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A legal battle looming in protest over electoral riding changes



Councillor Marvin Rotrand speaking before a big audience regarding the changes to the electoral map in Quebec which will have an adverse impact on the voting power of visible minorities.

At a public meeting held on Thursday, March 21, 2017 at the Community Resources Center on 6767 Cote des Neiges, several hundred people from the ridings affected by the move to merge Mount Royal and Outremont, and to drastically change the D'Arcy McGee riding showed up to listen to the speakers who explained the impact of the changes made by the CRE (Commission de la representation electorale)

Councillor Marvin Rotrand, a primary mover in resolving the threat to minority rights due to this action by the Commission, delivered the welcome address and also introduced each speaker, starting with the lawyer who explained the process of the electoral map. There are three criteria related to the delimitation of the electoral divisions in Quebec, namely, 1) effective representation – the weight of an

See Page 4 Electoral changes

Budget 2017: Liberals spend on training and innovation while holding line on most taxes

By Kathleen Harris, CBC News
Posted: Mar 22, 2017 4:33 PM ET

The Liberal government has delivered a budget designed to brace Canadians for a fast-changing global economy and empower women in the workforce, while taking a wait-and-see approach to sweeping changes south of the border.

Budget 2017, titled Building a Strong Middle Class, offers targeted investments to tackle what it calls the "challenge of change." It offers little new spending, but fleshes out details on where dollars earmarked in last fall's economic update will be spent.

The budget delivers \$1.18 billion this year on skills and innovation,

nearly half of which has already been announced.

Highlights of the 2017 federal budget

Hello Uber tax, goodbye Canada Savings Bonds

Budget targets \$3.4B for 'critical' needs of Indigenous communities

Other targeted programs for new investment range from child care and social housing to training for jobless youth, Indigenous people and other Canadians to adapt to the transforming economy.

But some of that money will

See Page 4 2017 Budget



Prime Minister Justin Trudeau, right, shakes hands with Finance Minister Bill Morneau after he delivered the federal budget in the House of Commons Wednesday. (Sean Kilpatrick/Canadian Press)

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Philippine News, Opinion editorial

OPINION: **Why Duterte Is So Popular**

Richard Javad Heydarian

Populism derives its power not from actual performance per se, but the appealing performance of the actual. From India, Indonesia to Turkey and Russia, the main lesson one derives upon closer observation is that charismatic politicians across emerging markets maintain popular derive political capital not primarily based on delivering on their core promises, but instead convincing people that they are sincere and strong-willed leaders, who are bent on dismantling the Ancient Régime and bringing about a brighter future.

As Indian essayist Pankaj Mishra perspicaciously observes, the enigma of populist resurgence lies in the “emotional and psychological allure” of charismatic leadership, who -- through their “powerful rhetoric and imagery” anchored by “mastery of digital communications” -- have managed to firmly supplant the cold, calculating, yet unappealing rational-technocratic governance across emerging market democracies.

Indian Prime Minister Narendra Modi, a controversial and tough-talking former local government statesman, has managed to score his biggest electoral victory yet during the latest elections in the state of Uttar Pradesh. His party, Bharatiya Janata Party (BJP), won 312 out of 403 seats in a landslide election victory that is broadly interpreted as an affirmative referendum on the Modi administration.

Beyond the scale of Modi's breathtaking electoral victory -- largest since the time of Indira Gandhi -- is the fact that Modi has largely fallen short on delivering on his key economic promises, whether in terms of growth, poverty-alleviation or employment-generation.

If anything, in recent months, Modi has come under vigorous criticism for a controversial and highly controversial ‘demonetization’ policy, which adversely affected a highly cash-based-economy and tens of millions of poor families, who struggled to secure new bank notes on time.

During a recent visit to New Delhi, where I met senior officials and some experts, I was told how many people around the country almost starved to death due to the disruptive policy, while stock markets were in mayhem. It would possibly take years before the Indian economy could fully recover. And yet, Modi and his BJP party maintains the commanding heights of Indian politics and public opinion,

largely because of his image as a sincere, decisive ‘man of the people’, a low-caste individual from humble beginnings, who made it to the top due to his diligence and competence as a leader.

What is even more interesting is the case of Russia, a has-been superpower that is in dire economic straits, due to chronic corruption, mismanagement and Western sanctions over Moscow's adventurist campaigns in Ukraine and the post-Soviet space in recent years.

After a decade of boom, mainly due to high oil prices, the Russian economy has been contracting in recent years, adversely affecting real wages and savings, basic benefits and pensions, and foreign exchange reserves of the once bright shining star of emerging markets.

As economist Ruchir Sharma notes, Russia is today nothing more than a hydrocarbon power with few, if any, globally competitive industries. And yet, latest polls suggest that Putin, a former Saint Petersburg official, is as popular as ever. After more than a decade-and-a-half in power, he has a whopping 81 percent trust rating.

Then, of course, is the astonishing case of Turkey's Recep Tayyip Erdogan, who, after a decade-and-a-half in power similar to Putin, is now enjoying his highest approval rating ever. Never mind that Turkey's once-booming economy is slowing down, age-old balance of payment issues are coming back with a vengeance, and the Turkish society is most polarized since the height of Cold War, when coups and protests were a normal affair.

Indonesia's Jokowi, who has overseen a slow-down in the country's economy, is also enjoying high approval ratings after more than two years in power. He is broadly expected to be re-elected into office quite handily.

And this brings me to the case of President Rodrigo Duterte, who, to be fair, is yet to finish his honeymoon year in office. Based on my recent travels to Brussels, Canberra, and Washington DC, it seems that he is broadly seen in negative terms in the West.

Critics will of course point out that under Duterte, economy-wise, the situation is far from impressive: while growth rates is still robust, business confidence is down, investors are jittery, credit rate agencies are warning of regulatory uncertainty and potential downgrade, big-ticket infrastructure projects are in limbo, and the Philippine Peso is the worst performing in Asia. Not to mention criticism of Duterte's war on drugs and human rights record by the mainstream media, Catholic Church, and civil society

groups at home, and the Western world without.

And yet, Duterte enjoys among the highest approval ratings by any leader on earth. My hunch is: We are experiencing the same phenomenon as in India, Indonesia, Russia and Turkey. Duterte's strongest suit is his uncanny ability to communicate a sincere, strong-willed leadership, which cares for the ordinary Filipinos, is tough on the (liberal) oligarchy, and just needs more time, patience and support to transform a broken nation.

After all, majority of voters nowadays -- contrary to the motivated by utility-maximization, but instead their emotional-personal affinity to the leadership.

Fed-up with broken promises and business-as-usual politicians, a large section of the electorate is placing all its hopes in outside-the-box leaders. And this is where Duterte, like Modi, Erdogan, Jokowi, and Putin, is, so far, a big success.

Disclaimer: The views in this blog are those of the blogger and do not necessarily reflect the views of ABS-CBN Corp.

Thousands dead: the Philippine president, the death squad allegations and a brutal drugs war

Now in a safe house, a former police officer fears for his life after allegedly exposing Rodrigo Duterte's role in extrajudicial killings when mayor of Davao



A gun is seen next to a body of an alleged drug pusher and user who was killed in an operation of the police in Manila in July 2016. Photograph: Mark R. Cristino/EPA

“Throw them in the ocean or the quarry. Make it clean. Make sure there are no traces of the bodies.”

The words are shocking. That they allegedly came from the man who is now president of the Philippines makes them explosive. It is claimed that Rodrigo Duterte gave the orders to his first death squad in Davao, in the southern island of Mindanao, in 1989 when he was “mayor Rudy”.

Arturo Lascanas, a retired police officer, made the accusations of

Duterte's campaign of extrajudicial killings under oath to the country's senate last month, and he repeats them to the Observer with an air of uneasy calm, with the resolve of a man who has carried these secrets for decades. “We were the first hit squad during his reign,” claims Lascanas, from the safe house in Manila where he is hiding from his own president.

Inside the house, with curtains drawn and the military men guarding the door, there is a sense the ordeal could turn ugly at any moment, that Lascanas expects to die for what he has divulged.

After more than 20 years as mayor of Davao, Duterte won the presidential election last May with promises to rid the country of drugs and crime, to kill every drug dealer and user, and to feed their corpses to the fish in Manila Bay.

On the back of his claims of having established law and order in Davao, Duterte, 72, was seen as a strong man, a saviour and an antidote to the “narco” state the Philippines had apparently spiralled into.

But behind the bluster the statistics don't lie: Davao still has the highest murder rate in the country and the second highest number of rapes, according to national police data for 2010-15. Yet the drug threat has become so deeply entrenched in the Philippine psyche that the normalisation of the mass murder of traffickers and dealers appears to be setting in.

The death toll of the president's drug war in the nine months since he took office at the end of June has topped more than 2,500 killings by police and 3,600 by vigilantes. Agencies including Amnesty quote a total figure of more than 7,000 dead. But many Filipinos gloss over the killings and Duterte's poll ratings remain high.

“The streets are much safer now,” many in the capital will tell you. “Here in the Philippines we need a ruler with an iron fist.”

Some, in confidence, express a sense of hopelessness over the deaths and the way Filipinos, even their own family members, have suddenly become so bloodthirsty. But for those who don't live in or have any connection to the poor areas -- where overwhelming numbers of the killings have occurred -- it is easy enough to adopt a begrudging acceptance. After a while, the dead are just a growing number.

Allegations of a Davao death squad (DDS) have for years been dismissed. Last September a confessed former hitman, Edgar Matobato, testified to the senate, implicating Duterte and his son in the killings of alleged drug traffickers, dealers and criminals but there has never been indisputable evidence, or a paper trail, much less any purported leaders willing to testify.

That is until Lascanas came along.

The 56-year-old retired officer initially went on the record to deny the existence of the DDS but after undergoing kidney surgery (allegedly paid for by Duterte) in 2015, he says he experienced a spiritual awakening. He started consulting the nuns of Davao and then decided, regardless of the consequences, to tell the story of his president's deeds.

The Davao playbook



Philippine President Rodrigo Duterte talks to reporters after a news conference at the presidential palace in Manila in March 2017. Photograph: Erik de Castro/Reuters

"The only way out of this evil environment is to tell the truth," Lascanas tells the Observer from his sparsely furnished room. "I want to make sure there will be no more condemnation for my generations to come, for what I did – what we did – for my children and their children, and their children.

Last month he recanted earlier testimony, telling the Philippine senate in a six-hour televised hearing that the DDS was indeed real – formed at the behest of mayor Duterte with the express purpose of carrying out state-sanctioned murder.

The retired officer says he lied at first because he feared for his life, and the safety of his family, but later realised he could not take his "evil side" to the grave.

Lascanas, who claims he was a former DDS leader and personally killed "about 200 people", told the senate the squad was formed under the guise of an anti-crime unit within the Davao police. The team was, he says, given the task of eliminating hardened criminals, and later political opponents and journalists critical of Duterte's rule. The DDS, he alleged, regularly took direct orders from mayor Duterte about who to kill and how to dispose of the bodies. Lascanas claims those

shocking words – "Throw them in the ocean or in the quarry. Bury them. Make sure there are no traces of the bodies" – were spoken by Duterte at one of dozens of alleged meetings with the DDS. The police hit squad was paid based on the "value" of the targets, he says.

For the most part, in his more than three decades of service, Lascanas admits, he was "blindly loyal" to the cause, and saw his work as a "noble" form of public service. "We were risking our lives for the welfare of the majority of the people," he says. "I felt that I was serving the country for the greater good."

Lascanas joined the Davao police when he was 21. Eight years later, he says, he became one of the youngest members of the DDS. He is the kind of person who remembers details – when asked how long he has been a policeman he answered precisely: "For 34 years and eight months."

He tells of one particular incident that has given him nightmares for years: in 1996 Lascanas and his team were ordered to kill an alleged criminal, his pregnant wife and his four-year-old son, who were all in the same vehicle at the time. "I attempted to rescue the four-year-old boy," claims Lascanas, grimacing. "But according to our team leader since the boy ... had seen our faces, he could recognise us in years from now and identify us."

It was on the personal order of Duterte, he claims, that they disposed of the family. "Mayor Rudy approved the recommendation of our task force commander, in front of us. To erase – meaning to kill – everyone," he says with uneasy calm. "That was his specific order. That he's OK [with it] provided it would be clean."

As the most junior of the group, Lascanas did not pull the trigger that time. Instead, he says, he helped to drag the corpses and throw them into a common grave at the Maa gravel quarry. Later, as the years went by, he would also come to kill the suspects. You had to, he says, to be accepted into the DDS fraternity. "That was one of the qualifications to be in the death squad," he says. "We were proving our worth." It was that same blind

allegiance that led him to make the "grim and painful" decision to have his own two brothers killed after they were accused of trafficking drugs.

Even as the international community looks on in horror at the thousands of killings, Duterte remains immensely popular at home – at least according to the polls. With his litany of brazen comments, insults of global leaders and even rape jokes, the Philippine leader has fashioned himself into an uncouth straight-talker railing against the political establishment.

Analysts say the Lascanas revelations are unlikely to dent the president's popularity. "Duterte won't be challenged politically because of the war against drugs or the extrajudicial killings," says Antonio La Viña, political analyst and professor of constitutional law at the University of the Philippines. "He will be challenged if there are economic consequences to the killings, or other things that he is doing that could see him perceived as irrational and unpredictable."

While the scale is new, extrajudicial killings in the Philippines are not, and the DDS has long been seen as an open, unproven secret. So when Filipinos voted for Duterte, they did so in spite of his purported ties to

orchestrated murder, something even he has apparently admitted. "Am I the death squad? True. That is true," Duterte told local television in May 2015, a year before he was elected head of state.

Since the vote, Duterte staffers have instructed journalists not to take the president's statements too literally, including when Duterte admitted to having a penchant for carrying out killings himself. Last December, Duterte told a group of businessmen: "In Davao I used to do it personally. Just to show to the guys [police] that if I can do it why can't you. And I'd go around in Davao with a motorcycle, with a big bike, and I would just patrol the streets looking for trouble also. I was really looking for a confrontation so that I could kill."

Duterte's statements have been so outlandish at times that journalists in the Philippines are not quite sure how to take him. Does he mean it, for example, when he talks about introducing martial law? "I think he is serious," says La Viña. "I don't think he has a plan, but he's impulsive. He will act on instinct."

Alongside Duterte's war on drugs

See 19 Thousands dead

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From Page 1 Budget 2017

not begin to flow for years down the road.

"We will continue to invest in our people, our communities, and our economy while maximizing every dollar and ensuring it is well spent," Finance Minister Bill Morneau said in the House of Commons.

Budget 2017: The deficit

His budget speech was delayed more than 30 minutes because of filibustering by the Conservatives over proposed changes to parliamentary procedures.

The female-friendly plan includes measures to support female entrepreneurs, expanded eligibility for tax credits for fertility treatments and new flexibility for Canadians to spread out parental leave from the current 12

From page 1 Electoral changes

elector's vote is not out of proportion in relation to the weight of another elector's vote; 2) equality of the votes of electors – consists of regrouping an approximately equal number of electors in each electoral division in the Province of Québec; 3) natural communities – aims at ensuring that each electoral division represents a natural community established on the basis of geographical, demographic and sociological criteria.

Mayor Russell Copeman stated his position for the CDN-NDG Borough where majority of Filipinos live. He said: We are strongly concerned about the diminished political weight of the island of Montreal. Our political weight has been reduced in every riding redistribution since 1992 which merged Westmount and Saint-Louis. We have lost 4 ridings over the decades. He pointed out that "the merger of Mont-Royal and Outremont creates a very large riding which is expected to see robust demographic growth over the next five years which we anticipate will take it over the legal maximum number of voters allowed by the electoral law."

Other speakers representing the positions of municipalities and boroughs were Erin Kennedy representing Philip Roy, Mayor of the Town of Mount Royal; Ruth Kovac, city councillor, representing Mitch Brownstein, Mayor of Cote St. Luc; William Steinberg, Mayor of Hampstead; Mindy Polack, Borough Councilor, representing Marie Cinq-Mars, Mayor of Outremont.

All these speakers had expressed opposition to the new electoral map announced on March 2, 2017.

They were disappointed particularly about the "flip-flop" way the Commission acted because it had originally agreed to keep the two ridings untouched after public consultations and also after confirming this in February 2017, but then changing to a final decision to merge Mount Royal and Outremont ridings into one, and drastically changing the D'Arcy McGee Riding on March 2, 2017.

Many other leaders were given the floor to express their opinions, namely, Angela Mancini, Chair of the English Montreal School Board; Hon. Marlene Jennings, former MP for Notre Dame-Lachine; Daniel Robert, Town Councilor of the Town of Mount Royal; Svetlana Suarez, vice-

months to 18 with reduced payments.

Transit tax credit scrapped
The spending plan also includes some smaller revenue grabs, including a new tax on ride-sharing services like Uber, cancellation of the Canada Savings Bond and new taxes on tobacco products and alcohol. A non-refundable transit tax credit brought in by the previous Conservative government has also been scrapped.

Media placeholderPlay Media
Bill Morneau delivers budget speech27:41

But former Saskatchewan finance minister Janice MacKinnon said the 278-page budget document delays much-needed measures for keeping businesses, jobs and opportunities in Canada in the wake of the election of U.S. President Donald Trump.

president, internal, of the Filipino Association of Montreal and Suburbs (FAMAS) representing Cora Aberin, president; Joseph Daorua, councillor of the Town of Mount Royal; Khokhon Maniruzzaman, school commissioner, Cote des Neiges/Snowdon C.S.D.M.; Dida Berku, councillor, Cote St. Luc; Beryl Weisman, Editor, The Suburban; Gabriel Bazin, Black Coalition of Quebec; Noel Alexander, former president, Jamaica Association of Montreal; and Peter McQueen, councillor, Cote des Neiges/Notre Dame de Grace borough. Every one of the speakers, including those from the audience, agreed with Councilor Rotrand's main argument: "They're taking away minority voices by fusing urban ridings that are largely Anglophone, allophone, with large numbers of visible minorities, reducing our weight at the National Assembly."

Marlene Jennings, interviewed by CTV, expressed a strong objection to the electoral changes. She said: "I'm appalled, I'm simply appalled. And in my view it's a continuing behaviour on the part of our provincial government... of trying to minimize the impact of the English-speaking minority and the ethnic vote," She encouraged people to contribute financially and said: "We need to go to court, and we need to put our money where our mouth is."

Many people agreed that there is a good case for a legal battle. Beryl Weisman pleaded to the public to get involved in this fight as only citizens have the power to ask to change the law, not the politicians, through our courts. To do this successfully, we need money to pay lawyers who will handle the case.

Although the Filipino Community is not considered wealthy, Svetlana Suarez said "we would do our best to help out" in the fight to change this unfair law.

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"I see this budget as a bit of a pause. It's a pause in the spending, from the big spending last time to virtually no new spending this time, and also a pause because of what is happening in the United States," said MacKinnon.

"Donald Trump is there and his message is clear: he's going to help the middle class by reducing taxes, reducing regulations, not proceeding with helping the environment, and we're going in the opposite direction."

Infrastructure details

The budget provides more details about the government's previously announced \$81.2-billion infrastructure plan, including \$11 billion for affordable housing over 11 years and \$7 billion over 10 years to create new child-care spaces.

Some of the other key budget details:

Couillard affirms Electoral Commission could have to answer for decisions in court

By Robert Frank
The Suburban, Mar 24, 2017

Laval isn't alone in protesting that the province's new electoral map doesn't respect Île Jésus' natural communities. The Quebec Electoral Commission's decision, March 2, which split the Hellenic community here in half, diluting the Greek vote, has been echoed elsewhere in the province, Premier Philippe Couillard told The Suburban in an exclusive interview.

"Frankly there are many examples," he cited, "in other parts of Quebec like the Mauricie, where there has been significant change in the riding design which has had similar effects for local communities and if you look at Mount Royal and Outremont—both ridings that have been represented [in the National Assembly] for some time."

Couillard acknowledged that the Electoral Commission broke with tradition in bowing to Ste. Marie-St. Jacques MNA Manon Massé's eleventh-hour bid to reverse its initial decision to eliminate her Montreal riding.

Electoral Commission chairman Pierre Reid's final] decision created a precedent by listening to pressure from one riding," he observed. "Now it's for him and his organization to answer—and they will have to answer probably in court—and I think that some principles that you are alluding to will be raised in court."

\$3.4 billion over five years in areas of critical need for Indigenous people, including infrastructure, health and education.

\$8.5 billion in capital spending for the military bumped nearly two decades down the road.

\$28.5-billion deficit projected for the 2017-18 year, compared with \$23 billion this year — both higher than projected in the fall.

The return of an annual \$3-billion "risk adjustment" padding to the deficit.

The budget offers no timeframe of when the government will balance the books.

The budget predicts the economy will grow slightly this year, keeping the ratio of federal debt to GDP fairly flat for the next five years, at 31.6 per cent in this year compared with 31.5 per cent last year.

The Couillard government has toed the line scrupulously in respecting the Electoral Commission's legal independence. Every Liberal MNA whom The Suburban contacted this month was at pains to underscore that they "respect its decision."

"We made that choice from the start," Couillard reiterated, adding a medical metaphor, "but we're seeing that it's having some possibly unanticipated side effects."

No relief in sight

It's not just ethnic communities who feel their electoral clout eroded. Montreal has lost four seats in the National Assembly since 1991, pushing its ridings' populations toward the 60,000 mark. That dilutes the entire province's urban vote. Today, city ridings carry considerably less democratic weight than Quebec's rural ridings, which represent a fraction of the voters that city ridings contain.

Couillard agreed that the problem could be corrected by a government with sufficient political will and a willingness to invest its political capital in tackling the problem—an unlikely initiative in today's political climate, he suggested.

"Someone has to sit at some point and just change the law," he declared, "and in current circumstances, not an easy thing to do. Politically, I mean."

For the time being, Couillard will continue defer to Quebec's hinterland, which has gained considerably more sway in the National Assembly, thanks to the growing

See Page12 Couillard affirms

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'We get paycheques': Non-profit bakery offers paying jobs to adults with disabilities

CTVNews.ca Staff

Published Thursday, March 23, 2017 8:42AM EDT

A B.C. bakery is winning hearts, minds and wallets with tasty treats made by bakers with developmental disabilities, who have helped transform the operation from a volunteer opportunity into a paying business.

The Mindful Mouthful Bakery in Duncan, B.C., is now offering slightly more than minimum wage to its 20 bakers, who joined the kitchen as volunteers through a not-for-profit organization.

"It's a training kitchen for adults with developmental disabilities to teach them life skills (and) cooking skills," Dominic Rockall, executive director of The Mindful Mouthful, told CTV Vancouver Island. Rockall says the orders are rolling in, with customers eager to pay for tasty products that also support a "great cause."



Mindful Mouthful Cooks work in the kitchen at The Mindful Mouthful Bakery in Duncan, B.C., on Tuesday, March 22, 2017.

The Mindful Mouthful Bakery in Duncan employs 20 cooks with developmental disabilities who bake tasty treats like cookies, squares and meat pies. March 22, 2017. (CTV Vancouver Island) Alyssa Harrison, who works in the kitchen, says she's proud to earn a wage for her efforts. "Yes, we get paycheques and we bring them into our banks," she said. She added that the experience has been a fulfilling one for her. "It kind of teaches you how to make your own kind of cookies, and teaches you how to do your own ways," Harrison said.

The Mindful Mouthful started as a lunch program put on the by the Clements Centre Society in Duncan, B.C., where adults with developmental disabilities learned to cook and clean in a kitchen. But their sweets, quiches and meat pies proved so popular with customers that they were able to transform the

program into a business, with the help of a government subsidy.

"We have rebranded and repackaged our products and we are ready to grow our audience and supporters sharing our wonderful food with the Cowichan Valley and beyond," bakery staff wrote on their Facebook page.

Community support worker Marrie Reno says the kitchen staff do "fantastic" work. "They're very dedicated to what they do," she said. "They're happy, you know? They have confidence."



The Mindful Mouthful Bakery in Duncan employs 20 cooks with developmental disabilities who bake tasty treats like cookies, squares and meat pies. March 22, 2017. (CTV Vancouver Island)

Rockall says it's been a major boost for employees to feel like they're worthy of being paid for their efforts. "It improves their self-esteem, their self-worth," he said.

He added that he hopes the business will continue to grow, to the point where it will no longer need to rely on a subsidy from the Vancouver Foundation. "Our goal is to within three years be self-sustaining," he said.

The bakery's Facebook page is filled with delicious-looking images of their products, from seasonal fare such as gingerbread cookies and fruit cake, to everyday delights such as quiche, cookies and pies.



What's in a name? A Mindful Mouthful sausage roll by any other name would taste just as awesome!!!!

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9e Journée nationale du crédit communautaire

LE RQCC CÉLÈBRE 15 ANS DE RÉSULTATS PERFORMANTS LE 15 MARS 2017

Québec, le 13 mars 2017 – Le Réseau québécois du crédit communautaire (RQCC) souligne le 15 mars prochain une quinzaine d'années d'opération chez l'ensemble de ses membres. Les statistiques illustrant les performances du réseau d'organismes experts du crédit communautaire seront présentées lors d'un coquetel qui se déroulera à la bibliothèque de l'Assemblée nationale du Québec. Tenu dans le cadre de la 9e Journée nationale du crédit communautaire célébrée le 11 mars, cet événement réunira plusieurs invités parmi lesquels des élus fédéraux, provinciaux, municipaux, des investisseurs, des promoteurs et des professionnels du développement socioéconomique.

Quinze ans de pertinence, d'efficacité et d'impact

Acteur incontournable du financement responsable et de l'accompagnement de proximité, le RQCC a démontré la pertinence du crédit communautaire par son évolution constante depuis plus de 15 ans. Mona Beaulieu, présidente du conseil d'administration du Réseau, rappelle : « En 2009, l'Assemblée nationale du Québec a reconnu le crédit communautaire comme un outil

de développement économique et social innovant, en décrétant le 11 mars comme Journée nationale du crédit communautaire. » Selon madame Beaulieu, « les organismes de crédit communautaire ont besoin de partenaires stables afin de poursuivre leur mission et leurs activités et consolider leurs acquis. »

Le RQCC est le chef de fil du microcrédit québécois entrepreneurial. Reconnaisant la position clé du Réseau dont elle est la présidente directrice générale, Roselyne Mavungu rappelle que le RQCC est le premier échelon vers le développement économique pour ceux qui ne se qualifient pas auprès des instances traditionnelles de prêts. « Depuis plus de 15 ans, nous sommes les seuls acteurs à desservir ce type de clientèle. Notre mission est de promouvoir et de développer l'approche du crédit communautaire dans une perspective de mieux-être individuel et collectif et d'inclusion sociale. »

Soulignant la vision du Réseau, madame Mavungu précise : « Là où les autres voient un risque, nous voyons un potentiel humain. »

Quelques statistiques de la performance du RQCC en 15 ans. La capitalisation, le taux de remboursement, l'engagement des

See Page 19 Crédit communautaire

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IMAGE & FASHION

Michael Davantes
B.A. Specialization in Communication

Haute Couture to the Next Level

Two of my favorite Filipino designers, Michael Cinco and Jun-Jun Ablaza have unveiled their recent high-end collections. Ablaza flaunted his wearable art during the Manila Fashion Fest, while Cinco showcased his

breathhtaking creations at the Fashion Forward Dubai. They never fail to amaze and unceasingly strive to demonstrate the world-class talent of Filipinos in fashion and design.





Tagalog Seksyon

Opinyon/Komentaryo ni Willie Quiambao

KAILAN MAGKAKASUNDO SI TRUMP AT ANG MEDIA?

Kung ang isinulat ni Donald Trump sa kaniyang tweeter ay "Fake news media is my enemy", maniniwala ako. May media na gumagamit ng anonymous sources at ginagamit ang kanilang diaryo sa pagsusulat ng mga kasinungalingan upang siraan ang ibang tao. Pero ang isinulat ni Trump ay "Fake news media is not my enemy, it's the enemy of American people. Sick!"

Sobra na iyon.

Pero pagkatapos ng 16 na minuto, pinalitan niya ang kaniyang isinulat. Inalis niya ang "sick" at idinagdag ang "TV networks ABC and CBS."

Inaatake ni Trump ang media dahil inisiraan daw ng mga ito ang kaniyang administrasyon. Wala raw kakayahan ang kaniyang mga tauhan at isa isa nang nagaalisan ang mga ito.

Sinabi ni Carl Bernstein, reporter na nagbunyag sa Watergate Scandal, "Trump is demonstrating authoritarian inclination that shows no understanding of the role of the press. He makes the conduct of the press an issue, instead of the president. Still, the notion of the news media as an enemy of the public, especially when voiced by the sitting president, went beyond Mr. Trump's usual rhetorical turn." Ito naman ang sinabi ni John MacCain, dating kandidato ng Republican sa pagka-pangulo, "That's how dictators started. " At ayon kay Chris Wallace, Fox News, "We criticize presidents. They want to criticize us back, that's fine. But when Trump said that the fake new media is not my enemy, it's the enemy of the American people, I believe that crosses the line." He also pointed out that many presidents had contentious relationships with the media but they still recognize that an independent press was essential to America's democracy. It they want to criticize NY Times, fine. It's different from saying that we are the enemies of the American people."

Ilang buwan pa lamang nanunungkulan si Trump. Siguro, magbabago rin siya. Bigyan siya ng Amerika ng pagkakataon. Sa kaniyang talumpati sa Congress noong Feb. 28, ibang Trump ang nakita at narinig ng mga tao. Kalmado siya. Ipinaliwanag niya ang kaniyang mga balak tulad ng job opportunities, health care at national security. Higit

sa lahat, wala siyang inatakeng media. May mga nagsasabi na scripted daw ang kaniyang talumpati at palabas lamang daw ang ipinakita niyang pagbabago noong Feb. 28. Subalit marami rin ang naniniwala sa kaniyang pagbabago. Kung sakaling totoo iyon, may maganda nang maisusulat ang media tungkol sa kaniya.

TATAKBO NGA BA SA PAGKAPANGULO SI OPRAH?

Sa programa ng Peer-to-Peer Conversations ng bilyunaryong David Rubenstein noong December 12, tinanong niya si Oprah Winfrey kung may balak ito na tumakbo sa pagkapangulo sa 2020. Nanalo kasi si Donald Trump kahit walang karanasan sa pulitika.

Sumagot si Oprah, "I actually never considered the conversation even a possibility, I just thought 'oh ... oh?'" Pero kamakailan, parang nagbago ng isip si Oprah at sinabing may posibilidad na tumakbo siya. Nauuso yata sa mga celebrity at mayayaman na walang karanasan sa pulitika ang pagtakbo sa pagka-pangulo. Kabilang sa mga ito sina Kanya West (recording artist), Mark Zuckerberg (CEO of Facebook) at Bob Iger (CEO of Disney Company). Hindi kaila sa kanila ang nangyayari kay Trump ngayon. Wala pang tatlong buwan ay nagkakagulo na ang kaniyang administrasyon. Si Ronald Regan, kahit dating artista, ay nanungkulan muna bilang gobernador ng California bago tumakbo sa pagkapangulo.

Kung tatakbo si Oprah sa pagkapangulo, maaaring manalo siya dahil siya ay may pera at sikat. Pero ang tangi niyang karanasan sa pulitika ay noong nangangampanya siya kay Barack Obama. At ang karanasan niya sa pagiging pangulo ay sa Harpo Production na pag-aari niya. Hindi sapat ang mga karanasang ito upang magkaroon siya ng kaalaman sa pulitika at tumakbo sa pagkapangulo. Dapat ay magisip-isip muna siya.

WHEN IT COMES TO "MISSTEAKS", FORGIVE AND FORGET

Sa February issue ng North American Filipino star, binaybay ko sa aking English section ang Brownstein na pangalan ng immigration lawyer at sa isang talata naman, binaybay ko ito ng Browtein. Nakita ito ng aking editor, Zenaida Kharroubi, at naiwasto

kaagad. Sa Tagalog section naman ay nai-type ko ang "toto", sa halip na tono (tune). Higit na mahirap mag-type sa Tagalog kaya kung minsan, kahit ilang beses kong i-proof read ang aking isinulat, hindi ko pa rin nahuhuli ang mga typo error na hindi iwinawasto ng komputer. Ang mga kamaliang tulad nito sa pagsusulat ang dahilan kung bakit natawa ako nang mabasa ko sa Gazette ang Saturday column, February 25, ni Josh Freed.

Ang pamagat ay "When it comes to 'mistakes', forgive and forget." Isinulat niya na bago nakipagkita si Pierre Trudeau kay Donald Trump sa Washington, pinayuhan niya raw ang una, "Don't stair at Trump's hair." Ang kamalian niya ay hindi nahuli ng editor/proofreader dahil siguro sa pagod o puyat. Pero nahuli ito ng mga bumabasang matalas ang mga mata.

Sa Gazette din, marami nang panahon ang lumipas, napuna ko ang maraming typo error na isinulat ni Jack Todd, sports writer. Naghahabol siguro siya ng deadline at hindi na proof read ang kaniyang isinulat. Sa Pilipinas, marami ring propesyonal na reporter ang nagkakamali, lalo na sa English grammar. Ito ang halimbawa ng naisulat sa Philippine Daily Media Newspaper, Joe Carillo Media error in English, "A 100,000-strong crowd is expected to witness the inauguration of Benigno Aquino III as the Philippines' 15th president at Rizal Park on June 30 BUT NOT PRESIDENT GLORIA MACAPAGAL-ARROYO." Sabi ni Carillo, "The sentence can be fixed by placing the interruptive phrase as close as possible to the idea it modifies. Sang-ayon ako sa kaniya. Ito ang tama, "A 100,000-strong crowd -BUT NOT GLORIA MACAPAGAL-ARROYO- is expected to witness the inauguration of Benigno Aquino as the Philippines' 15th president at Rizal park on June 30. Sinabi rin ni Josh Freed ito, "The New York Times is famed for its regular apologies for typos, including a prominent front page headline two years ago: "Panic were ebola risk is tiny: stoicism where it's real." Isinulat pa rin niya, "Respected British author and actor Stephen Fry blasted those who nitpick over apostrophes in an essay he called "Don't Mind Your Language." Fry is uninterested in the difference between uninterested and disinterested and says you can infer what it means when someone mistakenly uses imply. Sabi ni Fry, "Language changes and you just have to keep up with it." Tama rin siya. Noon, halimbawa, sa dalawang pangungusap na "Everybody took his/her exam, " at "Everybody took their exams", ang

tama ay ang una dahil tugma ang his/her sa singular subject na everybody. Ngayon, puedeng isulat na "Everybody took their exams." Ang isa pang halimbawa ay ang salitang "host". Dati, ang "host" ay ginagamit lamang na noun tulad ng "Maria is the host." Ngayon, ginagamit na itong verb tulad ng "Maria hosted the party." Dahil produkto ako ng old school, gagamitin ko pa rin ang "his/her" at noun ng host.

Walang perpekto sa English o Tagalog. Ang pinakamahalaga, naihahatid ng manunulat ang gusto niyang sabihin sa bumabasa sa tamang paraan. Ang pagsusulat ay pagku-kwento.

BAKIT NGA BA MAY CANDIDACY AT MEMBERSHIP FEE PA ANG FAMAS?

Sa August ay eleksyon na naman ng FAMAS kaya may mga nagtatanong kung bakit may candidacy at membership fees? Boboto ka na nga, sabi nila, magbabayad ka pa ng membership fee. Ang totoo, ang mga bumoboto ay napipilitan lamang upang suportahan ang mga kamag-anak at kaibigan. May nagtatanong din kung bakit hindi pa tapos ang dalawang taon ng kanilang membership ay magbabayad na naman sila sa araw ng eleksyon. At isa pang isyu ay ang candidacy fee na nitong mga nakalipas na panahon na lamang nag-umpisa. Ang dahilan daw ay upang maging seryoso ang mga kandidato. Paano kung walang pera ang kandidato pero tapat ang layuning maglingkod? Para makapagsilbi ka sa komunidad ng walang sueldo, magbabayad ka muna ng candidacy fee sa eleksyon. Ano iyon? Sa gobyerno, may babayaran ka bago kumandidato subalit kapag nanalo ka, trabahong may sueldo ang maghihintay sa iyo. Sa komunidad, pag nanalo ka, humanda ka sa mga batikos na ibibigay ng mga kalaban mo. Sama ng loob at kunsumisyon ang makukuha mo.

Nauunawaan ko na may gastos ang FAMAS tulad ng maintenance ng building kaya gumagawa ito ng fundraising tulad ng beauty pageants pero bakit hindi subukan humingi ng tulong sa mga pulitiko o mag-apply ng grant sa gobyerno. Pinakikinabangan tayo ng mga pulitiko kaya pakinabangan din natin sila. Walang katiyakan na mabibigyan ng grant ang FAMAS pero paano malalaman kung hindi nito susubukan. Hamon ito sa mga opisyal na gustong maglingkod sa komunidad.

"I love those who can smile in trouble, who can gather strength from distress, and grow brave by reflection. 'Tis the business of little minds to shrink, but they whose heart is firm, and whose conscience approves their conduct, will pursue their principles unto death."

— Leonardo da Vinci



Ask the Video Guy

Technological Tidbits
by

Al Abdon

Learn to capture summer blossom with your camera

From the Expert Video Pro

What is learning? Learning is the acquisition of knowledge or skills through experience, study, or by being taught. It is exactly what the 6 women did during the winter month of February at 6767 Community Centre in which they took the workshop in Basic Photography. They joined with many reasons mainly on how to use their camera which has been stored for some time collecting dust and neglect. There was only one in class who just bought a DSLR (Digital Single Lens Reflect) and joined the class to further her skills on the function of the camera.

They brought in different array of cameras. They are as follows:

Compact cameras, sometimes also called point-and-shoot probably were your first camera. They are very convenient: cheap, small, light and fool proof. As the name suggests, just point it in the general direction of the subject and press the button. The camera does the rest.



Their main advantages, as said, is their low profile. They are so small and unobtrusive that you are likely to carry them all the time, and to have them handy when you need them. Unfortunately, the downsides are many, as this type of camera will make many – too many – compromises. In particular, the sensor will be very small. This means that low light capabilities are very bad, and images are often unusable from ISO 400 due to noise. Another consequence is that depth of field (the total area in focus, more on this in another lesson) is always huge, which is sometimes a good thing but limits the ability to separate a subject from its background. Except in high-end compacts, lenses tend to be of rather mediocre quality and with limited maximal apertures, which has an impact on image quality, among other things.

Because they do not use a mirror system like DSLRs, compact cameras use the LCD screen almost

exclusively for framing, which is a problem in bright light and is also less pleasant than an optical viewfinder. One of the most annoying characteristics of compacts, however, is the infamous shutter lag – the delay between pressing the trigger and the photo actually being recorded, which varies from half a second to several seconds! It has much to do with the autofocus system being slow, and the situation has gradually been improving, but it still remains one of the main reasons people want to switch to DSLRs, as it is far too easy to miss shots because of it.

Another annoying thing about compacts is that their designers generally assume the photographer wants the camera to take all the decisions. It is often difficult and impractical, if not impossible, to gain manual control of the various camera settings.

Digital Single Lens Reflex cameras (DSLRs) are the “serious” camera of choice these days. Though this comes at the price of a serious increase in weight and bulk they have interchangeable lenses which allows you to always have the best lens for the occasion. There is an optical viewfinder, which allows framing in the worst light conditions and is generally more responsive than any electronic screen. The annoyances of compact cameras are also gone: shutter lag is virtually unknown, autofocus generally very fast (though this depends on the lens) and even entry-level cameras provide full manual control along with



their scene modes.

There are several different sensor sizes, commonly called “cropped sensor”, “APS-C” or “DX” for the smaller versions, and “full frame” or “FX” for the bigger ones, which correspond exactly to the size of 35mm film. High end cameras tend to use FX for a variety of reasons, mostly having to do with image quality in difficult light conditions.



The invited guest at the “Certificate of Completion” event March 4, 2017 at 6767 Community Centre.

CLASS 1A has completed the workshop after 5 sessions of theory and practical lessons. Theory part includes: The different types of cameras, Focal Length, Shutter speed, Aperture, ISO, Photo formats. On the practical side: Poses and composition. Assignments were given such as take photos of items, objects or people and show in the class for evaluation. One of the activities on the final leg of the workshop is the trip outdoors such as the Mont Royal look-out to take as many night shots and maybe be able to have great photos on their portfolio. Unfortunately the temperature outside was -15 plus the wind chill factor, taking good shots are next to impossible. We ended up shooting buildings and on an indoor shopping mall décor.



The finale is their completion of the workshop in which the highlight is the award given to the best three photos submitted. Each of them were given a Certificate of Completion given by the (Quebec Association of Filipino Teachers) QAFT President Trans Liganor.

“A good picture is judge not



by the type of your camera but the judgement to take the shot”. Al Abdon

Class 1A “Taste of Photography” With Al Abdon Nenita Licayayo, Elisa Florentino, Rosalia Tran, Ciony Nueva, Nancy Karidis and Eppie Gevero and Trans Liganor.

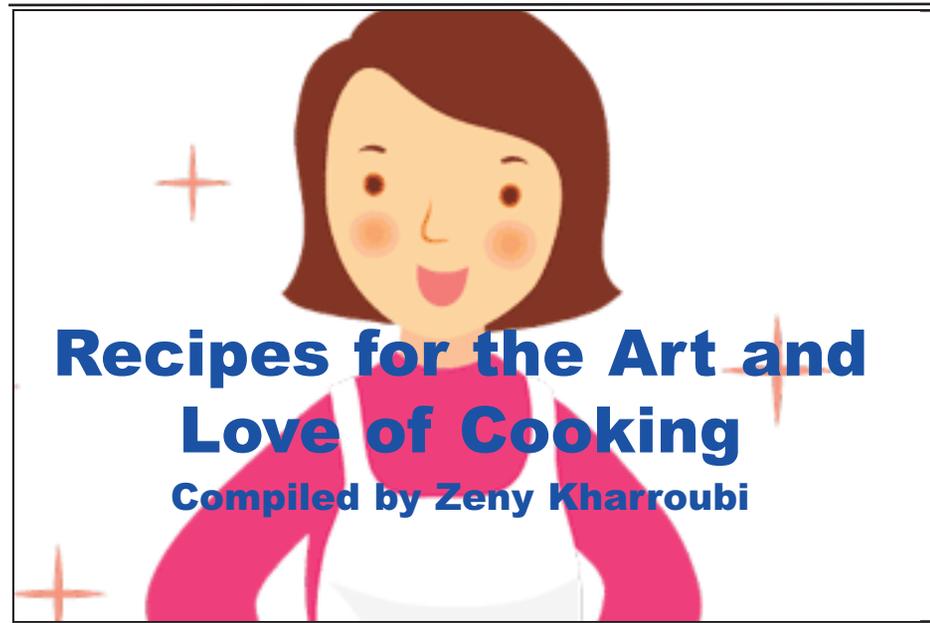
CLASS 1B – Introduction
Next class is will every Thursday starting on April 6 from 6 – 9 PM at Gilmore College, 7159 Chemin de la Côte-des-Neiges, Montréal, for 5 sessions ending on May 4th 2017. Fee is \$30 for the entire workshop. 10 students maximum.

Register by calling: 514-264-8706

Al Abdon
Quebec Association of Filipino Teachers

Photos taken by Derek Neil





Coconut Chicken Curry

Gluten-free, paleo-friendly, healthy and delicious is this Filipino-style coconut chicken curry flavored with fresh ginger and other spices. We added some sweet potatoes and bell peppers for extra nutrition and yum!

- Ingredients**
Produce
 1 Cilantro
 6 Garlic cloves
 2 inch Ginger, fresh root
 1 Onion, medium
 1 Red bell pepper, large
 1 Sweet potato
Canned Goods
 1 1/2 cans Coconut milk plus
Condiments
 2 tbsp Paleo-friendly fish sauce
Baking & Spices
 1 tbsp Brown sugar
 2 tbsp Curry powder, Red
 1 Salt and pepper
 1 tsp Turmeric, ground
Oils & Vinegars
 2 tbsp Coconut oil

Other
 3-4 cups left-over Chicken or 1 (3-lb) Rotisserie Chicken, chopped or cubed
 nstructions
 Heat the oil in a large, heavy cooking pot with a lid. Saute the garlic, onion and fresh ginger until aromatic about 1-2 minutes. Adjust the heat to the lowest setting and add the curry powder and ground turmeric to the onion mixture and stir.
 Add the sweet potatoes and chicken. Pour the coconut milk plus 1/2 a can of water, fish sauce and some freshly ground pepper, to taste. Bring to a boil, cover and then simmer on low for 8-10 minutes or until the sweet potatoes are tender.
 Add the chopped bell peppers and the brown sugar or honey to balance out the flavor (not to make it sweet). Cook for another 2 minutes or until the peppers are heated through. If the sauce becomes too thick, simply add some more water. Adjust the seasoning if desired. Garnish with some chopped cilantro. Enjoy!
 Yield: Serves 6
 Prep Time: 15 Minutes
 Cooking Time: 15-20 Minutes
 Total Time: 30 Minutes

sliced meat. You might want to do this in 2 batches, because you will want each slice of meat to touch the bottom of the skillet and for meat slices not to be crowded. This will ensure that meat will brown on high heat. Cook meat on one side until it browns nicely. Turn over all meat slices to the opposite side, and cook more, on high heat, until all slices brown nicely. Remove this batch to a bowl. Add a second batch of meat, and repeat.
 Return all of the cooked meat back to the skillet. Add the snow peas and cooked mushrooms, then the sauce. On high heat - stir everything to combine, for about 1 minute. Turn off heat. Cover the skillet with a lid. Serve over rice.



Pork chops with sweet/sour sauce

- 4 boneless pork chops (1 lb./450 g), 3/4 inch thick
 1 red pepper, cut into 1/2-inch-thick strips
 1 large onion, cut lengthwise in half, then sliced crosswise
 1/2 cup Kraft Chicken'N Rib BBQ Sauce
 1/4 cup Kraft Catalina Dressing

Heat oven to 375°F.
 Place chops in 13x9-inch baking dish sprayed with cooking spray.
 Combine remaining ingredients; spoon over chops. Cover.
 Bake 30 min. or until chops are done (160°F).

Add 1/2 cup drained canned pineapple tidbits to the vegetable mixture before spooning over chops.

Substitute

Prepare using 1 lb./450 g boneless skinless chicken thighs.

Make Ahead

Vegetable mixture can be combined ahead of time. Refrigerate up to 8 hours. When ready to serve, place chops in baking dish; top with vegetable mixture then bake as directed, increasing the baking time to 35 to 40 min. or until chops are done (160°F).



Asian Beef with Snow Peas and Mushroom

Homemade Asian Sauce:
 1/2 cup tamari (or low-sodium soy sauce)
 5 tablespoons brown sugar
 6 garlic cloves, minced
 1/2 teaspoon ginger
 2 teaspoons rice vinegar
Beef:
 10 oz snow peas
 4 tablespoons olive oil
 10 oz mushrooms, sliced thinly
 1 pound beef, thinly sliced (sirloin steak strips, flank steak, or any other steak)
 2 cups cooked rice

Instructions

Combine all the sauce ingredients in a bowl - whisk to combine. Set aside. Bring water in a medium pan to boil. Add snow peas, boil them for 5 minutes, drain. Set aside.

Heat a large skillet until hot, add 2 tablespoons olive oil - it should sizzle. Immediately add thinly sliced mushrooms - cook them on high heat, turning occasionally, until they brown nicely. Salt them midway, a little bit (not too much salt, as you will be adding tamari sauce later). Remove mushrooms to a bowl.

To the same skillet, on high heat, add 2 tablespoons of olive oil, which will sizzle right away. Immediately add thinly



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The North American FILIPINO STAR PHOTO GALLERY



Judith (Diotay) Anam, Zinnia Hormillosa, Judith Anam, 100th birthday celebrant, and Amy Anam Manon-og (daughter of the celebrant).



At the back standing L to R Judith (Diotay), Farida Kabayao, Gildo, and from Montreal Zeny Tolentino, Terry White and her sister Ellen and Budoy Amargo. Sitting L to right, a former Montrealer Malu Tanatan, Amy, Gilopez Kabayao, Judith - the celebrant, Cora Kabayao, Zinnia Hormillosa, and another Montrealer Delia Tolentino Amargo.

**ANNUAL SUGARING OFF (Cabane à sucre)
Organized by Gilmore College International**



Date: Saturday, April 22, 2017
Time: 9:15 A.M. (Assembly)
9:30 A.M. (Departure)
Place: Plamondon Metro (Van Horne exit)
Destination: La Goudrelle, Mont St. Gregoire
Return to Montreal: 3:00 P.M.
Donation: \$35 (Adults) includes buffet
\$25 (children below 12)
Reservation & Information: Tel.: 514-485-7861
Cell: 514-506-8753

Seats limited. First come, first served.
Reserve early by April 15th.



This picture was taken during the Feb. 2017 Karate National Championships in Quebec. Angelia (on the right) who won the bronze medal, is shown with the other winners.

"April 1st" PRELIMINARY Audition

The Search for
FILIPINO CANADIAN TALENT YEAR 2

LA CONCOURS DE PHILIPPINE-CANADIENNE TALENTS 2017 "LA DEUXIEME"

Live Audition - Saturday, April 22
College Notre Dame - 10 a.m.-2 pm

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* 4 Pillars represents the debtor to structure the payment terms of a consumer proposal which is filed by a bankruptcy trustee.

Recent Consumer Proposals Structured by 4 Pillars

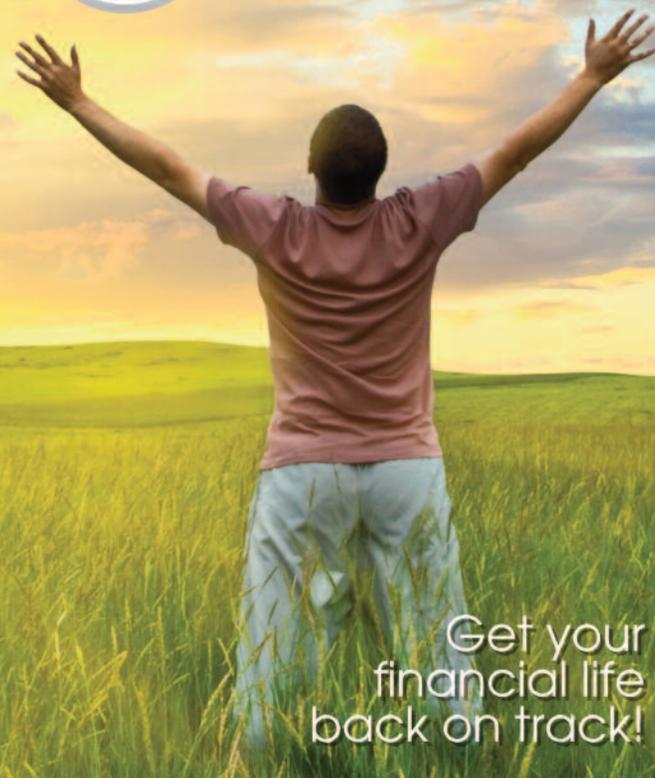
Manny married father of 1 child, owed \$44 887.....	settled at \$200 x 60 mth
Mary and Alain family of 4, owed \$49 526.....	settled at \$190 x 60 mth
Danny single, salary being garnished, owed \$37 322.....	settled at \$150 x 60 mth
Anna married family of 4, owed \$110 417.....	settled at \$150 x 60 mth
Kathy and Lucien family of 4, owed \$80 640.....	settled at \$525 x 60 mth
Zilendo single father of 2 children, owed \$67 000.....	settled at \$100 x 60 mth
Robert married, owed \$148 525.....	settled at \$475 x 60 mth
John single, owed \$59 700.....	settled at \$200 x 60 mth

"Ako'y isang ina na may asawa at 2 anak. Problemang masyado ang utang namin, tuwing lingo, tumatawag ang bangko at naniningil ng bayad, ang sueldo namin ay para ibayad sa utang ng credit cards. Sa wakas, tumawag kami sa 4 Pillars at nang makausap namin sila, guminhawa agad ang aming pakiramdam sapagka't binigyan kami ng solusyon. Nabawasan ang utang namin at ngayon, wala na kaming problema at nag-umpisa kami sa panibagong pagtatayo ng aming credit.

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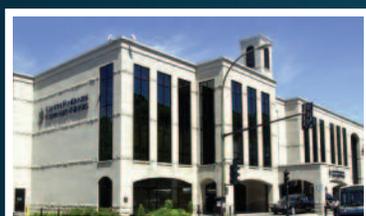
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PERSONALITY OF THE MONTH

12-YEAR OLD GRANDEA CAPTURES BRONZE MEDAL IN KARATE COMPETITION

W. G. Quiambao

Bullying is on the rise but Angelia Louise Granda won't allow herself to be a victim of it because of her karate training.

"She competed in the 2017 Karate Canada National Championships in Quebec from Feb. 24 to Feb. 27," said Anna, the proud mother of Angelia. "She received a bronze medal."

Angelia, a Grade 7 student at Ecole secondaire in Cote St.-Luc, got interested in karate in 2008 while watching her older brother, Angelo, train. From 2010 to 2014, she started karate in Dojo Studio on a part time basis because she and her brother were doing figure ice skating. She then stopped ice skating and focused only on karate. In 2014, she became competitive and wanted to join more competitions so she transferred to a new dojo called Academie de karate Alexandru Sorin.

"She knew sensei Sorin from the first dojo," said Anna. "When he opened his own studio, she followed and started training with him."

Because of her studies, Angelia trains twice a week at least one hour a day.

From page 4 Couillard affirms electoral imbalance.

"At some point we'll have this debate," he promised, "but because of my knowledge of the rural reality in Quebec, I want people to have the same level of representation, not only based on the number of votes, number of citizens, but on quality of representation."

frank@thesuburban.com

Borough motion fights merge of Mount-Royal and Outremont ridings

CTV Montreal: Fighting map merger
Published Monday, March 6, 2017
9:49PM EST

An emergency motion was presented at the Cote-des-Neiges—NDG borough council meeting Monday night, calling for Elections Quebec to reverse its decision to merge the Mount-Royal and Outremont provincial ridings.

Councillor Marvin Rotrand says a merger will impact anglophones and minority cultural groups living in the

However, when there are competitions, she usually trains three times a week.

Following is the list of competitions that she has joined and the awards she has received:

Gold medals in Jeux de Montreal 2015 and 2016 and in Open International de Montreal in 2015 and 2016. Angelo, also bagged gold medals during the Open International de Montreal in 2015 and 2016.

Last year, Angelia and Angelo tried the Selection Equipe team which was a 3-month process from Oct. to Dec.

"The selection wasn't an easy process because it was tough and competitive," said Anna. "Angelia made it but Angelo didn't. Angelia was a first placer in Kumite in her division. She was happy and proud to represent Quebec. Only the first and second placers are qualified to be part of Kumite Quebec team."

Anna proudly talked about the Feb. 2017 tournament in Quebec. "Angelia was in Kumite Youth Division (12-13) and 40 kg.," said Anna. "There were 6 athletes in her division from 4 provinces. The first fight was with B.C. She won and the score was 2-0. The next fight was with Alberta. She won and her score was 7-0. The 3rd fight was with a 13-year old girl from Ontario.

ANNUAL SUGARING OFF (Cabane à sucre)

organized by
Gilmore College International

Date: Saturday, April 22

Time: 9:15 A.M.

Meeting place: Plamondon metro (Van Horne Exit)

Destination: La Goudrelle, Mont St. Gregoire

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borough.

He argued they would have less of a voice in the National Assembly.

"The neighbourhoods that Cote-des-Neiges—NDG represents for this part of our territory is nearly 50 per cent visible minorities, people from all over the world, and they had some voting weight before," he said. "Now they don't have it anymore, and we don't understand what motivated this on the part of the director general of elections."

The city of Montreal is also against the merger and wants Elections Quebec keep the island's ridings the same.

In the middle of the fight, she got kicked in the head and got injured. She went to

Angelia especially the grandparents Ed and Flor Dumandan and Tony



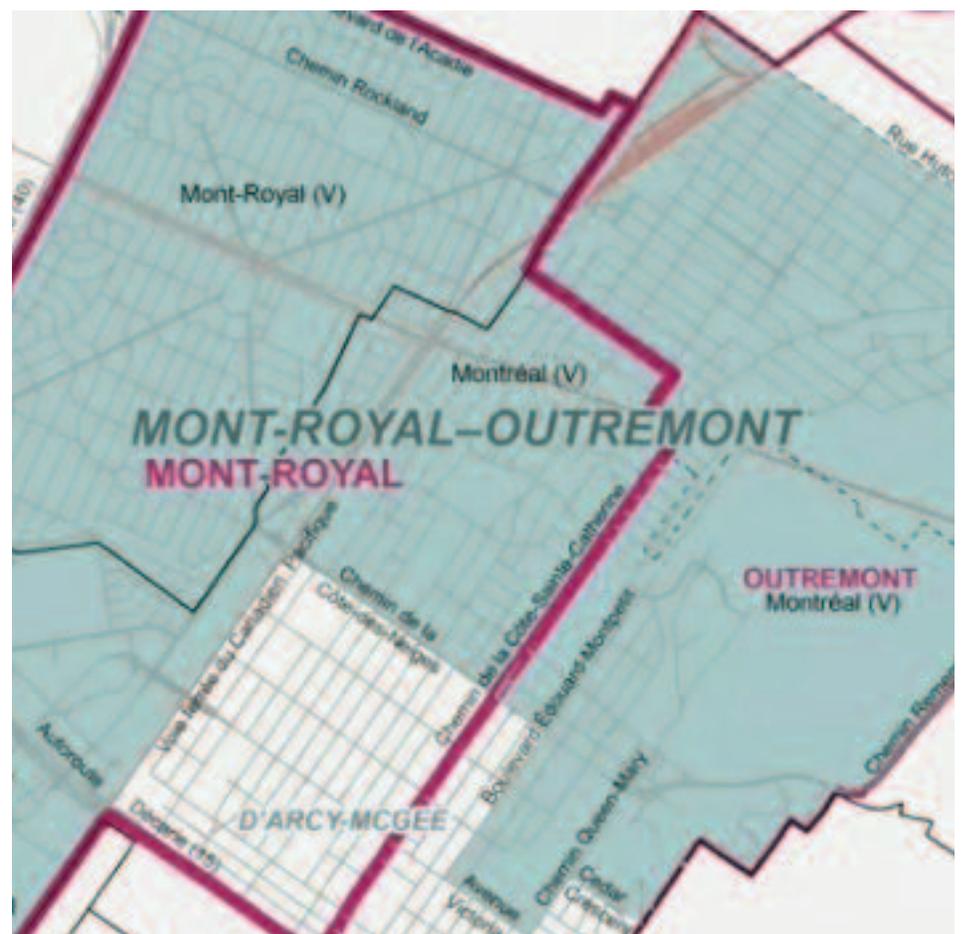
Angelia with her coach

the medic and didn't finish the fight and lost. The last fight was with her Quebec teammates. They were going for 2nd and 3rd place but because of the injury, she became weak and very cautious. Although her adrenaline was gone, she chose to stay in the competition. Her attitude was admirable and inspiring.

"Family and relatives are very proud of

Grandea," said Anna. "I'm sure Nanay Cecil would have been proud of her only granddaughter in the Grandaes."

Note: Angelia's family would like to thank friends who donated money to finance her trip and stay in Quebec during the competitions.



Electoral map affected by CRE's decision



Social Tidbits

Fely Rosales Cariño

Winter, winter ... it's still here. The good sign that it will be history soon was last Wednesday's snow storm. In spite of this, planned activities and parties continued.

Let me start with the birthday party of Svetlana Suarez, FAMAS (Filipino Associations of Montreal and Suburbs) VP. It was held recently at the FAMAS Center. Many friends attended this well-planned celebration. Food – delicious Filipino food - was aplenty. Filipino Idol singer Mark Simbulan, the Emcee, had many friends paying simple but loving tributes to her. Svetlana didn't look her age – (50?) as she was stunning in her flowered spaghetti strapped dress.

The Knights of Rizal, Montreal Chapter (Eastern Canada Region) held a "Spring Disco and Launching of Binibining Maria Clara Candidates for 2017." It was held at the CRC-CDN Grand Salon, Cotes des Neiges, Montreal. The assembly started at 6pm with the Entrance of Colors performed by Sir Boy Zacarias (KCR, LM), Sir Reggie Villamor (KR, Sr.), Sir Alfredo Erquiza (KR), and Sir Dario Boco (KGOR), Area Commander, Eastern Canada. Sir Felix de Luna (KGOR), Chapter Commander welcomed the guests.

The highlight of the party was the introduction of the Binibining Maria Clara Candidates for 2017. Here are the candidates in random order: Vanessa Angela Buhay, a 21-year old Social Science graduate at John Abbot College who presently works as a Medical Receptionist at a West Island company named Lasik MD; Abigail Pegano, 18 years old (at the moment this is all she wants us to know); Diana San Juan, a 25-year old nursing graduate from OLFU School,

Philippines. There's a fourth candidate who joined, then changed her mind, and then rejoined again. Her name will be revealed on May 27, 2017. The Coronation Ceremonies will be held at the same place.

Most hardworking members during the Disco were Ladies of the Knights of Rizal President Mrs. Marilyn de Luna in a sexy pink top and black pants and Mrs. Delia Daniel in a sexy mini and netted stockings. To show that the Knights of Rizal Members can manage a party by themselves without the help of the Ladies, the ticket and food control and the event facilitators were all handled by the members of the Knights of Rizal themselves. It was nice to see the men, for a change, handling the ticket table and the food counter. On duty that night were: Sir Lito Manuel (KCR, LM); Sir Orly Villanueva (KCR, LM); Sir Ben Balau (KCR, LM); Sir Alfredo Erquiza (KR); Sir Rowel Pangilinan (KCR, LM); Sir Edwin Escobia (KCR, LM); Sir Ramon Posadas (KCR, LM); Sir James Menzi (KCR, LM); Sir Rolly Esperon (KOR); and Sir Dan Azuelo (KOR). To wrap up the celebration, Sir Jun Torrico Jr.'s Sound and Music did an excellent job. He even had Tagalog and Ilocano songs for the Line Dancers. And seen non-stop dancing was the Master of Ceremonies Sir Arthur Flores (KR). Well done, Mr. & Mrs. Felix de Luna!

There's something in the works to be held next August 2017. This will be a fashion show being planned By the Federation of Filipino-Canadian Association of Quebec (FFCAQ). This will bring fashion models from the Philippines. Involved in this venture besides FFCAQ President Ed Tupaz, FFCAQ VP Minda Mazzone, and yours truly, are the World Financial Group (Toronto) namely: Agnes Miranda

(Executive Vice Chairman), Bernard Demeterio (CEO-MD), Lilia Angeles (Sr. Marketing Director), Angelo Parago (Sr. Marketing Director), and Emmeline Parago (Sr. Marketing Director).

is Al Abdon, a North American Filipino Star newspaper columnist, regularly writing The Video Guy. Column. By the way, the first graduation ceremonies was held at 6767 CDN last mid-March. The first graduates are: Epie Gevero, Rosaline, Nenita Licayayo, Consolation Nueva, Elisa Florentino and Nancy Castillo.

After a hiatus of several months,



February and March birthday celebrants pose for souvenir with their common birthday cake, March 17, 2017 at Gilmore College office.

finally, the MMTV Crew had their exclusive get-together to celebrate birthdays for the months of February and March 2017. The amount of potluck was tempting enough to surely increase wasitlines !!! Clowning around was the order of the night ... teasing, impersonating people, taking wacky pictures ...etc. Michael Devantes, Cristy Hunter and Jovy Narvas, the three amigos, pulled every trick from their sleeves to make everyone convulse with laughter ! LOL !!! It was a pleasant surprise to see quiet one, Derwin Collantes, in on the jokes too. Seriously fixing my I-phone was Al Abdon who participated through outrageous sideline comments. Sorry Al, but thanks. This first birthday celebration is the brainchild of Zeny Kharroubi, our executive producer. Others present were: Al Abdon, Fred and Jovy Narvas, DC and Jackie Sebellita and their lovely baby, Derwin Collantes, Robin and Cristy Hunter, Michael Davantes, Tennerose Dayandante, and yours truly. This was an extraordinary evening of fun !!!

According to each one of them, they had fun shooting their subjects in spite of the sub-zero temperature. They went all over Montreal in search of their photo objects. In the end, each had a photo montage to show. There was even a contest for the best color, best angle, best lighting, and best picture. Judges were Derek Neal and Joseph Gonzales. During the graduation ceremonies, Trans Liganor gave out certificates of completion. This class is open to seniors for free. For more particulars, please call Al Abdon or Trans Liganor. The next class starts first week of April 2017.

Let us also greet the birthday celebrants from Living Waters Fellowship International. March celebrants are: JC Saquing & Dolly Alcantara (02), Vince Espano(04), Fely Rosales(11), Argie Tinasas (12), Maria Morata (13), Rachel Domingo & Malu Alcantara(15), Jun Ibad (16), Mila Lanuza (20), Bong Antiporda(21), Jetty Guingab(23), and Rebecca Buhay(26). And a shout out to the March Wedding Anniversaries – to Roger and Lorna Alano (March 8) and Ronnie & Irma Mendoza (March 19) ... Congratulations ! Till Next Issue . . . God Bless !!!

At the present time, there is a class called Introduction to Photography. This is organized by the Quebec Association of Canadian Filipino Teachers (QACFT) headed by QACFT President Trans Liganor. The instructor



MMTV Global crew: seated from left: Al Abdon, Remy Monteagudo, Amy Manonog, Zeny Kharroubi, Fely R. Carino, Michael Davantes. Standing from left: Robin Hunter, Cristy Hunter, Tenne Rose Dayandante, Fred Narvas, Jovy Narvas, D.C. Sebellita and Derwin Collantes. Photo taken on March 17, 2017 get together.



From left: Councilor Marvin Rotrand, Wendy Singh, Tenne Rose Dayandante, and Mario Rimbao. Taken during the community meeting on March 21, 2017 at the CRC Building, 6767 Cote des Neiges.

FILIPINO STAR

SHOWBIZ GOSSIP

Dreaming young, dreaming big



Empowerment at a young age: Lea Salonga with girls chosen for the digital reality series Disney Princess: I Dare To Dream

When Lea Salonga walked on stage to join the girls who became finalists in the Disney Princess: I Dare To Dream digital reality-series, one concluded she was once one of these young dreamers who started early with a big dream.

Selected after a series of auditions last year, the six young Filipino girls aged nine to 16 years old with a range of diverse interests, showed they had what it took to join this journey of discovery with a good guidance from veteran mentors in various fields.

As they are, the girls were Lea's age when she sang her first Annie and acted through the dramatic challenge of Bad Seed.

Now in her 40s, Lea is happy the young batch is not the kind who'd do one thing right for the sake of social approval.

Opined Lea: "I like kids with minds of their own and who know what they want to pursue without depending on what their parents had to say. Interacting with these talented batch, I see a genuine desire to excel not so much to impress but simply just to be good in what they are doing. They stand out because they have an idea of how they can contribute positively and not because that was what are expected of them. I have never seen so many young kids with original voices."

Globe Telecom, in partnership with The Walt Disney Company Southeast Asia, is redefining the landscape of local entertainment by launching the Disney Princess: I Dare To Dream, a first-of-its-kind digital reality series produced by Globe Studios in collaboration with Disney

and Maker Studios.

Inspired by Disney's iconic princesses and their incredible stories and qualities, the 12-episodic web series will bring viewers on a magical journey of six young Filipino girls as they pursue their dreams with the help of various mentors headed by Disney icon Lea Salonga with theater actress Menchu Lauchengco-Yulo, social educator Efren Peñaflorida, veterinarian Dr. Nielsen Donato, animator Tito Romero, chef Jessie Sincioco and YouTuber and host Charisma Star.

Selected from a series of auditions last year, the six young Filipino girls aged nine to 16 years old with a range of diverse interests, will show their journey of discovery and self-confidence, alongside the expert mentors, popular vlogger and host Janina Vela and Disney legend Lea in this first-of-its-kind digital reality series.

Said Amit Malhotra, GM of Disney Media Networks, The Walt Disney Company Southeast Asia: "Every Disney Princess is the heroine of a unique adventure story inspiring kids with messages of hope and optimism. What people love about the Disney Princesses are their incredible stories and the qualities that help them achieve their dreams. We hope this initiative with Globe, will inspire and empower a new generation of girls in the Philippines to pursue their dreams and aspirations."

Added Quark Henares, head of Globe Studios: "Inspiration comes from within. These kids have big aspirations in life and we want to support them all the way. We want to be there to see their dreams turn into reality and that's what will make it a



I Dare to Dream host Janina Vela (middle) with 6 of the finalists.

magical experience, and we want to share it with the public."

In the web series, the girls will be staying in a house where they will be mentored how to pursue their dreams. Only one girl will be chosen for a special trip of a lifetime — to walk down the red carpet at the Tokyo premiere of the upcoming live-action adaptation of Disney's animated classic, Beauty and the Beast.

The six girls are Hya Leonardo, Sirach Catipay, Liana San Diego, Jaden Narvios, Stephanie Jordan and Alexi Tan.

Hya wants to be a Broadway actress and a singer. She has always been passionate about performing in

front of a large audience. Sirach is an aspiring chef. The moment she started cooking with her mom, she realized that she wanted to be a chef someday and share her dishes to other people. Liana is an aspiring veterinarian, saying she wants to try and learn more about her passions. Jaden wants to be the next president of the Philippines. Stephanie is an aspiring newscaster/TV host while Alexi is an aspiring animator.

The girls will be featured in a big concert with mentor Lea in a star-studded line-up of other Filipino music talent and featuring songs from Disney Princess movies. ■

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Kylie: The baby now, the wedding later



Watsons' latest endorser Kylie Padilla handles pregnancy beautifully

"We chose to wait for the baby to come out and then we will think about the wedding," shared Kylie Padilla with members of the print media when asked about plans of tying the knot with Aljur Abrenica during an event launching her as the latest Watsons endorser.

Since Kylie is a Muslim, while Aljur is a Christian, she added that she's not sure how the wedding will go. "Ayaw muna naming isipin. Basta lang lumabas na siya at OK siya (We

don't want to think about it. Our concern is the baby's delivery and that the baby is well)."

Based on the way she handled herself during the interview, one could say that Kylie is ready to face this inevitable phase in her life. "For where I am now in my pregnancy, I'm ready," she said. "But I think you can never be ready in having a baby. When you have the baby, iba pa yun. You're gonna have a toddler, you're gonna have a kid. It's not just the baby

part that I'm thinking about, it's the whole (motherhood), I'm gonna have a kid for the rest of my life."

According to Kylie, she was initially shocked when she learned about her pregnancy, but "I wasn't shocked when I saw the test. I already knew it. I just felt different. It was different, ang sabi ko, OK, ito na 'yun. (I'm) pregnant. And after that, there was a bit of fear."

This feeling is perhaps coming from the fact that she is young and the pregnancy was unplanned. "I didn't know how to handle it pa, so vulnerable and then nung natanggap ko na, you know, I was happy na."

Kylie, however, recalled that she entertained the idea of motherhood when she was 17. "Gusto ko kasi kasabay ko yung bata lumaki... I'm happy... lumabas yung pagka-gusto kong maging nanay when I was 17 pa lang."

To whom did she break the good news first?

"After AJ (Aljur), it was my mom," she said. "Hindi rin siya (AJ) nagulat. Parang OK nandyan na. Kailangan na nating alagaan."

As a beautiful pregnant lady, Kylie is aware of the do's and don't's of her condition. She takes three vitamins, which are available at Watsons, which encourages everyone

to be smart in spending their money by switching to affordable, high-quality alternatives. Kylie doesn't wear heels "because I'm getting a little bit out of balance already," and sports maternity pants.

At this point of her pregnancy, Kylie has stopped craving but experienced it from her first to second trimester. "(I would eat) cheese, pasta, lahat ng hindi ko kinain nung nag-di-diet ako."

To have a healthy pregnancy, Kylie is into walking and yoga. "I might go back into Muay Thai, kasi I researched pwede naman. Hindi lang ganun (ka-intense), ka-power. But I can and I saw a few ladies doing it, so pwede pala," she said. "Hindi pa rin nawala ang pagka-astig ng nanay mo."

As for her Watsons endorsement, Kylie said, "Actually, when I found out that I was being considered, kinilig ako (I got thrilled). Me and my sisters have a memory that when they came here, because they live in Australia, whenever we'd go shopping, we would go to Watsons. Sobrang excited kami. Every Sunday, we have a little pampering session. (Then) we treat our hair, we do the facial thing and all those things Watsons (gives) me." ■

Pinoys cheer Beauty and The Beast



The author's son Ryde, who finds Gaston a funny character, poses with Filipino models for Beauty and the Beast (as the Prince) at the special film screening held at SM Megamall.

The live-action adaptation of Disney's animated classic Beauty and The Beast could tame even the hardest-to-please Filipino spectators for its grandiose mix of music and visuals best experienced with 3D glasses. People who attended its recent screening at the IMAX Theater of SM Megamall couldn't resist applauding to the musical numbers once their final notes and sequence are delivered.

With his work on the high-budget flick based on the 1991 animation classic, director Bill

Condon couldn't be more right in saying that "musical numbers in movies don't distract, they don't interrupt, they deepen and help create meaning."

Numbers featuring the songs Belle, Gaston and Be Our Guest were particularly standouts.

Even without her iconic status as a major character in the Harry Potter film series, Emma Watson as Belle comes as a brilliant choice as she appears visually charming and vocally sweet. And of course, Luke Evans nails it perfectly playing

Gaston, to think he's openly gay in real life.

By the time Beauty and The Beast song came in, sung good enough by Emma Thompson playing Mrs. Potts the teapot, people chose to keep the clapping to themselves, perhaps still glued to nursing the emotions running within that they let go of the gesture.

Having opened in Philippine cinemas last March 16, moviegoers are now talking about the movie being a well-done "real" version of the cartoon that became the first animation to be nominated Best Picture in the Oscars. This one is certainly bound to get more titles on its sleeve than its instant reputation as "the most experience musical ever-made."

It's unfortunate that it is riddled with controversy due to the "gay moment" featuring LeFou played by Josh Gad. Simply put, some people are overreacting to the homosexuality showcase surprise when it is obvious that the scene should just make people laugh instead of raising eyebrows, whether one is liberated or conservative.

On a real positive note, it is tasteful that the filmmakers brought in the voice of Celine Dion to record How Does A Moment Last Forever. The movie's soundtrack is as powerful as the empowered cinematic display of most of the scenes and she deserves a slot even after two decades and a half.

Watson related, "Any time I

hear music from Beauty and The Beast, it connects me with that childlike feeling that everything is going to be okay and that there's hope in the world, and it just gives me this sense that everything's fine."

Re-viewing Disney's Beauty and The Beast animation before watching this should surely make the experience more enticing. It's really seeing those cartoon characters come to life even more. The attacking wolves scarier; the Beast more manly and dangerously attractive in his cursed form.

Condon, director for Saga: Breaking Dawn Parts 1 and 2, Mr. Holmes and Kinsey had more than enough reason to feel that now is the right era for a live-action adaptation. He stated, "It is 25 years later and technology has caught up to the ideas that were introduced in the animated movie. Now it is possible, for the first time, to create a photo-real version of a talking teacup on a practical set in a completely realistic live action."

Beauty and The Beast also stars Dan Stevens as the angry beast hiding something from his palace's west wing, and Kevin Kline as Maurice who, though less cuddly-looking than his animation version, fitted more daughter-loving natural depth of the role. Others are Ewan McGregor, Stanley Tucci, Audra McDonald, Gugu Mbatha-Raw, Hattie Morahan, Nathan Mack and Sir Ian McKellen. ■

Showbiz Gossip *Continued from p.15*

Dingdong Dantes, Marian Rivera: Power couple on power breakfast



#TeamDongYan - Dingdong Dantes and Marian Rivera - celebrating "National Breakfast Day"

"Tulog ka pa, gising na sila." Such was the start of fast food chain's McDonald's new video campaign for "National Breakfast Day" last March 13, pertaining to early-risers like teachers, security guards and fishermen who wake up early and sometimes, skip breakfast just to have

mag-asawa. Sa ang bago ngayon, 'yung Burgerdesal, okay 'yun kasi may protein at carbohydrates."

Dingdong's wife, Marian, also stressed the importance of breakfast.

"Syempre, ano 'yun eh first meal of the day, s'yempre lalo na kung may gagawin kang trabaho, kailangan



their jobs done.

To highlight the value of breakfast, celebrities like Marian Rivera-Dantes, Dingdong Dantes and Enrique Gil took part in "National Breakfast Day," surprising early morning workers with free breakfast.

"Ako, personally, breakfast is fun. Your mind is fresh, you get to reflect and think and plan kung anong gagawin mo sa araw na ito," Dingdong explained in an interview with Philstar.com on what breakfast means to him.

"Especially if you have a very hectic day, it's important to have the proper nutrition and energy to make you last all throughout the day," espoused the star, who takes a heavy breakfast usually after his morning run at 6 a.m.

"Sa'kin, madalas, may heavy load the first part of the day before lunch. So eksakto, I get all the nutrients that I need to make work easy."

Eggs are his breakfast staple for protein, "At s'yempre, 'di mawawala ang coffee," he noted. "Yung Cheesy Eggdesal ng McDo, paborito naming

talaga busog ka kasi 'di ka makakapag-isip ng tama 'pag 'di ka kumain," she told Philstar.com.

"When you skip meals, you irritate your stomach," Dr. Ma. Cecilia Catapang said in a talk in Makati City recently. She warned that when the stomach is irritated, it can lead to inflammation and in the long run, diseases like ulcer and stomach cancer.

Studies show that those who eat breakfast have improved concentration, better performance and lower cholesterol levels than those who skip it.

What is Dingdong and Marian's daughter, Zia's, favorite breakfast?

Marian declared: "Me! My breast!"

As the actress and TV host explained: "Ako talaga, isa talaga 'yun (breastfeeding) sa mga tinataguyod ko na gawin talaga ng mga nanay na i-breastfeed nila mga anak nila kasi mas maraming benepisyo ang makukuha nila, para din sa mga anak nila na maging healthy at 'di sakitin!" ■

Finally, Britney Spears is coming to Manila



Get ready, Britney Spears fans!

Multi-platinum, Grammy Award-winning pop icon Britney Spears is coming to Manila.

Wilbros Live has confirmed the news on Twitter on Tuesday. The iconic pop sensation will perform on

entertainers in pop history with nearly 150 million records worldwide.

She became a household name as a teenager when she released her first single "...Baby One More Time," a Billboard Hot 100 No. 1



June 15, 2017 at the Mall of Asia Arena.

Tweet: Global Pop Icon - Britney Spears is coming to Manila!!! June 15 at the Mall of Asia Arena. Tickets will be on-sale soon!! #BritneySpearsMNL pic.twitter.com/PReI9OPKG — Wilbros Live (@WilbrosLive) March 28, 2017

Spears is one of the most successful and celebrated

smash and international hit that broke sales records with more than 20 million copies sold worldwide and is currently 14x Platinum in the US.

Her musical career boasts countless awards and accolades, including six Billboard Music Awards and Billboard's Millennium Award, which recognizes outstanding career achievements and influence in the music industry.

Tickets go on sale on April 5.

Nadine Lustre's bag, camera stolen in US



Nadine Lustre



Nadine's car was broken into via the window.

Some valuables of Kapamilya actress Nadine Lustre got stolen on Saturday.

In a series of Twitter posts,

Lustre shared that her bag and camera were taken by thieves after the glass window of the car where she left them was smashed apparently with a rock.

In a futile plea to get her things back, Lustre wrote, unedited: "To whoever stole our stuff.. Just give it back tonight and yell #aprilfools. We'll forgive you."

Lustre is currently on a concert tour in the United States with her boyfriend James Reid. The two are set to perform their last show in Las Vegas before they head back to the Philippines.

"Guys NEVER leave valuables in your car." she tweeted afterwards.

"It's so easy to break windows now with a ninja rock. Lost my bag and a cam last night."

Sunshine Cruz graduates from college



SunshineCruz

Sunshine Cruz now has a degree in Psychology. She graduated at Arellano University recently with photos and videos taken at the ceremony posted on her Instagram account.

"I did it," the actress wrote for a video showing her accepting her diploma on stage.

Sunshine also posted a photo of herself holding flowers, which were given to her by her boyfriend Macky Mathay. He and Sunshine's daughters attended the graduation ceremony at PICC.

She enrolled under Expanded Tertiary Education Equivalency and Accreditation Program (ETEEAP), which is "a comprehensive educational assessment program at the tertiary level that recognizes, accredits and gives equivalencies to knowledge, skills, attitudes, and values gained by individuals from relevant work."

A day before her graduation, Sunshine said people of any age can finish their studies and achieve their dreams. Sunshine joined showbiz when she was a teenager and got married at 23 years old.

In a previous interview with Bulletin Entertainment, Sunshine said it's her dream to finish school because she wants to set a good example to her three daughters.

"I may have my past, I was a sexy star before but I'm trying my very best to set a good example to my kids and that finishing my studies and be the best for them. Nakakahiya naman sabihin na 'Mag-aral kayo ng mabuti,' baka balikan ako ng 'Ikaw nga hindi nakatapos.' I want to prove to my kids, na kahit mahirap magtrabaho, I'm a working mom.' Napupuyat pero talagang kahit antok-antok ako, tinapos ko talaga," she said back then.

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Pia Wurtzbach, Marlon Stockinger share how their love story started



Pia Wurtzbach and Marlon Stockinger

In the age of social media, many people meet online going on to find their special someone. This was how the love story of 2015 Miss Universe Pia Wurtzbach and race car driver Marlon Stockinger started.

In the taped episode of "Gandang Gabi Vice" on Sunday, April 2, Pia and Marlon shared how they first met.

"Crush ko siya noong 2014 pa lang. Candidate ako noon sa Binibining Pilipinas, eh di ba nong year na iyon hindi naman ako nanalo? So sinearch ko at pinakita ko sa friend ko, 'Uy, ang gwapo naman nito.' Eh that time noon may girlfriend pa siya. Sabi ko, 'Ay, abort mission.' Tsaka inisip ko noon na candidate pa ako noon at focus muna ako sa laban," Pia said.

Pia first followed Marlon on Instagram.

"I didn't know her. So when nakita ko yung notifications ko sa Instagram. 'Yung pangalan, Pia Wurtzbach, tapos na-check ko lang and iyon I messaged her. Alam ko na, I already knew that Philippines won pero I didn't know that it was Pia. And then when I saw the notifications and nabalita sa news na Philippines, so alam ko na na Pia won. So I messaged her, it's not everyday that a Miss Universe will follow you. Tapos may verified check pa siya, so check na din sa message," Marlon said.

From the screenshot of their conversation that was shown on GGV, Marlon told Pia, "It's nice to get a follow back from the most beautiful person in the Universe. Looking forward to meeting you one day and keep representing the Philippines Pia."

Pia replied, "Thank you Marlon. Is that how people call you? Marlon or do you have a nickname?"

Saying that he wanted to get to know Pia better first, they met in

person after some months.

"When we started talking, siya nasa New York, ako nasa Europe. Parang to get to know each other first. I just went with good intentions when I met Pia in New York," Marlon said.

It was in September when Pia and Marlon were first rumored to be dating. The couple then admitted in January that they are officially a couple. When asked when they officially entered into a relationship, Pia argued that Marlon doesn't remember.

"Hindi siya straight tanong eh, when I asked Pia to be my girlfriend. Kasi when I was leaving her, nasa Singapore kami Tapos pag umalis ako, medyo sad si Pia, and what I said to Pia was 'Don't be sad, I'm gonna see my girlfriend next time,'" he said.

Pia then said, "Hindi iyon ang sinabi niya. Ganito ang nangyari. Aalis na ako ng Singapore, naluungkot ako so iyak-iyakan ako. Sabi niya, 'Don't cry because I don't want to see my girlfriend cry.' Tapos naisip ko non, wala man lang question, iyon na iyon. Hindi niya ako tinanong ng ganoon. Kahit yung 'I love you' ang tagal."

Vice Ganda teased Marlon to ask Pia officially on the show.

"I'd like to ask you if you can be my girlfriend officially tonight," he said.

The couple shared that they are happy together. Pia and Marlon are often seen together during events.

"Siyempre I'm very happy talaga to be with Pia. I mean, she's the most beautiful person in the universe. I feel like she is happy with me too," he said.

The taped episode came few days after an exclusive interview with PEP last week, where model Kit Barraquias revealed that Marlon is the father of her twins. ■

Bela Padilla makes her Cosmopolitan cover debut



Bela Padilla confidently flaunted her sexy figure as she made her cover debut for Cosmopolitan magazine.

or its April 2017 issue, Padilla can be seen wearing a black two-piece body suit with a denim jacket cover-up exposing just the right amount of skin.

In the interview, Padilla talked about

why she never imagined herself as an actress when she was younger.

"I was really shy. When we were growing up, we would be asked to dance, perform, entertain the titas and I would always be the kid at the back begging not to be picked. I really didn't imagine that this opportunity would fall into my lap or that this world would open up for me," she said.

But being a member of a showbiz clan helped her realize that she is also meant to be in the entertainment industry.

"It's still overwhelming but it was definitely helpful seeing people I'm close to and people I trust working in this industry," she said.

Aside from acting, Padilla also shared her dream to make a legitimate career as a screenwriter. "I don't see myself acting forever, but the turnover for actors is so fast. I'm trying to position myself in a way that I can write as a career if people stop casting me," she said. Black Saturday, April 15. ■

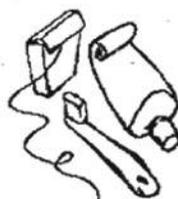


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From Page 3 Thousands dead

there is also a battle for the truth about what is really going on. When, following the release of its damning report last month, Human Rights Watch said Duterte may be guilty of crimes against humanity for inciting a wave of extrajudicial killings, the president's response was that "criminals don't have any humanity", so killing them is not a crime.

But the Duterte government has vehemently and repeatedly denied claims of police death squads, both in Davao and in the current war on drugs. The national police chief, Ronald Dela Rosa, has previously described the DDS as "a creation of the media", while in recent weeks he has lambasted the press for "sensationalising" the number of extrajudicial killings.

Is impeachment a possibility?

As far as opposition senator Antonio Trillanes is concerned, Duterte's death squad problem is not going away – in fact, he is doing his best to make sure it doesn't. With his ties to the military, Trillanes is coordinating the protection of Lascanas, and says he is facilitating at least four other supposed DDS members to come forward in the coming months

Trillanes, a former navy lieutenant, was jailed for seven-and-a-half years for leading the 2003 Oakwood mutiny, when he and some 300 junior officers and enlisted men took over the Oakwood towers in Makati (Manila's business district) as protest for alleged rampant corruption in the government of then president Gloria Macapagal Arroyo. He subsequently won a senate seat in 2007 while incarcerated. He says he is on a mission to have Duterte impeached. It was an ally of Trillanes who filed an impeachment complaint in the Philippine House of Representatives last month. The House, now in recess, will reconvene on 2 May.

That is, he believes, enough time for the "game-changing" details of the DDS to trickle down and sway public opinion. "There is a consensus that they [the revelations] are quite different. To kill criminals is one thing, but knowing that Duterte killed, or ordered to be killed a four-year-old child and a pregnant woman, is an entirely different matter. That changes the narrative."

Yet the chances of Duterte being impeached in the coming months, while not impossible, are unlikely. It would require at least 100 votes in the house and two-thirds in the senate.

'We were risking our lives for the welfare of the majority of the people' Arturo Lascanas, ex-policeman Trillanes – who is now the loudest voice of opposition after the recent detention of another senator, Leila de Lima, on controversial charges over her alleged involvement in illegal drugs – is perceived as a lone wolf, even though he is one of six

opposition senators. But he argues that the internal dynamics of the 24-seat senate belie perceptions, pointing to the case of former president Joseph Estrada, also deeply popular and ultimately impeached over allegations of corruption in 2001.

Analysts such as La Viña describe Duterte's current political support as overwhelming, but also superficial. "There is no loyalty there," he says. "It's all in their interests to support him [Duterte]. The moment it is no longer in their interests, 90% would abandon him. That includes both the senate and the house."

In an indication of how the mood has shifted since Duterte's inauguration, a December poll by the local Social Weather Stations institute showed that while the drug war remains very popular, 78% of those surveyed admitted they were scared they, or someone they know, could be killed in a drug-related crackdown.

Back in his safe house, Lascanas says he is under no illusions about what is going on. "What happened here in Manila is the same as in Davao, the same," he says. "The manner of killing – riding in tandem [motorbike killings], packing tape, leaving some cardboard, stabbings. And then the manner of the police investigation, how they conduct it, they just term it 'death under investigation'."

In the early months of President Duterte's war on drugs, hundreds of bodies were found in the streets with their heads wrapped in masking tape, next to cardboard signs labelling them drug pushers, users or rapists – exactly as happened in Davao under mayor Duterte.

"Sometimes we kidnapped our subject and put the packing tape on their head until they suffocated, and then we would throw them in the street," recalled Lascanas. "Sometimes we would leave the cardboard. It would say in Tagalog, huwag tularan, which means, 'don't be like him'."

There was a short pause in the drug war in January – following the killing of a South Korean businessman at the national police headquarters by officers who later extorted ransom money from his family under the pretence that he was alive – but it restarted in last month under "Operation Double Barrel Reloaded".

The killings are continuing, albeit at a much slower pace – 69 people were killed in police operations in March, compared with high hundreds in the early months of the crackdown.

Lascanas knows he is the most wanted man in the country now for what he has claimed. He spends his days reading the New Testament, and praying for salvation and that his family won't be harmed.

"I know him [Duterte] and I know the capacity of my companions inside our

group, and I hope they will not hurt my family. Me, I am very much ready, I have done what I wanted ... I am free now," he says.

As his minders try to wind up the interview, Lascanas is not quite finished, there is something else he needs to say: "I don't think the president is free because of what he has done. He tries to deny it to himself – that is he is not mortal, like me, or like the victims of extrajudicial killings. He assumes he has the divine dominion of God, but he forgot that he is mortal too. He's not free."

From Page 5 Credit

investisseurs, le nombre d'entreprises et d'emplois créés et maintenus, le taux de satisfaction et de réinsertion sociale des personnes en 15 ans prouvent l'efficacité et l'impact réel du microcrédit québécois :

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527 200 heures d'accompagnement et de formation
9 582 emplois créés et maintenus
4 987 entreprises créées et maintenues
64 % de taux de survie des entreprises après cinq ans d'opération

Nouveaux constats et nouvelle mobilisation
Ayant identifié de nouveaux constats, le RQCC collabore avec Marie Langevin, professeure au département de stratégie, responsabilité sociale et environnementale à l'École des sciences de la gestion de l'Université du Québec à Montréal. Elle mène pour le RQCC une étude pour mesurer l'impact du crédit communautaire dans les territoires. Cette étude en cours permettra de mieux identifier les besoins en capital dans chaque région et les montants minima nécessaires pour le lancement de fonds de capitalisation dans les régions non couvertes par le Réseau.

Par ailleurs, le 15 mars 2017, des délégations du conseil d'administration du RQCC rencontrent plusieurs députés représentant le Parti libéral du Québec, le Parti Québécois, la Coalition Avenir Québec et Québec solidaire. Ces rencontres d'échanges permettront au Réseau de présenter les résultats des actions entreprises ces quinze dernières années et d'expliquer le bien-fondé d'un nouveau modèle d'affaires mis en place pour renforcer l'intervention des membres sur le terrain.

Le Réseau et le crédit communautaire

Fondé en 2000, le RQCC réunit plusieurs organismes experts du prêt d'honneur au Québec. Le modèle économique innovant du Réseau

intègre les partenaires public, privé et la population. Le crédit communautaire selon le RQCC, c'est :

Le microcrédit accompagné où les prêts sont systématiquement assortis de l'accompagnement.

Le microcrédit intelligent où le milieu s'investit dans le succès du projet d'affaires grâce à ses compétences.

Le microcrédit solidaire où la communauté prête de l'argent à la communauté afin de créer un impact économique et social.

Le crédit communautaire soutient des projets de travail autonome, de petites entreprises individuelles, collectives ou d'économie sociale. Le Réseau compte sur 62 employés, 300 bénévoles et 15 organismes disposant de 8 M\$ de capital privé.

-30-

Source et information : Bruno Dion, gestionnaire des partenariats du RQCC Téléphone : 514 268-0066 Site Internet : www.rqcc.qc.ca

NOTICE TO A SYMPOSIUM

Parkinson's Medication & you: In Montreal on April 26, 2017, Parkinson Canada and The Cummings Center are holding a bilingual symposium to learn about medication to treat Parkinson's and the impact of exercise on drug intake. French and English guest speakers, on-site live interpretation services and exhibitors hall. Full program and registration at www.parkinson.ca/QC426.

Guest speakers:

- Tejal Patel, Assistant Clinical Professor at the University of Waterloo School of Pharmacy
- Paola Campana, Assistant Head of the Physiotherapy Department at the Institut universitaire de gériatrie de Montréal

- A panel of people living with Parkinson's will share their experience with medication use and physical activity

Danielle Blain, M.Sc.

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Batch 11 PAB students during their practicum at Chateau Westmount



Souvenir photo of Batch 10 PAB/PSW Nursing aide graduates



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



The knowledge and skills I learned at Gilmore College gave me the edge to work in the health care field where one needs to show willingness to render service to the sick and the elderly. (Ethel Tugna, March 2011 graduate)