

# The key metric that will tell us if Canada is headed for a U.S.-style COVID-19 crisis

One top health official lost sleep over reopening B.C. bars but is now confident outbreaks are manageable  
 Adam Miller, Alexander Panetta · CBC News · Posted: Jul 18, 2020 4:00 AM ET | Last Updated: July 18

A recurring fear looms over newly reopened bars and restaurants, lurking over crowded aisles, clinking glasses and face-to-face banter enlivened by alcohol.

Are we sleepwalking toward an American-style coronavirus crisis?

As Canadian establishments reopen, it's a worry voiced even by some people with a financial stake in the hospitality business.

Two Montreal restaurateurs said they were aghast at behaviour they witnessed after businesses resumed operating several weeks ago.

"Frustrated. Angry. Disheartened," is how Stephen Leslie, owner of Tavern on the Square and Monkland Tavern, describes his reaction to seeing other establishments defy safety guidelines, with too many tables and too little PPE for staff.

"You just can't help but think that what's going on to the south of us — Texas, Florida — how they've been forced to re-close is going to happen to us here if we don't follow the rules."



**Hundreds line up at a COVID-19 testing clinic July 14 in Montreal, after the city recommended that anyone who had been at a bar since July 1 get tested. Bars and restaurants are at varying stages of reopening across the country, bringing the risk of new outbreaks. (Ryan Remiorz/The Canadian Press)**

Ilene Polansky, owner of Montreal restaurant Maestro SVP, said disrespectful clients littered; stumbled into her; did not distance; refused to wash their hands; and stormed off when she declined to group tables together.

"They said, 'One-star review for you. We're never coming [back] here,'" Polansky recalled.

"It's sad that I have to tell people to follow the rules."

Now Montreal has long lineups for testing, with infections

rising and dozens of cases linked to bars, prompting new provincial guidelines.

Alberta faced 41 new cases tied to outbreaks at four restaurants in

See Page 4	Key metric
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**Since a lockdown was eased in June, Manila has experienced a sharp rise in infections and deaths [Aaron Favila/AP]**

## Pres. Duterte threatens arrests, government vows to step up testing

Philippine president's threats follow a government official's proposal to impose a 'shame campaign' to contain COVID-19.

Philippine President Rodrigo Duterte threatened on Tuesday to arrest anyone not wearing a mask, as the government vowed to step up testing for the coronavirus amid a sharp rise in infections and deaths since a lockdown was eased in June.

"We do not have any qualms in arresting people," Duterte said in a recorded address aired on Tuesday. It was a "serious crime" to spread the respiratory disease, also known as COVID-19, he added.

"If you are brought to the police station and detained there, that would give you a lesson for all time," he

said of anyone caught not wearing a mask.

Duterte's statement follows an earlier warning from an interior department senior official that the government should consider a "shame campaign" against violators of the coronavirus restrictions, as well as people with possible infections quarantined in their homes.

In April, Duterte also received condemnation after he said violators of lockdown rules could be shot for causing trouble.

A recent study conducted by the Asian Development Bank, however, showed that the Philippines already

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**From the Publisher's desk**

**Wearing a mask in public places is everyone's responsibility**

**Zenaida Ferry-Kharroubi**

From the interviews of the chief medical officers of British Columbia, Alberta, Ontario, and Quebec, we have learned how they have responded to the Corona virus quickly enough to contain its spread. They also reported that even though the virus is still a reality, and there is possibility of a second wave, they know that they must continue to be vigilant and be prepared to respond to any sign of a spike in cases.

According to our Canadian epidemiologists, we have learned a lot about the virus but this is not yet the time to relax and think it is beaten. Many believe that it may take another year to produce the vaccine but we cannot afford to keep the economy closed. Upon the guidance of our medical experts, it is highly recommended to follow safety protocols. It is now mandatory in Quebec to wear masks in public places that include busses, grocery stores, restaurants, shopping malls, beauty parlors, barbershops, and other non-essential businesses. Indoor gatherings are limited to 10 people. Visits to long term care facilities are now allowed but they are strictly controlled and guests should wear masks and observe social distancing. The maximum number of people allowed in some indoor public places is 50. From August 3, 2020, the maximum number of people allowed will increase from 50 to 250. This increase applies to performance venues,

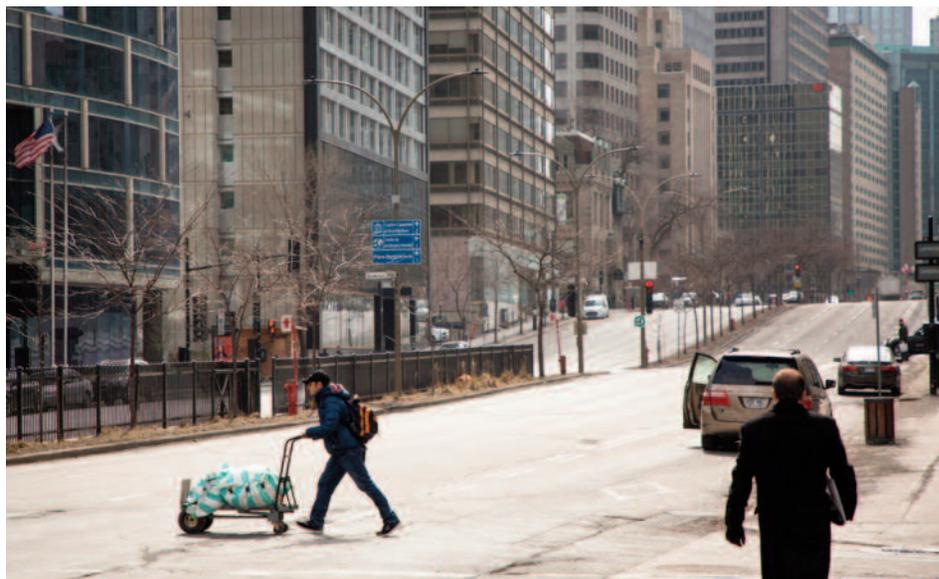
theatres, movie theatres, audiences attending a production, amateur sports events and training, places of worship, courtrooms and rented rooms, including community rooms. This maximum number of people allowed is strongly recommended for outdoor public places. But the following activities remain prohibited: festivals and major events; regular vacation camps with stays; and fight sports.

Almost 96% of the people follow the safety protocols but there are still a few who are protesting that forcing them to wear a mask is against their rights and freedom. Do these people know that if they are infected without their knowledge, they are putting other people in danger? In a democracy, majority rules, and our medical authorities all agree that wearing a mask can reduce the spread of the virus. Everyone has a right to do what they want provided it does not affect the rights of others. Wearing a mask shows respect for others and protection against the spread of the virus.

Needless to say, we can only avoid a second wave and another lockdown if we keep ourselves safe by observing all the health officials' advice. After all, we are all in this together, and we must not think that our personal choice plays any role in fighting this global pandemic.#

# Letter to the Editor

## Montrealers abandoning downtown



**Streets are deserted with only a few cars and pedestrians.**

It appears that Montrealers and their suburban neighbours are saying "no" to being told they should come downtown by bicycle and shouldn't drive.

People are reacting just like one would have assumed - the massive removal of parking spots, the proliferation of bike paths including in areas where there is almost no use, implementing policies that make it inconvenient to get around except by bicycle - has spurred an abandonment of downtown.

Even people who are frequent cyclists and are pro-public transit are concluding the City has gone too far and it is as if a cult of extreme cyclists makes all the decisions in the Mayor's office.

The damage caused by Valerie Plante and her Projet Montreal party may take decades to remedy. Until recently Montreal had such a vibrant downtown but some wonder if we are now on the way to emulating Detroit.

Shoppers who used to go downtown or to neighbourhood commercial streets are discovering suburban shopping centres.

There is a demographic movement of population and jobs out to the peripheries. Growth is picking up off island and I think the 2021 census will reveal some pretty shocking figures.

The next logical step would be for commerces that find their business volume reduced to shut their doors and also move to the suburbs. Don't assume that won't happen here, as shocking as this sounds.

Perhaps that explains the Mayor's panicky press conference this week to tout a small expenditure of \$400k to pay entertainers to host small street events to bring people in. She also mentioned that she hoped to make a deal with the Palais de Congres and Place Desjardins for "affordable indoor parking". It remains to be seen whether people are ready to fight traffic for paid parking a couple kilometres from the heart of downtown.

COVID represents a threat to downtowns everywhere but Montreal's problems go way beyond the pandemic. Work at home and online shopping impact downtown. But that pales compared to the evident decision of more and more individuals not to visit

downtown simply because it is now difficult to negotiate by car and very difficult to park.

That's our current reality. No one called for a "boycott" but people are staying away nonetheless. The abandonment of downtown is due to thousands and thousands of people reacting individually in the same way to the policies of the Ms. Plante's administration.

The comments below which come from feedback to a recent Gazette article in which Plante is begging people to come back represent what I feel is a large and growing public consensus.

Best,

Marvin Rotrand

Cyndy Spilberg  
1 DAY AGO

I agree with most of the comments. I consider myself an environmentalist and pro bicycle but the Mayor has gone too far. You have to consider the elderly and people with families. Not everyone can ride a bike. She has ruined Jean Talon market by taking away parking spots and raising the price for parking. Vendors rely on customers who want to buy large quantities, not carry a couple of tomatoes on their bike. Now there are fewer stalls from farms. She has even gone after famous Montreal Bagels because some residents complained about the smell. We need more affordable multi level parking lots in the city and near metro and train stations if she is serious about getting people to come back to the city.

Screaming Pencil  
1 DAY AGO

I was born and raised in Montreal but I live off island now and avoid downtown like the plague. There is endless construction EVERYWHERE, it takes 20 minutes to drive 5 blocks, and an hour to find a parking spot. And no, I'm not leaving my comfortable car to be packed onto a sweltering bus, metro, or a commuter train that's broken down half the time. This is not a European city, it is North America where car is still king. Make it difficult for car drivers and people will stay away in droves.

See Page 7 Montrealers

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

# (Quebec) Back-to-school plan for education and higher education – Fall 2020 (COVID-19)

## Education

### Preschool, elementary school and Secondary I, II and III

All students in preschool, elementary school and Secondary I, II and III will attend class full-time, in compliance with the standard ratios. Classes will be organized into subgroups of no more than six students. This will allow students to spend time together and work within these subgroups without distancing constraints. The physical distancing rule of one metre between the various subgroups of students is maintained. The physical distancing rule of two metres between students and staff must also be respected.

Teachers will move between classrooms based on the subject being taught, and students will remain in the same classroom. For students in Secondary I, II and III, the schedules for courses and special projects will be reorganized based on the principle of closed groups.

### Secondary IV and V

For students in Secondary IV and V, school service centres are provided with two options based on their realities and the needs identified in their respective school communities.

The first option is based on the model used for students in Secondary I, II and III, who are attending school full-time. It consists in reorganizing the schedule for optional courses and special projects based on the principle of closed groups.

The second option is an alternating schedule. Under this option, the current rules of physical distancing are maintained and students attend school at least every second day. Online learning and work to be done at home will round out the educational services offered.

### Adult general education and vocational training

For adult general education and vocational training, the plan is for students and adult learners to return to class in person, especially for practical activities and examinations. Physical distancing between students and teachers must be maintained at all times, except in programs where it is impossible to do so. In that case, students and teachers must use personal protective equipment.

### Emergency protocol

In order to be ready for any eventuality, school service centres must be equipped with an emergency protocol before the return to school in the fall. This protocol must allow them to switch rapidly to distance learning should the situation call for it.

### Reopening and maintaining economic activities (COVID-19) The Québec government is authorizing the reopening of all economic activity sectors, except:

festivals and major events; regular vacation camps with accommodation.

### Other businesses and enterprises that were subject to prohibitions can now resume their activities throughout Québec, including:

amusement parks; water parks; spas; tourist accommodation establishments; casinos and gambling houses; service firms in respect of activities that cannot be carried out through teleworking.

Gradual return to office buildings by the employees of private-sector businesses

Starting July 18, 2020, private-sector employers whose employees were working at home can have up to a maximum of 25% of their staff return to work. It should be noted that the rate is a maximum, not an objective to be attained.

It is suggested that employees who directly offer services to customers or whose environments are not suited to teleworking return to work. Teleworking is encouraged in the case of activities that can be carried on remotely.

Companies that wish to have their employees return to the place of work must implement the recommended health measures, including observance of the 2-metre social distancing rule. Face covers are also mandatory in all common areas of office buildings.

### Specific measures applicable to bars

The following measures will be in force in bars to reduce customer traffic and avoid an upsurge in the virus' spread:

the operating hours of the holders of bar permits issued by the Régie des alcools, des courses et des jeux (RACJ) are restricted. Bars must stop selling alcoholic beverages at midnight instead of 3 a.m. and customers must also have left bars not later than 1 a.m;

the reception capacity are restricted to 50% of the capacity indicated on the liquor licence; dancing is prohibited and customers must be seated to consume alcohol; bar owners must establish a register that records customers' contact information or have a group of customers designate a person to facilitate epidemiological follow-up in the event of outbreaks. The process will, obviously, comply with privacy rules.

It should be noted that a broader police presence will be provided near busy sectors.

A CNESST inspector could also intervene to ensure that employers have implemented preventive measures to ensure the safety of workers.

The sectoral rules applicable in spaces with specific vocations must be applied to such areas of activity. Specific rules may also be added.

General and sectoral guides are available on the Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST) website This hyperlink will open in a new window. to assist worksites in implementing preventive measures.

Tools are also available on the Institut national de santé publique du Québec website This hyperlink will open in a new window. to facilitate the implementation of health recommendations.

## Trudeau's approval rating drops amid WE scandal, faith in Liberals remains: poll

By Katie Dangerfield (Global News)

Despite strong approval for his handling of the coronavirus outbreak, Prime Minister Justin Trudeau's image has taken a hit amid the WE Charity scandal, according to an Angus Reid survey.

Trudeau's approval rating in May sat at 55 per cent, but that number fell to 44 per cent as of July 23, the survey showed. Half of the respondents said their opinion of Trudeau has worsened in the past month.

Angus Reid Institute executive director Shachi Kurl said that after the SNC Lavain affair last year, Canadians were still trying to warm up to Trudeau, despite voting him in again for a second term. But the coronavirus pandemic changed that and his approval rating shot up in March.

"It took the worst health crisis in our country for him to climb out of this hole with Canadians. They were impressed with how he handled the early stages of the outbreak and the subsequent months," she said. But then the WE Charity scandal hit.

"Normally Canadians start to check out this time of year, but there's been an appetite for a non-coronavirus story. The WE Charity story has found a willing audience, and it certainly does not help that this is the prime minister's third ethics investigation in five years," Kurl said.

"His approval ratings are starting to go down again."

Fifty-nine per cent of respondents felt the issue was a serious and significant one, which was twice the number who said it was overblown by the media and opposition parties, the survey found.

The drop in approval rating comes as Trudeau is set to testify at the finance committee hearings, which is investigating why the Liberals awarded WE Charity Canada a contract to manage a \$912-million grant program aimed at helping students.

Both Trudeau and his Finance Minister Bill Morneau are the subjects of an investigation by the federal ethics commissioner over the deal and their failures to recuse themselves from discussions on the matter.

Morneau testified last week and admitted he and his family have made "significant" donations worth tens of thousands of dollars to WE Charity and only just repaid \$41,000 in what he says were previously unknown expenses due to the organization from family trips. The finance committee is set to meet on Monday evening to discuss a date for Trudeau's testimony.

### Not enough to topple Trudeau's minority government

Stephanie Plante, director at the

It should be noted that health recommendations, including the 2-metre rule, must always be observed.

Last update: July 15, 2020

### Notice

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Centre for Security, Intelligence, and Defence Studies at Carleton University, said the WE Charity issue may be controversial for Canadians, but the Trudeau government has a good record of riding out these scandals.

"They are really great at apologizing. Trudeau and his ministers have learned that if you say you're sorry it can work out," Plante said.

"The Liberals do really seem to kind of weather all storms."

A majority of Canadians seem to agree.

Fifty-six per cent of respondents said the scandal will only have a minor impact on the Trudeau government, meaning it will embarrass the prime minister but ultimately the party will survive. Thirty-two per cent believed the issue could topple the government and 12 per cent said the story will be forgotten in a matter of weeks.

### Views on this issue differed per province and political association.

For example, Quebec (43 per cent) and Saskatoon (39 per cent) residents were most likely to say the government is at risk of collapsing over the scandal (43 per cent). Atlantic provinces (15 per cent) and Alberta (14 per cent) were more likely to believe the scandal will have no impact on the Liberal government.

Respondents who identified as Conservatives were most likely to believe the issue will topple the Trudeau government (54 per cent).

Three-quarters of past Conservative voters said the case of the Trudeau government and WE is possibly criminal and needs to be investigated by police. Nineteen per cent of 2019 NDP voters said the same and six per cent of past Liberal voters.

Residents who live in Atlantic Canada (13 per cent) were more likely to believe the WE Charity issue was a "simple mistake," the survey found. Residents in Saskatchewan (58 per cent) were most likely to believe the issue is a criminal act and should be investigated by police.

### COVID-19 still at top of Canadians minds

According to the survey, 19 per cent of Canadians said the WE scandal

See Page 19 Trudeau's approval

From Page 1 Key Metric

Edmonton late last month. British Columbia has seen exposure to COVID-19 in bars, nightclubs and strip clubs since reopening. Ontario reopened bars and restaurants in much of the province Friday as it moves into Stage 3.

The post-reopening spikes inevitably raise questions about whether Canada is simply a few weeks behind a neighbour that reopened sooner.

In the U.S., a new wave of the virus is battering virtually every region, with cases rising in most states; record spikes in several of them; and hospital bed shortages in Florida and elsewhere.

To gauge whether the early signs in Canada point to a scenario similar to the one flaring up through the U.S., CBC News consulted three infectious disease experts, four public health officials, and national, state and provincial data.

One of Canada's best-known public health experts said she lost sleep over the decision to reopen bars in B.C. — but she's now confident in their ability to clamp down on outbreaks quickly before they spiral out of control.

We've had our restaurants and bars open for the last month now, and we haven't had major outbreaks," Dr. Bonnie Henry said in an interview with CBC News. "It's not been perfect, and we've had to revise things."

Henry said B.C. reopened establishments in a "manageable" way that allowed people to socialize safely, with

From Page 1 Pres. Duterte

ranks second in Asia-Pacific in the stringency of its coronavirus curbs, while an Imperial College London and YouGov survey showed that 91 percent of Filipinos were already compliant with the rules on wearing masks.

Rights groups and the



opposition have been warning of abuses during the pandemic lockdown, during which allies of the president have also passed an anti-terror law, which critics say could be used to target dissent.

According to the police, more than 61,000 people have already been arrested for breaking lockdown rules.

Critics say Duterte has increasingly militarised efforts to curb the spread of the disease without addressing the more immediate need to implement contact tracing and other health protocols.

Missed targets

During the televised meeting aired on Tuesday, Duterte's Health Secretary Francisco Duque also announced that the government is aiming to test as many as 40,000 people a day compared with the current number of between 20,000 and 23,000.

It is unclear how the government will reach that target since it has not met an earlier target of 30,000 daily tests that was announced in May.

So far, the Philippines has tested nearly 1.1 million people, and



An increase in new cases has coincided with the reopening of bars and nightclubs in the Montreal area. (Paul Chiasson/The Canadian Press)

smaller capacities, strict physical distancing and hygiene protocols, and a COVID-19 safety plan in place.

"The first thing people said when we had the exposure event in a couple of the nightclubs in Vancouver was, 'Oh, shut them down.' But that doesn't help," she said, adding officials worked with the industry to minimize risk to patrons and staff.

"It just drives people underground, where we won't hear about cases because they're afraid to talk about it."

'You can't eat and drink with a mask on'

When trouble hit the United States, it initially struck with stealth — as a Duque said the aim was for 10 million people - or nearly a tenth of the population - to be tested by the second quarter of next year.

"We cannot test every citizen as no country has done it, even the richest, the United States," Duque said.

Coronavirus - Manila

Since a lockdown was eased in June, Manila has experienced a sharp rise in infections and deaths [Aaron Favila/AP]

In Southeast Asia, the Philippines ranks second to Indonesia in terms of the number of cases and deaths, with cases jumping nearly four-fold and deaths nearly doubling to 1,835 since the government relaxed lockdown measures in June.

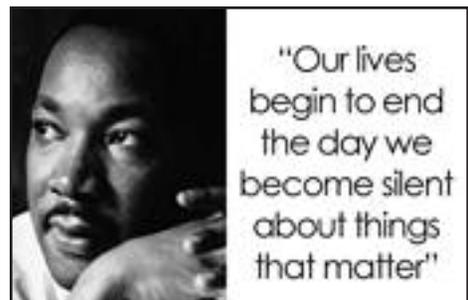
Restrictions have been reimposed in some of the hardest-hit areas.

Of 30 countries most affected by the pandemic, the Philippines ranked 24th in terms of testing rate, data from statistics aggregator Statista showed.

Last week, officials also said health workers and police would take patients with mild or no symptoms from their homes and place them in isolation centres.

The proposal was quickly withdrawn and denied by several officials after concerns were raised about possible human rights violations and angry reactions on social media.

SOURCE: AL JAZEERA AND NEWS AGENCIES



series of anecdotes, unheeded warnings, contradictory news headlines, and videos of safety guidelines being ignored.

Within days the headlines took an unambiguously bleaker turn. Arizona reported its highest one-day increase in cases. Then the cases kept growing, and growing, then doubling, tripling, quadrupling. Now Canada is also reopening what experts describe as some of the highest-risk environments — bars and restaurants.

People are indoors, in close contact, sharing food and drinking while proven infection-control measures — like physical distancing, hand hygiene and mask wearing — are also much harder to maintain.

Spreading coronavirus a 'serious crime' in Philippines, Duterte says as cases spike

The Philippines said on Tuesday it would ramp up testing for the novel coronavirus amid a sharp rise

"You can't eat and drink with a mask on," said Dr. Matthew Oughton, an infectious disease specialist at the Jewish General Hospital and an assistant professor at McGill University in Montreal.

The spread of COVID-19 among bar-goers who aren't displaying symptoms is another major risk factor.

"The risk is that you could be feeling totally fine and ready to go for a night out," he said. "And your dining partner might be infected, or you might be infected and yet not know it."

Private gatherings, not bars, are driving rise in new cases, says Quebec premier

Oughton said the biggest challenge for public health officials is catching those outbreaks from bars and restaurants early enough to stop them from "snowballing" into larger threats to the community.

He said they need to focus on isolating positive cases and contact tracing to ensure the virus doesn't spread in the community unchecked after an outbreak.

"We are sitting in a forest that is bone-dry and there are lots of places where sparks might flare up," Oughton said.

"So you can stomp out the first spark, you can stomp out the second spark, what worries me is if there's 100 different sparks starting 100 small brush fires, can you actually stomp out all of them in time?"

In Southeast Asia, the Philippines ranks second to Indonesia in terms of the number of infections



A man wearing a protective mask walks past an image of Philippine President Rodrigo Duterte in Manila, Philippines on Friday March 20, 2020. (AP Photo/Aaron Favila)

in infections and deaths since a lockdown was eased in June, while President Rodrigo Duterte threatened to arrest anyone not wearing a mask.

The government aimed to test 32,000 to 40,000 people a day compared with the current 20,000 to 23,000, Health Secretary Francisco Duque said in a televised meeting with Duterte.

The Philippines has tested nearly 1.1 million people so far, but Duque said the aim was for 10 million people — or nearly a tenth of the population — to be tested by the second quarter of next year.

"We cannot test every citizen as no country has done it even the richest, the United States," Duque said.

and deaths, with cases jumping nearly four-fold to 68,898 and deaths nearly doubling to 1,835 since the government relaxed lockdown measures in June.

Coronavirus: Indigenous communities especially at risk to COVID-19, warns WHO. Lockdowns have been reimposed in some of the hardest-hit areas.

Of 30 countries most impacted by the pandemic, the Philippines ranked 24th in terms of testing rate, data from statistics aggregator Statista showed.

Duterte threatened to arrest anyone who spread the virus, refused

See Page 7 President Duterte

# Anti-masking groups draw from anti-vaccination playbook to spread misinformation

By Nicole Ireland (CBC News)

As more regions across the country adopt mandatory masking policies in an effort to minimize the spread of COVID-19, some anti-masking groups are joining forces with anti-vaccination proponents and adopting their techniques to spread misinformation and amplify their message.

The similarities between organized anti-masking and anti-vaccine movements are striking, said Maya Goldenberg, an associate professor of philosophy at the University of Guelph specializing in vaccine hesitancy.

At least one anti-masking group, Hugs Over Masks, actively partners with Vaccine Choice Canada, one of the country's most prominent anti-vaccination organizations.

Vladislav Sobolev, the anti-masking group's founder, has repeatedly praised the anti-vaccination group on social media and during protests.

Sobolev also told CBC News that high-profile U.S. anti-vaccination advocate Sherri Tenpenny, an osteopath who wrote *Saying No To Vaccines*, is providing online leadership training to his group.

Tenpenny, along with other anti-vaccination advocates in the U.S. and Canada, have embraced the anti-masking cause and opposed COVID-19 lockdown measures.

Although many Canadians who don't want to wear masks aren't opposed to vaccines, the fact that anti-vaccination



© Evan Mitsui/CBC As people have emerged from COVID-19 isolation in their homes, the city of Toronto has implemented mandatory masking policies for indoor spaces, including stores, where physical distancing is difficult.

groups are involved in the relatively new anti-masking movement is concerning to many health experts.

Despite well-established evidence that vaccines are safe and effective, anti-vaccination groups have become savvy at spreading misinformation that leads people to distrust medical guidance — something that can have dire consequences during a pandemic.

'Harmful outcomes'

"It disturbs me when I see people acting on information that I'm quite sure is not only incorrect, but potentially misleading and potentially leading to harmful outcomes," said Dr. Matthew Oughton, an infectious disease specialist at McGill University.

As a practising physician at Montreal's Jewish General Hospital, Oughton has seen first-hand the toll COVID-19 takes. Close to 9,000 people — largely seniors and people with

underlying medical conditions — have died in Canada from the virus. Although scientists are continuing to learn about the novel coronavirus, it appears that people with COVID-19 can be most infectious before they show any symptoms, Oughton said.

That's different from many other viruses — including the first version of SARS. It's a key reason why it's important for people to wear masks — even if they feel perfectly healthy — when physical distancing isn't possible to prevent transmission, medical experts say. Mistrust of health authorities fuels misinformation

Mistrust of government and scientific authorities are key characteristics among both anti-vaccination and anti-masking advocates, Goldenberg said.

"When you don't trust the sort of basic infrastructure that's supposed to support public well being, you're going to come up with all kinds of tactics to try to resist it," she told CBC News.

Those tactics include the "downplaying of how bad the infectious disease is," Goldenberg said.

Before COVID-19, anti-vaccination groups were making false claims that measles — a serious, vaccine-preventable disease — wasn't a major threat. A consequence of that misinformation was an increase in

See Page 6 Anti-masking groups

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# Regis Philbin, television personality has died at 88

By Chuck Johnston and Dakin Andone, CNN - Sat July 25, 2020

(CNN)Legendary broadcaster Regis Philbin has died, according to a

television shows, including the morning talk show "Live with Regis and Kathie Lee," which he co-hosted with Kathie Lee Gifford. Co-hosting duties were later



**Regis Philbin and his wife Joy attend the Kelly Cares Foundation's Irish Eyes Gala on Monday, May 7, 2018. Image distributed for Kelly Cares Foundation.**

statement shared by his family on Saturday. He was 88 years old.

"We are deeply saddened to share that our beloved Regis Philbin passed away last night of natural causes, one month shy of his 89th birthday," said the statement sent to CNN Saturday. "His family and friends are forever grateful for the time we got to spend with him -- for his warmth, his legendary sense of humor, and his singular ability to make every day into something worth talking about."

"We thank his fans and admirers for their incredible support over his 60-year career and ask for privacy as we mourn his loss," the statement said. Philbin was the host of numerous

taken over by Kelly Ripa and the show was renamed "Live with Regis and Kelly." Over the years, Philbin also hosted Miss America pageants and game shows like ABC's "Who Wants to be a Millionaire."

Philbin was nominated for 37 Daytime Emmy Awards throughout his career and won six, and he was awarded the Lifetime Achievement Award in 2008. In 2006, Philbin was inducted into the National Association of Broadcasters Hall of Fame and the Television Academy Hall of Fame.

Philbin holds the world record for most hours on US television, according to Guinness World Records, with more than 16,700 hours on air.

## From Page 5 Anti-masking groups

vaccine hesitancy, leading to a resurgence of measles cases in Canada, where it had been declared eliminated in the late 1990s.

Similarly, during the COVID-19 pandemic, anti-vaccination and anti-masking groups have claimed that coronavirus isn't any more dangerous than other diseases, such as the flu. This is part of an effort to falsely convince people that public health measures to stop the spread of infection — from the development of a vaccine to physical distancing and wearing a mask — are unnecessary.

Many social media posts from both anti-masking and anti-vaccination groups call the pandemic a conspiracy, citing beliefs that it's been manufactured to give governments the ability to monitor people through contact tracing and to promote a vaccine agenda. Both groups often target Bill Gates, whose foundation has donated hundreds of millions of dollars to support immunizations globally.

When asked if Hugs Over Masks opposes vaccination, Sobolev did not answer directly.

"The right for an individual to have the choice on any medical intervention set forth by the public health departments is especially important when there are undeniable and inherent risks

associated with the intervention in question," he said in an emailed response. "Health Freedom is not something that should be even in question."

The group actively defies public health guidance during rallies, where people are encouraged to bring their children, reject physical distancing and not wear masks, saying that they refuse to adopt the "new normal" of life during the pandemic. Anti-masking rallies in Toronto appear to attract anywhere from a couple of dozen to around 150 people.

Sobolev said his group consider COVID-19 a "scamdemic," arguing Canada's hospitals would have been filled to capacity with COVID-19 patients if it were real.

When CBC News suggested that the success of the public health measures his group was protesting were a reason more people didn't become critically ill, Sobolev said he didn't trust the numbers. He said people should look at South Dakota, which didn't have a state-imposed lockdown.

The claim that South Dakota had the lowest coronavirus infection rate in the U.S. is not accurate, according to a recent Reuters fact-check, but misinformation about the state's infection rates continues to circulate on social media.

Lawsuit alleges vaccine conspiracy

Vaccine Choice Canada, along with several individual plaintiffs, filed a statement of claim at the Ontario Superior Court of Justice this month against public health and political leaders in several municipalities, as well the province of Ontario and the federal government, including Prime Minister Justin Trudeau, Chief Public Health Officer Dr. Theresa Tam and the Queen.

The lawsuit claims COVID-19 public health measures, including lockdowns, physical distancing and mandatory masking are violations of constitutional rights. It also claims that the pandemic was unnecessarily declared to further "non-medical agendas," including to establish a "New (Economic) World Order" and a "massive and concentrated push for mandatory vaccines of every human on the planet earth with concurrent electronic surveillance."

Canadian public health officials have never suggested that a coronavirus vaccine, when developed, would be mandatory.

The lawsuit also names the CBC, accusing it of "Stalinist censorship" by "knowingly refusing to cover/or publish the valid and sound criticism of the COVID measures."

It's not clear when — or whether — the lawsuit will proceed through the courts.

## 'Cherry-picking' data

Another commonly used tactic by both anti-masking and anti-vaccination organizations is "cherry-picking" research studies that appear to support their viewpoint, but are often outdated or taken out of context, said McGill University's Dr. Oughton.

For example, anti-masking groups often incorrectly claim that wearing a mask is harmful because it reduces the supply of oxygen and causes people to breathe toxins back into their own body.

That's misinformation with no basis in fact, Oughton said.

"Surgeons wear these kinds of procedural masks in the operating theatre for, sometimes, hours and hours at a time. The surgeons are not dropping [from lack of oxygen]. They simply aren't," he said.

Another piece of false information that anti-maskers have been circulating is the idea that wearing a mask can harm a child's immune system — a claim Sobolev made to CBC News during a telephone interview.

Those kinds of "alarmist stories" playing into people's fears about their children's health are another way anti-vaccine and anti-masking groups try to further their agendas, said Goldenberg, the vaccine hesitancy expert.

Unlike combating vaccine misinformation, where the science has been clear for years, public health experts trying to correct mask misinformation are dealing with some confusion: their recommendations changed over the course of the COVID-19 pandemic.

Anti-masking groups have seized upon that inconsistency and frequently cite public health officials from before the mask guidance changed.

Emerging research, changing guidance Public health experts say they understand the confusion and how it could foster doubt in the current advice. They emphasize that it's an example of how quickly they've been learning about a new virus.

Back in March when the pandemic was first declared, there wasn't much scientific evidence to demonstrate

mask effectiveness in preventing COVID-19, public health experts say.

Physical distancing was also a new concept. Public health officials worried people would think using masks meant they didn't have to pay as much attention to staying two metres apart from others.

Since then, more studies have been done, said Dr. Lawrence Loh, medical officer of health for Peel Region, near Toronto.

"The science in respect to COVID-19 has evolved and so has the recommendation around masks," Loh said. Once scientists learned the virus could be spread by people with no symptoms through respiratory droplets, they began advising the general public to wear non-medical masks when physical distancing isn't possible, he added.

There are legitimate medical issues — including some mental health or developmental conditions — that preclude some people from wearing masks, said Dr. Vinita Dubey, Toronto's associate medical officer of health.

City bylaws do not require people to provide proof of a medical exemption, Dubey said, but she hopes people will only claim an exemption if it's legitimate.

People who simply don't want to wear masks should pursue alternatives to going into stores, she said, such as curbside pickup.

As an emergency physician who regularly wears a mask at work, Dubey recognizes that masks take some getting used to and can feel uncomfortable at first, but she recommends people try different types if that's the case.

The data is still not clear on how much masks prevent infection for the wearer, public health experts said.

But that's why it's important for as many people as possible who can wear masks to do so when physical distancing isn't possible, Dubey said. The idea is that people protect others — especially those who are vulnerable to critical illness if they become infected — from their own germs given the possibility of asymptomatic transmission.

"I protect you with my mask; and you protect me with your mask."

Like with hard-core anti-vaccination groups, people who are adamantly against masking "are a loud but typically smaller proportion of the population," Dubey said.

The key is to combat the misinformation they spread to members of the public who might be "mask-hesitant" — similar to people who are vaccine-hesitant — by providing clear, honest answers to their questions, experts said.

"It's those who are sitting on the fence who are actually rightly looking for information. We need to reach them and give them the information that they need at the right time," said Dubey.

"That's the group that we need to spend most of our energy on," she said, urging the public to ask health-care providers or public health authorities for information if they have questions.

It's important for medical professionals to be respectful when people ask those questions — including when they raise concerns based on misinformation, Goldenberg said.

"If there's one way to get people defensive, it is to disparage them and not to take them seriously," she said. #

# PERSONALITY OF THE MONTH



## CESAR MANUEL

By: Fely Rosales-Carino

The man of the hour is Cesar Manuel, President of the Filipino Association of Montreal and Suburbs (FAMAS). Born in Manila, he is the youngest of 11 children. His parents Bulan S. Agustin Misa Manuel and Anita Hidalgo Danao sent him to Manila North High School in Santa

(1992-1998), a machinist (1998-2015), to being a restaurant owner and operator (2016-present).

He is married to good-looking Maritess Cleofas, a very business-minded entrepreneur. How did they meet? Back then while still in their teens, they happened to work at a giant grocery store called KADIPAN, a government entity where employees worked on rotation shifts. Tess didn't realize that every time she was transferred to a new location, she always found Cesar working beside her. Eventually, according to her, Cesar began to show interest. In the long run, he was on a 'hatid-sundo' (delivery and pickup) schedule. Then, suddenly, Tess noticed a coworker had her eyes on him. So she confronted him by saying, "Bakit ka namamangka sa dalawang ilog (why are you swimming in two rivers?)?" Cesar's defense was that he was only being a gentleman when the lady asked him for a lift home and nothing else. So Tess



Cesar Manuel with his wife, Tess

Cruz, Manila. He completed his Bachelor of Science in Education Degree (Major in Social Work and Minor in Filipino Language) at Pamantasan Ng Lunsod Ng Maynila (PLM). He taught in the Division of City School, 3rd District in Metro Manila (1982-1991) for a while before embarking on his trip to Canada. While here, he rose from a factory worker

worked on her charms which proved deadly! Eventually, after a short courtship, they got married at Our Lady of Fatima church in Valenzuela, Philippines. The happy couple are soon to celebrate their 31st wedding anniversary! WOW! What a beautiful love story!

When Cesar and Tess were planning to enter the restaurant



Popular Kamayan table for a party at Pansitan (FB post by Tenne Rose)

business, they didn't have difficulty in choosing the name PANSITAN. When asked about it, Cesar said, "With the word 'pancit' in the name, people will easily identify that pancit, a favorite of Filipinos, is in the menu. The name alone suggests it and rightly so." PANSITAN, situated at Victoria St., Montreal, mainly serves a variety of tasty Filipino foods. Existing for 5 years, its success is measured by the many customers who go in for breakfast, lunch, or supper. Takeout orders are always available. To date most customers, including myself, say that they have the best KAMAYAN restaurant in town!

Cesar has a very quiet disposition and is easy to talk to. During conversations he has the knack of making you feel comfortable and putting you at ease. He is a deep thinker and carefully weighs his words before he responds. When he is not supervising his kitchen, he unwinds by playing basketball with his friends. Cesar is very fit and athletic!

Cesar's local Filipino political involvement started in 1994. It was dotted with political machinations, intrigues, and controversies that usually mark the life of a political candidate. Through all these, and to cut a long story short, he is now the current FAMAS President, lapping in victory! What does his political future look like? His political instinct will serve

him well. Abangan ang susunod na kabanata! (Wait and see)!

When asked who his role models are, he mentioned Dr. Edgar Sideco, and Dr. Tirol. Asked who his best friends are, he did not mention names. Instead, he said he admired people with integrity, honesty and who are there when he is in need. He is fiercely loyal to them.

Cesar's voluntary work is certainly commendable. This includes money and free food! He headed the FAMAS' recent project of Food on Wheels that supplied food to frontliners in different hospitals and to vulnerable Filipino seniors in Montreal. The Seniors of West Island and Suburbs (SWIS) oftentimes is the recipient of different kinds of 'pancit' during our Wednesday bingo sessions. Chairman Connie Fabro and SWIS members would like to say a huge Thank You to Cesar and Tess, who deliver them at lunchtime! We look forward to our bingo sessions especially when we know pancit is arriving! A well-deserved applause for this generous and civic-minded gentleman!

No doubt, his secret weapon is wife Tess for her unwavering support, respect, and undying love in all his ventures. He said of her, "she's always there for me." Let's wish this happy couple more success, good health, and more blessings!

From P. 4 President Duterte  
to wear masks or keep a safe distance from others. The tough-talking president warned in April that violators of lockdown rules could be shot for causing trouble.  
"We do not have any qualms in arresting people," Duterte said in a recorded address aired on Tuesday. It was a "serious crime" to spread the COVID-19 respiratory disease, he added.  
"If you are brought to the police station and detained there, that would give you a lesson for all time," he said of anyone caught not wearing a mask.  
Last week, officials said health workers and police would take patients with mild or no symptoms from their homes and place them in isolation centers, raising concerns about possible human rights violations.  
(Reporting by Neil Jerome Morales and Karen Lema; Editing by Ed Davies and Stephen Coates)

From Page 2 Montrealers  
adam patwell  
1 DAY AGO  
People in laval stay in laval, West island in the west island, and South shore in the south shore. There is parking. There is easy access to places. Montreal is made to keep people out if they have cars. You made it that way. Why not ask all the Bixie people to go out and shop and spend their money. This is what you wanted when you catered to them.  
Dan Pro  
1 DAY AGO  
Goodbye Valérie! Next election you are gone because you have no clue what you are doing  
At least you filled your bank account and bought a few cars before you checked out.  
You want to fix Montreal? Get rid of the language laws, business will be BOOMING.  
You think a Torontonian or Anglophone from the USA wants to come to Montreal knowing that the

language laws are going to make it hard for them to move around.  
Let Quebec City be low tier Quebec City. Let the rest of the province be boring, but don't let Montreal rot just because it sits on the wrong side of the provincial border  
Matt Na  
1 DAY AGO  
Here is an idea. Lets make downtown a car free zone!!! YA that will work for sure...  
Travis Chalmers  
1 DAY AGO  
We are "Montrealers" now? Last I heard, we were all car-addicted suburbanites that should ride the bus downtown for the privilege of visiting. Sorry, Val, but you administration have been digging this "don't come to the city" hole for years. Now that we don't need to commute, we would rather not visit the construction disaster zone to do the same stuff we can do in our car-addicted areas. Especially since bus drivers aren't even wearing masks.  
And I'm an environmentalist!  
Gary Simioni

2 DAYS AGO  
Good luck finding all of those discounted parking spots in a sea of randomly closed streets, construction projects and orange cones. You'll give up before you even get close. And what about that giant sinkhole at the corner of Rene Levesque and Guy that takes up almost 3 lanes of Rene Levesque? It's been there since the winter and looks to now be a permanent feature of our city. Come downtown everyone and admire the sights!  
Niles Stone  
2 DAYS AGO  
Ok..im no car fan but the mayor REALLY needs to buy a huge empty lot and make some multi level free parking for 10,000 cars. There used to be massive cheap lots all over...takes zero construction...just open up a god damned unused area. I see nowhere to park. EDITED  
(More comments from readers who disapprove the policies of Mayor Plante but space is limited so we have not included some comments).



## Reinventing yourself - current trend of surviving during, and after a global pandemic

Re-inventing yourself seems to be a very common way that most people have found to be the best thing to do to survive during the global pandemic, and even thereafter. Analysts predict that the world economy will be in a downturn because of the lockdowns that caused a lot of businesses to close thereby causing tremendous job losses. The gloomy prospect of not being able to return to the same job, or keep a business operating profitably leads people to figure out a way to find what is best for their skills, interests, goals, and needs. Many interesting articles are written about re-inventing yourself which can inspire us to move forward, in spite of the economic difficulties that the Corona virus has caused.

For those who have interests in entrepreneurship, we have two popular TV shows, Shark Tank and Dragons Den, where we can view episodes about many aspiring entrepreneurs present their creative ideas to the Dragons or the Sharks. One of the judges in this show is Barbara Corcoran who is a good example of how a woman can be successful as it is "never too late to reinvent yourself and pursue something different." That's exactly what self-made millionaire Barbara Corcoran did. After achieving her goal of becoming the "queen of New York real estate" and selling her firm for \$66 million in 2001, Corcoran pivoted into the TV industry. She's now a TV personality, business expert and judge on ABC's "Shark Tank."

If you want to make a similar change in your life, remember that you can't change yourself, but you can repackage. "Reinvention is about a new



**Barbara Corcoran**  
Shark Tank judge

version of your old self that looks very different," Corcoran says.

Here are the three steps Corcoran recommends taking on the path to reinventing yourself.

### 1. Write down a list of what you're good at

If you want to pursue a new career, start by determining what your skills are. Recognizing what you already do well will help you identify new paths you can take.

When Corcoran decided to make her career change, she listed out her top four traits and realized the same skills that already worked for her in real estate could be translated into a new career.

"I loved attention. I loved an audience. I loved people, and I loved performing," she says. "That applied very well to real estate, but it also applied well to the TV business. So I rewrote my packaging as a TV person based on the same traits that had done me well in real estate."

Don't forget to keep in mind the parts of your current job that you actually like. "People always do better in something that they love," Corcoran says.

### 2. Start small

Even after you've identified a new career path you want to pursue, remember that nothing will change overnight. "You have to reinvent yourself in stages," Corcoran says.

Ask yourself: What can I do now to gain expertise in a new career field? For Corcoran, that meant taking any TV gigs she could get and building a name for herself as an expert in business and real estate. "I became an expert in real estate on small little segments until people gave me credibility," she says.

Depending on your career goal, you might want to take courses to learn new skills or find a side job in your desired industry to get on-the-ground experience, Corcoran says. Be creative.

### 3. Go all in

"There's no such thing as part-time," Corcoran says. Although it will take time to shift into a new career, you have to be dedicated from the get-go.

All of the contacts and sources you've built up in your current position will no longer be useful, Corcoran says. In addition to gaining experience in a new field, you need to start networking and pitching yourself so that by the time you're ready to pursue something new full time, you've already laid the groundwork.

"Even if you're taking small jobs along the way to gather your expertise, you still have to put it in the full-time effort to push yourself into who you're going to be," Corcoran says.

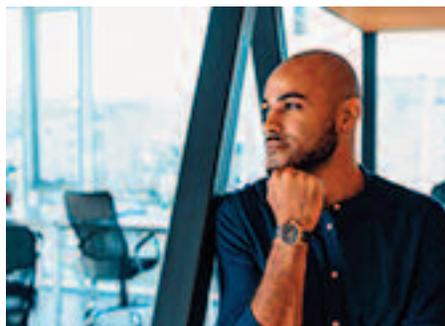
No one expected to see the abrupt changes we are experiencing right now and it is important to know how we can handle all the challenges we are all facing. Another writer suggests practical ways to reinvent yourself.

### 10 Ways to reinvent yourself when you're stuck in life

By Alison Kero

Published May 4, 2020

Being and feeling stuck in life is an awful place to be. When you are



stuck, it feels as though you are literally just spinning your wheels in the mud and are running around in circles. It also feels as though no matter what you do or say, nothing will ever change for the better and you'll be stuck in a rut forever.

If you're not careful, being stuck in life can magnify the fear, guilt, shame and/or apathy you're already feeling. You can become even more stuck than you already are.

So rather than doing nothing and allowing yourself to get sucked into a really terrible rabbit hole, let's explore 10 ways to reinvent yourself so you – and your life – can start to become unstuck.

When life starts to feel a little too sticky, try these ways to reinvent yourself:

### 1. Focus on the Good

Whenever things aren't going so well for me, I realize that it's time to stop and take stock in what's really going on in my life. Usually, I find that while some of it isn't going so well, a fair amount of it still is.

Focusing on what is going well will help you take your mind off what isn't going so well and will also allow you to get yourself out of your rut quickly. What you focus on magnifies. So you might as well focus on the good stuff.

### 2. Change Your Diet

Since 20 – 30 percent of us are obese and as most of the grocery store aisles are packed with processed foods, I think it's safe to assume that we can all benefit from making healthier choices with our diets. Even if you aren't overweight, incorporating healthier choices into your diet will only have positive results.

Not only might you lose a few pounds, but eating more fruit will increase your happiness and resilience levels, making it easier for you to naturally reinvent yourself to become a healthier, happier, and better version of you from the inside out.

### 3. Clear Out Physical Clutter

Want to reinvent yourself? Get rid of anything that you no longer like, use or need. Clutter is just stuff that isn't the best of you so why keep it around? To complicate your life any longer than you have to?

By donating, selling and recycling your old stuff, you'll actually be able to find the real YOU, which is a really easy way to reinvent yourself as the person you always wanted to be.

When you de-clutter properly, what you're left with is the best possible version of yourself. It's really motivating to live every day surrounded by the best of who you are right now.

### 4. Clear Our Emotional Clutter

It's easier to deal with physical clutter because you can see it. Therefore, you know it's there. Emotional clutter is much more difficult because it's affecting how you think and do everything. Yet often, you're not even aware of it at all.

The way you start to conquer emotional clutter is by becoming aware of your actions and then becoming aware of how you're feeling throughout the day. This means asking yourself a bunch of questions like: How am I feeling? Why do I feel this way? Is there anything I can change for the better in this moment?

This will help you to become more aware of yourself, your actions, and your feelings. It will also help you to make small changes to be and feel like a newer version of yourself.

### 5. Change Up Your Routine

An easy way to get stuck is to get yourself into such a routine that you're on autopilot all the time. Your life has become so systematized you don't even need to think about it anymore. That's when life has become boring and monotonous; you feel AND look stuck.

While I'm all for systematizing the easy stuff, it doesn't mean you can put it all on autopilot and never look at it

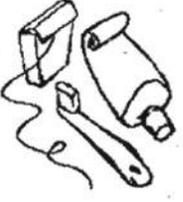
See Page 13 Reinventing yourself

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# What is the WE Charity scandal and who are the Kielburger brothers?



**WE Founders: Marc Kielburger, Roxanne Joyal, and Craig Kielburger.**

By Hannah Jackson (posted July 28, 2020) The spotlight was set on Craig and Marc Kielburger — the founders of WE Charity — on Tuesday as the brothers testified before a house committee as part of an ongoing investigation involving Prime Minister Justin Trudeau.

The inquiry seeks to determine whether the federal government engaged in a conflict of interest by awarding WE Charity a contract to administer a \$900-million grant program to student volunteers amid the novel coronavirus pandemic.

On Tuesday, the Kielburger brothers testified before the House of Commons finance committee, saying that WE Charity's willingness to run the program was a "favour" they were doing to "be helpful to Canada."

But who exactly are the Kielburger brothers and what is this scandal all about?

Here's a look at what's going on. Who is Craig Kielburger?

According to a biography posted on the WE Charity website, Craig Kielburger is a "social entrepreneur" and a co-founder of WE Charity.

He was born and raised in Thornhill, Ont.

Craig, alongside his brother Marc, founded WE Charity — formerly known as Free the Children — when they were teenagers, in 1995.

The younger of the Kielburger brothers was inspired to advocate on behalf of child labourers after reading a headline in the Toronto Star: "Battled child labour, boy, 12, The brothers' initial Free the Children charity fundraised for a number of organizations which worked to help free children from situations of forced labour.

The teens gained international recognition for their humanitarian work, appearing on a number of television programs including 60 Minutes and The Oprah Winfrey Show.

The Kielburgers' charity eventually shifted focus and in 2016, Free the Children was officially re-branded as WE Charity.

WE Charity is an international development organization that has

programs in Africa, Asia and Latin America, which focus on the issues of education, food, water, health and providing economic opportunity.

According to the charity's website, the organization also offers programs domestically in Canada, the U.S. and U.K. which seek to "educate and empower young people."

Craig was named a member of the Order of Canada in 2006 for his years of humanitarian work.

He is the youngest ever graduate of the Kellogg-Schulich Executive MBA program, and is also the author of 12 books — many of which he co-authored with his brother, Marc.

Who is Marc Kielburger?

Marc is the older of the Kielburger brothers, and the other co-founder of WE Charity.

According to the WE Charity website, Marc graduated from Harvard University with a degree in international relations and was the recipient of a Rhodes Scholarship.

"Marc also completed a law degree at Oxford University.

The older Kielburger brother has also received 10 honorary doctorates and degrees for his work and was named a member of the Order of Canada in 2010.

He has also authored eight books.

In 2009, the Kielburger brothers also co-founded ME to WE, a social enterprise.

According to the ME to WE website, the for-profit makes annual donations averaging over 90 per cent of its revenue to WE Charity.

The brothers also started WE Days, which are a series of "inspiring events that celebrate youth making a difference in their local and global communities."

The events draw massive crowds and often include keynote speeches and performances from the world's largest celebrities.

However, WE Charity came under fire last month after the federal government announced the organization had been awarded a sole-source contract to administer the proposed Canada Student Service Grant program.

The program was slated to offer payments to students who engaged in volunteer work on community programs during the summer which focused on COVID-19.

The volunteer program was valued at \$900 million, and administering the program would have seen WE Charity receive approximately \$43 million.

However, on July 3, it was announced that WE Charity would no longer be administering the program, amid allegations that the organization had close ties federal government officials which could constitute a conflict of interest.

That same day, federal ethics watchdog Mario Dion announced he would be launching an investigation into the federal government and WE Charity grant, and that he had notified Trudeau.

Less than a week later, WE Charity confirmed that Trudeau's mother, Margaret Trudeau, had been paid a total of \$312,000 for speaking at 28 WE events between 2016 and 2020.

And the charity said the Prime Minister's brother, Alexandre Trudeau, had also been paid \$40,000 for eight events in the 2017-18 academic year.

Trudeau and his wife, Sophie Gregoire Trudeau, have regularly participated in WE Charity events.

Gregoire Trudeau hosts a podcast on the charity's website for which she is not paid.

In 2012, though, she received \$1,400 for a single appearance.

The prime minister has not been paid for any appearances, the charity confirmed.

Former WE Charity board 'always understood' speakers were not paid for WE Day: Douglas

Former WE Charity board 'always understood' speakers were not paid for WE Day: Douglas

Meanwhile, Finance Minister Bill Morneau revealed during a testimony before the finance committee last week that he, his wife and their daughters had taken trips with WE Charity.

Morneau announced he had recently reimbursed the organization more than \$41,000 to cover the travel expenses.

Both Trudeau and Morneau have issued apologies for failing to recuse themselves from the contract talks with WE Charity.

During their testimony on Tuesday, the Kielburger brothers said the organization had good intentions when accepting the single-sourced contract.

"We were not chosen for this work by public servants because of our relationship with politicians," Craig said during the hearing.

"We were chosen because we are willing to leverage every part of our 25 years of experience to build this program at the break-neck speed required to have an impact on Canadian youth over the summer."

The committee has been tasked with determining how an organization with close financial ties to prominent members of the government received a sole-sourced contract to run the Canada Student Service Grant.

Trudeau and his chief of staff Katie Telford, are scheduled to testify before the finance committee on Thursday.

— With files from Global News' Amanda Connolly and Katie Dangerfield and The Canadian Press

## Bank of Canada faces shortage of \$50 bills due to pandemic hoarding

By Ben Cousins, CTV News, July 28, 2020

TORONTO -- The Bank of Canada is facing a shortage of \$50 bills due to the COVID-19 pandemic and signs point to Canadians hoarding cash as a primary reason.

In a statement, the Bank of Canada said the shortage will not impact the consumer's ability to withdraw cash, but rather it may require banks to alter their cash orders to incorporate other denominations.

"We still have \$50 bank notes in stock, but the order adjustments were made in order to maintain adequate inventories throughout the next few weeks," the statement reads.

"This adjustment is due to the larger-than-expected demand over the past few months, and ahead of our regularly scheduled stock replenishment expected by the end of summer. This measure, which only affects the \$50 denomination, is temporary and will be lifted as soon as possible."

The Bank of Canada could not specify why the demand has increased for the \$50 specifically, but it released a staff discussion paper earlier this month that shows there was a spike in demand for all bank notes -- though \$20 and \$50 bills were in highest demand -- in April and May, compared to the past five

years.

The report indicates likely three reasons for the increase in notes in circulation:

Precautionary measures from banks to increase their cash inventories during the pandemic;

Banks also drew more money to compensate for disruptions to the flow of cash from retailers affected by the pandemic; and, an increased demand for bank notes from consumers.

In the statement, the Bank of Canada said it believes the increase in consumer demand "was significant."

Furthermore, the report indicates that Canadians were holding on average \$22 more in cash during the pandemic, compared to the same months last year, while 35 per cent of Canadians decreased their overall cash use.

Another 30 per cent of respondents said they did not use cash at all, but a "significant proportion of these respondents had cash on hand," according to the report.

Even though Canadians are withdrawing more cash, there are fewer places to spend it. Several businesses over the past few months,



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**Zenaida Kharroubi, director-general, presents a certificate of achievement in French 1 & 2 to Romulo C. Grospe III, Jul 12/20.**



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## Pinoy favorite flavors



### Pork Pochero (Stew)

#### INGREDIENTS:

- 1 lb pork belly chopped
- 2 medium tomatoes diced
- 1 medium onion diced
- 1 teaspoon garlic minced
- 2 to 2 1/2 tablespoons patis fish-sauce
- 1 tablespoon whole pepper corn
- 1 small can tomato sauce
- 1 cup chick peas garbanzos
- 1 large plantain banana ripe, chopped
- 1 medium sized potato cubed
- 1 small cabbage quartered
- 1/4 lb long green beans
- 1 bunch bok choy pechay
- 1 cup water
- 2 tablespoons cooking oil

#### INSTRUCTIONS:

1. Heat cooking oil in a cooking pot.
2. Sauté garlic, onions, and tomatoes
3. Add pork and cook until the color turns light brown.
4. Put-in fish sauce, whole pepper corn, and tomato sauce. Stir.
5. Add water and let boil. Simmer until pork is tender (about 30 to 40 minutes).
6. Put-in potato, plantain, and chick peas. Cook for 5 to 7 minutes.

7. Add cabbage and long green beans. Cook for 5 minutes.
8. Stir-in the bok choy. Cover the pot and turn off the heat. Let the residual heat cook the bok choy (about 5 minutes).
9. Transfer to a serving plate and serve. Share and enjoy!



### Hammonado (Stuffed Pork)

#### INGREDIENTS:

- 2 lbs pork tenderloin
- 2 cups pineapple juice
- 1/2 to 3/4 cup brown sugar
- 1/2 tsp salt
- 1/2 tsp ground pepper
- Pork Hamonado Filling
- 1 small can sliced pineapple, cut into small chunks
- 3 sweet pickles, sliced into strips
- 1 small carrot, sliced into strips
- 1/2 cup sliced ham (optional)
- kitchen twine for tying
- 1/2 cup cooking oil for frying

#### INSTRUCTIONS:

1. Slice pork tenderloin thinly like tapa style.
2. Combine pineapple juice, sugar, pepper and salt. Stir to combine.
3. Marinate pork in pineapple mixture for at least 2 hours or overnight. Drain

and reserve marinade for later.

Pork Hamonado Roll Instructions  
Spread pork and alternate slices of carrots, ham, pickles and pineapple In a wide pan, heat oil in medium heat. Fry the pork roll and brown all sides.

Discard oil from frying except 1 tablespoon.

Add marinade into the pan. Cover and simmer for 20-30 minutes or until meat is fully cooked. Turn meat occasionally.

Continue to simmer with continuously stirring and turning the meat until desired thickness.

Remove thread from the meat and slice.

Pour sauce over the meat and serve hot. Enjoy!



### Rellenong Bangus (Stuffed Milkfish)

#### INGREDIENTS:

- 1 large sized bangus milkfish
- 1 onion chopped finely
- 4 cloves garlic minced
- 1 small sized carrot small cubes
- 1 box raisins optional
- 2 to matoes chopped
- 1 raw egg large
- 1 tsp. Vetsin monosodium glutamate
- 1 tsp. Salt
- 1/2 tsp. Worcestershire sauce
- 1 green bell pepper chopped finely
- 2 tbsp. Flour
- cooking oil for frying

#### INSTRUCTIONS:

1. Scrape fish scales. Clean. Gently pound fish to loosen meat from the skin. Use flat side of a knife in pounding.
2. Break the big bone at the nape and on the tail. Insert the end of the handle of an aluminum kitchen turner (sandok) through the fish neck.
3. Gently scrape down the handle between the meat and the skin. Scrape down to the tail, going around and on the other side of the fish.
4. If you feel the meat is entirely

separated from the skin, remove the handle, squeeze and push out meat (with the big bone), starting from the tail going out through the head. This way, you will be able to push out the whole meat without cutting an opening on the skin.

5. Marinate skin and head of fish with soy sauce and calamansi (lime) juice. Set aside. Boil fish meat in a little water. Drain. Pick out bones. Flake meat.

6. Saute garlic until brown. Add onion and tomatoes. Stir in fish meat, carrot, and pepper. Season with salt, vetsin, ground pepper, and Worcestershire sauce. Add raisins.

7. Transfer cooked mixture to a plate. Cook, then, add raw egg and flour. Fill in mixture in bangus skin. Wrap bangus in wilted banana leaves or in aluminum foil. Fry. Cool before slicing.

8. Garnish with sliced fresh tomato, spring onions or parsley. Serve with catsup.



### Ginataang Bilo-bilo (Sweet mixture in coconut milk)

Ginataang bilo-bilo means "rice balls cooked in sweetened coconut milk." It is derived from the word gata (coconut milk). Bilo-bilo comes from the sound the sticky rice balls make as they boil away on a stove. The Chinese introduced the idea that round and starchy desserts symbolize wealth sticking to anyone who consumes them.

Ginataang bilo-bilo is simply a mixture of diced root vegetables (such as sweet potato or ube), bananas, and chewy rice balls. They're all then cooked together in a soupy gruel thickened with coconut milk. Sliced langka or jackfruit is sometimes added to give the dish a tart kick.

Prepare all the sliced ingredients such as sweet potato, jackfruit, and the sticky rice balls which are all boiled together in the sweet coconut milk mixture until well blended, cooked and thickened.

From Page 9 Bank of Canada

including Loblaws, Metro and Tim Hortons, are encouraging customers to avoid cash payments, while other businesses are refusing it all together.

The Bank of Canada, for the record, has urged businesses to continue to accept cash, but to sanitize the money as it would a doorknob or gas pump.

#### CASH HOARDING AN INTERNATIONAL PROBLEM

Hoarding cash is not just happening in Canada, either.

A report from the Centre for Economic Policy Research in the U.K. shows cash in circulation has increased in United States, Italy, Spain, Germany, France, Australia,



Brazil and Russia, to name a few.

"While the economic shutdowns and increased use of

online retailing are currently diminishing cash's traditional function as a medium of exchange, it seems

that this is being more than offset by panic driven hoarding of banknotes," the report states.

In the U.S., pandemic hoarding, combined with businesses refusing cash, has led to a shortage of coins. This shortage led to the foundation of the U.S. Coin Task Force, which is meant to "identify, implement, and promote actions to reduce the consequence and duration of COVID-19 related disruptions to normal coin circulation."

The Spain-based Banco Bilbao Vizcaya Argentaria (BBVA) has issued a warning against hoarding money during the pandemic, citing consumers lose a layer of protection that a bank provides and it increases security risk to the consumer.



**Social Tidbits**

**Fely Rosales Cariño**

The much dreaded winter season is now just a memory. But in light of the oftentimes over 35°C temperature summer is showing its might. This present weather makes others wondering and asking the question, “which season do you prefer, winter or summer?” Spring and fall are not in the choices. If you ask me, I’d like in between spring and fall is there such a thing? I wonder. Now let’s leave the weather alone.

Cesar Manuel, President of the Filipino Association of Montreal and Suburbs (FAMAS) observed that the Police overreacted and that Ridell was arrested in an excessive way that makes the Filipino community filled with anger. The incident was videotaped. Montreal Police have yet to comment on the incident. Ramon Vicente, FAMAS Vice President External, and many Filipinos of course deplore the way JIA was arrested with excessive force. In a letter to Police



**Lisa Sim speaks at the press conference in front of the SPVM station 11 at 6255 Somerled, Montreal, July 7, 2020. Fo Niemi (on the left) Executive Director of CRARR listens.(FB Posted by Dolores Belandres)**

As in the past, Snowdon City Councilor Marvin Rotrand is always on the lookout for whatever he can do to help the Filipino community. I will mention some of them. First is the smoking ban in the park. He’s pushing for a bylaw that would prohibit smoking in the Côte-Des-Neiges/Notre-Dame-de-Grace parks. Second is the wearing of masks in indoor places. Councilor Rotrand introduced a motion at City Hall, seconded by Darlington Councilor Lionel Perez, to make the wearing of masks mandatory in public places like transit, stores, and other public venues. And let us not forget MP Anthony Housefather who is always giving an update on coronavirus. Thank you Anthony for your genuine concern for our welfare! The Filipino community can always count on you.

On June 29, 2020. The Police were called to disperse a group of teens who were drinking and not social distancing at Girouard Park in NDG. Jia-Li Riddell, a 15-year old Asian (part Filipino), was part of this group. The police arrested Ridell, the only visible minority, for public drinking and resisting arrest. “No 15-year-old girl should be treated like that by the police,” objected Lisa Sim, Ridell’s mother. CTV News has revealed that she may also receive an additional charge of ‘interfering with the work of an officer.’ Councilor Rotrand asked why the police department ‘target the only visible minority child in the place and why did they use that type of force?’

Chief Sylvain Cohen, Vicente asked, “Among the 30 young people, how come she was the only one arrested? This is racial profiling and systemic racism in Montreal by the police. Our Filipino community is angry and upset about this incident and we demand that the charges against Ridell be dropped.”

**CANADA DAY EXTRAVAGANZA 2020**  
The Filipino Canadian Artist Association of Quebec (FCAAQ) held a virtual Canada Day celebration on July 1, 2020. This year everyone was encouraged to celebrate from their homes and invited to join a nationwide Facebook livestream called The Canada Day Extravaganza Virtual Celebration 2020. Local and national Filipino Canadian artists participated and showcased their talents. Over 150 prizes were given away. The FCAAQ received financial support from Canadian Heritage. Artists from Montreal who participated in the livestream event were Aiesha Cunanan, Katrina Corpus, Faith Corpus, Jodelle Gagao, and Chris Elamparo. They presented a dance tutorial segment. Tamara Radeconde (Champion, Search for Filipino Canadian Talent 2020) took care of the makeup portion of the show. A series of songs were rendered by Renzie Costales, Jessica Quiocho, Joseph Villegas, Renny Gintaos, Ashley Sequin, instrumentalists Rocco Torigno, Kristen Calma, and Isabella Cacci. A Zumba presentation was provided by Aireen Vargas, Lydia Fernandez, and Maria Marla.

Various entertainers from



**Councilor Marvin Rotrand expressing his views about the arrest of the Filipino-Canadian teenager at the Girouard Park in NDG.(D. Belandres)**

different provinces also took part. From Ontario, the Manila Band featured Stephanie Valencia, Peter Mangaser, Adrian Perlas, Ivan Cunanan and Sonny Escuela. From Calgary, participants were Elysha Nolasco and Niko Hinayo. From Ottawa, 4 Beats presented Jhune Johana Cheska and Mic. From Winnipeg, Manitoba, the artists were Raffy Swap One and Mary. From Quebec, MVL Sounds Montreal included Michelle Vargas Lao, Rex Padida, Ricardo Periodica, Minh Dien, Marlo Chu, Anthony Muje, Botch & Ikay Tampilik. Beautiful Sabotage presented Dy Zapanta, Pedz Zapanta and Deth Baltazar. Photographers were Delsys Montreal, Cristy Celeste Hunter, Adrian Diamzon, and Jeannie Gonzales. The highlight of the Canada Day Extravaganza was the one-hour performance of TFC (The Filipino Channel) with Kapamilya artist Ms. KZ Tandingan. A shoutout goes to the FCAAQ President Producer Michelle Vargas Lao and Juro Kim Feliz who both provided all the above information.

The FCAAQ is thankful for the messages of support from Prime Minister Justin Trudeau, Philippine Ambassador to Canada Petronila Garcia, Canadian Heritage Minister Steven Guilbault, MP Anthony Housefather, MNA David Birnbaum, Councilor Marvin Rotrand, and Quebec Liberal Party leader Dominique Anglade. The event was hosted by Rhea Fox and Dominique Brillantes. Michelle Vargas also produces the show while Mikaela Lao-Aquino directed the livestream production. Production staff included Archie Muje, Jef Buenafe, Anthony Muje and Jose Suarez.

The Canada Day Extravaganza’s producer and staff are thankful for the support of the following major sponsors: Marilis & Rey Padilla, Mei Mendoza, Rolande Babilone, Anthony Muje, Michelle Vargas Lao, and John Diaz Peroramas. Gold sponsors were MP Anthony Housefather, Empanadas & Alfojores, MNA David Birnbaum, Mayor Sue Montgomery, Snowdon Councilor Marvin Rotrand, Knights of Rizal MacKenzie Central Chapter and Maharlika Chapter. Silver sponsors were AM Photo Booth, Kim Colours, and Jef Buenafe. Bronze sponsors were Batangas Express and Bubble Tea, Cuisine de Manila, La Republika, Rowena Bicomong, and Domz Ramos. Prize donors were Gina Valdez, Cecilia Arbinoya, Maharlika Barbershop, Miah Fleur et Cadeau, Design JFL, Gloria Calatin, MVL Services Inc., Reynaldo Padilla Jr., Angel Cruz, Aiza Agapay, Geraldine Asia, Maricar Delgado, Rosie

de la Cruz, and Knights of Rizal MacKenzie Central Chapter.

Last but not least, Amanda Rodriguez of the Montreal Neurological Institute paid tribute to the heroes and victims of COVID-19. In spite of the COVID-19, we all came together in spirit to celebrate the traditional Canada Day festivities. We proved that when there’s a will, there’s a way.

Finally, we can celebrate the good news that stores are now open after almost four months! Filipino restaurants are waiting for you! Go and order your favorite pancit, BBQ, pork binagoongan, turon, kutsinta, etc and ENJOY!

Keep safe and wash your hands. God Bless and until the next issue!

From Page 8 Reinventing yourself

again. Take a look at your life and see what can be eliminated, changed, or added to help you reinvent yourself.

**6. Make Yourself Uncomfortable**

People get stuck when they become too comfortable with their lives. We are meant to challenge ourselves! So try to do something each day that takes you slightly outside your comfort zone. It can be as simple as eating alone in a restaurant if you’re a naturally shy person, or finally wearing that teeny-weeny-yellow-polka-dot-bikini despite the fact you know everyone is looking.

Whatever it is, challenge yourself in some small way. You’ll find that you’ll start to feel more confident and that new opportunities will start to appear.

**7. Reinvent Yourself – Get Up and Move**

Move something – whether it’s your body, mind and/or spirit, get something moving because you cannot resolve your issues with the same energy you created them with. Be open to new ideas and new ways of doing things.

To get your mind moving, try reading a book, joining a meet-up, or start going to church. Get your body moving and the blood pumping by doing Pilates, running, or even taking up gardening. If you need a big change to shake things up, then consider a physical move into a new home, new city, or a new job.

Whether you choose to move a little or a lot, moving anything will start to help you get unstuck and on your way to reinventing the way you show up in your own life.

**8. Express Yourself**

See Page 19 Reinventing yourself

# FILIPINO STAR

## SHOWBIZ GOSSIP

### Piolo Pascual shares how showbiz changed his life



**Piolo Pascual**

Actor-producer Piolo Pascual on Monday looked back at the challenges he experienced as an actor, saying there is no easy way to success.

"Walang overnight, walang fast-forward o mabilisang journey sa success. I believe na lahat ay pinaghihirapan, pinagpapaguran, pinagtatrabahuan. I must have gone to more than 100 auditions growing up, sa mga go-sees, just to get a shot and do commercials. I did a lot of auditions too until I got a chance. I never let go of the chance na ibingay sa akin kasi I think 'yun naman talaga ang gusto ko sa buhay. So I really persevered," Pascual said on the online show "We Rise Together."

"I don't think there's an easy way to success kasi lahat may ups and down... Maraming problemang dadaanan but what's important is matatag ka at nakatutok ka sa pangarap mo," he added.

For Pascual, who is now celebrating his 28th year in the industry, having a happy life is his biggest achievement.

"Yung masaya ako sa buhay, 'yung umabot ako sa ganito. What is important, I guess, is inner peace, 'yung happiness mo sa nangyayari sa sarili mo and you let that emanate through your actions," Pascual said.

"Siguro masasabi ko because of what happened in my 20 years in showbiz naiba 'yung

trajectory ng buhay ko. All the things that I've wished for and prayed for ay nangyari and that in itself is a humbling experience, a humbling moment for me. So sobrang regalo na sa akin yung nandito pa rin ako. I really enjoy my life and this is enough victory for me to still be around," he added.

He also shared his unsolicited advice to young stars, saying they should never stop on working to get their dreams.

"Never stop dreaming, never stop working for your goals, for you dreams. Kasi one day you will wake up nasa iyo na 'yon, enjoy. Just enjoy. Nakakatuwa because your energy should be used for something and that has to be something positive. So maganda din ang balik sa iyo noon, kasi kapag positive and outlook mo sa buhay no matter what people say, you will always be happy. So nanggagaling sa puso 'yon," Pascual said.

He also shared some tips on how to handle finances.

"Out of practical reasons I guess you have to learn early on in your life how to save, how not to spend beyond your means and not to splurge on something na hindi naman kailangan... Ako importante sa akin na hindi ako bumibili kapag hindi kumpleto ang pera ko, or hindi ako bumibili kapag alam kong hindi ko kayang bayaran," he said. ■

### How Nadine Lustre saved herself during depressing lockdown



**Nadine Lustre**

Finally emerging from the shadows of quarantine, Nadine Lustre revealed her fears during lockdown and how she became a better person.

"You are energy" is the mantra Lustre lives by today after struggling with mental and physical stress in the early phase of the pandemic.

The actress bared her soul in her first-ever virtual media conference since March with over 30 mainstream and online media for the Century Tuna Superbods competition.

"Yes, I absorbed that - you are energy!" Lustre told ABS-CBN News in a separate interview.

"Natutunan ko 'yan nung ECQ. Lahat tayo we have to be careful what we wish for. That's the law of attraction. Sobrang naging negative kasi ako because of everything happening. 'Di ko rin made-deny kasi ang daming nangyari, nakakatakot! I was very emotional. Sabi ko the world is going to end. For a week ganun ako, napranging talaga ako! So binago ko point of view and mindset ko. It's true -- we have to be careful with the energy and thoughts we put out. What we give out is what we get in return."

Lustre pushed back her depression and harnessed positive energy from new hobbies. "I picked up new hobbies and do things I didn't think I can do before. I did meditation, yoga and I attended online biking and spinning classes, one hour sessions."

Greg Banzon, Century Tuna executive and Lustre's friend, lauded her effort. "One hour spinning is equivalent to 25 to 30 kilometers!" he noted.

Lustre has also kept her well being by cooking and composing more songs, which will be an integral part of her forthcoming music selection.

She has also expressed herself more on social media on the incongruities of the socio-political system, siding with displaced workers.

"Ang hirap talaga, kapit-kapit lang tayo. It's disheartening to see companies closing and people I know nabawas ng kumpanya. In anyway I want to help and encourage them to do something else at maghanap ng ibang pagkakitaan," she said.

Lustre is grateful that she is still being given the privilege to work in endorsements at this time. She was supposed to star in a new TV series before the March lockdown but that is a dream for now. "Mahirap ang sitwasyon with what's happening!" she said.

Still, Lustre hopes to make her first public appearance minus the strict community quarantine by September for the finals of the Century Superbods pageant with co-endorser Alden Richards.

Meanwhile, it was refreshing to hear Lustre talk about herself without mention of her supposed on-off again boyfriend, James Reid.

Said the actress: "I am also lucky to have friends and family checking on me. I also have my brother, an assistant and my dogs staying with me! I have learned to count my blessings!" ■

# ‘Tomorrow is not promised’: Sarah G talks marriage being priority, gratitude for work amid pandemic



**Sarah Geronimo and Matteo Guidicelli celebrated their ‘delayed honeymoon’ and the pop star’s 32nd birthday over the weekend.**

Sarah Geronimo has found deeper gratitude for time with her loved ones, as well as the opportunity to continue working amid the coronavirus pandemic.

The pop superstar opened up about her realizations during the global health crisis in a Monday interview launching her endorsement

of a vitamin brand.

“Of course, the gift of life, ‘yung gratitude,” Geronimo said, when asked what motivates her to prioritize her health. “Iyong pag-acknowledge na — lalo sa nangyayari ngayon — tomorrow is not promised.”

Geronimo only recently got

married to actor Matteo Guidicelli in February, a month before the Philippines implemented its first community quarantine.

“Pinagpapasalamat mo nang husto ‘yung buhay na binigay sa ‘yo ng Panginoon, and for the life of your loved ones. I draw inspiration from that,” she said.

Geronimo, considered the foremost pop performer in local showbiz, then mentioned the “grace” of having a job that can sustain her, noting that many have lost their livelihood in recent months.

“Aminin po natin na sa pandemic na meron tayo, na nai-experience ng buong mundo, marami pong nawawalan ng trabaho. Mas lalo ko pa pong pinapahalagahan ‘yung opportunities na binibigay po sa akin. Kasi hindi po lahat ay nabibigyan niyan,” she said.

Geronimo, who turned 32 on July 25, was also asked about her married life, which she described as, “Masarap, masaya.”

Admittedly, Geronimo said she has had to make considerable “adjustments,” given that she now shares a home with Guidicelli and lives apart from her own family.

Geronimo laughed when asked what her priorities are now, aside from her health.

“Siyempre po, may asawa na po tayo. Priority din natin ang asawa natin!” she answered.

In a fast talk portion, Geronimo was then quizzed what song of hers she would choose to describe her married life. Her response: “Forever’s Not Enough.”

“Siyempre po pag nagmahal tayo, parang hindi sapat ang forever,” she said. ■

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## Philippines’ ‘Karen Carpenter’ Claire Dela Fuente gets 7 years in prison for tax evasion

hereby sentenced to suffer the straight penalty of imprisonment of one year.”

The court also ordered Claire to pay a fine of P150,000, with subsidiary imprisonment and an additional P50,000 fine in case she would not pay the original fine.

Dela Fuente pleaded not guilty of the charges, saying that her company only started operating in 2005. But PCLC’s records with the Land Transportation Franchising Regulatory Board, Securities and Exchange Commission and Land Transportation Office showed that the company began operating even before 2005.

The court also dismissed PCLC’s 2005 BIR registration as “spurious” or fake.

Claire was known as one of the “Jukebox Queens” of the 1970s together with Imelda Papin, Didith Reyes and Eva Eugenio. She was dubbed as the “Karen Carpenter of the Philippines” due to her Carpenter-like “sweet” voice as can be heard from her hit song “Sayang.” ■

Veteran singer Claire Dela Fuente was sentenced to seven years in prison for tax evasion.

According to separate reports by Pilipino Star Ngayon and Manila Bulletin yesterday, the Court of Tax Appeal ruled that Claire failed to file the income tax returns of her bus firm Philippine Corinthian Liner Corporation (PCLC) from 1998 to 2004.

The Bureau of Internal Revenue (BIR) filed seven counts of tax evasion against Dela Fuente’s bus company 10 years ago, and the Court of Tax Appeal said that “for each of the consolidated criminal cases, she is

**Showbiz Gossip** *Continued from p.15***All set for Angel Locsin, Neil Arce wedding as soon as mass gathering allowed****Neil Arce and Angel Locsin**

Kapamilya actress Angel Locsin and fiancé Neil Arce have not yet decided whether their wedding will be postponed or will it push through.

Angel's sentiment was echoed by Neil, saying they will decide when the date is near.

"I think we'll decide somewhere near our date na lang if



In a recent interview with Korina Sanchez in "Rated K," Angel said it's too early to decide whether their wedding will push through.

"Hindi namin pwedeng sabihin kung kailan 'yung exact date for security reasons and privacy ng mga bisita. Pero dapat this year and medyo malapit na siya," Angel said.

"Parang masyadong maaga to decide kung tuloy or anong mangyayari. Hindi natin alam baka next week may vaccine na. Hindi na lang po kami magko-complain. Maghihintay na lang kami kung ano mang mangyayari," she added.

we're gonna move it or not," Neil said.

Neil also added that they are ready to push through with the wedding once mass gathering is allowed because they prepared everything already.

"When it comes to preparations, medyo in fairness, ready naman po kami. 'Yung problem na lang is if mass gathering is allowed na, and safety ng guests and everyone else," Neil said.

Angel and Neil announced their engagement last June 2019 and have since started preparing for their wedding. ■

**Alice Dixon's tell-all video goes viral****Alice Dixon**

Alice Dixon's effort to finally quash the urban legend involving herself and a supposed mall monster is a huge hit.

It seems Pinoys just love a good urban legend, with the actress' tell-all video on YouTube now garnering over 500,000 views and counting.

Then there are the raging debates.

Not a few netizens are

actively arguing over Alice's assertions, with some believing it is the truth and nothing but, while others insist there is more to it.

Some cited the length of time it took for Alice to break her silence.

"Why only now?" one comment read.

There are others who expressed doubt on her intentions noting how she was tapped by the mall back in 2018 as endorser, maintaining the whole thing is just another "gimmick."

Others maintained the 50-year-old actress' "convoluted" way of explaining the whole debacle made her claim sound a tad dubious.

A netizen said, "I'm sorry but I'm not convinced."

Alice, on her part, could only play referee.

She said in a post, "There's nothing wrong with disagreeing or voicing disbelief... But please show respect & courtesy... Everyone is entitled to their opinion." ■

**Iza Calzado bonds with frontliners who helped her survive COVID-19****Iza Calzado with the frontliners that took care of her when she had COVID-19.**

Kapamilya actress Iza Calzado reunited with the team of nurses who helped her fight against the novel coronavirus disease 2019 (COVID-19).

In her Instagram account, Iza posted photos of her with the nurses of Asian Hospital and Medical Center.

"Allow me to shine the spotlight on my amazing team of nurses (missing a few though!) from Asian Hospital who gave me the best love and care any patient could ever ask for," Iza wrote.

"Together with my brilliant

doctors, I really couldn't have asked for a better team to help me fight and beat COVID-19. I am forever grateful," she added.

The actress was hospitalized for pneumonia last March and later confirmed that she was positive for the virus but was able to win her battle against COVID-19.

After surviving the disease, Iza has been vocal on spreading awareness about the virus. She also donated blood plasma to Philippine General Hospital for patients with severe cases. ■

# Ron Morales enjoys 'simple, laid-back life' in Canada



**Actor-model Ron Morales was an ABS-CBN talent for 12 years before he decided to migrate to Canada with his family.**

When a new actor learns from a veteran co-star or someone who has been in the showbiz industry longer than him, trust that the former will always remember the pointers perhaps for life, wherever he is or whatever field he shifts into.

That is not surprising for actor-model Ron Morales, an ABS-CBN talent for 12 years, before he decided to migrate to Canada with his family. Ron easily remembers his showbiz influences, Albert Martinez and John Lloyd Cruz, who inspired him in his TV and film assignments.

"Their staying power says it all," Ron says about Albert and John Lloyd. "I joined showbiz because I guess I'm the type of person who was always willing to try and explore things. So, I gave it a shot and enjoyed every moment of it."

Working with seasoned performers, veteran directors and even character actors proved to be the highlight of Ron's acting career. He got to work with Albert back in 2009 in the teleserye, *May Bukas Pa*, where they both played brothers who wanted to seek revenge. In 2013, they got to work again in the primetime series, *Juan de la Cruz*, with Coco Martin.

Albert even became Ron's director in the 2010 romance-drama, *Rosario*, a Metro Manila Film Festival (MMFF) entry. "I learned how to be in the scene and how to focus on your craft through Albert," Ron shares.

Meanwhile, Ron played John Lloyd's best friend in the series, *I Love Betty La Fea*, with Bea Alonzo. That went on air for two years, from 2008 to 2010. "I was impressed with John Lloyd's professionalism when it comes to work," Ron remarks.

Ron also worked alongside Derek Ramsay in Ruel Bayani's 2011 romance-drama, *No Other Woman*, with Anne Curtis and Christine Reyes. Then, too, Ron relished the chance of sharing acting credits with the late

veteran performer, Eddie Garcia, in FPJ's *Ang Probinsiyano*.

Aside from acting, Ron also gave modeling a try. In 2007, he was named first runner-up in the *Be Bench Model Search*, topped by Carlo Guevarra. The following year, he was chosen as one of the 10 Centerfold Hunks 2008 of *Cosmopolitan Philippines*, with the stellar likes of Derek Ramsay, Geoff Eigenmann, Billy Crawford and Paolo Contis.

In case TV audiences are missing Ron of late, the erstwhile *Ang Probinsiyano* mainstay dauntlessly migrated with his young family to Prince Edward Island (PEI), one of the Atlantic provinces east side of Canada. PEI is a 16-hour drive to Toronto and 12-hour drive to New York.

Ron perhaps thought there was no better opportunity to uproot his family and migrate to Canada than when they left Manila nearly two years back. Both he and his wife, Victoria Villamin, were ready while the children were still very young. They have two kids both born in the Philippines. Andres is seven and Anika is four.

Ron and Victoria tied the knot in November 2011. He met her while she was still working at ABS-CBN Global-TFC (The Filipino Channel). She finished Mass Communications at St. Paul's University.

"Initially, we were looking into migrating to New Zealand," Ron discloses. "But God led us to Canada, where we are most grateful of because of the child-friendly environment the province offers. Around us are ocean and mountains. We enjoy the simple, laid-back traditional lifestyle we are living in now. There are less malls, more parks, more nature and little to no traffic at all."

The eldest in a brood of four, Ron and his three other siblings were raised single-handedly by his mom, Sailani, after his dad passed away 23 years ago. His mom later moved to the

US with his only sister and youngest sibling, Mariam, so Ron was also raised by his aunts. The brother who came after Ron is Rafael, who now lives in New York. His mom is now settled in Arizona with Ron's sister. Brother Ronniel is still here in the Philippines.

Ron, who counts Ogie Diaz, his erstwhile manager, as his mentor and "dear friend," never planned to join show business. He finished business management at De La Salle University. However, after he took his practicum at ABS-CBN, an opportunity to try acting opened for him. He was apparently ready to put his showbiz career on hold should the opportunity for his family to migrate really happens. "My showbiz career had its highs and lows, as any career does," Ron admits. "But generally, I am thankful for the opportunity and experience of working in the entertainment industry."

With the COVID 19 pandemic affecting the lives of people all around the world, Ron and his family were naturally not spared from experiencing the dreaded contagion. "The pandemic shocked us all even here in Canada," Ron offers. "To date, there are around 68,000 affected and 5,000 deaths here. However, from the province, where I am since it is a small town, most people and the government are very cautious. We only have 27 cases and all have recovered."

After more than a year in Canada, Ron can safely say he and his

family have adjusted to the life there. "Slow down living kind of thing," he asserts. "We are enjoying the growing up years of the kids. Definitely, there were challenges from the early stage of migration. But I can say generally it was smooth transition."



**For former ABS-CBN actor Ron Morales, his family comes first. He chose the simple life in Canada away from the limelight for the sake of his wife Victoria Villamin and their two children—Andres, 7, and Anika, 4.**

Asked if he misses showbiz, Ron readily gives an affirmative reply. "I definitely miss showbiz, my colleagues and the grind itself. In Manila, I miss family, friends and, of course, food. When you really have the passion for showbiz, you'll find it in your system to miss it still."

He remains hopeful with every opportunity that comes his way. Definitely, he is not closing his doors to showbiz. "Hopefully, if an opportunity for acting will come my way again, I will be open to make creative projects again," Ron concludes. ■

## Andrea's 'unexpected source of joy' in these uncertain times



Andrea Torres can't really say that she has fully adjusted to life amid the Covid-19 pandemic: She still gets bouts of loneliness once in a while, and there are still things she's getting used to.

The good thing, however, is that her emotional and mental well-being seem to be better now than how they were at the start of the quarantine.

"There are still times when I get sad, especially when I see what's happening in the news. We still can't hold each other. That's sad, too. But I can say that things have considerably improved from when we were first put on lockdown. I used to have anxiety attacks and I would feel down for days. But at least there's none of those now," she said in a recent video interview.

"Now I'm more focused on moving forward," the GMA 7 actress added.

An unexpected source of joy for Andrea in these uncertain times is Family Favorites, the online food business she recently put up with her mom, Emerita. Using their own recipes, the mother-daughter tandem whips up different snacks and sweets like cheese pimiento, stuffed mushroom and polvoron.

"One thing I have discovered is that I actually find running a small business enjoyable," said Andrea, who's very hands-on with the operations. "I help my mom do the cooking. I'm also in charge of the grocery shopping, packaging and delivery."

"It also serves as a bonding time for me and mom," the 30-year-old celebrity added. "It can get quite tiring, but it's very fulfilling."

Andrea has always dreamed of running her own business, but she never had the chance nor the time to push through with it, until now. And she sees herself continuing her newfound endeavor even after the pandemic.

"I was so focused on one thing. 'I will stay in show biz,' I would tell myself. But now, aside from giving

my 100 percent at work, I have something else that makes me happy and keeps me busy," she related. "I'm glad to have found something positive despite our situation."

Still, she can't help but miss acting and the daily grind in the biz. "I miss working so much. My goal is to offer the audience something new ... and something that will keep the fans guessing," she said.

Andrea was supposed to start shooting a new drama series with her boyfriend, Derek Ramsay, last April. But the future of that project is now uncertain.

"It's an action, romantic-comedy. But that's up in the air because crowds aren't allowed," she pointed out. "There's no update regarding work resumption. Nanghinayang ako because that's work. I have already set my mind to it. Sometimes, I find myself thinking, 'I should have been working right now.'"

Andrea recently took part in the "Womanhood" episode of GMA 7's online discussion "Usapang Artista," where she expressed her thoughts about various issues women face in the industry and in their everyday lives.

One of her biggest struggles, Andrea said, is that some people tend to have preconceived notions about her because of the roles she has played. "It's tough. Just because I did some sultry roles or projects in the past doesn't mean I'm the same way in real life," she stressed.

Worse, some people think that it's OK to make green jokes or give unsolicited comments about her body. "It's uncomfortable. I get bothered by that kind of treatment," said Andrea, who also weighed in on the correlation—or lack thereof—between rape and how a woman dresses.

"You might think it's sexy, but for her, it's just how she likes to express herself. She's not asking for attention; it's just how you perceive it. It all boils down to respect," she stressed. ■

## Ryan Reynolds offering \$5k for Pinay's lost teddy bear



### Canadian actor Ryan Reynolds

Hollywood actor Ryan Reynolds offered cash as reward to anyone who will return a teddy bear to a Filipina whose mother succumbed to cancer last year.

In his Twitter account, the "Deadpool" star shared a Canadian news report about the missing teddy bear and he is offering \$5,000 to anyone who could return it.

"Vancouver: \$5,000 to

since July 26 in Vancouver, Canada. The bear, who has Mara's mother voice, was stolen in a bag along with an iPad.

"Hi, Ate Mara, mahal na mahal kita, okay? Remember that. You made mommy so proud. No matter where you are, a part of you will always be with me forever. I love you to infinity and beyond," Mara's mother said as recorded in the teddy



### The missing Teddy Bear

anyone who returns this bear to Mara. Zero questions asked. I think we all need this bear to come home," Reynolds wrote.

According to a Canadian news report, Filipina Mara Soriano has been searching for her lost bear.

bear.

Mara was born in the Philippines. She moved to Toronto when she was nine and then to Vancouver five years ago. ■

# Biggest 2020 Emmy nominations snubs and surprises: Zendaya, Bob Odenkirk, 'Big Little Lies'

ByLesley Messer andCarson Blackwelder viaGMA logo  
28 July 2020, 13:13

Nominations for the 2020 Emmy Awards were announced Tuesday morning, with "Watchmen" nabbing the most nods at 26. "The Marvelous Mrs. Maisel" was right behind with 20 nominations, followed by "Ozark" and "Succession" with 18, "The Mandalorian," "Schitt's Creek" and "Saturday Night Live" with 15 and "The Crown" with 13.

"Despite the unprecedented challenges facing the entertainment industry, it has been an extraordinary year for television," Television Academy Chairman and CEO Frank Scherma said. "Television has inspired, united and comforted a global audience this season. We are honored to be recognizing so many of the talented programs, producers, directors and craftspeople behind the remarkable storytelling that has brought us together while we remain apart."

This year's nominees are also more diverse than some expected them to be. Actress Regina King, who is Black, stars in "Watchmen" and was nominated in the best lead actress in a limited series or movie category alongside two other women of color. Similarly, half of the best lead actor in a comedy series nominees are actors of color. And in the best supporting actor in a comedy series category, more than half of the actors recognized are Black. However, the Hispanic Caucus, an advocacy group, tweeted Tuesday that none of the nominees are Latinx, calling the news "a demoralizing disappointment."

While many of the nominations were predicted by experts, others came as a surprise. Some of those included:

**Snubs:**

Elisabeth Moss won the best actress in a drama series Emmy in 2017 for her starring role in "The Handmaid's Tale," and earned a nomination in the same category in 2018. This year, however, her name was omitted.

Although Meryl Streep and Laura Dern received best supporting actress in a drama series nominations for their work on "Big Little Lies," the show was snubbed in the best drama series category. Additionally, Nicole Kidman was expected by some to be recognized as one of the year's best actresses in a drama series, but she

wasn't.

Pamela Adlon has been nominated twice for her starring role in the comedy "Better Things," but she was snubbed Tuesday.

"Better Call Saul" star Bob Odenkirk was not recognized Tuesday morning, though he was nominated for best actor in a drama series in 2015, 2016, 2017 and 2019. Many believe his co-star Rhea Seahorn was also snubbed in the best dramatic actress category. Larry David was not nominated for his starring role in the HBO comedy "Curb Your Enthusiasm."

"Pose" star Billy Porter received an individual nomination, but the show itself, expected by some to be recognized in the best drama series category, was shut out.

Reese Witherspoon was not nominated for an individual award for any of her three projects: "The Morning Show," "Big Little Lies," and "Little Fires Everywhere."

Rita Moreno, an EGOT winner, was snubbed for her role in "One Day at a Time."

**Surprises:**

"Euphoria" star Zendaya received her first-ever Emmy nomination in the best actress in a drama series category.

"The Morning Show" received five Emmy nominations, including a best actor in a drama series recognition for star Steve Carell. He has been nominated for 11 Emmys throughout his career, but has never won.

"The Mandalorian" won over "Star Wars" fans when it premiered on Disney+, and on Tuesday, many were pleasantly surprised to hear its name called in the best drama series category.



**There is not a single Latino or Latina nominated for @TheEmmys awards. A demoralizing disappointment for the U.S.'s largest minority group, representing nearly 1-in-5 Americans. Hollywood must acknowledge and address the erasure of Latinx actors.**

of mind for some Canadians, the main priority for most is COVID-19.

Forty per cent of Canadians said the coronavirus is their top issue, while the economy (34 per cent), health care (31 per cent) and climate change (27 per cent) trailed behind, the poll found.

"We have noticed an increase in the number of people who say ethics and corruption is an issue for them, but still nowhere near the top of the list, which is dominated by health care, the economy and climate change," Kurl said.

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From Page 3 Trudeau's Approval

is one of their top three issues facing the country. This equals the percentage who said this during the SNC-Lavalin scandal in 2019, the poll stated.

More men (25 per cent) than women (14 per cent) were likely to believe this. And Manitoba (29 per cent) and Alberta (28 per cent) were the provinces most likely to find the WE scandal an important issue, while the Atlantic provinces (16 per cent) and Quebec (15 per cent) were least likely.

Although the WE probe is at top

# The Filipino Centre Toronto Sets 2020 Outstanding Students Awards

By: Tony A. San Juan(OCT-Retired)

The Filipino Centre Toronto-FCT wishes to announce anew that the "FCT-Rosalinda C. Javier Outstanding Students Awards" for the year 2020 will proceed as earlier communicated. FCT is a community-based, volunteer-run and service-oriented non-profit hub in the Greater Toronto Area(GTA).

A trailblazing project of the Centre since 2005, it is an annual event purposely established to encourage and challenge Filipino Canadian students to perform satisfactorily well in school and to achieve academic success by recognizing and awarding the top graduates with appropriate incentives such as a cash prize and a plaque of recognition.

The prestigious competition is open to all eligible elementary, high school and post-secondary school graduates in Ontario who completed their respective studies with academic honours and other scholastic proficiencies. The selection criteria includes: Academic Grades( 50%), Extra/ Co-curricular Activities( 12.5%), Community Involvement( 12.5%) and Interview Performance( 25%).

Applications( hard copies) are now being received by mail or by hand at the Filipino Centre Toronto-FCT, c/o Tony A. San Juan, RCJ OSA Chairman at: 4395 Sheppard Avenue East, Toronto, Ontario M1S 1T9. Deadline for the submission of Completed Applications is on September 26, 2020(Saturday). Interviews for qualified Elementary( Grade 8) and Secondary( Grade 12) school graduates are scheduled to be held at the FCT Board

Room on a Saturday and/or Sunday beginning in October 2020, with time still to be arranged. Post-secondary school graduates are exempted from the interview provided they meet the qualification requirements and their academic honours are rightly notated in the documents(diploma or certificate) as well.

The Awarding Day event is tentatively set on November 22, 2020( Sunday), 2:00 pm. at the FCT Social Hall. To protect the health and safety of guests, participants and the public due to COVID-19 crisis, the FCT will strictly observe the protocols and procedures( such as a face covering, physical distancing, sanitizers, % of attendees) established by the City of Toronto and other government agencies during the selection interview, the awarding program and the reception.

The members of the FCT- RCJ OSA Committee are Wendy Arena( FCT director), Jodelyn Huang( TCDSB Community Relations Officer), Steve Pagao( Philippine Chamber of Commerce and Trade-Toronto President), Fermer Santos((TDSB-Agincourt Collegiate Institute Vice-Principal), Rose Tijam( Philippine Press Club-Ontario President), Mary Ann S. San Juan( FCT President) and Tony A. San Juan( OCT-Retired Ontario Educator).

For further information, interested applicants are requested to check, download and print out the Application Form, Criteria and Qualification Requirements shown in the website: [filipinocentretoronto.com](http://filipinocentretoronto.com).

From Page 13 Reinventing yourself

Paint. Do yoga. Sing. Play an instrument. Write a short story. It doesn't matter: just get creative and express yourself in some way.

This is a great method to get unstuck and reinvent yourself because creativity is just the truth of who you are coming out. It's safe and healthy, and can be a wonderful new avenue for you to explore.

Whether you do it for money or just the plain joy of being creative, we are all creative beings and we all thrive better when we express ourselves in some way.

**9. Take It Slow**

When we get stuck, we really want to become unstuck as quickly as possible. What we don't realize is that sometimes, we get stuck for a reason. When we take the time to look at our lives and how we feel about what's currently going on, it gives us the ability to make small changes that can often have huge, lasting results.

You also don't need to make huge, dramatic changes in order to reinvent yourself. Often making small, slow changes are the best way to become a new, better version of yourself that is easy for you to maintain. This means you've taken the time to really become a better version of yourself – rather than simply acting it out.

**10. Create a Vision/Plan of Your Life**

You may be stuck now but a great way to feel like you're on a new path is to create a vision or plan of what you really want your life to look like. Write down what it should look like and feel like. Then, review that plan often. Cut out photos of what your perfect life looks like and paste it to a vision board.

Every day, take steps to make those plans a reality and keep going until you actually start to become that vision. Half the battle of reinvention is knowing where you want to be. If you're not sure what that looks like, a vision board or brainstorming can help you gain clarity on what you really want out of life.

When you're ready to reinvent yourself, these tips should provide good guidance. Along the way, you'll hopefully pick up some great habits to help keep you and your life running smoothly. They will help you get through any tough times that may come your way in the future.

Life isn't always smooth. But when you have the proper tools to navigate it, you can get through the tough times more quickly and with much more grace and ease, than you can if you chose to get out of the situation by using panic and fear as your motivating factors.#

**Wearing a mask shows you care about others, and not only about yourself.**

# Patuloy nating protektahan ang ating mga sarili!



**Umubo sa manggas ng iyong damit**



**Maghugas ng mga kamay**



**Dumistansya**



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