

# FILIPINO STAR

Volume XL No. 2 February 2022 Montreal, QC [www.filipinostar.org](http://www.filipinostar.org)

## Freedom convoy truckers protests over?



Protesters in downtown Ottawa Credit: Brett Gundlock for The New York Times (See story on page 4)

## Covid restrictions to be lifted soon

The Quebec government has announced a plan for getting out of the current lockdown and for how to "learn to live with COVID" over the longer term. It intends to lift nearly all public health restrictions by mid-March.

Premier François Legault said several measures will be lifted as early as Saturday, including those imposed on restaurants and private home gatherings.

Mask-wearing requirements and the vaccine passport, however, will remain in effect where they are already required because those are measures "that allow us to currently reopen," Legault said during a news conference on Tuesday.

Hospitalizations have dropped from 3,400 to 2,400 in the past three weeks, he said, which was one of the key factors in moving ahead with a relaxing of the measures.



Quebec Premier Francois Legault announces a relaxation of sanitary measures, during a news conference on the COVID-19 pandemic, Tuesday, February 8, 2022 at the legislature in Quebec City. Quebec Health Minister Christian Dube, right, looks on. THE CANADIAN PRESS/Jacques Boissinot

"We will need to learn to live with the virus. There may be a sixth wave eventually, but we will have to live with COVID," Legault said.

### MEASURES BEING LIFTED IN QUEBEC

Feb. 12:

- No limit for private

gatherings, though the recommendation is to keep it at 10 people or people from three households

- Restaurants can seat up to 10 people or people from three different addresses per table

- All caregivers can visit a loved one in a group home with a vaccine passport

Feb. 14 (previously announced):

- Gyms and spas can reopen at 50 per cent capacity

- Indoor sports and recreation activities, as well as games, can resume for everyone, including college and university sports (change rooms are limited to 50 per cent capacity)

- Competitions and tournaments remain prohibited
- Indoor golf facilities and climbing gyms

See Page 5 Restrictions to be



From the Editor's desk
The truckers freedom convoy protests and the Emergency Measures Act
Zenaida Ferry Kharroubi

Protesters demonstrating against COVID-19 vaccine requirements have been occupying parts of Ottawa, the country's capital, and blockading major international crossings.

"The blockades are harming our economy and endangering public safety," Trudeau said at a news conference.

Calling themselves members of a "Freedom Convoy," demonstrators across Canada set out in late January to protest the country's vaccine requirements.

The protest hasn't accomplished its goal of stopping vaccine requirements in the country, but it has put stress on supply lines between Canada and the US.

pandemic restrictions in other countries around the world, including New Zealand, Australia and France. There are also plans for a demonstration in the US in March.

Though some protests continue to be focused on the vaccine requirements, others have reportedly grown to include various far-right and anti-government causes.

The Canadian Truckers Alliance (CTA), an industry advocacy group, and the federal government have said approximately 90 percent of truckers are fully vaccinated.

The CTA has condemned the protests and blockades, with President Stephen Laskowski saying last month that the industry needed to "adapt and comply" with the vaccine mandate.

Experts also have pointed out that the "Freedom Convoy" was organised by far-right activists who have espoused Islamophobic, anti-Semitic and other hateful views - with some observers accusing them of using the trucker vaccine mandate merely as a pretext.

It's no sledgehammer — but for Trudeau, the Emergencies Act could turn out to be just as heavy

The long-term fallout from this decision — for Canada and the PM personally — is very hard to predict

Aaron Wherry · CBC News · Posted: Feb 17, 2022

When it was her turn to speak Thursday morning, interim Conservative leader Candice Bergen said MPs were facing "one of the most serious decisions a parliamentarian can make."

She suggested that "history

argument that something needed to be done and this was the best available option.

Half a century later, Justin Trudeau's use of the Emergencies Act — a humbler cousin of the defunct War Measures Act — might be born of a similarly practical imperative.

The prime minister was not so colourful on Thursday morning in defending his government's decision. There were no sledgehammer



will not be kind" to New Democrats who choose to support the Liberal government's decision to trigger the Emergencies Act to quell anti-vaccine mandate protests that have clogged border crossings and occupied downtown Ottawa for weeks.

The choice by Bergen or her speechwriter to use the word "sledgehammer" probably wasn't accidental. In October 1970, when former NDP leader Tommy Douglas and most of his caucus chose to stand against Pierre Trudeau's decision to deploy the War Measures Act to end the October Crisis, Douglas famously compared the government's approach to "using a sledgehammer to crack a peanut."

Less well known is Pierre Trudeau's response. "This criticism doesn't take the facts into account," Trudeau said, before listing the ways in which the threat posed by the FLQ was not like a "peanut."

"And as for the sledgehammer," Trudeau added, "it was the only tool at our disposal." One can read into those words an appeal to imperfect necessity — the

analogies. There also were no comments about the swastikas or Confederate flags that have been spotted in downtown Ottawa, or any descriptions of the views that some protesters hold.

"The blockades and occupations are illegal," Trudeau said. "They are a threat to our economy and relationship with trading partners. They are a threat to supply chains and the availability of essential goods, like food and medicine, and they are a threat to public safety."

The situation, he said, "could not be dealt with under any other law in Canada." The deployment of the Emergencies Act, he said, is meant to "deal with the current threat only and to get the situation fully under control."

He offered empathy, then drew a line.

"Some protesters came to Ottawa to express their frustration and fatigue with public health measures, and that is their right. Like I said, it is a right that we will defend in this free and democratic country," he said. "However, illegal blockades and occupations are not peaceful protests."

See Page 5 It's no sledgehammer

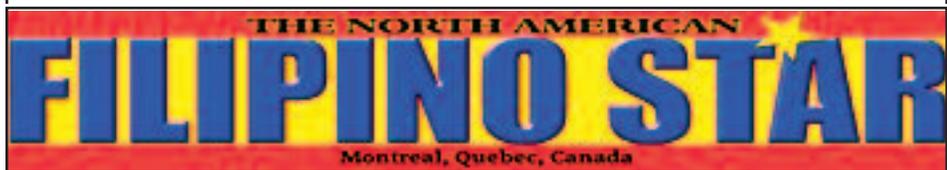
For subscription request, please mail it to: 7159 ch. de la Cote des Neiges Montreal, QC H3R 2M2

Name: Address:

1 year 12 issues \$30 2 years 24 issues \$50

Please issue cheque payable to: North American Filipino Star.

Telephone: E-mail:



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

Fely Rosales Carino Community News Joy Rosales Administrative Asst. Bert Abiera Founder-Publisher, Filipino Star Nov. 1982- Nov. 97 Zenaida F. Kharroubi Chief Editor Publisher, April 1998-present North American Filipino Star W.G. Quiambao Tagalog Columnist (in absentia) Tony San Juan Toronto News Sam Kevin Show Biz News & Layout Editor

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

CAREGIVERS NEEDED LIVE-IN/LIVE-OUT - FULL TIME/PART TIME ELDERLY CARE, CHILDCARE, HOUSEKEEPING, COOKING TOP SALARIES CALL FOR INFORMATION 514-489-3072, OVERSEAS PROCESSING - WORK PERMIT TRANSFERS AND RENEWALS INTER OCEAN AGENCY - 7005 KILDARE ROAD, #01B, COTE ST. LUC, QC, H4W-1C1 njhecht@hotmail.com

# Trudeau makes history, invokes Emergencies Act to address trucker protests

Rachel Aiello  
 CTVNews.ca Online Politics Producer  
 @rachaiello Contact  
 Published Monday, February 14, 2022  
 9:18AM EST

OTTAWA -- For the first time in Canadian history, the federal government is enacting the Emergencies Act, declaring a public order emergency, to bring the ongoing trucker convoy protests and blockades to an end.

In effecting the extraordinary powers, the federal government is moving forward with a wide-sweeping range of new measures to support the provinces, municipalities, and police forces currently facing continued demonstrations, but are also cracking down on some of the more systemic gaps exposed by the Freedom Convoy

“Right now the situation requires additional tools not held by any other federal, provincial, or territorial law. Today, in these circumstances, it is now clear that responsible leadership requires us to do this,” the prime minister said on Monday, calling it a “last resort.”

Through these new powers the government is:

- Enabling the RCMP to have the jurisdiction to enforce municipal bylaws and provincial offenses;
- Prohibiting taking part in a public assembly where it’s considered

a breach of peace and goes beyond lawful protest;

- Regulating the use of certain property, including goods used in blockades;

- Designating secure and protected places and infrastructure that are critical to the economy such as border crossings and airports;

- Compelling those capable to render essential services, so in this case ordering tow truck drivers to move vehicles blocking roads;

- Authorizing financial institutions to essentially stop the financing efforts, including immediately freezing or suspending affiliated accounts without a court order; and

- Imposing fines of up to \$5,000 or imprisonment of up to five years on those who breach any of the above orders.

“I want to be very clear, the scope of these measures will be time-limited, geographically-targeted, as well as reasonable and proportionate to the threats they are meant to address,” Trudeau said, making it clear that for those still participating “the time to go home is now.”

The prime minister made the major announcement on Monday alongside Deputy Prime Minister and Finance Minister Chrystia Freeland, Justice Minister and Attorney General



**Canadian Prime Minister Justin Trudeau leaves a news conference after announcing the Emergencies Act will be invoked to deal with protests, Monday, February 14, 2022 in Ottawa. Trudeau says he has invoked the Emergencies Act to bring to an end antigovernment blockades he describes as illegal and not about peaceful protest. THE CANADIAN PRESS/Adrian Wylde**

David Lametti, Public Safety Minister Marco Mendicino, and Emergency Preparedness Minister Bill Blair.

Speaking to the suite of unprecedented financial measures the government is taking, Freeland said the government is “following the money,” a reference to the controversial and largely halted fundraising efforts of convoy organizers that’s helped fuel their fight.

Feds crack down on trucker protest financing, from crowdfund

rules to freezing bank accounts “We are today serving notice if your truck is being used in these illegal blockades, your corporate accounts will be frozen. The insurance on your vehicle will be suspended. Send your semi trailers home, the Canadian economy needs them to be doing legitimate work,” Freeland said.

“We cannot and will not allow illegal and dangerous activities to

See Page 13 Trudeau makes history



# Anthony Housefather

MP - Mount Royal / Député - Mont-Royal

316-4770 Kent Av, Montreal (QC) H3W 1H2

My office is happy to **help guide you** through the process of dealing with the many different federal departments, programs and services.

Contact us about:

- ✓ Old Age Security (OAS)
- ✓ Guaranteed Income Supplement (GIS)
- ✓ Canada Revenue Agency (CRA)
- ✓ Immigration, Refugee and Citizenship Canada (IRCC)
- ✓ and more



Follow Anthony! 
anthony.housefather@parl.gc.ca - 514-283-0171

# Freedom Convoy truckers protests over?

As of Tuesday, February 22nd, "Freedom Convoy" truckers protests that blocked downtown area of Ottawa and the Parliament Hill since January 29th, have been cleared by the Ottawa police under the interim police chief Steven Bell who replaced Peter Sloly, the former chief who resigned his post due to severe criticisms he received.

Residents can expect to see a significant number officers remain in the downtown core on Tuesday and those travelling through the smaller secured area will still need to pass checkpoints and explain their reason for being there.

"Residents may travel to the secured area if they have a lawful reason such as they live there, work there or are shopping and visiting businesses," police say. "Supporting local businesses is considered lawful if you are entering the Secured Area."

Police said businesses should feel safe to reopen. Among businesses that will reopen is the Rideau Centre, which announced it would be open on Tuesday.

Ottawa police say measures will only remain in place as long as is deemed necessary to ensure unlawful protesters do not return. Those who do return could face charges.

## NEARLY 200 ARRESTS

Ottawa police also provided new details on arrests and charges related to the demonstration.

In a news release Monday, police said 196 people had been arrested as of 8 a.m. Monday and, of those, 110 are facing charges.

The charges include mischief, disobeying a lawful court order, obstruction, assault, assaulting police, causing a disturbance by fighting/shouting/swearing, weapon possession, and dangerous driving.

Some of the individuals charged include two people police say were arrested Friday and released without charge, but who then returned to the protest on Saturday and were arrested again. They are now facing mischief and obstruction charges and have been released with boundary conditions.

Police have towed 115 vehicles to date.

## REAL CONCERNS' REMAIN: TRUDEAU

Amid the first signs of normal life returning to Ottawa's downtown core, the prime minister said Monday morning there continue to be "real concerns" about what happens in the next few days.

"Even though things seem to be resolving very well in Ottawa, this state of emergency is not over," Justin Trudeau said. "There continue to be real concerns about the coming days."

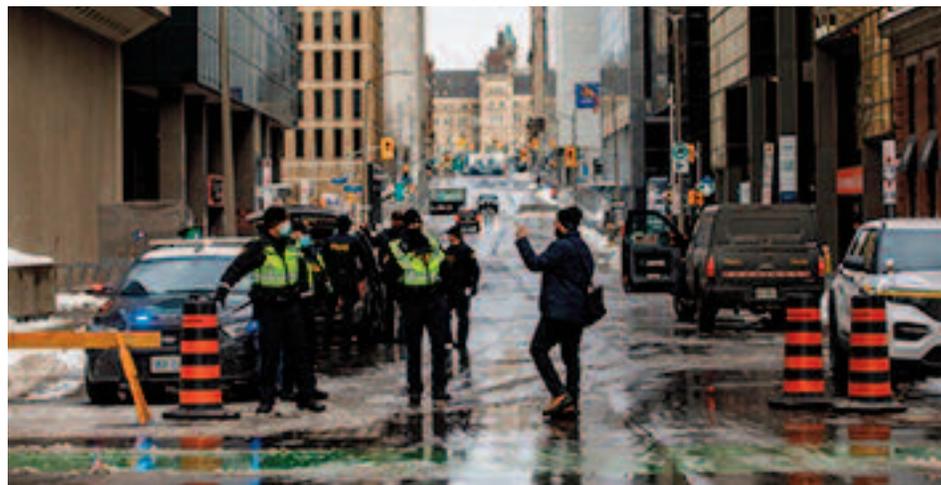
Ottawa's mayor, expressing relief, also said the situation hasn't come to a complete end.

"There is a sense of relief, but it's not over," Mayor Jim Watson told CTV News Channel on Monday. "We still have to make sure that these

pockets of people that want to get in and reclaim Wellington Street do not happen and that's why we have to abide by the sage advice of our police officers."

The prime minister, speaking ahead of a vote Monday evening on the Emergencies Act his government invoked to respond to the crisis, expressed concern about some truckers possibly returning. Trudeau cited the power under the act to compel tow truck companies to remove the big rigs from downtown as a measure that may still be needed.

"We've seen right now that there are trucks holding in places like Arrnprior and Embrun and other places that have indicated a desire or an openness to returning to blockades



**Police work checkpoints in Ottawa on Monday, Feb. 21, 2022, after officers cleared a trucker protest that was aimed at COVID-19 measures before growing into a broader anti-government protest that occupied the nation capital's downtown core. (Cole Burston/THE CANADIAN PRESS)**

right now. So that is a power we may well need," he said.

Monday evening, motion affirming Emergencies Act passes House by vote of 185 to 151 with the NDP support.

While the powers contained in the Emergency Act took effect immediately, the Liberal government needed to seek approval for its decision to invoke the act from the House of Commons within seven days. If that vote had failed, the emergency declaration would have been revoked.

Conservative MPs in the House booed and shouted "shame" when the first NDP MPs stood up to vote in favour of the motion. The Conservatives, however, applauded Bloc Québécois MPs when they stood to support the Conservatives.

The Liberals cheered loudly, drowning out heckles from the Conservatives when Green MP Elizabeth May voted in favour of the motion, which passed by a vote of 185 to 151.

Immediately after the vote passed, interim Conservative Leader Candice Bergen stood up and tried to enter a motion recalling the use of the Emergencies Act, but that motion was ruled out of order.

## POLICE IN 'MAINTENANCE OPERATION'

Ottawa's interim police chief said Sunday the law enforcement operation that cleared trucks and

demonstrators off several downtown streets this weekend is far from over.

"I still can't say when we will ultimately be completing this operation because we now need to enter into a maintenance portion of it to make sure what occurred three weeks ago can never occur again," interim chief Steve Bell said Sunday.

"We will continue to have a posture, protect the streets of our city, protect our community members from unlawful occupations ... for as long as it takes."

The area between Elgin, Bay, Wellington and Queen streets remains closed to vehicles and pedestrians. The "secured area" is limiting traffic flow into the area of the Queensway, Wellington Street, Bronson Avenue

sure that nobody returns to occupy our streets."

Earlier in the day Prime Minister Justin Trudeau defended his government's decision to invoke the Emergencies Act in response to protesters occupying some streets in downtown Ottawa, saying the decision to trigger the act was not one he and his government took lightly.

"It became clear that local and provincial authorities needed more tools to restore order and keep people safe," he said.

Trudeau was asked if the deployment of the act is still necessary, now that police have cleared the area in front of Parliament Hill. He said his government wouldn't keep the enhanced powers provided for under the act in place "a single day longer than necessary."

Even though things seem to be resolving very well in Ottawa, this state of emergency is not over," he said.

Public Safety Minister Marco Mendicino, who was with Trudeau at his news conference, said a number of people affiliated with the protests remain in the city.

"We have to remain vigilant, and not only in Ottawa but at our ports of entry," he said, referring to a number of blockades at Canada-U.S. border crossings, including Coutts, Alta., and Windsor, Ont.

The act states that it cannot be in force for more than 30 days from the date it was invoked, in this case Feb. 14.

Singh said New Democrats would not support its use for that long and called on the government to provide regular updates to MPs.

## RCMP says it's not going after small donors

Some Conservative MPs have suggested that police could freeze the bank accounts of small donors who may have given money to the protest early on.

In a statement released Monday, the RCMP said it has provided banks only with the names of organizers and owners of trucks who had refused to leave the protest area.

"At no time did we provide a list of donors to financial institutions," the statement said.

Police have succeeded in dislodging protesters from their main encampment near Parliament Hill and have established a secure perimeter with fencing. Authorities have towed the vehicles that have occupied much of the city's downtown core for more than three weeks.

In defending their decision, Liberals have pointed repeatedly to comments made by interim Ottawa police Chief Steve Bell on Friday. Bell said the Emergencies Act allowed police to set up barriers and secure an area in the city's downtown.

Source: CBC News/CTV News

From Page 1 Restrictions to be

can open at 50 per cent capacity
• Outdoor shows can host up to 5,000 people

Feb. 21:

- All stores will be allowed to open at 100 per cent capacity
• Places of worship can accommodate up to 500 people, up from the maximum of 250
• Amphitheatres can operate at 50 per cent capacity
• Theatres and showrooms will be allowed to open at 50 per cent capacity, including the Bell Centre and the Videotron Centre
• Recreation centres, such as arcades, water parks, amusement parks, at 50 per cent capacity
• Conventions and assemblies can resume at half capacity or max. of 500 people

• Social events in a rented room can accommodate up to 50 people with a vaccine passport
• Wakes or viewings of ashes of a loved can allow a maximum of 50 people at a time

Feb. 28:

- Teleworking will no longer be mandatory, but is still recommended
• Restaurants must close by 1 a.m. and respect last call for alcohol at midnight
• Bars, pool halls and casinos can open with 50 per cent capacity, but with no dancing and karaoke and they must close by 1 a.m. and respect last call for alcohol at midnight (everyone must be seated)

- Places of worship and showrooms can open at 100 per cent capacity
• Sports competitions and tournaments will be allowed with no participant limits
• Theatres, cinemas, and some sports venues can operate at full capacity (except for venues with more than 10,000 people)

March 14:

- Bars can allow dancing and karaoke at 100 per cent capacity
Restaurants, showrooms, and large venues, such as the Bell Centre

and Videotron Centre, can reopen at full capacity

• "Activities in a social nature" in a rented room can resume normally without capacity limits as long as everyone has a vaccine passport or a maximum of 20 people without the vaccine passport

• Places of worship, funerals, wakes, weddings: 100 per cent capacity or a maximum of 50 people at a time without a vaccine passport

• Large venues and arenas with more than 10,000 people can operate at full capacity

'A CALCULATED RISK'

When asked if the announcement on Tuesday had anything to do with the ongoing trucker convoys in Ottawa and Quebec City, the premier flatly denied the suggestion, saying the plan to reopen has been in the works with public health for the past few weeks.

• The step to remove COVID-19 restrictions had the blessing of Quebec's public health department, the premier said, as officials believe the province's plan forward is based on a "calculated risk" in living with the virus.

"I just want to tell Quebecers that I understand that you're fed up with these restrictions. But at the same time, I think it's important that we remember why we have put in place these measures," Legault said.

"Essentially, we have a health-care network that was fragile before the pandemic," he said, adding that before, the "risk was too great" to open up too quickly.

"If we lifted too many measures, the hospitals would be overwhelmed and we wouldn't be able to treat people. So that's the dilemma that we had."

Provinces are now grappling with their own paths forward as the Omicron wave of the pandemic continues to subside from a January peak.

Hours before Legault's news conference, Saskatchewan Premier Scott Moe announced the proof of vaccination policy in that province will be eliminated at 12:01 a.m. on Feb. 14, but that masking will remain in effect until the end of February.

Quebec Health Minister Christian Dubé echoed the premier by justifying the masking and vaccine passport requirements, saying they were catalysts in the reopening plan. Those two measures, Dubé said, will stay in place "at least until mid-March."

MONTREAL EASING RESTRICTIONS

The City of Montreal will gradually reopen certain facilities as measures are lifted.

Theatres are now open at half capacity and proof of vaccination is required

The Rio Tinto Alcan Planetarium is opened at half capacity with a maximum of 500 visitors, and with vaccination passports required

Up to 1,000 people per site are allowed at all outdoor events, including festivals

Indoor activities at libraries, cultural centres, community centres and similar venues, including for those under 18 years old, are resumed with a 25-person maximum

A maximum of 500 spectators is allowed at indoor sporting events. Venues can operate at 50 per cent capacity and spectators must remain seated

Outdoor facilities can admit 1,000 spectators

NO MORE DECREES: PQ

After almost two years of the pandemic, the opposition Parti Quebecois said its patience and collaboration with the Legault

From Page 2 It's no sledgehammer

The Conservatives are fiercely unconvinced. They believe the Trudeau government's actions are neither necessary nor wise. They insist the prime minister was needlessly provocative in his actions and his words and that he is now overreaching to fix a mess of his own making.

As an alternative, Conservatives would have had the prime minister meet with some of those who came to Ottawa and then release a plan to lift all federal vaccine mandates. Bergen said Thursday that she would "guarantee that these folks would have moved on had the prime minister decided he wanted to actually listen."

When NDP Leader Jagmeet Singh stood to remind the House that the convoy had publicly advertised its "mission" to "overthrow the government," he was loudly jeered and heckled.

Singh asked Bergen if she regretted "endorsing a convoy that is attacking the fundamental democracy of our country" and "an occupation that is harassing citizens."

"Obviously nobody in this House believes that a government should be overthrown," Bergen replied, before accusing unnamed New Democrats of participating in "pro-communist marches."

In Singh's view, Parliament arrived at this point because of a "failure of leadership." Governments, he said, wasted time arguing over

government had reached its limits.

There will be no more "carte blanche" for the CAQ, said PQ leader Paul Saint-Pierre Plamondon before the Legault news conference on Tuesday.

No new health measures will be accepted without a proper debate in the National Assembly, he said, and there is also no question of accepting the extension of health emergency decrees until the election campaign next fall.

Plamondon said citizens have consented to many restrictions because they were intended to be exceptional and temporary, but the government seems to want to extend them into permanent measures.

Premier Legault said his government is already working on tabling a bill in March "to create a framework for the need to have exceptional rules," including the state of emergency.

Plamondon said in an interview with The Canadian Press that the lack of debate has ultimately damaged public confidence and fuelled opposition movements such as the trucker 'freedom convoy' that took place last weekend in Quebec City.

--With files from The Canadian Press

jurisdiction or failed to take the protest seriously at first, while police abandoned the public.

Appeals for "leadership" can be a bit simplistic. It's possible the Emergencies Act never would have been required had municipal or provincial authorities done more or acted faster. Though Trudeau insisted the Liberal government was present to assist other levels of government from the start, maybe federal officials didn't do something they should have done.

However we got here, reasonable people can and should debate the justification for invoking the Emergencies Act and whether the resulting measures have been properly calibrated. The Canadian Civil Liberties Association has already announced that it will challenge the government's actions in court.

In Singh's view, Parliament arrived at this point because of a "failure of leadership." Governments, he said, wasted time arguing over jurisdiction or failed to take the protest seriously at first, while police abandoned the public.

Appeals for "leadership" can be a bit simplistic. It's possible the Emergencies Act never would have been required had municipal or provincial authorities done more or acted faster. Though Trudeau insisted the Liberal government was present to assist other levels of government from the start, maybe federal officials didn't do something they should have done.

See Page 6 It's no sledgehammer

Advertisement for apartments in Côte Saint-Luc, QC. Includes contact info for Michael (514-489-4949 or 514-927-6347) and photos of Bentley, Balmoral, and Beresford buildings. Features include indoor/outdoor pools, sauna, and parking.

# PERSONALITY OF THE MONTH

By Fely Rosales-Cariño



## Marlene Birao-Schacter

Bato, Toledo City, Cebu, Philippines has a valuable contribution to the Filipinos in Montreal. She is a lady with the golden touch. She is Marlene Birao-Schacter. Marlene just celebrated her 80th birthday last September 2021 at the Olympia in Dollard des Ormeaux. Why do we call her the lady with a golden touch? It is because any organization she handled continued to survive whether she was president or a member. That organization thrived and performed to its fullest potential. Let's take a closer look at our personality of the month, shall we?

Marlene attended high school in the University of the Visayas in Cebu where she graduated as valedictorian. Because of her high marks which she maintained for four years straight, she also received the prestigious Dona Modesto Gaisano Foundation Scholarship Award. Early on, Marlene was the breadwinner of the family. She worked as a manager of a wholesale store in Cebu. At the same time, she wanted to be a lawyer, so she enrolled at the University of San Jose Recoletos. After a while, managing both proved difficult so she cast aside her law studies and instead completed her Bachelor of Commerce (Major in Accounting) at the same university.

Marlene was a dreamer. She had a dream to see the world. She first went to Spain where she worked as a domestic. When she had enough money, she embarked on a planned trip and visited France, London, Belgium, Monaco, Norway, Portugal, Austria, Germany, Holland and Switzerland, China, Japan, Bangkok, Malaysia, and Singapore. Then she

had her sight in Canada. First, she worked for a year as a domestic before transferring to a Manufacturing Company. Now that she was in Canada, she enrolled at Vanier College and Early Childhood Education, after which she put up a daycare, naming it Los Ninos Daycare. Marlene has a religious constitution that is second to none. She is a Catholic through and through, as one would say. She founded the Sinulog Fiesta and celebrated every January 1st. She chaired this fiesta for thirty-five straight years. Marlene exhibited boundless energy. She found time to join local Filipino organizations either as President or officer of an important category. She held the following offices: President of the Federation of Filipino Associations of Quebec (FFCAQ), President (twice) of the Filipino Association of Montreal and Suburbs (FAMAS), Vice President of the Philippines Folk Arts Society of Quebec (PFASQ), President of the Filipino Bowling League, President of the United Filipino Homemakers club, and Officer of PHILBECAN, Philippine Quebec Canada Association, Philippine Benevolent Scholarship Society of Quebec (PBSSQ). She was also Treasurer of the Philippine Centennial Movement in Montreal and Deputy Chairman of Kalikuhang Bisaya and a few more associations. Furthermore, she was awarded the following honors: Most Outstanding Filipino Canadian (1999), Mother of the Year - Kalikuhang Bisaya, (1993), FFCAQ, Board of Trustees, Sinulog Festival (35 years), one of 20 Outstanding Filipinos Abroad, Washington D.C, and one of 10

Outstanding Filipino Canadians in Toronto, Canada. Marlene exerted determination and effort to make them work, attested by the several number of appreciation plaques and awards she received from almost all organizations she was affiliated with.

Here is one of Marlene's accomplishments that can't blur her memory, such as the case of a Filipino caregiver, Laila Elumbra. While working, Laila became sick with porphyria. Her work permit and Medicare card expired while being treated at the Jewish General Hospital. In order to continue receiving treatment, Marlene intervened and took up her case. Among other things, she advised Laila to transfer to a nursing home. Then she worked on obtaining a permit for Laila to avoid being deported to the Philippines. To facilitate this process, Marlene and friends plus twenty five Filipino organizations pulled their resources to help Laila get permanent residency on humanitarian grounds. Eventually, Laila was granted a permanent residency in Canada.

To add to her crowning glory, Marlene also worked hard in fundraising to sponsor six deserving grade school students through the Cebu City Young Ladies Association of Charity (YLAC). In addition, her tenure as elected member of Filipino Associations was fraught with pressure but she was determined to pursue success to the end. She continued her philosophy of 'helping hands to help others.' When associations needed help fundraising, she didn't hesitate. She participated in extended fundraising for victims of typhoon in the Philippines. She coordinated with the Philippine Embassy in Ottawa and sent relief for the victims of the Mount

Pinatubo eruption in the Philippines. And she helped a foundation in Davao and fashion shows for Vietnamese groups. Fundraising, which she is excellent at, is Marlene's territory. Just mention it to her and she'll do the rest.

Undoubtedly one of Marlene's memorable achievement, her top pick, would be spearheading the purchase of the FAMAS Center. The lady with the golden touch is also a courageous one, brave enough to sign the mortgage and later on to help complete its purchase. Thank you, Marlene for this selfless act. And now, we proud Filipinos have a building to call our very own!

I would like to mention that everybody's friend, Allan Schacter of Jewish origin, had his eye on Marlene. Their friendship grew deep when Allan started helping Marlene in most associations she was involved in. Eventually, this friendship turned to love. With this true love, he converted to Catholicism when they got married. They were an inseparable team; you wouldn't see Marlene without Allan and vice versa. They lived happily for 25 years until Allan's passing. Though she misses Allan, she is happily retired and resides in Montreal. She finds dining in Filipino restaurants with friends an excuse to go out.

In terms of community service, Marlene, you have done it all. With compassion to your kababayans and the earnest support of your beloved Allan at your back, you have given many organizations the wind beneath their wings. Quick to smile and easily approachable, very few can match your sheer effort! I cast my vote for you, the poster lady of altruism! Our deep gratitude and love and sincere congratulations to you, my dear, dear friend!

From page 5 It's no sledgehammer

However we got here, reasonable people can and should debate the justification for invoking the Emergencies Act and whether the resulting measures have been properly calibrated. The Canadian Civil Liberties Association has already announced that it will challenge the government's actions in court.

Ideally, MPs would have weeks or months for that debate. But the emergency order has been declared already by cabinet and a vote to confirm the decision is set for Monday evening. Liberals and New Democrats have enough votes between them to approve the motion. Law enforcement may have cleared out Ottawa by that point.

The declaration might live on for a few more weeks as a way to deter or quickly interrupt similar blockades. The details and second-guessing will be hashed out through a parliamentary committee that will be charged with studying the situation.

Public opinion seems to be with Trudeau right now, just as it was with his father in 1970. But much will depend on how Canadians view the

follow-through.

It was everything that came after invoking the War Measures Act — the massive breaches of civil liberties — that took the shine off Pierre Trudeau's decision, however much "leadership" he seemed to show in the moment.

The Emergencies Act is not the War Measures Act. The actions authorized in 2022 do not approach the level of those the country witnessed in 1970. Justin Trudeau is not wielding a sledgehammer.

But it's still a hammer and it's still a heavy decision — perhaps the heaviest of his six years in office.

With any luck, the consequences will be as peaceful as possible. And then, with other tools, the work of building and maintaining peace, order and good government can begin anew.

**Advertise in the  
North American  
Filipino Star  
514-485-7861**

# Filipino Center Toronto sets 2021 Filipino Canadian Outstanding Student Awards

By Tony A. San Juan, OCT-Retired  
Now on its 16th year, the Filipino Centre Toronto (FCT) slates the "2021 Filipino-Canadian Outstanding Student Awards Event" on March 13, 2022, Sunday, 2:00 pm. at the FCT Social Hall, 4395 Sheppard Avenue East, Scarborough, Toronto, Ontario.

Twelve Filipino-Canadian student graduates are expected to be recognized and to receive citation plaques, certificates, and cash prizes. The group of honourees is composed of 3 elementary school finishers, three secondary school graduates, and 6 post-secondary graduates from Ontario educational institutions during the schoolyear 2020-2021.

The recognition program is presently known as the Rosalinda C. Javier Outstanding Student Awards (RCJOSA). Since 2005, the FCT's yearly project has been established to encourage and challenge Filipino

Canadian students in all scholastic levels to achieve academic excellence and to develop their potential to become productive members of society. For the past 15 years, the FCT-RCJOSA project has recognized and honoured 124 students in the province.

Awardees are selected on the basis of a set of criteria weighted as follows: Academic Grade Average=50%, Extra-Curricular Participation=15%, Community Involvement=15%, and Personal Interview Performance=20%. The Panel of Judges is composed of Jodelyn Huang, Community Relations Officer-Toronto Catholic District School Board, Steve Pagao, President-Philippine Chamber of Commerce-Toronto, Mary Ann S. San Juan, President & CEO-Filipino Centre Toronto, Fermer Santos-Vice-Principal-Agincourt Collegiate Institute, Toronto District School Board, Rose Tijam, President-



Philippine Press Club -Ontario, and Tony A. San Juan, Founder-Filipino Heritage Council of Canada (RCJOSA Committee Chair).

Invited to grace the awarding day rite are the Ontario Minister of Education, the Member of Parliament for Mississauga- Streetsville, and other special guests including parents or

guardians of the honourees. Established health and safety protocols will be strictly observed during the ceremonies. A photo opportunity and a simple reception hosted by FCT will follow at the end of the brief program. (Tony A. San Juan, OCT-Retired)

## A tribute to Maria Aida Elago-D'Orazio - Mother, Friend, Teacher, Journalist, Community Leader

Maria Aida Elago-D'Orazio has returned to God in eternal peace and happiness on January 15, 2022. Sadly but aptly we are celebrating her life and times with profound affection, admiration, and respect.

Aida was predeceased by her beloved husband Monaldo D'Orazio and will be missed by her daughter Sabrina, son-in-law Patrick Egan, grandchildren Sierra, Rohan and Adelaide, her relatives and many "amigas" at "kababayans".

To many people who knew Aida, they lost a great mother, true friend, good teacher, bright writer, and superb community leader. "Aiding", as her kins and close friends affectionately addressed her, was born in the Philippines on February 7, 1931. Most of her adult life was beautifully spent in Canada.

A journalism graduate of the University of Santo Tomas, she is also a BSEd alumna of Pilar College, Zamboanga City. In Canada, she obtained Diplomas in Educational Media and in Educational Technology at McGill University, Montreal. She was an English language teacher in the city, at Jerome Le-Royer and Montreal Catholic Commission. Aida was a freelance writer and columnist of Montreal's "Filipino Forum" and served as the Secretary of the Federation of Filipino-Canadian Associations in Quebec.

A likeable human being who does not just sit on her accolades, Aida took great pride and pleasure in helping out sharing her talent and skills with the Filipino-Canadian community. In Ontario, she continued on with volunteering and serving the ethnic



community as a steadfast leader and charming organizer. For 8 years, she served as President of Zamboanga Hermosa Canada and was a member of the Philippine Press Club of Ontario.

Being a lifelong member of the

Filipino Centre Toronto, Aida was a member of its Board of Directors for 11 years, from 2002 to 2013. At FCT, she initiated notable community-related projects like the "Filipino-Canadian Outstanding Student Awards" together

with fellow educators, Rosalinda C. Javier and Tony A. San Juan in 2005.

Determined and dedicated to contributing humbly her part, Aida led with vigour the successful publication of a Filipino cookbook with recipes shared by FCT Board members, associates, and friends in the community. In the summertime, she was one of the coordinators of the Santacruzian procession of FCT's annual "Pistahan Sa Nasyon" festival at the Nathan Phillips Square, City of Toronto Civic Centre.

With writing as her passion, she was the able Publicity Chair preparing press releases for FCT. And conscientious as ever, she connected with Filipino newspapers and publications in the GTA, reporting about the Centre's projects & activities and providing updates on planned & upcoming events as well. While a Board member, her fellow directors agreed that one of Aida's lasting legacies is having to document the FCT's historical accomplishments including organizing and maintaining a posterity album of photos and newspaper clippings.

Aida Elago-D'Orazio was an engaging and loveable lady with admirable poise and demeanour who has left this world but her personal and professional charms remain in our hearts and minds, especially to those lives she touched. Thank you for your friendship and for everything, Aiding.

Goodbye my friend! Paalam, Aida, aming mahal na kaibigan, katoto, at kasamang manunulat Sumalangit Nawa ang iyong kaluluwa! (Tony A. San Juan, OCT-Retired).

# Blinken says meeting with Lavrov is off after Russia moves on Ukraine

By Jeremy Herb, Jennifer Hansler and Michael Conte, CNN  
Updated 6:01 PM ET, Tue February 22, 2022

(CNN)US Secretary of State Antony Blinken canceled a planned meeting with Russian Foreign Minister Sergey Lavrov in Geneva this week, he announced Tuesday, in the latest sign that diplomatic avenues with Russia over Ukraine are quickly closing.

"Now that we see the invasion is beginning and Russia has made clear its wholesale rejection of diplomacy, it does not make sense to go forward with that meeting at this time," Blinken said at the State Department on Tuesday. "I consulted with our allies and partners -- all agree."

Blinken's announcement comes a day after Russian President Vladimir Putin recognized two separatist regions in Ukraine as independent and announced he would deploy "peacekeeping" forces there. US President Joe Biden and top US officials said Tuesday that Putin's moves marked the beginning of a new Russian invasion of Ukraine, and Biden announced a first tranche of sanctions in response.

Blinken said he sent a letter to Lavrov on Tuesday to inform him of the decision.

He said the US remains



committed to diplomacy "if Russia is prepared to take demonstrable steps to provide the international community with any degree of confidence it's serious about deescalating and finding a diplomatic solution."

Biden says Russia is beginning an invasion of Ukraine; as he unveils sanctions on Moscow

Biden says Russia is beginning an 'invasion of Ukraine' as he unveils sanctions on Moscow

The top US diplomat had proposed the meeting with his Russian

counterpart last week "to discuss the steps that we can take to resolve this crisis without conflict," Blinken said at the time, and accepted it on the condition that Russia not invade Ukraine.

Its cancellation underscores that the Biden administration no longer believes that Russia is at all serious about pursuing diplomacy. State Department spokesman Ned Price said last week, "If they do invade in the coming days, it will make clear they were never serious about diplomacy."

"We will not allow Russia to claim the pretense of diplomacy at the same time it accelerates its march down the path of conflict and war," Blinken said Tuesday.

French Foreign Minister Jean-Yves Le Drian also announced his meeting with Lavrov that had been scheduled for Friday would no longer occur.

Blinken spoke at the State Department alongside Ukrainian Foreign Minister Dmytro Kuleba, who also met with Biden and Defense Secretary Lloyd Austin in Washington on Tuesday.

Kuleba said Ukraine has no plans to evacuate Mariupol and Kharkiv in eastern Ukraine following Putin's orders. He said his nation has two plans: diplomacy, and, if that fails, fighting to defend itself.

"Plan A is to utilize every tool of diplomacy to deter Russia and prevent further escalation," Kuleba said "And if that fails, plan B is to fight for every inch of our land, in every city and every village -- to fight until we win, of course."

Blinken said Putin's remarks Monday had confirmed "his plan all along has been to invade Ukraine," and that Russia's issues with NATO have just been "an excuse to mask the fact that

See Page 18 Blinken says meeting



**NATIONAL**  
**Truck driving school**  
**514 937.2888**

**REGISTER NOW**  
**AND GET YOUR LICENSE**  
**AND**  
**PAY AFTER 6 MONTHS**



- GET YOUR LICENSE IN 5 WEEKS
- MAKE YOUR OWN SCHEDULE
- CANADA NEEDS MANY TRUCK DRIVERS
- 16 HOURS
- 28 HOURS
- TRUCK INCLUDED FOR THE SAAQ EXAM

# Biden says Russia is beginning an 'invasion of Ukraine' as he unveils sanctions on Moscow

Washington (CNN) President Joe Biden described events now underway in Ukraine as "the beginning of a Russian invasion" as he unveiled tough new sanctions to punish Moscow on Tuesday.

He laid out what he called a "first tranche" of US sanctions against Russia for its moves, including on two large financial institutions, Russian sovereign debt and Russian elites and their family members. He said the moves would effectively "cut off Russia's government from Western finance."

Biden also announced he was moving additional troops and equipment to "strengthen" US allies in the Baltic nations on NATO's eastern flank, but made clear they would not be there to "fight Russia."

The President held out the possibility that diplomacy could still defuse the crisis, and said the US would remain open to talking with Russia and its partners to avert all-out war. "The United States and our allies and partners remain open to diplomacy, if it is serious," he said.

"When all is said and done, we're going to judge Russia by its actions, not its words."

Still, Biden made plain his view that Putin was launching a bid to fundamentally redraw borders in Europe, violating international laws and putting pressure on the West to respond.

"Who in the Lord's name does Putin think gives him the right to declare new so-called countries on territory that belonged to his neighbors? This is a flagrant violation of international law and demands a firm response from the international community," Biden said.

Western nations impose sanctions and cut off key pipeline with Russia after Putin orders troops into Ukraine's breakaway regions  
Western nations impose sanctions and cut off key pipeline with Russia after Putin orders troops into Ukraine's breakaway regions

Biden said Putin's remarks a day earlier were "setting up a rationale to take more territory by force, in my view."

Biden's description of a Russian invasion in Ukraine immediately ups the stakes for his response. He and other senior officials have vowed to impose severe economic consequences if Russian troops cross into Ukraine, including on members of Putin's inner-circle and Russian financial institutions.

The steps Biden announced Tuesday did not amount to the full

scope of that response. Biden is reserving some of his toughest measures, hoping to use them should Putin wage the type of bloody and sustained attack US officials have been warning about for weeks.

Tuesday's sanctions are "only the sharp edge of the pain we can inflict," a senior US administration official said after Biden's remarks, suggesting the President is ready to go much further should an invasion of Ukraine escalate.

"This is the beginning of an invasion, and therefore this is the beginning of our response," the official said.

Biden pledges to limit the impact on US gas prices

Biden pledged his administration was using "every tool at our disposal" to limit the effect of sanctions on domestic gas prices, acknowledging that Americans will likely see rising prices at the pump in the coming months.

"As I said last week, defending freedom will have costs, for us as well and here at home," Biden said. "We need to be honest about that. But as we do this, I'm going to take robust action to make sure the pain of our sanctions is targeted at the Russian economy, not ours."

The administration began describing events in eastern Ukraine as an "invasion" earlier Tuesday after assessing the situation on the ground there, according to administration officials.

The White House declined to provide specific intelligence that might further explain the shift in tone.

"We think this is, yes, the beginning of an invasion, Russia's latest invasion into Ukraine," US principal deputy national security adviser Jon Finer said in an interview on CNN's "New Day," adding the sanctions imposed Monday were the merely the "beginning" of the US response.

Putin's next moves are critical for Ukraine -- and Americans

"An invasion is an invasion and that is what is underway," Finer said. "I am calling it an invasion."

Another top US official, Deputy Secretary of State Wendy Sherman, told the Organization for Security and Cooperation in Europe (OSCE)

Russia's actions "are the beginning of the latest Russian invasion of Ukraine." "They are utterly unprovoked and unjustified," Sherman said. "Moscow calls these troops 'peacekeepers,' but we all know this is a lie."

That was further than US officials were willing to go on Monday



evening, and reflected the growing sense among Biden's team that a fuller assault on Ukrainian territory would begin shortly. Officials said continued signs of Russian aggression overnight led to a change in tone.

Still, Finer noted Russian troops have been operating in the two separatist regions since 2014, when Russia initiated an incursion into Ukraine, and suggested the latest steps taken by Moscow were an extension of that.

"I think 'latest' is important here," Finer said. "An invasion is an invasion, and that is what is underway, but Russia has been invading Ukraine since 2014."

There are substantial numbers of Russian troops close to the borders with the newly recognized republics. But CNN has not seen social media video nor satellite imagery showing newly arrived Russian units inside either of the separatist-held regions of Luhansk and Donetsk.

US still believes Putin may launch a fuller invasion

The US continues to assess it is still possible Putin moves ahead with a fuller invasion, and Western officials are being vigilant for additional indicators, according to two US officials briefed on the assessment. There may be window of dry weather, making it easier for the Russians to move heavy equipment, along with cloud cover that could help obscure movements. Still, one of the officials acknowledged "we don't know what his next move will be."

The developments were unfolding as Putin ordered Russian troops into two separatist-held regions of Eastern Ukraine after declaring them independent. Biden, responding in the hours after Putin signed the orders, issued a narrow set of restrictions limiting financial activity in the two regions. As he was readying Tuesday's

See Page Biden says

**FOR RENT**  
**Apartments for rent in Côte des Neiges**  
**1,5 2,5 3,5 4,5**  
**renovated units including high speed (80mbps) unlimited internet service with private IP's.**  
**Give us a call to show you your next needed living space, close to all town facilities.**  
**514-995.6711**

**AXION**  
**IMMOBILIERE INC.**

## May mga katanungan ka ba tungkol sa mga bakuna laban sa COVID-19?

Ang 211 linya ng telepono ay nag-aalok ng serbisyo sa Ingles, French at mahigit sa 200 iba pang mga wika upang matulungan kang mahanap ang impormasyon na kailangan mo o mga pagkukunan na makakatulong sa iyo.

Ang serbisyong ito ay libre at kumpidensyal.

Tumawag sa 211.



L40WA

College  
**GILMORE**  
INTERNATIONAL

**NURSING AIDE  
(PAB/PSW)**

**STEP UP WITH THE  
PROFESSIONAL!**

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

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

College  
**GILMORE**  
INTERNATIONAL

**WANTED**

**Part time Licensed Teachers  
with Quebec Permit  
(Brevet d'enseignement)**

**for General Adult Education, Sec. V, Cycle 2  
Please send your CV's to**

**zbk@gilmorecollege.com  
or mail to  
7159, chemin de la Cote des Neiges  
Montreal, QC H3R 2M2**



A reputable private college that has been serving a multi-cultural community since 1989



**Fevy Ambrona, Keyboarding student learning to type by touch, a skill needed in office automation**



**CPR Course conducted by Mitch Zeitlin**

## Professional and personal development courses

A private college founded with a deep commitment to excellence in education.

### ENGLISH/FRENCH/FILIPINO LANGUAGE COURSES

Personalized, up-to-date, intensive, and comprehensive instruction to develop all the human relations and communication skills that employers are looking for in their employees

### HEALTHCARE EDUCATION

Our graduates have maintained an excellent record of employment, and valued for their professional conduct, willingness to serve, and remarkable work ethics.



**Batch 10 PAB students at St. Marguerite CHSLD: L to R: Ethel Tugna, Janet Mahilum Haydock, Instructor Sophie Toledo, Anne (Guianne) Signey, Joesie Bingayen, Annabelle Allosso, and Lourdescita Lubang.**

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



7159, ch. De la Côte des Neiges  
Montreal, QC H3R 2M2

Phone: 514-485-7861  
E-mail : zbk@gilmorecollege.com

**Collège Gilmore International**

# Dignity<sup>®</sup>

MEMORIAL

LIFE WELL CELEBRATED<sup>®</sup>

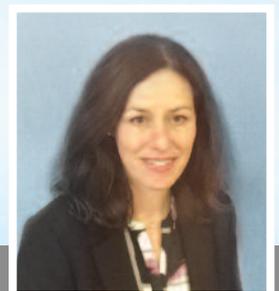
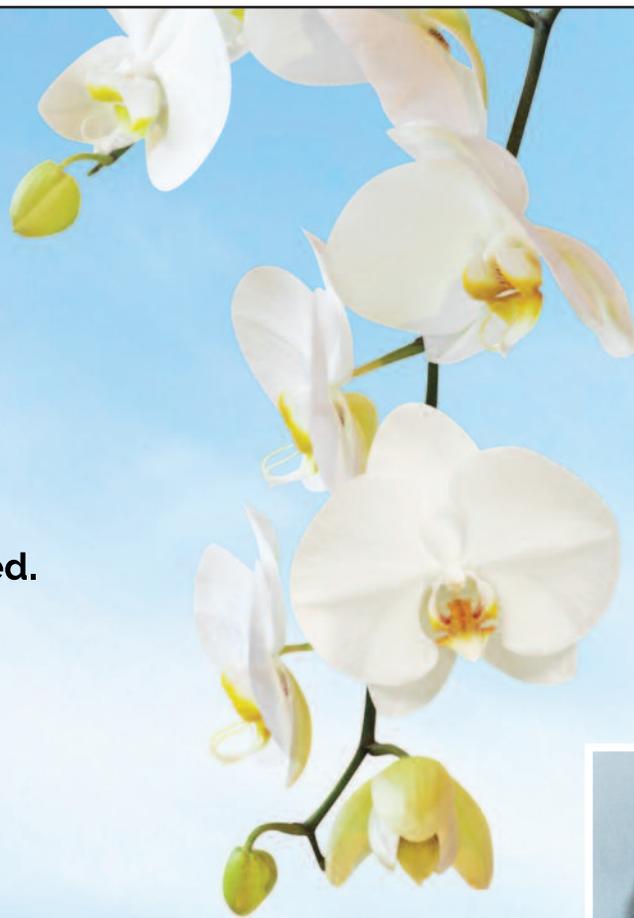
**Spare your family the difficult decisions and expense involved in arranging a funeral.**

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

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



**Centre funéraire Côte-des-Neiges**  
4525, ch. de la Côte-des-Neiges,  
Montréal, QC H3V 1E7  
[www.dignitequebec.com](http://www.dignitequebec.com)



**Sandra Wong**  
Funeral Planning Counselor  
514.342.8000 ext: 2258



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

## Multi-cultural cuisine



**Jamaican shrimp curry**

This Jamaican Curry Shrimp is made with Jamaican curry powder, large succulent shrimp, bell peppers, and coconut milk. It's a quick and easy curry recipe that's perfect any day of the week.

### Ingredients

- 1 lb jumbo shrimp peeled and deveined
- 2.5 Tablespoons Jamaican curry powder separated
- 1 teaspoon all-purpose seasoning
- 2 Tablespoons olive oil
- 1 medium yellow onion sliced
- 1 medium red bell pepper sliced
- 1 medium green bell pepper sliced
- 1 scotch bonnet pepper seeds removed and sliced (optional)
- 3 cloves garlic chopped
- 13.5 oz can of unsweetened coconut milk
- ½ Tablespoon ketchup
- 4 sprigs of thyme or ½ tsp dried thyme
- Salt and pepper

### Instructions

• Season shrimp with 1 Tablespoon of curry powder and all-purpose seasoning and set aside for about 10 minutes while you prepare the other ingredients like chopping your onions, peppers, and garlic.

• Heat 2 Tablespoons of olive oil in a large skillet over medium heat. Add sliced yellow onion, red bell pepper, green bell pepper, scotch bonnet pepper, if using, and chopped garlic and stir for 5 minutes, until peppers are slightly softened.

• Add 1.5 Tablespoons of curry powder to the skillet and stir for an additional minute.

• Then add coconut milk, seasoned shrimp, ketchup, and thyme, making

sure the shrimp is covered in the sauce.

• Allow the sauce to come to a simmer and continue to cook over medium heat, stirring occasionally and flipping the shrimp halfway, until the shrimp is fully cooked on both sides. This should take about 5-6 minutes. Salt and pepper to taste.

### Notes

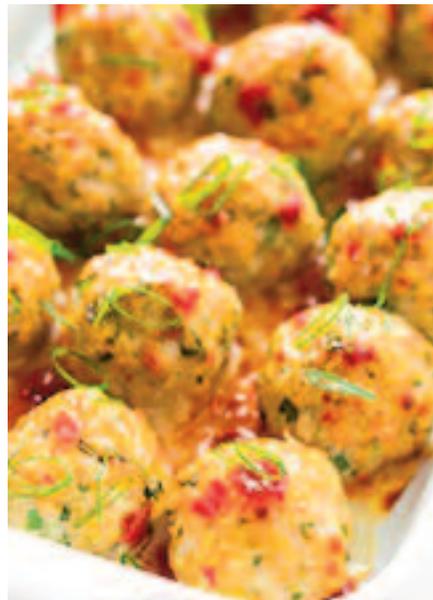
• This curry creates a rich and delicious sauce because a whole can of coconut milk is used. If you like your sauce a little thinner, sub half of the coconut milk with water.

• Use Blue Mountain Jamaican curry powder for this recipe.

• Make sure to keep the heat on medium to avoid scorching the sauce. If your sauce begins to scorch, turn your heat down to medium-low.

• This dish is delicious served over white rice.

If you're not a fan of spice, omit the scotch bonnet pepper.



**Thai Baked Chicken Meatballs**

### 11 ingredients

#### Meat

1 lb Ground chicken

#### Produce

1 tsp Cilantro, fresh

2 tsp Garlic

1 tsp Ginger

2 Green onions

1 tsp Lemongrass

1/2 Lime

#### Refrigerated

1 Egg, large

#### Condiments

1/4 cup Chili sauce, sweet

### Baking & Spices

1 tsp Kosher salt

### Bread & Baked Goods

1/2 cup Panko breadcrumbs

### Instructions

1) Preheat oven to 350 degrees and spray an 8x8 pan with nonstick spray, set aside.

2) In a large bowl add ground chicken, green onions, egg, lime zest, panko breadcrumbs, cilantro, ginger, lemongrass, garlic, and salt.

3) Using your hands or a large spoon mix together until combined.

4) Shape into 2 tablespoon-sized balls and add to the prepared dish.

5) Add to the oven and bake for 10 minutes.

6) Remove from the oven and baste the top of the meatballs with sweet chili sauce.

7) Add back to the oven and cook for another 5-10 minutes or until the meatballs are fully cooked and the sweet chili sauce is sticky.

8) When fully cooked, remove from the oven and serve with additional sweet chili sauce for dipping.



**Vietnamese Shrimp Po**

### 13 ingredients

#### Seafood

12 oz Shrimp, large

#### Produce

1 cup Button mushrooms

1 tsp Cilantro

2 Garlic cloves

2 tsp Green onion, thin

1 tsp Jalapeno

#### Canned Goods

6 cups Chicken broth, low sodium

#### Condiments

1 tsp Fish sauce

1 tsp Lime juice

#### Pasta & Grains

4 oz Spaghetti, whole wheat thin

#### Baking & Spices

1/8 tsp Pepper

#### Oils & Vinegars

1 tsp Olive oil, extra virgin

1 tsp Sesame oil

To make this Shrimp pho broth, start by sautéing garlic, green onions and jalapeño in a large pot or dutch oven. Add in chicken broth, fish sauce, and sesame oil. Bring to a simmer and toss in shrimp and mushrooms. Ladle on top of cooked pasta. Garnish with extra jalapeño slices, chopped cilantro, and lime wedges. !

Store in an airtight container in your fridge for up to 4 days. You can also make a large batch of the broth and freeze it to speed things up the next time you make shrimp pho.



**Korean Barbecue Chicken**

### INGREDIENTS

6 chicken thighs, boneless & skinless

3 tbsp Korean chili paste (gochujang)

1 tbsp Korean chili flakes

(gochugaru), optional

1 tbsp soy sauce

1-2 tbsp light brown sugar

1 tbsp minced garlic

1 tsp ginger paste

1 tbsp Korean corn syrup (mulyeot)

1 tbsp sweet rice wine (mirim), optional

1 tbsp sesame oil

1/2 tsp black pepper

5-6 Korean perilla leaves (kkatnip), thinly sliced, to garnish, optional

1 tbsp toasted sesame seeds to garnish

### EQUIPMENT

cooling rack

### INSTRUCTIONS

Out a piece of plastic wrap over chicken thighs and pound with a meat hammer to stretch and tenderize; set aside.

In a large mixing bowl, mix together gochujang, gochugaru (if using), soy sauce, brown sugar, garlic, ginger, corn syrup, rice wine, sesame oil, and pepper. Add the chicken thighs and toss together to coat evenly. Let the chicken rest on a room temperature for 15 minutes.

Preheat the oven to broil; place an oven shelving to 5-6 inch below the heat source. Grease a cooling rack with a spray oil and place on top of a large baking pan (half sheet size) lined with foil.

Spread the chicken pieces on the rack without overlapping. Broil 4-5 minute or until the surface is slightly charred. Turn the chicken to the other side and broil for another 4-5 minutes or until the chicken is fully cooked. Keep an eye on the chicken so that you don't char them too much.

Cut the chicken thighs into a bite size chunks and place in a serving dish. Garnish with thinly sliced perilla leaves and toasted sesame seeds. Serve hot with rice.

**Real cooking is more  
about following your  
heart than  
following recipes.”  
- Unknown**



## Social Tidbits

# Montreal Community News

### Fely Rosales Cariño

Hello friends! For now we can breathe a little easier? We can put the doom and gloom at the back burner? We can hang our jangled nerves at the doorstep? We can hang the word 'uncertain' in the clothesline? Have you heard the good news too? Passport vaccine requirements lifting up? Well this is a chance to leave our recent lives in the past and look fondly forward. Here's hoping the past two years will soon be a distant memory. Let's thank God, the Almighty, for bringing some clear skies to these unpredictable times.

Let's continue to pray for endurance: "Be strong and courageous. Do not fear or be in dread of them, for it is

the Lord your God who goes with you. He will not leave you or forsake you." (Deuteronomy 31:6)

Hi, Marvin! I was sure when you retired as Councilor of Snowdon that you'll not disappear from our midst. True to my prediction and that of others', now you are the National Director, League of Human Rights, B'nai Brith, Canada. Wow! This is a heavier responsibility. Before, you travelled by car to go around. Now you have to take airplanes! I wish you wisdom and strength in your new adventure!

Marvin Rotrand hosted a September meeting to foster cooperation to fight against anti-minorities, anti-Asian,

described some of the scenes that have played out on Wellington Street in recent days as "completely lawless."

Trudeau said it was evident there has been "serious challenges to law enforcement's ability to effectively enforce the law."

On Monday, as the government was readying to enact the Act, trucks were on the move in the downtown core, condensing their presence in the parliamentary precinct. Acts of defiance and desecration persisted, with crowds blaring loud freedom-themed music and declaring the police-coined "red zone" that Ottawa Mayor Jim Watson has said the city has lost control of, their "home."

"Here in our capital city, families and small businesses have been enduring illegal obstruction of their neighborhoods, occupying streets, harassing people, breaking the law. This is not a peaceful protest," Trudeau said, promising financial support for the businesses who have been impacted.

"At the borders in different parts of the country, the blockades are harming our economy, and endangering public safety, critical supply chains have been disrupted," Trudeau said.

Amid considerable international attention and endorsements from prominent Republican figures in the United States, Canadian Border Services Agency has been turning back non-Canadians trying to enter Canada to participate in blockades.

Some protesters CTV News has spoken to throughout the demonstrations in Ottawa have compared their permitless and prolonged disruption to a wintertime Canada Day, and have expressed a willingness to stand their ground at all costs until all COVID-19 vaccine mandates and other public health restrictions are ended.

News of the Emergencies Act being in play did not appear to prompt any new concern, with convoy organizer Tamara Lich urging protesters and truckers to stand their ground.

"There are no threats that will frighten us. We will hold the line," Lich

anti-Black community, anti-semitism, Islama-phobia, etc in Canada. The platform included speakers who advocated things to do whenever identifiable groups are targeted. In the recent virtual meeting, some of the speakers were Edmonton Mayor Amarjeet Sohi, Brampton Mayor Patrick Brown, Toronto Councilor James Pasternak, Winnipeg Councilor Kevin Klein, and Snowdon Councilor Sonny Moroz. Most of Montreal's presidents or officers of Filipino organizations were in attendance such as the Federation of Filipino Canadian Associations of Quebec (FFCAQ) President Minda Mazzone, Panday Tinig's Edith Fedaliza, Filipino Heritage Society of Montreal (FHSM) Amy Manon-og, FHSM Secretary Jeannette Perignon, and Ramon Vicente who gave a very convincing speech. Former Snowdon Councilor Marvin Rotrand was very happy with the attendance. But time constraints did not allow some dignitaries to give their views.

On the other hand, we are sorry to make a report about the sad passing of Dr. Ding Abelardo (renowned dentist), Aida D'Oracio (journalist), Tirzo Francisco (local entrepreneur), Mrs. Passion (the 98-year-old sister of Julie Parado, a very respected educator in Ilocos Norte, Philippines).

said Monday at a press conference. "To our truckers and friends on Parliament Hill, do not give into fear and threats. Your courage has already exceeded all of our expectations and inspired an international movement. Be strong, show kindness. Love will always defeat hate. Hold the line."

**REACTION FROM PREMIERS, LEADERS**  
While provincial leaders are mixed on whether this extraordinary step is necessary to quell the demonstrations that are now stretching into their third week in the nation's capital and impacting key Canada-U.S. border crossings, Trudeau said while the Act covers the entire country, the powers will only apply to regions that need them.

Ontario Premier Doug Ford declared a state of emergency in the province on Friday, invoking new emergency measures to levy stiffer fines and penalties on protesters, including a maximum penalty of \$100,000 and up to a year imprisonment for non-compliance. "These occupiers, they're doing the total opposite of what they say they're there to do," Ford said.

Alberta Premier Jason Kenney, however, is opposed to using the Act, saying the province has what it needs to address the Coutts, Alta. blockade that has been in place nearly as long as the Ottawa protesters. Joining him in opposition to this move are the premiers of Quebec, Saskatchewan and Manitoba.

"The view I have, which I conveyed to the prime minister... is that this is not necessary, at least for an Alberta context," Kenney said, adding that he thinks Trudeau doing this will further inflame and potentially prolong the protests.

Trudeau said he also briefed opposition party leaders about these plans he says are aimed at protecting Canadians and "restoring confidence in our institutions."

Though, interim Conservative Leader Candice Bergen—in the job less than two weeks after her predecessor Erin O'Toole was ousted by caucus in the midst of the protests—said consultation

And on happier news, here are some birthday celebrants: Natalie & Sherlyn (grandchildren of Remedios Lopez), Maggie Calcetas (retired nurse), Ciony Nueva (retired nurse), Nora Arcalas (member of the Seniors of West Island and Suburbs, SWIS). and Michael Davantes who knows how to balance life between work and pleasure and a good friend to many. Michael is a frontline worker in the hospital. He just recently obtained a hard-earned holiday from work and is going to St. Martin in the Caribbean. Nice! I can imagine him in the beach sunbathing.

And let's not forget the good deeds of Svetlana Suarez's Sama-hang Makabayan and her friends who did a fundraising event for the recent typhoon victims in the Philippines. As a result, nine members in our community received \$300 each. Applause and huge thanks to Svetlana and company!

While this month brings you a shorter article than usual, I bring you a prayer of HOPE: "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11). I also encourage you to "Rejoice in hope, be patient in tribulation, be constant in prayer." (Romans 12:12).

is not the same as collaboration.

"There are a number of things that the prime minister could have done. He certainly didn't help the situation by calling them names, by saying that their opinions were not acceptable... He continually escalated and inflamed the situation," said Bergen, who has been among the more vocal Conservative supporters of the convoy protests, the only party in the House of Commons to take this stance.

Ahead of the announcement, NDP Leader Jagmeet Singh characterized enacting federal emergency measures as a failure of leadership, but said he supports enacting the exceptional authorities.

"The reason why we got to this point is because the prime minister let the siege of Ottawa go on for weeks and weeks without actually doing anything about it. [He] allowed the convoy to shut down borders without responding appropriately, and in doing so, has allowed the convoy to dig in, to get entrenched, to allow them to spread across the country," Singh said.

**POWERS EXPIRE IN 30 DAYS**

Formerly known as the War Measures Act, the current iteration of the Emergencies Act passed in 1988 and has never been used, until now.

The last time these federal emergency powers were invoked under the then-War Measures Act was during the 1970 FLQ October Crisis, when Trudeau's father was the prime minister and was facing down domestic terrorists.

Federal officials will have to outline in a declaration why it feels the powers are needed given the circumstances on the ground.

This, and a motion for confirmation of the declaration of emergency, has to be presented within seven days to both the House and Senate. A cross-party and closed-door Parliamentary Review Committee will also be struck.

From Page 3 Trudeau makes history

continue," said the prime minister.

Moving ahead with the Emergencies Act comes after Trudeau consulted premiers and the Liberal caucus on Monday morning and spent part of his weekend in high-level federal meetings about enacting the never-before-used federal authorities.

The government will not be calling in the military—a move that has rarely been taken in the history of civilian demonstrations in this country—and if pursued down the line would happen separately through the National Defence Act.

"We are not preventing people from exercising their right to protest legally. We are reinforcing the principles, values and institutions that keep all Canadians free," Trudeau said.

**HOW THE COUNTRY GOT HERE**

Blair first signalled that this move was coming on Sunday, telling CTV News that the government was prepared to step in once the situation exceeded what the provinces could handle, calling the situation a "significant national security threat."

While the Ambassador Bridge in Windsor, Ont. has reopened, other border blockades persist including in Coutts, Alta. and Emerson, Man. Since Jan. 28, downtown Ottawa remains occupied with emboldened participants undeterred by the threats of "severe" consequences in the face of minimal police enforcement of the layers of laws, injunctions, and emergency orders already in effect.

On Monday, Mendicino

## FOR RENT

Furnished private room for a lady - private bathroom, TV, cable with internet included, washer-dryer in the unit, close to busses and Cavendish Mall  
**Call 514-487-7154 or 514-945-7276**

# FILIPINO STAR

## SHOWBIZ GOSSIP

### From karaoke sessions to concert: Belle Mariano opens up how she honed her singing skill



**Belle Mariano**

Breakout star Belle Mariano is not only carving her name in acting but also making waves in the music industry with her soothing voice.

Mariano, who held her first-ever solo concert on January 29, admitted that she has no formal training in singing – only confidence to perform whenever there are family gatherings.

During a virtual press conference, Mariano said her voice appeared to improve because of her interest in singing in front of her family.

“More of nasanay lang talaga ako kumanta in front of everyone. Growing up ako yung tipo ng bata na 'bida-bida' kunyari may family gathering o reunion kami. Ako yung tipong lalapit sa mga tita, kakanta ako,” she revealed.



“Kapag may videoke ako there on, doon ko na-develop yung unang magga-grab ng na masaya pala kumanta. Ang mic. And then I'll perform. From saya pala mag-entertain ng

tao.”

She said her grandfather used to guide her in singing, aside from watching some voice lessons on YouTube.

“I watch YouTube. I watch voice trainings. Pero hindi po talaga ako naka-attend ng voice trainings. So really, it's just my family's influence over me. My lolo does sing. Siya yung nagga-guide sakin,” Mariano continued.

Now that she has the spotlight after almost a decade of being on the sidelines, Mariano is hoping to also compose a song for herself.



“Gusto ko nga po makapagsulat ng song. So hopefully, this year makapag-release naman ako ng song na isinulat,” she said.

This is on top of being on a trending loveteam with actor Donny Pangilinan, known as “DonBelle.” The two have paired on the series “He’s Into Her” and blockbuster movie “Love Is Color Blind.”

Mariano said she does not have to choose between singing and acting as she enjoys where her career is going to, as of the moment.

“Both have challenges. Both have pros and cons. But I'm really happy po sa love team ko ngayon. I'm happy where my career is headed to. So I wouldn't change anything po,” Mariano answered. ■

# How music kept JM de Guzman company at rehab

JM de Guzman, who has always been very vocal about having entered rehab twice in the past for substance abuse, also recalled how he was able to write over 30 songs while inside the facility.

The singer-actor released a single, aptly titled “Convalescence,” in 2021 under Star Music.

“It’s actually a combination of two songs that I wrote while inside the rehab. This was in 2016,” he told Inquirer Entertainment.

“We’re not allowed to carry pens inside because these can be used as weapons. We’re also not allowed to write because we’re all busy with chores in there. I got hold of a pencil, which I used to write with while inside the bathroom. I



**JM de Guzman**

would sneak in some writing whenever it was my turn to clean the toilet bowls.”

JM said that it was in these small sheets of paper that he poured his heart out.

“I wrote everything I could think of. I just kept them hidden until I became an officer, because officers are allowed to use ballpens and read books. I simply transferred everything to

a notebook when I was finally allowed to own one. Sadly, the melody that was in my head while I was writing the lyrics were all gone by the time I got out. That was the annoying part... I had no way to record them,” the actor said.

JM added that Red Bull Studios invited him to record in August 2021, “because they heard that I wrote some stuff while inside the facility. They asked me what beat I wanted as ‘peg,’ so I made them hear a rap song that I liked. They made their own beat for me, on the spot. What you hear in the single is actually what came out on the first take. The other takes were for the second voice and that whisper you will hear at the back,” he explained. ■

# Gerald Anderson falls victim to ‘bukas kotse’ gang in Quezon City



**Gerald Anderson**

JM de GuzmanGerald Anderson lost almost P1 million worth of valuables after his car was broken into by a “bukas kotse” gang in Quezon City.

The actor’s car was parked in front of his gym on Roces Avenue in Quezon City when his valuables were stolen, as shown by ABS-CBN’s Niko

Baua’s report via Twitter yesterday, Feb. 14. The incident happened in the afternoon of Jan. 31.

As seen in a CCTV footage, one of the suspects got off in front of Anderson’s SUV, broke his car window and took a bag with his wallet, credit card, tablet and laptop, among others.

Anderson’s laptop was, however, retrieved from the suspects.

“Kakauwi ko lang ng Maynila noong day na ‘yon eh. Nasa harapan ng establishment ko, nasa harap siya mismo ng pinto. So talagang no’ng nakita ko ‘yung mga pumasok, talagang ang lalakas ng loob niyo,” Anderson said in the interview. “I

want to make this [incident to have] awareness para sa lahat ng tao na ‘wag talagang mag-iwan ng bag sa kotse niyo.”

(I just got home from Manila on that day. It [car] was in front of my establishment, it was directly in front of the door. So when I saw that people broke in, [I thought] “You’re too brazen.” I want to make this incident a way to instill in people awareness to never leave your bag in your car.)

An accomplice of the two suspects surrendered to the National Bureau of Investigation after he was tracked down, and disclosed that he used Anderson’s stolen laptop to access the actor’s crypto wallet and transfer P50,000 to his personal mobile wallet.

The suspects also eventually surrendered to police and the NBI after their accomplice’s confession. According to them, they did not target Anderson’s car and only realized the vehicle was his after seeing his wallet in the stolen bag. ■

Showbiz Gossip Continued from p.15

# James Reid leaves PH; likely to pursue music career in US



**James Reid**

James Reid bid his family goodbye as he left the country, with fans speculating that he is heading to Los Angeles to pursue his music career.

Reid received hugs from his mother and sister, Chantal Calicdan, before they sent him off, as seen on Calicdan's Instagram page yesterday, Feb. 16. Reid can be seen walking towards the airport entrance while waving goodbye to them.

"Go rockstar! [James Reid]" she said.

Meanwhile, the actor-musician, who's quiet on social media about his departure, showed fans a cake he received with the greeting "Bon Voyage and Good Luck Jams Red" written on it, via his Instagram Story on Tuesday, Feb. 15.

Though there's no confirmation from Reid, fans are saying that he will be heading to L.A. where his label Transparent Arts is

based. The company, which handles artists including Far East Movement, Tiffany Young and Dumbfounded, welcomed Reid in October of 2020.



Reid, who appears to have been taking a hiatus from acting, has been focusing on his own record label Careless, where he works with his ex-girlfriend, actress Nadine Lustre. Lustre's songs "Wait For Me," "Glow" and "Ivory" were produced by the said label. ■

# Heart Evangelista, Anne Curtis, Solenn Heusaff reunite in Paris



**Heart Evangelista, Anne Curtis, Solenn Heusaff**

Actresses Heart Evangelista, Solenn Heussaff and Anne Curtis reunited in Paris.

In their respective Instagram accounts, the celebrities shared photos of them bonding together.

"It finally happened!" Solenn wrote in her IG stories.

Heart just put wine bottle and glass emojis in their photo on her post. Heart is currently in Paris for the Fashion Week.

She announced recently that she's now officially part of French fashion house Dior.

"With love from Paris. Thrilled to officially be part of the @dior family,"

she posted



"Ecstatic to spend my time here in Paris with a brand that has always been close to my heart. Merci @dior, for making me part of your ever-growing family!" ■

# Dimples Romana takes classes at New York University: 'Do things they said you can't do'



**Dimples Romana**

Dimples Romana will be juggling not only her acting career with mom duties, but will also soon add to that her pursuit of learning, as she takes classes from New York University.

"Getting ready for today's [New York University] class. Let's do this!!" she said while showing a photo of confirmation from the university on her Instagram page today, Feb. 16.

She then reminded fans to pursue their goals amid discouragement from others.

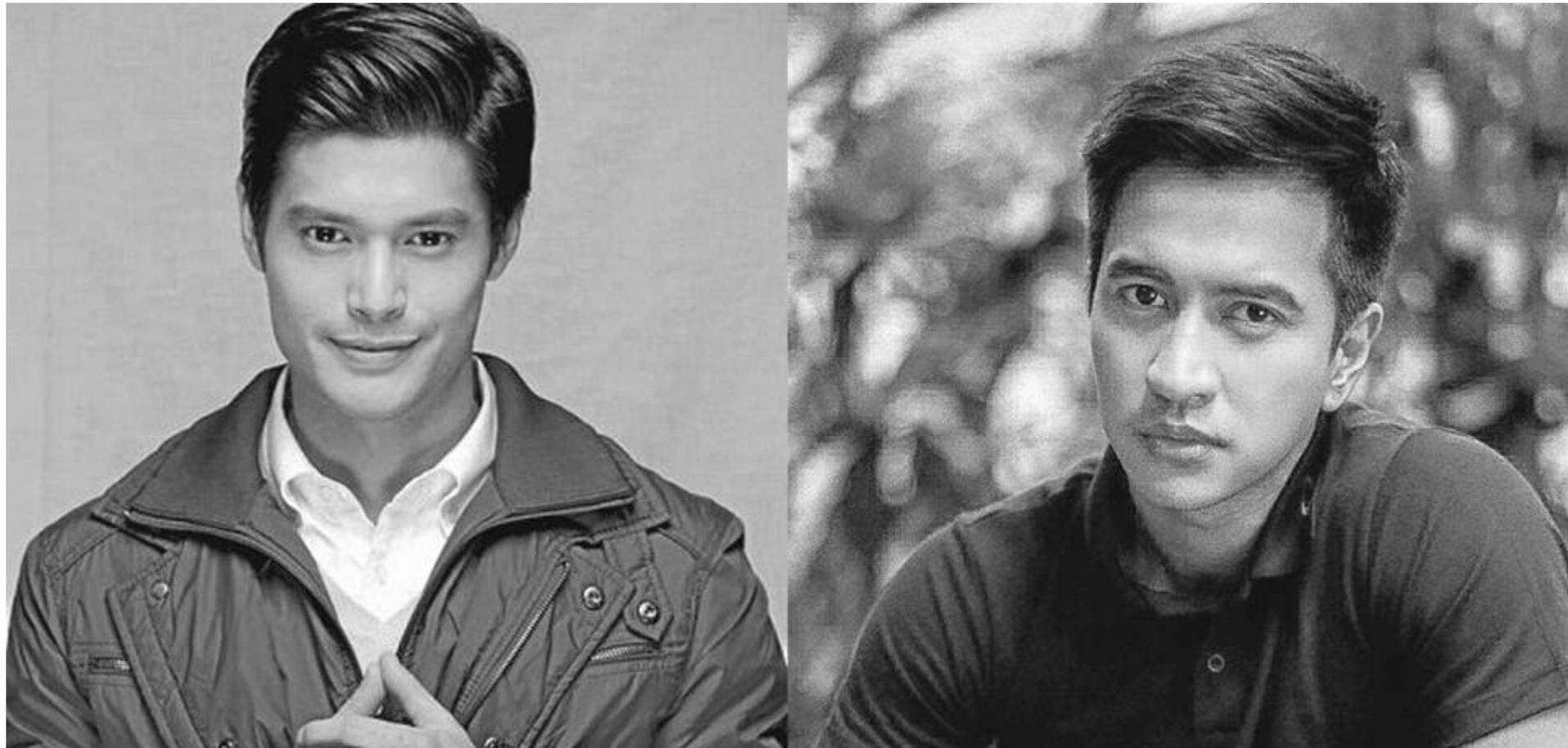
"Don't forget that today, you can still CHOOSE TO DO THINGS

THEY SAID YOU CANNOT DO," she said.

Though she did not state what course she's taking, Romana gave a glimpse of her class notes which appear to be about business and consumers, via her Instagram Story, also today.

Romana received a Gold Standard badge from the same university in May last year, after completing its career advancement course Strategic Planning for Marketers. She added that she's been taking courses to "further her knowledge" for her business. ■

# How hunks JC de Vera and RK Bagatsing mend their broken hearts



JC de Vera and RK Bagatsing

That's the worst feeling I've ever experienced when it came to love."

Thus said actor JC de Vera when asked to recall one of the most painful heartbreaks he has ever experienced. "I don't want to experience it ever again. Because of love, I came to a point when I had to challenge another guy to a fistfight. I think that's the ugliest experience I've ever had in relation to romantic love. That was the craziest rumble I've had. I swear that will be the first and the last," recalled the actor, who is currently promoting the digital series "The Goodbye Girl."

"How I've managed to move on? I gave time for myself to feel, to breathe, to take things one day at a time," JC recalled.

"They say that if you want to change something in your life, it will take you 21 days to turn that something into a habit or routine. I say the first week is going to be the hardest. You just really need to put a lot of effort into it. You have to learn to love yourself," the actor advised.

Loving one's self could be in the form of "getting a drink with your friends or leaning on your family for comfort. It could be a lot of things," said JC. "I guess people find it hard to move on because they don't give themselves enough

time. It's all about disciplining yourself, making that effort. One day, you'll be surprised that you're already fine."

The actor is now happily married to Rikka Alyssa Cruz and has a young daughter named Lana.

## Goodbye Girl

JC is one of Angelica Panganiban's leading men in Derick Cabrido's romantic comedy series "The Goodbye Girl," which is currently streaming on iWantTFC. Based on the book of the same name by best-selling author Noreen Capili, the series illustrates the five types of heartbroken women. The show is narrated by Yanna (Angelica), a financial advisor-turned-author whose world crumbles when her husband, Y (RK), announces that he will be leaving her for his one great love. Yanna later gets a book deal from a charming publisher named Jeff (JC) to write about the stories her followers have shared with her and the advice she's given them.

Who would he rather be in a failed romantic relationship, the person who leaves or the one who gets left behind?

"They're both painful to deal with, but based on my experience, it's harder to be the

one who leaves," JC said. "This is because, at the end of the day, you will be left to deal with your regrets. You will have to answer your 'what if?' questions. This is unlike if you're the one who got left behind—you know that you gave the relationship your all."

Also recalling one of his toughest breakups, RK said there's this one particular incident that happened shortly before the holiday season many years back. "I didn't have time to really dwell on it because there were too many distractions. A lot of things were happening for a month, like parties, birthdays, get-togethers, my sister visiting from the United States," he recalled. "I was trying to push back everything, including the painful thoughts of her. So after the holidays, when everything became quiet, that's when all the emotions that I've set aside came rushing back in."

## 'You're not a failure'

"The lesson here is that you just have to face it head-on, give yourself time to grieve about it, to be sad, because you're only human. The relationship might have not worked well; this doesn't mean you're a failure as a person. Let this serve as a good lesson for you to be better. As they say, one day you'll find your better half; but

right now, you have to be a better version of yourself first," he said.

RK has been dating actress Jane Oineza since late 2021.

When asked to recall the "most creative excuse" he has ever come up with for breaking up with a girl, RK said: "I don't think there's any. You really have to sit down with that person and be honest to her."

When it came to the "most fulfilling goodbye" he has ever done, RK replied: "I think that we try to be the better version of ourselves every day; so I think the 'most fulfilling goodbye' I've made was when I bid farewell to my older version, the one who had quirks that I didn't like."

On what one can learn from watching "The Goodbye Girl," he shared: "From what I've read in the script, when a person you've been with for so long decides to leave you, you also feel like you've lost your identity."

"What's beautiful about the episodes here is that each presents different experiences of different types of women," said RK. "What's best is that you learn from these characters, who picked up themselves and moved on. I don't want to be a spoiler, but it's really about finding yourself, moving forward, and rediscovering what you want." ■

# Canada wins 26th Olympic medal as Beijing Games end with closing ceremony

Canadian Press Staff, February 20, 2022

Canada's Justin Kripps already knew what it felt like to step onto an Olympic podium. But his teammates didn't, and he wanted to share that experience with them.

That was a motivating factor for Kripps, who piloted his crew to a bronze medal in four-man bobsled on the final day at the Beijing Games – Canada's last medal of the Olympics.

The bronze was a first Olympic medal for Ryan Sommer of White Rock, B.C., Cam Stones of Whitby, Ont., and Ben Coakwell of Moose Jaw, Sask.

"It means the world to me to have these three guys in the sled with me, and now they're Olympic medallists," said Kripps, of Summerland, B.C.

"I came into these Games with an Olympic medal already, and this team that has just been grinding for four years, been together for four years, and for it to culminate in an Olympic medal is just amazing."

Kripps piloted his crew to an overall time of three minutes 55.09 seconds at the Yanqing National Sliding Centre, well behind the gold and silver winners from Germany.

The Canadians were third after the first two heats on Saturday. They started the fourth heat with a slim edge over Germany's Christoph Hafer and hung on for the podium appearance.

"When you cross that finish line, all of a sudden you're aware of how much pressure there was," Kripps said. "So in that moment, it felt amazing to have accomplished it."

Chris Spring of Priddis, Alta., finished ninth overall.

The bronze was Canada's second bobsled medal of the Games –



**Team Canada at the closing ceremony**

Christine de Bruin of Stony Plain, Alta., won bronze in the monobob.

It was also Canada's 26th medal overall, closing out an out-of-the-ordinary Beijing Olympics highly influenced by the COVID-19 pandemic both during the sporting event and in the months leading up to it.

Those 26 medals – four gold, eight silver and 14 bronze – put Canada fourth in the total medal table behind Norway (37), Russia (32) and Germany (27). The Canadians finished ahead of the United States (24).

Canada's four gold was its lowest total of top-podium finishes since Lillehammer 1994.

"Let's not gloss over how difficult these last two years were for Team Canada, that in my estimation had to endure the most restrictive COVID protocols of any nation," said David Shoemaker, the Canadian Olympic Committee's chief executive officer.

Three of Canada's 26 medals were won by Ottawa's Isabelle

Weidemann, who was named Canada's flag-bearer for Sunday's closing ceremonies.

The long-track speedskater won a complete set of medals in Beijing, including the country's very first medal of the Games: bronze in the women's 3,000 metres.

Three of Canada's 26 medals were won by Ottawa's Isabelle Weidemann, who was named Canada's flag-bearer for Sunday's closing ceremonies.

The long-track speedskater won a complete set of medals in Beijing, including the country's very first medal of the Games: bronze in the women's 3,000 metres.

The 26-year-old followed that up with silver in the 5,000 metres. She finished with gold in the team pursuit alongside teammates Ivanie Blondin and Valerie Maltais.

Bookending her Games by leading Canada into Bird's Nest Stadium

was the perfect finish.

"It's never been something that I even thought I'd be able to do," Weidemann said on the flag-bearer honours. "These Games have been so, so incredible. And I feel like every day, we're piling on more and more and I haven't quite processed it all. I'm having a lack of words and a lack of emotions and I have no tears left, I've cried at every event now."

It was an otherwise quiet final day for Canada.

Cendrine Browne of Saint-Jerome, Que., finished 16th in the women's cross-country 30-kilometre mass start, the country's second-best performance in the event.

The 28-year-old was one position away from tying Canadian record holder Sara Renner, who finished 15th in the mass start at the Vancouver Games in 2010.

"It's my best performance ever and one of the best Canadian results. I'm speechless," said Browne.

Her teammate Katherine Stewart-Jones from Chelsea, Que., achieved what is now tied for the third-best Canadian result, coming in 30th.

Dahria Beatty of Whitehorse finished 39th. Laura Leclair of Chelsea was 51st.

Earlier at the Yanqing National Alpine Skiing Centre, the Canadian ski team failed to challenge for a medal in the mixed team parallel event.

Erin Mielzynski of Collingwood, Ont., Erik Read of Canmore, Alta., Cassidy Gray of Invermere, B.C., and Calgary's Trevor Philp lost to Slovakia in the 1/8 final.

## Some trucker convoy protesters are facing mischief charges

Some of the most high-profile organizers of protests against government and COVID-19 mandates in Ottawa are facing charges that include mischief and counselling to commit mischief. What does that actually mean? Here's a look at the significance of mischief charges and the consequences the people charged may face:

A mischief charge under the Criminal Code is extremely flexible, covering a wide range of possible offences from interfering with computer data to mischief endangering life or causing death.

The most common use of mischief in the context of protests relates to interference with someone's rights either to work or access property or tools, said Martin Peters, a Vancouver criminal lawyer.

Counselling involves leading or telling someone to commit mischief. What are the consequences of conviction?

Kicking a wall could result in a fine, while mischief to a war memorial or blocking significant portions of downtown could see up to 10 years of jail time, Toronto criminal lawyer Karen McArthur said.

In the most severe cases the maximum sentence is life imprisonment, Peters said.

While Peters said counselling to commit mischief should carry similar consequences to mischief itself, McArthur said this case could see prosecutors push for harsher penalties.

The counselling charge could be taken more seriously, as it puts organizers like Tamara Lich and Chris Barber in a leadership role of "an organization that had lots of tentacles," she said.

The case is typically a four-step process, according to McArthur. First the accused is charged, then the accused asserts his or her charter rights to free expression and peaceful assembly. Then the Crown would argue why those rights don't trump all others and then a judge would make a ruling.

The very fact of being charged starts a process where a judge can set terms by which individuals are obligated to comply, as has been seen in other protests, Peters said.

(News summarized for space limitations) Source: By Staff, Canadian Press published February 20, 2022, Global News website).

From page 8 Blinken says meeting

what this is about is President Putin's view that Ukraine is not a sovereign country."

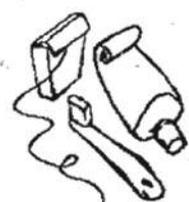
"President Putin's deeply disturbing speech yesterday, and his statements today, made clear to the world how he views Ukraine: not as a

sovereign nation with the right to territorial integrity and independence, but rather as a creation of Russia, and therefore subordinate to Russia," Blinken said. "This is the greatest threat to security in Europe since World War II."

**Dental Clinic**

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

**Comprehensive Gentle Dental Care for The Whole Family**



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

☎ (514) 731-6479  
3535 Côte Ste. Catherine, Suite 1, Montreal, Quebec H3T 1C7  
(corner Côte des Neiges)

# Philippines logs 1,427 new COVID-19 cases, lowest so far this year

Gillan Roper, ABS-CBN News  
 Posted at Feb 21 2022 04:01 PM  
 MANILA - The Philippines on Monday announced 1,427 new COVID-19 cases, the lowest daily tally so far this year, data from the health department showed.

The positivity rate has declined to 7.5 percent, based on test results of samples from 25,000 individuals on Feb. 19, Saturday, according to the latest Department of Health bulletin.

Of the newly reported cases, 1,389 or 97 percent occurred within the recent 14 days. Metro Manila (318 cases), Calabarzon (168 cases) and Western Visayas (159 cases) were the top regions with cases in the recent two weeks.

The Philippines has so far tallied a total of 3,653,526 cases, of which 58,657 or 1.6 percent remain active.

The active cases are broken down as follows: 304 critical, 1,422 severe, 2,845 moderate, 53,326 mild, and 760 asymptomatic.

COVID-related deaths increased by 79 to 55,763. Of the newly reported deaths, 66 occurred



RESIDENTS BUY FROM THE MANY POP-UP STALLS WHICH OFFER AN ASSORTMENT OF LOCAL OR FOREIGN FOOD CHOICES AS THEY DINE IN ALFRESCO ALONG THE CRISTOBAL FOOD STREET IN SAMPALOC, MANILA ON SUNDAY NIGHT, FEB. 13, 2022.

this month, eight last month, four in October last year, and one in September.

There were 3,269 more recoveries, raising the total number of recuperations to 3,539,106.

The DOH said 104 duplicates, including 98 recoveries, were removed

from the total case count, while 52 cases previously tagged as recuperations were reclassified as deaths after final validation.

Five laboratories, which contribute on average 0.1 percent of samples tested and 0.3 percent of positive cases, were unable to submit

their data, the DOH said.

The intensive care unit (ICU) bed utilization rate in Metro Manila and nationwide was at 28 percent and 30 percent, respectively.

The government vaccinated 3.447 million people or 68.94 percent of its 5-million target during the third round of the Bayanihan Bakunahan Program, said Health Undersecretary Myrna Cabotaje, head of the National Vaccination Operations Center.

The vaccination drive aims to inoculate more senior citizens and Muslims, and ramp up the administration of booster shots, Cabotaje added.

Govt falls short of 5 million target in third national vaccination drive

More than 62.2 million people in the country are already fully vaccinated against COVID-19, while 61.5 million others have received an initial dose, as of Feb. 17, according to data gathered by the ABS-CBN IRG. Up to 9.5 million booster doses have also been administered.

## Omicron variant no more severe than original strain: WHO

Agence France-Presse  
 Posted at Feb 23 2022 03:37 AM

The BA.2 variant of the omicron coronavirus strain is not more severe than the original, the World Health Organization said on Tuesday.

Based on a sample of people from various countries, "we are not seeing a difference in severity of BA.1 compared to BA.2," Maria Van Kerkhove, a senior WHO official, said in an online question and answer session.

findings of a committee of experts tracking the evolution of the virus.

OFWs in Hong Kong 'safe' as some employers fire workers with COVID-19: consul general

Their conclusions will come as a relief to countries such as Denmark, where the BA.2 variant of omicron has circulated widely.

Philippines posts 1,019 more COVID-19 cases; DOH cites low laboratory output



A notice about COVID-19 safety measures is pictured next to closed doors at a departure hall of Narita international airport to prevent the spread of the omicron variant in Narita, east of Tokyo, November 30, 2021. Kim Kyung-Hoon, Reuters/file

"So this is a similar level of severity as it relates to risk of hospitalization. And this is really important, because in many countries, they've had a substantial amount of circulation, both of BA.1 and BA.2," she said.

Van Kerkhove, who leads the technical side of the WHO's Covid-19 response team, was reporting the

In the Philippines, the Department of Health (DOH) announced 1,019 new COVID-19 cases, the lowest daily tally so far this year, bringing the country's total to 3,654,284.

The positivity rate is at 6.4 percent, based on test results of samples from 18,177 people on Feb. 20, Sunday, according to the latest DOH bulletin.

From Page 9 Biden says

announcement, the US was coordinating with allies in Europe in the hopes of averting a full-scale war. Earlier, Germany said it was halting certification of the Nord Stream 2 gas pipeline, a step US leaders had been pressing for as the crisis heats up.

With regard to the latest developments, we need to reassess the situation also with regard to Nord Stream 2. It sounds very technocratic but it is the necessary administrative step in order to stop certification of the pipeline," Chancellor Olaf Scholz said in Berlin.

Prime Minister Boris Johnson announced the sanctions in a statement to the UK parliament on Tuesday, saying Putin was "establishing the pretext for full scale invasion" of Ukraine.

The European Union was also preparing a first package of sanctions against Russia on Tuesday, its top official said in a joint statement on Tuesday. The package will contain proposals targeting those involved in the "illegal decision" to recognize two separatist regions in eastern Ukraine and banks that are "financing Russian military and other operations in those territories." Those sanctions will also limit Russian state and



Russia's President Vladimir Putin addresses the nation on the recognition of independence of the Donetsk and Lugansk People's Republics on February 21, 2022. Alexei Nikolsky | Tass | Getty Images

The 750-mile pipeline was completed in September but has not yet received final certification from German regulators. Without that, natural gas cannot flow through the Baltic Sea pipeline from Russia to Germany.

The United Kingdom said Tuesday it was slapping sanctions on five Russian banks and three wealthy individuals following Putin's decision to recognize two separatist republics.

government to access the EU's capital and financial markets.

Putin's speech was shocking to many, but not to people in Kyiv

This story has been updated to reflect additional developments on Tuesday.

CNN's Betsy Klein, Jennifer Hansler, Kate Sullivan, Barbara Starr and Nick Paton Walsh contributed reporting.



**EDUCATION**  
 raises the bar  
 but lowers the  
 barriers to a  
**REWARDING**  
**CAREER.**

## PROGRAMS & COURSES

- **Nursing Aide (PAB/PSW)**
- **Office Automation**
  - **Executive Assistant**
  - **Legal Secretary**
  - **Medical Secretary**
  - **Accounting Technician**
- **Second Languages**
  - **English**
  - **French**
  - **Filipino**
  - **Spanish**
  - **Mandarin**
  - **Translation**
- **Accounting & Bookkeeping**
- **Keyboarding**
- **Microsoft Office**
- **Business French**
- **Business English**
- **Filipino to English or French**

## SEMINARS

- **Practical Writing Strategies**
- **Starting and Managing a Small Business**
- **Personality & Image Development**



**7159, chemin de la Côte des Neiges  
 Montreal, QC H3R 2M2 Cell: 514-506-8753  
 Tel.: 514-485-7861 Fax: 514-485-3076  
 E-mail: zbk@gilmorecollege.com**



**College faculty and administration: L to R: Terry White, Clarice Mackay, Kadri Shérifi (Director of Studies), Zenaida Ferry-Kharroubi (Director-General & Founder), Editha Fedalizo, Amy Manon-og and Sophie Toledo.**



**Gilmore College International provides immigrants the tools for a successful career change. The training and the skills that I learned gave me the confidence to work as a nurses' aide.**  
**Adele Lascano (October 2009)**



**Gilmore College gave me the opportunity to start a new career. I got a job easily because I learned new things from the course which focused on how to care for the elderly and the sick. I'm proud to be part of Gilmore College International**  
**Giselle Arellano (October 2011)**



**Proficiency Certificates in French 1 and 2 presented to: (L to R): Yuri Ynion, Lyka Ynion, Dalia Belen, Maricris Monis, Joan Mendoza and Randy Agno. Not in picture: Reyna Reginio (February 2019)**



**Batch 11, PAB students on practicum at Chateau Westmount with their instructors seated: (L to R) Amy Manon-og, Terry White and Sophie Toledo**