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Filipino-Canadians celebrate first Heritage Month in Canada



Filipino Heritage Month launching in Montreal last year when an Ad Hoc Committee was set up to organize the first celebration in Montreal. Philippine Ambassador Petronila Garcia (center, 9th from left) is flanked by the members of the committee. Story on page 4 on this year's celebration.

Canada's House of Commons has declared a national climate emergency

Rachel Aiello, Ottawa News Bureau Online Producer @rachaiello

Published Monday, June 17, 2019 8:45PM EDT

OTTAWA – The House of Commons has passed a motion declaring a national climate emergency, and supporting Canada's commitment to meet the Paris Agreement emissions targets.

Conservative MPs voted against the motion, but it still passed 186-63 with the support of the Liberals, New Democrats, Bloc Quebecois and

Green MPs. The motion was put forward by Environment and Climate Change Minister Catherine McKenna.

The motion describes climate change as a "real and urgent crisis, driven by human activity," notes how it is impacting Canadians, and states the need to pursue clean growth methods to reduce greenhouse gas emissions.

Given this, the House has voted to "declare that Canada is in a national climate emergency which requires, as a response, that Canada

See Page 4 - Climate emergency



Environment Minister Catherine McKenna rises during Question Period in the House of Commons on Parliament Hill in Ottawa on Thursday, June 13, 2019. THE CANADIAN PRESS/Fred Chartrand



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***Joyeux 121^e anniversaire de l'indépendance des Philippines.
Félicitations à l'occasion du Mois du patrimoine philippin au Canada.***

Best wishes and congratulations to all Filipinos on the occasion of the 121st Anniversary of the Independence of their homeland, the Philippines. June 2019 is also the First Annual Filipino Heritage Month in Canada.

Maligayang bati sa ika-121 Anibersaryo ng Kalayaan ng Pilipinas at pagdiriwang ng Filipino Heritage Month sa buwan ng Hunyo sa Canada



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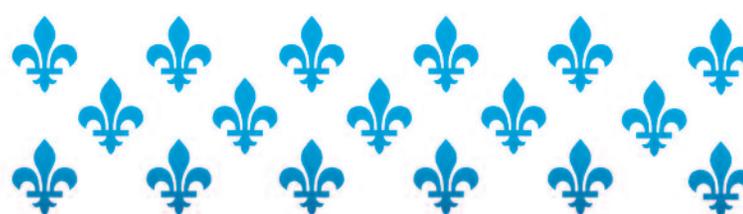
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**ASSEMBLÉE NATIONALE
DU QUÉBEC**



From the Executive Publisher's Desk

First Filipino Heritage Month, a recognition of our contributions to Canadian society, an honor and source of inspiration for all Filipinos

Zenaida Ferry-Kharroubi

It was almost nine decades ago that the first Filipino immigrants arrived in Canada in 1930 but it was only in the 1960's that our population steadily increased. After all these years, we are finally given recognition for our contributions in our different roles as nurses, doctors, medical technicians, teachers, caregivers, entrepreneurs, artists, architects, engineers, and workers in factories and industries.

What does this recognition mean to most of us? How will this inspire our young generation to be more active in the decision or policy making roles that affect our daily life? We have had a few pioneers in this field. Considering that we now have a bigger population, perhaps the time has come for us to be represented in the mainstream of Canadian society.

No formal study has been done to find out the reason why we seem to shy away from politics. Some people surmise to say that we are more inclined to work hard in order to support our families back home. In Montreal, most Filipinos are busy in organizing

community associations based on common interests, provincial origins, or dialects. But there seems to be no particular interest in running for public office. Once in a while we may have one or two people who put their hats in the political arena, but the support from the community is not enough to make them win.

On this occasion of Filipino Heritage Month, we may have some reasons to think differently about the future. We need to ask: What will inspire our young people to think about making a difference, or to run for public office, to reach out and use their talents for a good cause? Surely, we have talented 2nd, or 3rd generation Filipinos who are capable to do the things that their parents were too busy to do. This is to say that we may have to change our mind set, and be inspired to contribute more to the betterment of society. The recognition we have received is not only a source of pride but must also be an inspiration to seek ways to continue to improve ourselves, our homeland and our adopted country.

Photo exhibit to celebrate Filipino Heritage Month in Toronto

The Philippine Advancement through Arts and Culture (PATAAC) invites you to its 2019 community project "LARAWAN", a photo exhibit to be displayed in various locations in Toronto as part of the series of events to celebrate The Filipino Heritage Month.

PATAAC was involved in initiating the movement to declare June as a Filipino Heritage Month. We are therefore proud to celebrate the Filipino Heritage Month this June 2019, with the theme, 'Celebrate. Inspire. Unite.' As part of the month-long celebration, we have selected stories from our community, across generations, to inspire our young generations, motivate them to improve their lives and make a positive contribution in Canada.

The Filipino Canadian community is now ranked among the largest immigrant populations in Canada; approximately 830,000 of Filipino Heritage that reside throughout the country and over 300,000 are in the Greater Toronto Area alone. Majority of the Filipinos in the province of Ontario population are workers in different sectors, including those in precarious working conditions.

Despite its large population, the Filipino community lacks visibility and representation at all levels of government, in media, in labour and various sectors. Our photo exhibit,

LARAWAN (which means portrait) honours individuals of Filipino Heritage whose work and story inspire our community and highlight their positive contributions to our new home, Toronto. We hope these portraits provide good role models for our young people to emulate and encourage them to be leaders in their chosen fields.

Come and join us at our photo exhibit in the following locations:

June 3-5, 2019, 9 am to 8 pm
Scarborough Civic Centre,
150 Borough Dr,
Scarborough
M1P 4N

June 11-16, 9 am to 8 pm
Metro Hall, 55 John St.
Toronto M5V 3C6

August 24-26 Mabuhay Festival
Nathan Philipps Square
100 Queen St W
Toronto, Ontario

Sent by: Ben Corpuz

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Filipino Heritage Month proponent and advocate

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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.

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Filipino-Canadians celebrate Filipino Heritage Month in Canada

In thanksgiving for the recognition of Filipinos' contribution to Canada, an Eucharistic Mass was held at the St. Joseph's Oratory on Friday, June 21, 2019 at 7:00 p.m. The mass

The NDG-CDN Borough Council, on a motion by Councilor Marvin Rotrand seconded by Councilor Lionel Perez, passed a resolution "That the Borough Council congratulate the volunteers of



Offering by different representatives from different professions and occupations wearing their Filipino costumes (Photo by Delsys)

was celebrated by Father Nicholas Sengson, assisted by Father Sevarinmuthu Yesappan of St. Kevin's Church, Father Frank Alvarez of the Filipino Catholic Mission, Father Thomas Gomez, and Father Claude Cruz.

the Filipino Heritage Committee for their devotion to assuring the success of the 1st Filipino Heritage Month in Canada; That the Borough Council wish the various local Filipino community organizations success in the activities they have planned as part



Cutting the ribbon at the Place Jose Rizal ceremony, June 15, 2019. Photo shows from L to R: James de la Paz, MP Anthony Housefather, Councilor Marvin Rotrand, Al Abdon, FHM chairman, MP Rachel Bendayan, and Cote St. Luc Mayor Mitchel Brownstein.

There was a huge crowd of Filipino-Canadians in attendance. To depict the different roles that Filipino immigrants have played when they came to this country, representatives from different fields and professions brought an offering. It was not only colorful and meaningful but also a vivid portrayal of the historical significance of the First Filipino Heritage Month celebrated in Canada from coast to coast. The Filipino Heritage Montreal committee headed by Al Abdon, assisted by Bert Abiera as vice-chairman coordinated all activities related to this month-long celebration.

of the celebrations of the first ever Filipino Heritage Month in Canada."

Another activity that added a historical significance to the Heritage celebration was the placement of a marker at Mackenzie King Park on June 15, 2019 where Dr. Jose Rizal's bust was installed in 1998 during the Philippines Centennial Year of Independence celebration. Councilor Marvin Rotrand, seconded by Councilor Lionel Perez presented motions to the CDN-NDG Borough Council which was unanimously approved to have Place Jose Rizal marker installed at this important park

From Page 4 Climate Emergency
commit to meeting its national emissions target under the Paris Agreement and to making deeper reductions in line with the Agreement's objective of holding global warming below two degrees Celsius and pursuing efforts to keep global warming below 1.5 degrees Celsius."

Forcing a vote on the motion meant all MPs had to stand up and be

counted, whether or not they support Canada meeting the Paris targets. This motion appeared to be drafted with Conservative Leader Andrew Scheer in mind.

He is set to unveil his long-awaited environmental policy in a speech on Wednesday, after he vowed more than a year ago on CTV's Question Period that he would be unveiling a climate plan ahead of the 2019 election that will meet the Paris

By Zenaida Ferry-Kharroubi

in Montreal where Filipino-Canadians hold most of their festivals, particularly, the annual Philippine Independence Day.

Starting in 2018, Toronto celebrated Filipino Heritage Month in



Father Nicholas Sengson, (at the podium) a Filipino priest, celebrated the mass and assisted by Fr. Sivarinmuthu Yesappan (2nd from left), Fr. Frank Alvarez, 3rd from left, Father Thomas Gomez (CSC), Father Claude Cruz (CGC). Deacon Pete Tapia of St. Luke's church was also in attendance (Photo by Delsys)

June, becoming Canada's first city to create a heritage month for Filipinos. Alberta was the first Canadian province to declare June as Filipino Heritage Month. Montreal also named June as Filipino Heritage Month, by the local Côte-des-Neiges-Notre-Dame-de-Grâce Council in February 2018, introduced by Councilor Marvin Rotrand and Councilor Lionel Perez. On March 15, 2019, MP Salma Zahid led officials in launching Filipino Heritage Month in Canada in her federal riding of Scarborough Centre on October 30, 2018, members of the Filipino community from Montreal, Toronto and GTA travelled to Parliament Hill, Ottawa to witness the passing of Motion M-155 declaring June as Filipino Heritage Month. M-155 was unanimously passed in the House of Commons with a vote of 290 for Yes and 0 for No, officially designating the month of June as Filipino Heritage Month across Canada.

M-155 was introduced to the House of Commons by Zalma Sahid, MP Scarborough Centre. It was first read on October 1, 2018 and was unanimously passed on October 30. The passing of M-155 in the House of Commons officially recognizing June as Filipino Heritage Month was indeed a historical milestone. In her speech, MP Sahid recognized the vital contributions of Filipinos to Canadian society. She noted that there is a lot of Filipinos in her riding.

The idea of Filipino Heritage month was first conceived by Paulina Corpuz, a community leader from

Scarborough. In November 2017, the City Council of Toronto passed a motion introduced by Councillor Neethan Shan of Scarborough-Rough River declaring June as Filipino Heritage Month in Toronto. It was followed by Toronto Catholic District School Board proclaiming June as Filipino Heritage Month on May 17, 2017. The proposal, supported by the Philippine Consulate

in Toronto, was presented by School Board Ward 8 Trustee, Garry Tanuan.

Different cities in Canada where there are Filipinos living and working celebrated the First Filipino Heritage Month with great flair and enthusiasm. The following shows a comprehensive view of these celebrations:

June 1 Salu Salo sa Earl Bales, Earl Bales Park, North York ON

June 1 Pinoy Glam and Fashion, Marconi Centre, Ottawa ON

June 1 Filipino Heritage Month Kickoff, Albert Campbell Square, Scarborough ON

June 8 Manitoba Filipino Street Festival, Maples Multiplex Arena, Winnipeg, MB

June 15 Philippines Festival in Saskatoon, Cosmo Civic Centre, Saskatoon SK

June 15 Philippine Independence Day Gala, Westin Bayshore, Vancouver BC

June 15 Filipino Heritage Month Gala, Fredrickton Playhouse, Fredrickton NB

June 21 Vancouver Filipino Cultural Series, Vancouver Public Library, Vancouver, BC

June 22 Pinoy Fiesta & Trade Show, Metro Toronto Convention Centre, Toronto ON

June 22 Edmonton Filipino Fiesta 2019, Borden Park, Edmonton AB

The Philippines is now well known as an important source of immigrants. More than 850,000 Filipinos have chosen Canada to be their adopted country.

Agreement, without a carbon tax.

Eight months later, Scheer walked back that promise on the same program. He could not commit that his plan would meet the targets, instead saying his plan would have "meaningful reductions."

Scheer has billed his climate change announcement as "the most comprehensive policy announcement by an opposition party in Canadian history."

He was not present for the vote, nor was Prime Minister Justin Trudeau or NDP Leader Jagmeet Singh, as they were all in Toronto for the Raptors' NBA victory parade. Green Party Leader Elizabeth May was present for the vote, as was People's Party Leader Maxime Bernier, who joined the Conservatives in opposing the motion.

Duterte says he can't ban Chinese from fishing in PH waters

MANILA, Philippines – President Rodrigo Duterte said on Wednesday, June 26, that he could not "prohibit" or "drive away" Chinese fishermen from Philippine waters because of a supposed agreement between him and Chinese President Xi Jinping to allow fishing rights for both their peoples.

The President was talking about the Recto Bank boat sinking incident at the time he mentioned this in his speech at the anniversary of the Presidential Security Group (PSG) on Wednesday.

Recto Bank is part of the Philippines' Exclusive Economic Zone (EEZ). According to the Constitution, only Filipinos may fish inside the country's EEZ.

"Tanong sila, 'Will you allow the Chinese to fish?' Sabi ko, 'Of course.' Yan ang pinag-usapan namin noon, kaya tayo nag-uusap eh. And that was [why] we were allowed to fish again. It was a mutual agreement. Sige bigayan tayo. Fish ka doon, fish ako dito. Pero ang China, sabi niya not – meron pa kaming ibang – kaya sinosolo natin dito," said Duterte.

(They asked, 'Will you allow the Chinese to fish?' I said, 'Of course.' We talked about that before, that's why we are talking. And that was why we were allowed to fish again. It was a mutual agreement. Okay, let's be generous with each other. You fish there, I fish here. But China said it has – we have others – so we took this for ourselves.)

"Ngayon, sabi nila, 'You have to ban China. I-prohibit mo.' Kung i-prohibit ko (Now, they say, 'You have to ban China. Prohibit them.' If I prohibit them), how do I enforce my desire?" Duterte said in his speech on Wednesday.



FISHING RIGHTS. President Rodrigo Duterte continue to explain his stance to the Recto Bank boat sinking incident. Malacañang file photo

"We cannot drive them away because they have insisted it's theirs," he also said.

These were 3 quotes in the Wednesday speech where Duterte maintained that the Philippines cannot stop China from fishing in its own waters.

But it appears the President is confused, as we elaborate later in this story.

Panelo's 'clarification.' Hours after Duterte made these remarks, Presidential Spokesman Salvador Panelo clarified that the Chief Executive never meant to say he would let Chinese fish within the Philippines' EEZ.

"I have evaluated that it appears that what the President meant was China would not allow their nationals from fishing in our EEZ since they treat us as their

friends, knowing that permitting their fishermen to fish in our EEZ would only result in an unwanted hostility leading to an armed confrontation," Panelo said on Thursday, June 27.

Panelo also earlier "evaluated" Duterte's very brief response to a question in an ambush interview on Monday, June 24, which had been interpreted by some media outfits as meaning he would allow Chinese to fish in Philippine waters.

In that June 24 interview, a journalist asked the President if he would heed the request of Filipino fishermen to keep China from fishing in the Philippines' EEZ, to which Duterte responded: "I don't think that China would do that. Why? Because we're friends. And they are of the same view that that should not result in any bloody confrontation."

"In order to be certain of my evaluation of the interview of the President, I asked him about it earlier this evening. He confirmed that indeed was what he meant," the Palace spokesman said.

Panelo even said Duterte's Wednesday speech was an elaboration of this stance as the Chief Executive supposedly spoke of a "modus vivendi" where China, which "claims ownership of Reed Bank, by virtue of historical right" would "allow our fishermen to catch fish there, a place declared to be within our EEZ."

What modus vivendi on Recto Bank? But was Duterte indeed speaking of an agreement with Xi about Recto Bank?

This is belied by the fact that Duterte and Xi have yet to meet in person after the Recto Bank incident on June 9. Xi was not at the Association of Southeast Asian Nations (ASEAN) Summit in Thailand.

Duterte spoke of an agreement reached during a meeting with Xi. It was the meeting during his 2016 state visit to Beijing where he got China to allow Filipino fishermen to fish in Panatag (Scarborough) Shoal.

This is evident from Duterte's words.

First indication that he was talking of an agreement that involved Panatag was his mention of the tense 2012 standoff in which China wrested de facto control over the shoal from the Philippines. After this incident, the Chinese Navy prevented Filipino fishermen from fishing in the area.

"In the time of Aquino – because the truth is, during the time of Albert (Del Rosario) there was a stalemate. You know this in the Navy. You faced off then," he

See Page 7 Chinese fishing



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Tagalog Seksyon

Opinyon/Komentaryo ni Willie Quiambao

BOBOTO PA RIN AKO SA FAMAS

Kamakailan ay nagising ako na itinatang sa aking sarili kung boboto o hindi ako sa FAMAS. Naalaala ko ang nagsabi na kahit sino man ang manalo ay wala namang magandang magagawang pagbabago sa asosasyon. Hindi ko siya masisisi pagkatapos ng sinasabing dayaan noong 2017 eleksyon at hindi maipaliwanag nang mahusay kung bakit \$953.66 lamang ang turnover sa kasalukuyang administrasyon. Ang kinitang membership fees sa eleksyon noong 2017 \$21,000. Kahit ganito ang nangyayari, nagdadalawang isip ako kapag nakikita ko ang ating center na naitayo dahil sa mga opisyal ng asosasyon, miembro nito at mga volunteer. Higit sa lahat, may mga opisyal pa rin ngayon na tapat ang layuning maglingkod sa komunidad. Magalit tayo sa mga nahahalal na hindi ginagawa ang tungkulin nilang sinumpaanan. Makiusap tayo sa mga botante na huwag ipagbili ang kanilang

boto. Pagsabihan natin ang ibang "old timers" na huwag masyadong makialam sa ginagawa ng iba kung hindi hinihingi ang kanilang payo.

Sa Aug. 4, bumoto tayo. Naniniwala pa rin ako na may mga taong makagagawa ng pagbabago kung pipiliin nating mabuti ang iboboto.

MAGANDANG HALIMBAWA ANG BUHAY NG BAGONG ALKALDE NG MAYNILA

Hindi ako nahihiyang magsabi na nanonood ako ng pelikulang Pilipino. Sa panonod kong ito unang nakita ang bagong alkalde ng Maynila na si Francisco Domagoso o dating artistang si Isko Moreno. Lumaki siya sa Tondo. Dati siyang nangongolekta ng mga lumang diaryo at gamit na bote upang maipagbili. Kung minsan, nagpupunta siya lamayan upang makalibre mg pagkain. Sa lamayan siya nadiskubre na naging daan upang alukin siyang mag-artista. Nang iwan niya ang pag-aartista, tumakbo siyang

konsehal sa unang distrito ng Maynila at nanalo siya sa edad na 24 noong 1998. Muli siyang nahalal noong 2001 at 2004. Habang naglilingkod siya bilang konsehal ay nag-aral siya ng local legislation at local finance. Kumuha rin siya ng public administration sa University of the City of Manila. Tagahanga ako ni Domagoso hindi dahil artista siya kundi sa mga ginawa niyang pagsisikap upang makaahon sa kahirapan. Isa sa mga pinaniniwalaan niyang makapag-aahon sa kaniyang kahirapan ay sa pamamagitan ng edukasyon. Nag-aral din siya ng abogasya sa Arellano University at Education Executive Training sa Harvard University. Taong 2016 nang tumakbo siya sa pagkasenador pero pumanglabinlima lamang siya. Noong nakaraang May 13 ay tinalo niya sa pagka-alkalde ang dating presidente ng Pilipinas na si Joseph Estrada na kabilang sa political dynasty. Kung ipagpatuloy ni Domagoso o Moreno ang mabuti niyang ginagawa, maaaring balang araw ay maging senador o presidente siya ng Pilipinas. Dati siyang basurero na ngayon ay alkalde ng Maynila.

WALANG NILALABAG SA ELECTION RULES AND REGULATIONS ANG BAGONG COMELEC

Sa April-May issue ng The Filipino Forum ay isinulat ni Julie Parado, 2017 COMELEC chairman. "Pursuant to Article X (Committee) 2.3.6.1 section of the Constitution and Bylaws, the COMELEC should be appointed no

later than April 15 and convened on May 1. Since the COMELEC has not yet been convened, it's obvious we are going to be using the old FAMAS Constitution and Bylaws and the FAMAS Rules and Regulations and Procedures because we have not heard of any revisions whatsoever.

Sinabi sa akin ni Bing Estopa, miembro ng bagong COMELEC, na hindi totoo ang isinulat ni Parado dahil nag-convened sila noong May 1. Bakit pinangungunahan ni Parado ang bagong COMELEC? Kung ihahambing ko ang COMELEC noong 2017 kung saan siya ang chairman, nakatitayak ako na mahusay ang COMELEC ngayon. Maraming ginawa si Parado na hindi nagustuhan nga mga kandidato at botante noon. Inalis niya ang advance voting (Ibinalik ng bagong COMELEC ito pero ayon sa kaibigan ni Parado ay unconstitutional ito). Hindi nasunod ang takdang oras ng simula ng botohan. Ang grabeng ginawa ni Parado na naging dahilan ng demandahan ng Samahang Makabayan at Malaya Team na hanggang ngayon ay hindi pa tapos ay ang pag-uwi ng mga kahon ng balota sa kaniyang bahay. Wala naman daw sa Constitution na hindi puedeng gawin iyon. Kung ano ang layunin ni Parado sa kaniyang ginawa, hindi na iyon palaisipan. Huwag naman sanang gawin ng bagong COMELEC ang ginawa ng COMELEC chairman noon.

Patriotic Filipinos celebrate the 121st anniversary of Philippine Independence despite the rain

By Willie Quiambao

Although the Philippine Independence Day is June 12, Filipinos in Montreal and suburbs celebrated it on June 15. In his message, Dario Boco, president of The Council of Filipino-Canadian Associations of Quebec, said "Philippine

catalyst for harmony and peace in our community. We should set aside our differences and show that we are united to make our community strong, and more respected in our adopted country. 'United we stand, divided we fall'."



CCFAQ officers with their invited guests who have always been supporters of the Filipino community. Emcee: Fely Rosales-Carino

Independence is an event honoured by millions of people worldwide. On this day, members of the Filipino-Canadian community celebrate our proud heritage that marks the highest value of patriotism and sacrifice for our country, people and our freedom.

"CCFAQ continues to be the

The intermittent rain and cool breeze did not dampen the spirit of the patriotic Filipinos. Hundredths of them wearing raincoats and carrying umbrellas joined the parade which started at 11:00 a.m. from St. Kevin St., left to Lavoie St., left to la Peltrie St., left to Westbury St. and back to the

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The performers who provided the entertainment were troupers. The show went on as scheduled. A variety of entertainments - the recital of poems, demonstrations of sports, renditions of songs and presentations of dances - were showcased. Since



Borough Mayor Sue Montgomery (Center) with the Pamana dance troupe

Mackenzie King park. After the emcees acknowledged the participants that included various associations and businesses, sumptuous Filipino food like lechon, adobo and pancit were served to the revellers. At 3:00 p.m. a small group of Filipinos gathered together where the bust of Dr. Rizal is erected to witness the naming of Place Dr. Jose Rizal. Organized by the Filipino Heritage Montreal, Council of Canadian-Filipino Association of Quebec, Knights of Rizal, Montreal Chapter and Knights of Rizal, Mackenzie Chapter, the program was held in conjunction with the Filipino Heritage Month in June.

Canada is known for its multiculturalism, Japan, Chile and Russia proudly showed their colorful costumes and unique dances. Not to be outdone was the Philippines' re-known Pamana.

Among the federal, provincial and municipal politicians who graced the occasion and congratulated the Filipinos for their patriotism and contributions to Canada, were MP Anthony Housefather, MP Rachel Bendayan, Borough Mayor Sue Montgomery, MNA David Birnbaum, EMSB Executive Director Russell Copeman and Councillor Marvin Rotrand.

Canadian trash from Philippines set to arrive in Vancouver on Saturday

The Canadian Press

Last Updated Wednesday, June 26, 2019 4:01PM EDT

OTTAWA -- Containers of Canadian trash that festered in the Philippines for years are set to arrive home just in time to celebrate the country's 152nd birthday.

The Anna Maersk is scheduled to dock at the Port of Vancouver, with the containers aboard, on Saturday, June 29.

The arrival will bring nearly to a close the nearly six-year long garbage saga that led to a diplomatic dispute with the Philippines and drew attention to the growing global problem of plastic waste.

It is also resurrecting calls for Canada to ban exports of waste altogether, an issue that is likely to come up in the fall election.

B.C. NDP MP Gord Johns has been calling for a ban on plastic waste exports for years. Conservative Leader Andrew Scheer's new environment platform says a Conservative government would ban all plastic-waste exports unless the importing nation can prove the plastic will actually be recycled.

Kathleen Ruff, founder of the human-rights advocacy site rightoncanada.ca, said Canada needs to show leadership and agree to an amendment of the international law that governs how waste can be exported.

The Basel Convention, which came into force in 1992, requires informed consent before a developed nation can export hazardous waste to a developing country. The proposed amendment would bar the export of hazardous waste entirely, with or without consent.

Canada has resisted the amendment and was silent on the matter during recent meetings about the convention in Switzerland. An official with Environment Canada said Canada originally supported a proposal to ban exports of waste meant for final disposal -- such as in landfills or incinerators -- but won't support a prohibition on the export of recyclables because there are both environmental and economic benefits to having global recycling operations.

The Basel ban meetings came in April, just as the refuse dispute with the Philippines was heating up. The Canadian garbage arrived there in 2013 and 2014 falsely labelled as plastics for recycling, but inspections revealed two-thirds of the contents were regular trash, including dirty diapers, kitchen waste and electronic garbage.

Canada had no legal means six years ago to compel the Canadian company that exported the waste to bring it back to Canada, and tried to negotiate with the Philippines to dispose of it locally. Some of it was dealt with that way, in 2015, but Philippine environment groups objected and the disposal was abandoned.

In 2016 a Philippine court ordered the garbage returned to Canada and the two countries established a working group in 2018 to try to reach a conclusion.

But in April, President Rodrigo Duterte grew tired of waiting and threatened to send the containers back to Canada himself if the Canadian government didn't act by May 15.

"Prepare a grand reception," he



A Malaysian official inspects a container filled with plastic waste shipment prior to sending it to the Westport in Port Klang, Malaysia on May 28, 2019. THE CANADIAN PRESS/AP, Vincent Thian

said then. "Eat it if you want to."

His threats, which garnered international attention, lit a fire under the Canadian government, which shortly after agreed not only to bring the garbage back but to pay for the transportation.

Canada nevertheless missed the May 15 deadline, prompting Duterte to recall the Philippines' ambassador and consuls general from Canada.

The garbage eventually left the Philippines on June 1 and was transferred to the Anna Maersk in Taiwan on June 8 before beginning its voyage back across the Pacific Ocean.

Canada is spending \$1.14 million for the shipping costs and another \$375,000 for the garbage to be burned in a Vancouver-area incinerator.

The Philippines is now considering an outright ban on the import of foreign plastics, one of a number of Asian nations that have grown weary of being the dumping ground for the world's waste.

The global plastics issue has been heightened since China, once the world's largest importer of plastic waste intended for recycling, closed its doors to the material in January 2018, citing too much contamination of the materials.

Thousands of tonnes of waste, mostly from Europe and North America, needed to seek out new markets and were redirected to Vietnam, Thailand and Malaysia. Unscrupulous companies popped up promising proper disposal or recycling but actually ended up burning or just dumping the waste when it arrived, adding to both air and land pollution in countries that struggle to manage their own waste.

Since the Philippine garbage situation gained international attention, both Malaysia and Indonesia have indicated they wanted to return garbage to Canada that showed up their shores.

Indonesia's Waste and Hazardous Waste Management Directorate General Secretary Sayid Muhadhar said earlier this month five containers sent to the port of Surabaya were labelled as paper for recycling but were heavily contaminated with garbage

including diapers and old shoes. Those containers are being returned to Seattle, where the shipment originated, but the company that shipped them is Canadian.

From Page 5 Chinese fishing

said in Filipino.

"When they got there, he said, 'Okay, let's leave.' China did not leave. Then in between those years, our fishermen could not fish there," continued Duterte.

It was after this recollection of events about Panatag that Duterte mentioned the meeting where China agreed to let Filipino fishermen fish in Panatag.

"Now, when I went there, he (Xi) said -- I brought all my problems. 'So what about my fishermen? They'll go hungry. Can you not just reconsider for reasons of humanitarian?'" said Duterte.

"He (Xi) said, 'Okay, slowly.' So they're able to go in. Xi Jinping told me -- me, Año, Delfin, all of them were there in front -- it was a bilateral," he continued.

"So now, we are allowed to fish...We cannot drive them away because they have insisted it's theirs," said Duterte.

So what does he mean? Did Duterte mix up an agreement with China to allow fishermen of both countries to fish in Panatag Shoal (Scarborough Shoal) with an agreement to allow fishermen of both countries to fish in Recto Bank?

Or is he saying that because China allowed Filipinos to fish in Panatag Shoal, he can't stop Chinese fishermen from fishing in Recto Bank as a kind of quid pro quo?

In terms of the 2016 Hague ruling, Philippine fishing rights in Panatag Shoal are different from Philippine fishing rights in Recto Bank.

The ruling declared Panatag Shoal as a common fishing ground for Chinese and Filipinos, even if the shoal is within the Philippines' EEZ.

Thus, the ruling means the Philippines really can't keep Chinese fishermen away from Panatag Shoal.

But Recto Bank is different.

The Hague ruling expressly declared Recto Bank as part of Philippine waters. Fishing in the area by the Chinese

would be a violation of the Philippines' exclusive rights.

Diplomats Rappler spoke with were not aware of any agreement with Xi where the Philippines allows Chinese fishermen to fish within its EEZ. This would be against the Constitution and a violation of the Philippines' Fisheries Code. (READ: Justice Carpio: China can't fish in PH)

On the ground, the Philippine Coast Guard (PCG) catches foreign nationals, such as Vietnamese fishermen, from poaching in Philippine waters. In March 2019, the Philippines and Vietnam had reached a verbal agreement not to arrest the other's fishermen if they are caught in their respective fishing grounds.

Defense Secretary Delfin Lorenzana had said the PCG needs more boats to make it more capable of keeping foreign nationals from fishing within the country's EEZ. -- Rappler.com

China's president, other leaders in Japan for G20 meetings

OSAKA, Japan -- Trade and geopolitical tensions, and the looming threat of climate change, are on the agenda as Chinese President Xi Jinping and other world leaders gather in Osaka, Japan, for a summit of the Group of 20 major economies.

While prospects for detente in the trade war between the world's two largest economies, the United States and China, are a major preoccupation ahead of the two days of meetings that begin Friday, many participating are calling for a broader perspective in tackling global crises.

"This will be a difficult G20, there are global challenges to be met, we need to step up to avoid the climate threats ... reform the World Trade Organization and prepare for the digital revolution," Donald Tusk, president of the European Union Council said at a meeting with Japanese Prime Minister Shinzo Abe

He noted the summit came at a time when international tensions were growing, for example, over Iran's nuclear deal and trade between the United States and China

President Donald Trump was due to arrive later Thursday, and to meet with Xi on Saturday as the G20 meetings conclude.

Xi was also expected to hold talks with Abe, seeking a breakthrough after years of strain over territorial disputes. It is his first visit to Japan since he became communist China's top leader in 2013.

A visit by Xi to North Korea last week raised hopes for some movement in the impasse with the U.S. over Pyongyang's nuclear program. Trump also is due to visit South Korea after leaving Japan, raising speculation there may be more news on Korean issues during his Asian travels.

Trump has at times found himself at odds with other leaders in such international events, particularly on issues such as Iran, climate change and trade.

Abe has sought to make the Osaka summit a landmark for progress on environmental issues, including climate change. French President Emmanuel Macron reinforced that message during a state visit to Tokyo on Wednesday, where he described climate change as a "red line" issue for endorsing a G-20 communique.

"It's the moment to be truly in time in the face of history and to fulfil our responsibility," Macron said. "I will not sign if we don't go further in our ambition about climate change. That would mean all those summits are for nothing."



Updating corporate policies for a changing world

Just a handful of years ago #MeToo wasn't a global phenomenon. Cannabis wasn't even close to becoming legal. Immigration wasn't such a fraught topic. Artificial intelligence was more sci-fi than a realistic consideration. Our world has changed a lot in a very short time. HR departments must navigate all these changes from a corporate perspective. Organizational interests need to be protected, but so do the health, safety and best interests of employees. HR must be the standard bearers and ensure that corporate policies are reflective of our modern reality.

What's acceptable at work and what isn't in 2019? In many ways, it's up to HR to set and reinforce the guidelines that define company culture. Do you promote a gender-balanced culture where both men and women feel safe and respected? What's your policy on consuming cannabis? What constitutes appropriate use of smartphones and social media in the workplace? Are your hiring practices fair and unbiased? Do they lead to hires that accurately reflect all of Canada's diverse residents? These are some of the questions that HR departments need to be asking and planning for in 2019.

It's not enough to deal with sensitive situations as they come down the pipeline. Policies and guidelines need to be in place to ensure consistency and objectiveness. In many cases, outdated corporate policies need to be updated and modernized to reflect our current reality. It's not good enough to say 'this is the way we've always done things' and turn a blind eye to how much the world has changed. In 2019, HR will need to take a hard look at how their policies are serving them and their employees, and be open to making changes that better serve both employees and companies.

Diversity and inclusion take centre stage

Diversity in all its forms has jumped to the forefront of the cultural zeitgeist. From racial and cultural diversity, to gender equality, to LGBTQ representation, to accessibility for people with disabilities, the last few years have shone a spotlight on how far we have to go to achieve inclusivity and diversity that's reflective of our complex society. From the depressingly low number of women in leadership roles, to the sexist culture propagated by some tech startups, to the lack of visible minorities and LGBTQ represented in popular media, more than a few high-profile examples of what not to do have emerged.

Many of the conversations about diversity focus on representation in popular culture, but representation is needed in workplaces, too. There are many ways HR can take action to build inclusive policies that promote diversity: eliminate hiring biases that put someone out of the running for a job based on their race, gender, physical capabilities, accent, or other superficial traits; encourage more women and visible minorities to get into traditionally white, male-dominated industries; or make it easier for underrepresented groups develop the skills they need to advance into executive and leadership roles, to name a few.

Though awareness about the need for diversity is at an all-time high, there's still a long way to go when it comes to taking measurable action. As gatekeepers who frequently oversee hiring decisions and shape corporate social responsibility policies, HR departments must be at the forefront of these conversations and the fight for more inclusive workplaces and hiring practices, even when it means asking tough questions and challenging the

status quo.

Expansion of corporate wellness programs

Corporate health and wellness has become huge business over the last decade or so, and it's only growing. Though corporate wellness programs got their start as a cost-saving measure to reduce corporate insurance premiums, the sector has taken on a life of its own. Today, corporate wellness programs have evolved to be less about cost-saving and more about helping employees live healthier, more productive lives. That positivity feeds into happy, healthy workplaces and loyal employees.

There's no shortage of creative ways to implement health and wellness policies. Stock the break room with healthy snacks for employees to munch on. Provide active work options such as standing desks and exercise balls in place of chairs. Allow employees to take advantage of flexible work hours and catch a yoga class during their lunch hour. Also, don't forget about mental health! Provide counseling and support for employees who are going through tough times. Provide an open and honest forum for employees to discuss issues that plague many working people like stress, burnout, and depression.

Health and wellness initiatives have become a key benefit in today's competitive market for talent. Rest assured that if you're not on the bandwagon, employees will have no problem finding someone who is. When your employees feel that you care about their health and wellbeing, they return that loyalty and dedication in spades. Ignore employee health, and you risk burnt out employees who are just going through the motions and desperate for a respite from the stress and pressure, which leads them to look elsewhere for a healthier work situation.

Desire for trust and authenticity in employer branding

Trust in corporations is eroding. The ubiquity of internet and social media has saturated our lives with marketing images and PR pushed by companies. We've grown cynical to brand messages. With distrust and disengagement at an all-time high, authenticity has become an important way to make brand messages stand out, particularly when it comes to attracting talent. For employer branding messages to resonate they need to feel true and align with your values.

People no longer want to work for a slick corporate brand that was cooked up in a board room with the sole purpose of appealing to the widest possible audience. They want a real representation of who you are and what you stand for. They want to work for a company that stands for something that they can relate to and get behind. That's particularly true for Canada's youngest working generations: Millennials and Generation Z, who are far more likely than their parents to prioritize working for a company that aligns with their values.

Cold, corporate brands without an ounce of personality are being shunned in favour of companies that have something to say on social issues. Perhaps it's the environment. Maybe it's early education. Or maybe it's poverty, diversity, or health. Whatever mantle you take up, it's important to choose issues that have a real connection to your business. Talking the talk isn't enough; you need to walk the walk, too. That means dedicating employee time, advertising dollars, or actively raising awareness. Being active and having a real connection to the cause is essential. Growing reliance on digital technology

Human resources often gets a bad rep for being resistant to change, and being attached to the traditional ways of doing things. However, the non-digital route is no longer an option. HR professionals must be adept at working with digital tools to survive in the field. From applicant tracking systems, to learning management systems, to talent management systems, HR tech is the future of the industry. As HR processes migrate online and companies take advantage of the efficiency offered by tech like AI and machine learning, HR professionals will need to stay one step ahead to remain in-demand.

Many other HR processes are being digitized to streamline them and free up HR's time for value-added tasks. From tools that automate scheduling and conducting interviews, to tech that performs background and reference checks without human interaction, many HR tasks are being automated by artificial intelligence. And with AI only getting smarter and more reliable, expect to see more repetitive, manual tasks replaced with technology in the future. These changes can be positive in that they ensure consistency, eliminate bias, and provide a faster turnaround, ultimately improving the candidate experience. In the coming year, one of the biggest challenges HR professionals will face is ensuring they have the right tools and HR tech in place to remain competitive. Training and processes will also need to be adapted to account for technology.

Addressing the changing structure of work

The standard 9 to 5 workday is slowly but surely eroding. As the capabilities of digital technology expand, flexible work situations have become more mainstream than ever. Collaborative tools and the constant connectedness of email, document storage and video conferencing make it possible to get work done from anywhere at any time. It's possible to work from just about anywhere in the world with a decent internet connection.

From coworking spaces, to remote working, to allowing employees the flexibility to set their own schedules, it's never been more socially acceptable to reject the status quo of a 9 to 5. It's not just trendy startups that are embracing this trend, either. Companies of all sizes and in all industries are finding that flexible work options are one of the most attractive benefits they can offer to lure in top talent who have their pick of employers. This perk is especially coveted by Millennials and Gen Zers, who increasingly value freedom and work-life balance over traditional perks such as an important-sounding title or a raise.

Flexibility affords better work-life balance, and that's a perk that appeals to everyone. A parent with young kids can work around their kids' school schedule. A homeowner who needs to be around to have a pipe repaired can work from home that day. A young professional focused on their health can take an hour in the afternoon to attend a kickboxing class. That's the great thing about flexible working solutions: they adapt to the needs of each individual employee, so they're always relevant. As more and more companies realize that employees want flexibility built into their schedules, it's becoming a standard rather than the exception. Companies and HR professionals need to be able to address their flexible work policies.

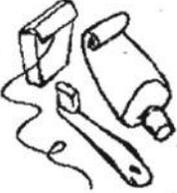
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Wishing everyone from the Filipino community a happy Independence Day and a happy Heritage month!

Nous souhaitons à toutes les personnes de la communauté philippine une joyeuse journée de l'Indépendance et un Mois extraordinaire!

Salamat sa inyong lahat. Mabuhay ang Pilipinas!



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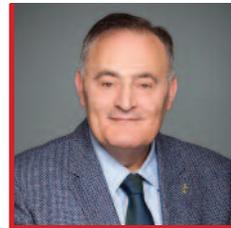
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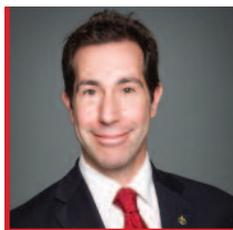
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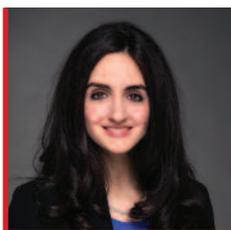
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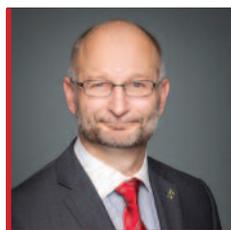
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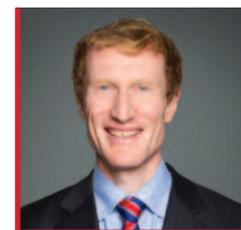
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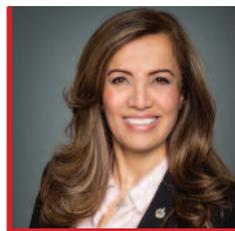
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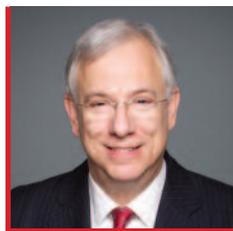
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PHOTO GALLERY



L to R: James de la Paz, Hector Racuya, Deputy Commander KOR. Rowena Racuya, Dario Boco, Pedro Danzil and Dante Tabamo. Photo taken after the parade during the 121st anniversary celebration at MacKenzie King Park, June 15, 2019 organized by CCFAQ.



Flor Dumandan (wearing a baseball cap) requested to have a souvenir photo of the Place Jose Rizal Marker with Councilor and Mrs. Marvin Rotrand, and Zenaida Kharroubi is happy to grant her request.



The installation of the Place Jose Rizal Marker ceremony with invited guests and members of the Knights of Rizal, June 15, 2019 at 2:00 P.M. Emcee: Amy Manon-og.



The Panday Tinig Choral Ensemble singing the National Anthems of the Philippines and Canada during the installation of the Place Jose Rizal marker.



5th Annual Presentation of the D'Arcy-McGee National Assembly Citizenship Medals, June 3, 2019. Medal winners are: Lilia Esguerra, Dan Philip and Maximilien Polak. MNA David Birnbaum (seated in the middle) is flanked by some Filipino community leaders wearing Filipiniana attire.



The Filipino Heritage Montreal Committee headed by Al Abdon, Chairman, and Bert Abiera, Vice-Chairman were invited to the CDN-NDG Borough Council meeting on June 3, 2019 to witness the passing of the Resolution moved by Councilors Marvin Rotrand and Lionel Perez thanking the Committee for their work.



Marivic Lapitan, (on the right) PAB graduate, receiving her certificate from the Director-General of Gilmore College International, Z. Kharroubi



Fely Rosales Carino with other offerers in the Eucharistic Mass held at St. Joseph's Oratory, June 21, 2019. (Photo: Delsys)

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Ibahagi sa akin ang iyong mga alalahanin at ang iyong pangitain.



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For any questions or information on the district, the borough or the City of Montreal please do not hesitate to contact us.

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Seafood Recipes



How to Cook Afritadang Tahong

Serves: 6 servings

Ingredients

1½ kilo tahong (or mussels)
200 grams potatoes, sliced and fried
200 grams Baguio beans, cut diagonally
2 tsp. ginger juice
4 cloves garlic, crushed
1 medium size onion, chopped
¼ cup cooking oil
1 red bell pepper, cut into strips
8 ounce can tomato sauce
1 cup mussel broth (liquid from boiled tahong)
1 Tbsp. bread crumbs
1 Tbsp. ground fried or toasted peanuts
2 tsp. salt
¼ tsp. MSG
4 tsp. liquid from annato (soak 1 Tbsp. annato or atsueté in 5 tsp. warm water)

Instructions

Soak the mussels or tahong in water to remove the debris inside for a few hours.

Then clean and trim the fibrous clumps of hair and wash in running water.

Boil tahong in 2 cups water for 2 minutes or until the shell opens.

Remove the meat from shell and set aside.

Saute garlic, onions and tahong. Add ginger juice and stir cook for a few seconds.

Pour tomato sauce, mussel or tahong broth and annato liquid.

Add vegetable and season with MSG and salt then simmer for 3 minutes.

Add peanuts, bread crumbs and potatoes then mix to combine all the ingredients.

Simmer for 5 minutes more until the potatoes are cooked.

Serve hot.



How to Cook Tinumok (Shrimp Mixture Wrap in Taro Leaves)

Ingredients

25 pcs gabi leaves
2 cups gata (coconut cream)
2 Tbsp. bagoong alamang
salt and pepper to taste

Filling:

½ kilo shrimps
¼ kilo flaked fish
150 gms onion
100 gms minced ginger
1 kilo buko meat, chopped

Instructions

How to cook Tinumok

Mix together all ingredients of filling.

Wash gabi leaves and wipe to remove excess water.

Put 30 gms of filling in the middle of gabi leaf.

Fold both ends of leaf and tie with a thread to secure it.

In a pan, arrange wrapped filled gabi leaves.

Add bagoong alamang on top and 2 cups gata.

Bring to a boil over low heat until cooked. Dash with salt and pepper.

To serve, add 2 tablespoons of thick coconut cream.



Pinangat na Pompano

Ingredients

2 pieces whole Golden pompano, cleaned and gutted
salt and pepper to taste
1 tablespoon canola oil
1 onion, peeled and chopped
2 cloves garlic, peeled and minced
1 thumb-size ginger, peeled and minced
2 large Roma tomatoes, chopped
1 tablespoon fish sauce
2 cups water
1 tablespoon tamarind powder

Instructions

Wash pompano inside and out and pat dry. Cut into half, if desired, and season with salt to taste and pepper to taste.

In a wide pan over medium heat, heat oil. Add onions, garlic, and ginger and cook, stirring regularly, until softened. Add tomatoes and cook, mashing with the back of a spoon, until they begin to soften and release juices.

Add fish sauce and continue to cook, stirring occasionally, for about 1 minute.

Add water and bring to a boil for about 2 to 3 minutes or until tomatoes are completely softened.

Add tamarind powder and stir until dissolved.

Add fish in a single layer. Lower heat and cover. Continue to cook for about 10 to 15 minutes or cooked through and liquid is reduced.

Season with salt and pepper to taste. Serve hot.

Your health matters



Is hair loss associated with rapid weight loss?

There are several triggers for hair loss, also known as alopecia, and nutritional triggers are indeed among them. Furthermore, in the medical literature there are reports of alopecia after drastic reductions in caloric intake.

In the 1970's the Journal of the American Medical Association published an article in which a doctor gave details about abundant hair loss observed in some of his patients. These patients had completed what is described as 'vigorous' weight loss programs where they were essentially on crash diets. The patients reported losing between 26 to 54lbs.

Within 2 to 5 months after starting the diets, the patients were observed to have between 25% to 50% of their hair in the telogen or inactive stage.

To understand what this means, let's take a quick look at three basic stages of a hair's lifecycle. The first stage is the growth stage which can last for several years. When the hair strand stops growing but remains in the hair follicle, it is inactive. This is called the telogen stage. Typically hair will remain in this stage for 2 to three months before the last stage. The final stage is exogen. Exogen simply means the hair strand falls out. So hair goes through a growth phase, an inactive phase and then it falls out.

Under normal circumstances 85% to 90% of your hair should be in the growth phase. In other words, only 10% - 15% of your hair should be in the inactive telogen phase.

The patients who were on crash diets had up to 5 times more hair in the inactive phase. This is why these patients experienced what was described as profuse hair loss.

Another doctor wrote the editor of the Archives of Dermatology describing cases of patients

complaining of profuse hair loss after severe caloric restriction. Weight loss between 26 - 34lbs was reported. Twenty-five to 36% of the hair strands were observed to be in the inactive telogen phase. One of the patients described being on a 500 calorie fasting diet for four weeks from a popular weight loss clinic.

Severe caloric restriction is a known trigger for alopecia. There are other nutritional triggers as well.

Deficiencies in iron, zinc, protein, essential fatty acids, vitamin D and rarely biotin can all cause profuse hair shedding. Digestive problems where there's significant malabsorption or pancreatic disease can also precipitate hair loss. In addition, many medications are known to contribute to alopecia: oral contraceptives, androgens, retinoids, beta-blockers, angiotensin converting enzyme inhibitors, anticonvulsants, antidepressants, anticoagulants heparin & warfarin (Coumadin) and of course chemotherapeutic agents (cancer drugs).

Chemotherapeutic agents or exposure to poisonous substances can induce such a toxic insult to the hair matrix that they abruptly arrest the hair's growth phase resulting in total hair loss.

Stress both physiological and emotional can result in alopecia as well. Medical conditions such as dermatitis, high fever, polycystic ovary syndrome, chronic systemic illness, hypothyroidism, hyperthyroidism, autoimmune diseases, hemorrhage and surgical trauma are well known triggers.

Although childbirth is not necessarily stressful for every woman, the hormonal changes can provoke hair shedding for up to 4 months. In most cases it is possible for the hair to grow back. However to achieve regrowth the triggers must be identified, removed or treated. With respect to nutritional triggers, this means the nutritional deficiencies need to be reversed. Regrowth is usually noted 3 to 6 months after the triggers have been removed. However it can take 12 to 18 months for the improvement in the hair's appearance to be visually significant. Ideally dieters should aim to maintain their hair volume while losing weight. Avoid nutritional deficiencies and aim to lose weight at a healthy rate. Although hair loss is reversible the reversal process is slow. For many people this can be a source of stress.

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

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Carbohydrate rich diets lower inflammation in the body.

- 2007 Journal of the American college of Nutrition

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Social Tidbits

Fely Rosales Cariño

Finally, the tentacles of winter is just a memory. Say hello to summer! Barbecue time! But let's go back a bit and not forget the important May celebrations. First, is the fundraising party at 6767 Cotes des Neiges thrown by the Knights of Rizal (KOR) spearheaded by Sir Gerry Danzil, Commander, Montreal Chapter. A swarm of KOR members were in attendance. As usual, food was in abundance and guests danced 'til closing time.

The Association of Filipino Seniors of Montreal (AFSM) held its "I Love You Mom" party at St. Kevin's Parish Social Hall on Cotes des Neiges, starting with the usual Parade of Colors followed by the singing of the National Anthems. Lyn Lopez gave the Invocation. AFSM President William Fabia welcomed the guests. Pepe and Norma Carbon contributed very beautiful flowers while Fe Fabia made her signature cupcakes. Lolit Rimbao led the line dancing. The highlight of the party was the presentation of the birthday celebrants by Rosie San, Mrs. AFSM Philippine Independence 2018. They were serenaded by Alain Chabonneau. Any AFSM party is made memorable with the able leadership of husband and wife William & Nene Fabia with the help of the Executive Board. The party ended with the presentation of the "Mother of the Year 2019", Mel Amore by President Fabia and "Mother of the Year 2017," Presy Andal.

May 25, 2019 was a red-letter day for the officers and members of the Quebec Association of Canadian Filipino Teachers (QACFT). It was the 23rd anniversary of its founding. QACFT President Elvira Estopa and her board decided to celebrate at the Holiday Inn on 6500 Cote de Liesse, Montreal. Emcee Joseph Gonzales (QCAFT President 2012-2014) opened the celebration and greeted the guests. After the anthems, Glenn Opendo delivered the Invocation. Before dinner, we saw intermissions unlike others ... due to the truism that education starts from an early age, the entertainers were young and talented and delivered their masterpieces with feeling and conviction. Performers were Angel Celine Fernandez (Champion in Poetry Recitation), Emmanuel Agbayani (Champion in Declamation), and Carl Matthew Cabinbin (Champion in Oration). Not to be outdone, the QACFT Executive Board exhibited grace in their performance of two folkdances which was much appreciated. Who could imagine that their folkdance in the elementary grades in the Philippines are now again being performed way past elementary grades, and in Canada at that! Bravo QACFT Dance Troupe! The party wouldn't be complete without recognizing the Community Award

given to Trans Liganor QACFT President 2016-2018. It is a well-deserved award, Trans, and everyone agrees! The Kababaihang Bisaya performing artists (Rosette Pama, Marjorie Cezar, Lyn Lopez, and Linda Albuero) captured the audience's heart with their performance of 'Lintik na Pag-ibig' folkdance!

To complete the names of winners of the Literary Contest held earlier, the following earned their awards with flying colors for Poetry Recitation: Rondell Talabocon (2nd runner-up), Zane Agbayani (1st runner-up), and Angel Celine Fernandez (Champion). For Declamation, Frances Ramos (3rd runner-up), Nashelle Hernandez (2nd runner-up), Neslyn Banggiwak (1st runner-up), and Emmanuel Agbayani (Champion). The Champion in High School Oration is Carl Matthew. Congratulations for a job well done! Jewel Gonzales assisted her Dad as an Emcee. For a very successful party enjoyed, by the children, parents, and guests, let's congratulate President Bing Estopa, Joseph Gonzales, and the Executive Board!

Montreal (FHM) Chairman Al Abdon, Federation of Filipino Canadian Associations of Quebec (FFCAQ) President Minda Mazzone, and yours truly were invited to a picnic held at the Olympic Park in Pointe Claire.

June 2, 2019 – Though weather was bad and "barré" signs were everywhere, opening day at 6767 Cote Des Neiges went relatively well. Emcees Edith Fedalizo and Jeannette Perignon followed the program closely. Panday Tinig sang the anthems and also "Madaling Araw". Rondell Tolobocon led Panunumpa sa Watawat (Allegiance to the Flag). Vice Chairman Bert Abiera welcomed the guests. The opening was made memorable by the presence of municipal and federal officials: Lionel Perez (Councilor, Darlington District), Anthony Housefather (MP Mount Royal), Frank Baylis (MP Pierrefonds-Dollard), Rachel Bendayan (MP Outremont), David Birnbaum (MNA, D'Arcy McGee), and Pierre Arcand (MNA Mont-Royal-Outremont). All gave short messages, as did FHM Chairman Al Abdon.

Entertainment numbers included Harana scenes by FCCSS, Filipino Martial Arts Exhibition by Chris Bautista, parade of Filipino costumes by Mrs. Philippines Montreal, dance performance by Munting Mutya and Munting Lakan, and a special folk dance by FHM Auxiliary Dance Group. Emcees Edith & Jeannette announced the closing of the party with some snacks that rounded off the launching of the Filipino Heritage Month in Canada by the Montreal community.

And let's say "Welcome" to a new association – the Tarlac Association of Montreal and Suburbs (TAMS), the brainchild of Tina Datu Lee! TAMS held

a Spring Dance Party last June 8 at 6767 Cote des Neiges. TAMS President Mel Domingo welcomed the guests then Valent Lloyd Hughes gave the Invocation. Entertainment included 'Paris Boulevard'-Ballet I, 'Perm'-Jazz2, and 'Be Still', all dance-ballet interpretations by budding young artistic dancers Jessica, Valerie, and Sheena. Good food, good music, and good line dancing were the order of the night! TAMS officers for 2019-2021 are: Mel Domingo (President), Connie Fernandez (Vice-Pres), Tina Datu Lee (Adviser for Operations), Remy Domingo (Director for Elections), Coralene Remegio (Secretary), Christine Perena (Admin. Assistant), Danny Valdez (Treasurer), Jeff Amameda (Auditor), Julie Sumague (Financial Verifier), Angelo Santos (Business Manager), Eddie Valdez (Events Coordinator), Jeffrey Perena (Information Systems Officer), Amy Galamay (PRO), Valent Llyod Hughes (Inter-Community Coordinator), Elizabeth Asuncion (Socio-Economic), and Judy Fernando (Youth Coordinator).

Last June 9, the Olympia Reception Hall at St. Jean Blvd in DDO was the venue of a Dinner-Dance thrown by the Seniors of the West Island and Suburbs (SWIS), marking the 121st anniversary celebration of Philippine Independence. After the rendition of the National Anthems, courtesy of J Den's Dennis Mayuga, event chairpersons Elvie Maximo and Lita Bote welcomed the guests. Josie Manuel gave the Invocation then Lydia Fielding introduced the Guest of Honor, Mr. Francisco Noel Fernandez III, Deputy Chief of Missions, Philippines Embassy, Ottawa, Ontario. He delivered a brief but important message about the Philippines. Jeannette Perignon introduced another guest speaker, Mr. Frank Baylis, MP Pierrefonds-Dollard, who briefed the crowds on some projects being done in his riding. Lolit Odulio introduced the Honorary Guest Speaker, DDO Mayor Alex Bottausci. After the speakers and the entertainment numbers, line dancing dominated almost the entire evening! Due to good food and inviting music, all the beautiful people in attendance enjoyed the night! Elvi Maximo created the decorative flower centerpieces. Connie Fabro and Roger Ajero were diligently on the floor manning the ship to keep it smooth sailing. And thanks to Manny Fausto for being my co-host again this year. And here are the new set of SWIS officers for 2019-2021: Connie Fabro (Chairman), Lolita Odulio (Vice Chairman), Evangeline Salvador (Secretary), Lucy Salazar (Asst. Secretary), Theodora Isada (Treasurer), Celestina Dagsaan (Auditor), Edith Valenzuela (Assistant Auditor), Elvira Maximo (PRO), Anita Poitras (PRO), Roger Ajero (Adviser), and Dr. Jean & Paz Vilorio (Honorary Lifetime Advisers). Here are the Board of Directors: Fely Rosales-Carino (Speaker of the Board), Enrique Bas, Cesar Bayan, Emelita Bayan, Lydia Fielding, Pete Izon, Andy Odulio, Delfina Palma, Jeanette Perignon, Flor Rillo, and Roger Sandoval (Directors).

Also to be reckoned with was the Filipino Canadian Association of West Island (FCAWI) celebration of Independence Day (Araw ng Kalayaan), also held at Olympia Hall last June 7. During the serving of the sumptuous

aperitif, Emcee Virgilio Pablo had everybody's attention with his baritone voice. After the National Anthems, Francis Apgao (FCAWI Vice President and officer-in-charge) welcomed the visitors. Reverend Father Vince Jimenez followed with the Invocation. After dinner, Raquel Endozo entertained with a vocal solo. Then the Pamana Dance Troupe, skillfully performed "Kadal Tajo" and "B'laan", with their usual authenticity and originality. Dancing was in earnest and was only interrupted when Bonie Lingon introduced the Guest Speaker, Ms. Greg Marie C. Marino (First Secretary and Consul, Philippine Embassy, Ottawa) who represented Her Excellency Petronila Garcia, Philippine Ambassador to Canada. And a sweet surprise was the warm greetings from friends I haven't seen for a while: FCAWI President Ador & Virgie Bulosan, Pros & Gloria Martinez, Francis & Au Apgao, Dr. Flor & Pat Rosario, and Andy & Yoly Atendido.

The following morning, June 9, 2017, FCAWI invited the Filipino Heritage Montreal committee.

An Eucharistic Mass was held at the St. Joseph's Oratory on Friday, June 21, 2019 to express thanksgiving. Father Nicolas Sengson (SVD), from Tarlac, presided over the mass. An accomplished musician, he composed "Lualhati", one of the songs in the mass. Father Sengson touched our hearts when he described our journey (ating pinagdaanan) from the Philippines to here. Listening to him, it felt like I wasn't my old self; I was transported back to that time when I was a little girl in the Philippines going to my church, my school, to the market and feeding our chickens and pigs. Among the concelebrants were Father Frank Alvarez (PME), Father Sarinmuthu Yesappan (HGN), Father Thomas Gomez (CSC), Father Claude Cruz (CGC). Deacon Pete Tapia of St. Luke's church was also in attendance. Included in the organizing committee were Aurora Osdon (whose leadership and organizational skills are well-known to all), Melle Lugod (who expertly monitored the order of servers), Mila Osdon (who choreographed the songs and dance). The Jubilee Song was performed by children from St. Kevin and other parishes. Mario Balan (South Shore) directed the choir and Gerard Roque delivered 'The Intentions'. Other participants were FHM Chairman Al Abdon, Mrs Nathalie Pelausa, Dr. Ermy Pelausa, Ramon & Esther Vicente of West Island, Fruan Tabamo (Pastoral Assistant of the Filipino Catholic Mission), Sister Grace Salvana (SPC), Zenaida Kharroubi (Owner and Director of Gilmore College International as one of the two teachers represented in the offering), QACFT Past President Trans Liganor, Cora Abdon, (President of the Filipino Nurses Association of Quebec), Mr. & Mrs. Ed Vasquez (Fiesta Filipino Bakery owners), yours truly as one of the two teachers that made an offering and many others too numerous to mention. According to Father Thomas, about two thousand people were in the Basilica during the Eucharistic Mass.

May The Lord bless you and keep you and give you peace! Until the next issue.

FILIPINO STAR

SHOWBIZ GOSSIP

Kris Bernal wants to be recognized as an “award-winning actress” by Archie Liao



Kris Bernal

Dream project para sa Kapuso actress na si Kris Bernal ang kanyang role sa pelikulang “KontrAdiksiyon” na idinirehe ni Njel de Mesa at iprinudyus ng Bell Films, ang movie production arm ng Universal Records.

Ayon pa sa kanya, kakaibang Kris ang mapapanood ng mga fans at followers niya.

First time rin daw niyang gaganap bilang isang babaeng sangkot sa illegal drug syndicate na hinahabol ng mga pulis.

“Hindi ko nga alam kung handa na ang tao kasi, ito talaga, intense and not just iyong eksena na involved sa drugs kundi pati iyong mga scenes, mga love scenes at mga sexy scenes. Minsan naka-lingerie lang ako. Tumatakbo akong mag-isa na naka-bra at pants lang. So, hindi ko alam kung paano ako tatanggapin ng mga tao for that. I guess, it’s something that would excite people then and look forward to see. At saka, I guess, if I could pull off a character na may angas at bad na ako ay makikilala bilang versatile actress. Hindi ko naman tatanggapin ito kung hindi ako macha-challenge. I’m still after na makilala ako as a versatile actress. I’m still after that,” pahayag niya.

Wish din niya na maging daan ito para makilala siya bilang award-winning actress locally and internationally.

“Thankful ako for the opportunity kasi ilalaban siya internationally. Alam mo iyon, this could be a big chance for me to bag awards or what ever, and for so long in the industry, for eleven years in the industry, I guess, sana ito na ang magbigay ng award sa akin,” aniya.

Intense rin daw ang mga eksena niya lalo na ang mga chase sequences sa pelikula.

“More on running siya, kasi

lagi kaming tumatakas ni Jake. Napaghandaan ko naman dahil basically I go to the gym weekly and physically fit naman ako. I don’t think there’s gonna be a problem in those action scenes, but so far, I don’t have those punches, those kicks na mag-aksyon. Most of the scenes, talagang tumatakbo kami kasi we’re running from people na gusto kaming hulihin. Hahabulin kasi kami ng mga pulis at mga tao sa government. So, pure running lang siya,” lahad niya.

Bago raw niya tinanggap ang role, ipinaliwanag daw mabuti sa kanya ang role niya.



“Binigyan nila ako ng background story. Siyempre, sinabihan nila ako what’s happening now, na ganito iyong isyu na, kung ganito kabigat ito at kung ano nangyayari sa ating bansa. Well informed naman ako about the issue. Hindi naman ako tinanong ako kung pro-Duterte ba ako hindi,” esplika niya.

Nilinaw din niya na hindi propaganda ang pelikulang “KontrAdiksiyon.”

“No. It’s not a propaganda. It will somehow bring peace to people who don’t understand the drug issues

in our country. It will give them more understanding at the same time, makikita nila, kung ano ba talaga ang nasa likod ng isyu ng drugs, o kung ano ang nangyayari, paano ba kumkalat iyon at sino ba talaga ang dapat pagkatiwalaan. Iyon ang ico-cover ng movie,” sey niya.

Hindi rin daw siya iyong tipo na mahilig makisawsaw sa isyu ng pulitika.

“Kasi, I’m not that type of person na may pinapanigan. Kumbaga, sabi ko nga, dapat intindihin natin ang situation ng isang tao at iyong side ng isang tao. I’m not saying that I’m pro or against but we don’t know din naman kasi what’s the real story behind the news. Hindi naman natin alam kung ano ang nasa likod ng lahat. Hindi naman natin alam kung ano kung ano iyong pinapalabas sa TV o kung ano ba iyong tinatago nila,” bulalas niya.

Hirit pa niya, eye opener daw sa kanya ang pelikula dahil marami siyang na-realize habang ginagawa ito.

“The script kasi, let me understand parang... huwag kang maging one-sided. The script kasi was very compelling and very emotional siya. Tinuruan niya ako na intindihin din iyong side ng ibang tao. Though, for me, if you ask me, I’m still against it but we should understand each other’s situations. May kanya-kanya tayong buhay, may kanya-kanya tayong responsibilities in life. May kanya-kanya tayong dreams. Intindihin na lang natin, kung paano tayo makakapag-provide sa family natin, and kung paano maa-achieve ang dreams natin,” ani Kris.

Gayunpaman, hindi raw niya sinusupportahan ang anumang uri ng karahasan o paglabag sa karapatang-pantao pagdating sa pagsugpo ng problema ng droga sa bansa.

“I’m not supportive of people who use drugs and I’m against that. Anything related to drugs, I’m against it and I’m firm about that decision,” deklara niya. “Pero siyempre, ang buhay ay buhay. It’s something na hindi mo sasayangin. If you could live longer, we’ll live longer. Every person has the chance to change his life. Lahat may pagkakataon, either, ngayon, bukas, it’s just proper care and attention to those people but not the point that you will take the life,” dugtong niya.

Palabas na sa lahat ng mga sinehan sa buong bansa sa Hunyo 26, kasama rin sa cast ng “KontrAdiksiyon” sina Jake Cuenca, Katrina Halili, Ritz Azul, Paolo Paraiso, Arnold Reyes, Elizabeth Oropesa, Lou Veloso at marami pang iba. ■

‘Wowowin’ video goes viral after boy contestant greets fans of rival ‘It’s Showtime’



Willie Revillame

A “Wowowin” video has been making rounds online after social media users found it funny when a kid contestant of the show said he idolized Kapamilya actors Ronnie Alonte and Coco Martin.

In the video, TV host Willie Revillame was interviewing a grade one student named Jed in the Willie of Fortune segment.

Willie asked Jed what he wanted to become when he grows up. The boy said he wanted to become a pilot or an actor.

Revillame was taken aback when the kid started name-dropping celebrities from the rival TV network, ABS-CBN.

“Sinong paborito mong artista?” Willie ask Jed, who then answered: “Si Cardo po,” which drew laughter from the audience.

Willie asked again, “Sino si Cardo?”

“Yung magaling po magbaril,” Jed replied, referring to Coco Martin’s character as Cardo Dalisay in “FPJ’s Ang Probinsyano.”

Willie asked the six-year-old boy again who is his favorite celebrity apart from Cardo, to which the contestant answered, “Ronnie Alonte po,” another actor from rival ABS-CBN.

“Bakit dito ka sumali?” Willie replied to Jed, drawing laughter from the audience.

Willie then asked Jed to greet his idols. “Sige batiin mo na sila, baka nanood si Cardo,” he said.

The boy then shouted: “What’s up, madlang people!” – a famous tagline in the ABS-CBN noontime show “It’s Showtime.”

Earlier this month, Willie was a “guest” on “It’s Showtime” via a phone call with Ogie Alcasid in the show’s segment, Tawag ng Tanghalan. ■

Isabelle Daza gives advice on staying motivated



Isabelle Daza

Isabelle Daza recently guested on Bianca Gonzalez's "Paano ba 'To" vlog series to share advice to their fans who ask for tips on how to stay motivated.

As per Gonzalez, how to stay motivated is a question she constantly gets from fans, so she decided to invite Daza, who she calls a driven woman, on the June 24 episode of "Paano ba 'To."

While many people believe they have to be motivated to do something, Daza shared that sometimes, one does not need motivation to reach their goals.

"I heard this when I was bit younger and I don't know if it's applicable to everyone, but they told me sometimes you don't need motivation, you just need to get it

done," said Daza. "That really stuck with me because motivation can be an excuse not to finish something or not to do something."

She also said that there are days when one would feel lazy or be tempted to splurge money, but keeping one's eyes on the goal or thinking long term is the key.

"Right now, especially in this generation, we're very much into short-term gratification... we want things right now that [we] aren't able to plan in the long term," she said. "But if you reset your mind and build a habit and focus more on discipline, I think then you'll be able to reach a goal that you set."

For Daza, what she does every morning when she wakes up is to say what she is grateful for. She

also writes down on a notebook what she wants to accomplish for the day, although she does not adhere to it strictly.

"When I wake up in the day, I say what I'm grateful for and then when I get down to my notebook, I write it down, what are the tasks I want to complete today? But at the same time, it's also difficult because I don't want to be the type of person that I just want to check all my to-do list because your to-do list will never end, so I try to just have a balance."

"On a day that you're not particularly feeling driven or inspired but you have to, do you have hacks, tips and tricks that you personally do to get you out of a funk?" asked Gonzalez.

Daza admitted she has days when she just wants to stay in bed or cuts her day short to go home early, but this is all for the sake of her mental health. Instead, what she always goes back to is being

grateful.

"This is for my own mental health and it's not gonna hurt me if i'm not working 24/7... but I always go back to this: being grateful. For me, the key to happiness and the key really to success is being thankful and grateful for whatever you have to do that day..." she said. "If you just look at what you have, you're already so lucky and blessed..."

In the end, she dispelled the notion that motivation will lift one up from all of their problems, saying it is unrealistic.

"People have this sense that motivation is really going to lift you from all your problems and everything's gonna go away and you're gonna read one quote online, 'ok I'm gonna live with that quote,'" said Daza. "I don't think that's reality, I think reality is what you live with and how your mind-set is and motivation doesn't come every single day."

Loisa Andaliao opens up about financial troubles



Loisa Andaliao

Kapamilya star Loisa Andaliao admitted that she has financial struggles even if she already became an actress.

In a recent interview with Push, Loisa said there are times that she really has no money at all and she could not ask money from her mother because she knows her mom is also short of funds.

"May time na nasisimutan talaga ako ng pera. As in nasisimot talaga. As in hindi ako makahingi ng pera kay mama kasi alam kong walang pera," Loisa shared.

"Kahit ngayong artista na ako, as in nung last year, mga ganon, hindi ako nakakahingi ng pera kay mama, kasi alam kong wala talaga," she added.

She said her financial difficulties started when she has been spending more than what is expected in building their house.

"Dumaan talaga na parang

tiis talaga, 'yung hindi ka makabili talaga ng gusto mo kasi may pinapagawa kang bahay," Loisa said.

For her, it is important that her car has gas so she can go to tapings.

"Basta importante lang talaga hindi ako mawawalan ng gas ng sasakyan. Kasi pag nagte-taping ako kailangan ko ng gas kasi 'yung pagkain meron naman sa taping," Loisa said.

Loisa rose to fame after becoming a "Pinoy Big Brother" housemate. Since exiting the PBB house, Loisa worked on many TV shows and films that include "Nasaan Ka Nang Kailangan Kita," "The Good Son," "The General's Daughter," "Crazy Beautiful You," "Fantastica" and "Hospicio."

She now stars in iWant's new original series, "Past, Present, Perfect?" that started streaming last May 31. ■

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Showbiz Gossip *Continued from p.15***Andi Eigenmann speaks up on controversial pregnancy surfing photos****Siargao-based actress Andi Eigenmann**

Actress Andi Eigenmann has addressed those bashing her for her recent photos showing her surfing while at the peak of her pregnancy.

In a recent interview with ABS-CBN's "Magandang Buhay," Andi clarified that her doctor allowed her to surf until seven months of pregnancy because it is good for the baby.

She, however, does not advise other pregnant women to do so, unless they are also surfer girls.

"It's not something that I

advise other people to do. Kaya lang ako pwede mag-surf kasi nagsu-surf talaga ako... Alam ko naman kung ano 'yung ginagawa ko," Andi said.

The actress added her doctor fully supports her pregnancy, so she is allowed to exercise.

"My OB is so supportive about it. Kasi 'yung pagkakamali natin kapag buntis, hindi tayo gumagalaw kasi akala natin may mangyayari. Pero para sa akin, if hindi naman sensitive yung pregnancy mo, dapat ka mag exercise," she said.



Andi said she is happy with non-showbiz partner Philmar Alipayo, the father of her unborn, and she feels that their relationship is meant to be "forever."

"Happy ako with my relationship with Philmar kasi he makes me feel like it's something that could actually last forever," Andi said.

Andi gave birth to her first child Ellie in November 2011. Ellie is her daughter with former boyfriend Jake Ejercito. ■

Kris Aquino on weight loss: 'In real life I don't look that great'**Kris Aquino**

Kim Chiu probably screamed with joy when she saw the gift her "ate" Kris Aquino gave her.

Unable to hide her excitement, Chiu took a photo of a pink Chanel handbag -- which can easily cost hundreds of thousands of pesos -- and posted it on social media.

"OMG! Thank you so much, ate! This is too much but thank you sobra," she wrote.

In another post, the actress expressed how much she misses Aquino and assured her that she will always be there whenever the former Kapamilya TV host would need her.

"We may not see each other always, please know that I will always be here for you no matter what. I miss you! Take care of your health, ate! Praying that you stay strong amidst everything," she said.

Aquino has always been vocal about her love for Chiu.

In a previous interview, Aquino said she values the relationship that she has established with the actress and for that, she would do anything for her.

The last time Aquino and Chiu worked together was in the movie "Etiquette for Mistresses." Kris Aquino's attempt at water physiotherapy led to a discussion of her weight loss, given that she appears slimmer in a swimsuit in her pictures.

Aquino revealed on Instagram on Tuesday, June 25, that she tried to do water physiotherapy after mentioning in a previous post that she experienced a severe migraine the day before.

However, as she was still building up her balance and resistance, she ended up going to a deeper end of the pool, resulting in her sons Josh and Bimby assisting her to their jetted and heated whirlpool.

The TV host replied, "The unfortunate truth is I look good in videos and pictures because of my weight loss. In real life I don't look that great."



She said that at her height of 161.3 cm (around 5'3"), her ideal weight on camera would be 120 pounds. However, she weighs between 113 and 116 pounds now and went as low as 108 pounds.

"If you're observant, wala kaming (we do not have) pics showing my rear because I have zero booty," she said. "I'm grateful numipis ang thighs and maliit ang arms (my thighs and arms are slimmer)."

She credited her clear skin to hypoallergenic products and drinking warm water throughout the day.

Aquino has been open about her experience with autoimmune issues, allergies to medicine and seeking medical help in Singapore. She said in a June 7 Facebook note that until now, there is no "definitive diagnosis" of her conditions.

She shared that she would be bedridden from fatigue or nausea and that she struggles with food consumption and proper sleep.

Aquino announced in the note she was "closing certain doors and windows into our lives" as she wanted to heal for her two children.. ■

What you probably didn't know about the late industry icon Eddie Garcia

By Allan Policarpio



The late Eddie "Manoy" Garcia

With his unflagging discipline and the lofty professional standards he held himself to as an actor and director, the late industry icon Eddie Garcia could have very well been a soldier—his childhood dream.

In a world where being fashionably late can sometimes seem like a privilege earned by virtue of status or popularity, Garcia was unfailingly punctual—so much so that he would arrive on set, or at an event, hours ahead of the call time and everyone else, sending production staff scurrying to attend to him.

For instance, last year's Parade of Stars—the glitzy motorcade that ushers in the annual Metro Manila Film Festival—was set to start at 1 p.m. Garcia arrived at the venue at 9 a.m. "Good thing I was there very early myself," a publicist for the movie "Rainbow's Sunset," told the Inquirer. "But he was just chill and told us not to worry. We sat together in a waiting area and had a chat."

The value he put on his and everyone else's time was a byproduct of his training as a contract artist of Sampaguita Pictures, he recalled in past interviews. They were required to clock in; tardiness resulted in fines. "(Actor) Romeo Vasquez's take-home pay would be almost down to zero because of the penalties," he told the Inquirer in a 2012 interview.

And he didn't even have a manager or a handler. "We dealt with him directly," the publicist added. "You text him and he would call you back as soon as possible."

Abiding by rules was something Garcia didn't have trouble with, it seemed—he had been doing so since his childhood. In a profile by former Inquirer Entertainment editor Emmie G. Velarde in *Celebrity Magazine* in the early 1990s, Garcia

recalled his mother requiring him and his siblings to be at dinner at a certain time. He rarely dared disobey.

"I almost always obeyed, because she blew up a storm with every infraction. All my playmates were not worth my mother's displeasure. So I have always followed rules," Garcia said. "That, I think, has served me well."

Garcia was also health-conscious. He ate well, had a strict fitness regimen and regularly took his vitamins and supplements. The veteran thespian maintained this lifestyle, allowing him to actively work and turn in award-worthy performances well into his 80s.

"If I don't have a taping, I exercise and read. I watch my diet," he told Inquirer Entertainment in 2013, when asked how he manages to stay fit. "I'm not into meat that much and I prefer eating fish and vegetables. I sleep early and I don't have any vices."

Again, Garcia's ethic paid off. In his last 10 years alone, the veteran still managed to put together a resume that could dwarf other celebrity's entire filmographies. He appeared in at least one television show or movie every year and, in the process, collected awards, both international and foreign.

Among Garcia's recent victories, the most notable ones were: best actor for "Bwakaw" (2012) at the Asian Film Awards, the Asia-Pacific Film Festival and the Cinemalaya Film Fest; and best actor for "ML" (2018) at the Cinemalaya, Famas and the Gawad Urian, which he won two days before he passed.

By his own count, he had amassed about 36 awards and dozens more nods. He didn't think much of it, however—he didn't yearn for them, much less expected to get them.



Eddie circa 1950

Which isn't to say that he didn't value them. It's just that, for Garcia, trophies are mere bonuses for a job well done.

Unlike other artists, Garcia didn't have a romanticized image of the industry or his profession. Acting and moviemaking, as he so often stressed, is simply a job. And it was perhaps this no-nonsense, almost Spartan, approach that made him one of the most prolific stars in the business.

In the late 1980s, when local cinema was averaging over 200 films a year, he did around 22, he recounted in a group interview for "ML" last year. He wasn't fussy. He didn't have a favorite film or a dream role. There's not one film he regretted doing, either.

"I don't have a limit. If there's

an offer, I take it. It's a job. I have never been choosy—well, unless you make me play a 15-year-old," jested Garcia, who resolved to continue working until the industry needed him. Retirement was a word that didn't exist in his vocabulary.

For Garcia, there were no big or small roles—he did attack all of them with equal fervor. "I make the most out of every job I get. I see to it that I give credible performances," the actor told the Inquirer in 2013.

A great performance, as the late actor so often stressed, "is the best recommendation for the next job." And with over 600 acting credits to his name, it's perhaps safe to say that he never ran out of one. ■

Sarah Lahbati to Richard Gutierrez on 7th anniversary: 'Wouldn't have it any other way'



Staying in a relationship past seven years is not easy for many couples, but Sarah Lahbati and Richard Gutierrez proved it can be done.



"Time flies when you're in love, happy 7th year anniversary my love," the actor captioned.

To mark their seventh anniversary, the actress shared a sweet photo with the actor from one of their travels, as seen in her Instagram post yesterday, June 22.

"7 years with you. wouldn't have it any other way. happy anniversary, my love," Lahbati said.

Gutierrez responded to Lahbati's post, saying, "Love you, happy anniversary."

The actor and actress got engaged in Switzerland back in July 2017. The celebrity couple has two sons, 1-year-old Kai and 6-year-old Zion.

According to Lahbati, they have been preparing for their wedding since the beginning of June. The exact date and venue are yet to be announced. ■

Maine Mendoza, Carlo Aquino to star in new movie



Maine Mendoza and Carlo Aquino

Kapuso actress Maine Mendoza is the latest GMA-7 artist to crossover to rival ABS-CBN to do a movie with Kamilya actor Carlo Aquino.

In its Twitter account, Black Sheep, a film subsidiary of the Kapamilya network, announced that Maine will be paired with Carlo in the upcoming movie "Isa Pa With Feelings."

"Welcome to the Black Sheep

fam, @mainedcm! #IsaPaWithFeelings, comin' at ya soon #CarloMaineBlackSheep," Black Sheep wrote on Twitter.

The story conference was held on Thursday as the movie will be directed by Prime Cruz.

According to the director, "Isa Pa With Feelings" is about two broken people who will meet each other.

For the movie, Black Sheep will collaborate with APT Entertainment, producer of GMA-7's noontime show "Eat Bulaga!," where Maine is a host.

Other GMA artists who also did a movie with ABS-CBN included Dingdong Dantes with "She's The One," "One More Try," "Unmarried Wife," and "Seven Sundays"; Jennylyn Mercado with "Just The 3 Of Us" and Maine's AIDub partner Alden Richards with "Hello, Love, Goodbye."

Alden recently made headlines for visiting ABS-CBN to meet the rival network's executives.

"Medyo surreal na nandito ako ngayon. Nandito kami ni Kath to shoot mga video plugs and 'yung mga digital shoot," Alden was quoted as saying in an ABS-CBN report. ■



The cast & crew

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Fr. Nicholas Sengson (center) poses with some of the participants in the Eucharistic Celebration for the Filipino Heritage Month held at the St. Joseph's Oratory, June 21, 2019 (Photo: Facebook - Delsys).



Cel Ciron Grospe (5th from the right, yellow dress) held a barbecue party at MacKenzie King Park for her husband's birthday, June 9, 2019 attended by French class students from Gilmore College International.

ISANG LAHINE
 Kung ang ting mo'y di naririnig
 Ano nga ba ang halaga ng buhay sa daledig
 darating ba ang isa ng aron
 at magbabago ang panahon
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 Aahin ko pa dito sa mundo
 kung ang mga matang nahikay di totoo
 May naging luha ang sikuran at paglarang
 Tanong ay kailan bakit di natin
 Isabog ang pagmamahal
 Gundan mo ng tanaw ang buhay
 Mundo ay punan mo ng sarak gawing makulay
 Iisa lang ang ating lahi
 Iisa lang ang ating uol
 Bakit di pagmamahal ang lajay mo
 Pang-unawaing cunay ang syang nait ko
 Ang pagdama sa kapuay nandito sa palad mo
 Di ba't ang gabi ay mabubong katas
 Pagkatapos ng dilim ay may suwang
 Araw ay agad na sisikat likawan ang
 Ating tandas ng magkatsa
 Buaw nating pangarap

Michelle Vargas Lao
 Founding President, FCAAQ
 Chairperson, Canada Day Extravaganza

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Sunday French I class students writing their periodic exam - Joanne Mendoza, Reyna Reginio, Zeny Batan, Maricris Monis, and Dalia Beleno.



Monday French Class: Remy Amila, Lynn Solis, Zenaida Garcia, Director-General Zenaida Kharroubi, Joseph Cempron, Sokun Choy, Sovy Koach, Siv Er Lim, and Armenda(Armi) Aguilar.



Batch 7, PAB students on practicum at St. Margaret CHSLD - with their nursing aide teacher, Sophie Toledo (4th from the right)

PROGRAMS

Health Care & Education

- Personal Support Worker (PSW)
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- Early Childhood Education Asst. (ECA)

Office Administration

- Executive Assistant
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COURSES AND SEMINARS

- Languages - English, French, Filipino Mandarin, Spanish
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- How to start and manage a small business
- Music (Classic Guitar) - on request
- Color Palette, Image & Personality