

Manuel, Remigio battle it out for FAMAS presidency

By W. G. Quiambao

Romeo D. Remigio the outgoing external vice president, and Cesar Manuel, whose current presidency is still a bone of contention, are battling it out for FAMAS leadership on Aug. 4. Remigio, who served as vice president twice, was a former policeman in the Philippines. He served as a member of the presidential security group in Malacanang during the time of Cory Aquino and Joseph Estrada. Manuel has a BSE degree (social science).

Manuel's first bid for the presidency was in 2011. Although he won by 69 votes over Au Osdon, he failed to be the president due to the implementation of 150-deduction from his total votes. In 2017, he was embroiled in another bitter controversy when the COMELEC chairman, Julie Parado, announced the morning after the election that Dante Tabamo won. But a few hours after the boxes of



Cesar Manuel

ballots were brought to the apartment of Parado, many were left in disbelief when they saw on Facebook that Manuel emerged as the winner. A lawsuit was filed and the verdict is expected to be released next month.

The following is the list of



Romeo D. Remigio

potential candidates as of July 13: TEAM MALAYA President – Romeo D. Remigio, Vice President (external) - Joseph V. Gonzales, Vice President (internal) - Mercy Myrlin S. Umipig, Secretary – Leah Baldemovar, Treasurer - Lorenza Elsa J. Penullar,

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INDEPENDENT TEAM PRO Norberto DJ Yuwic Mandin Jr. -

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FAMAS



Footage of Neil Armstrong from 'Apollo 11'. Courtesy CNN Films/NEON.

(CNN)The family of astronaut Neil Armstrong was paid \$6 million by a hospital as part of a wrongful death settlement, according to a report from The New York Times.

Mercy Health reportedly paid

the secret settlement in 2014, two years after Armstrong's death in 2012, the Times reported. Probate documents confirm the funds were distributed as part of a wrongful death and survival claim.

Neil Armstrong's family was paid \$6 million by a hospital in a wrongful death settlement

By Rebekah Riess and Hollie Silverman, CNN
Updated 2:50 AM ET, Wed July 24, 2019

News of the settlement comes only days after the 50th anniversary of Armstrong's historic walk on the moon as part of the Apollo 11 mission. His family attributed his death to complications from coronary bypass surgery saying at the time, "We are heartbroken to share the news that Neil Armstrong has passed away following complications resulting from cardiovascular procedures."

The New York Times reported Tuesday that Armstrong's sons believed that his death was due to incompetent post-surgical care at Mercy Health — Fairfield Hospital and threatened legal action against the

hospital.

Although the hospital defended its actions and the care Armstrong received, they ultimately decided to pay out the settlement and avoid a legal battle, The New York Times article said.

The newspaper reported that it received mail from an unknown source with 93 pages of documents outlining Armstrong's treatment and the resulting legal case surrounding it. Included in those documents were reports from medical experts on both

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Neil Armstrong

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From the
Executive Publisher's Desk

FAMAS ELECTIONS

**How do we increase
interest and participation
in these elections?**

Zenaida Ferry-Kharroubi

Every two years, we hold elections for the new executive board that will run this association. Different issues have been featured everytime an election is to be held. But time flies, and it seems that good intentions are not enough to fulfill a mandate successfully. There are many factors that come into play such as qualifications of the officers elected, and their willingness to do their share of the workload. After all these years, FAMAS is considered to be the oldest, biggest, and the most important association of Filipino Canadians. Without naming all the things that transpired in the past, it is perhaps better to look at what is the present, and what will be the future.

Needless to say, people who put their names for election to be an elected member of the board implies that they are willing to volunteer and serve the community. This by itself is a noble objective. But it is not a guarantee that after being elected, they will be prepared to do their share of the work needed to implement the team's platform. It mainly falls on the leader's skill to motivate, energize, and mobilize his board. When everyone is willing and able to do his or her part, nothing is impossible to do - all projects designed for the benefit of the community can be implemented.

We have seen over the years a fluctuating level of interest in FAMAS elections when there are many more people who sign up or renew their memberships in order to vote than in other years. Then there are other years when the turn out of voters is quite low usually after some controversies. People lose their faith in FAMAS. Questions arise as to why do we have to pay membership and then not know what happens to the funds. Is it really necessary to pay membership to vote for the right candidate? It seems like a

tradition that one can vote only if he or she has paid or renewed membership. It is also considered to be a fund raising scheme - the more popular the candidates, the more people vote, and more money comes into the treasury. Perhaps, this is a good point but it is likely to be the cause of anomalies. It happened in the past that candidates pay for the voters' memberships in order to win. Will it not be better to change this practice in order to have a more open and honest elections of the right people to run this association? After all, FAMAS has become representative of the Filipino Canadian community in Montreal, regardless of whether one is a member or not. Perhaps, other fund raising schemes can be organized but it is more important to gain the confidence and trust of everyone if people can vote freely.

As everyone knows, there are always things to be improved, nothing is perfect. Our population is increasing, and along with this growth, we have more challenges. How do we make our community more progressive, more caring, and more united? FAMAS is an important community resource but its potential has not yet been fully developed. It requires some review of what has been done and see what can be learned from the past in order to avoid the same mistakes. But if there is anything we want to remind the future executive board, it is- transparency. The people must know all the facts, specially the financial aspect that has been questioned in past administrations when no one seems to know where the money has gone.

The future looks bright for FAMAS if the right people are elected and who shall have the vision to think outside the box to come up with innovative ideas that will lead to the betterment of the community.

'It's not a wall. It's a fence': Bernier vows to cut immigration, block irregular border crossings

Bernier's appeal to nationalism advanced substantially with Wednesday's speech, which took sharp aim at Trudeau's 'diversity is our strength' mantra

MEAGAN CAMPBELL Updated: July 25, 2019

MISSISSAUGA, Ont. — If Maxime Bernier becomes prime minister, his People's Party of Canada would be "fencing off the areas" along the border used by illegal migrants, notably Roxham Road, which connects New York State and Quebec, the party leader announced at a campaign event Wednesday evening.

"Build a fence. Build a fence," chanted one supporter, Michael Cieslinski, a child and youth support worker who was streaming the speech to his YouTube channel.

When asked in an interview after his speech who would pay for the fence, Bernier emphasized that the fencing would just be for problem spots. "It's not a wall. It's a fence. There's no cost for that.... It's a question of declaring our sovereignty."

Bernier also said in his speech that he will reduce the total intake of immigrants and refugees to between 100,000 and 150,000 annually, depending on economic circumstances, which is significantly lower than the federal Liberals' target of 350,000 per year. He also said he will outlaw "birth tourism," a practice in which foreign travellers come to Canada to deliver children as a way to secure citizenship. He promised to increase the proportion of economic immigrants to non-economic-class immigrants and require immigration applicants to go through face-to-face interviews to assess the extent to which they align with Canadian values.

He said that Canada should stop relying on the UN to select refugees that come here and instead "will give priority to refugees belonging to persecuted groups who have nowhere to go in neighbouring countries," specifically naming Yazidis and Christians persecuted in majority-Muslim countries, and "members of sexual minorities."

"We cannot be the welfare state of the planet," Bernier told a



People's Party of Canada Leader Maxime Bernier speaks in Toronto on June 21, 2019. CHRIS YOUNG/THE CANADIAN PRESS/FILE

crowd that filled approximately 900 seats. "I don't care a bit about people's race or skin colour. I have said many times that racist and bigots are not welcome in our party.... The journalists who don't want to recognize this and keep coming back with questions of bigotry can just take a hike."

As Bernier finds his footing in the federal election, planned for October, his statements helped clarify the question of how nationalist his campaign will become. Since founding the People's Party of Canada last September he has defined himself as a libertarian who promises freedom of speech, freedom of trade between provinces and freedom to emit carbon dioxide. He has previously announced his desire to withdraw Canada from all UN commitments and repeal bills that hinder construction of oil export pipelines.

While these positions have earned him just three-per-cent support, his statements on immigration and identity politics on Wednesday evening provoked shouts of "Amen," and "Thank you, Maxime."

We cannot be the welfare state of the planet

Bernier took the stage alongside Salim Mansur, an academic running for the PPC who argues that multiculturalism imperils Canada. Bernier has roughly 90 days to build more support before the election, and his appeal to nationalism advanced substantially with Wednesday's speech, which took sharp aim at Prime

See Page 19 Maxime Bernier

IN MEMORIAM



Letty Do-oma

April 16, 1941-June 26, 2019

We shall never forget our beloved friend, missed by all who knew her, specially her family, former colleagues and friends in Montreal.



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Opposition takes aim at Liberals over return of former Trudeau aide Gerald Butts

Kristy Kirkup, The Canadian Press
Published Monday, July 22, 2019 12:35PM EDT



Gerald Butts, a former aide to Prime Minister Justin Trudeau who resigned in connection with the SNC Lavalin affair.

With three months to go now until the election, the Liberals are intensifying campaign efforts with Prime Minister Trudeau hitting party events to drum up support and by ensuring his long-time friend and former senior adviser is in the fold.

A Liberal party official confirmed Sunday that Trudeau's former principal secretary Gerald Butts is playing a key role in the party's election campaign.

Butts, a close long-time friend of Trudeau, resigned in February amid the SNC-Lavalin controversy, citing allegations from anonymous sources that he pressured former Justice Minister Jody Wilson-Raybould to assist the Quebec engineering giant to be considered for an agreement akin to a plea bargain.

Butts issued a statement at the time saying he categorically denied the accusation that he or anyone else in his office pressured Wilson-Raybould, adding that they acted with integrity.

"Any accusation that I or the staff put pressure on the Attorney General is simply not true," he wrote.

"But the fact is that this accusation exists. It cannot and should not take one moment away from the vital work the Prime Minister and his office is doing for all Canadians."

In response to news of Butts taking on a role in the campaign, Conservative Leader Andrew Scheer tweeted: "And just like that, the Trudeau team that brought Canadians the SNC Lavalin scandal is right back together."

NDP Leader Jagmeet Singh also told CTV News on Sunday that he believed the move was "disappointing."

Since the winter, the SNC-Lavalin affair has been connected to sliding support for the Liberals reflected in a number of public opinion polls.

The Liberals insist, however,

they're hearing positive feedback during canvassing efforts and that they have more field volunteers on the ground than in any other election.

The party's pre-election pace is stepping up quickly, with it saying it hit more than 200 ridings last weekend as part of its outreach plan.

The Liberals are also seeing continued growth in grassroots fundraising, spokesperson Braeden Caley said Sunday.

The party closed out last month with its best-ever June fundraising results and that four out of the last five months have amounted to monthly bests, he said.

More than 204,000 Canadians have registered as new Liberals since the last federal election, Caley added, noting the upcoming campaign will offer "a clear choice" between the Liberals and the Conservatives.

In Ontario, a key battleground for every election campaign, the leadership of Premier Doug Ford is expected to figure prominently in the federal discussion. The Liberals have indicated they've heard a strong response about Ford's policies during door-knocking efforts.

Behind the scenes, the Liberals have also made key decisions, like who will take on central roles in the campaign.

In May, the party announced that Jeremy Broadhurst, the former chief of staff to Foreign Affairs Minister Chrystia Freeland and the party's national director from 2013 to 2015, will lead the national campaign.

The platform committee is being co-chaired by Public Safety minister Ralph Goodale and Ottawa-Vanier MP Mona Fortier, Caley said Sunday.

Apollo 11: World celebrates 50th anniversary of first Moon landing

(BBC News, July 21, 2019) Thousands of people have been celebrating the 50th anniversary of the first Moon landing.

On 20 July 1969, the Eagle module from Apollo 11 landed at Tranquility Base.

Hours later, at 21:56 CT (02:56 GMT), Neil Armstrong made history by becoming the first person to walk on the Moon.

Originally inspired by the US's Cold War rivalry with the Soviet Union, the mission is now remembered as an iconic moment for stargazers all over the world.

'We're breathing again'

Nasa marked the anniversary by streaming footage of the launch online,

mission by his crewmates Buzz Aldrin and Michael Collins. All three were born in 1930. Aldrin and Collins are still alive, but Armstrong died in 2012 at the age of 82.

Aldrin, the second person to walk on the Moon, tweeted on Saturday: "Today, America put the big question to rest: We got there first. We landed on the Moon with 250 million Americans watching our backs."

"The truth is: that mission belongs to all of them, and to future generations of Americans who dream to reach the Moon once more."

Michael Collins, the third crew member, told Fox News that it's "not very often" he thinks about the mission.

"I lead a quiet life," he said. "I'll



giving a new generation a chance to see the historic moment that was watched by half a billion people 50 years ago.

At the moment the spacecraft landed, Apollo 11 commander Armstrong said: "Houston, Tranquility Base here. The Eagle has landed."

Charlie Duke, the capsule communicator, responded from mission control in Houston: "Roger, Tranquility. We copy you on the ground. You got a bunch of guys about to turn blue. We're breathing again."

Hours later, as he first stepped on to the Moon's surface, he uttered the historic phrase: "That's one small step for man, one giant leap for mankind."

Armstrong was joined on the

be walking along down my street at night, when it's starting to get dark, and I sense something over my right shoulder - and I look up and see that little silver sliver up there and think, 'Oh, that's the Moon! I've been there!'"

How the world has celebrated Cities globally have held events to celebrate the landmark anniversary - including at a Nasa visitor centre in Houston, Texas.

Military personnel put on a parachute display, and live bands performed. A New Year-style countdown also marked the moment of Armstrong's

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Apollo 11

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10 key takeaways from Robert Mueller's testimony

(CNN)The big day is over. After months of legal wrangling -- and more than 100 days after the release of his report detailing Russia's attempts to interfere in the 2016 presidential election -- former special counsel Robert Mueller took questions from Capitol Hill lawmakers for hours on Wednesday.

(Mueller testified before the House Judiciary Committee in the morning and the House Intelligence Committee in the afternoon.)

I watched all of it and collected my key takeaways in real time. They're below.

1. Trump's tweets showed how anxious he actually was

President Donald Trump and his aides have gone out of their way to paint the President as annoyed but unconcerned about Mueller's testimony. "No, I'm not going to be watching, probably, maybe I'll see a little bit of it," Trump told reporters on Monday in the Oval Office. "I'm not going to be watching Mueller because you can't take all those bites out of the apple. We had no collusion, no obstruction."

Except that Trump's Twitter feed -- a direct window into how he's thinking and feeling at any given time -- sent the exact opposite message. By 8:15 a.m. on the east coast, the President had already sent seven tweets about the Mueller hearing, tweets that largely revisited many of his old hobby horses, like this one: "Why didn't Robert Mueller & his band of 18 Angry Democrats spend any time investigating Crooked Hillary Clinton, Lyin' & Leakin' James Comey, Lisa Page and her Psycho lover, Peter S. Andy McCabe, the beautiful Ohr family, Fusion GPS, and many more, including HIMSELF & Andrew W?"

Is that the tweet of a man who is entirely unworried about what the former special counsel would say -- and what it might mean for his political future? Yeah, I don't think so either.

2. Mueller disappointed Republicans

In his opening statement, Mueller made clear that he would be unable to address anything related to the origins of the counterintelligence investigation into Russian interference in the 2016 election or the so-called "Steele dossier," an opposition research document put together by former British spy Christopher Steele.

President Trump has long insisted that the entire investigation -- the initial probe which led to the appointment of the special counsel and all that followed from it -- was illegal because it was based on the Steele document, which contained research that was partially funded by Hillary Clinton and the Democratic National Committee.

Mueller's affirmation that he would not answer any questions about the genesis of the probe and/or the Steele dossier took a major line of questioning off the table for Republicans.

3. ... and Democrats

In that same opening statement, Mueller said he would not

When Democrats asked questions of Mueller, they mostly followed this blueprint: a) praise Mueller for his service b) ask Mueller to



address any questions involving Attorney General William Barr or the actions of Congress. That's a big blow for Democrats, who very much wanted to explore differences in public statements about the special counsel investigation between Mueller and Barr, particularly as it related to how Barr characterized the findings of the report on obstruction.

4. Mueller was shaky -- especially at the start. If Democrats hoped that Mueller would easily bat away Republican attacks -- on him and on his report -- they were sorely disappointed in the opening moments of his testimony. Mueller seemingly contradicted himself (and the report) when he told Georgia Rep. Doug Collins, the ranking Republican member on the committee, that collusion and conspiracy were not the same thing.

Mueller also seemed to struggle to hear and/or understand questions from member of both sides as well as to find various references members were making to the Mueller report, asking for questions to be repeated. Democrats viewed the hearing as a chance for the public to hear what the President did (and didn't do) from a straight-out-of-central-casting prosecutor. Mueller didn't come across like that.

5. Mueller directly contradicted Trump on FBI job

On Wednesday morning, Trump tweeted this: "It has been reported that Robert Mueller is saying that he did not apply and interview for the job of FBI Director (and get turned down) the day before he was wrongfully appointed Special Counsel. Hope he doesn't say that under oath in that we have numerous witnesses to the interview, including the Vice President of the United States!". Except ... under questioning from Republican Texas Rep. Louie Gohmert, Mueller directly contradicted Trump's version of events. As Gohmert was attacking Mueller's alleged conflicts of interest, he cited Mueller meeting with Trump the day before he was appointed as special counsel as a job interview for the open FBI spot. "Not as a candidate," for the job, Mueller said. So someone is lying here. Worth noting: Mueller's testimony was under oath. Trump's tweet was, uh, not.

6. There were actually two different hearings

draw conclusions from his report c) when Mueller declines to do so, read a portion of the report d) say that Trump clearly obstructed the investigation and e) thank Mueller for his service.

When Republicans asked question of Mueller, they mostly followed this blueprint: a) yell at Mueller b) ask him questions about Christopher Steele that -- per point No. 2 above -- he has already said he will not go into and c) conclude that Mueller unfairly persecuted Trump and his inner circle.

The whiplash was stark. And meant -- stop me if you've heard this before -- that people will likely hear what they want to hear coming out of this hearing.

7. Mueller said that he didn't consider indicting Trump on obstruction because of Justice guidelines. Except...

In an exchange with Democratic California Rep. Ted Lieu, Mueller said, unequivocally, that the reason that he did not even consider indicting the President on obstruction charges was because of guidance from the Office of Legal Counsel (within the Justice Department) that a sitting President cannot be indicted.

That contradicts repeated assertions by Barr that the OLC ruling was not the only reason that Mueller didn't indict Trump. It also seemingly contradicts a May joint statement from spokespeople for the special counsel's office and the Department of Justice that said this: "The Attorney General has previously stated that the Special Counsel repeatedly affirmed that he was not saying that, but for the [Office of Legal Counsel] opinion, he would have found the President obstructed justice. The Special Counsel's report and his statement today made clear that the office concluded it would not reach a determination -- one way or the other -- about whether the President committed a crime. There is no conflict between these statements."

When questioned about this seeming contradiction by Republican Arizona Rep. Debbie Lesko, Mueller said only that he "would have to look at it closer." Uh, yeah.

Mueller later clarified -- during his appearance before the House Intelligence Committee -- that he had misspoken to Lieu when asked about the role the OLC opinion played in his

decision not to consider charging Trump. "We did not reach a determination as to whether the President committed a crime," Mueller said.

8. Mueller came to life when his underlings were attacked

In a rare break from a low-key performance in front of the Judiciary Committee, Mueller pushed back hard against Florida Republican Rep. Greg Steube's attacks on the political affiliations (and donations) of the lawyers who worked for him in the special counsel's office.

Mueller said that at no time in his 25 years of doing just this sort of thing had he "had occasion once to ask somebody about their political affiliation. It is not done." That is a clapback at not just Steube but also Trump, who has been fixated for much of the last two years, on donations made to Hillary Clinton by some members of the special counsel's office.

9. Mueller (re)confirmed lots of details Trump doesn't acknowledge

Donald Trump was clearly thrilled with the way the morning hearing went. "I would like to thank the Democrats for holding this morning's hearing," he tweeted just after 1 p.m. ET. "Now, after 3 hours, Robert Mueller has to subject himself to #ShiftySchiff - an Embarrassment to our Country!" And while it's clear that Democrats did not reap the huge wins some of them expected they might, it's also true that Mueller confirmed, verbally that is, lots of facts that the President of the United States seems reluctant to admit. Among them: a) Russia interfered in the election to help Trump and hurt Hillary Clinton b) the Trump campaign was thrilled about that effort and c) Trump was involved in business dealing in Russia (the discussions of the construction of Trump Tower Moscow). None of that is good news -- at all -- for the President and his many past denials on these issues.

10. Mueller said Trump's WikiLeaks comments were "problematic"

Democratic Illinois Rep. Mike Quigley read a series of tweets and quotes from Trump during the final months of the 2016 election in which he touted WikiLeaks, which was releasing emails stolen from the Democratic National Committee and Clinton campaign chairman John Podesta. Quigley asked Mueller what he thought of Trump's actions. Mueller responded: "Problematic is an understatement, in terms of what it displays, in terms of giving some hope or some boost to what is and should be illegal activity."

In terms of Mueller's willingness to scold or smack down Trump, this was about as far as he was willing to go.

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Duterte: Face international trial? You must be stupid



President Duterte said he would not face any review of the United Nations Human Rights Council (UNHRC) on the rights situation in the Philippines since the justice system in the country is “working.”

Christina Mendez (The Philippine Star)
- July 18, 2019 - 12:00am

MANILA, Philippines — He’s a Filipino and he will only face Philippine courts.

President Duterte said he would not face any review of the United Nations Human Rights Council (UNHRC) on the rights situation in the Philippines since the justice system in the country is “working.”

“You must be stupid. Who are you? I am a Filipino, we have our courts here,” Duterte said in a TV interview hosted by Pastor Apollo Quiboloy before dawn yesterday.

Duterte said he is open to being tried in local courts and does not

care if the death penalty is reimposed.

“Look, as I have told you before, ladies and gentlemen of the world, including all the governments there, I will only... be tried or face trial in a Philippine court, presided by a... Filipino judge, prosecuted by a Filipino,” he said. “And maybe they can reimpose (the) death penalty, then die in Filipino hands.”

Duterte maintained that the justice system is working in the country so there is no need for any international investigative body to intervene in Philippine affairs.

“I have my country. It’s working, I know it’s working, justice is

working here,” he said.

The 74-year-old President described those who want to question him as “stupid,” and said he will never answer probing questions from a foreigner, especially a Caucasian, indicating he would not allow himself to be subjected to scrutiny by Western nations.

“I will not answer a Caucasian asking (a) question, or white man there. You must be stupid. Who are you? I am a Filipino, we have our courts here. Why would you have to bring me somewhere else? I would not like that,” he said.

Unfazed, Duterte said the drug war would continue while he carries out his mandate to serve and protect the nation.

No breakdown of justice system

A longtime prosecutor before he became mayor and then President, Duterte said foreign bodies such as the UN can only intervene if there is a “total breakdown of justice in a country that nobody is willing to prosecute.”

“You just don’t know the real situation. You better study. Then you force me to defend myself before you? Who are you?” he asked.

The President said he is ready to school the body on international law. “If you do that, I’ll give you a lecture on the finer points of international law,” he said.

Duterte also said he is ready to debate with the political opposition who were allegedly “itching to go to trial.” Show that justice, law systems work

Sen. Panfilo Lacson said while he strongly disagrees with the

observations of countries that voted for the international review on the country’s human rights situation as pushed by Iceland, there was nothing wrong with submitting a comprehensive report to show that Philippine judicial and law enforcement institutions are functioning as they should.

“There’s nothing wrong (in submitting a report) because we’re not hiding anything. And if there were excesses, we’ve done some appropriate actions, so what’s to worry?” the senator said.

He, however, said the government must also be prepared if the report were to be found lacking, in which case Malacañang must put its foot down and not allow interference from the UNHRC if the body decides to conduct an investigation in the country.

Lacson said the report should not only be statistics, but actions taken by the government in addressing extrajudicial killings (EJKs). He cited the Senate investigations into EJKs that resulted in the filing of charges against police officers involved.

Lacson, however, acknowledged that the Philippine National Police and other law enforcement agencies must quickly put in corrective measures to reduce EJKs.

Killed during shoot-outs Duterte justified the drug-related deaths, noting that these were results of legitimate operations between police and drug suspects.

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Duterte



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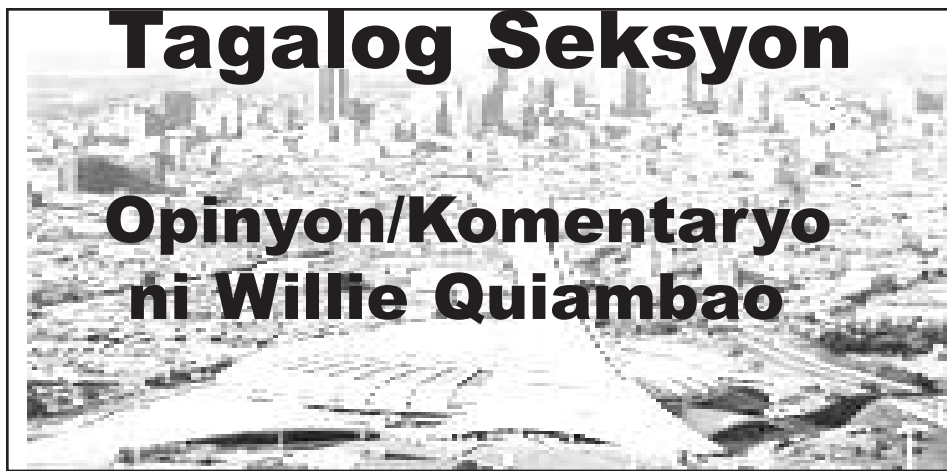


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Tagalog Seksyon

Opinyon/Komentaryo ni Willie Quiambao

MALAKING SAKARIPISYO ANG MAGING VOLUNTEER SA ASOSASYON

Sa Agosto 4 ay eleksyon na naman ng FAMAS. Malimit na pinag-uusapan ngayon kung sino ang mga kakandidato at bakit sa kabila ng mga kaguluhang nangyayari sa asosasyon ay tatakbo pa sila. Ang sagot ay mga volunteer sila na nakadarama ng kasiyahan kapag nakapaglilingkod sa komunidad at nakagagawa ng pagbabago sa mga tao. Dapat silang pasalamatan, hangaan at purihin. Mahirap maging volunteer. Bukod sa wala itong sueldo, malaking abala ito sa buhay. Abala ito sa trabaho at sa pamilya na hindi na napag-uukulan ng sapat na panahon. Magastos pa dahil mayat-maya ay pagbebentahan ka ng tiket sa mga fundraising ng iba't ibang asosasyon. Higit sa lahat, kahit anong gawin mong paglilingkod sa komunidad, ikaw pa ang masama. Subalit nakalulungkot isipin na ilan na lamang ang mga volunteer sa FAMAS at ibang asosasyon na nabanggit ko sa itaas na taos sa puso ang gustong maglingkod sa komunidad. Karamihan

ay may pansariling dahilan. Iyon ang kanilang inuuna sa halip na ang tungkulin nila na dapat gampanan. Sana, kung hindi nila magampanan ang sinumpaang nilang tungkulin, ipagpaubaya na nila sa iba para sa ikabubuti ng FAMAS.

HINDI NA IPINAKIKILALA ANG MGA KANDIDATO NG FAMAS SA ARAW NG ELEKSYON

Natatandaan ko na kung eleksyon ng FAMAS ay ipinakikilala sa park ang mga kandidato upang mabigyan sila ng pagkakataong mahikayat ang mga tao na iboto sila. Ngayon ay may candidacy fee subalit wala silang pagkakataon mag-pitch o mahikayat ang mga tao na iboto sila. Nagbabayad din ng membership ang mga botante pero hindi man nila makita o marinig ang kandidato. Totoo na kapag nagpunta sa polling place ang mga tao, alam na nila kung sino ang iboboto – kamag-anak, kaibigan o taong nagbayad sa kanila. Lingid sa kaalaman ng marami, mayroon pa ring seryosong botante na tinitignan ang mga kandidato at pinakikingan ang kanilang mga sinasabi. Isa ako sa mga

iyon.

Pakikingan ko kung may kabuluhan ang sinasabi ng mga kandidato. Gusto kong malaman kung alam nila ang trabahong tinatakbuhan nila. Maraming taon na ang nakalilipas nang may magtanong sa akin, “Kuya, ano ba ang trabaho ng PRO?”. Napatawa na lamang ako. May isang secretary naman na nalaman kong ang kaibigan ang gumagawa ng Minutes. Gusto ko ring malaman sa mga naging opisyal na ng FAMAS o ng ibang asosasyon kung ano ang resulta ng kanilang mga nagawa. Ayaw kong marinig na naging presidente sila ng isang asosasyon, bise presidente ng isa pang asosasyon, atp. Hindi mahalaga sa akin kung ilan ang titles nila. Ang gusto kong marinig ay kung ano ang kanilang nagawa at resulta ng kanilang ginawa. Halimbawa, huwag mong sabihin na naging membership director ka. Sabihin mo na kahit hindi eleksyon, hinihikayat mo ang iyong mga kaibigan at kakilala na maging miembro ng FAMAS kaya lumaki ang membership nito. Kung treasurer ka, sabihin mo na regular mong ginagawa ang treasurer report upang malaman ng mga miembro ang financial status ng asosasyon. Handa mong ipakita iyon kung may nagtatanong.

Ako ang madalas magsabi na mga volunteer lamang ang mga opisyal ng FAMAS kaya huwag natin silang pahirapan. Pero paminsan-minsan, maging seryoso sila at gawin nila nang mahusay ang trabahong pinasukan nila.

ANG MEMBERSHIP FEE AY MAY BISA PARA SA DALAWANG TAON

Czech Republic and Portugal – all North Atlantic Treaty Organization (NATO)-member states in Europe – to scout for military items needed by the Philippine military's three armed services.

The UK, Spain and the Czech Republic all voted in support of Iceland's UNHRC resolution, with France and Portugal co-sponsoring.

Despite this, Lorenzana said that these five countries have standing offers or “big ticket” items that the defense wants to see and evaluate.

“They have many offers, but we will evaluate them first,” Lorenzana said.

The visit is in line with the Armed Forces of the Philippines' modernization program, with the defense department scouring the globe for the best offers on military hardware such as surface and sub-surface assets, radars and missiles.

Hitting Iceland anew

Before he went on mocking Iceland once more, Duterte said he is taking into consideration the fate of the 2,000 Filipino workers now in Iceland. But the President said he is not backing out of the fight.

“They (Iceland) might not like the way we behave towards them, and so it would prompt them to take measures. I hope they do not have to do it because I will not also take it sitting down,” he said.

He explained his belief that Iceland may not have understood the

Para sa dalawang taon ang membership fee ng FAMAS. Matagal nang marami ang nagtatanong kung bakit may bisa pa ang kanilang membership fee sa FAMAS ay magbabayad na naman sila. Halimbawa, ang huling FAMAS eleksyon ay noong Agosto 6 2017. Ang ibig sabihin, miembro pa rin sila ng FAMAS sa Agosto 4 2019 na araw ng eleksyon o Agosto 3, huling araw upang magpapa-register at makaboto. Kung may utang ka sa VISA at hindi pa due ang pagbabayad, hindi ka puedeng patawan ng interest. O kung masipag ang membership director at nakuha niyang mag-member ang isang tao noong noong Aug. 1 2018, magbabayad ba uli ito sa Aug. 2019? May isang nag-komento na ilang dolyar lamang ay nagrereklamo pa. Prinsipyo ang pinag-uusapan. Kung may nakita kang mali, ituwid mo iyon. Minsan, may mga bagay na hindi natin ina-asahan na magiging sanhi ng demandahan.

MAHALAGANG PATALASTAS SA MGA BOTANTE

Huling araw para mag-register upang maging miembro ng FAMAS sa Aug. 3, hanggang 5:00 p.m. Walang registration sa Aug. 4, araw ng eleksyon. Maraming hindi nakaaalam nito dahil nasanay ang mga botante na mag-register sa araw ng eleksyon. Nakalagay ang FAMAS Election Rules, Regulations and Procedures sa bulletin board ng asosasyon. Ilan lamang ang nagpupunta sa center upang makita ito. Higit na bihira lamang ang may Facebook. Sa mga kandidato, pagsabihan ninyo ang inyong mga supporter.

From Page 5

Duterte

“But if they think that 700 or 7,000 (drug suspects were killed)... a lot of my soldiers, they number about 2,000, 3,000 (were) killed also,” he said.

Duterte called out Foreign Affairs Secretary Teodoro Locsin Jr., after he said that the Philippines will not sever ties with Iceland.

The Chief Executive said he remains the chief architect of foreign policy of the country, giving him the last say on the matter. Duterte said he is “seriously considering” cutting diplomatic relations with Iceland.

“Teddy Boy Locsin said no, he's not cutting. Ako naman (for me), I said, I am seriously considering it. He is the spokesman, but the Office of the President is the sole entity, that includes the foreign affairs. Kasi mga Cabinet members lang man sila (because they are only Cabinet members),” Duterte said.

Locsin yesterday said the Philippines will not cut ties with Iceland for initiating the resolution as he insulted the Nordic country anew.

“I am not interested in explaining to an ice cube in the North Atlantic,” the secretary said, describing the UNHRC vote as “small” and “harmless.”

Mocking Croatia

Locsin then turned his ire on Croatia, one of 18 countries that voted for the Iceland-backed resolution,

saying it was a vote against the only country with an “unmatched” record of receiving refugees.

“Croatia voted for the Iceland resolution against the only country with an unmatched record of receiving any and all refugees since even Spanish times: white Russians, Basques, Jews fleeing Germans, Vietnam boat people and most recently Chinese online gamers,” Locsin posted on his Twitter account, as he shared a link to The Guardian report on President Kolinda Grabar-Kitarovi? admitting that Croatian police are involved in violent pushbacks of migrants and asylum seekers apprehended inside the country.

International non-government organization Human Rights Watch called on Croatia to end the illegal practice of forcing people back over the Bosnian border.

Locsin continued his tweet, “And two successive Philippine presidents who dislike each other offered unlimited unconditional asylum to any and all Rohingya who were abandoned by the British in Burma after importing them as slave labor. Nice work Croatia – which sounds like a pastry. O (sic) sorry, that's cronuts.”

A cronut is a popular pastry which is a cross between a croissant and a donut.

Partners for military hardware This September, Defense Secretary Delfin Lorenzana is slated to visit France, Spain, the United Kingdom, the

socio-economic and political realities faced by a tropical country like the Philippines.

“And for a country who does not have a night – it's always like four o'clock in the afternoon all day long, wala naman silang problema (they don't have any problems). Kung mauhaw ang tao, maraming ice (If people get thirsty, there's lots of ice),” Duterte said.

The President remains baffled why that country suddenly had an interest on alleged extrajudicial killings in the Philippines.

“Wait until the drug menace reaches their shores,” he said. – With Edith Regalado, Pia Lee-Brago, Jaime Laude, Paolo Romer

From Page 1

FAMAS

Unlike in the previous election, there will be advance voting scheduled as follows:

Saturday, July 27, 2019 - 9:00-17:00

Sunday, July 28, 2019 - 15:00-21:00

Election day, Sunday, August 4, 2019
Time: 9:00-17:00

Location: 4708 Van Horne Avenue
Telephone: 514-341-7477

Note: There will be no registrations during the voting day, August 4th.
Last day of registration: Aug. 3rd

Ang Samahang Makabayan

Candidates for FAMAS EB 2019-2021



CESAR MANUEL
President



RAMON "Monching" VICENTE
Vice President External



SVETLANA "Vhet" SUAREZ
Vice President Internal



MARK ALVIN SIMBULAN
Secretary

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ELECTION DAY

August 4, Sunday
9:00 AM to 5:00 PM

ADVANCE VOTING

July 27, Saturday
9:00 AM to 5:00 PM

July 28, Sunday
3:00 PM to 9:00 PM

Philippine Community Center
4708 Van Horne
Montreal, Quebec

* NO REGISTRATION ON ELECTION DAY. LAST DAY OF
REGISTRATION ON AUGUST 3, SATURDAY @ 5:00 PM



MIMI GASAPO
Treasurer



ARISTIA "Aris" ELUMBARING
Auditor



PIA DULCE BAUTISTA
Accountant



ALFREDO ERGUIZA
P. R. O.



WILFREDO "Tabs" CAPISTRANO
Special Projects Director



LORNA LITAN
Education, Social &
Cultural Affairs Director



BRYAN PERONA
Sports & Youth Director



AQUILINO "Amang" ABERIN
Outreach Services Director



ENRICO "Eric" ESPLANA
Membership Director

Photo credits: Portrait Avenue Photography by Oylie Olivar



The value and role of private career colleges

The Conference Board of Canada's Centre for Skills and Post-Secondary Education (SPSE) is a major five-year initiative that examines the advanced skills and education challenges facing Canada today. While education is a provincial/ territorial government responsibility, improving the skills and post-secondary education system is a national priority. The Centre involves a broad collaboration of public and private sector stakeholders working together to think through the development of a national strategy. It addresses Canada's advanced skills needs by helping to renew the roles, structure, activities, and impact of post-secondary education, while ensuring Canada's skills development and sustainability, competitiveness, and quality.

Canada's post-secondary education (PSE) system includes roughly 1,300 regulated and privately operated career colleges that offer vocationally focused training. These institutions train over 170,000 learners annually for careers in health care, information technology, business, community services, and many other occupations. The Role and Value of Private Career Colleges in Canada examines Canada's private career colleges and discusses their role in Canada's PSE system. It describes the value of private career colleges in making PSE accessible to learners who wish to quickly gain skills for employment in a particular field. These institutions also serve as a pipeline for employers seeking skilled workers. There are a number of challenges that stifle this sector's performance. PCCs have a role in Canada's PSE system largely because of the convenience

and flexibility they offer learners and their ability to train learners in a short period of time. On the other hand, tuition at PCCs is often more expensive to the student than at public colleges.

The Value of PCCs

The PCC sector often attracts underskilled learners with no prior PSE, upskilling workers who need to add to their skill set, and reskilling workers making a career change. Learners are compelled to enroll in PCCs for a number of reasons. Most often, it is because they seek a particular learning program not usually provided by public PSE institutions (e.g., cosmetology, commercial transport); a short duration program; or a more flexible, convenient, or intimate learning environment.

Most students choose to attend a PCC to train for a particular occupation and have strong intentions of seeking employment after graduating. On average, students attending Canadian PCCs are older, predominantly female, and socio-economically more vulnerable than public college students.

Most PCC graduates find employment after obtaining their credential, and post-graduation earnings are in line with those of their public college counterparts. Full-time employment, however, is lower compared to public college graduates. While satisfaction scores are strong among current students, these drop after graduation. This likely stems from the challenges some graduates face in gaining employment, and also from their discontent with the cost of their training relative to their employment outcome. Demographic differences between PCC students and public college students may partially account

for differences in graduate outcomes. Other factors that likely affect employment outcomes for PCC graduates include misalignment between training output and industry demand, and employer perceptions and preferences for public college graduates.

Employers also benefit from the PCC sector. Through their engagement with PCCs, they have access to a talent pool that meets some of their labour needs. Relationships with employers ensure that students have access to hands-on training opportunities, curriculum that is relevant to industry requirements, and post-graduation job opportunities.

PCCs Offer Competitive Advantages Over Public Colleges

When asked their reasons for choosing to attend a PCC rather than a public college or university, learners stated that PCCs have some clear competitive advantages. better-quality training than offered by public colleges or universities

The Challenges for PCCs

The PCC sector is fragile and is especially weakened by reputational issues and limited public awareness of its value. The sector encounters numerous pressures that challenge its future role in Canadian PSE. These pressures include:

- Concerns about regulation of the sector, including the volume of regulations; disparity in federal rules between public PSE institutions and PCCs; jurisdictional differences in regulations; and inadequate regulatory power to curtail the negative impact that illegal, rogue operators have on the legitimate, regulated PCC sector.
- Quality concerns and the absence of a cohesive quality assurance mechanism to guarantee that programs and institutions satisfy rigorous standards.
- A learner base that faces noteworthy disadvantages relative to learners in public PSE. Students are financially vulnerable and have weaker economic outcomes than their public college counterparts. As well, they encounter difficulty accessing objective information about their training, and they lack an effective voice to advocate for their interests.
- Lack of integration with Canada's broader PSE system. For example, PCCs are not usually included in provincial student mobility initiatives and initiatives that market education.

- Weak connections to employers in some industries resulting in limited employer awareness or negative perceptions of the value of PCCs and their graduates.
- Financial precariousness. As private sector entities, PCCs are vulnerable to markets: This is a particular concern for the numerous, very small, PCCs in the sector.

Whether the PCC sector continues to have a role to play in Canadian PSE depends on how the PCC sector, government regulators, employers, learners, and other PSE stakeholders respond to these pressures.

Recommendations for Action

Five groups are in a position to take action to elevate the performance of PCCs within the broader PSE sector: government regulators, the PCC sector and its institutions, other PSE stakeholders, learners, and employers.

Actions for Government Regulators

- Clarify the role of PCCs.
- Consolidate clear, objective information about PCCs.
- Benchmark quality standards and track performance in the PCC sector.
- Strengthen linkages between labour market needs and PCC offerings.
- Harmonize provincial/territorial regulations.
- Enhance student protection measures.

Actions for the PCC Sector

- Improve data collection on the PCC sector.
- Expand quality assurance initiatives.
- Increase representation of PCCs.
- Strengthen connections to employers.
- Establish meaningful relationships with other educational institutions.
- Stake out opportunities for PCCs in broader PSE initiatives.

Actions for Other PSE Institutions

- Facilitate learner mobility through private and public PSE.
- Incorporate the PCC sector in system-wide initiatives.

Actions for Learners

- Be conscientious consumers and advocates

Source:

Martin, Elizabeth, and Cameron MacLaine. The Role and Value of Private Career Colleges in Canada. Ottawa: The Conference Board of Canada, 2016.

disease.

Doctors decided to perform bypass surgery immediately after running tests and implanted temporary wires in his heart to help pace his heartbeat, The New York Times reported.

But when those wires were removed Armstrong experienced internal bleeding and low blood pressure which required further procedures be performed, according to the newspaper's report.

He was taken into a catheterization lab and then to an operating room, The New York Times report says.

Documents obtained by The New York Times do not show what happened in the operating room.

Neil Armstrong Fast Facts

Armstrong died days later on

From Page 1 Neil Armstrong

sides and correspondence between attorneys for the hospital and Armstrong's family, the newspaper said.


In one exchange, according to the Times, Nancy Lawson, an attorney for Mercy, wrote to Wendy Armstrong, the family's attorney in the settlement, asking whether Armstrong's sons would talk about the claim. "Do Mark and Rick intend to discuss the wrongful death claim at the Kennedy Space Center if no settlement is reached by Friday, July 18?" the letter read.

Three expert medical reviews that accompanied the documents sent to the New York Times show what happened after Armstrong was admitted to Fairfield Hospital with suspected heart

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What is FHM?

On the historic date of February 12th 2018, Councillor Marvin Rotrand for the Snowdon district presented a motion at the Borough Council meeting that was seconded by Councillor Lionel Perez for the Darlington district stating that June be declared as Filipino Heritage Month in the city of Montréal. When Councillor Rotrand announced that the motion was unanimously approved, the large crowd of Filipinos and non-Filipinos in the audience reacted with a deafening sound of applause of joy and enthusiasm.

Right after the announcement, some local Filipinos met to discuss how

Outremont, the authors of Filipino Heritage Councillor Marvin Rotrand and Councillor Lionel Perez. Representatives of different organization were there to witness the historical event.

Then, Member of Parliament for Scarborough Centre, Salma Zahid, introduced Motion 155 in the House of Commons. The motion was to declare June as the Philippine Heritage month nationwide. On October 30, 2018 the motion was passed unanimously and the rest was history. The official declaration of the Filipino Heritage touches the heart of every Filipinos in Canada. It was a way that the



The Auxiliaries

to celebrate the Filipino Heritage Month, despite only having a few months to organize. Eventually, Al Abdon, Paul Imperial, Edith Fedalizo and Bert Abiera initiated to form up an ad-hoc committee to address the challenging task of unifying the different organization in celebrating the Filipino Heritage month.

Community leaders and members were invited to attend the meeting on April 8, 2018 at the FAMAS center. At that meeting, the Ad Hoc Committee was formally named the Filipino Heritage Montreal (FHM). On that meeting it was decided that FHM will cooperate and collaborate with organizations who are celebrating their own event in line with their theme and also promote Filipino heritage.

The first event organized by FHM was the "Opening Day of the Heritage Month" on June 3rd 2018 held at 6767 Cote Des Neiges. It was well attended and the guest of honor was Ambassador Pertonila P. Garcia along with. Anthony Housefather MP of Mont Royal, Rachel Bendayan MP of

Government of Canada appreciates the important contribution throughout Canadian history by the Filipinos for helping to make the country rich and vibrant place today.

The first priority of the FHM after its conception was to promote awareness of FHM's objectives by conducting a general information session for the community.

On February 1st 2019, FHM launches the "Meet & Greet" event where leaders of different associations and elected officials were invited to learn about the objectives and the vision of FHM. Present to address the community leaders were Anthony Housefather MP – Mont-Royal, Frank Baylis MP – DDO-Pierrefonds, Councillor Marvin Rotrand and representatives from provincial legislation of David Birnbaum & Pierre Arcand.

On April 13, the FHM sponsored a symposium entitled "The Invisible Nurses of Bataan". Author and Professor of English at St. John's Fisher NY, Sharon Delmendo spoke about the

Mercy Hospital declined to discuss the case but said that they were disappointed that the issue had been brought to light.

"The public nature of these details is very disappointing -- both for our ministry and the patient's family who had wished to keep this legal matter private," the statement said.

"Our focus on advanced, high-quality, patient-centric care is a cornerstone of our ministry, and our commitment to our Mission is unwavering - we extend the compassionate ministry of Jesus by improving the health and well-being of our communities and bring good help to those in need, especially people who are poor, dying and underserved. This is our promise to every patient who comes through our doors."

From Page 8 Neil Armstrong

August 25, 2012.

"The decision to go to the cath lab was THE major error," Dr. Joseph Bavaria, a vice-chair of cardiothoracic surgery at University of Pennsylvania wrote in a review conducted at the request of the Armstrong family and obtained by The New York Times.

Another doctor, Dr. Richard Salzano, a cardiothoracic surgeon at Yale Medical Center, said the catheterization lab was "certainly riskier than taking the patient to the O.R." but "defensible."

Dr. J. Stanley Hillis, a doctor for the hospital, defended the treatment Armstrong received according to the documents.

In a statement to CNN Tuesday,



The Administrators

unsung heroes in Bataan Death March. These Filipina nurses stayed behind enemy lines to attend the injured during the horrendous march from Mariveles Bataan to Capiz, Tarlac. This event was made possible with the help of Nina Schiff, a personal friend of Sharon and a former nurse at the JGH. The event was held at the Jewish General Hospital Nursing conference room.

One of the objectives of the Filipino Heritage Montreal is to promote and collaborate with the different organizations whose event falls in June 2019. The FHM was actively present at the following events:

June 1 – Flores De Mayo at St. Kevin's Church;

June 2 – FHM Opening Day Celebration at 6767 CDN;

June 7 – Independence Day Celebration of Filipino-Canadian Association of the West Island at the Olympia Pointe Claire;

June 8 – Independence Gala of the Filipino Association of Montreal & Suburbs at the Holiday Inn Dorval;

June 8 – Tarlac Association Independence Party at 6767 CDN;

June 9 – Independence Day Ball of the Senior of West Island at the Olympia, Pointe Claire;

June 11 – David Birnbaum announce the important contribution of Filipinos in Quebec and the Filipino Heritage month at the Quebec National Assembly. FHM sent a delegation to witness the declaration;

June 12 Flag Raising at FAMAS;

Flag raising in Ottawa;

June 15 – Independence Day Celebration at McKenzie King Park by the CCFAQ;

Naming of Place Jose Rizal by FHM;

FILGA's Miss Heritage Coronation 2019 at the Holiday Inn;

Jose Rizal's Birthday Celebration by the

Knights of Rizal at Place Jose Rizal
June 21- Eucharistic Celebration for the Filipino Heritage Community at St. Joseph Oratory;

July 1 – FHM closing of the Filipino Heritage Month and Musical Extravaganza by CFAAQ
Canada Day Parade in downtown Montreal;

The Administrators of FHM:

- Alfonso Abdon – Chairman
- Alberto Abiera – Vice-Chairman
- Jeannette Perignon – Secretary
- Luzviminda Mazzone -Treasurer
- Ricardo Ribaya - Assistant Treasurer
- Norberto Mandin Jr.- Auditor
- Paul Imperial - Communications
- Dolores Blandres - Educational Events
- Editha Fedalizo – Event Coordinator
- Amelia Manon-og – Membership

The Auxiliary Staff:

- Ciony Nueva
- Elma Bulatao
- Valente Lloyd-Hughes
- Rebecca Aguilar
- Nenita Licayao
- Trans Liganor
- Fely Bisares
- Eppie Gevero
- Fely Rosales Carino
- Trinidad Jimenez



Alfonso Abdon
Chairman
Filipino Heritage Montreal
(514) 264-8706
filipinoheritage@videotron.ca
www.filipinoheritagemontreal.com

Submitted by: Al Abdon



The Eucharistic Celebration - The FHM Administrators & Auxiliaries pose with the officiating priest, Rev. Fr. Nicholas Sengson, June 21, 2019 at the St. Joseph's Oratory.



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

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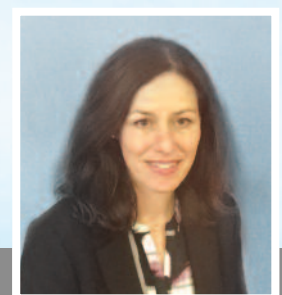
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Sandra Wong
Funeral Planning Counselor
514.342.8000 ext: 2258



Vegetarian Cooking Filipino Style



Adobong Sitaw (String beans with vinegar and soy sauce)

Ingredients:

- A bunch of green tender Long Asian Beans
- Shiitake Mushrooms, cleaned and separated in pieces
- Chopped Garlic
- A bit of any kind of oil for stirfrying
- Tamari Organic Soy Sauce 'to taste'
- 1/4 cup of Apple Cider Vinegar to taste
- 2 Tablespoon organic brown sugar (Optional)
- Crushed Ginger
- Fresh Cracked Pepper
- Steamed Red Rice (any steamed rice will do)

Directions:

Put the beans together in a bunch and cut them cross wise about 1 inch long. Set aside. Separate, and clean the shiitake mushrooms.

Heat up the oil in a wok and saute the garlic and ginger for about 2 minutes. Add the mushrooms sautee some more then add the cut beans. Stir to mix everything.

Add the soy sauce (to taste) and the apple cider vinegar plus the sugar if using it. Saute and cover the wok so it create steam to cook the beans stirring alternately removing the cover until the beans are tender. Season with cracked pepper. Serve over hot steamed rice.



Pansit Bihon (Rice Noodles)

Ingredients:

- 1 package of Rice Noodles (you can get this from any Asian market or Filipino store)
- 1 package Shiitake or Oyster mushrooms
- Bochoy or pechay (chopped with stems separate)
- 1 piece of Ginger
- 4 - 5 cloves of garlic
- Onion and Green onion
- 1 or 2 Julienned carrots

1 cup of vegetable stock or water
Soy Sauce to taste
Slices of lemon
Directions:
Soak the package of rice noodles in hot water to soften. Use a big bowl or mixing bowl for this. When softened, drain and set aside.
Prepare the vegetables. Chop the bokchoy, quarter the shiitake mushrooms, (oyster mushroom was used here) dice the carrots, ginger, garlic and so on
Get the Wok or Kawali and saute the garlic, ginger and onion in a little bit of oil until soft. Coconut oil is best, besides, in the Philippines, we almost always use coconut oil.
Add the mushrooms and the Bokchoy stalks. Put the veggie broth or water and bring to a boil. Season with soy sauce. Once the liquid reach the boiling point add the bokchoy leaves and the carrots then follow with the drained rice noodles. Lower the heat and stir the noodles to mix the veggies thoroughly in it. The noodles should have absorbed the broth by now. Add more liquid if necessary. It does not take long to cook from this point as the noodles have been softened previously. Serve with slices of lemon.



Eggplant with garlicky sauce

Unpeeled Japanese Eggplants sliced diagonally in about 1/2 inch crushed 1 knob garlic (use less if you like)

1 tsp minced Ginger or cut in match-like sticks

2 green onions (cut the white parts in thin match-like sticks and the green tops in 1 inch pieces)

Hoisin Sauce to taste or use the Asian Classics Sesame Garlic sauce.

A pinch or sprinkle of red pepper flakes for heat

1 teaspoon cornstarch to just enough to coat the eggplant

a bit of oil to fry the garlic and ginger

NOTE: For Hoisen Sauce alternative, you can use the Asian Menu Sesame Garlic Sauce and Marinade.

Sprinkle the cut eggplants with the cornstarch and toss to coat all the pieces.

Heat a Nonstick Skillet or Wok on high heat.

When the skillet is hot, add oil and cook the eggplant until brown on all sides for about 3 to 4 minutes. Then remove eggplants from skillet and set aside.

Add the garlic, the ginger and half of the green onions and give it a stir for 10 seconds.

Return the eggplants to the Nonstick Skillet.

Add some Hoisin Sauce or Garlicky Sesame sauce. Sprinkle with red pepper flakes if you want it a little spicy!

Toss to coat.

Serve hot.

Your health matters



Age Gracefully – Optimized Nutrition can Prevent loss of Independence in the Elderly

It is quite common to see people lose their strength and independence as they age. Medical science is shifting towards identifying early signs of decline in order to prevent loss of function.

It has been found that malnutrition in both extremes, undernutrition and the excess intakes in obesity, play a key role in the development of frailty in the elderly. Studies found that both undernutrition and obesity increased the risk of frailty in community dwelling older adults. The content of the diet was closely correlated with the incidence of frailty.

According to the American Third National Health and Nutrition Examination Survey, participants who were over 60 years and frail had the lowest energy intakes. In another study of people over 65, frailty was associated with consuming less than 21kcal/kg. This is equivalent to someone weighing 150lbs (68kg) consuming less than 1430kcal per day.

Frailty Syndrome is characterized by unintentional weight loss, muscle weakness, slow walking speed, low physical activity, exhaustion, physical impairments, physical disabilities, cognition and sensory limitations.

Although frailty syndrome is most commonly seen in the elderly, it can occur in younger people. Without intervention, frailty syndrome is a vicious cycle which further increases the risk of deterioration, progression to a higher degree of disability and death. It is considered a clinical state which increases an individual's vulnerability to environmental stressors. It is commonly seen in the end stages of many diseases.

Although physical activity also plays an important role in maintaining lean body mass and improving muscle strength, malnutrition is the main cause of frailty. Malnutrition causes frailty or weakness through sarcopenia. When calorie, protein and nutrient intakes are insufficient to meet the body's needs, body fat and muscle are catabolized to provide energy. The weight loss during such periods of starvation, consists not only of lost fat stores, but also of wasted lean body mass or muscle. Sarcopenia

is the technical term for muscle wasting, muscle insufficiency and muscle failure.

Why do inadequate calorie, protein and nutrient intakes occur commonly in aging adults? Because older people often have higher needs coupled with reduced intakes. The reduced intakes can be the result of food insecurity due to financial and social limitations or reduced ability to access and prepare food. Most frequently, the reduced intakes are caused by decreased appetites or anorexia of aging. Anorexia of aging is caused by one or a combination of the following: altered taste, altered smell, slower gastric emptying, altered hormonal response to food, cognitive impairments, chewing and swallowing problems, the presence of multiple diseases and the use of multiple prescription drugs.

Fortunately, in many cases frailty can be prevented, halted or reversed with nutrition intervention. Nutrition is extremely important to maintaining muscle mass and muscle performance. Supplementation can reduce the progression of functional decline.

Although the roles of amino acids, protein and energy in preventing muscle loss have been well documented, the roles of other nutrients are still being evaluated. Inadequate levels of Vitamin D, antioxidants and omega 3's have also been linked with the development of sarcopenia and frailty.

Clearly, geriatric nutrition is the key. Nutritionists play an important role in treating seniors who display early signs of decline. They intervene to help stop progression or help reverse frailty, sarcopenia, loss of functionality and loss of independence in aging.

They also play an essential role in identifying individuals who are at risk. Needless to say, prevention is the ultimate goal. A standard nutrition evaluation can reveal issues that will cause problems in the future.

Optimizing your nutrition will help you age gracefully. How well your diet meets your needs and how you care for yourself throughout your life will determine how well you age.

For more information or for references, visit www.nutrilogiq.net

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Carbohydrate rich diets lower inflammation in the body.

- 2007 Journal of the American college of Nutrition

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Social Tidbits

Fely Rosales Cariño

Cold spells are gone for now. The heat wave is upon us with a vengeance. Intermittent rain is welcome. The chirping sounds of birds have sent my friend, Maria Kuersteimer rushing to buy bird seeds and bags of rabbit foods. This season has also sent planting expert Benny Bote to botanical stores to select plants for his backyard vegetable garden. His friends are hoping for a good produce come harvest time.

June of every year is the month granted to all Filipinos in every province of Canada as Filipino Heritage Month (FHM). We hold most of our celebrations in June and no wonder, our friends Snowdon Councilor Marvin Rotrand and Darlington Councilor Lionel Perez helped launched our own FHM last June 2. Elected Filipino Heritage Montreal Chairman is Al Abdon, a prominent Filipino leader in the community. Here are the events held in June in Montreal : Flores de Mayo at St. Kevin's Church (June 1st), FHM Opening Day Celebration at 6767 CDN (June 2nd), FCAWI Independence Day Celebration at Olympia Hall in Pointe Claire (June 7), FAMAS Independence Day Dinner at the Holiday Inn, Montreal Airport (June 8), Tarlac Association Independence Day Party at 6767CDN (June 8), SWIS Independence Day Event at Olympia Hall in Pointe Claire (June 9), FAMAS Flag Raising Ceremony at the FAMAS Center (June 12), CCFAQ Philippine Independence Day Celebration at McKenzie King Park (June 15), FHM Attribution of the Place Jose Rizal at McKenzie King Park (June 15), FILGA's Ms. Heritage 2019 Coronation at the Holiday Inn Montreal Airport (June 15), Knights of Rizal's Birthday Celebration of Dr. Jose Rizal at McKenzie King Park (June 16), Eucharistic Celebration of the Filipino Heritage Community at St. Joseph Oratory (June 21), and finally, FCAAQ Musical Extravaganza at McKenzie King Park (July 1).

Out of all these events, the most important is the 121st Anniversary of the Declaration of Philippine Independence held last June 15 at McKenzie King Park on Cote St. Catherine West, Montreal. Sir James de la Paz, founder of the Council of Canadian Filipino Association of Quebec (CCFAQ), Knights of Rizal Area Commander, Eastern Canada Region and Sir Dario Boco (present CCFAQ President), left no stone unturned in the preparation of this annual and patriotic event. Most Filipino organizations participated in the parade that started in the park and went through several streets around the Cote des Neiges area, and back to the McKenzie King Park quadrangle to start the festivities.

Bear with me as I list the participants of the parade: Diony de los

Reyes (Facilitator), Sir Hector Racuya (Chairman), Sir Jolan Bueno (Co-Chairman), Police Mobile Patrol, Sir Stephane Morin, Sir Alexander Famularcana, Sir Sheldon Cohen, Grand Marshall, Hon. Anthony Housefather, Sir Dario Boco (KGOR-CCFAQ President), Sir James de la Paz (KGOR, Founder and Administrator), CCFAQ Board of Directors & Officers, Knights of Rizal, Sir Gerry Danzil (KGOR, Montreal Chapter Commander), Sir Ramon Posadas (MMC Chapter Commander), Sir Angelito Manuel (KCR, West Island Chapter Commander), Esphie Manaog (Kababaihang Rizalista President), Ladies of the Knights of Rizal, CANON, Canadian Forces, Sir Freddie Baculina (Seafarers President), Sir Ismael Calaunan (CFFAQ President), Bisaya Womens Group of Montreal, Black Watch School of Pipes and Drums, Cesar Manuel (FAMAS President), Chris Bautista (Doce Pares), JKA-Melarie Taylor and Charles Darius Boco, Pastor Donald Barrientos (Jesus is Lord), Pastor Victor and Imelda S. Lapitan (Joy Christian Center International), Dolly Arjona-Brouillete (Flores de Mayo), Arco Iris Montreal, Kim Colours, CEO International, Allstate Insurance, Sumbly Pharmacy, and Iglesia ni Cristo.

Following the parade, Deputy Consular Minister Noel Fernandez from the Philippine Embassy started the celebratory greetings. He was followed by Consul Jeffrey Salik (Philippine Embassy), Hon. Anthony Housefather (MP, Mount Royal), Hon. Rachel Bendayan (MP, Outremont), Hon. Kathleen Weil (MNA, NDG), Councilor Marvin Rotrand (Councilor, Snowdon), Councilor Lionel Perez (Councilor, Darlington District) and Mayor Sue Montgomery (CDN-NDG). At the end of the greetings, Sir James de la Paz surprised a very happy and thankful mayor with his serenade, singing his signature song, Elvis Presley's 'Fools Rush In'. James, our very own Elvis Presley of Montreal, still has it!

Behind the tents were different Filipino restaurants with their distinct gourmet selections that enticed the crowd with delicious Filipino cuisine. People line up for their favorite pork barbecue, lechon, bubble tea, etc. After lunch, Cultural Program Chairman/Coordinator Willy Quiambao had his participants ready to ascend the stage. Vocal solos were rendered by Astrid and Ingrid Torico. Joyce and Jennifer Duka, Renier Carbonel, Jorge Villegas, Kathlee Pedram, Jun Bonyad, Julius Abad, Tristan Blaza, Gil Suarez, Andrew Aguilar, Mark Simbulan and Kristen Gail Palma. Among the dance performers were Munting Hiyas and Munting Lakan, Angelica Paige del Rosario, Seniors in Motion, Pamana ng Luzviminda, Arco Iris, Komachi,

Brenda Arota, Rhona Majestrado, Flores de Mayo, Cordillera (PCCAQ), Russia Cleopatra, and Good Vibration.

Other performers were Emmanuel Agdaya, Mary Joy Balgos (Declamation), Angel Celine Fernandez (Poem), JKA Karate Demonstration (Sensi Marie Taylor and Charles Darius Boco), and Doce Pares (Filipino Martial Arts). Hopefully, the above performances will encourage every Filipino to join in any or all of the FHM celebrations starting next year!

So the public may know: last June 22, the Quebec Council on Philippine Canada Business and Trade (QCPCBT) President Remedios Monteagudo invited FHM Chairman Al Abdon and auxiliary members Elma Bolatao, Rebecca Aguilar, Nenita Licayao, Jeanette Perignon, Dolly Belandres, Minda Mazzone and yours truly to meet and greet with delegates from Canada and the Philippines. The QCPCBT's vision is to facilitate international business development to benefit Canada and the Philippines. The ultimate aim is to expand Philippine business in Canada.

Last June 27, Natalie Pelausa invited us to lunch for a tete-a-tete session. We, from the FHM led by AL Abdon, were very delighted to see her and renew old memories. As active as she is, she was interviewed for a project aimed at telling her life story starting from the Philippines until she came to Canada. Her responses were very interesting. Let's look forward to this interview to come out soon! Also, thanks to Nena Cordero for her gourmet cooking. Other FHM members who visited were Jeanette Perignon, Rebecca Aguilar, Nenita Licayao, Elma Bolatao, Fely Bisares, and yours truly.

True to the goal of increasing membership for the Knights of Rizal (KOR), the West Island Chapter, Eastern Canada Region held their Knighting of new members as well as the Induction of Officers last June 29. It was held at the community center at 6767 Cote des Neiges. Knighted candidates were Jeff Buenafe, Romeo Remigio, and Edwin Rosete. After the Knighting, such a solemn ceremony, the program began with the usual entrance of colors, guests, and members. Lupang Hinirang was performed by baritone singer Julius Abad, while O, Canada was sang by another baritone, Sir Ed Valdez. Chapter Pursuivant Sir Dante Tabamo, Mackenzie Central Chapter Commander Ramon Posadas did the Invocation. Montreal Chapter Commander Sir Gerry Danzil welcomed the guests. Inducted into office by Eastern Canada Region

Adviser Sir Ray Balansi were: Commander Sir Angelito Manuel KCR, Deputy Commander Sir Hadjal Gatoc KCR, Chancellor Sir Angelito Laxamana KOR, Pursuivant Sir Rene Hizon KR, Exchequer Sir Rolando Esperon KOR, Archivist Sir Amado Lozano KR, Auditor Sir John Aquino KR, Trustee Sir Teddy Dedote, Trustee Sir Teodoro Olivar Jr. KOR.

The July 1st celebration was held at Guy and Rene Levesque Street. Beautifully decorated floats carried wonderfully dressed ladies of their organizations. As usual, the Ati-Atihan band stole the show with their upbeat repertoire, enticing people to dance! Despite the sprinkling of some raindrops, the parade went smoothly due to security officers Nico and Francesco Mazzone, Robin Hunter and others. Yearly organizers Minda Mazzone, Cristy Celeste Hunter, and others patrolled the parade. Walking and holding the banners were Remy Monteagudo, Patrick Gotera and son, Fely R. Carino and others. Visible were ICI television anchors Tenne Rose Dayandante, Michael Davantes, Derwin Collantes and their crew recording the event for television viewers. After the parade was the cutting of the Canada Day cake partaken by the general public.

The Kalikuhang Bisaya's 25th Anniversary celebration was held at the Cote St. Luc Aquatic and Community Center last July 13. After the entrance of colors, the Panday Tinig performed the anthems. Librada Calope did the Invocation and Board of Directors member Felix Salazar gave the Welcome Address. The Kalikuhang Bisaya's Dynamic Dancers and the Kalikuhang Bisaya Performing Artists entertained with their folkdance number presentations. Reyna Louise Omictin did a very lively emceeing. Her dad, Kalikuhang Bisaya President Ray Omictin, must be so proud! By the way, they also have a band led by Ray Omictin with daughter Louise as soloist. Among the entertainment of the night was Kalikuhang Bisaya's Yoyoy Villame, in the person of Felix Salazar, known by the group as Yoyoy Salazar! What a hilarious and pleasant surprise! Well done! There were special awardees for their service to the organization. Among them were Fred Magallanes, Marlene Birao, and one of the best dressed of the night, Anita Lo. Raffles and dancing kept the crowd energized until closing time.

Until the next issue, may the Lord bless us all!

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FILIPINO STAR

SHOWBIZ GOSSIP

How Mikee conquered her insecurities



Mikee Quintos

Mikee Quintos' passion for music started at a very young age. But pursuing a career in acting meant that performing had to take a back seat.

"Since entering show biz three years ago, my heart, body and soul have been focused on acting. I have no regrets, though, because I'm enjoying myself," Mikee, who was last seen in the series "Onanay," told reporters in a recent pocket interview for "Revelation," her upcoming concert with "The Clash's" Anthony Rosaldo.

Now, as she tries to shift her attention back to singing, she realized that regaining her old form wasn't as simple as flicking a switch.

"I haven't been singing for three years, so my insecurities grew," she pointed out. "During my recent training, there were songs I was afraid of doing. I knew that not being able to do them well or hit certain notes would frustrate me."

But as she continued, slowly but surely, the GMA 7 artist eventually managed to shake off the rust. "Because of the concert, I have been singing a lot more. It feels great ... It's heartening that the producers (JPI Entertainment) and the people around me trusted me, and inspired me to

push my boundaries," she said.

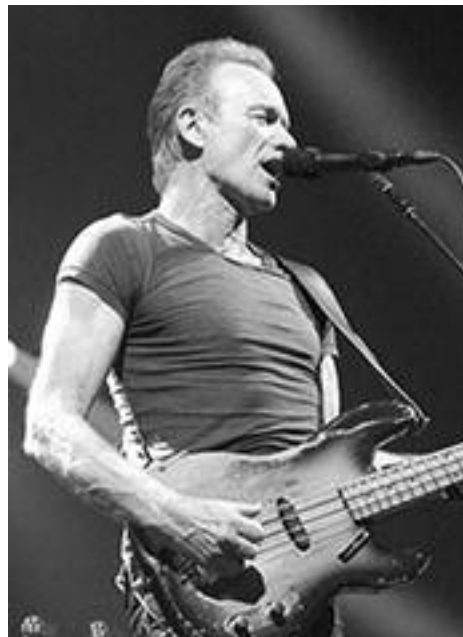
The 21-year-old talent likewise realized that juggling music and acting could be doable. "I thought that this is something I should continue working on. I don't have to forget about singing or dancing," said the actress, who's currently an architecture student at the University of Santo Tomas.

Mikee isn't a "biritera," but she believes that her voice has other good qualities that she hopes to show off in "Revelation," which will be held on July 28 at Music Museum (call 891-9999). She and Anthony are expected to perform '90s favorites, current hits, OPM dance bops and even a bit of Broadway.

"I'm into soulful songs and I try to connect with my feelings. We will be doing songs that are personal to us," she said. "The repertoire won't be limited to a certain genre. It's going to be a mix of everything, to cater to everyone."

This is her first major show, and Mikee is admittedly excited and nervous at the same time. "But I'm hoping that this experience helps me conquer my insecurities. There's always room for improvement," she said. ■

Rock legend Sting brings world tour to Manila



Sting

The Cherrytree Music Company, Live Nation, and Ovation Productions have confirmed that "Sting: My Songs" will be presented at the Smart Araneta Coliseum on October 2.

Tickets go on sale starting Wednesday, July 3 at www.buytickets.asia and www.ticketnet.com.ph.

Currently on tour throughout Europe, Sting's My Songs concert is a rollicking, dynamic show featuring his most beloved songs, written throughout the 18-time Grammy Award winner's prolific career both with The Police and as a solo artist. Hailed a "masterful performance from start to finish," fans can expect to hear "Englishman In New York," "Fields of Gold," "Shape of My Heart," "Every Breath You Take," "Roxanne," "Message In A Bottle" and many more, with Sting accompanied by an electric, rock ensemble.

Members of Sting's Fan Club will have the opportunity to access exclusive pre-sale tickets July 1 through July 2 prior to the general public by visiting www.sting.com.

Composer, singer-songwriter, actor, author, and activist Sting was born in Newcastle, England before moving to London in 1977 to form The Police with Stewart Copeland and Andy Summers. The band released five studio albums, earned six Grammy Awards and two Brits, and was inducted into The Rock and Roll Hall of Fame in 2003.

As one of the world's most distinctive solo artists, Sting has received an additional 12 Grammy awards, two Brits, a Golden Globe,

an Emmy, four Oscar nominations (including 2017's nomination for "The Empty Chair" from JIM: THE JAMES FOLEY STORY), a TONY nomination, Billboard Magazine's Century Award, and MusiCares 2004 Person of the Year. Also a member of the Songwriters Hall of Fame, he has received the Kennedy Center Honors, The American Music Award of Merit, and The Polar Music Prize. Sting has been awarded Honorary Doctorates of Music by the University of Northumbria (1992), Berklee College of Music (1994), University of Newcastle upon Tyne (2006) and Brown University at its 250th Commencement ceremony (2018).

Throughout his illustrious career, Sting has sold close to 100 million albums from his combined work with The Police and as a solo artist.

Following his critically-acclaimed album, 57th & 9th, his first rock/pop collection in over a decade, Sting and reggae star, Shaggy released a collaborative, island-influenced album, entitled 44/876, that draws from the many surprising connections at the heart of their music. With its title referencing their home country codes, 44/876 first and foremost honors the duo's mutual love for Jamaica: Shaggy's homeland, and the place where Sting penned such classics as The Police's "Every Breath You Take." Their chart-topping release debuted at #1 in Germany and Top 10 in the UK. It spent over 20 weeks atop Billboard's Reggae Album chart in the US, earned Gold certifications in Poland and France and received the GRAMMY Award for Best Reggae Album.

Sting's support for human rights organizations such as the Rainforest Fund, Amnesty International, and Live Aid mirrors his art in its universal outreach. Along with wife Trudie Styler, Sting founded the Rainforest Fund in 1989 to protect both the world's rainforests and the indigenous people living there. Together they have held 18 benefit concerts to raise funds and awareness for our planet's endangered resources. Since its inception, the Rainforest Fund has expanded to a network of interconnected organizations working in more than 20 countries over three continents. ■

Showbiz Gossip *Continued from p.15*

Heart Evangelista declares she's got no plans of running for public office



“That lovely smile is so heart-melting. Meeting these wonderful children and their families was an eye opener about how important healthcare is. Working to see how we can improve the system and facilities of the Prieto Diaz Municipal Hospital here in Sorsogon.” - Heart Evangelista

Heart Evangelista revealed that she has no intention of following the career of her husband and governor of Sorsogon, Chiz Escudero as an elected official.

The “first lady” of Sorsogon has recently been sharing with fans about her endeavors to help the province, as seen on photos she posts on Instagram, such as visiting hospitals and wet markets.

Last Friday, July 19,

Evangelista shared in Instagram a moment of her discussing “plans for the future” with Escudero, in his office in Sorsogon.

To that, one follower, a certain @indaygirle, got curious and asked, “Are you going to run for government office?”

“I don’t need power or a position to help. My answer is no. Not for me,” answered Evangelista.

Julia Barretto excited to move in to new house



At 22, actress Julia Barretto has reached a milestone by owning a house for and she could not help but share her excitement about moving in.

Barretto bared that she will be moving in to her new abode in an Instagram post Wednesday.

“Enjoying the last few weeks in my bed before I move into my own home,” Barretto wrote.

While she is excited, Barretto admitted she is also nervous about the responsibility of moving in.

“Nervous about the big responsibility but I am ready and excited for this new chapter in my life. So thankful, so blessed,” Barretto said.

It was in 2017 when the construction of Barretto’s house started. ■

Matteo tells Sarah on her birthday: ‘We are bulletproof together’



Matteo Guidicelli with Sarah Geronimo

Actor-athlete Matteo Guidicelli wore his heart on his sleeve as he wrote a message for girlfriend Sarah Geronimo on her birthday.

Guidicelli took to Instagram to pen a message for Geronimo who just turned 31 on Thursday, July 25.

“My love, HAPPY HAPPY BIRTHDAY! You are the most beautiful woman to ever cross my life. We keep our relationship very private but before the day ends let me say that I LOVE YOU VERY MUCH,” Guidicelli wrote.

“No one and nothing can stop me from loving you more and more each day. We are bulletproof together

love, keep that glow in your eyes and that magical heart. You’ve touched my life in ways that I cannot explain, thank you. Keep being you and shine forever! I love you! HAPPY BIRTHDAY!” he continued.

Personalities like Angelica Panganiban, Angel Locsin and Tim Yap likewise sent greetings to Geronimo under Guidicelli’s post.

The couple have kept their relationship away from the limelight since confirming it in 2014, with Guidicelli posting photos of them occasionally on social media. ■

Andi Eigenmann gives birth to her baby with Philmar Alipayo



On Wednesday night, July 24, Philmar Alipayo, Andi Eigenmann's partner for over a year, posted an Instagram Story where he was cradling a baby in his arms.

Actress Andi Eigenmann has given birth to her second child.

In an Instagram story Wednesday night, Eigenmann shared a photo of surfer-boyfriend Philmar Alipayo cradling their newborn.

Eigenmann also shared a precious moment between her firstborn Ellie and her baby sister.

“Fell asleep and woke up to

Ellie staring at her baby sister. I will cherish this moment forever,” Eigenmann wrote Thursday in a separate post.

It was in February when Eigenmann confirmed she and Alipayo were expecting a child.

She gave birth to Ellie, her daughter with former partner Jake Ejercito, in November 2011. ■

Kathryn Bernardo on Alden Richards, love for bags and travel adventures



Kathryn Bernardo and Alden Richards in a scene from 'Hello, Love, Goodbye'

With his unflagging discipline and Kathryn Bernardo working for the first time with Alden Richards in "Hello, Love, Goodbye" proved to be an eye-opener for both of them.

"Although we see each other during events, we've never been formally introduced," she said. "The introduction happened at the story conference for the movie, then came the look test and then we were flying straight away to Hong Kong for shooting."

What was her first impression of Alden?

"He's kind of chubby," she joked during an interview with Alden right seated beside her, laughing.

When the same question was asked of Kathryn when she and Alden appeared as guest on an early morning show, the actress gave a serious answer.

"I think he's very mature," said Kathryn. "When he and direktor Cathy (Garcia-Molina, director of 'Hello, Love, Goodbye') were talking, I was just listening because I'm a bit shy. And that thought about him came to me so I told them, 'Mature siya, no?'"

During the interview, Alden and Kathryn were asked to do the photo booth challenge where they posed sweetly as if for use as movie. In one shot, Alden leaned on Kathryn's shoulder. Another shot saw them cheek-to-cheek and still another had him putting his hands on her cheeks. It was fun and, more importantly,

showed just how close the two have become.

Kathryn also appeared as guest in Erich Gonzales' vlog where the former gamely played the "Yes or No game."

"Do you eat everything you want?" Erich asked.

"Yes," Kathryn said. "After this interview, I will have ramen. I like Japanese, Filipino and Korean food. I cannot live without dessert every after meal."

"Can you live without your dogs?" was Erich's second query.

"No," replied. "I have seven dogs – Pala, Cloud, Pablo, Snow, Summer, Storm and Kaya and one cat, Chloe, and one hedgehog."

And, yes, Kathryn does fangirling.

"Yes, I do fangirling especially when I have a crush, like Ryan Gosling. One time, I watched 'Wonder Woman' and I liked Gal Gadot. But now I am a super fan of 'Game of Thrones.' I want to go to their locations..." Kathryn also revealed she loves adventures.

"I am game for anything. I want to go to Sagada. I want to go on road trips. I want to learn different cultures," said she.

Her favorite travel companion is no other than her boyfriend, actor Daniel Padilla.

"He's game for anything and everything. Masaya siyang kasama,"

the actress said.

In the course of the interview, it was revealed that she is a fitness junkie, too.

"I do three exercises. Actually, only two because I stopped cycling. I had poor cardio condition so I did cycling to develop endurance. I plan to go back."

"Lagree is my obsession," Kathryn added, referring to workout that combines resistance training and cardio to strengthen, tighten, and tone the body. "You just imagine that it is three times Pilates because it is three times heavier. You're carrying heavier but lahat body weight lang din. It focuses on the abdominal muscles and the butt. I'm such a fan of Lagree that from Quezon City, pupunta pa ako ng The Fort just to work out."

She prefers to be with company when she exercises because

she wants to be able to turn to that person and say, "It's difficult, right?"

Asked if she's like other girls who are into collecting things, Kathryn warmed up to the topic.

First, she's not a shoe lover.

"If you're going to make me choose between shoes and bags, I would choose the latter. Even when I wear just rubber shoes, I want nice bags to go with them."

Oh, what kind of bags?

"I go for classic bags, the type which does not get old. Also, I want my bags in small sizes, ones that you can hardly put anything in because it is super small."

To prove her point, she showed her Chanel bag which contains candy, perfume and P500.

"Big bags do not fit my personality," she pointed out, laughing. ■

Dingdong Dantes to compete in 42-km race



Dindong Dantes

When actor Dingdong Dantes was younger, running a marathon never crossed his mind. But the Kapuso "Primetime King," at 38, is now preparing for his first competitive 42-kilometer run.

"I thought then only a fool would ever run 42 kilometers and inflict such pain upon himself. But now, I'm preparing for a marathon this September," Dingdong told Inquirer Entertainment at the sidelines of the launch event hosted by Ensure for him and choreographer Geleen Eugenio, whom he welcomed to the brand as its newest endorser, at One Canvas in Makati City last week.

He said he has been training

with long-distance running coaches and conditioning his body for the event.

"The motivation for me, this time, is greater than just myself," he explained.

Being a family man, the actor said, has changed his perspective on life "a hundredfold."

He and actress Marian Rivera had their eldest child Letizia in 2015. They just welcomed their son, Jose Sixto IV, in April.

Dingdong said: "Everything became clear [as to] what I wanted to achieve. And being fit became a result." ■

EA Guzman on the power of social media



Edgar Allan Guzman

Edgar Allan "EA" Guzman sees a changed entertainment landscape these days, markedly different from when he was new to the business.

"Show biz personalities nowadays have bigger impact because of social media," EA tells the Inquirer in Filipino. "So it's important to be a good example to young people who idolize you."

It's been over a decade since EA started giving show biz a shot. His sheer love for the art of acting, he says, continues to play a significant part in amassing a variety of roles for the small and big screens.

"I enjoy my work, and I love what I do," the actor declares. "The only difficulty I have about show biz is time, since our rest is limited."

But EA, whose performance in the 2011 film "Ligo na U, Lapit na Me" put him on the local show biz map, shares that he learned to find much-needed recharging, eventually: "I maximize our schedule. I work four times a week only. It's important that I don't just keep accepting work, since I also need to think about my health."

Now nearing 30, EA says he doesn't work out regularly, but he makes sure he has a consistently healthy diet: "I haven't eaten rice for about a year."

EA, who won "Eat Bulaga's" Mr. Pogi tilt in 2006, has gotten acting and hosting work across networks GMA 7, ABS-CBN and TV 5, and is currently back as a Kapuso talent. ■

Maine Mendoza braves rainy motorcycle ride to catch LANY concert



Maine Mendoza might be a superstar in her own right, but she is also a big fan of not only British rock alternative band Coldplay, but also of American indie pop band LANY.

So, despite her tight shooting schedule, heavy Manila traffic and pouring rain, Maine has shared in a series of Twitter posts how she defied the odds just to catch LANY's Manila concert and satisfy her "fangirl" hunger.

According to the "Eat Bulaga" host, she is among the first ones to buy tickets to the concert, so she made herself free for the day. She did not expect, however, to be called for an emergency shooting schedule on the concert day.

"Nakipagunahan ako bumili ng LANY tickets noon tapos may biglaang taping ngayon? Ang shaket shaket. Enjoy sa lahat ng pupunta tonight. I-hi niyo nalang ako kay @pauljasonklein," she said in her first post, insinuating that she would be unable to go to the concert anymore.

The singer-actress, however, surprised her fans when she tweeted photos showing her riding a motorcycle while drenched in the rain, just to make it in time for the concert from her taping.

"Magtataping pero hindi susuko! Dibale nang dugyot basta #LabanLANY!!!" she said.

Many might be amazed by what she

did, but some also expressed concern for her safety.

"Ingats, Meng! Ang lakas ng ulan!" a fan commented.

"Ingat Maine. Dyos kong bata ka. Baka magkasakit ka. Sugod talaga sa Ulan," another one said.

While the actress did not mention if she rode a motorcycle via a ride-hailing service or if she drove the motorcycle on her own, she shared in the third post that she was able to arrive to the concert safely and she had fun.

"Nairaos! Pakiramdam ko may hinabol akong jowa na paalis ng bansa. Iba kayo, @thisisLANY," Maine said, comparing her motorcycle-riding experience to a popular movie scene wherein a girl would make a run just to stop the love of her life from leaving.

"Hindi ko to nagawa kay Chris Martin.. baka magtampo," she enthused, sharing that she did not give the same effort when she watched the Coldplay frontman and his band in a Manila concert.

"Anyway, you guys were amazing! Thanks for giving us a great show! Til the next!" she said as message to LANY.

Maine watched during the second day of LANY's three-night Manila concert this year, which ends on Thursday. ■

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From Page 3 Apollo 11 landing

first steps.

Artefacts from the mission have been exhibited at the Smithsonian's National Air and Space Museum in Washington DC, including the space suit Armstrong travelled in.

The Museum of Flight in Seattle also screened the original footage of the landing, recreating a 1969 living room complete with a contemporary TV.

On Friday night, a 17-minute show featuring images from the Moon landing were projected on to the Washington Monument, while crowds of people watched from the National Mall.

The Grand Palais in Paris marked the anniversary with an exhibition focused on the Moon.

The show, which opened in April and closes on Monday, features a giant

replica of the moon that hangs from the building's glass ceiling.

Artist SPY also created a giant moon for the anniversary, which is being displayed on the rooftop of a building in Madrid.

50 years after a small step for man'

Earlier, in a launch coinciding with the anniversary, a Soyuz spacecraft carrying astronauts from the US, Russia and Italy took off from the Baikonur Cosmodrome in Kazakhstan, bound for the International Space Station.

At 23:48 BST, Russian space agency Roscosmos tweeted that the spacecraft had docked successfully.

As the rocket launched, a Nasa presenter said: "And lift off - 50 years after a small step for man, the Soyuz rocket and its multinational crew take a giant leap off the launch pad bound for the international space station."

From Page 2 Maxime Bernier

Minister Justin Trudeau's "diversity is our strength" mantra and argued instead for a more gradual integration of immigrants who "have the right to cherish and maintain their cultural heritage" while also adapting to Canadian values — rather than those who might try to "recreate the society and culture (they) left behind." His speech did not touch on Quebec's recent ban against visible religious symbols worn by public servants.

"Maxime Bernier is struggling for attention," says Tom Urbaniak, a political science professor at Cape Breton University. "I sense that he perceives — somewhat opportunistically perceives — an opening for himself in the current climate of right-wing populism that has impacted on many countries but has hitherto been much less of a factor in Canada."

Bernier was introduced to the crowd by Mansur, an associate professor of political science at the University of Western Ontario running for the PPC in London North Centre, after the Conservative party rejected his candidacy.

"There are moments in the history of people that cry out for leadership, and providence answers by bringing forward an individual to be that leader in that hour of need," Mansur said.

As a child, Mansur escaped war-torn East Pakistan (now Bangladesh) with his mother and younger siblings to his grandmother's home in Calcutta, then immigrated to Toronto in 1974. Mansur is Muslim himself and criticizes Islamic extremism. In his 2011 book, *Delectable Lie: A Liberal Repudiation of Multiculturalism*, Mansur argues that all cultures are not equal and that human rights commissions are thought-police.

"The worm inside the doctrine of multiculturalism is the lie that all cultures are worthy of equal respect and equally embracing of individual freedom and democracy," Mansur wrote.

On Wednesday, Mansur delivered his critique of multiculturalism to a multi-ethnic room of supporters, both young and old, that seemed to welcome it, judging by the

crowd's response that occasionally drowned out the two speakers. More than half the population of Mississauga is of Asian or African origin as of 2016, according to Statistics Canada.

Canada accepted 286,000



Immigration Minister Ahmed Hussen

permanent residents in 2017, and Immigration Minister Ahmed Hussen announced last October that the Liberal government increase the number of immigrants it accepts each year, rising to 350,000 in 2021. Some audience members hoped to hear Maxime dramatically reduce the annual number.

"150,000" said a 21-year-old electrician, who requested to remain anonymous.

"Less than 50,000," said a 25-year-old IT specialist, who also requested to remain anonymous.

Lynda Shapiro, a retired physiotherapist who lives in Ajax, Ont. had not yet decided how to vote, but she said Canada needs to accept refugees.

"A lot of people are hurting," she said, waiting outside the convention centre two hours early. "The hurt and the damage and the war and the refugees and the absolute human sacrifice, we can't just pretend it doesn't exist."

Although Bernier did not mention by name the Safe Third Country Agreement, which Conservative party Andrew Scheer has promised to renegotiate with the United States, he said his party plans to "declare the whole border an official port of entry and send back to the U.S. anyone trying to enter illegally."

Bernier plans to travel next week to Saskatchewan, where he will hold a meet and greet in Moose Jaw.

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Mapping of Canadian coasts showing where climate change to hit hardest this century



The Nova Scotia coastline is seen in this image taken from a video by Larry Peyton and Cory Webb.

The Canadian Press

Published Thursday, July 25, 2019
 2:29PM EDT

HALIFAX -- A federal government geoscientist has developed fresh maps of coastlines showing where flooding and erosion caused by climate change are likely to inflict maximum damage this century.

The mapping effort led by Gavin Manson has taken into account factors like the disappearance of sea ice, rising waves and the makeup of the shoreline.

The latest version of the CanCoast map has combined six key factors to create visual ratings of "coastal sensitivity" on the three oceans.

Manson said in an interview Wednesday that when you start to consider how wave height rises due to a lack of sea ice or the slope of the shore, it can make a major difference in erosion and flooding.

"It includes a whole lot more information on factors that affect the physical sensitivity of Canada's coasts," he said from the Geological Survey of Canada office at the Bedford Institute of Oceanography in Halifax.

The expectation of rising sea levels has already been documented in the Changing Climate Report Ottawa released in April for large portions of Atlantic Canada, the Beaufort Sea, the Fraser River lowlands and northern British Columbia.

In parts of Atlantic Canada where coastal land is sinking as seas rise, the ocean is predicted to be an average of between 75 centimetres to one metre higher by the end of the century -- increasing flood risk during storms.

However, Manson points out that quantifying coastal sensitivity takes the analysis further.

The nature of the shoreline -- whether it's beach, gravel or a hard rocky shore -- is part of the mix of six variables the geological mapmakers have scored.

Another factor now included in the maps is how the melting of ice in the ground beneath permafrost leaves coasts susceptible to more erosion.

As the ground sinks, the oceans gain in energy, tearing away at

the shore. "In the 2090s, there's much less in the way of sea ice, and there's more waves," said Manson.

The researcher says the areas of highest sensitivity are on the northern coasts facing the Beaufort Sea, where bright red colours on the maps signal the elevated risk.

"Things are getting much worse in that area It's one of the areas with the highest increase in sensitivity, and it extends further east into the Arctic archipelago than we would have expected."

Factors such as melting ground ice and loose materials along the shore are key factors along the coast facing the Arctic Ocean, he adds.

Parts of Hudson Bay are also in the red zone, as are portions of southeastern Cape Breton and tiny Sable Island, hundreds of kilometres off Nova Scotia's coast.

In the case of Cape Breton, the factors that raise sensitivity include the likelihood of reduced ice on the inland Bras d'Or lakes, which would result in more tidal action against the shorelines.

The mapping data is publicly available for downloading and study on a service called Geoscan.

Manson says the CanCoast maps are being used by all levels of government, as well as coastal engineers and industry consultants.

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