

A historic vote: City Council unanimously vote yes to motion to denounce racism in Montreal

Montreal, June 17, 2020 — Last night, Montreal's City Council unanimously adopted a Motion tabled by City Councillor Marvin Rotrand, which calls on City Council to "unanimously and vigorously denounce acts of hate, racism, and violence directed towards persons of diverse Asian origins in Montreal."

The Motion is the result of Councillor Rotrand's cooperation with CRARR in responding to a worrisome uptick in reported acts of racist harassment, assaults, and insults perpetrated against Asian Montrealers in stores, public transit and on the streets. The rise of anti-Asian violence is linked to the stigmatization of the coronavirus as the "Chinese virus", as well as the media frequently showing photos of Asian people when reporting on stories related to COVID-19.

The Motion also calls on the City of Montreal to "provide all Montrealers of diverse Asian origins with safety and effective protection against hate, discrimination, and violence throughout the entire territory of the City of Montreal."

"We applaud all City Council members for voting in favor of this



Councillor Marvin Rotrand

Motion last night," said CRARR Executive Director Fo Niemi. "We wish to thank Councillor Rotrand for acting on his conviction, and our community partners for pushing for this motion."

On April 1st, CRARR launched a campaign to denounce rising incidents of anti-Asian racism in Montreal, inform Asian Montrealers of their rights and recourse options, and to push for government actions to combat hate and violence directed at these vulnerable communities.

"Last night, City Council sent a clear and powerful message to every resident of Montreal, Asian and non-



Fo Niemi, Exec. Director, CRARR

Asian alike, that racism, hate and violence have no place in our city and that they run contrary to our fundamental Canadian and Quebec values," Niemi added.

"We hope that Montreal's voice is heard across the country and around the world. It is a call to embrace diversity, equality and solidarity. It's also a call to other Canadian cities in Canada to follow our lead by committing to do the same, and to take concrete action against anti-Asian racism", Niemi concluded.

The 65-member City Council has only one Asian Councillor, Cathy Wong, who is also the Council's Speaker. She expressed her thanks to members of City Council for their vote,



Councillor Cathy Wong

"on behalf of all the Asian communities in Montreal, and myself and my future daughter, from the bottom of my heart."

Councillor Rotrand's motion is endorsed by the Filipino Association of Montreal and Suburbs (FAMAS), the Groupe d'entraide contre le racisme envers les Asiatiques au Québec, Progressive Chinese of Quebec, the Montreal Chinatown Economic Development Council, the Concordia Student Union and the Students' Society of McGill University.

.(Text of Rotrand's motion on page 4)

FAMAS holds virtual celebration of 122nd Philippine Independence Day



Flags are being set for the flag raising ceremony, 9:00 June 12, 2020 (Photo taken from FAMAS FB post - Courtesy of W. Capistrano)

It is an annual tradition to hold a raising of the flag ceremony at the FAMAS center every June 12th, but this year, it is slightly different from what it used to be. To observe safety

protocols, the Executive Board held a virtual ceremony whereby only a handful of people are in attendance and everyone else were invited to view the ceremony on line. Pinoy Pa



Cesar Manuel (2nd from the right), president of FAMAS is flanked by members of his board and guest singer Thea Cruz and Mrs. Philippines Montreal (Photo taken from FB Post - Courtesy photo: W. Capistrano)

Riin TV crew members were present to record the event for a later broadcast on ICI Television channel.

The global pandemic has put

a damper on the summer celebrations in the community. As of this writing, details about the annual town festival and parade are not available.



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From the Executive Publisher's Desk

Raising awareness about systemic racism, hate, and white supremacists activities

Zenaida Ferry-Kharroubi

Recent events leading to the world wide demonstrations and protests against police brutality that caused the death of George Floyd in Minneapolis have an impact that may be a turning point in the long struggle for justice. Against the backdrop of a global pandemic, the injustices committed against blacks and other marginalized groups have become greatly pronounced that have led many more white people to be involved in the clamor for change. Moreover, other groups working for change, have added their voices to emphasize the need to act on proposals against racism. One important group is the Parliamentary Black Caucus who said non-Black people are only now realizing the scope of systemic racism in Canada, and the group is proposing a series of measures to cut down on what it calls a "pernicious and widespread phenomenon." The chairman of this group, Liberal MP Greg Fergus said: "The members of the Parliamentary Black Caucus are heartened to see so many of their fellow citizens taking to the streets to peacefully express their desire for Canadian society to stamp out racism,"

"However, to rid our society of racism will require concrete actions by all levels of government to begin to

make a difference."

Every one can agree that concrete actions to change laws and policies really depend on the responses of all leaders and in particular, in our local community because this is where everything starts. The security services, road maintenance, sanitation, and other local services are managed by municipal elected officials. The city government has the power to implement policies that will make the police force more accountable to the people they serve.

Councillor Rotrand introduced a Motion at the May 25 City Council meeting to ask the SPVM to collect race-based data for all stops of pedestrians and drivers, and on charges and arrests that may result from such stops as well as for all situations involving the use of weapons. The Motion, which is seconded by Giuliana Fumagalli, Mayor of the Villeray-Saint-Michel- Parc Extension Borough, also calls on City Council to mandate the Executive Committee to set up an advisory committee on racism, to be made up of police officials, experts and community members, to work on a new policy on race-based data collection.

Last fall, Montreal's City Council adopted a motion calling on the SPVM to adopt a policy to end discriminatory street checks and racial profiling. The

policy was promised by March 2020. In addition, in December 2019, a coalition of groups joined Councillor Rotrand and other independent councillors to publicly press the SPVM to collect race-based data. However, the promised report has yet to be realized. Mr. Rotrand will present his motion again during another Council meeting in August.

Mr. Fareed Khan from the organization of Canadians Against Hate sent an e-mail to call our attention to a study just released on June 19th titled "An Online Environmental Scan of Right-wing Extremism in Canada" which paints a troubling picture of white supremacy and white ethno-nationalist activities in Canada. He underscored the following key findings:

- The identification of 6,660 right-wing extremist channels, pages, groups and accounts across 7 social media platforms which collectively have reached over 11 million users across these platforms, and that Canadians are highly active on forums associated with white supremacy.

- A spectrum of right-wing extremist (RWE) community activism across different platforms, with five ideological subgroups of right-wing extremists: white supremacists, ethnonationalists, anti-Muslim groups, sovereigntists and militia groups, and the 'manosphere'.

- The Christchurch attack and the Canadian federal election led to the largest increases in activity across right-wing extremist activity.

- Anti-Muslim and anti-Trudeau rhetoric are the most salient topics of conversation among RWE actors in Canada. On Twitter highly prolific extremist users were more likely to be engaged in anti-Muslim conversation, and spikes in activity often contained anti-Muslim conversation.

The report also found that Canada is in the top three countries when it comes to white supremacist activity.

Here are some notable excerpts from the report:

"We were really struck by the high level of engagement by Canadians," said Jacob Davey, the Institute for Strategic Dialogue (ISD) senior research manager and co-author of the report. "It's clear that Canada has a well established system of right-wing extremists very much comparable to that of the U.S. and U.K., and it's part of

a global pattern."

"Davey said the current anti-Black racism movements have likely led to more activity by these voices as they try to discredit the idea that racism is a problem in Canada."

"On Twitter, extremist voices were more likely to be engaged in anti-Muslim conversation and boards tended to light up when anti-Muslim topics were being discussed."

"According to the report, on Facebook, "Muslims were the most widely discussed minority community, and the most common target of posts containing explicit hate speech (23 percent), with anti-Semitism being the second largest grouping of hate speech (16 percent)." Trudeau was a particularly popular target on YouTube, the report said."

Although there have been enough studies done in the past that racism is related to the violence committed against blacks and other minority groups, there has not been enough political will among our leaders to adopt concrete proposals. There is even a denial by some leaders that systemic racism exists although it has been displayed in the center of our democracy in the Canadian Parliament where a racialized member was expelled for calling out racism.

Since 2013, when the Black Lives Matter movement was founded, there have been many demonstrations and protests whenever a black man, or woman, young or old, dies in the hands of a white police officer. But this time, George Floyd's death caused by another white police officer is considered the final straw. We need to seize this moment and ask all our political leaders in every level of government to show their sincerity and get them to act on proposals to change policies that are discriminatory. We need to organize town hall forums and constantly point out that we are not going to allow them anymore to render lip service to the basic principles which shall create a more just society.

Municipal elections are coming soon, and we should all make sure to go to the polls and vote wisely. The time has come to be more vigilant if we truly crave for a just society. To ensure that we are able to put the right people in power, we should be well informed about issues that we care about and insist that our elected officials do their sworn duties diligently to serve us.

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Original version of Motion sponsored by Councilor Marvin Rotrand

Non-partisan motion
Municipal Council
June 15, 2020

MOTION TO DENOUNCE ACTS OF HATE, RACISM, AND VIOLENCE DIRECTED TOWARDS PERSONS OF DIVERSE ASIAN ORIGINS IN MONTREAL

Whereas all residents and visitors of the City of Montreal enjoy the fundamental rights and freedoms guaranteed by the Quebec Charter of Human Rights and Freedoms (1975) and the Canadian Charter of Rights and Freedoms (1982), including the right to life, security and integrity of the person, dignity, and equality;

Whereas the City of Montreal adopted, on March 21st, 1989, the Montreal declaration against racial discrimination in which the City undertakes to "take all necessary

measures to combat discrimination, based especially on race, colour, religion and ethnic or national origin, as well as to promote harmonious interracial and intercultural relations with respect and understanding" and that it "asks the Montreal population to support their efforts with respect for the dignity and rights of all people";

Whereas the City of Montreal adopted on March 22, 2004, the Montreal Declaration for Cultural Diversity and Inclusion by virtue of which it undertakes to "take all measures within its power to promote intercultural rapprochement and dialogue among cultural groups, as well as to improve management of cultural diversity";

Whereas since February 2020, with the spread of COVID-19 worldwide and the declaration of a

health emergency in Quebec, Montrealers of various Asian origins have been victims of acts of aggression, harassment, and insults of a racist and xenophobic nature in shops, public transit, parks, and in the streets, due to the stigmatization of the coronavirus as "the Chinese virus";

Whereas the various Asian communities in Montreal, such as the communities of Cambodian, Chinese, Korean, Japanese, Filipino and Vietnamese origins, among others, constitute a force and a source of social, economic, and cultural enrichment for Montreal, Quebec, and Canada, and that they must be protected against hatred, discrimination, and violence;

Whereas hatred, violence, and racism have no place in a city as international, multi ethnic, and pluralist as Montreal.

It is moved by Marvin Rotrand, City Councillor for the Snowdon district

and Seconded by Giuliana Fumagalli, Mayor of the Villeray-Saint-Michel-Parc-Extension,

That the City Council unanimously and vigorously denounce acts of hatred, discrimination, and violence directed against Montrealers of various Asian origins;

That the Municipal Council undertakes to provide all Montrealers of diverse Asian origins with security and effective protection against hatred, discrimination, and violence throughout the entire territory of the City of Montreal;

That the City Council ask the people of Montreal to support its commitments to people of various Asian origins, through an attitude of cooperation, openness, solidarity and respect for the dignity, and rights of people of all origins.

George Floyd: Timeline of black deaths caused by police

The wave of protests in the US over the killing in police custody of George Floyd are the latest outpourings of anger that have erupted after the deaths of black Americans.

Here's a timeline of some of the major incidents from 2014 onwards.



A protest over the death of Eric Garner at the hands of New York police (Getty Images)

17 July 2014: Eric Garner

Eric Garner died after he was wrestled to the ground by a New York police officer on suspicion of illegally selling cigarettes.

While in a choke hold, Mr Garner uttered the words "I can't breathe" 11 times.

The incident - filmed by a bystander - led to protests across the country. The police officer involved was later fired, but was never prosecuted.

It came a year after the Black Lives Matter movement emerged in response to the acquittal of the man who killed teenager Trayvon Martin in Florida.

9 August 2014: Michael Brown

Michael Brown, 18, was killed by a police officer, in Ferguson, Missouri, who was responding to reports that Brown - who was not

armed - had stolen a box of cigars.

The exact circumstances of the encounter are disputed, but Brown was shot six times, according to autopsy reports.

A report by the Department of Justice later concluded that the police force had displayed racial bias against Brown and used excessive

force" at passers by.

Police claimed that they told Rice to drop the weapon - but instead of dropping it he pointed it at police.

The police confirmed that the gun was a toy after Rice had been shot dead.

There were no prosecutions after this case. The police officer involved was sacked three years later for lying on his job application form.

4 April 2015: Walter Scott

Walter Scott was shot in the back five times by a white police officer, who was later fired and eventually sentenced to 20 years in prison.

Mr Scott had been pulled over for having a defective light on his car in North Charleston, South Carolina, and ran away from the police officer after a brief scuffle.

The killing sparked protests in North Charleston, with chants of "No justice, no peace".

5 July 2016: Alton Sterling

Alton Sterling's death led to days of protests in Baton Rouge, Louisiana. Mr Sterling was killed after police responded to reports of a disturbance outside a shop.

The incident was caught on mobile phone footage and spread online.

The two officers involved did not face criminal charges, but one was dismissed and the other suspended from the police.

6 July 2016: Philando Castile

Philando Castile was killed while out driving with his girlfriend in St Paul, Minnesota.

He was pulled over by the police during a routine check, and told them he was licensed to carry a weapon, and had one in his possession.

He was shot as he was reaching for his licence, according to his girlfriend.

She live-streamed the encounter on Facebook. The officer involved was cleared of murder

charges.

force. The officer involved resigned from the force, but was not prosecuted.

22 November 2014: Tamir Rice

Tamir Rice, a boy of 12, was shot dead in Cleveland, Ohio by a



A solitary toy is left as a memorial near where Tamir Rice died

police officer after reports of a male who was "probably a juvenile" pointing a gun that was "probably

charges.

18 March 2018: Stephon Clark

Stephon Clark died after being shot at least seven times in Sacramento, California, by police who were investigating a break-in.

The district attorney said that the police had not committed a crime, as the officers said they feared for their lives believing Mr Clark was armed.

Only a mobile phone was found at the scene.

The release of a police video of the incident sparked major protests in the city.

13 March 2020: Breonna Taylor

Breonna Taylor, a 26-year-old emergency medical technician was shot eight times when officers raided her apartment in Louisville, Kentucky.

The police were executing a search warrant as part of a drugs raid, but no drugs were found.

How Breonna Taylor became a rallying cry at protests

Louisville police said they returned fire after one officer was shot and wounded in the incident. The family has filed a lawsuit for wrongful death and excessive force.

It says that Ms Taylor's partner fired in self-defence because the police did not identify themselves, and he believed they were being burgled.

25 May 2020: George Floyd

George Floyd died after being arrested in Minneapolis, and held down by police officers, one of whom had his knee on Mr Floyd's neck.

He pleaded that he couldn't breathe.

Protests broke out in cities across the US, and there were demonstrations in other parts of the world.

One officer has been charged with second-degree murder and manslaughter, and three others face charges of aiding and abetting murder.

(Source: BBC News, June 3, 2020)

Consumers face big security risks in shift to working from home, study finds

Personal data could be more at risk in this new environment

Mark Huffman, Reporter
Consumer Affairs

Millions of Americans have been working from home since late March and are likely to continue doing so well into next year.

While the threat from scammers targeting individuals has been quick to emerge, a new IBM study has found a host of security issues resulting from this new trend that pose risks to corporations and consumers' personal information.

At the office, employees usually work on highly secure networks with robust safety protocols. At home, the IBM study found employees are using their home WiFi and are often completing work on personal laptops.

'Long-lasting reality'

Businesses and employees were thrust into the work-at-home world suddenly, with little to no time for planning. The study authors found that most of the employees now working from home had little to no experience doing so before the pandemic closed their offices.

The study authors worry that cybercriminals will have a much easier time breaching an employee's home security network than they would breaking into a corporate network. They point out that customer service agents who worked in closely managed call



Photo (c) guvendemir - Getty Images

centers are now managing sensitive customer data at home.

"Organizations need to use a risk-based approach with work-from-home models, then reassess and build from the ground up," said IBM's Charles Henderson. "Working from home is going to be a long-lasting reality within many organizations, and the security assumptions we once relied on in our traditional offices may not be enough as our workforce transitions to new, less controlled surroundings."

Henderson says businesses need to be playing catch-up. IBM found that most employees now working from home are confident in their company's ability to keep personally identifiable information secure in this new environment. But 52 percent said they are using personal laptops to work at home, and 45 percent said they haven't received any specific training.

Policy lapses

The study contains a virtual catalog of additional policy lapses that

could expose business and consumer data. Specifically, the study found that:

More than half of employees have not been provided with new guidelines on how to handle highly regulated data while working from home;

More than 50 percent of respondents don't know of any new company policies related to customer data handling, password management, and other sensitive information;

More than 50 percent of new work from home employees are using their own personal computers for business use, but 61 percent say their employer hasn't provided tools to properly secure those devices; and

Sixty-six percent of employees have not been provided with new password management guidelines, which could be why 35 percent are still reusing passwords for business accounts.

While there have been no major data breaches reported since employees began working from home, the current trends are not encouraging. A recent analysis by researchers at cybersecurity company Tessian found just over half of home-bound employees are engaging in riskier behavior, such as using email to share sensitive files instead of more secure means of communication.

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MESSAGE

On behalf of the Filipino Heritage Council of Canada-FHCC, I am honoured and pleased to extend my warmest greetings to my fellow "kababayans" and to the entire Filipino community in Canada and across the world as we observe the 122nd Anniversary of the Proclamation of Philippine Independence from Spain on June 12, 1898. As we celebrate our "Araw ng Kasarinlan", albeit, a virtual mode we have to remember and honour the struggle and sacrifices of



11 Pond Fernway, Toronto, Ontario,
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our heroes and martyrs who laid their lives for our cherished freedom.

Today we should collectively renew our hope and commitment to value the inviolability of independence and the principle of democracy. Our solid and conscious pride in our national identity as a people is a testament that the courage and patriotism of our forebears have not been forgotten. Indeed, we have inherited their unbridled & ardent love of country and determination in bringing these roots in this adopted land. As it is incumbent upon us, with

utmost humility, I call on all of us to profoundly share and engage in purposeful community building and advocacy service in our respective communities.

Historically, last October 30, 2018, the Parliament of Canada proclaimed June as "Filipino Heritage Month" to celebrate and recognize the significant contributions of Filipinos within the Canadian landscape for which we are thankful. Across the globe, culturally as Filipinos, every day we are celebrating our distinctive heritage and faith, by simply living our lives in a way that embodies who we are and where we came from.

On June 19, 2020, we will be also commemorating the 159th birth anniversary of our foremost national hero Dr. Jose P. Rizal. The "Great Malayan" and "First Filipino", Rizal and his martyrdom, humanism, ideals, and writings have given valid reasons and impetus for us as Filipinos to collectively aspire and achieve the right paths of nationalism and independence of our beloved country.

Propagating and promoting our heritage and tradition foster

respect and open-mindedness for us as Filipinos and Filipino- Canadians. Culture defines our national identity and our history. Celebrating our common interest as well as our differences helps unite and educate us all. Ergo, being proud Filipino adults and youths, we should pledge to continuously preserve our national heritage for it is the significantly valuable wealth of our distinguished country and people.

Once again, with great pride and joy, I greet and pray that we may all have a happy and meaningful "Araw ng Kalayaan", "Filipino Heritage Month" and Dr. Jose P. Rizal's birthday commemorations!

"Mabuhay po tayong lahat. Mabuhay ang ating bansang Pilipinas!"

Most sincerely,

Antonio "Tony" A. San Juan, OCT-Ret.
Chairman
Filipino Heritage Council of Canada-FHCC
Tel. 416-491-2346 / Email:
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June 12, 2020

Prime Minister announces support for students serving their communities and opportunities to gain paid work experience

June 25, 2020 Ottawa, Ontario
Prime Minister's Office

Post-secondary students and recent graduates are facing unique and unprecedented challenges because of COVID-19. There are fewer jobs, and many co-op, internship, and community service placements have been cancelled. At the same time, not-for-profits are seeing an increased demand for their services and thousands of Canadians who want to be a part of the solution, which opens up opportunities for students in their communities.

The Prime Minister, Justin Trudeau, today announced the launch of the Canada Student Service Grant (CSSG), which will support post-secondary students and recent graduates as they volunteer to serve in their communities' COVID-19 response and gain valuable experience at the same time. The CSSG will provide these volunteers with a one-time payment of between \$1,000 and \$5,000 based on the number of hours they serve. To find not-for-profit organizations looking for help during the pandemic, post-secondary students and recent graduates can use the new **I Want to Help platform**, which also launched today.

The Government of Canada is also helping young Canadians find paid work placements and get the skills they need to start their careers. These activities include:

- Supporting an additional 20,000 job placements for post-secondary students in high demand sectors. A new investment of \$186 million in the Student Work Placement Program will help more post-secondary students across Canada get paid work experience related to their field of study. This funding is in

addition to the \$80 million that was announced on April 22, 2020.

- Creating 10,000 new job placements for young people between the ages of 15 and 30 through the Canada Summer Jobs program. New funding of over \$60 million will help expand the current work placement target from 70,000 to 80,000, creating 10,000 more placements for young people aged 15 to 30. The program provides wage subsidies to employers so they can give quality work experience to young Canadians and help them develop the skills they need to transition into the labour market.

- Creating 5,000 new internships through Mitacs for college and university students across Canada with small and medium-sized businesses. Funding of \$40 million will also help develop partnerships with new industries, and offer internships to students in more areas of study.

- Increasing funding to the Digital Skills for Youth (DS4Y) program by \$40 million to help post-secondary graduates gain professional work experience. DS4Y provides wage subsidy opportunities to help connect young people with small and medium-sized businesses and not-for-profits.

- Creating over 3,500 new job placements and internships through the Youth Employment and Skills Strategy. New funding of \$34 million, in addition to the over \$153 million announced on April 22, will support programs serving high-demand sectors such as health, community services, and information technology, and help other sectors to recover.

- Providing \$6.7 million for the Computers for Schools Plus (CFS+) program. The partnership-based program refurbishes donated surplus computers and electronic devices, and

provides them to schools, libraries, not-for-profit organizations, Indigenous communities, and low-income Canadians. It also offers paid, practical work internships for young people, through which they can develop advanced digital skills as well as experience in project management, teamwork, and communications.

- Creating 5,000 to 10,000 more work-integrated learning opportunities through the Business + Higher Education Roundtable (BHER). The BHER will launch a national challenge for students to develop creative solutions in response to current and future sector needs as defined by Canadian industry. The national student challenge will help connect Canada's small and medium-sized businesses with the next generation of talent in Canada.

The Canada Student Service Grant and I Want to Help platform are part of the nearly \$9 billion in support for post-secondary students and recent graduates announced by the Government of Canada on April 22, 2020. The funding for Mitacs, DS4Y, CFS+, and the Business + Higher Education Roundtable also fall under this funding.

As part of its COVID-19 Economic Response Plan, the Government of Canada is providing support for students who want to make a difference in their communities, while gaining the skills and supports needed for future success whether that be in their studies or in the job market. This support also includes the Canada Emergency Student Benefit, and temporary changes to the Canada Summer Jobs and Canada Student Grants and Loans programs.

Quotes

"Canadian students are

looking for ways to make a real difference in their communities.

With these new investments, we are giving them with the support and connections they need to have a positive impact during COVID-19 and gain the skills needed for future success."

—The Rt. Hon. Justin Trudeau, Prime Minister of Canada

"Young people are powerful leaders of change and during these difficult times we need them to help our communities. The Canada Student Service Grant is an innovative way to provide support, helping students gain valuable experience as they volunteer to serve and strengthen their communities. This will also ensure students are in a financial position to continue their studies or careers."

—The Honourable Bardish Chagger, Minister of Diversity and Inclusion and Youth

"Students are passionate, engaged, and ready to make a difference. They face serious challenges as a result of the global pandemic, and these unique circumstances call for unique action. The additional investments we are making will ensure that young people not only remain connected to the job market but also have the tools they need to keep their eye fixed on a future of their choosing."

—The Honourable Carla Qualtrough, Minister of Employment, Workforce Development and Disability Inclusion

"Our government recognizes that digital skills, computer knowledge and work-integrated learning are huge contributors to the future of innovation and jobs in Canada. By providing youth with immediate support and connections to industry, we continue to drive Canada's talent pipeline and

PERSONALITY OF THE MONTH



By: Fely Rosales-Carino

I met Cristy during our stint as members of the Mabuhay Montreal TV (MMTV) several years ago. We were among a few who answered producer Zenaida Kharroubi's call to work on a television project. Those on board were Derwin Collantes, Michael Davantes, Al Abdon, Edward Udjuvary, Hayden Whiting, Danika Sulik, Tenne Rose Dayandante, and yours truly. Like

many of us, Cristy was assigned as a TV reporter. Each of us had a role to play. Since then I've discovered how friendly and down-to-earth she is. This is the reason why I chose to feature her as the personality of the month of June 2020.

Let me tell you about her. She is the daughter of Lieutenant Hilario F. Celeste, a Philippine Air Force (PAF) retiree, and Mrs. Erlinda D. Celeste.



Robin and Cristy Hunter

sustain our innovation capacity to help mitigate the negative impacts of COVID-19 on sectors across the economy."

—The Honourable Navdeep Bains, Minister of Innovation, Science and Industry

Quick Facts

- Mitacs is a not-for-profit organization that fosters growth and innovation in Canada by solving business challenges with research solutions

from academic institutions.

- The Youth Employment and Skills Strategy (YESS) aims to provide flexible employment services and enhanced supports for young Canadians so they can develop the skills and gain the experience they need to successfully transition into the labour market.
- The \$34 million in additional contributions funding for YESS will include:



Cristy Hunter at the Philippine Tapestry of Renee Salud

Their family-owned photography studio named Larry Lyn Celeste Studio was situated at the Villamor Air Force Base in Pasay City, Philippines.

I thought at first that this venture of interviewing her was going to be a piece of cake. Little did I know that it entailed more work than I could imagine. This beautiful bundle of energy is very involved in community



Cristy Hunter as Photographer of the Month of May 2020

work, volunteering, and fashion show participations. She also earned well-deserved accolades especially in Montreal's world of photography. For community work, she's the secretary of the Federation of Filipino Community Associations of Quebec (FFCAQ). Have you heard the phrase beauty and brains? This is a fitting description of Cristy. She doesn't only excel in photography but also exudes style and noticeable stage presence during fashion shows. These attributes helped her claim the prestigious title of MISS

EARTH CANADA in 2018. This title resulted in a flurry of modeling requests. She walked with models at the Cinema Diva Festival Canada Day Extravaganza in 2018. She participated in the Quebec Special Olympics (QSO) during their Fashion For A Cause show in 2019. She also graced the stage with other models from the Philippines during the Philippine Tapestry of Renee Salud, a fashion guru with international credentials.

Cristy's love of photography came from her parents, her original mentors. This prompted her to enroll at Dawson College upon her arrival in Canada in 2014. She took a two-year course in commercial photography. Not to anybody's surprise, she graduated with honors. She now proudly owns Cristy Celeste Hunter (CCH) Photography. To date, she is a freelance photographer and videographer. For her sports volunteer work, let me mention just a few. She volunteers for the QSO Lac St. Louis Division. She is the official photographer and Assistant Manager of the Montreal All-Star MU-15 football team. She partners with husband and Coach Robin Hunter as volunteers of the Sun Youth Hornets football team (Bantam Level). Cristy admits that without her parents' encouragement at a young age and without the loving support of her very loving husband, she wouldn't have made it.

Cristy has since been showered with accolades for her work. They have been published in various newspapers - The Suburban, 24 Heures, Metro Journal, Les Nouvelles de St. Laurent, and the North American Filipino Star. Her work is also advertised at Dawson College in the form of postcards and brochures. And also on ICI TV. Recently, Pixel International, a photography group based in the Philippines, recognized her as one of the best photographers for the month of May 2020.

Do you know how Cristy met her husband? Several years ago, they crossed paths at a party where she was taking pictures. Her friends, Fred and Jovy Narvas, brought a guest, Robin Hunter. For the whole night, it seems that Robin's eyes were just glued to one person. It must have been love at first sight for both! That night, the romantic electricity was on high voltage as they fell in love. Robin later had a chance to meet her parents and other family members. Robin returned to Canada but after four months he returned to the Philippines to marry her. It sounds like a happy teleserye (Philippine soap opera)! Now tell me, wasn't that romantic? Robin and Cristy, may you live happily ever after !!!

- o \$15 million to Employment and Social Development Canada to support up to 2,000 additional job placements for young people aged 15 to 30 in community services and high demand sectors.

- o \$4 million to Canada Mortgage and Housing Corporation to support 275 paid internships within the housing sector, for Indigenous youth.

- o \$15 million to Canadian Heritage to create up to 1,245 additional job placements and paid internships in various sectors and communities, including Official Language Minority Communities

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These jobs may be most in-demand in a post-pandemic Canada

Ryan Flanagan, CTV News Writer
TORONTO -- Let's start with the obvious: It is not a good time to be looking for work.

Canada's economy shed nearly two million jobs – a record – in April, on top of one million in March. The national unemployment rate sits at 13 per cent, and would be even higher had 1.1 million Canadians not given up entirely on trying to find a job amid the COVID-19 pandemic.

But for every Canadian who stopped looking for work last month, there are two who were still attempting to land some sort of employment.

Despite a seemingly never-ending flood of layoffs and bankruptcies, hiring is happening – just at a much slower pace. Job website Indeed says the number of postings it is receiving is roughly half of its 2019 average. Ontario and Quebec, the two provinces hit hardest by the pandemic, have seen the biggest drops.

Brendon Bernard, an economist with Indeed, told CTVNews.ca on Wednesday that the "major shock to the system" caused by the pandemic seems to have stabilized since posting levels bottomed out in mid-April.

"We've been pretty stable for a few weeks now. We're kind of in this holding pattern," he said via telephone. Those who work directly to match up employers looking to hire with prospective workers also see reasons for optimism.

"Believe it or not, there are opportunities," Garrett Hein, who works for the Express Employment Professionals staffing agency in Sarnia,

Ont., told CTVNews.ca via telephone on Wednesday.

"We are trying to tell people 'Don't get discouraged; we will turn the corner' – and we are starting to turn the corner now, slowly."

JOBS LOST, AND NOT

Not every part of the economy was affected equally by the pandemic-induced crash in the jobs market, and not every sector is rebounding in the same way either.

According to Statistics Canada, job losses were largely concentrated in major industries where working from home is impossible, including retail, restaurants, hotels, construction and manufacturing.

The service sector has also been where Indeed has seen the biggest drop in activity, with postings for jobs in beauty and wellness, food preparation and service, and hospitality and tourism all down by more than 60 per cent.

Jessica Culo, who owns an Express Employment Professionals franchise in Edmonton, says administration-type jobs – including administrative assistants, receptionists, data-entry and customer-service roles – were also among the first to lose their jobs.

Many of those positions are now being filled once again as governments begin to loosen restrictions on gatherings and workplaces, Culo told CTVNews.ca on Wednesday via telephone.

"Administration is the one that's leading right now, as far as what companies are advertising (for) and what they're looking to bring back," she

said.

While every industry has seen drops in job postings on Indeed, the decreases have been relatively mild in a few fields. Chief among those is health care, where the drop has been just over 20 per cent.

"You have job openings holding up relatively well for doctors and nurses, as well as personal support workers (and) health-care aides," Bernard said.

Security and public protection postings are next on that list, down by 32 per cent, while advertisements for positions in software development are down by 38 per cent.

Culo, whose agency works with more than 1,500 businesses in the Edmonton area, said construction jobs are returning as well, and employers are also looking for truck drivers – a role where the labour shortage is so

COVID-19 – are also more concerned about workplace health and safety than they were before the pandemic, leading companies to develop new policies around health and train their employees on them. This creates even more potential for new jobs in this area.

"All organizations are looking to enhance their health and safety programs," Culo said.

"Companies have to make sure that they're going overboard in that communication, because they need their employees to feel safe."

On the national scale, Hein expects that once workplaces open back up, some of the biggest hiring sprees will be embarked upon in manufacturing facilities and warehouses, while there will also be demand for machinists.

There will also be shifts as businesses adjust their operations to



A server wears a face mask as two women have drinks on the patio at an Earls restaurant, in Vancouver, on Tuesday, May 19, 2020. (THE CANADIAN PRESS / Darryl Dyck)

significant in Canada that even a pandemic couldn't stop it.

Some of these roles are entry-level, but hiring is also happening for more professional positions. In southwestern Ontario, Hein's agency is seeing an uptick in administration jobs as well – but also positions "in all kinds of fields" including accounting and engineering, and even some light industrial work.

Still, Hein estimates that it will take "several months" for hiring levels to return to anything like what they were before the shutdown, with many companies playing catch-up on pre-pandemic recruitment efforts.

"Talking to companies, I think the first thing we're going to see is companies resuming hiring that was put on hold," he said.

WHERE WILL THE DEMAND BE?

Then there are the new jobs being created as companies gear up to return to something resembling normal operations. In Alberta, it is recommended that businesses screen all workers for possible symptoms of COVID-19 and mandated that anyone displaying cold-like symptoms not be allowed to remain in the workplace.

Some employers are responding to this by creating new positions in health and safety administration, such as greeters at construction sites who screen workers as they arrive and record their findings.

It isn't just because of government orders, as Culo sees it. Workers – especially those who live with those at higher risk of contracting

match the changed expectations of the public. Bernard brings up the example of retail, where there might be less need for in-store workers in the near future as consumers opt for placing orders on their computers.

"They might see some customers [in the store], but will those numbers be enough to really support bringing back a full workforce, or half of it? We just don't know at this point," he said.

"At least temporarily, there's going to be a significant shift to online – and that might create a demand for certain workers in other areas."

Even when open positions exist, though, businesses may have ideas about how to fill them that don't involve hiring strangers who sent in resumes. Culo said many of the businesses she has talked to plan to bring back the workers they laid off during the pandemic before looking at other hiring pools.

Given that, she said, patience and adaptability are key skills for anyone currently seeking a new job.

"We're telling people to be patient and to really consider all options. Don't turn down something that you don't think is totally within your wheelhouse. If you're being offered a flex or a contract role, consider it," she said.

"Proximity is power. Get near what you want to be doing, and you might open doors for yourself."

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How Canada could avoid a 2nd wave of COVID-19

What we've learned from 1st wave could help us prevent a 2nd altogether

Adam Miller · CBC News · Posted:
Jun 25, 2020

The first wave of COVID-19 is subsiding in Canada, with daily case numbers and hospitalizations falling to rates not seen since the beginning of the pandemic.

Predictions on when a second wave of COVID-19 could hit have ranged from the fall and winter months of this year, when flu season traditionally starts, to early next year, similar to the way the pandemic began.

But experts say the likelihood of a second wave isn't set in stone, and Canada could instead see several smaller waves in the coming months or avoid a second wave altogether — especially if we keep our guard up.

"There's actually nothing preordained about a second wave," said Steven Hoffman, director of the Global Strategy Lab and a global health law professor at York University in Toronto who studies pandemics.

"We might have a second wave, we might have a third, fourth and fifth wave — we might not have a second wave at all."

Dr. Isaac Bogoch, an infectious disease physician and scientist with Toronto General Hospital, said instead of one cohesive second wave, we'll likely face smaller outbreaks in the coming months that will need to be clamped down on quickly.

"It's going to be a game of whack-a-mole," he said.

"We're basically going to be trying to rapidly identify small outbreaks as soon as possible, quelling those small outbreaks and preventing them from snowballing into larger outbreaks and a larger epidemic."

Israel saw hundreds of new infections after reopening schools, South Korea faced a spike in cases at a nightclub district in Seoul while an outbreak at a meatpacking plant in Germany led to renewed lockdown measures.

Meanwhile, countries like Singapore, Hong Kong and Taiwan quickly flattened the curve of their first wave and have so far avoided a second wave of infections altogether while keeping strict physical-distancing measures in place.

China moved quickly to quell a new coronavirus outbreak in Beijing this month, raising its emergency level, suspending reopenings and cancelling more than 60 per cent of flights in and out of the capital after reporting at least 256 new cases since early June.

Bogoch said if Canada takes a similar approach to controlling new outbreaks, we can avoid more drastic measures like shutting down nonessential businesses and reimposing lockdown measures across the country for the long term.

"If we jump on it quickly and we have the capacity to do the early identifications, contact tracing and isolation, we can get through this without a big second wave," he said.

"But if we don't, if we let our guard down, well, here it comes."

Canadians vulnerable to COVID-19

The largest risk factor for another wave of infection is connected to the fact that most Canadians are susceptible to COVID-19 simply



A woman in a mask walks past a sign in downtown Toronto on May 22. Experts say we now know more about how to react to COVID-19 outbreaks quickly and treat the disease itself more effectively. Source: Evan Mitsui/CBC

because they haven't had it.

Canada's Chief Public Health Officer Dr. Theresa Tam said almost 2.5 million Canadians have been tested for COVID-19, with an average of about four per cent testing positive and more than 100,000 confirmed cases.

"We have very small penetration of this disease in our society," said Raywat Deonandan, a global health epidemiologist and an associate

while physical distancing and lockdown measures have drastically lowered the number of new cases and hospitalizations in Canada, they continue to rise globally — putting us at further risk.

It's just very likely that so long as this virus is circulating around the world, it will at some point come back to Canada," Hoffman said. "Even if we eliminated it from our country."



Thousands of people spend time on the beach by Lake Ontario in Toronto on Saturday. Experts say the likelihood of a second wave isn't set in stone, and Canada could instead see several smaller waves in the coming months. (Frank Gunn/The Canadian Press)

professor at the University of Ottawa.

"That means the vast majority are still susceptible, and if they are susceptible, then it doesn't take a whole lot for something to trigger another explosive growth."

For that reason, Deonandan said there is a mathematical probability that another wave of infection is possible, but it may be less severe based on what we've learned about how to control the virus in the past six months.

"We know that it loves mass indoor gatherings. That seems to be where the super spreading events tend to be: churches, karaoke bars, parties, nightclubs," he said.

"So given that, that's kind of our way of controlling the second wave — if we just really monitor large indoor activities or prevent them entirely."

York University's Hoffman said

Knowledge of the virus may help fend off future waves

Our understanding of the novel coronavirus and how COVID-19 presents in the human body has increased dramatically in the past six months, and we now know more about how to react to outbreaks quickly and treat the disease itself more effectively.

"We've learned that this is a very strange disease that seems to manifest differently in different populations, different age groups and that the symptomatology is not at all what we might have expected at first," Deonandan said.

"This idea of losing your sense of smell, for example, that took everyone by surprise. We also learned about asymptomatic and presymptomatic transmission."

He said it was wrongly assumed early in the pandemic by experts around the world that simply testing

symptomatic patients early could control the spread of COVID-19, much like with an influenza outbreak.

The World Health Organization also recently backtracked on a claim that the spread of COVID-19 from people who do not show symptoms is "very rare," later conceding that asymptomatic individuals can transmit the virus.

There were also early concerns about the threat of different modes of transmission, either through surfaces or feces, and Deonandan said that caused confusion about how to prevent infection at a critical time.

Jason Kindrachuk, an assistant professor of viral pathogenesis at the University of Manitoba in Winnipeg and Canada Research Chair of emerging viruses, said we can use our increased understanding of transmission to fend off future waves.

"We're better prepared than we were the first round because we have a better idea of what this virus is and a little bit more about how it behaves," he said.

"We've learned probably around five to 10 years worth of research in the last six months."

Yet while we know more now about the virus in order to prevent infection, Kindrachuk said the first wave has exposed our vulnerabilities, especially in long-term care homes, where more than 6,000 Canadians have

died from COVID-19.

"If the virus hits a resurgence in Canada again," he said, "as long as we can try and limit the spread within those vulnerable communities, we know that the majority of the rest of the population is manageable."

Hoffman said he hopes we've learned enough about protecting long-term care home residents and ensuring employees are supported to take necessary precautions in order to prevent more outbreaks in the months ahead. "That's what has allowed this outbreak to continue for longer, affecting more vulnerable people, and as a result has meant that we are only able to start lifting these layers of protection at a later point after other countries have already been able to do so," he said.

"It's just a total disaster and so preventable."



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Shrimp with upo and sotanghon

Ingredients

2 tbsp cooking oil
1 medium onion, sliced
5 cloves garlic, sliced
1 lb ground pork (or use half if you want it lesser meat)
1 large tomato, diced
1/2 tsp ground black pepper
2 tsp fish sauce
1/2 lb shrimp, shelled and deveined
1 large upo, peeled and sliced
4 cups of water or chicken broth
100 grams sotanghon, soaked drained
salt to taste

Instructions

Soak sotanghon in warm water for about 10 minutes. Drain and set aside.
Using a deep pan, heat over medium heat and add cooking oil. Add onion and garlic. Cook until fragrant for about a minute.
Add ground pork (or chicken). Stir and cook for 10 minutes over medium heat until light brown while stirring occasionally.
Add chopped tomatoes and stir. Cook for few minutes until limp.
Season with ground pepper and fish sauce. Stir and cook for a minute.
Add shrimp and stir gently. Cook for few minutes until shrimp turns pink.
Add upo and stir gently. Cover and cook for few minutes.
Pour-in water and bring into a quick boil. Reduce heat to simmer for 10 minutes.
Add sotanghon. Stir gently and simmer until sotanghon is fully cooked for about 10 minutes while stirring occasionally.
Taste to see if salt is needed. Serve hot and Enjoy!



Shrimp with tofu and ground pork

Ingredients:

1 square (12 oz) extra firm tofu, drained and cut into 1 1/2 inch cubes)
1/2 lb medium size shrimp, peeled and deveined
1/2 lb ground pork
1/2 cup button mushroom
5 cloves garlic, minced
1 small onion, chopped
1 thumb size ginger, minced fine
1 tsp soy sauce

1 tbsp oyster sauce
1 tsp sugar
1/2 tsp cornstarch, diluted in 2 tbsp water
2 tbsp canola oil
salt and ground pepper to taste
1/2 cup water
chopped green onion for garnishing

Instructions

In a wok, heat and add cooking oil. Fry tofu for few minutes until all sides turns light brown. Remove and set aside.
Add ginger, onion and garlic to the wok. Saute for a minute.
Add ground pork and stir. Season with a pinch of salt and ground pepper. Cook for 5 minutes while stirring occasionally until pork is light brown and cooked.
Season with soy sauce, oyster sauce and sugar. Stir to combine.
Add mushrooms and shrimps. Stir gently and cook for 2 minutes.
Add water and stir gently. Simmer for 2 minutes.
Add tofu to the wok and stir. Taste to see if more salt and pepper is needed. Add accordingly.
Pour in cornstarch diluted in water. Stir gently and cook for a minute.
Transfer in a serving plate and garnish with chopped green onions. Serve and enjoy!



Puto Kutsinta

Ingredients :

Ingredients:
1 cup cassava flour (or tapioca flour)
1 cup all purpose flour
1 cup brown sugar
3 cups water
1 tsp anatto powder
1 tbsp lye water (lihiya)
1/4 tsp pandan essence (optional)
grated coconut or dulce de leche (topping)

Instructions:

Dissolve the anatto powder in 1 tbsp. hot water. Set aside
Prepare the steamer. Wrap the lid with cheesecloth or any other clean cloth. Grease 25 pcs. large puto molds.
In a big bowl, combine the flours and sugar. Mix until well blended.
Combine the diluted anatto powder in 3 cups of water, stir until well blended.
Add the lye water and the pandan essence, stir.
Add the anatto water in the flour mixture. Mix until no more lumps.
If the mixture formed some bubbles, scoop the bubbles out of the bowl.
Pour the mixture in each molds until 3/4 full. Stirring occasionally.
Put in the prepared steamer and cook for 30 minutes on low fire. Remove from heat and cool completely before unmolding.
Serve with dulce de leche or freshly grated coconut.



Chicken Afritada (Chicken in tomato sauce)

Ingredients

Ingredients
2 lbs chicken breast, or leg (or pork can be used instead)
2 tbsp Cooking Oil
1 pc Carrot big size, cubed
1 pc Potato big size, cubed
3 tbsp Butter
1 pc Onion medium, chopped
2 cloves Garlic minced
1 pc Red/Green Bell Pepper medium
1 1/2 cup Tomato sauce
1 1/2 cup Water
2 lbs (8pcs) Chicken Drumsticks
1/4 cup Cheese
Salt to taste

Instructions:

Heat oil in a pan, fry carrots and potatoes until edges turned lightly brown over medium heat. Set aside.
Now fry each side of the chicken for 3 minutes. Set aside.
In the same frying pan with oil, saute garlic and onion.
Add the tomato sauce and 1 cup of water. Simmer for 5-10 minutes over low heat until tomato sauce is not that sour anymore.
Put in chicken and 1/4 – 1/2 cup water if needed to add more. Sprinkle with salt. Cover and let it simmer for another 30-40 minutes or until the chicken is cooked and there's no oil floating on the surface of the sauce.
Put in potatoes, carrots and bell pepper, butter then add grated cheese. Cook for another 5-7 minutes. Transfer to a serving bowl.
Serve while hot. Best served with hot rice.



Chicken Adobo

Ingredients

2 lbs Chicken Legs
1 Piece Onion Optional, Thinly Sliced
1 Clove Garlic Peeled and Minced
2 Pieces Bay Leaves Dried
1 tsp Sugar
1/2 tbsp Black Pepper
1 Cup Vinegar
1/2 Cup Soy Sauce
1-2 Cups Water

Instructions

In a bowl, combine soy sauce, vinegar, sugar, garlic, and pepper. Mix well and marinate chicken legs for at least 1 hour.
After 1 hour, heat the pot and put in the chicken legs with the marinade sauce.
Add the bay leaves and onions. Cover and simmer for 40 minutes or until chicken is tender already.
TIP: You can add more water if the chicken is not yet tender.
Set aside the chicken when tender.
Heat oil in another pan, medium fry the chicken. Then, set aside when fried.
Remove some oil from the pan before pouring the sauce & chicken into it. Simmer for another 2 minutes.
Serve and enjoy!



Social Tidbits

Fely Rosales Cariño

Summer has arrived with a vengeance! With over 30° for several days now, even with air conditioning, people still find relief somewhere. My daughter Joy and granddaughter Karisa have been giving me a lift. As soon as lunch is over we get ready to go out. Our favorite destination is along Lakeshore Boulevard. We enjoy the pleasant breeze and wonderful scenery: people paddling along the shore, water enthusiasts flying their sails, the occasional ships passing by, the baby geese wandering around in search of food, people biking, people walking their dogs, even a group of social dancers moving to the hypnotic Latin beat, and much more. Such sights seem precious indeed in light of current social distancing guidelines. Then we witness sunset in all its glory as we reluctantly leave the wind swept river and head home.

The Filipino Montreal Association of Montreal and Suburbs (FAMAS) in collaboration with the Samahang Makabayan still operate their Food on Wheels, which is funded by the Pista Sa Nasyon grant and partly by civic spirited local community leaders. Their latest fundraiser was performed by Mark Simbulan who held a concert at the FAMAS Center. Many responded because they liked Mark's baritone voice. Thank you so much, Mark! For those in need of help, direct your inquiries to FAMAS at 514-341-7477, Cesar Manuel at 514-568-8127, and to Svetlana Suarez at 514-808-2818.

The Federation of Filipino Canadian Associations of Quebec (FFCAQ) under President Minda Mazzone remains consistent in helping the seniors, single mothers, the sick, and people who are alone. Helping her are Fred and Jovy Narvas, Robin and Cristy Hunter, and other FFCAQ officers.

MP Anthony Housefather has always been vigilant in informing the public about Covid-19. In collaboration with colleague MNA Birnbaum, he worked to maintain the assistance of the Canadian Armed Forces for Maimonides Hospital in Cote St. Luc. MP Housefather also updated us that clothing manufacturers based in Dorval will be producing 12 million made in Canada medical gowns with deliveries starting July 2020. He also updated benefits for seniors. Seniors eligible for OAS pension will receive \$300 and those eligible for GIS will receive an additional \$200, for a total of \$500. Let's hear his warm message to the Filipinos in Montreal as seen in Facebook: "I'm proud that I seconded the resolution in the House of Commons to make the month of June

as the Filipino Heritage month in Canada. The Filipino numbers over one million across Canada. I congratulate Al Abdon and members of the FHSM for their presence and passions in continuing to make Canada a better place to live. Mabuhay!"

Outreach Coordinator Sonny Moroz urges everyone who needs information regarding business pursuits to get in contact with him. His constant presence in the FAMAS Center (and also monetary gifts to various projects!) definitely endears him to Filipinos.

Here is the result of Councilor Marvin Rotrand's petition to the City Council of Montreal. The resolution requested the adoption of a motion which calls for the City Council to unanimously and vigorously denounce acts of hate, racism and violence directed towards persons of diverse origin in Montreal. This was adopted June 17, 2020. Councilor Rotrand also helped facilitate the granting of a mobile bus for Covid-19 testing. This bus was in the Mandela Park and in Appleton Avenue on May 16-18. No residency was required. It was open to all. Still awaiting approval is his and MNA David Birnbaum's petition for voting by mail and wearing masks on transit. Knowing Councilor Rotrand, always on guard for anything that benefits Asian Canadians, there are more initiatives to come!

Congratulations Dollard des Ormeaux (DDO) which turns 60 years old this month! For myself and my family who have lived here in DDO for 39 years to date, this is our city, this is our home. We feel safe here and there's no place like home! We have a great mayor, Alex Bottausci, and residents feel we are in good hands. His able stewardship leaves no stone unturned when it comes to looking after each household. He is definitely "hands-on." Here is Mayor Bottausci's message to DDO residents published in Le Journal, Summer 2020 Edition: "Please rest assured that our City is working everyday to answer the needs of our residents. I encourage you to contact the City if you or someone you know is in need of assistance. I thank you all personally for the important changes you have made in your lives to ensure the health and safety of all, and I encourage you all to stay safe and stay connected. We will get through this together!"

The Councilors also shared personal stories. Errol Johnson and wife Veronica thought that DDO is the best place to raise their 3 daughters. They are members of the Westminster's pool where families meet. Valerie Assouline chose DDO for

its parks. She often takes walks to the park and stops to take pictures because the scenery is just beautiful. She feels that the town has become a part of her family history. Herbert

and friends should greet the Philippines "HAPPY HERITAGE MONTH!" The celebration would have to be postponed in light of today's circumstances. However, Chairman Al



FHSM (Filipino Heritage Society of Montreal) past celebrations

Brownstein moved to DDO in 1992. His three sons attended local schools. Herbert chose DDO for its rich and diverse community. Morris Vesely and wife Linda have lived in DDO for forty years. He deems his most important accomplishment as a councilor was serving as Chairman of the Demerger Committee. Laurence Parent and his family has lived in DDO since 2008. Their two daughters enjoyed the library and the many courses offered at the Civic Center. Pulkit Kantawala and family have lived in DDO for 26 years. They enjoy the strong sense of community the city has to offer. Their children attended Sunnydale Park School where they were members of the soccer and swim teams. Mickey Guttman and family has lived in DDO for 36 years with beautiful memories. Colette Gauthier moved to DDO in 1976. She was president of the Westwood Pool, where her children swam.

Abdon of the Filipino Heritage Society of Montreal (FHSM) has cleverly devised activities to celebrate the occasion. He has enjoined each auxiliary member to cook a menu of their own choosing. The servings should be enough for the members. Chairman Al graciously delivers every Tuesday to each member's residence no matter where. Members have been enjoying each delivery. How about that for service! Also some auxiliary members (Pasaway) have been meeting regularly to practice a folk dance through the tutelage of dance director Jeannette Perignon. This month they will be virtually presenting; Al is the videographer. Dancers are Nenita Licayao, Dolores Belandres, Valent Lloyd Hughes, Jeannette Perignon, Rebecca Aguilar, and Elma Bolatao. Because of their very graceful moves and sweet smiles, they do justice to the folk dance called Tiklos.

Every month of June, Filipino

Stay home and stay safe. May God Bless us all!



Canada Day Extravaganza Virtual Celebration Hosted by Michelle Vargas Lao and Rhea Therese Foz Wednesday, July 1, 2020 - 12:00h-20:00 h. (FB post)

FILIPINO STAR

SHOWBIZ GOSSIP

Heart Evangelista to launch project for students' distance learning needs



Actress and artist Heart Evangelista



Heart purchased 550 Tablets to give away to students.



Mrs Evangelista is a very accomplished painter.

Heart Evangelista is rolling up her designer sleeves for a new charitable project.

The actress and artist announced on Instagram today that she will launch Big Heart PH on July 1, "a project that will help equip students in need with tools for them to be able to continue their education."

She lamented students' situation during the coronavirus pandemic, explaining, "Under the

new normal, they would be required to comply with distance learning or forced to stop their education if they couldn't [comply]. That means that each student would need access to their own tablet and internet."

The actress took to Twitter in early June to give away tablets for online schooling. She also sold a painting which helped her buy 550 tablets.

She explained in her Instagram post that she has since

wanted to do "something bigger" to help.

"I know this little project of mine will not be able to help everyone, but I know it will change the lives of those we are able to," she said.

Evangelista has been active in COVID-19 relief efforts. She sold one of her paintings in May to raise funds for frontliners and has been using social media to personally reach out to people seeking aid. ■



Jericho on depression during lockdown: It's a beast that's eating us up



Jericho Rosales

To those like him, who admitted to have felt depressed at one point when Metro Manila—and other parts of the country—were placed on lockdown in March, actor Jericho Rosales has this advice: “Acknowledge and accept your feelings, but also be sensitive to what others are going through.”

During a recent Zoom press conference, Jericho shared with

Inquirer Entertainment: “I was able to relate to what most Filipinos went through. Aside from experiencing [Typhoon] ‘Ondoy’—the first calamity I remember that had affected everybody in Metro Manila—this pandemic made me realize that we’re all equal. We’ve all experienced some form of hardship, although it’s indeed harder for other people.”

However, Jericho said,

depression, which he described as “a beast that’s eating us up,” has set in a little later for him because he had been “distracted” in the beginning.

The actor got involved in relief operations and fundraising events during the early stages of the enhanced community quarantine, or ECQ. Aside from his highly publicized reunion with the male group “The Hunks” for the “One Voice Pilipinas”

all Star Magic talents to produce photos for its online catalogue called “Lockdown Portraits.”

Jericho said he decided to talk himself out of the unpleasant feelings by reminding himself that “everyone is adjusting; that we all took for granted so many things like shooting, taping, relaxing or whatever mattered most to us.”

He also pointed out that, “now, I’m already at a stage where I’m excited and hopeful. I just try to appreciate whatever we’re doing now, like this virtual press con. I realized it’s not impossible to accomplish things under the new normal. We just have to push our creativity to its limits.”

Being among the Kapamilya network’s top talents, we asked him how he was able to express moral support to fellow Star Magic artists, especially now that the economy is down and work is uncertain for most people.

“The first step I did was to be real, to live by example. I know that I have industry friends who are watching me and are asking, ‘What’s he doing now?’ I don’t have to use my bull horn all the time. I let my actions do the talking,” he said. “What I’m trying to say is that I always think and strategize on how I can use my influence during these difficult times.”

He reminded everyone to “not forget that we’re artists and that we should use our voices to spread positivity. I’m proud of most of us.

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Echo in “Gabi na Naman”

initiative, Jericho also put up an online show along with other show biz friends, titled “Gabi na Naman,” in order “to help entertain people.”

Jericho said “difficulty” came after, when he was no longer busy looking out for other people. “It came when it was already time for me to think of myself. That’s when I felt the shock. I actually felt so down that it had been difficult for me to be creative,” recalled the actor, adding that this was also the period when his home network, ABS-CBN, had asked

We’re also experiencing tough times, but many of us are still actively helping others out.”

As for those who might be going through a similar emotional struggle, Jericho said: “Don’t pretend to be OK if you’re not. If you need to isolate yourself, to be quiet and to think first, then do so. If you’re feeling happy, don’t feel guilty; that’s OK, too, just don’t be insensitive to others around you. You have to accept in your heart and mind that everything that’s happening right now is going to be this way for a little while longer.”

JM de Guzman, PH Air Force give relief goods to PWDs in Navotas



JM de Guzman handing out relief goods in Navotas City

JM de Guzman distributed relief goods to 150 persons with disability (PWDs) in Navotas City with his colleagues from the Philippine Air Force (PAF).

De Guzman's brother Matthew and some fans also helped out on the relief operation.

Following the initiative, de Guzman and his PAF colleagues



The actor posted photos from the initiative on his Instagram page last Friday, June 26.

De Guzman started training as a reservist under the PAF last March with fellow Kapamilya actor Kiko Estrada. Along with some officers from the PAF, members of the Boy Scouts of the Philippines (BSP) joined the effort as well.

The actor and the officers wore their army fatigues while handing out the supplies. They observed precautions against the coronavirus and wore face masks, face shields and gloves. Meanwhile,

were made honorary members of the BSP Navotas City council.

Along with de Guzman, Arci Muñoz has also begun undergoing reservist training under the PAF. The two actors join other celebrities who are also part of the country's reserve force. Among them are Matteo Guidicelli, who enlisted as an Army reservist in April 2019 then underwent Scout Ranger Training the month after; and Navy reservist Dingdong Dantes who was promoted to the rank of lieutenant commander last January. ■

Sarah talks about the positive side of home quarantine



Ruffa Gutierrez

Despite celebrating her birthday at home, Ruffa Gutierrez's loved ones ensured that the actress felt appreciated on her special day.

The former beauty queen said that she was overwhelmed with gifts, cards and messages, as seen on her Instagram page yesterday, June 25. Gutierrez turned 46 years old on Wednesday, June 24.

The actress posed behind an elaborate multi-colored balloon arrangement to mark her birthday.

A few hours before her special day, Gutierrez said that she was "another year younger and wiser," as per her Instagram post last Tuesday, June 23. Amid the COVID-19 crisis, the actress welcomed her birthday "quietly" with her loved ones at



"This quarantine has made me realize I already have everything I could wish for and more," she declared.

"My only prayer is to keep my loved ones safe from harm and let the Lord's blessings be upon them," Gutierrez added. "Above all, I pray for peace, healing, and hope during this pandemic."

home.

Gutierrez smiled while posing beside a lavish pink-rose flower arrangement.

Gutierrez is one of the actors of the drama TV series "Love Thy Woman," which also stars Kim Chiu, Xian Lim, Sunshine Cruz and Christopher de Leon. ■

Ex-Hashtags member Jon Lucas opens up on experience as COVID-19 patient



Jon Lucas

Actor Jon Lucas, a former member of the boy group Hashtags, has revealed to fans that he had earlier tested positive for the novel coronavirus through rapid testing, but has since recovered.

Lucas opened up about his journey toward recovery on Facebook last Thursday, June 25, as he thanked health workers and other frontliners for their hard work.

“[Three] days ago nag stay sa NEGH [New Era General Hospital]. Kasi doon sa [rapid test] ko nag positive ako. Opo alam naman natin po at ng karamihan na hindi siya accurate para madetect yung virus. Minsan daw kahit negative ka pwede ka mag positive. Minsan naman daw positive ka pero negative ang lumalabas,” Lucas noted.

(I spent three days at the NEGH, where I underwent rapid testing and was found positive. I know, and a lot of you know, that these rapid tests are not accurate in detecting the virus. Sometimes, even if you are negative, you get a positive result. And sometimes when you are positive, you get negative results.)

“Ang lumabas don sa result ko ‘29 days onwards recovery’ parang papagaling na yung infection sa katawan ko. Meaning parang dumaan lang siya,” Lucas added.

(My results stated that I am ‘29 days onwards recovery,’ meaning the infection is about to go away. Like it just passed by.)

Lucas also said that there were times when he suffered from coughs and fever, which are among the symptoms of COVID-19. He said he ignored the symptoms, thinking that he was just stressed.

The “Descendants of the Sun” actor said that he spent his three days in the hospital with other COVID-19 patients, who tested positive both via rapid testing and swab testing, the latter being the more accurate testing method.

“Ayun na nga so [three] days kami magkakasama don, syempre bilang ako bago lang don diko alam anong klaseng sakit ba to,” Lucas narrated.

(So I spent three days with them at the hospital, and since I was new there, I did not know what kind of disease this was.)

“Diba pag nanonood ka sa social media talagang matatakot ka. Kasi nga ang dami na rin talagang pinatay ng sakit na ito. Pero doon sa NEGH bago ka pa man din maadmit, paulit-ulit ng ipapaunawa sa’yo ng mga Ministro na nandon, ang paulit ulit din na binanggit ng Diyos para sa mga lingkod niya na ‘Huwag kang matakot,’” he added.

(When you go to social media, you really are going to be scared because this disease has killed many. But in the NEGH, even before you get admitted, the minister there will tell you again and again what God has said several times to His followers: “Do



not be afraid.”)

The actor noted that he and the other patients received their negative test results last June 24, underscoring that they recovered not only because of the frontliners, but also because the hospital followed the word of God through the Bible.

After saying that they were given multivitamins as part of the treatment, Lucas added, “Hindi vitamins ang nagpagaling sa amin! Kundi ang Panginoong Diyos na pinakamapangyarihan sa Lahat (We recovered not because of the vitamins, but because of God who is the most powerful of all!)”

“Kaya rin siguro ako napunta don para makita ko

mismo kung ano ba talaga ang sitwasyon sa loob ng Hospital na may mga COVID patients. Para na rin maibahagi sainyong lahat ang pagtulong at pagmamahal ng mga Doctors, Nurses, medical [staff], mga Ministro at manggagawa natin sa mga kababayan nating naapektuhan ng COVID,” the actor emphasized.

(Maybe the reason why I was sent there is for me to see the real situation inside the hospital and of COVID-19 patients. And to also share to all of you the help and love from doctors, nurses, medical staff, ministers and other workers for our countrymen who have COVID-19. ■

'80s stars Janno Gibbs, Randy Santiago sing about shocking utility bills, social distancing



Janno Gibb

“Sa mga hindi nakakilala sa akin ako po si Janno Gibbs. Sikat po ako dati.” (For those who do not know me, my name is Janno Gibbs and I used to be popular.)”

These were the words of singer and comedy actor Janno Gibbs on the very first video uploaded on his YouTube channel called JGTV- Janno Gibbs TV. It sent me on a laugh trip and reminded me he never lost his touch in making people laugh.



Randy Santiago

Janno was a star in the '80s. He has a popular remake of “Ipagpatawad Mo” which he turned into parody song on JGTV. The lyrics go: “Ipagpatawad mo, kung nangangapa ako, Pagpasensiyahan, niyo na lang ang lolo niyo. Alam ko ang pinasok ko’y makabagong mundo....” (Forgive me, I’m still finding my way around here, Please give this grandpa a break, This is all quite new to me...)

He has songs about current events and pop culture. Janno sings about a public servant who, despite having COVID-19, breaks protocol and enters a hospital; TikTok-ers during the pandemic; rules on wearing masks and social distancing in public; the franchise renewal issue of ABS-CBN and the reaction of Kapamilya star Coco Martin; utility bills, and more.

The celebrity also sings about frontliners, including Angel Locsin who has done so many good things to people during the pandemic.

Indeed, Janno Gibbs TV is a good watch (except for the part he reminded me of my Meralco bill, arrgh!)

Another good watch is the video for the new song “Dance & Sing” (Basta’t May Social Distancing), written, produced and released on YouTube by '80s star Randy Santiago. I enjoyed his work because I, myself, grew up on '80s music.

Comedy is a welcome breather at this time that many people are drained financially, emotionally, spiritually, due to the pandemic.

If you relate to this, may these words from Debarup Mukherjee’s “The Sky is Clearing” uploaded on YouTube inspire you:

“Today, a hotel in the west of Ireland is offering free meals and delivery to the housebound. Today, a young woman I know is busy spreading flyers with her number through the neighbourhood so that the elders may have someone to call on. Today, churches, synagogues, mosques and temples are preparing to welcome and shelter the homeless, the sick, the weary.

“All over the world, people are slowing down and reflecting. So, we pray and we remember that, yes, there is fear but there does not have to be hate. Yes, there is isolation but there does not have to be loneliness. Yes, there is panic buying but there does not have to be meanness. Yes, there is sickness but there does not have to be a disease of the soul.

“Yes, there is even death but there can also be a rebirth of love. Wake to the choices you make as to how to live now.” ■

The Philippines' freediving sport can be seen on episode 3 of "Home Game."



Streaming app Netflix's new docuseries, "Home Game," features freediving in the Philippines as one of the eight sports from across the globe.

Premiering on June 26, the docuseries profiles unique and dangerous traditional sports from around the world, as well as the communities and cultures where they thrive.

The Philippines' freediving sport can be seen on episode 3. For many in the Philippines, freediving without oxygen is a way of life. It's also a demanding sport that pushes the limits of the human body.

Here are the rest of the episodes:

Episode 1 — Calcio Storico

Rugby meets mixed martial arts in the brutally violent calcio storico, a traditional sport of Florence, Italy, that dates back nearly 500 years.

Episode 2 — Highland Games

Scotland's Highland games combine a cultural celebration with challenging athletic tests of strength — including the unique caber toss.

Episode 4 — Roller Derby

In Austin, Texas, strong women find an inclusive and supportive community in roller derby, a competition that blends high speed and physical combat.

Episode 5 — Kok Boru

In Kyrgyzstan, players throw themselves into the national sport of kok boru, a rough polo-like game played on horses — with a dead goat as the ball.

Episode 6 — Catch Fétiche

Professional wrestling in the Congo mixes athleticism and showmanship, but adds a layer of voodoo mysticism that makes it unlike anything else.

Episode 7 — Makepung Lampit

Unique to Bali's Jembrana region, Makepung Lampit puts its own spin on drag racing. The vehicle is a water buffalo, the track a flooded rice field.

Episode 8 — Pehlwani

Athletes have grappled in Pehlwani wrestling contests for centuries in India. Now women are competing in an arena once reserved for men. ■

Celebrate Canada Day virtually, including fireworks on your phone



Fireworks explode behind the Peace Tower on Parliament Hill during Canada Day celebrations, in Ottawa on Wed., July 1, 2015. (THE CANADIAN PRESS/Justin Tang)

Joshn Pringle, Dave Charbonneau
Digital Multi-skilled journalist
Published Sunday, June 28, 2020
OTTAWA -- Canada Day is usually the busiest day of the year for bars and restaurants in the ByWard Market.

However, with the in-person Canada Day festivities at Major's Hill Park and other venues cancelled this year due to the COVID-19 pandemic, business owners are waiting to see what the crowds will be like on Wednesday.

"We think it's going to be a bit of a wild card," said Johnny Bonney, Assistant General Manager of The King Eddy on Clarence Street.

"We are anticipating to be busy. Probably not to the level we have seen obviously in past years."

Canadian Heritage cancelled the Canada Day festivities in downtown Ottawa and Gatineau on Wednesday due to the COVID-19 measures. Instead, the federal department is hosting events online. Museums that normally offer free admission on Canada Day are also

closed.

"Usually downtown is our go to. We spend the day down there and the evening but this year is a bit different," said Jennifer.

The Rideau Centre and businesses in the ByWard Market are allowed to open on Canada Day. Bars and restaurants can open for dine-in service on the patio, as well as take out and delivery.

The Aulde Dubliner and Heart and Crown in the ByWard Market will open for the summer on Monday.

At the King Eddy, Bonney is hopeful people who are staying in Ottawa for Canada Day will get out of the house and head down to the ByWard Market.

"Those who aren't able to go to a cottage or necessarily make it out of town, I think there will be people down here looking for a nice old beverage and a great meal. So we're gonna go at it as if it's gonna be a busy day," said Bonney.

"It's always exciting on Canada Day, no matter the circumstances."

Francophone Canadians celebrate Saint Jean Baptiste Day amid



A young girl holds a Quebec flag as she watches the annual Saint-Jean-Baptiste day parade in Montreal, Saturday, June 24, 2017. (Graham Hughes/THE CANADIAN PRESS)

Millions of French-speaking Canadians are set to celebrate Saint-Jean-Baptiste Day without the usual parades, large open-air concerts and festivities even as many provinces begin to relax COVID-19 lockdowns.

Instead, a number of virtual events are scheduled across the country. And in Quebec a concert, named Tout le Québec à l'unisson, was shown on all major networks Tuesday night.

The holiday, which was brought to Canada by French settlers, is celebrated every June 24 on the traditional feast day of the Nativity of St. John the Baptist.

But in modern-day Canada the holiday has lost most of its religious undertones and has become a celebration of French-Canadian culture and identity in francophone communities across the country but especially in the province of Quebec, where it is also known as Fête "From Girouxville, Alberta, to Chute-à-Blondeau, Ontario, francophone and Acadian communities will today celebrate their language and traditions," Prime Minister Justin Trudeau said in a statement.

"They have stood together for centuries, and this continues today. This enduring solidarity is evident in the 'ça va

bien aller' – everything will be all right – slogan that has helped bring us together since the beginning of the COVID-19 pandemic."

Outside Quebec, francophones in minority situations maintain the vibrancy of the French language and culture, he added.

According to the 2016 census, about 7.4 million Canadians, or 21.4 per cent of the population, reported French as their mother tongue.

Approximately 6.2 million Quebecers, representing over 77 per cent of the provincial population, have French as a first language and as the language they speak most often at home, according to census numbers.

Quebec is the sole Canadian province where French is the only official language.

"The presence of Francophones in every province and territory is a reminder to all Canadians of the rightful place of the French language in this country," Trudeau said. "It is also a reminder that French will always be at the heart of Canada's past, present and future."

By Levon Sevunts | english@rcinet.ca
Posted: Wednesday, June 24, 2020 11:46

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