happen again.

Mr Trump listened to stories from about 40 students, teachers and families from Marjory Stoneman Douglas High School during Wednesday's event at the White House in Washington DC.

One of the ideas President Trump put forward was to give guns to teachers.

A staff member with a gun could prevent future shootings and end an attack "very quickly", he said. We want gun reform. We want common

See Page 4
Florida survirovs

Editorial

Will there be any change of attitude to gun violence?

The recent mass massacre of students and teachers at a Florida high school, Marjorie Stoneman Douglas High School on Valentine's Day, is on everyone's mind. Condolences from around the world have been pouring in. We are all mourning the loss of innocent lives by a gun that should have not been in the hands of a mentally ill young man. Such a tragedy should have been stopped long time ago if only proper gun control laws were enacted. But the resistance to any changes to the right to bear arms is so deeply entrenched in the hearts and minds of NRA members that politicians, in particular, the Republicans, had never dared to vote and approve policies that affect owning a gun.

The leader of the National Rifle Association on Thursday pushed back hard against the latest efforts to enact new gun control measures in the wake of the most recent school shooting rampage in Florida, accusing liberals of exploiting the massacre "for political gain."

"As usual, the opportunists wasted not one second to exploit tragedy for political gain," Wayne LaPierre, the NRA's executive vice president, said in a fiery speech to conservative activists at the Conservative Political Action Conference.

LaPierre railed against "the elites" renewing calls for restricting gun ownership in the United States since the Parkland, Fla. shooting.

"Their goal is to eliminate the Second Amendment and our firearms freedoms so they can eradicate all individual freedoms," he said.

Similar to La Pierre's speech, is another writer who says: "Rather than politicizing the deaths of 17 people, Democrats and others should instead be pushing for better school security, and for our law enforcement agencies to respond more aggressively to clear threats. Those who are severely mentally ill or psychotic or potentially violent need help. And those that kill for political or

religious reasons often show clear signs of being violent. No amount of gun control can stop that. As a columnist notes, "the stunning commonality in all these mass shootings ... is that the men who perpetrate them are sick — Las Vegas, Pulse nightclub, Newtown, Columbine, Charleston, Virginia Tech, Tucson, Aurora — on and on, these killers were mentally ill and in almost every case, someone knew it."

However, the Florida massacre of 17 people seems to have touched a different nerve - young people are reacting in a different way and saying "enough is enough." They vow "never again" should this happen. They have attracted attention and some celebrities are contributing money to their cause so that they can continue to get organized and keep up the pressure to get more action from all sides of the political spectrum, President Trump has directed Attorney General Jeff Sessions to craft new regulations to ban firearm modifiers including the "bump stock" used in the Las Vegas massacre. Trump also said he supports efforts to improve the federal background system.

Some big businesses have reacted to the Florida tragedy by withdrawing transactions with NRA members, cancelling their discounts and other benefits.

In spite of all the promising signs of change, there is still a long way to go. Predictably, there will be outrage as we find out how easily the suspect got his hands on a rifle; local, state and federal lawmakers will either blame, or not blame, our gun culture; others will say guns had nothing to do with it, it's a mental health issue. If — big if — legislation results, it will die, thanks to the sway, and deep pockets, of the National Rifle Association. Mass shootings in New Hope, San Diego, Orlando and Las Vegas has netted zero gun laws.

In other words, we cannot hold our breath for it is a big question - Will attitudes change to make changes to gun control laws?

Letter to the Editor

Dear Editor,

The Filipino Golden Agers (FILGA) wish to thank the Cote des Neiges - Notre Dame de Grace Council and particularly Councillor Marvin Rotrand for the motion presented and unanimously adopted on February 12 to declare June as Filipino Heritage Month.

Canada is experiencing rapid growth in immigration from the Philippines. There are now nearly 35,000 persons of Filipino origin in the greater Montreal area with half living in Cote des Neiges - Notre Dame de Grace.

Further, as the motion recognizes, the Borough hosts our major institutions and businesses. The recognition of our community's contribution to the growth of the Borough is truly welcome.

While FILGA has partnered with the Borough, most of our community's organizations that provide cultural and recreational services have little or no contact.

This must change. Cote des Neiges - Notre Dame de Grace is multicultural yet the Borough's funding policies mainly support organizations that serve the majority community with almost no formal contact with our and other ethnic communities.

We urge the Borough Council to rectify this. The ethnic communities are ready to enhance the dialogue with the Borough.

Lilia Esguerra
President, FILGA

You are cordially invited to join the annual sugaring off party "cabane à sucre" organized by Gilmore College on Saturday, March 24m 2018 - 9:30 a.m. La Goudrelle, Mont St. Gregoire Meeting place: Plamondon Metro Van Horne Shopping Center Donation: \$35 (adults) Covers bus and all you can eat brunch Telephone: 514-485-7861/514-506-8753

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- Friday - Character Development
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Six radical ways to tackle US school shootings

By Owen Amos
BBC News, Washington DC
20 February 2018

1. Don't name the shooter
In January 2014, Dr Sherry Towers went to a meeting at Purdue University, Indiana. On the same day, elsewhere on campus, Cody Cousins shot dead Andrew Boldt, a fellow student.

After the killing, the meeting was cancelled. But Dr Towers - a statistician from Arizona State University - started thinking about shootings, and the relationship between them.

"It was the third school shooting I heard about in a 10-day period," she says. "And that seemed - even for the US - an unusually large number."

Dr Towers and her team got to work, and found that school shootings and mass killings had an average "contagious period" of 13 days.

That is - when one school shooting or mass killing happens, another becomes more likely. Dr Towers does not want the media to ignore mass killings. "People have a right to know," she says.

And, as a scientist, she cannot prove that withholding the killer's name will reduce contagion. "It would be impossible [to prove] - there has never been a case where the killer wasn't named."

But she thinks that focusing on victims - rather than "lurid" details of

the killer - could make shootings less likely.

"When I talk publicly, or to the media, I don't name the perpetrator unless there is a specific reason why," she says.

Should we name school killers?

Dr Towers' research has been used by Alerrt, a team at Texas State University that studies "active shooter response". They have a campaign called Don't Name Them.

"A lot of shooters - not all of them - are driven by this desire for notoriety," says Dr Pete Blair from Alerrt. "If we know that's one of the motivations, why are you giving them the reward?"

Dr Blair doesn't want a ban on naming shooters. But he thinks the media should focus on "heroes, the community, and - where appropriate - the victims".

Some US journalists - such as CNN's Anderson Cooper - and websites now choose not to name mass killers.

2. Let teachers carry guns
The shooting at Sandy Hook Elementary School, in December 2012, was reported to police at 9.35am. Officers arrived less than four minutes later; within a minute, they heard the gunman shoot himself. He had already killed 20 children and six adults inside the school.

"If schools' only solution is to

rely on outside help, it will never get any better than we saw at Sandy Hook," says Joe Eaton.

Eaton is from the Buckeye Firearms Association, a gun-owners' group in Ohio. After Sandy Hook, they set up Faster - a programme that trains teachers to respond to mass shootings.

The programme includes first aid, moving through crowds, and firearms training - that is, how to kill a school gunman.

So far, Faster has trained 1,300 school staff, mostly on three-day courses. "Teachers, administrators, superintendents, bus drivers, even the lunch lady," says Eaton.

Teachers take part in the Faster active shooter training in Colorado in 2017.

In the US, 10 states ban guns in schools, outright. Another eight allow them only in locked cars. But in the other 32 states, it is possible for teachers to carry guns, if the school allows it.

Faster has trained staff from 225 districts in 12 states. Another 200 to 400 will be trained this year.

"Inside of every school, there are certain teachers who will willingly run towards the sound of gunfire," says Eaton.

"The schools identify these people, and tell them: 'Whatever tool and training you're comfortable with, we're going to give it to you'."

Eaton accepts that it's sad for teachers to need guns.

"When they started their teaching career, they never would have imagined carrying firearms to protect kids - or having their schools ask them to," he says.

"But I bet if you ask every airline pilot, they would have answered the same way until 9/11 happened [some pilots in the US carry guns]."

"Sandy Hook was the teachers' 9/11."

Is it time for US teachers to carry guns?

3. Two doors in every classroom

As a gunman opened fire in a Florida high school, students inside reached for their phones.

When the gunman attacked Stoneman Douglas High School last week, David Hogg took shelter in a cooking classroom.

While hiding in the dark, the 17-year-old noticed the L-shaped room had two doors. "If he [the gunman] came in one," he thought, "we could go out the other."

His thinking - and his logic - is supported by experts.

"Attacks with high casualty counts [tend to have] people trapped in a small area, unable to protect themselves," says Dr Pete Blair from Alerrt.

"Simple things, like designing classrooms with another exit, could help. It might not necessarily stop the

See Page 6 Six Radical Ways

Anthony's Assembly is coming to the Town of Mount Royal

Please join me for my quarterly Town Hall Meeting.

It will be held on **Tuesday, March 13th at 7:00pm**

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CDN-NDG Borough Council unanimously approves June as Filipino Heritage Month

Montreal, February 12, 2018

A large number of Filipino residents in Montreal responded to the invitation of Councillor Marvin Rotrand to support his motion to declare June as Filipino Heritage Month on Monday, February 12, 2018 during the regular meeting of the Council held at 6767 Cote des Neiges. His proposal under Motion 65.01 seconded by Councillor Lionel Perez was part of the agenda of the CDN-NDG Borough Council meeting presided by Mayor Sue Montgomery. All five councillors of the Borough were present, namely, Marvin Rotrand, Councillor of Snowdon, Christian Arsenault, Councillor of Loyola, Magda Popeanu, Councillor of Cote des Neiges, Peter McQueen, Councillor of Notre Dame de Grace, and Lionel Perez, Councillor of Darlington.

After Councillor Rotrand's remarks on his motion, the Mayor asked the councillors to vote and they



unanimously approved it. The audience loudly applauded the Council's decision.

Councillor Rotrand proposed the motion to declare June Filipino Heritage Month in Cote des Neiges

following the lead of Toronto City Council. This information was published in the North American Filipino Star in its December 2017 issue. He cited some of the reasons for his proposal. He said that the

month of June is significant in our Borough with Philippines Independence Day and the Commemoration of the birth anniversary of Dr. Jose Rizal drawing large crowds to the annual celebrations. He noted that as the Filipino community grows in Canada, politicians at various levels of Government have felt it important to highlight the contributions of this growing community to our country. A few months ago the Ontario legislature adopted a motion by M.P.P. Mike Colle noting the positive impact on that province of Filipino immigration and declaring June Filipino Heritage Month.

Councillor Rotrand's motion recognizes the positive contributions of the Filipino community to the wellbeing of our Borough as well as alerting the general population to this contribution from one of the major ethnic groups in our territory.

From Page 4 - Florida survivors

sense gun laws," said student Delaney Tarr in Tallahassee, Florida.

It was the first organised protest of an anti-gun movement led by young people since the attack in Parkland, Florida last week.

In other parts of the US, students in Chicago, Illinois; Pittsburgh, Pennsylvania; and Phoenix, Arizona walked out of classes in support.

Florida massacre survivors chant 'vote them out' as students nationwide walk out in solidarity

"This is for every single kid who fears for their life," said Alfonso Calderon, a Stoneman Douglas student. "This is something serious. It is about human lives."

In a day filled with emotion and tears, groups of survivors of the Florida shooting and parents of victims stood feet away from President Donald Trump, Florida's governor and lawmakers. They pleaded for changes in gun law as the nation grapples with how to prevent mass shootings in schools.

Stoneman Douglas students said they left the state Capitol feeling hopeful, encouraged, and disappointed.

"You need to change something before your daughters are the victims," sophomore Bailey Feuerman said to Gov. Rick Scott.

Florida Gov. Rick Scott announcing 'major changes' in wake of deadly school shooting

Action plan to include school safety improvements measures to keep guns from mentally ill

CBC News Posted: Feb 23, 2018 9:51 AM ET Last Updated: Feb 23, 2018

Florida Gov. Rick Scott is



Rick Scott drew sharp criticism for not showing up at the town hall held Wednesday night, hosted by CNN. (Reuters)

unveiling what he calls "major changes" to help keep students safe in the wake of last week's deadly high school shooting — just days after he chose not to appear at a televised town hall where survivors faced off against politicians over the country's gun laws.

The action plan, announced in a news release Friday, is expected to include school safety improvements as well as measures to keep individuals with mental illness from accessing guns.

Friday's release said the changes come out of emergency meetings organized by the governor with law enforcement, school administrators, mental-health experts and with students from Marjory Stoneman Douglas High School.

Scott drew sharp criticism for not showing up at the CNN-hosted town hall in Sunrise, Fla., on Wednesday night that was attended by U.S. Republican Sen. Marco Rubio, Democratic Sen. Bill Nelson and

Democratic Rep. Ted Deutch.

"I commended [Rubio] for being there," Nelson told a group of Democratic state senators on Thursday. "He had the guts to be there when Gov. Scott did not."

Nelson has questioned Scott's commitment to make meaningful change after the shooting, which left 17 students and school staff dead. Scott is likely to challenge Nelson as he seeks a fourth term in the Senate this November.

'He certainly did a poor job'

The announcement comes as high school teachers at Marjory Stoneman Douglas High School return to the Parkdale, Fla., site where a

That failure plus reports of a delay related to security camera footage and records indicating the suspect, Nikolas Cruz, long displayed behavioural troubles added to what the Florida House Speaker described as an "abject breakdown at all levels."

Cruz, 19, has been charged with 17 counts of premeditated murder.

Reacting to the news Friday, President Donald Trump described the campus officer as a "coward" who "didn't react properly under pressure." While leaving the White House for the Conservative Political Action Conference, Trump said: "When it came time to get in there and do something, Florida deputy Scot Peterson 'didn't have the courage or something happened.'"

"He certainly did a poor job, there's no question about that," Trump said.

Companies re-evaluate ties with gun lobby

Meanwhile, as criticism



This photo posted on the Instagram account of Nikolas Cruz shows weapons lying on a bed. Cruz is charged with 17 counts of premeditated murder in the Marjory Stoneman Douglas High School shooting in Parkland, Fla. (Instagram/Associated Press)

former student is accused of fatally shooting 17 people with an assault-type rifle.

On Thursday, it was revealed an armed officer on campus never went inside the school to stop the gunman.

mounted against the National Rifle Association in the aftermath of the shooting, three car rental brands owned by Enterprise Holdings Inc. announced they would end discount programs with NRA members.

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The new Champlain Bridge will be open by December, consortium says

65% of project is complete, with the rest slated to be finished by the end of the year

CBC News · Posted: Feb 23, 2018
3:03 PM ET | Last Updated: February 23

The consortium hired by the federal government to build the new Champlain Bridge is confident the job will be done by the December 2018 deadline.

That's good news — because if it isn't, the consortium could face fines of up to \$400,000 for every day it's late.

For the first week after the deadline, the federal government will charge Signature on the St. Lawrence \$100,000 per day. After that, it's \$400,000.

More workers hired to ensure new Champlain Bridge will be completed on time

About 65 per cent of the project, which will connect Nuns' Island to Montreal's South Shore, is complete, according to Daniel Genest, the site manager.

He said he guarantees that

corners aren't being cut, and that neither the bridge's quality nor the safety of the workers will be compromised in order to meet the deadline.

Signature on the St. Lawrence hired 200 extra workers last year in an effort to meet the deadline.

The \$4-billion project was behind schedule at the time, due in part to the public engineers' strike last spring, which lasted several weeks.

Also, a sudden change in provincial standards, which prevented transport trucks carrying heavy loads from taking the old Champlain Bridge, further delayed the work, Genest said.

The work site at the foot of the Champlain Bridge, where 850 workers are employed and more will soon be hired. (Navneet Pall/CBC)

The company is once again hiring more workers to get the job done — right now, there are 850 working on the project, but that number will increase, meaning the budget will, too. Genest didn't say by how much, however.

"We're not working quicker, we're investing more workers on site," said Genest. "Obviously these



here are still major steps to complete before the project is finished, according to site manager Daniel Genest. (Navneet Pall/CBC)

additional measures have a cost associated with them."

If construction goes on past the deadline, there is a backup plan. The project's budget includes \$10 million meant to ensure the current Champlain Bridge can be used for six months if need be, according to Glen Carlin, the current director of the bridge.

A ways to go

There are still major steps to complete before the project can be completed.

First, pier caps must be installed, which are two-thirds complete and should all be installed by spring, Genest said. Montreal light-rail system to cost \$300M more, come 1 year later than planned

Pier caps are w-shaped lateral steel girders that the three traffic

corridors will rest upon.

First, pier caps must be installed, which are two-thirds complete and should all be installed by spring, site manager Daniel Genest said. (Navneet Pall/CBC)

On top of that, there will be a corridor dedicated to public transit — buses and the Réseau express métropolitain (REM) commuter train line — in the middle of the bridge.

Half of it will be built by Signature on the St. Lawrence, and the other half by provincial infrastructure subsidiary CDPQ Infra.

But it won't be finished in time for opening day. So in the meantime, there will be a fourth lane in either direction for buses. Once the public transit corridor opens, the bridge will return to three lanes.

The new bridge's expected lifespan is 125 years.

Motion Supports Health Canada's Efforts to Significantly Decrease Smoking Rate

Supported by the Quebec Coalition for Tobacco, the Heart and Stroke Foundation and the Canadian Cancer Society, Councillors Marvin Rotrand and Luis Miranda have tabled a motion for the February 19 City Council meeting urging Montreal to come on board in favour of a robust Federal strategy for the Control of Tobacco aimed at reducing the smoking rate to less than 5% by 2035.

A similar motion has been adopted by Toronto's Board of Health. Building on Montreal Council's past work on tobacco, the motion endorses Health Canada's proposals for the adoption of a plain packaging law governing tobacco products, urges the adoption of strategies to address high smoking rates among vulnerable clienteles particularly youth, closer collaboration with the provinces and the funding of non-governmental organizations working to promote healthier lifestyles and better public health.

"Some 45,000 Canadians die every year of tobacco related diseases. Health Canada tells us that 115,000 persons began smoking on a daily basis just in 2015 and that the cost of tobacco related diseases on the health network and the economy is \$16 billion a year. The new policy that has to be put in place before the end of March needs to have stronger measures than we have seen in past policy if the ambitious goal of reducing the still far too high national smoking rate is to be accomplished," said Flory Doucas of the Quebec Coalition for the Control of Tobacco. Councillor Rotrand noted that Health Canada in its recent public consultation did propose measures that have proven effective elsewhere in reducing smoking.

"Health Canada has again proposed plain packaging which is already the law in Australia, the United

Kingdom, France, Ireland, Malaysia and other countries. Hopefully Bill S-5 will be adopted soon to turn that into a reality. Particularly interesting is that Health Canada is urging higher excise taxes so that 80% of the price of a package of cigarettes would be taxes. Given that Quebec has by far the cheapest tobacco in Canada and one of the highest smoking rates, this proposal merits rapid follow up by the Federal and provincial governments," indicated Councillor Rotrand.

https://nsra-adnf.ca/wp-content/uploads/2017/04/170427_map_and_table.pdf

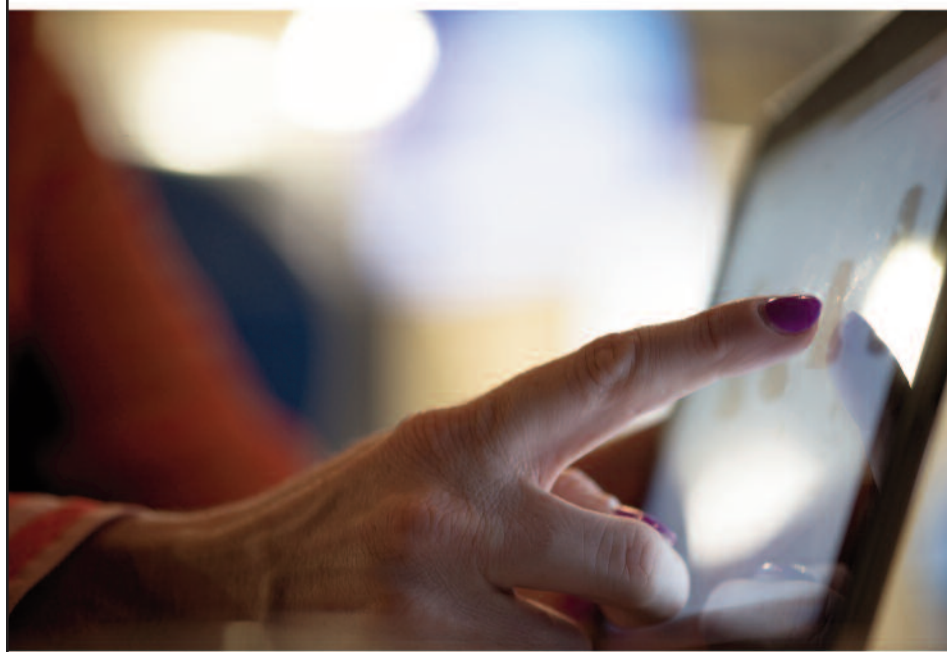
Kevin Bilodeau of the Heart and Stroke Foundation noted that there is a growing movement across North America to raise the age at which tobacco can be purchased and used.

"Five states recently raised the smoking age to 21. The experience in Hawaii and California, the first to adopt this measure, proves that fewer young people ever start smoking. Nearly all smokers start as kids or young adults, and these age groups are heavily targeted by the tobacco industry. Increasing the tobacco age to 21 helps to prevent young people from ever starting to smoke and to reduce the deaths, disease and health care costs caused by tobacco use. Health Canada's recommendation that the provinces raise the smoking age is a winning strategy," said Mr. Bilodeau. Montreal Council had previously adopted motions asking that playgrounds be protected as smoke free areas and that electronic cigarettes be regulated so they cannot be used where smoking is not allowed. Both Montreal motions were acted upon by the Government of Quebec.

Source: Marvin Rotrand

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Tagalog Seksyon

Opinyon/Komentaryo ni Willie Quiambao

BAKIT MARAMING NAHUMALING SA PANONOOD NG TELESERYE?

Noon, kapag may naririnig akong nag-uusap tungkol sa teleseryeng pinanonood nila, natatawa ako. "Bakya crowd," sabi ko sa aking sarili. Ngunit hindi ko inaasahan na kakainin ko ang aking mga salita. Ang teleserye (telenovela sa mga Latino o soap opera sa mga Amerkano) ay tumatalakay sa buhay na pangkabuhayan, pag-ibig, pampulitika ng mga taong kabilang sa ano mang antas ng buhay. Karaniwan ay mga babae ang nanonood ng teleserye pero ngayon ay marami na ring mga lalake ang sumusubaybay sa teleserye saang panig man ng mundo. Kabilang sa mga ito ay ang mga seaman na nangungulila sa kanilang pamilya. Sa Amerika, nabasa ko noon na nanonood din ng soap opera sina Frank Sinatra, Dean Martin at Sammy Davis.

Nahumaling ako sa teleserye nang minsan ay naghanap ako ng pelikulang Tagalog sa isang video store. Tumawag ng pansin ko ang cover ng isang teleserye, *Kahit Isang*

Saglit. Pinangungunahan ito ni Jericho Rosales at Carmen Soo, artistang mula sa Malaysia. Sampung series yata ito. Gusto ko ang kwento - dalawang taong dahil sa paghahanap sa pumatay sa kanilang mga magulang ay pinagtagpo ng tadhana at nag-kaibigan. Maraming dialogue at eksena na tatatak sa puso ng mga nanonood. Kinunan ito sa Manila, Baguio, Singapore at Malaysia. Ang theme song, *Kahit Isang Saglit*, na inawit ni Martin Nievera ay madamdamin. Pagkatapos ng *Kahit Isang Saglit* ay may mga magaganda pa akong napanood na teleserye pero inaamin kong mayroon ding parang niloloko na lamang ang mga nanonood. Isa sa mga ito ay ang katatapos na Wildflower ni Maja Salvador. Seryoso noong una pero hindi naglaon ay naging katatawanan nang magdagdag ng mga karakter tulad ni Lady Dragon at Jaguar upang humaba lamang ang kwento. At minsan, ang plot ng teleserye ay halos pare-pareho - bumagsak ang eroplano, nagkaroon ng amnesia si lalake na may asawa na pala pero umibig sa iba. Minsan din, kambal na

nagkahiwalay mula pagkabata at nagtagpo ang landas nang umibig sa isang lalake.

Pero bakit sa kabila ng karnihan ng teleserye ay patuloy na nanonood ang marami? Pampalipas ng oras. Nagsisilbing bonding din ng pamilya kapag magkasama silang nanonood. Nagbibigay rin ito ng impormasyon. Sa *The Greatest Love of All*, naramdaman ng mga nanonood ang pinagdadaang pagsubok ng isang pamilya nang magkaroon ng Alzheimer ang kanilang ina At napag-alaman sa isang pananaliksik na nagbibigay din ng impormasyon ang teleseryeng *Walang Hanggan* na inilalarawan ang ating magandang kultura.

Marami ang nagsasabi na ang dula sa buhay ay sa teleserye lamang napapanood. Iba naman ang paniniwala ko. Ang teleserye ay hango sa ating pang-araw araw na buhay - may aksyon, komedya at punung-puno ng drama. Iyan ang buhay-Pilipino.

GINAGAWA NG KASALU-KUYANG FAMAS TREASURER AT AUDITOR ANG SINUMPAAN NILANG TUNGKULIN

Nakapaskil sa FAMAS bulletin board ang \$799.93 na kinita ng Christmas Children Party noong Disyembre. Malinaw - may breakdown ng expenses at income. Mayroon ding nakapaskil na partial Treasurer's Report ni Elsa Penular na nilakdaan ng Auditor na si Edwin Rosette. Magandang halimbawa ang ginawa ng dalawa. Pero higit na gaganda ang kanilang ginawa kung nalathala ang mga ito sa ating community paper. Wala kasing masyadong nagpupunta

sa center o lahat ay nag-aari ng komputer at marunong gumamit nito. Pero tulad ng sabi ko, kahit paano, ginagawa ni Elsa at Edwin ang kanilang trabaho.

ANG VALENTINE'S DAY AY PARA SA LAHAT

Noong Feb. 14 ay ipinagdiwang ang Valentine's Day. Naging tradisyon na sa araw na ito ay ipinakikita ng mga mag-asawa o magkasintahan ang pagmamahal nila sa isa't isa, tulad ng pagbibigay ng bulaklak, tsokolate at pamamasyal. Ito ang dahilan kaya marami naman sa mga nag-iisa sa buhay ay nakadarama ng matinding kalungkutan. Pangungulila. Akala nila ay walang nagmamahal sa kanila at may kulang sa kanilang buhay. Sa Magandang Buhay, programang Pilipino sa Pilipinas, tinanong ng host ang panauhing artista na si Teresa Loysaga kung ano ang balak niya sa Valentine's Day. Hiwalay sa asawa si Teresa pero may dalawang anak na binata. Ang sagot niya ay magdiriwang siya kasama ng mga anak. Sa pagkakataong iyon ay ipinabasa naman sa kaniya ng host ang mga sulat na ipinadala ng mga anak sa kaniya kung saan pinupuri siya ng mga ito sa pagpapalaki at pagmamahal na ibinigay sa kanila. Napaiyak si Teresa. Ito ay pagpapatunay na ang Valentine's Day ay hindi lamang para sa mag-asawa at magkasintahan. Ang pagpapakita o pagpapadama ng pagmamahal sa Feb. 14 ay para sa lahat. Hindi lamang sa mag-asawa at magkasintahan.

From Page 3 Six Radical Ways

attack from happening - although it could - but it might mitigate the damage done."

He also suggests having locks on every door. "I'm not big on trying to legislate things, but it's certainly something that would make sense," he says.

A guide to the weapons available in the US and the rate at which they fire

4. Remove guns from people 'in crisis'

In May 2014, Elliot Rodger - a London-born 22-year-old - killed six people in Isla Vista, California. The local sheriff called him "severely mentally disturbed".

Four months later, Californian lawmakers approved Gun Violence Restraining Orders. They allow family members, housemates, or police, to ask a judge to remove guns from people "in crisis".

In California, there are three types of order - two of them last 21 days, while another lasts a year. In the first year, 86 orders were issued.

Federal law already stops people with mental health histories buying guns - but the bar is lower.

To buy a gun from a licensed dealer in the US, the purchaser must pass a background check. If they have been judged "mentally defective", or

committed to a mental institution, they fail.

Between November 1998 and January 2018, there were 33,569 denials for mental reasons - 2% of the total number of denials.

The Coalition to Stop Gun Violence wants California's scheme to be introduced nationwide. So far, similar schemes have been approved in two more states - Oregon and Washington.

5. Airport-style security in schools

Two days after the shooting in Florida, a lawyer in Corbin, Kentucky, posted a video on Facebook. Shane Romines offered \$20,000 (£14,000) to buy five metal detectors - one for each school in the area. He also offered another \$5,000 for tasers, firearms, and training, and called on other community leaders to contribute. Within three days, \$75,000 had been pledged.

Some US schools, mostly in big cities, already have metal detectors. In 2014, around 8.7% of high schools used "random metal detector checks".

But school security expert Ken Trump doubts whether metal detectors will stop school shootings. "It may meet an emotional need," he says. "It's not going to meet a practical need."

He points out that schools are often open all day, every day.

"So you'd have to run a metal detector operation 24/7," says Trump. "Or someone could come for a basketball game in the evening, stash the weapons in a locker, then come back the next morning."



Students from Stoneman Douglas High School attend a memorial following the shooting (Reuters)

Trump has worked in school security for 30 years. "I'm a parent, I get it," he says. "But there is no magic wand. This is complex."

6. Repeal the Second Amendment

Gun-owners' rights are protected by the US Constitution. The Second Amendment, adopted in 1791, gives Americans the right to "keep and

bear arms".

The Constitution, though, can be altered.

Amendments can be proposed by Congress - when two-thirds of both houses are in favour - or

by two-thirds of the states. The amendment must then be approved by three-quarters of states.

For example, the Eighteenth Amendment prohibited alcohol. The Twenty-First Amendment repealed it.

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The 2018 Olympics were a big win for Canada

By Vicki Hall, CBC Sports, Feb. 25/18

Perhaps, for some, the men's hockey humiliation of losing to Germany — and the indignity of watching the U.S. hockey women win gold — is still too fresh.

Perhaps, others believe Canada should call a national inquiry to probe the shocking lack of medals in men's and women's curling.

But with the passage of time, the 2018 Winter Games will go down as a resounding victory for the Canadian Olympic team, regardless of the failure to convert in its so-called signature sports. The history books — or online databases — will forever show Canada as third in the medal count, behind only record-breaking Norway and Germany.

Canadian athletes collected 11 gold, eight silver and 10 bronze for a total of 29 podium performances, breaking the record of 26 set at the 2010 Winter Games. (Keep in mind: there were 16 more medal events on the docket in Pyeongchang than in Vancouver).

"This has been a phenomenal performance for Canada, obviously our best-ever by a significant margin," Own the Podium CEO Anne Merklinger told CBC Sports via phone from Pyeongchang. "It's given Canadians so many reasons to celebrate."

Indeed: this time around, Canada collectively stopped to watch athletes many had never even heard of before the opening ceremony. This time around, the headlines belonged to the likes of mogul skier Mikael Kingsbury (gold), ski cross racer Kelsey Serwa (gold), and speed skater Ted-Jan Bloemen (gold and silver).

"It is very surreal," Serwa said, "to be the best in the world at something you put your heart into."

In ice dance, Tessa Virtue and Scott Moir are not only the best in the world, they're the best of all-time. Are the darlings of these Games secretly dating? Are they not? Does anyone even truly care after such a breathtaking farewell performance? (Yes, yes, apparently they do).

Given the glaring absence of NHL players for the first time since 1994, these Winter Games were always going to be different. And maybe that's not a bad thing. Many of these young men and women have trained all their lives for one race, one game or one performance with gold on the line. Win or lose, many will never get another shot. It was their time to shine.

Here are 10 other takeaways from 16 days of magic, sprinkled with the inevitable misery that unfolded in Pyeongchang: X Games invasion

The major motivation behind adding new extreme sports to the Olympic menu is to entice millennials into watching the five-ring circus. As it turns out, the likes of snowboard big air (2018), ski and snowboard slopestyle (2014), ski halfpipe (2014) and ski cross (2010) are popular across all demographics. They're thrilling. They're Instagram-worthy. They're fun.

In snowboard slopestyle, Regina's Mark McMorris authored a comeback worthy of inclusion in Chicken Soup for the Soul. After all, he nearly died last March after crashing into a tree while backcountry

Pyeongchang will be remembered fondly, despite the misses in signature sports



snowboarding near Whistler, B.C. Less than 11 months later — despite a laundry list of injuries including a ruptured spleen, fractured jaw and left arm, collapsed lung, pelvic fracture, and rib fractures — McMorris collected the second Olympic bronze of his career.

"I probably shouldn't even be here," he conceded. "I had some low times, but these high times make it worthwhile."

In ski halfpipe, Cassie Sharpe dominated the field en route to winning gold. In ski cross, Brady Leman seized gold in the men's race — after finishing a heartbreaking fourth in 2014 — while Serwa and Britt Phelan went one-two in the women's final.

Good-bye, hello

Every Olympics features final glimpses of legends on the ultimate stage, and in Pyeongchang, we likely saw the last of Charles Hamelin and Marianne St-Gelais in short track speed skating. Neither one advanced to the final in their respective individual events, with Hamelin winning bronze in the men's 5,000-metre relay for the fifth Olympic medal of his career.

Exit Hamelin and St-Gelais. Enter Samuel Girard and Kim Boutin. At 21, Girard claimed gold in the men's 1,000 and bronze in the relay. Boutin won silver in the 1,000, and bronze in both the 500 and 1,500. No one likes to be bumped aside, but Hamelin and St-Gelais passed the proverbial torch with grace — cheering on their protégés like mad and celebrating their victories like they were their own. Because, in some ways, they were.

Figure skating

Sure, Canada failed to live up to massive expectations in curling and hockey, but the figure skaters stepped up with four medals. The roll started with gold in the team event, then bronze in pairs (Meagan Duhamel and Eric Radford), gold in ice dance (Virtue and Moir) and then bronze in women's (Kaetlyn Osmond). In September 2014, Osmond broke her fibula in two places above the ankle. She toyed with retirement and found herself terrified to skate again. On her first day back at the West Edmonton Mall Ice Palace, she held onto the boards like a pre-schooler learning to skate for the first time. And four years later, just look at her now: she is an Olympic bronze medallist.

Curling

Despite all the moaning back home over no traditional Canadian medals on the pebble, the sport

received an incredible boost at these Olympics. People from all over the world — including Mr. T — fell in love with mixed doubles as the charismatic John Morris and Kaitlyn Lawes swept up gold for Canada. And we can expect an explosion in curling participation in the U.S. after John Shuster's rink enacted its own version of the Miracle on Ice.

Puck luck

Technically, the Olympic athletes from Russia won gold in men's hockey and the American women seized their first Olympic title in 20 years. But the real winner in all this? Arguably NHL commissioner Gary Bettman as he watched the calibre of play take a hit on the men's side without his pros competing. The NHL will have incredible negotiating power heading into the 2022 Beijing Winter Games and this gives Bettman another bargaining chip in labour negotiations with his players.

Victory of a different kind

Speed skater Denny Morrison failed to win a medal in Pyeongchang, but he defied all odds merely by qualifying. In 2015, he nearly died in a horrendous motorcycle crash that broke his femur, punctured his lung, shredded his knee, bruised his kidneys and lungs and left him with a concussion. Then, a year later, he suffered a stroke at age 30. In Pyeongchang, he finished 13th in the 1,500.

"In the hospital bed on both occasions it was something that I eventually had to accept — that this has happened. And it's like the race today," Morrison told reporters in

Pyeongchang. "It's not the result I wanted. It's not the position I want to be in. But this is something I have to accept that this has happened today."

Canadian controversy

In Pyeongchang, Team Canada certainly received its fair share of negative press. It started off when curling skip Rachel Homan made international headlines by removing a burned rock after a Danish sweeper nudged it with her broom. Technically, she had every right to do just that, but the reigning world champion raised eyebrows in curling circles for the alleged breach of protocol.

"I was thinking I'm pretty sure karma will hit you at one point," Denmark's Madeleine Dupont told the CBC's Devin Heroux after roaring back to beat Canada 9-8 in 11 ends.

Then came the brouhaha and subsequent apology from Canadian Jocelyne Larocque for refusing to wear her silver medal after losing the women's hockey final to the Americans. And on the final weekend, Korean police arrested Canadian ski cross racer Dave Duncan, his wife Maja and ski cross high performance director Willy Raine in connection with the theft of a Hummer. Police claim Raine was driving with a blood alcohol level more than three times the legal limit. In true Canadian fashion, Raine and the Duncans issued public apologies through the Canadian Olympic Committee on the same morning Boutin was named flag-bearer. When 4th is like gold

Canada failed to win a medal in cross-country skiing, but we all got an extended opportunity to appreciate the best male cross-country skier to ever race for this country. Alex Harvey finished just six seconds off the podium in the epic 50-kilometre classic. Harvey, 29, is expected to retire before the 2022 Beijing Olympics to become a lawyer. He finished fourth Saturday behind two Russians.

"I do believe they're clean," said Harvey, a generational talent. "But in the back of my mind, of course, there's a bit of a doubt."

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Ask the Video Guy

Technological Tidbits
by
AI Abdon

My Photography Experience

By Ana Mhey Dapulano, a student in the Videography Workshop of AI Abdon sponsored by the Quebec Association of Canadian Filipino Teachers



Boracay Beach

For me, photography is an expression of myself. It is a feeling of self-fulfillment to capture a special

moment, events, nature or any subject that catches my attention. I have taken several photos to show my creativity side.



Spider Web

The first picture shows the beauty of the sunset in Boracay Island, Philippines. It is really an awesome experience to have a chance to capture this. The sky looks vibrantly beautiful with purple orange color. The white sand was also covered with the sky’s reflection as well as the sea which made the beaches look appealing to one’s eyes.

I travelled 7 hours by land just to see the sunset in Boracay. At that time, the weather was cloudy but I was still grateful to get this shot.

the morning around 5:30 to take this picture in the farm of my aunt in Capiz. I was amazed by the spiders’ ability to make their webs. It was perfectly knitted by a skinny spider. In fact, it was my first time to see this kind of spider living on palay leaves.

The third picture is Miag-ao church located in Mag-do, Iloilo, Philippines. It is well known for its historical heritage and architectural value. It is one of the Baroque churches in the Philippines. It was also inscribed by UNESCO as a world heritage site. The facade is meticulously engraved with two belfries on each side making the church unique and attractive.



Mia-gao Church, Magdo, Iloilo

Together with my friends, we rode in a jeepney from Iloilo City. It took us 1 ½ hours to get there and capture

tourist attractions in Igbaras. My friends and I took a 30-minute ride on a motorcycle to reach Barangay Passi



Nasadjan Falls, Igbaras, Iloilo

the awesome beauty of this Roman Catholic Church.

Last but not the least is the Nasadjan Falls in Igbaras, Iloilo, Philippines. It is one of the famous

along the river and mountains to reach our final destination. It was a tiring journey because I had to walk a bit longer but it was worth it.

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Fast and easy recipes



Ginger Spice Chicken Soup

Ingredients

1 thinly sliced garlic clove

1/4 teaspoon turmeric

1 teaspoon grated ginger

1 teaspoon extra-virgin olive oil

6 cups Basic Chicken Stock or store-bought low-sodium chicken broth

3 ounces angel-hair pasta, broken in half

1 cup shredded cooked chicken

1 tablespoon fresh lemon juice

Microgreens and thinly sliced scallions, for serving

DIRECTIONS

In a saucepan over medium-high heat, saute garlic, turmeric, and ginger in oil until fragrant, about 30 seconds. Add stock; bring to a simmer. Add pasta; cook 1 minute less than per package instructions. Add chicken; heat through, 1 minute. Remove from heat. Stir in lemon juice. Serve with microgreens and scallions.

Ingredients



2 cups (500 mL) Instant brown rice

2 tbsp (30 mL) Vegetable oil

2 Cloves garlic, minced

4 cups (1 L) Assorted stir-fry vegetables

2 tbsp (30 mL) Red Thai curry paste

1 cup (250 mL) Prepared Thai style peanut sauce

1 (400 g) Package Maple Leaf® Prime® Fully Cooked and Sliced Chicken Breast Strips – Sweet Thai Chili

Directions

COOK instant rice according to package directions. Set aside and keep warm.

HEAT oil in a large skillet or wok over medium-high. Add garlic and cook for about 1 minute or until soft and fragrant. Add vegetables and sauté for 2-3 minutes or until tender crisp. Stir in Thai curry paste and peanut sauce. Add chicken and toss to coat. Season with salt and pepper and serve over brown rice.

Deville eggs are a classic crowd-pleaser – not to mention they’re easy to whip up in no time!

Deville Egg Recipe



Serves: 20

Prep time: 20 minutes

Cook time: 15 minutes

Ingredients

10 large eggs

120 mL (1/2 cup) mayonnaise

15 mL (1 tablespoon) Dijon mustard

60 mL (1/4 cup) green onions, finely diced

1 mL (1/4 teaspoon) hot sauce

1 mL (1/4 teaspoon) ground pepper

1 mL (1/4 teaspoon) kosher salt

Instructions

Fill a medium saucepan halfway with cold water. Gently add eggs and heat on medium until water comes to a rolling boil

Once boiling, remove from heat, cover and let sit for 15 minutes

Carefully remove eggs from pan and run under cold water until cool enough to peel shell. Place on Bounty paper towel and pat dry

Once peeled, cut eggs in half, remove egg yolks and place in bowl. Place egg whites on serving dish

Add mayonnaise, mustard, green onions, hot sauce, salt and pepper to the egg yolks. Whisk everything together until smooth

Spoon yolk mixture mounds onto egg whites

Serve immediately or refrigerate up to 8 h

1 (32-ounce) container chicken stock

4 slices bacon, chopped

1 small clove garlic, minced

1 tsp. chopped fresh thyme, plus more for serving



Corn Chowder

3 medium red potatoes, peeled and chopped (1 pound)

1 c. half-and-half

kosher salt

freshly ground black pepper

DIRECTIONS

Cut corn from cobs. Working over a bowl, scrape cobs with the back of a butter knife to remove milk and pulp. Combine cobs and chicken stock in a large saucepan. Bring to a boil over medium-high heat. Reduce heat to medium and simmer, 30 minutes. Discard cobs.

Meanwhile, cook bacon in a large Dutch oven over medium heat, stirring occasionally, until crisp, 8 to 10 minutes; transfer to a paper-towel lined plate. Discard all but 1 tablespoon pan drippings. Add onion and cook, stirring occasionally, until tender, 4 to 6 minutes. Add garlic and thyme and cook 1 minute.

Stir in reserved corn, corn milk and pulp, chicken stock, and potatoes. Bring to a boil over medium-high heat. Reduce heat to low and simmer just until potatoes are tender, 14 to 16 minutes. Stir in cream and reserved bacon. Season with salt and pepper. Serve top with additional thyme.

Gnocchi Skillet with Chicken Sausage & Tomatoes

Serves 4



Gnocchi Skillet with Chicken Sausage & Tomatoes

Ingredients

1 pound frozen or shelf-stable gnocchi

Kosher salt and freshly ground black pepper

9 ounces cooked chicken sausage (about 3 links) , sliced into 1/4-inch-thick coins

1 pint cherry or grape tomatoes, sliced in half lengthwise

1 to 2 ounces fresh basil leaves, thinly sliced (1/2 to 1 cup loosely packed)

Bring a large pot of salted water to a boil over medium-high heat. Add the gnocchi and cook for 2 minutes or according to package directions. Drain and toss with a drizzle of olive oil.

Heat a 10-inch or larger cast iron skillet over medium heat with a light drizzle of olive oil. Add the sausages and cook until it begins to brown, 2 to 3 minutes. Push the sausages into a pile at the edge of the skillet and turn the heat up to high.

When the skillet is quite hot, add the tomatoes, skin down, crowding them in if necessary. Cook until they are blistered, 1 to 2 minutes. Stir in the sausage and cook until both tomatoes and sausage are slightly browned, about 2 minutes more. Stir in gnocchi and cook just until all is combined, but the tomatoes have not broken down into sauce.

Remove the skillet from the heat and stir in the basil. Taste and season with salt and pepper. Serve immediately.

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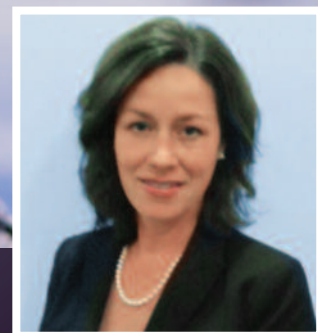
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PERSONALITY OF THE MONTH

Love for children inspires Fernando to teach them Zumbini



Photo shows Desiree (2nd from the right) with her zumbini class.

Desiree Fernando, who has been working for six years as a full-time nanny in Canada, plans to study early childhood education. However, she could not pursue her plan because of her hectic schedules. She loves children so when she found out about zumbini, she knew right away that she had to share it with them. "I love children," she said. "It's fun to be surrounded by them. I have always wanted to do something special for them. This is a great opportunity to fulfill my dream," she enthused.

Zumbini is a music and movement class for children, 0 to 3 years, to attend with their music-loving caregivers. Class is fun, energetic and full of contemporary music with world beats. It's not zumba which is a fitness program," clarified Fernando. "But it has a flavor of zumba. One of the first benefits of zumbini is the time spent with the children. Children learn to dance, sing and move through class using their bodies, rhythmic instrument, and scarves. Each session last 45 minutes, from 6 to 12 weeks. "

"Zumbine started in the US and became popular in Canada a few months ago and became popular in Canada," said Fernando. "There are about 10 Zubrini classes in Canada. I'm one of the pioneers in Quebec. I stated doing demo class Jan. 15 at a birthday party. I also did classes at Edgar Community Center in Nuns Island on Jan. 26."

Fernando pointed out that she is the one giving instructions on what to do. "If I dance or sing, the parents and then the children do it too. It's fun. At the same time, we are bonding together – the parents, the instructor and the child."

Classes are fun - energetic and full of movements. Zambini stimulates child's learning and development. Children learn to dance, sing and move their bodies.

A licensed zumbini instructor now, she will be opening classes very soon in Cote des where are many Filipinos who can enrol in zumbini class.

For more information, call Desiree at (514) 704-6474 .

7 Real-Life Business Lessons You Can Learn From Billionaires

The only variable you really control is how hard you work.

Deep Patel - Contributor

Author of A Paperboy's Fable: The 11 Principles of Success

Opinions expressed by Entrepreneur contributors are their own.

The "three-comma club" consists of those in industry, art and commerce who have achieved the exclusive honor of reaching a net worth of more than one billion dollars. From Rockefeller to Gates, members of the club include people who have truly altered the world. To achieve this level of success requires hard work, dedication and a little bit of luck. Fortunately for the rest of us, these men and women have shared some of the techniques that helped them achieve membership in the exclusive billionaires' club.

Whether your goal is to make a billion dollars or bring clean water to a billion people, the techniques of how to envision and achieve goals can be used by anyone. Here are 7 of those techniques, straight from the mouths of billionaires.



Bill Gates

1. Look failure in the eyes.

Failure is not something that you expect the most successful entrepreneurs to have experienced much of. However, all billionaires have experienced failure, sometimes catastrophically. The difference between those who thrive and those who don't is that those who thrive failed better. As Bill Gates said, "It's fine to celebrate success but it is more important to heed the lessons of failure."

Gates is a prime example of why learning from failure is key. While at his first company, Traf-O-Data, Gates, the

future richest man in the world, saw his life's work fail completely. When Traf-O-Data went out of business in the late 1970s, Gates watched his dream of success start to crumble. However, according to him and his co-founder and fellow billionaire Paul Allen, the lesson they learned from the failure of Traf-O-Data helped Microsoft succeed.

Many ambitious people, when faced with failure, want to forget it quickly and move on. However, something that is key for success is being able to face failures and understand the lessons they offer. The most successful people recognize that failures can be stepping stones rather than stumbling blocks.

2. Insist on excellence.

Excellence for the most successful among us is a habit. Take the words of advice from Mohammad Dewji, CEO of the METL Group and Africa's youngest billionaire at 42. He says, "Always strive for excellence in life and never make room for mediocrity. Set your standards high and your efforts shall be rewarded."

Long-term goals can seem daunting or abstract. However, waking up every day and being consistent with one's standards is key. A billion dollars starts with a million, which starts with a thousand, which starts with one ... and that first dollar is only earned by demanding one's best.

The most successful entrepreneurs create the right goals and achieve them daily. With time, these become the right habits. And finally, these become the right accomplishments. Insist on excellence, and maybe you could end up in the three-comma club.

3. Vision is key.

The other aspect of becoming a billionaire is setting the right goals. Coming up with those ideas that are worth pursuing means thinking outside the box and seeing value where others do not. The ideas that created billionaires have been those that pushed the boundaries. This means pursuing one's idea and having faith in a vision when others are skeptical or even hostile. For example, when billionaire Richard Branson started Virgin Airlines to compete with air-travel giants like TWA and American Airlines, he was mocked. Others scoffed at him for even attempting to challenge the existing airline companies. However, Branson saw there was a need for a cheaper airline, and one with customer service in mind. He had faith in his vision, and even though Virgin Airlines struggled in its first few years, it eventually took off for Branson. When Branson sold his 31 percent stake of Virgin America to KLM-France in 2017 for \$286 million dollars, his vision was vindicated.

Branson knew that others were skeptical of his idea, but he trusted his judgment and pursued a vision that few others had the will to follow. Billionaires constantly seek to see what others don't. The fact that others don't share the vision means only one thing: it's a great idea.

4. Health is important.

No billion-dollar effort gets off the ground without a healthy and willing personality behind it. As fitness expert and personal trainer to billionaires Samir Becic says, "I truly believe that in the 21st century, in order to excel in the world, you have to be fit and healthy."

Billionaires from the founder of Under Armour to 86-year-old George Soros all emphasize how important personal health is to them.

Your idea won't get off the ground if you feel sluggish and unfit. You won't have the energy to do all the things on your list. Stress-reduction strategies, a healthy diet and consistent exercise will do wonders for your motivation and mental capacity. Remember that even in pursuing your dreams, health is key to keeping you in tip-top shape.

5. Opportunity plus preparation equals luck.

You may be surprised that luck is embraced by these hard-working, motivated people; however, it absolutely plays a factor in becoming a member of the billionaires' club. As Mark Cuban, who sold his company Broadcast.com for \$5.7 billion in the 1990s, openly admits, "Being a billionaire requires a lot of luck, a lot of great timing."

Now, it's obviously foolish to depend on luck for success. However, the ability to quickly and correctly recognize opportunity when it is presented to you, the flexibility to change course if required and the preparation to rise to the occasion all are vital in taking advantage of what would be considered "luck."

Learning to take the appropriate chances and having faith in yourself are keys to finding the opportunities that can help you along the way.

6. Keep your priorities in order.

Health, happiness and financial security, in that order, were the three top priorities of millionaires, according to a 2015 US Trust Survey of 640 high-net-worth individuals with at least \$3 million in investable assets.

While the financial and professional goals we set for ourselves are crucial to success, it is also important to remember why we are pursuing them. A billion dollars will achieve financial security, and possibly fame, but you should remember the other things in life that money can't buy.

Warren Buffet often discusses the importance of his children growing up with "normal" childhoods that would teach them self-sufficiency and family values. Even when working hard and making sacrifices in pursuing financial success, remember to think about what you'll do what you get there, and what you'll need to have in order to truly be happy.

7. Work, work, work.

The Chairman of Nissan-Renault flies more than 150,000 miles a year. Serena and Venus Williams began hitting tennis balls at 6:00 a.m. when they were 8-years old. Marissa Mayer worked brutal 130-hour weeks while at Google. These stories of grit and work ethic define the journey to becoming a billionaire.

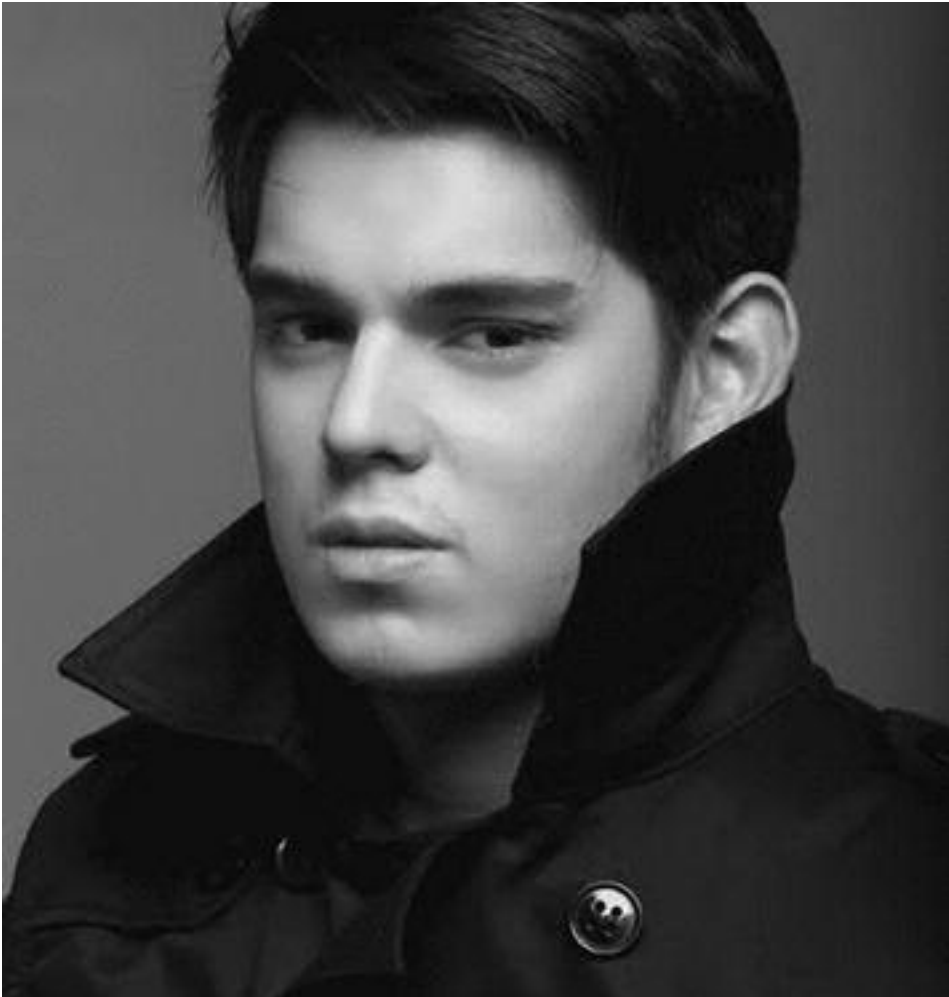
No matter the weather, day or time, for billionaires the only thing on their mind is the task at hand. It is this willingness to work that sets those in the three-comma club apart and defines those who can achieve their dreams, no matter what it is. Luckily, with the right work ethic, all the other steps become easy. As Mark Cuban says, "Companies don't fail for a lack of cash or attitude. Companies fail for a lack ... of effort."

FILIPINO STAR

SHOWBIZ GOSSIP

Why Richard almost quit showbiz

by Bot Glorioso



Richard Gutierrez

Prior to becoming part of the ABS-CBN family, Richard Gutierrez said he seriously considered getting out of showbiz for good. Thus, his decision to no longer renew his contract in another network was the best option for him to quickly step away from the limelight.

“There was a time that I was getting too tired, burned out and I wasn’t enjoying already,” revealed Richard after the thanksgiving presscon of La Luna Sangre, which is now down to its last few episodes. “So, ako mismo ‘yung tumalikod; ako mismo ‘yung umayaw.” He immediately packed his bags and flew to Switzerland to spend quality time with then girlfriend Sarah Lahbati. The two are now engaged with a four-year-old son Zion and another one on the way. Sarah is expected to deliver their second baby boy, nicknamed Kai, in March.

Asked what caused him to feel overly exhausted, the actor pointed to unexpected situations that occurred all at the same time. He said, “Like personal andaming nangyari and I guess I wasn’t prepared during that time aside from the continuous work which, I guess, resulted in my not knowing anymore about myself, my wants. I could not also tell anymore my real friends at that time. Those were the things that I’ve been through which I’m glad I’ve gone through.”

During his sojourn, Richard said, he started weighing in on things

about life that led him to come up with a better judgment. “I’ve realized I just needed some time off to realize things, to really know who I am and to really know what matters the most. And right now, I am happy being here.” Luckily, he dumped the idea of quitting what with his career having obviously gotten into another level after he joined the cast of La Luna Sangre as the vampire leader Sandrino. And he, too, is well aware of how people have become more interested in seeing him scene after scene pitting acting talents with co-stars, particularly Daniel Padilla who turned out to be his brother in the primetime series.

“Of course, I can say it’s a new chapter in my career — a good chapter, a fresh start. It’s exciting for me as an actor, exciting for the audience and so far so good because the feedback is very positive so I’ve no complaints. ABS-CBN is doing a great job at what they do and it’s always good working with the best so I’m happy.”

His being active again in front of the camera led Richard to consider himself as a professional unlike before when he lived as a happy-go-lucky type. He, now, has learned to not take anything for granted.

“I was really tired that time kasi. I would come late to work, bugnutin ako. I took time off, I lived in Switzerland with Sarah and went to the States for a while so it felt nice because you get to realize things.

That’s why I’m telling DJ (Daniel’s nickname) to always try to spend time with his family and try to spend time alone para laging fresh. As an actor, it’s also important to have something on the side. You don’t do this for money. This is not the most stable job for money. You do it because you love acting and now I’m at the point that I love my craft.”

talagang wow. My purpose (in life) seems to change and it’s a nice feeling for me.

“I could not pinpoint exactly what the changes were but did you know that before Zion was born, I have many friends who already have children and they kept telling me that I will be a changed man once I become a father. Ako naman, inisip ko paano



With the KathNiel loveteam of Kathryn Bernardo and Daniel Padilla who also play lead roles in the ABS-CBN primetime series, which is now down to its last few episodes.

Did fatherhood somehow help fuel his acting passion?

“Of course, aside from that time off,” he stressed. “I mean, fatherhood changed me completely not only my acting but my core. Kumbaga, ‘yung pagkatao mo

ako magbabago eh magkakaanak lang. (But) I guess it’s true since I just want to spend time more at home and I get excited to have free time from work. It just changes your outlook in life, parang (you have a) higher purpose.” ■

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Robin Padilla shares plane ride with Imee Marcos; praises her humility, support for Duterte



Padilla at Hong Kong International Airport

Action star Robin Padilla crossed paths with Ilocos Norte governor Imee Marcos in the economy section of a Hong Kong-bound flight two days ago, Feb. 25. The two were on their way to the civic rally organized by the pro-Duterte collective Tapang at Masakit Alliance held behind the General Post Office in Connaught Place, Central in Hong Kong.

The protest rally was attended by thousands of overseas Filipino workers and was celebrated on the same day of the commemoration of the 32nd Edsa People Power Revolution, held at the People Power Monument in Quezon City. President Rodrigo Duterte was absent in both celebrations.

The civic rally in Hong Kong

was attended by numerous personalities. Apart from Davao Mayor Sara Duterte, Senator Pia Cayetano was also present, along with brother Secretary of Foreign Affairs Alan Cayetano, Assistant Secretary Mocha Uson of the Presidential Communications Operations Office, and Sebastian “Baste” Duterte.

Yesterday, Padilla shared snaps of Marcos on his Instagram page, addressing her as the child of “Apo Lakay Ferdie.”

“Nakasabay ko ang anak ni Apo Lakay Ferdie sa eroplano ng Philippine Airlines papuntang Hong Kong para dumalo rin sa patawag ni Mayor Inday Sara Duterte para sa ating mga Bayaning OFW,” wrote Padilla.



Imee Marcos

(I chanced upon the daughter of Apo Lakay Ferdie in a flight of Philippine Airlines bound for Hong Kong; she was also going to attend the event called for by Mayor Inday Sara Duterte, for our heroic overseas Filipino workers.)

Marcos can be seen sitting in one of the economy seats of the plane wearing a red jacket. She also playfully struck a pose in one of the pictures.

Padilla then praised Marcos for riding in the economy class instead of business class, and expressed his admiration for her utmost humility. He also thanked her for supporting President Rodrigo Duterte’s administration.

“Labis akong gumagalang sa inyo Gobernadora Imee Marcos dahil ang upuan niyo ay sa economy class

hindi sa business class kayat lumapit kaagad ako sa inyo at kinunan kayo ng larawan,” wrote Padilla. “Maraming salamat po sa pagsunod at pagsuporta kay PRRD. Tunay na napakababa ng inyong kalooban.”

(I highly respect you, Gov. Imee Marcos, because you sat in economy class, not in business class, which is why I immediately went to you to take a photo. Thank you very much for following [here], and for supporting President Duterte. You are truly utterly humble.)

Padilla also uploaded yesterday a video of him enjoying his Hong Kong trip. In the clip, he can be seen spending time with the Dutertes and Cayetano, and enjoying the performance of the folk dancers in the civic rally, all dressed in indigenous garb. ■

Kris Aquino defends mom Cory’s legacy from detractors



Kris Aquino

In a time when history is being tested with countless attempts at revisionism, Kris Aquino makes sure to stand by what is true and to defend her mother’s legacy.

The Queen of All Media reminisced about the late President Cory Aquino, a prominent figure in the Edsa People Power Revolution, in a throwback Instagram photo posted on Monday.

Aquino first pointed that there are those who pay trolls and purvey “fake new” in trying to whitewash the atrocities inflicted on the country before the revolution happened in 1986.

Acknowledging that she does not have a perfect family, the media personality then went on to

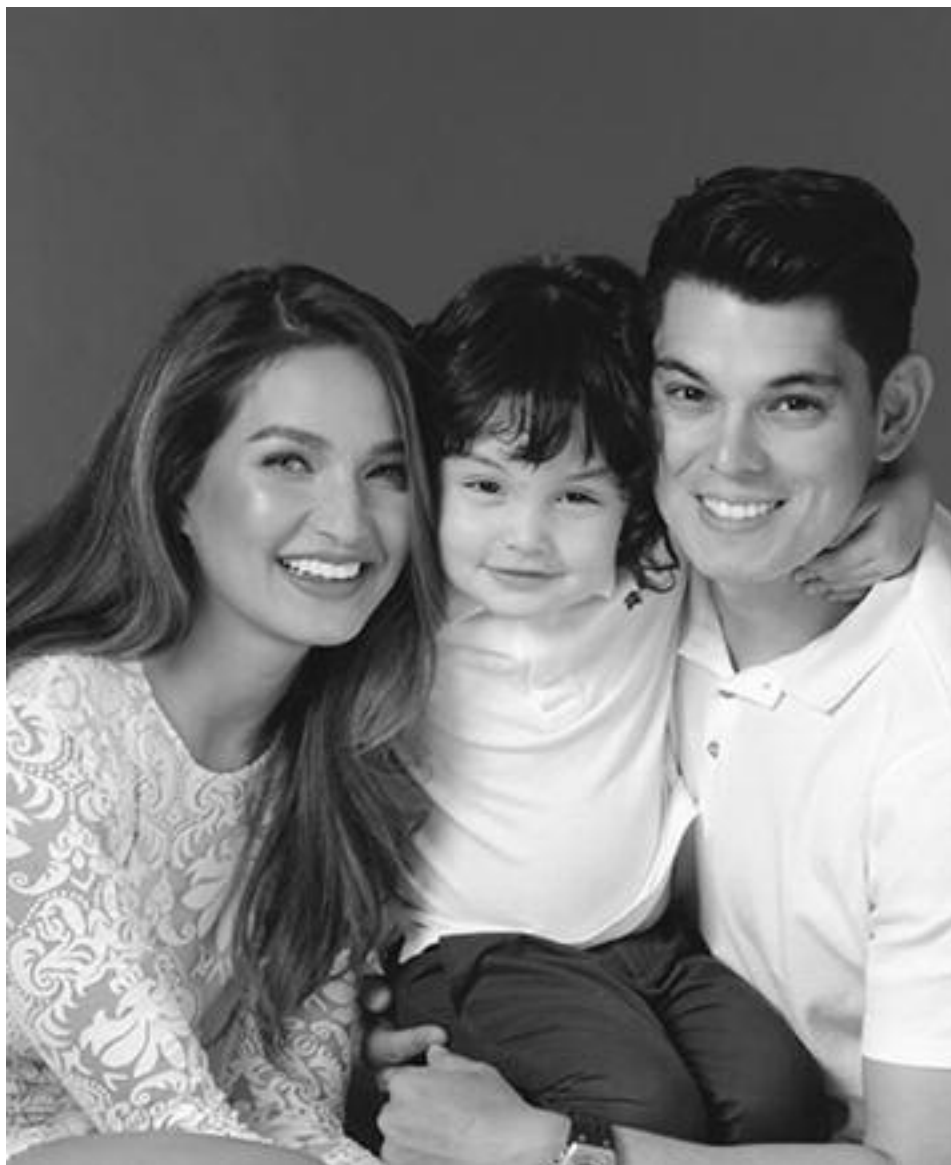
say that her mother “deserves her daughter to stand up for her legacy.”

She also shared the reason why she chose this photo during TIME Magazine’s 80th anniversary in 2006. “[I]t is something that brings back so many happy & hopeful memories,” Aquino said. “I was in the early part of my [second] trimester carrying Bimb in my tummy, Mom was more than a year away from her cancer diagnosis.”

Proud of her mother, Aquino beamed with pride as she cited that her mom “is the only Filipino to hold the distinct honor” of being TIME’s Person of the Year in 1986. ■

Showbiz Gossip *Continued from p.15*

Why Richard Gutierrez, Sarah Lahbati might not get their dream wedding



Richard Gutierrez and Sarah Lahbati's big day is coming closer as Lahbati is due to give birth "anytime."

Gutierrez said on the talk show "Tonight with Boy Abunda" that the actress is on her "last month of pregnancy."

He said pregnancy was easier for her on the second time around. The two actors have a four-year-old son named Zion.

They have also been planning their wedding after five years as a couple. It appears they'll be having a large wedding, as per their parents' requests.

"Siyempre, yung parents namin ni Sarah they're very traditional Filipino, especially our moms. Gusto nila dito sa Pilipinas. Gusto nila yung traditional na invited lahat, invited yung kamag-anak ng kamag-anak namin so siyempre hindi naman namin matatanggihan yun. Siyempre nirerespeto namin yung gusto ng parents namin," he said.

(Of course, both our parents are very traditional Filipino, especially our moms. They want it here in the Philippines. They want it in the traditional way that

everyone's invited, even the relatives of our relatives, so we can't say no to that. Of course, we'll respect what our parents want.)

However, their own dream wedding would take a different direction. "If we can have it our way, gusto namin sana ni Sarah na mas intimate yung wedding. Gusto sana namin yung close family and close friends ang kasama namin dun sa special moment namin."

(If we can have it our way, we would want a more intimate wedding. We would want close family and close friends with us in our special moment.)

He also disclosed that they have a "shortlist of venues" and that they want a "beach wedding or a mountain wedding."

In the premiere episode of season five of the reality show "It Takes Gutz to Be a Gutierrez", Lahbati's condition for a wedding location was "it has to be somewhere cold."

A destination wedding could be fitting as Gutierrez proposed in the mountains of Switzerland last August ■

Anne Curtis shares 'My Girl'-inspired throwback photo to honor dad's birthday



Anne Curtis

Actress and "It's Showtime" host Anne Curtis may already be a married woman, but she is still very much her daddy's girl.

Curtis went on throwback mode, posting a photo of herself when she was still a little girl, donning a checkered coat and black hat, with her dashing father James by her side. Her Instagram post on Monday was to celebrate his 75th birthday.

Describing her dad, Curtis affectionately referred to him as, "75 really but a 16-year-old boy at heart."

As for her wish for him, she said she only wants "health and happiness" for him.

As for her get-up, she joked, "wag kayong magulo (let it be)" and explained that her peg was that of Anna Chlumsky from the 1990s comedy-drama classic "My Girl".

As some well-wishers greeted her father a happy birthday, others could not help but notice how charming Curtis was even as a little girl. ■

Big sisters inspire Sunshine Cruz to keep fit



From left: Cruz sisters Tess, Cel, and Sunshine

Beauty and fitness truly runs in the blood.

Actress Sunshine Cruz has always been an inspiration for her ever fit and sexy body, especially considering that she's 40. But when discipline and good genes run in the family, getting fit shouldn't be a problem.

Sunshine's older sisters Tess

and Cel proudly donned two-piece bikinis, exposing their well-toned bodies with enviously flat bellies – no mean feat, considering that Tess is 50 and Cel is 49.

Sunshine's Instagram post, the actress posted a photo with her sisters by the pool with the words, "My real fitspirations, my 2 gorgeous and FIT sisters. ■

Ten richest people at the end of 2017

All are men, most are American and the majority have the tech sector to thank for their riches. It's been a good year for the super-rich.

In fact, a ranking of the world's 500 wealthiest humans showed this week that the planet's richest people increased their overall wealth by a staggering \$1 trillion in 2017, largely helped by a surge in global stocks.

As we approach the end of the year, here's a look at the top 10 in Bloomberg's widely watched Billionaires Index – as of 28 December.

All are men, most are American and the majority have the tech sector to thank for their riches.



1. Jeff Bezos (total net worth \$100bn)

He hardly needs an introduction. Bezos founded Amazon in the early 1990s and has since grown the e-retail company into a veritable online behemoth. Shares in the group surged more than 50 per cent during 2017, bolstered by a series of product and service launches, helping Bezos grow his wealth by an estimated \$34.7bn. In October he leapfrogged Bill Gates to take the top spot in the Bloomberg ranking.

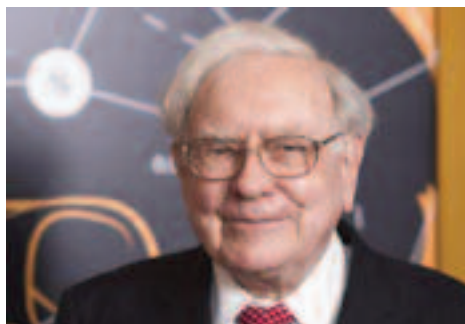


2. Bill Gates (total net worth \$91.6bn)

The Microsoft co-founder has been a steady fixture at the top of the list in recent years. He held the very top position between May 2013 and October this year. In 2017 his wealth increased by a relatively moderate \$9.17bn. In recent months he's

been donating much of his money to charity. In August he reportedly made a \$4.6bn pledge to the Bill & Melinda Gates Foundation.

3. Warren Buffett (total net worth \$85.5bn)



The veteran financier – also known as the Sage of Omaha – is also no stranger to all guises of rich lists. In 2017 his fortune grew by \$12.3bn, according to Bloomberg, meaning that the top three spots in the list are all firmly in the grip of American men.



4. Amancio Ortega (total net worth \$75.7bn)

Not exactly a household name but nonetheless clearly a force to be reckoned with in the world of business. He is a Spanish tycoon best known for co-founding Inditex, which is the parent company of brands such as Zara and Massimo Dutti. Shares in Inditex did not



have a particularly stellar year and actually look like they'll end 2017 lower than where they started it, but Ortega nonetheless

managed to grow his fortune by around \$3.6bn over the last 12 months.

5. Mark Zuckerberg (total net worth \$73.2bn)

The undisputed king of social networking, Facebook founder Zuckerberg managed to grow his net worth by an impressive \$23.3bn in 2017, easily helping him into fifth spot. That increase was also the fourth largest of the year on the list, with Bezos's being the biggest.



6. Bernard Arnault (total net worth \$63.6bn)

The highest placed Frenchman is a business magnate, investor and art lover. He is best known for the chief executive officer of luxury goods company LVMH. In 2017 he grew his net wealth by an estimated \$24.5bn.



7. Carlos Slim (total net worth \$62.3bn)

Once the world's richest person, he made it into seventh position this year after growing his fortune by around \$12.5bn. He largely derived his money from holding a whole host of Mexican companies, across sectors including telecom, industrials, healthcare, transport, real estate, media, energy and financial services.

The world's richest becoming \$1trillion richer is a problem for us all. He reportedly accounts for 40 per cent of all listings on the country's stock exchange and his net worth is thought to be

equivalent to about 6 per cent of Mexico's GDP.



8. Larry Ellison (total net worth \$53.1bn)

In eighth place, another American man in the tech industry – the co-founder and executive chairman of technology giant Oracle. His company's share price increased by around 22 per cent over the last 12 months, helping Larry Ellison's fortune to increase by just over \$11.5bn.



9. Larry Page (total net worth \$52.6bn)

Close behind, another Larry, and yet another American gentleman in tech. Larry Page co-founded Google with Sergey Brin, though Mr Brin only makes it into 11th spot with a net worth of \$51.3bn, as of 28 December. Larry Page managed to increase his fortune by \$12.7bn this year, according to Google.

10. Ingvar Kamprad (total net worth \$52.4bn)



Rounding out the top 10 is the highest ranked Scandinavian. Entrepreneur Ingvar Kamprad founded global furniture chain Ikea in the 1940s. In 2017 he managed to increase his total net worth by just under \$8.5bn. At 91, he's also the oldest person in the top 10.

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Showbiz Gossip *Continued from p.16*

Ogie back on the bar scene



Ogie Alcasid

Ogie Alcasid is ecstatic to be back on the bar scene. "I have missed performing in small venues," he told us. "My gigs are mostly major concerts. But, there's something about singing for an audience who can see me up close. The vibe is different compared to shows in a coliseum."

Catch Ogie on March 3, 10 p.m. at Historia (on Sgt. Esguerra in Quezon City), with special guests, Davey Langit and Klarisse (call 0937 373-5506). Considering Ogie's stature, he can just rest on his laurels, but the OPM icon never runs out of ways to make us fall in love even more with his music.

Not quite 'Significant'

Lovi Poe outshone Erich Gonzales in "The Significant Other," especially in their confrontation scenes. But the plot of the movie is quite contrived and predictable. The first scene where Lovi causes a commotion in a fashion show preempts everything. Contrary to its title, that scene makes the rest of the story insignificant.

Relevant 'advoca-serye'

What will Filipino viewers' afternoons be without a daily dose of drama on TV? GMA 7 adds a twist to the usual soap by coming up with the "advoca-serye," "Hindi Ko Kayang Iwan Ka," on the network's afternoon block. It stars Yasmien Kurdi, Martin del Rosario, Mike Tan and Jackie Rice.

The series aims to raise HIV awareness by way of an intriguing drama that brings to light the struggles of a woman who is HIV-positive, and how she battles her own demons and frailties.

Here's my chat with Yasmien:

What makes your marriage work? We make sure that God is at the center of our marriage. We still go out on dates like when we were still boyfriend and girlfriend. When we make a decision, it always has to be mutual. We never fight about money—that's a no-no.

When your daughter is of age, what advice would you give her about love and men? Be financially ready first before getting married. Do not trust men right away.

What if you find out that your husband has a mistress, how will you handle it? Honestly, I cannot even imagine it. I pray it won't happen. I trust my husband, I know he's a good man. He's God-fearing.

What has your new drama series made you realize about HIV? It's heartbreaking to know that stigma and discrimination persist against people with HIV. People should step forward and move past old thinking of how people with the virus should be treated.

Do you ever watch rival shows from ABS-CBN? I usually watch one episode on YouTube, out of curiosity. ■

John Lloyd Cruz, Ellen Adarna photographed wearing 'wedding' rings



Screenshots of trending photos of Ellen Adarna and John Lloyd Cruz alleged to be wearing similar "wedding" rings.

Controversial celebrity couple John Lloyd Cruz and Ellen Adarna have been photographed wearing identical rings on their hands, making many netizens speculate that the co-actors have indeed already married in secret.

The first photo, uploaded on Instagram by a private netizen who appears to be a friend of the couple, shows Cruz and Adarna having dinner in a restaurant. Netizens commented that they noticed that the actor now wears a "wedding" ring that seemed to be not there before as seen in his previous Instagram posts. The photo was posted November last year.

Rumors that the couple already got hitched in Quezon City was further fanned by new photographs of the couple that surfaced in news reports on Tuesday. The photos showed the pair queuing in immigration at an airport in Osaka, Japan. Those who took the photos did not notice if Ellen indeed has a baby bump, although they noticed that the actress seemed to have gained weight. In one of the photos, it can be seen that Ellen's hand also bore a ring similar to that of John Lloyd's. The picture's photographer reportedly

heard the actor call Ellen "love."

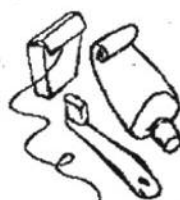
Apart from the supposed secret wedding, netizens also allege that Ellen was pertaining to John Lloyd's ex girlfriend, Angelica Panganiban, when Ellen posted on her Instagram story a cryptic post about moving on. The post showed a video clip of the movie "Meet Joe Black," where actor Anthony Hopkins asks Brad Pitt, "It's hard to let go isn't it?" to which Brad replies: "Yes. It is, Bill." A day after this post, Ellen deactivated her Instagram account and set up a new private one. Her new Instagram account is believed to be "@emg.a" because it replied in a comment on John Lloyd's Instagram account, @ekomsi, and to Beauty Gonzalez's post on Instagram.

Angelica, recently, has also been a tabloid fodder for revealing that a former boyfriend has been stolen from her and there are no closures for her and her ex, who netizens suspect to be John Lloyd. Angelica also guested in Moira's concert last weekend and was reported by ABS-CBN to have asked "Bakit lagi ako iniwan?" in a spoken word performance. ■

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Ricky Vargas elected new PH Olympic Committee president

Dennis Gasgonia, ABS-CBN News
Posted at Feb 23 2018 02:29 PM |
Updated as of Feb 23 2018 05:33 PM
Ricky Vargas has won a court-

had been rugged, so it remains to be seen what Cojuangco, the longest-tenured POC president since the organization as it is known today was



Boxing chief Ricky Vargas (right) and Tagaytay Rep. Abraham Tolentino of cycling association following their victories in the POC being interviewed by reporters.

ordered election for the Philippine Olympic Committee (POC) presidency, unseating Jose 'Peping' Cojuangco Jr. from a post he held for 13 years.

Vargas, head of the Association of Boxing Alliances in the Philippines, the national governing of the sport, received 24 votes to Cojuangco's 15 in polls held at Wack Wack Golf and Country Club in Mandaluyong on Friday.

Abraham Tolentino, a Cavite congressman and president of national governing body Integrated Cycling Federation of the Philippines, won the POC chairmanship.

Tolentino edged his counterpart at the Philippine Table Tennis Federation, Ting Ledesma, with 23 votes to Ledesma's 15.

"I really feel very good about this. I thank the NSAs (National Sports Associations). They want change, I hope to live up to their expectations and we will make change happen," Vargas said.

Cojuangco, head of the Equestrian Association of the Philippines, did not talk to the media at length.

"Next time na tayong magpapatawag ako ng meeting," Cojuangco said.

The road to Friday's election

formed in 1975, plans to do after his defeat.

Cojuangco won a fourth term in November 2016 but Vargas, who ran for the presidency at the time, challenged the result in a local court. Vargas and Tolentino were disqualified because the POC election committee deemed them not "active members" of the organization's general assembly. In December, the Pasig Regional Trial court issued a ruling in favor of Vargas delegitimizing Cojuangco's victory and that a new election be held this month.

"Hindi ako sanay sa elections. I didn't know what to feel. I knew that we have the numbers but I couldn't believe that because I don't know what politics is all about. But it's all done now and that's good," Vargas said.

Vargas is no stranger taking part in contentious sports-leadership changes.

He and businessman Manny V. Pangilinan were at the forefront of the creation of the Samahang Basketbol ng Pilipinas in 2007, which took over the influential, but underperforming Basketball Association of the Philippines as the country's recognized governing body by FIBA.

Last December, Vargas was installed as the new Philippine Basketball Association (PBA)

chairman, belonging to a group of team representatives that keyed the departure of PBA commissioner Chito Narvasa.

Vargas said he is looking forward to the country's hosting of the 2019 South East Asian (SEA) Games. This means working with Foreign Affairs Secretary Alan Peter Cayetano, who has been tasked by President Duterte to oversee the organization of the Games.

"There's a lot of things to do. I'm excited to work with (DFA) Sec. (Alan Peter) Cayetano for the Southeast Asian Games. I'd like to work with him," said Vargas.

When asked what he would do if Cojuangco decides to appeal the result to the International Olympic Committee, Vargas said: "We'll cross the bridge when we get there. Tapos na, so we have to reconcile."

Disqualified Ricky Vargas blasts POC decision

ABS-CBN News

Posted at Oct 28 2016 06:24 PM

Nothing political about Vargas's DQ, claims POC president

MANILA – Association of Boxing Alliances of the Philippines president Ricky Vargas blasted the decision of the election committee to disqualify him from running as president of the Philippine Olympic Committee (POC), saying the verdict was flawed and defective.

In a statement released on Friday by his spokesperson Atty. Chito Salud, Vargas said he found the decision faulty for lack of due process.

"It must be reversed," said Salud, who cited four inconsistencies in the judgment.

For one, he noted that "the decision was made without any objection or opposition from a known third party."

Vargas also said the decision was "hastily rendered" without the basic requisite hearing and that there was no written resolution issued by the committee to justify his disqualification.

"While the disqualification was made public via a verbal declaration, no written resolution has to date been issued by the election committee specifying and explaining the grounds

for the exclusion," Salud said.

The POC's election committee has deemed Vargas "unqualified" for being inactive in POC assemblies, with POC election committee chair Frank Elizalde saying that Vargas only attended one general assembly meeting in the past two years.

The POC decision prompted Vargas's camp to file a motion for reconsideration before the POC election committee.

Based on election requirement under Article 7 Section 11 of the POC constitution, those running for president should be "an active member of the POC general assembly for two consecutive years at the time of their election."

Vargas, however, complained that the term "active member" isn't defined by a clear-cut set of parameters and criteria in the POC by-laws.

"This is deficient. Active membership is more than attendance. Physical presence at the general assembly does not equate to active participation," Salud said.

"In the end, it is our athletes and NSAs who shall invariably be deprived of their right to a free and fair democratic exercise in hopes of reinvigorating Philippine sports," he said.

Meanwhile, incumbent POC president Jose "Peping" Cojuangco claimed there is nothing political about the disqualification, noting that the election committee is merely enforcing elections rules that have been set since 2008.

"There are very simple qualifications required for the POC. This is a ruling or provision that was approved by the POC, SEC, and the IOC (International Olympic Committee)," the POC chief said in an interview with DZSR Sports Radio.

Cojuangco said the same election guidelines were signed by representatives from basketball, boxing, cycling and other national sports associations aligned with Vargas.

"This was already implemented way back in 2008 kaya hindi naman bago 'to," he stressed. The POC elections will take place on November 25

Robredo reminds Filipinos of lessons from EDSA People Power

ABS-CBN News

Posted at Feb 25 2018 06:19 PM

MANILA - The 1986 EDSA uprising is a reminder that power has always been in the hands of the Filipinos, and not those in the government, Vice President Leni Robredo said Sunday, as the country marked the 32nd anniversary of the People Power revolution.

Robredo made the statement after a Mass celebrated by Caceres Archbishop Rolando Tria Tirona at the St. Jude Thaddeus Parish in Naga City to commemorate the 1986 revolt.

"Hindi ito pag-celebrate lang o ng paggunita noong mga nangyari noong February 22 to 25. Pero ito, pag-alala ng mga aral na napulot natin galing doon. Iyong paalala na iyong kapangyarihan,

nasa kamay talaga ng bawat isa sa atin, wala sa gobyerno," she said.

(This is not just a celebration or commemoration of what transpired from February 22 to 25. This is a reminder, a lesson, from that particular event, that power is in each and everyone's hands, not in the government.)

Those who joined the Holy Eucharist lit candles and offered prayers for democracy. After the Mass, Robredo also led the symbolic release of doves.

The Vice President urged Filipinos to live the spirit of EDSA every day, not just during its commemoration, in order to prevent "darkness" from prevailing in the country again.

"Gaya noong homily kanina ni Archbishop Tirona, pinapaalala niya sa



Vice President Leni Robredo (Facebook / MANILA BULLETIN)

atin na kailangang labanan iyong lahat na yumuyurak sa dignidad ng bawat Pilipino. Iyon siguro iyong pinakaaral saka paalala sa atin," she said, echoing the bishop's homily message.

(Like what Archbishop Tirona said, he reminded us that we need to fight those who step on the dignity of each Filipino. That's one of the main lessons for us.)



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