

Pre-election Budget postpones needed policy changes: CPJ

Ottawa, ON: March 19, 2019 — While Citizens for Public Justice (CPJ) notes that Budget 2019 contains many important policy pitches, delayed spending timelines mean that many pressing issues will not receive needed action.

With its emphasis on gender equality, deepening efforts towards reconciliation, and notable shifts towards a cleaner economy, the budget sends positive signals about the priorities the Government of Canada wants to emphasize. But with little more than half a year left in the current mandate, this pre-election document reads as mostly a series of hopeful platitudes towards a future that may never come.

It is disappointing, that the National Poverty Reduction Strategy does not have a more central place in the budget. CPJ would have liked to have seen more investment directly to programs that would strengthen the strategy, rather than a continued



BUDGET 2019: As deficit grows, feds spend on job retraining, home incentives (City News)

piecemeal approach to addressing poverty in Canada.

The budget does include important first steps to develop a

national pharmacare program.

However, the creation of a Canadian Drug Agency must reflect a level of urgency to meaningfully

address the needs of people in Canada struggling under crippling costs.

CPJ is pleased to see a recognition that housing affordability needs to be addressed, with further programs directed to first-time homeowners and new rental construction funding (additional \$10 billion over nine years). However, the rollout of the spending for the National Housing Strategy has been too slow to address the current housing crisis.

And while the federal government has acknowledged climate change as a global crisis that requires immediate, far-reaching action, under the exhilarating heading of “fulfilling Canada’s G20 commitment [to phase-out fossil fuel subsidies],” there is no fulfilment to be found.

Climate change requires a move away from coal-fired electricity generation, but Budget 2019 only allocated \$35 million over five years for

See Page 4

Pre-election budget

Democrats push for Mueller report to Congress by next week, Republicans resist

(March 25, 2019) WASHINGTON (Reuters) - A fight brewed between Democrats and Republicans over the public release of Special Counsel Robert Mueller’s report on Russian meddling in the 2016 U.S. election, while President Donald Trump kept up attacks on his critics on Monday.

As the Senate Judiciary Committee’s Republican chairman called for an investigation into the origins of the probe of any Trump campaign links with Russians, the Senate leader blocked a second attempt by Democrats to pass a measure aimed at pushing the Justice Department into full disclosure of the

report.

Six committee chairs in the Democratic-led House of Representatives called on U.S. Attorney General William Barr, in a letter seen by Reuters, to release the full Mueller report to Congress by April 2. Earlier this month, the House voted 420-0 in favor of making the report public, with no Republican opposition.

Barr on Sunday released a four-page summary of conclusions of the investigation that detailed Russian interference but cleared the Republican

See Page 4

Democrats push



U.S. President Donald Trump reacts as he returns to the White House after U.S. Attorney General William Barr reported to congressional leaders on the submission of the report of Special Counsel Robert Mueller in Washington, U.S., March 24, 2019. REUTERS/Carlos Barria

INNOVATION

that excites

5-DAY SALE

FOR A LIMITED TIME, FROM MARCH 19 TO 25

GET UP TO AN ADDITIONAL

\$1,000¹

BONUS CASH

+

CHOOSE ONE OF THESE

3 GREAT OFFERS

\$750

ADDITIONAL BONUS CASH¹

ROGUE SHORT-TERM LEASE

LEASE A ROGUE S FWD FROM \$298/MONTH WITH \$2,995 DOWN FOR 24 MONTHS, INCLUDING \$1,500 MY CHOICE BONUS CASH.

THAT'S LIKE PAYING FOR \$69²/WEEK 24 MONTHS

RETAIL VALUE OF \$27,208

NISSAN

GABRIEL

JEAN-TALON

3500, rue Jean-Talon O.

Montréal, QC H3R 2E8

514 509-7777

nissangabrieljeantalon.com

OPEN SATURDAYS

Offers available from March 19 to 25, 2019. The lease offer, through NCF, is based on a maximum of 20,000 km/year (total allowance of 40,000 km for 24 months) with excess charged at \$0.10/km. The first monthly payment and the down payment are due at lease inception. RDPRM registration fees and lien registering agent's fees (up to \$77 total) are extra and due at time of delivery. Licence, registration, insurance, specific duty on new tires (\$15) and applicable taxes are extra and due at inception. ¹Payments cannot be made on a weekly basis and are shown for informational purposes only. ²The 5-Day Sale Bonus Cash of \$750 is applicable upon leasing or financing offers of a 2019 Rogue through NCF. This offer can be combined to a subvented lease or finance rate or any other available offer. The offer will be deducted from the negotiated price after taxes and is not included in the lease payments announced. ³My Choice Bonus Cash of \$1,000 (deducted before taxes) is available on new 2019 Rogue models, purchased, leased or financed on approved credit with Nissan Canada Financial Services Inc. (NCF). The cash discounts cannot be combined with lease or finance subvented rates and will be deducted from the negotiated price before taxes. ⁴Limited time offer: provided through NCF on approved credit. Up to 1% rate reduction is available on new 2019 Rogue models financed or leased from a participating Nissan dealer. The customer will receive a reduction of up to 1% applicable on the lease or finance rates currently available through NCF to a minimum of 0% APR. Under no circumstances can rates be reduced below 0% APR. ⁵Up to \$1,000 payment waiver is available on the lease or finance of a new and previously unregistered 2019 Rogue model, on approved credit, from an authorized Nissan dealer in Canada. Up to the first 3 monthly lease or finance payments (exclusive of taxes) will be waived, up to the applicable maximum outlined above. After waived leased or finance payments, customer will be required to make all remaining scheduled lease or finance payments over the remaining term of the contract. If the total of 3 monthly lease or finance payments exceeds the applicable maximum outlined above, then customer will be responsible for paying any difference. If the total of the 3 monthly lease or finance payments is less than the applicable maximum outlined above, then customer will not be credited with the difference. The value of a customer's lease or finance payments will be impacted by the length of the term and the down payment, if any, as selected by the customer. Offers are available on approved credit through NCF for a limited time. Offers subject to change, continuation or cancellation without notice. Retailers are free to set individual prices. Visit www.choosenissan.ca or see your Quebec Nissan retailer for complete details. Conditions apply. ©2019 Nissan Canada Inc.



From the Executive Publisher's Desk

Hate crimes – Increasing or not – need to be reported and understood to make concrete and comprehensive policy changes

Zenaida Ferry Kharroubi

Several news reports over the past few months have been about hate crimes, mass shootings, and other acts of violence. The most recent example is the Christ church mosque shootings. There were two consecutive terrorist attacks at mosques in Christ church, New Zealand, during Friday Prayer on 15 March 2019. The attacks began at the Al Noor Mosque in the suburb of Riccarton at 1:40 pm, and continued at the Linwood Islamic Centre at about 1:55 pm. The gunman live-streamed the first attack on Facebook Live. The attacks killed 50 people and injured 50 others. A 28-year-old Australian man, described in media reports as a white supremacist and part of the alt-right, was arrested and charged with murder. The attacks have been linked to an increase in white supremacy and alt-right extremism globally observed since the mid-2010s. Politicians and world leaders condemned the attacks, and Prime Minister Jacinda Ardern described the attacks as "one of New Zealand's darkest days". It is the deadliest mass shooting in modern New Zealand history.

Statistics in the U.S.A. and in Canada have shown similarities of an increasing trend over the past three years. Latest FBI statistics cited 17% increase in 2017 but it is higher in Canada. According to Statistics Canada, after steady but relatively small increases since 2014, police-reported hate crime in Canada rose sharply in 2017, up 47% over the previous year, and largely the result of an increase in hate-related property crimes, such as graffiti and vandalism. For the year, police reported 2,073 hate crimes, 664 more than in 2016. Higher numbers were seen across most types of hate crime, with incidents targeting the Muslim, Jewish, and Black populations accounting for most of the national increase. These increases were largely in Ontario and Quebec.

Police-reported hate crimes refer to criminal incidents that, upon investigation by police, are found to have been motivated by hatred toward an identifiable group. An incident may be against a person or property and may target race, colour, national or ethnic origin, religion, sexual orientation, gender identity or expression, language, sex, age, mental or physical disability, among other factors. In addition, there are four specific offences listed as hate propaganda offences or hate crimes in the Criminal Code of Canada: advocating genocide, public incitement of hatred, willful promotion of hatred, and mischief motivated by hate in relation to property used by an identifiable group.

The most dramatic spike in reported hate-motivated crimes against

Muslims came after the January mosque shooting in Quebec.

Across Canada, black people remained the most common targets of hate crimes based on race or ethnicity. Some 16 per cent of all incidents involved black victims.

Two per cent of police-reported hate crimes involved Indigenous people, according to the report, but it suggests a large number of all victims — possibly as high as two in three — didn't file reports with authorities.

Besides the common factors of race, ethnicity and religion, mental health issues and the availability of guns have also played a role in hate crimes and violence.

For anti-racism and advocacy groups, the report is just the latest testament to an alarming rise in hatred — and the time for effective action and leadership is long overdue.

"These attitudes remain prevalent in our society and this is unacceptable," Brittany Andrew-Amofah, a board member with the Urban Alliance on Race Relations, said in a statement. "It's time for political leaders to unequivocally speak out against hate and intolerance and in support of a multicultural society where everyone feels safe to participate and contribute."

With all these statistics, the biggest question is - what is the reason for the rising rate of hate crimes? No one can say what is the real cause except to speculate that it is due to the current political rhetoric in the White House. Moreover, some people claim the statistics are flawed as not all hate crimes are reported nor identified correctly by the police. Nevertheless, the increase should be of concern to all who care about security, peace and safety of all citizens. There should be a more concerted effort in establishing measures to combat hatred that usually stems from ignorance of other people's culture. Both the community and political leaders should initiate more concrete measures to study the root causes of hate and how to prevent them. Certainly, it is a very complicated issue and may take some time to collect accurate data but somehow we should not wait before the worse happens. Perhaps, university scholars should undertake the needed research to help us understand the psychology of hate and find solutions to combat this rising trend. Above all, our political leaders and lawmakers should have the foresight and the wisdom to introduce policies that will have a lasting impact on decreasing hate crimes in our society.

GUEST OPINION EDITORIAL

By Neilson Macdonald, Opinion Columnist
At this point, the Philpott-Wilson-Raybould end game is obvious — destroy Trudeau

Ex-ministers seen as defenders of democracy rather than politicians — despite a most politician-like attack (Last Updated: March 26)

Perhaps Jody Wilson-Raybould and Jane Philpott are acting entirely on principle, laying their bodies across the tracks to protect our democracy and rule of law. Perhaps.

That's their story, anyway. And it's a good one, too, no denying that. A



Ex-cabinet ministers Jody Wilson-Raybould and Jane Philpott remain in the Liberal caucus, despite their attacks on Justin Trudeau.

politician cannot buy the kind of hagiography Philpott has enjoyed since she quit Justin Trudeau's cabinet in solidarity with Wilson-Raybould, who is herself now portrayed as single-handedly protecting the justice system's integrity from attacks by crude ward heelers in the PMO. A fellow political columnist suggested last week that Philpott should resign as a Liberal because she is so immensely competent, so strong, and so principled that her fellow party members simply aren't worthy of being in caucus with her.

Mmm-hmm.

In any case, Philpott and Wilson-Raybould are politicians who are being treated as though they aren't politicians, which is every politician's lustiest dream.

Certainly, the two of them have co-ordinated a most politician-like attack on their party leader. I've been in this dodge 43 years now, and I have never seen such exquisite destruction and perfectly timed execution.

Prime Minister Justin Trudeau, right, continues to be dogged by questions about his decision to move Wilson-Raybould from the Justice file to Veterans Affairs, and her subsequent resignation from cabinet. (Canadian Press)

And deflection. I assume there is an end game here, and I assume we will see it sooner or later, and I have my own

notions about what it is, having once watched Brian Mulroney publicly pretend loyalty to Joe Clark while his operatives worked to bring down Clark's shaky Tory leadership, at one point distributing ABC (Anybody But Clark) buttons, which were to be worn inside the jacket lapel, invisible, but available to be flashed to those in the know. In 1983, Mulroney became leader.

Or having watched, from the media perch above the Commons, Liberal MPs working as operatives for the then-unelected Jean Chrétien in the late '80s, moving from desk to desk, working other members of caucus, as John Turner, the leader they were betraying, sat in his chair a few rows ahead, seemingly oblivious to what was going on just behind him. Chrétien became party leader in 1990.

Or even, that same year, having watched an angry Lucien Bouchard, convinced Quebec had once again been humiliated by the perfidious Anglos, storm out of Brian Mulroney's government, sputtering that a leader's word must be "as straight as the sword of the king," as he walked away.

Of those three players, Bouchard was the closest to doing any of it on principle, but even he had an end game. He established and led the Bloc Québécois, creating another political pole in Ottawa, then became premier of Quebec.

Philpott, though, explicitly denies any leadership ambition, or even any ambition to bring down her leader, and so does Wilson-Raybould, and for some reason, most of the parliamentary press gallery seems to be taking them at their word.

Instead of treating the Philpott/Wilson-Raybould moves as a power play, which is pretty clearly what they are, reporters have been swept along in the blast waves the duo created with their resignations and declarations. And please, let's stipulate that they are indeed a duo, not two ingenuos who never imagined their principled actions would cause this sort of uproar.

Just last week, Philpott reluctantly and with a heavy heart granted Maclean's an exclusive interview, in which she said there is a lot more still to come in this scandal, despite the Trudeau PMO's attempts to suppress it. She couldn't, of course, say what is coming, because cabinet privilege prevents her from talking about a Jan. 6 discussion with the prime minister, just that the discussion was far more significant than previously reported, and that there is a lot more to the story.

Also, she just wants to make her party better, which is sort of what people



**7159 ch. de la Cote des Neiges
Montreal, Quebec H3R 2M2
www.filipinostar.org**

**Tel.: 514-485-7861/ 514-506-8753
E-Mail: marketing@filipinostar.org
Published by: Filcan Publications, Inc..**

Fely Rosales Carino
Society News

Zenaida F. Kharroubi
Chief Editor
Publisher - 1998-present

W.G. Quiambao
Tagalog Columnist

Bert Abiera
Founder- Publisher 1982-97

Sam Kevin
Show Biz News & Layout Editor

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

who want to get rid of the leader always say.

If the Maclean's interview was intended as a bellows for an already superheated story, it worked. For weeks, reporters in Ottawa have been diving into the weeds, competing for the most incremental scrap.

On Friday, the main headline on the National Newswatch political aggregator was a CBC interview in which a former Commons law clerk declared that the parliamentary privilege Philpott enjoys as an MP frees her to say whatever she likes about her Jan. 6 chat with Trudeau, as long as she says it in the Commons or while sitting on a Commons committee.

Other journalists have observed that the order-in-council Trudeau created to allow Wilson-Raybould and other cabinet confidants to talk about her time as attorney general would apply to Philpott's Jan. 6 discussion, because Wilson-Raybould was still attorney general at that time.

And Trudeau himself seems to have clearly said Philpott and Wilson-Raybould are free to add whatever they wish to the public record concerning Wilson-Raybould's time as attorney general and her cabinet demotion in January. He's spoken about it publicly, and Gerald Butts, Trudeau's former principal secretary, testified in detail about it before the Commons justice committee.

Both ex-ministers, though, say they nonetheless remain constrained by honour and principle. They are not free to reveal misbehaviour by Trudeau and his aides, only to say it exists and tease future revelations. Wilson-Raybould followed up Philpott's interview by

declaring she has more facts and evidence for the committee, and will be providing some of it in writing.

The simplest explanation is best

So, let's strop up Occam's razor and apply its austere logic to all this.

Might it simply be that Philpott and Wilson-Raybould are being coy because they want to inflict maximum damage on Trudeau from within his own caucus, which they know is the most effective place to do it? Might they intend to push for a leadership review after this fall's election, or, even better, before it?

Trudeau has haplessly insisted that Philpott's and Wilson-Raybould's torpedoes are just proof that the Liberals tolerate a diversity of views in their ranks.

Right. Sorry, but that sounds a lot like the line John Turner peddled when his own MPs were busy knifing him in the back: open party, grassroots discussion, lots of room for dissent, blah, blah, blah.

Realistic advice

An old acquaintance who worked in Liberal backrooms a generation ago says he doesn't believe Philpott or Wilson-Raybould are ambitious. This whole thing, he thinks, is a "cascade of dominoes" resulting from principled acts, the purity of which gives the story such sting. There may be no end game, he said, simultaneously conceding that if there isn't, it's a first.

I found Sheila Copps's old-school advice to Trudeau more realistic: They're dangerous. Get rid of them.

At the very least, Wilson-Raybould and Philpott are now objective allies of the Opposition, and any sensible leader would treat them as such. Jean Chrétien absolutely would. Andrew Scheer too, I'd bet.

(Neilson Macdonald)

Mount Royal MP Anthony Housefather Welcomes Key Investments and Initiatives in Budget 2019

Montreal, MARCH 25, 2018—Member of Parliament for Mount Royal Anthony Housefather was pleased with Budget 2019's focus on helping those that need it the most, including seniors, prospective first-time home owners, and increased support for post-secondary students. "Through these much needed and targeted investments, Budget 2019 is supporting Canadians in all stages in life". The budget also doubles funding for the Security Infrastructure Program, increases support for municipalities, and outlines the first steps in the process of creating a national pharmacare plan.

MP Housefather was proud to see the Government of Canada allocate \$50,000,000 to move forward with the introduction of a National Dementia Strategy. "I am thrilled that Budget 2019 allocates \$50,000,000 towards the introduction of a National Dementia Strategy to improve the lives of those living with dementia and their caregivers. It is a priority for many in our riding and I am proud to have advocated for this federal funding."

Budget 2019 addresses key concerns brought forward by municipalities across Canada, including having the funds necessary to pay for crucial repairs and other important local projects. By proposing a one-time top-up of \$2.2 billion through the federal Gas Tax Fund that will double the Government's commitment to municipalities, the Government is making sure every community has the resources necessary to be an even better place to live.

"As a former Councillor and Mayor, I am very excited that Budget 2019 significantly increases funding for municipalities across Canada." Said Housefather. "I have reached out to each

Mayor and City Councillor in the riding of Mount Royal to inform them of the government's important new investments into our cities and towns.

Budget 2019 also includes important initiatives to help make it easier for Canadians to buy a home. The First-Time Home Buyer Incentive will lower monthly mortgage payments for many Canadians buying a home for the first time. "Housing prices on the island of Montreal and across Canada have continued to increase, making it more difficult for many families and individuals to buy their first home. This incentive will lessen the burden on first-time home-buying Canadians, and hopefully allow them to feel more confident in being able to afford their mortgage payments long-term."

Another important highlight in Budget 2019 was the doubling of the funding for the Security Infrastructure Program (SIP), which supports religious and ethno-cultural community-affiliated buildings pay for up to half of their security measures. "Synagogues, Churches, and many other cultural centres in Mount Royal rely on this funding to ensure all those who use their facilities can enter without fear. Following the recent terrorist attacks in Pittsburgh and New Zealand against Muslim and Jewish worshippers, funding for this program is needed now more than ever."

Other important measures from Budget 2019 also includes enhancing the Guaranteed Income Supplement earnings exemption so that low-income seniors can effectively keep more of their hard-earned income, creating a new Canadian Drug Agency that could lower Canadians' drug costs by as much as \$3 billion per year and creating up to 84,000 new student work placements per year.

Anthony's Assembly is coming to TMR !

Please join me for my quarterly Town Hall Meeting.

It will be held on **Wednesday, April 24th at 7:30pm**

At the **Town of Mount Royal Town Hall** at

90 Roosevelt av

in the **Town of Mount Royal**.

HOPE TO SEE YOU THERE!



Anthony Housefather

Member of Parliament for Mount Royal

Montreal Office: 4770 Kent Ave,
#316, Montréal, Qc H3W 1H2

Telephone:
514.283.0171

Email:
Anthony.Housefather@parl.gc.ca



Anthony Housefather Miyembro ng Parlyamento - Mount Royal

Mga Serbisyo sa Tanggapan

Bilang isang Miyembro ng Parlyamento, isa sa pinakamahalagang bahagi ng aking trabaho ay tulungan ang mga indibidwal at mga grupo mula sa aking konstitusyonsiya na makipag-ugnayan sa pederal na pamahalaan.

Naririto kami upang tulungan at gabayan kayo sa proseso na kabilang sa maraming iba't ibang mga kagawaran ng pederal, mga programa, at mga serbisyo. Maaari kaming magbigay ng impormasyon at tulong na may kaugnayan sa iba't ibang mga kagawaran, kabilang ang:

- **Citizenship and Immigration Canada (CIC)**
- **Canada Pension Plan (CPP)**
- **Old Age Security (OAS)**
- **Passport Canada**
- **Employment Insurance Benefits (EI)**
- **Canada Revenue Agency (CRA)**
- **Guaranteed Income Supplement (GIS)**
- **Veterans Affairs**
- **Federal Crown Corporations**
- **Federal funding grant information**
- **Acquiring Canadian flags and pins, and paraphernalia**

Gayundin, kung mayroon kayong isang kaganapan na nais ninyo akong dumalo bilang inyong MP, huwag mag-atubiling i-email ang iyong imbitasyon sa aking opisina dito:

Anthony.Housefather@parl.gc.ca

Lokasyon ng opisina: 4770 Av Kent, Suite 316, Montreal, Qc, H3W 1H2

From Page 1 Pre-election budget

worker transition centres. Hopefully, some of the Canada Training Benefit's \$1.7 billion over five years will further assist workers as they transition to new jobs, and preliminary efforts towards a just transition will be expanded to include the oil and gas industry.

The big win on action to address climate change is clearly the new Canadian "target to sell 100 per cent zero-emission vehicles by 2040, with sales goals of 10 per cent by 2025 and 30 per cent by 2030 along the way."

From Page 1 Democrats push

president's campaign team of conspiring with Moscow.

No one outside the Justice Department has yet seen the report, including the White House. The Justice Department has not said whether it will release Mueller's full report, but Barr has said he will be as transparent as possible.

A person familiar with the matter said there were no plans at this time to show the Mueller report to the White House.

Trump on Monday vented his anger at the inquiry and vowed investigations into unnamed political enemies who did "evil" and "treasonous things." The probe left unresolved the question of whether Trump engaged in obstruction of justice.

Senator Lindsey Graham, the Republican Senate Judiciary Committee chairman and a Trump ally, told reporters he would ask for an investigation. Barr told Graham in a telephone call that he would be willing to testify to the panel about the Mueller probe, according to a spokesman for the senator.

Republican U.S. Senate Majority Leader Mitch McConnell, noting that it took nearly two years for Mueller to conduct his investigation, said after blocking the Democratic measure: "It's not unreasonable to give the special counsel and the Justice Department just a little time to complete their review in a professional and responsible manner."

Trump said on Monday that "it wouldn't bother me at all" if the report were released but that it was up to Barr.

On refugee rights, the 2019 budget offers little for refugees in Canada and instead highlights that the Government wishes to increase their border control by increasing interception and deportation of irregular border crossers, with the decision to implement a Border Enforcement Strategy to the tune of \$1.18 billion over five years in 2019-20 followed by \$55 million per year thereafter. This new strategy contradicts CPJ's call for the federal government to rescind the Canada-US Safe Third Country Agreement.

Ahead of the fall federal election, and in light of increased concern over

The end of the Mueller inquiry did not spell the end of the investigative pressure on Trump by Democrats, who gave no indication of easing up on their multiple congressional investigations into his business and personal dealings. Democratic lawmakers were likely to face a protracted legal battle that will turn on Trump's right to keep communications with his advisers private, legal and political experts said.

One of Trump's lawyers, Jay Sekulow, said at least part of the report should be withheld. Sekulow said it "would be very inappropriate" to release the president's written answers to questions posed by the special counsel, calling the responses provided in November confidential.

After lengthy negotiations, Trump reversed his previous stance that he would be willing to submit to an in-person interview with the Mueller team, ultimately agreeing only to provide written answers. **FIGHTING BACK**

The president and his allies in Congress went on the offensive as the summary gave him a political victory ahead of his 2020 re-election bid, with no allegations of criminal wrongdoing brought against him.

"There are a lot of people out there that have done some very, very evil things, very bad things, I would say treasonous things against our country," Trump told reporters at the White House, without mentioning anyone by name or citing specific actions.

Trump pledged new investigations but did not specify who would conduct them or who should be

foreign election tampering, it is worth noting the considerable commitment by the federal government to invest \$30.2 million over five years towards the safeguarding of democratic institutions.

"I think we must applaud any government action that presents progress on issues of the environment, poverty and refugee rights. However, it would be irresponsible not to advocate that same government for further positive and substantive progress," said CPJ's executive director Willard Metzger.

"With Budget 2019, the federal government has indicated only tentative financial commitments that fail to match

targeted. Trump in the past has called for investigations of Hillary Clinton, the Democrat he defeated in 2016.

White House spokeswoman Sarah Sanders called for congressional hearings to investigate prominent Trump critics including former U.S. Director of National Intelligence James Clapper, former CIA Director John Brennan, former FBI Director James Comey and other FBI figures.

In an appearance on NBC's "Today" program, Sanders said: "The media and Democrats have called the president an agent of a foreign government. That is an action equal to treason, which is punishable by death in this country."

Asked if Trump owed Mueller an apology, Sanders added: "I think Democrats and the liberal media owe the president and they owe the American people an apology."

Trump had repeatedly accused Mueller, a former FBI director, of running a "witch hunt" with a team of "thugs" and having conflicts of interest. But asked on Monday if Mueller had acted honorably, Trump said: "Yes."

Mueller, who submitted his confidential report on his findings to Barr on Friday, neither accused Trump of obstruction of justice in trying to impede the investigation nor exonerated him of obstruction, according to the summary. Barr said he and Deputy Attorney General Rod Rosenstein, who appointed Mueller, concluded the investigation's evidence "is not sufficient to establish that the president committed an obstruction-of-justice offense."

the urgency of many key priorities."

Finance Minister Bill Morneau's budget speech clearly emphasized a continued focus on the middle class and the intention to reach millennials, who are now poised to surpass baby boomers as the largest, most powerful voting block in this fall's federal election.

With Investing in the Middle Class, the government has continued to lag on decisive action to implement important policy changes that will care for vulnerable members of our society. In the place of accelerated change, Budget 2019 invokes mostly proposals for future aspirations.

The Mueller investigation had cast a cloud over Trump's presidency but he has declared himself fully exonerated, despite what Barr's summary said on the obstruction of justice issue.

On March 5, Mueller visited the Department of Justice's main office in Washington to meet with Barr and Rosenstein and told them he would not be reaching a conclusion with respect to obstruction, a decision that was unexpected, a department official said.

The Kremlin said on Monday that President Vladimir Putin was ready to improve ties with the United States following the release of Barr's summary and called on Washington to formally recognize there was no collusion. Russia repeated its denial of U.S. intelligence agencies' findings that it meddled in the election.

Mueller, in previous legal filings, described a Russian campaign to interfere in the election through hacking and propaganda to sow discord in the United States, harm Clinton and boost Trump. Mueller charged 12 Russian intelligence officers, 13 other Russians accused of taking part in a disinformation campaign and three Russian companies.

Reporting by Jeff Mason and Susan Heavey; Additional reporting by Susan Cornwell, Mark Hosenball, Sarah N. Lynch, Doina Chiacu, Makini Brice, David Morgan and Lawrence Hurley in Washington and Tom Balmforth and Maxim Rodionov in Moscow; Writing by Will Dunham and Grant McCool; Editing by Bill Trott and Peter Cooney

Video of incident has already sparked outcry and calls for investigation by community groups, opposition

Video of incident has already sparked outcry and calls for investigation by community groups, opposition (Isaac Olson · CBC News · Posted: Mar 26, 2019 1:25 PM ET)

Earlier this month, two Montreal public transit inspectors swung their metal, telescoping batons several times during a failed attempt to restrain a young man over an unpaid Metro fare.

The violent incident was caught on video, and now 21-year-old Juliano Gray has come forward to identify himself as the man in that incident, saying he is "seeking justice."

At a news conference at Montreal's Center for Research-Action on Race Relations (CRARR), Gray said Tuesday he was unable to hold onto his part-time dishwasher job because of the injuries sustained in the March 6 incident and post-traumatic stress.

It all began in a moving Metro car, he said, when inspectors approached him for playing with a

soccer ball on his way to the Namur Metro station. The inspectors asked him to show his ticket stub to prove he had paid his fare.

Gray said he was told to get off at Snowdon to receive a fine for fare-dodging, but as several passengers got involved, he became disoriented.

He got off at Villa-Maria station thinking it was Snowdon, he said, and that's when things turned ugly.

"I got tackled on the wall, and then the one that had me on the wall tripped me, and I fell on the floor," he said. "As soon as I was on the floor, I got four elbows on the face, and that's when I understood it wasn't a typical arrest."

The inspectors told him to get on his stomach. In the video, he is seen on his back, raising his hands in surrender, screaming "That hurts!" and "I stop!" in French, while the officers swung their batons at his legs.

Video of failed Metro arrest shows need for more oversight,



Juliano Gray, 21 (center), says he doesn't want anybody to ever go through what he went through on March 6 when two STM inspectors used force in an attempt to detain him.

advocate says

The video shows inspectors restraining Gray on the platform, his head centimetres away from an oncoming train, as he squirms, screams and gets smacked with metal.

"It was brutal and excessive force," Gray said. "I wish I am the last one in Montreal to be hurt like that."

Fearing for his safety and

thinking the violence was only going to get worse, he said he felt he had to escape to save himself.

So he ran.

"I wasn't trying to run away from them. I was trying to run away from the pain."

'We don't want this to happen to another guy'

In a statement issued by

Canada grants asylum to Pinay who sheltered Snowden in Hong Kong



Keana (left) snuggles up to her mother Vanessa Rodel's arm as the pair are scrummed at the Toronto airport after landing in Canada on a flight from Hong Kong, in Toronto, Canada, March 25, 2019. Cole Burston, AFP

Agence France-Presse

Posted at Mar 26 2019 06:03 AM |

OTTAWA, Canada - Canada has granted asylum to a woman who helped Edward Snowden hide in Hong Kong after his leaks exposed US global surveillance programs, a refugee rights association said Monday.

Vanessa Rodel and her 7-year-old daughter Keana were scheduled to arrive in Toronto later Monday on a flight from Hong Kong, the nonprofit organization For the Refugees said.

Rodel was among a group of people who sheltered Snowden, a former CIA employee and US National Security Agency (NSA) contractor, putting him up in her apartment in 2013 while he was in Hong Kong on the run from US authorities.

His leaks of highly classified documents revealed the existence of global surveillance programs run by the NSA in cooperation with partners Australia, Britain, and Canada.

Snowden, who now lives in Russia, was charged in June 2013 in the United States with espionage and stealing state secrets.

Canada granted Rodel from the Philippines and her daughter asylum in January but it was kept secret for security

reasons, according to For the Refugees.

Filipina, other Hong Kong 'Snowden refugees' face deportation: lawyer. Five other people who helped Snowden have also requested asylum but remain in Hong Kong awaiting a response, according to the daily National Post.

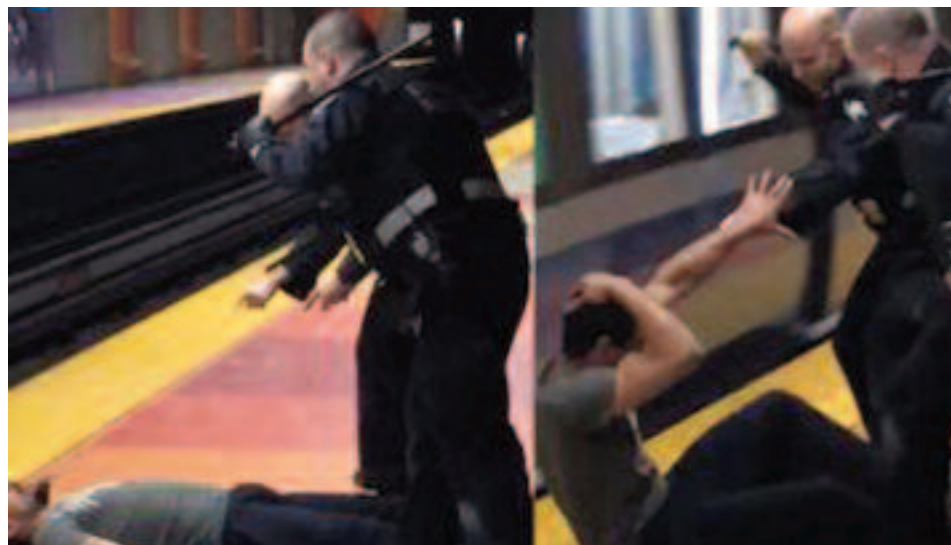
Canadian Prime Minister Justin Trudeau declined to comment, saying it would be inappropriate to do so in "a situation regarding a specific case."

But Foreign Minister Chrystia Freeland implicitly confirmed the report, telling reporters she had not personally intervened in the process.

Asked during a Washington visit whether the granting of asylum might harm US-Canadian relations, Freeland told reporters that Ottawa based its decision on case-by-case considerations, not "geopolitical relations."

A spokesperson for Canada's immigration ministry also declined to comment except to say that in "exceptional circumstances" requests for asylum can be accelerated.

Radio Canada said Rodel was under pressure from Hong Kong authorities and faced a risk of deportation to the Philippines.



'Uncalled for': Man records STM inspectors violently subduing passenger (Montreal Gazette)

CRARR, Gray admits he didn't pay his fare, but "no human being deserves the brutal aggression which could have killed me."

CRAAR representatives sat next to a visibly nervous Gray Tuesday, helping him along as he made his

statement to the media, a stack of microphones and a row of cameras pointed at him. (CBC News)

Interim Pathway for Caregivers in Canada now open, Applicants encouraged to meet the June 4 deadline

March 15, 2019—Ottawa, ON – Caregivers who came to Canada to provide care to Canadian families, in the hope of eventually transitioning to becoming a permanent residents should apply to the Interim Pathway for Caregivers (IPC).

Caregivers who have been working in Canada temporarily but who have not qualified for any other current caregiver program are encouraged to review the criteria and begin working on their applications so that they don't miss the June 4 deadline.

Criteria of the IPC include:

- a valid work permit
- 1 year of work experience as a home childcare provider or home support worker, or a combination of experience in both occupations
- a minimum Canadian Language Benchmark 5 level in reading, writing, listening and speaking in English or French
- a foreign equivalent or Canadian high school diploma

If you can't get your Educational Credential Assessment before the deadline, you must provide proof that you've applied to get one

If you can't get your language test results in time before the deadline, you must show proof of an appointment to take the test along with the date

Applications for permanent residence through the IPC will be processed in 12 months and there is no cap on the number of caregivers, with their spouses/common-law partners and dependent children, who will be accepted.

Quote

"Caregivers came to Canada to provide care to families that need it, and it's time for Canada to care for them in return. To demonstrate our commitment,

we are finally providing them and their family members the opportunity to apply to become permanent residents."

– The Honourable Ahmed Hussen, Minister of Immigration, Refugees and Citizenship

Quick facts

· In October 2017, there was a backlog of about 9,000 cases, representing 24,000 caregivers and their family members, in the Live-in Caregiver Program (LCP). We have reduced that backlog to only 495 cases, representing 2,655 people left to be processed, a reduction of close to 95 percent.

· The processing time for new applications from those who were grandfathered into the LCP is 12 months instead of the peak of 60 months previously. Applications under the Caring for Children and Caring for People with High Medical Needs pilots continue to be processed in 6 months or less.

· In June 2019, the Home Child Care Provider Pilot and the Home Support Worker Pilot will launch, replacing the Caring for Children and Caring for People with High Medical Needs pilots. The new pilots will each have a maximum of 2,750 principal applicants, for a combined total of 5,500 principal applicants per year. Spouses/common-law partners and dependent children will not count against the limit.

· Under the new pilots, in-home caregivers will get occupation-specific work permits, which will provide greater flexibility in changing jobs when necessary. Caregivers will also have more opportunity to bring their family with them to Canada, as their spouses/common-law partners will be eligible for an open work permit and their dependent children will be eligible for a study permit.

Outremont adds its voice to the Liberal caucus in Ottawa



Ottawa, March 20, 2019 - More than 200 people joined Rachel Bendayan on Parliament Hill for her swearing-in ceremony in Ottawa this week.

Ms Bendayan was walked into the House of Commons by Prime Minister Justin Trudeau, and presented to the House under large applause, in front of the many volunteers who were involved in her campaign, and travelled

from Montreal for the day.

Ms Bendayan is a litigation lawyer and community advocate. She built a successful legal practice at Norton Rose Fulbright in the field of international arbitration, while also teaching at the Faculty of Law of the Université de Montréal. More recently, she served as Chief of Staff to the federal Minister of Small Business and Tourism, where she played a key role in developing the Liberal government's women's entrepreneurship strategy.

Ms Bendayan proudly joined the Liberal caucus as it's 181st member, representing the diverse riding of Outremont.

"It's a great honor for me to stand here as a member of parliament for Outremont. I would like to thank my constituents, I can assure you that I'll work very hard to represent you well," said the new Liberal MP during her first speech at the House of Commons.

"Like all of our constituents - mine sent me with a clear message: get things done and focus on the real priorities of middle class Canadians." concludes the Outremont Member of Parliament.



HINDI KAILANGANG MAGING OPISYAL NG MGA ASOSASYON UPANG MAKAPAGLINKOD SA KOMUNIDAD

Marami sa ating mga kababayan ang may maling akala na ang mga opisyal lamang ng mga asosasyon ang nakapaglinkod sa komunidad. Si Elmer Manila at Terry Esguera ay hindi opisyal ng FAMAS pero nagsisilbi silang volunteer dito. Sila ang sumasagot sa telepono at humaharap sa mga taong nagpupunta sa centre upang humingi ng kung anu-anong impormasyon tungkol sa FAMAS. Malaking tulong ang kanilang ginagawa. Ako ay dating opisyal ng Federation pero pagkatapos ng dalawang taon ay umalis ako. Naging volunteer writer na lamang ako sa The North American Filipino Star. Masarap ang pakiramdam kapag nalalaman kong kahit paano ay nakatutulong pala ako sa ibang tao. Tulad ng naisulat ko noong nakaraang isyu ng NAFS, isang pangulo ng asosasyon ang nagsabi sa akin na marami siyang natututuhang salitang

Pilipino kapag binabasa ang aking Tagalog seksyon. Ang mga naitampok ko naman sa Personality of the Month tulad ng isang cancer survivor at isang dating caregiver na nag-aral at nagtrabaho hanggang sa tumaas na ang katungkulan sa opisina ay nagbibigay inspirasyon sa mga bumabasa. Isa sa mga taong hindi ko malilimutan ay ang dating presidente ng FAMAS. Halos isang taon pagkatapos niyang maging presidente ng asosasyon, nag-anyaya siyang kumain. Habang nag-uusap kami ay iniabot niya ang isang sobrang may \$50. "Para saan ito?" tanong ko. Ngumiti siya, "Willie, noong presidente ako ng FAMAS, lagi mong itinutuwid ang mga kasinungalingang isinusulat tungkol sa akin ng isang writer sa kaniyang diaryo. Hindi ako nakapagpa-pasalamat sa iyo noon pero huwag mong isipin na hindi ko pinahalalagahan ang iyong ginagawa. Ayaw ko lamang na may masabi ang mga tao. Ngayon ay hindi na ako presidente kaya nakapagpapasalamat na ako."

SENATORIAL PREFERENCES 2019

Just like past midterm elections, the political exercises halfway through the six-year presidential term is a harbinger of how the next presidential football is shaped. Who are the quarterbacks? Who are the players? Who are the coaches? And who will be traded?

It is a game where the opposing teams give no quarter and take no prisoners. The stakes are high... very high, indeed. Whoever wins will control the nation's politics for a long time to come. And the losers will be thrown -- sad to say -- into oblivion, never to resurface again for a long, long time. Such is the life of a loser in Philippine politics.

The political football began on July 23, 2018 when former President and Congresswoman Gloria Macapagal-Arroyo staged a coup d'état against the Speaker right in front of the President who was about to deliver his State of the Nation Address (SONA), members of Congress and their wives and mistresses dressed and ready for any surprises that would spring out. Poor Speaker Pantaleon Alvarez, reputedly President Rodrigo Duterte's right-hand man in the House of Thieves -- short for Representathieves -- who suffered the ignominy of being thrown out of his own House.

Musical chair

How did Gloria do it? Known for seizing an opportunity before anyone else can, Gloria reportedly used the rift between Speaker Alvarez and Davao City Mayor Sara Duterte-Carpio, the president's daughter, to pursue her Machiavellian goal. It was said that the rift was fueled when Alvarez allegedly called Duterte-Carpio a part of the opposition when she formed a separate regional political party, Hugpong ng Pagbabago (HNP).

That was the season-opener for the 2019 midterms. Sara told reporters that HNP was willing to forge alliances with other political parties. It encouraged some lawmakers from the ruling PDP-Laban to consider jumping ship to Lakas-CMD, which was Arroyo's political party during her presidency.

What we're seeing now is the start of the game played by turncoats, popularly known as the "balimbings," whose loyalty is not to their party or their candidate but to themselves. To a lot of them, it's a matter of self-preservation... or survival. It's like a musical chair; if you're not fast enough to switch, you're out of the game.

Sara makes a move

On August 13, 2018, Mayor Duterte-Carpio announced the formation of a super-coalition of three national parties and six local or regional parties. The three national parties are the Nacionalista Party (NP), Nationalist People's Party (NPC), and National Unity Party (NUP). The six local parties are: Hugpong ng Pagbabago (HNP), a regional party founded by Duterte-Carpio not too long ago; Ilocano Timpuyog; Alyansa Bol-anon Alang sa Kausaban (Abaka); Aggrupation of Party for Progress (APP); Kambilan; PaDayon Pilipino (PP); and Serbisyo sa Bayan Party.

Joining forces with Duterte-Carpio are big political quarterbacks Sen. Cynthia Villar of the NP, former President and now Speaker Gloria Macapagal-Arroyo, and tycoon Eduardo "Danding" Cojuangco Jr., founder the NPC when he ran for President in 1992.

Duterte-Carpio told the media that it was her father, President Duterte, who gave her and her supporters the go-ahead to form HNP. But it doesn't take a

www.filipinostar.org

lbinalik ko ang \$50. "Hindi mo ako kailangang bayaran. Sapat na ang marinig ko na pinahalalagahan mo ang aking ginagawa."

Kung minsan, may mga bagay na nakapagpapaligaya sa atin na higit pa sa pera. Lyon ay ang malamang nakatutulong tayo sa ating kapwa at komunidad.

"THE BEST THING ABOUT A PICTURE IS THAT IT NEVER CHANGES, ALTHOUGH THE PEOPLE IN IT DO" – Andy Warhol

Nag-aayos ako ng aking cabinet pagkatapos ng bagong taon nang mapagtuunan ko ng pansin ang aking mga album at envelope na naglalaman ng aking mga litratong kuha pa sa Pilipinas at dito. Hindi ko maiwasang tignan ang mga ito. Ibang-iba ang hitsura ko noon kung ihahambing sa ngayon. Nakatatawa subalit totoo. Sa aking mga litrato noong elementary pa ako ay hindi ko makilala kung sino ako sa mga batang kasama ng kanilang guro. Naalaala ko ang nabasa kong magasin kung saan ay sinabi ni Andy Warhol, sikat na pop artist noong dekada 60, "The best thing about the picture is that it never changes, although the people in it do." Tama ang kaniyang sinabi. Malinaw pa ang mga litrato ko pero ang mga taong nandoon ay nagbago na. Nagkaroon ng kulubot ang aking mukha, tumaba nang kaunti at nalagas na ang buhok. Wala na ang maitim at makapal na buhok ko. Ginaya ko noon ang buhok ng the Beatles na parang mop at ang buhok ng 1976 Olympic champion na si Bruce Jenner na parang bunot. Ngayon ay bihira na akong magsuklay ng buhok dahil kaunti na

lamang ang susuklayin. Wala na rin ang mga pantalong sikat noon tulad ng lawlaw na parang my hernia ang lalake at bell bottom na malapad mula sa tuhod hanggang ibaba. Bale wala sa akin ngayon kung ano ang mga uso sa kasalukuyan o hindi. Wala na rin ang mga kurbatang sobra ang kitid at lapad. Sa babae ay hindi ko maiwasang mapatawa nang malakas nang makita ko ang buhok ng aking mga kapatid at kaibigang babae. Parang beehive ang buhok nila. Ang luluwag din ng palda nila na ginagamitan ng petticoat. Maraming babae ang natutuwa dahil naitatago nila ang kanilang peklat kapag nagsusuot ng fishnet na stockings.

Marami nang ipinagbago ang mga taong nasa litrato. Kasama ng mga pagbabagong iyon ang mga masasaya at malulungkot na lumipas. Sa alaala na lamang namin maibabalik ang mga iyon.

HEARING NI REYES VS MAGALLANES AT PARADO

Sa mga nagtatanong kung ano na ang nangyari sa demanda ni Felix Reyes laban kay Fred Magallanes at Julie Parado, ang mga hearing ay sa mula sa Abril 10, 11, 12, 9:00 a.m. sa Montreal Court House, 1 Notre Dame St., E., Rm. 13.07. Bukas ito sa publiko. Matatandaang pinaratangan ni Magallanes at Parado na ninakaw ni Reyes ang \$250 na pera ng tri-city. Nahatulan na ring lumabag sa journalistic ethics at natalo sa demandang libel si Magallanes noon.



genius to figure out what President Duterte had in mind. He sees in Sara someone who is a natural heir to his expanding political domain that has the prospect of becoming the country's next preeminent political dynasty, if not already. Actually, Sara is the only one among Duterte's three children by his first marriage who is ready to step up to the plate and carry out her father's political agenda.

In a calculated move last September, Sara denied that she would be running for Senator this year. "I am not running for senator. We are just really trying to unite everybody who wants to

help the administration of President Duterte until 2022," she said. She should have added, "...and beyond." Sara's game plan

In my article, "How high would Sara go?" (September 7, 2018), I wrote: "She [Sara Duterte-Carpio] would be Duterte's political heir in 2022 when his presidential term expires. The question is: Is she prepared and ready to take over from her father?"

"She might not be as prepared

How the 2019 federal budget impacts post-secondary students

Judy Basmaji / GAZETTE

Released Tuesday, the federal government's annual budget for 2019 announced several investments impacting post-secondary students across Canada, including Indigenous students, graduate students and students with permanent disabilities.

Here is a breakdown of the most significant initiatives, totaling nearly \$3.5 billion, that target students in higher education:

Lower student loan interest rates and 6-month interest-free grace period

To ease the financial pressures on students, the budget plans to lower the floating interest rate for Canada Student Loan borrowers from its current rate of prime plus 2.5 percentage points to prime only, starting in 2019-20. It will also lower the fixed interest rate from its current rate of prime plus 5.0 percentage points to prime plus 2.0 percentage points, starting in 2019-20.

Further, the budget will make the six-month grace period after leaving school interest-free for student loan borrowers to help them successfully transition to the labour market. This change effectively reverses the provincial government's recent decision to eliminate the interest-free grace period after graduation.

The budget dedicates \$1.7 billion over the next five years to these two initiatives. Together, they are estimated to save the average student borrower around \$2,000 over the lifetime of the loan, benefiting around 200,000 graduates per year.

Increasing student loan access for vulnerable borrowers

The budget invests a total of \$111 million over five years to make the Canada Student Loans Program more accessible to students with vulnerable life or financial situations.

For students with disabilities, this amount will increase the cap on the Canada Student Grant for Services and Equipment for Students with Permanent Disabilities from \$8,000 to \$20,000 per year. It will also expand eligibility for the Severe Permanent Disability Benefit so that more students with disabilities qualify for loan forgiveness.

To allow students with permanent disabilities to return to school after a long absence, the budget will also remove the restriction stating that borrowers using the Repayment Assistance Plan for Borrowers with a Permanent Disability who have been out of study for five years cannot receive further loans and grants until outstanding loans are paid in full, starting in 2020-21.

For other students with financial struggles, the budget plans to increase the eligibility for loan rehabilitation for borrowers who default on their student loans, so they can access supports such as the Repayment Assistance Plan. The budget will also implement interest-free and payment-free leave in six-month stackable periods up to 18 months for borrowers taking temporary leave from their studies for medical or parental reasons, including mental health leave.

In addition, to account for these changes to student loan access, the budget will increase compensation to provinces and territories partnered with the Canada Student Loans Program by \$20 million over five years, starting in 2019-20.

The 2019 federal budget dedicates nearly \$3.5 billion to initiatives targeting post-secondary students across

Canada.

Increasing Indigenous students' access to post-secondary education



Prime Minister Justin Trudeau speaks at Western's Alumni Hall, Jan. 11, 2018.
Liam McInnis / GAZETTE

According to the budget report, Indigenous peoples in the working population are, on average, 18 percentage points less likely than their non-Indigenous counterparts to hold a university certificate, diploma or degree at the bachelor level or above. For this reason, the budget plans to invest a total of \$540 million over the next five years to increase Indigenous students' access to higher education and supports during their studies.

Specifically, the budget dedicates \$327.5 million over five years for First Nations communities to expand funding for the Post-Secondary Student Support Program. Further, the government will engage with First Nations to develop long-term First Nation-led post-secondary education models. Additionally, the budget will provide Indspire, an Indigenous-led charitable organization, with \$9 million for bursaries and scholarships for First Nations, Inuit and Métis students.

Expanding paid parental leave and increasing scholarships for graduate students

The budget is dedicating a total of \$37 million over five years to federal granting councils — the Natural Sciences and Engineering Research Council, the Canadian Institutes of Health Research and the Social Sciences and Humanities Research Council — to expand parental leave coverage from six months to 12 months for graduate students and postdoctoral fellows who receive granting council funding.

Further, the budget is providing a total of \$114 million over five years to federal granting councils to create 500 more master's level and 167 more three-year doctoral scholarships awards annually through the Canada Graduate Scholarship Program. The government will also collaborate with provinces and territories to improve access to financial supports for graduate students from low-income families.

Creating more work-integrated learning opportunities

The budget sets an ambitious goal for increasing experiential learning opportunities. "Within 10 years, the Government will strive to ensure that every young Canadian who wants a work-integrated learning opportunity should get one," states the report.

In particular, the budget proposes an investment of \$631 million over five years to expand Canada's Student Work Placement Program by supporting up to 20,000 new work placements per year for post-secondary students in all

In Celebration of Filipino Heritage

Part I

The Filipino Heritage Month: Celebrating Towards a Proud and Progressive Filipino Canadian Community.

In a few months from now, to be specific that is in June 2019, members of the Filipino Canadian communities across Canada, especially in Ontario, will come together to celebrate Filipino Heritage Month. It will be a milestone period of historic honour, recognition, connection, engaging and sharing of history, culture and significant contributions of Filipino Canadians in Canada.

It is expected that participants will include socially, politically, educationally, and economically - engaged kababayans from all spectrum of life such as academics, activists, advocates, artists, businessmen, caregivers, civic workers, doctors, educators, engineers, entrepreneurs, health care workers, historians, media workers, nurses, politicians, seniors, social workers, students, teachers, technologists, and labour unionists. Many of those who would be celebrating too are those who led and worked tremendously to plan, organize, and implement the many Filipino Heritage Month events and activities beginning June and every month thereafter.

The Filipino Heritage Month, as officially declared by the Canadian House of Commons on October 30, 2018, will mark the more than 6 decades of Filipino diaspora in this adopted homeland. The June commemoration is taking place in many ways federally, provincially and municipally including various cultural, social, professional, and community-based organizations.

As we hope and envision the path towards recognition, unity and development, we have a long way to go from here. Currently counting at close to 900,000 people, the Filipino population in Canada doubled between 1986 and 2016. It is important

disciplines. The budget will also provide \$150 million over four years to Employment and Social Development Canada to create a further 20,000 work-integrated learning opportunities

to recognize that each of these Filipino communities across the country is ethnocentrically unique and diverse.

Filipino Canadian leaders and the ordinary Juans or Juanas must share stories, experiences and promising practices for challenging systemic barriers in the workplace, advocating toward the inclusion of Filipino history and culture in school curricula across the country, and ensuring Filipino arts and heritage initiatives including the teaching and learning of Filipino, being the national language, are sincerely supported beyond the month of June.

What does success look like? For each of the Filipino diaspora group and pioneers, depending on when they came to the country and where they are in Canada, the answer is different. For some, it is having a strong, unified voice, and increased representation at all levels of government, and, for others, it is ensuring Filipino immigrants, seniors, youth and vulnerable communities are able to gain equitable access to taxpayer-supported services, programs and benefits.

Over the next few months, there will be a federal election. During this time, again, we will campaign and vote at helping Canadians set and carry out their political intentions for the upcoming federal election on community-focused issues from immigration to reunification, professional accreditation to inclusion, diversity to equity and other Filipino hinaings and challenges. We will listen, learn, discern, and decide wisely and make multifaceted choices. And, In June 2019 while we will celebrate the gain and beauty of being recognized culturally and ethnically, let us be sure we draw the attention and the hopes to continuing to close the chasms and to bridge the spans toward a better and truly multicultural Canada.

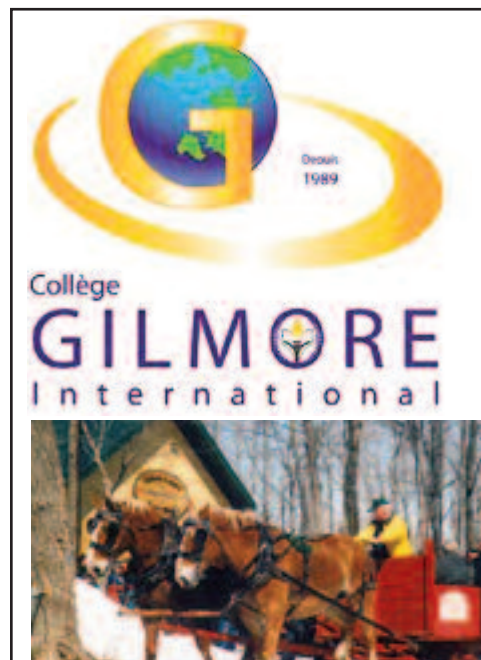
(Tony A. San Juan, OCT.)

Note : This is first of a planned 4- part Essay on Filipino Heritage Celebration (March to June, 2019)

per year.

Additionally, \$17 million over three years go towards supporting the

See Page 13 Impact of Budget 2019



Cabane à sucre - Sugaring off at Mont St. Gregorie - La Goudrelle

**Easter Sunday
April 21, 2019**

Departure: 9:00 A.M.

Assembly place:

Metro Plamondon

(Van Horne Exit)

Donation: \$35 includes all you can eat brunch

Call 514-485-7861 to pick up tickets on or before April 14th deadline



Ten skills Canadian employers are looking for



Although you may be able to tick off many of the skills that are mentioned on any given job posting, there may still be other transferrable skills that employers expect from you. Once you know what employers are actually looking for, you can easily customize your resumé, cover letter and even your job interviews to let them know that you understand their needs and that you possess the range of skills they expect.

Here are the top 10 skills hiring managers look for in today's hyper-competitive workplace.

1. Communications expertise

No matter what the job, hiring managers continually seek candidates who possess great writing, speaking and listening skills. The ability to communicate effectively is definitely a most preferred skill and, if you can demonstrate your mastery in that, you definitely have an edge over the competition.

How you can excel:

Make sure your resumé, cover letter and LinkedIn profile communicate your proficiency in communications, with examples and testimonials. Be prepared to talk more on this subject at the interview.

2. Analytical and research skills

The ability to optimally assess a situation, gather relevant information and identify multiple perspectives is crucial to progressing in your career.

Every employer is looking to hire candidates who can help him or her solve problems.

How you can excel:

In the interview rounds, make sure you showcase your ability in coming up with multiple solutions to complex problems.

Make sure you have some good "real story" snippets ready of how you have analyzed and solved complex problems in the past.

3. Internet, digital and social media mastery

Regardless of your industry or background, just about every job today requires a basic understanding of the internet and, more and more, social media, in addition to your prowess with word processing, spreadsheets, presentation software and email.

How you can excel:

Remember Rome wasn't built in a day, but it was built every day. Increase your social media proficiency day by day and regularly keep polishing your LinkedIn, Facebook and Twitter profiles.

Make sure you optimize the use of keywords and highlight your capability in these areas on your resumé and within your cover letter.

4. Flexibility and adaptability to manage multiple priorities

Your ability to adapt to rapidly changing conditions, set priorities and manage multiple work assignments is

absolutely critical in almost every field. This skill has become an integral part of corporate life so make sure you articulate it at every opportunity.

How you can excel:

You should stress that not only are you a successful "multi-tasker", but that you also thrive in an environment of change.

Demonstrate through testimonials that you have the capabilities to effectively prioritize and juggle multiple projects simultaneously.

5. Interpersonal abilities

This relates specifically to your ability to relate to colleagues, clients, customers and others, and how you share ideas, inspire others to participate, manage conflict and more.

How you can excel:

In your resumé, include information regarding your initiatives, collaboration with co-workers, group participation and facilitating teams in previous work environments.

6. Leadership and management skills

The ability to motivate and lead others is a skill that companies definitely value in the workplace. Every employer desires a goal-driven leader who maintains a productive climate and confidently mobilizes others to meet high performance standards.

How you can excel:

Share your top leadership and management success stories that demonstrate your ability to take charge and manage co-workers, meet goals and deliver to high standards.

7. Multicultural awareness

The Canadian workplace and society in general are becoming more diverse than ever before. If you can demonstrate your astute understanding of other cultures, you can be truly successful in the long run.

How you can excel:

Showcase your understanding of workplace diversity and dealing with other cultures.

Exhibit any multicultural or diversity campaigns that you have been involved in, places where you have volunteered in multicultural settings and your ability to build rapport with people from diverse walks of life.

8. Planning and organization

The ability to plan, organize, set goals and get the work done in a realistic timeframe is a must-have skill for job candidates old and new. It's critical that you know how to take

unorganized information and deliver it in a meaningful and concrete manner.

How you can excel:

Demonstrate that you are a results-driven achiever with exemplary planning and organizational skills, along with a high degree of detail orientation.

Share examples of how you determined the best course of action by evaluating all options, resulting in creating intelligent solutions.

9. Problem-solving, reasoning and creativity

The ability to think logically and solve problems creatively will make you a very valuable member of any team. From negotiating with clients to handling customer complaints and more, these skills are a must. Organizations daily face internal and external issues that affect the workplace. And every manager wants to hire people who can help him or her solve these problems.

How you can excel:

In cover letters and during the interviews use the STAR Formula (Situation, Tactics, Action, Results) to show that you are an innovative problem-solver who can generate workable solutions and resolve complaints.

Keep a set of case studies ready to exhibit your ability in finding solutions to problems using your creativity and reasoning.

10. Teamwork


Most jobs require people to work effectively in teams, so employers certainly look for previous examples of teamwork in your profile. As a potential employee, you must communicate and demonstrate that you have the ability and experience of working effectively with other people in a professional manner to achieve common targets and goals.

How you can excel:

Show how you have been a resourceful team player in your previous assignments. Have references and testimonials of people appreciating you for building trusting relationships with customers and colleagues.

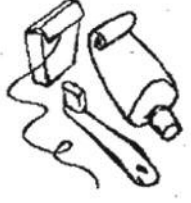
Source: by Murali Murthy
Best-Selling Author, Motivational
Speaker, Transformational Coach

Dental Clinic



Dr. Rosario Ambayec, D.D.S.
Chirurgien Dentiste / Dental Surgeon

Comprehensive Gentle Dental Care for The Whole Family



- Open Tuesday to Saturday.
- Days & Evenings.
- By appointment, Accept emergencies.
- Free parking for your convenience.

(514) 731-6479
3535 Côte Ste. Catherine, Suite 1, Montreal, Quebec H3T 1C7
(corner Côte des Neiges)

Your health matters

BLAME YOUR BEHAVIOUR ON THE PARASITES WITHIN YOU !!



Did you know that microscopic organisms living and multiplying within you can have a powerful impact on your behaviour. You are likely unaware of them but according to research, they can alter your personality.

In a 1996 study, a total of 224 men and 170 women were tested for toxoplasmosis infection and their personality profiles were measured. Highly significant differences between toxoplasma-infected and uninfected subjects were observed.

An estimated 22% of adults are hosts for this parasite. Based on studies, individuals who are infected are significantly more outgoing and carefree than individuals who are infection-free.

But there is a downside. Individuals with latent toxoplasmosis have a significantly higher involvement in traffic accidents due to what is described as their decreased ability to concentrate.

Recent studies also show significant differences in behaviour between infected and uninfected rodents. A possible mechanism of behaviour modification by parasites in rodents has also been discovered. Rodents infected with toxoplasma gondii show an attraction to cat odours and an increased tendency to roam around. This greatly increases their chances of falling prey to cats. The parasite causes mice to behave in a way that makes them easy prey.

Similar observations have been made in fish infected with *S. Solidu*. The neuro-hormonal profile of infected fish is similar to what is seen in chronically stressed fish and they display behaviour that makes them

10–30 times more likely to be eaten by birds.

Parasites are able to affect personality because they use the same neuromodulators as most animals and humans. They can change the concentration of norepinephrine, dopamine, serotonin and other neuro-biological chemicals in the brain.

They are able to migrate into their hosts' muscles, eyes and central nervous system, where they can remain hidden for decades without appearing to do much of anything. Yet they can also manipulate their host's behaviour in dramatic ways. Think of the rabies virus which makes dogs and humans behave aggressively.

Furthermore, certain types of mental illness are associated with higher than average rates of infection with toxoplasma gondii. Interestingly, some studies have found that cases of schizophrenia rose sharply around the turn of the twentieth century, when domestic cat ownership became common. Cats are a known carrier for this parasite.

Some parasitic infections are considered medically untreatable while others can be challenging to eliminate. The first line of defence is to avoid exposure to parasites. Exposure to undercooked contaminated meat has been identified as one of the main sources of contamination for certain infections. Eating well cooked meats reduces the risk. Washing your hands regularly especially after contact with animals will also help.

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

Breast implants linked to cancer allowed in Canada despite ban in 40 countries

Avis Favaro, Medical Specialist, CTV National News @ctv_avisfavaro
Elizabeth St. Philip, CTV News @LizTV

A woman who developed cancer after receiving textured breast implants is appalled that the surgical enhancements are still approved in Canada despite being banned in 40 countries, and she's suing the implant-maker in hopes of protecting other women.

Terri McGregor from North Bay, Ont. underwent surgery to receive textured breast implants in 2009. Textured implants are covered with a rough, sandpaper-like exterior, which offer better adhesion to the body compared to smooth implants. Two years after McGregor's procedure, the U.S. Food and Drug Administration issued an alert about textured implants, warning patients of the potential heightened risk of developing anaplastic large cell lymphoma (ALCL). McGregor, who discovered she had the lymphoma during a routine mammogram, says the manufacturer never warned her, even after the alert.

the implants are still available in Canada and the U.S. But some provinces are stepping in to warn women and plastic surgeons about the risk. In Ontario, Quebec and Nova Scotia, women with textured implants are being contacted, and other provinces have asked doctors to monitor the situation. On Monday, McGregor is among a group of Canadian women headed to Washington for an international meeting to discuss the risk. Health Canada officials will also be at the Washington meeting as they conduct their own safety review. Results of the probe are due in the coming weeks.

New research shows that textured implants are linked to a rising number of lymphoma cases around the world. Dr. Anand Deva, a plastic surgeon in Australia and co-author of a recent study, says his team found a 50 per cent rise globally.

"When it first came out we were told it's extremely rare, it's one in 3 million. Then it's one in 500,000. Then it's one in 30,000.



A breast implant

"I couldn't believe that I had a medical device in me that could cause cancer that I didn't know about," McGregor told CTV News. She has since undergone surgery, four rounds chemotherapy and stem cell transplants to treat the cancer.

Globally, there are now an estimated 688 cases of lymphoma linked to the implants, with about 28 confirmed cases in Canada. More women are being tested. McGregor has made it her mission to warn other women of the risk. She's suing the makers of the implant, alleging that they failed to issue warnings of the cancer risk.

Her lawyer, Tanya Pagliaroli, says McGregor could've avoided cancer entirely had she been properly informed. "Had she known in 2011 she would have removed her implants, and she would've avoided the cancer that she ultimately was diagnosed with," she said.

The World Health Organization recently listed ALCL as a unique disease entity and cited evidence linking the unique lymphoma to breast implants. Last month, regulatory authorities in France called for a ban of Allergan-brand textured implants and cautioned doctors about using them altogether. Despite this,

Now it's one in 7,000. In Australia, some implants carry a risk of one in 2,800." Dr. Deva says the rising number of cases and lawsuits are an opportunity to consider how these cosmetic devices are sold and marketed – and how problems are tracked.

"If we had a system whereby all implants were tracked and monitored, any adverse outcomes were reported – mandatory reporting of these outcomes .. and ultimately academics like myself have access to analyze this data, then that in some ways would be a perfect situation where hopefully we would avoid having this periodic crisis and patient suffering." McGregor is advocating for Canada and the U.S. to block use of textured implants. "Those implants are still being used today in this country. Stop – it's insanity," she said. She is also worried that women with symptoms related to ALCL may be told not to worry because the incidence rate is low, or that some cases are misdiagnosed as inflammatory breast cancer. Estimates suggest that about 35 million people across the world have textured implants, with 1.5 million inserted last year alone.

Nutrilogiq.net

health • insights • reports

Free health information
and special offers at
www.nutrilogiq.net

Over 30% of North
American adults are
prediabetic or diabetic.
This is not fake news.

follow us on
Instagram @nutrilogiq



7159, Cote des Neiges
Montreal, QC H3R 2M2
Tel.: 514-485-7861
Fax: 514-485-3076
www.gilmorecollege.com



Education raises the bar but lowers the barriers to a rewarding career.



Batch 12 - Practicum - 2017



PAB Practicum at Chateau Westmount



Accounting Class 2006



PAB Class 2005



French 1 Sunday Class - 2019



French 1 Class - Jan. 2016
International Students

HEALTH CARE & EDUCATION

- Institutional & Home Care Assistance (PSW/PAB/Nursing Aide)
- Early Childhood Education Assistant

OFFICE ADMINISTRATION & ACCOUNTING

- Executive/Administrative Assistant
- Accounting Technician
- Word Processing (Word, Excel)
- Keyboarding
- Bookkeeping/Accounting

SEMINARS

- How to start and manage your own business
- Writers Helping Writers
- Leadership
- Human Resources Development

LANGUAGES

- English
- French
- Mandarin
- Filipino (Tagalog)
- Spanish
- Other Languages on request

TUTORING SERVICE

- All subjects on request (private courses)

Gilmore College International and I.T. Goodine & Associates

are pleased to invite you to a
multicultural, interactive, motivational workshop

“Writers Helping Writers”*

Who should attend

People from all walks of life, fields, and occupations - business owners, managers, nurses, doctors, engineers, students - anyone who wants to communicate effectively or to advance in his or her career. In fact, writing is a skill that is marketable and useful at any age or period of your life.

Call 514-485-7861

to register by appointment

Why you should attend

Everyone has to write, whether you earn your living or work for yourself or others, your ability to express yourself in English is absolutely essential. Since English has become the language of business around the world, mastering the art of writing and speaking is the key to your success in your personal and professional life.

*A proven method that works for all types of writing abilities, with or without experience.”

Your ideas should not remain locked in your head - find a way to express them and feel fulfilled by doing so. This workshop will help you get started easily in the most interesting way. Find out the secret by attending this unique workshop which will start soon.

What they say about writing

There's only one way to learn how to write - read! Every person who has the ability to read can learn how to write. What do writers do? They write. What do good writers do? They write and re-write. What do excellent writers do? They write, re-write, rewrite until they get it right!

Schedule: Friday - 18:00-22:00,
Saturday-Sunday - 9:00-17:00

Workshop Fee - \$495
Tax included & Materials

Tuition fee is tax deductible, a tax receipt issued at the end of the course and a certificate of attendance. Workshop shall start subject to a minimum enrollment of 15 or more participants.



Zenaida F. Kharroubi

B.A., English, M.A. Ed. Studies
TESL Cert., Dipl. Education
Editor & Publisher,
The North American Filipino Star
Founder & Director-General
Gilmore College International
Author of upcoming book, “Don't Just Get Any Job - Get the one you want!”



Isaac T. Goodine

BsC. B. Ed. C. Eng.
International Speaker & Author.
“Leaders Leading Leaders”
Resource Person, Transparency International
Former Principal & Director of Schools and Colleges
Human Resources Development Specialist & Consultant, World Bank

Do you wish to be
your own boss and be
an entrepreneur?

Attend a 30-hour inter-
active seminar on
“How to start and
manage your own
business”

Weekends, Evenings
Low introductory
price - \$295 + tax
Incl. materials

- Find your passion, ideas, opportunities
- Build a business plan
- Financial and legal structure
- Filing and Accounting Systems
- Cash Flow Management
- Sales & Marketing
- Networking
- Adapting a business strategy
- Technology & Equipment
- Entrepreneurship Skills

7159 chemin de la Côte des Neiges
Montreal, Quebec H3R 2M2
Telephone: 514-485-7861



— DI LANG LIBRE ANG MATUTO —

NG FRENCH

Nadagdagang
tu long
pinan syal**LIBRENG** mga klase ng French
para sa mga imigrante> **Full time**

> Part time

> Online

> Kailangan ng
espesyalidad**KAPAKI-PAKINABANG ITO!****MAGTAGUMPAY
SA FRENCH****MAGPAREHISTRO NA! > 514 864-9191**
www.LeSuccesParleFrancais.gouv.qc.ca**Québec**

Dignity[®]

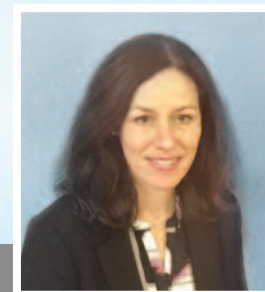
MEMORIAL

LIFE WELL CELEBRATED[®]

**Spare your family the difficult decisions and
expense involved in arranging a funeral.**

**Planning your funeral in advance ensures your
wishes are respected and your family is protected.**

Up to 10 year financing available in pre-arrangement
Reception facilities and free indoor parking
Chapel recording/webviewing for family overseas
Repatriation services

**Centre funéraire Côte-des-Neiges**4525, ch. de la Côte-des-Neiges,
Montréal, QC H3V 1E7www.dignitequebec.com**Sandra Wong**
Funeral Planning Counselor

514.342.8000 ext: 2258



Pork Adobo with Caramelized Pineapple Chunks

Ingredients:

2 tbsp coconut oil
800g pork belly, skinned and cubed
1 large onion sliced
8 garlic cloves, crushed
3 bay leaves
60ml cider vinegar
100ml soy sauce
60ml palm sugar or honey
10 black peppercorns
½ tsp white pepper
1 pineapple chopped into bite-sized chunks
cooked rice to serve

Method:

Heat 1 tbsp oil in a non-stick frying pan or skillet and brown the pork over a high heat for 10-12 mins or until the cubes are well caramelised. Use a slotted spoon to remove the pork from the pan and set aside. Tip out almost all of the oil, reserving just enough to fry the onion and garlic.

Turn down the heat slightly and fry the onion, garlic and bay leaves for 5-6 mins or until aromatic and translucent. Return the pork to the pan and add the vinegar, soy, sugar, peppercorns, white pepper and 250ml water. Bring to the boil, then turn down to a simmer, cover and cook for 50 mins.

Meanwhile, in another pan, melt the remaining oil over a medium heat and caramelise the pineapple for 5-6 mins or until there is a golden crust on each chunk – you may need to do this in batches. Add the pineapple to the pork once the meat is cooked (along with 50ml water if it looks a little dry) and cook for a further 20 mins, uncovered, until the sauce is thickened. Serve with rice.



Shrimp Adobo

Shrimp Adobo

Ingredients:

1 lb. shrimp with head intact
1/4 cup white wine vinegar
2 teaspoons minced garlic
2 tablespoons dry sherry or rum
1/4 cup low sodium soy sauce
1/2 teaspoon ground black pepper
1/2 cup cornstarch
1/2 cup all-purpose flour
1 cup cooking oil
5 pieces dried bay leaves
1/2 tablespoon whole peppercorn

Instructions:

Combine vinegar, rum, minced garlic, and soy sauce, and ground black pepper in a large bowl. Mix well. Combine AP flour and cornstarch. Mix well and then set aside. Put the shrimp in the same bowl. Marinade for at least 30 minutes. Heat the cooking oil in a deep cooking pot. Add the dried bay leaves and whole peppercorn in the hot oil. Remove the shrimp from the marinade and then dredge in the flour and cornstarch mixture.

Deep fry the shrimp for about 5 to 7 minutes or until the texture becomes crisp.

Arrange in a serving plate lined with paper towels to absorb excess oil. Serve with adobo dipping sauce (which is 2 parts vinegar and 1 part soy sauce with whole peppercorn and minced garlic). Share and enjoy!



Chicken Halang-Halang

Ingredients

2 lbs. chicken cut into serving pieces
1 can 2 cups coconut milk
1 medium yellow onion diced
1 teaspoon minced garlic
1 thumb ginger julienne
2 teaspoons chili flakes
6 to 8 lemongrass blades
1 small green papaya wedged
3/4 to 1 cup hot pepper leaves or malunggay
2 tablespoons fish sauce
1/4 teaspoon ground black pepper
3 tablespoons cooking oil

Instructions

Heat the oil in a cooking pot. When the oil gets hot, saute the onion, garlic, and ginger until the onion becomes soft.

Add the chicken pieces. Cook until light to medium brown. Turn over to cook the other side.

Pour-in coconut milk. Let boil. Add chili flakes, lemongrass, and papaya. stir. Cover and the heat to medium. Cook for 18 to 20 minutes or until the chicken is fully cooked.

Remove the cover. Add ground black pepper, fish sauce, and more chili flakes (if desired).

Add the hot pepper leaves. Stir and cook for 2 minutes.

Transfer to a serving plate. Serve Share and joy



Adobong Pusit (Squid Adobo)

Ingredients:

2 lbs. medium-sized squid cleaned and ink separated
1 piece large onion diced
2 pieces medium sized tomatoes diced
1/2 cup soy sauce
1/2 cup vinegar
1 cup water
5 cloves crushed garlic
1 teaspoon sugar
Salt and pepper to taste
2 tbsp cooking oil

Instructions:

Heat a wok or cooking pot then pour-in soy sauce, vinegar, and water then bring to a boil.

Add the squid and wait for the liquid to re-boil. Simmer for 5 minutes.

Turn off the heat then separate the squid from the liquid. Set aside.

Pour-in cooking oil on a separate wok of cooking pot then apply heat.

When the oil is hot enough, sauté the garlic, onions, and tomatoes.

Put-in the squid then cook for a few seconds.

Pour-in the soy sauce-vinegar-water mixture that was used to cook the squid a while back. Bring to a boil and simmer for 3 minutes.

Add the ink, salt, ground black pepper, and sugar then stir. Simmer for 3 minutes.

Transfer to a serving bowl then serve. Share and enjoy!

Note: If you want a thicker sauce, remove the squid from the wok or cooking pot and let the sauce boil until enough liquid evaporates. Once done, you may top the squid with the sauce.



Batsoy (Pork Soup)

INGREDIENTS:

2 lbs pork butt or belly cut into strips
1/2 cup pork liver (optional)
1 thumb size ginger, strips
1 medium onion, sliced
3 cloves garlic, minced
1 stalk celery, sliced
10 oz pork blood
3 1/2 cups water
1 pork cube
2 tbsp fish sauce
cooking oil
salt to t

INSTRUCTIONS:

Heat a small amount of cooking oil in a pan or wok.

Saute ginger. Remove from pan and set aside.

Saute garlic and onion then add the cooked ginger.

Add the pork. Simmer for 15 minutes or

until the pork becomes tender.

Add the fish sauce and cook for 3 minutes.

Add the water and pork cube. Bring to a boil.

Add the pork blood. Stir occasionally while simmering.

Add the sliced celery and simmer for 5 minutes.

Remove from heat and transfer to a serving bowl.

Serve with hot steamed white rice.



Bibingka

Ingredients:

BATTER:

1 cup rice flour
1/4 cup all-purpose flour
1/2 cup sugar
3/4 cup fresh milk
1/4 cup water
2 teaspoons baking powder
1/4 teaspoon salt
4 tablespoons vegetable oil
1 egg

TOPPINGS:

grated cheese
grated coconut
1 salted egg - - cut into 8 to 12 thin slices

butter - - melted at room temperature for brushing

INSTRUCTIONS

Cut circles from the banana leaves for lining the pans. It should be double the size in diameter of the pans/molds or enough to cover the bottom and sides with a bit of excess as they tend to shrink when heated. Cut another batch of banana leaves for the top cover. Rinse and pat dry the banana leaves.

Run each leaf quickly over the fire to make them limb and pliable.

Line the pans/molds with banana leaves and brush them with butter. Set aside.

Combine all the ingredients for the batter in a bowl and mix well with a spoon or whisk until mixture becomes smooth. The batter should normally be runny.

Divide the mixture into the pans/molds. Be sure not to fill more than half of each pan/mold with the mixture as it will rise while baking.

Add 2-3 slices of salted egg on each. Arrange them on the baking sheet and bake at 200°C/390°F in the middle rack for 10 minutes.

Remove the sheet from the oven. Place prepared banana sheets brushed with butter on top of each pan/mold with the buttered part facing down. Put them back in the oven but this time on the top rack. If using a gas oven, turn on the top heat (grill/broil function). Bake for another 5 minutes or until nicely charred.

Once done, remove from oven and brush each Bibingka with butter. Then top them with grated cheese and grated coconut. Serve while warm!



Social Tidbits

Fely Rosales Cariño

Oh winter go away, come again late next year. By that time we will welcome you with open arms! It's mid March and we are not sure whether winter is really over. Last issue I told you not to put away your winter gears yet. The sun has suddenly appeared but is sabotaged by the cold biting wind. Yet, life must go on.

The Seniors of the West Island and Suburbs (SWIS) held its St. Patrick's party last Wednesday, March 13, 2019 at the Chalet on Spring Garden, DDO. This day coincided with the birthday celebration of four members namely, Paz Vilorio, Emy Bayan, Letty Eugenio and yours truly. SWIS's decorator Elvie Maximo provided cut outs and our green hats. Thanks Elvie!

I can't thank enough the members of the Pasaoay club who treated me with wine, cake and Al Abdon's delicious spaghetti. Thanks so much for offering your place as the venue of my candle blowing. During the party, Al's wife, Cora (vacationing in Yellow Knife), came on Skype to wish us "have a nice time!"

The Pasaoay club, friends of Al & Cora Abdon, gave a going away party for Al (at their residence), who will be spending some weeks vacationing with wife Cora and daughter Stephanie at Yellowknife starting next week. Food and wine were in abundance. There was karaoke singing, some out-of-tune, and there were impromptu dancing. The highest score for their singing was 27 (out of 100) and the lowest was four! Laughter filled the place as the night deepened. See what wine can do! The group became noisier as Fred & Jovy Narvas, and Minda Mazzone arrived. By this time, the Magic Sing really did some magic! Melodies were used with different words, and dance steps were delayed or accelerated. What a night of wholesome fun!

Another recent birthday celebrant was Svetlana Suarez who thanked Mark Simbulan, Fred Magallanes, Angie Ajerio, Julie Parado, Cesar & Tess Manuel, and yours truly. This was held at Angie and Julie's place.

The Pansitan Restaurant located at Victoria Street near Plamondon Metro was packed with guests of Wendy Singh during her birthday celebration. Some said there was so much food that almost everyone had a doggy bag. By the way food was served boodle fight (Kamayan style)!

A very private birthday party was thrown by Maria Kuersteimer for Puring de la Cruz Bamba and yours truly last March 19 at her residence in DDO. One should attend her parties. She makes elaborate entrées, different salads, different meat dishes, including our favorite snitzle. She even bakes several cakes though she only invites a few select friends. Present were Mario & Puring Bamba, Carlito & Thelma Arlegui, and June of St. Luke's church. She serves different bottles of wine from start to finish. And you should see her lovely personalized gifts. Maria, though Irish, is one of our adopted Filipino friends. Once she invites you, you are in birthday heaven!

Another party to reckon with was the opening of a Philippine product store named P'LENKE. It is located at Van Horne Street close to the Plamondon metro and is opposite the Filipino Association of Montreal and Suburbs (FAMAS) Center. Father Calaycay officiated during the installation. Inside the store is everything marked Philippines. Go for a visit and you will not regret. You'll be tempted to shop Philippine style. Adiva Estinoso was ready with her welcome greetings complete with a video camera.

Oh digital age! To me you are a foreign body in my eyes. No matter what

I do I can't get used to you. Where did all the printing and cursive writing go? I taught children how to write, how to print, how to spell, how to count, etc. Last week I asked a grade 6 student, "what is 8x8"? He whipped out his iPhone and gave me the answer. With a sigh of disappointment, I just shook my head. What happened to memorizing the times table? Kids today have 'short cuts' for everything like, "Where r u Mom?" Well, so much for this. Like it or not, we have to adapt. Can we? Let's get to the more valuable and serious stuff.

Payback time! Not really. If you volunteer, you don't expect rewards. Yet this time Rachel Bendayan, a lawyer, requested a Filipino group to phone and knock on doors to help her in her quest to win a seat in the Parliament. She is with Team Trudeau. Rachel has a young family and has a successful law practice. She teaches at the University of Montreal, Faculty of Law. She plans to work closely with Prime Minister Justin Trudeau to build trust and enhance the life of the middle class. With our help, she won (!) and is now a full pledge MP representing residents of Outremont, the Mile End, and Cote des Neiges, where a great concentration of Filipinos live. To thank her supporters, she invited us to Ottawa to witness her oath-taking. We watched the Prime Minister present her to the Speaker. We had fun getting lost inside the Parliament! Thanks to uniformed guards and ushers standing at every turn we made.

The Filipino Bendayan supporters who trekked to Ottawa March 18, 2019 were Jerry Danzil, Dario & Claire Boco, Rey Balansi, Valent Lloyd Hughes, Nancy Karides, Rebecca Aguilar, Elma Bolatao, Fely Bisares, Rose Tran, and yours truly. Unable to join us were James & Rose de la Paz, Mercy Sia, Josefa Nicolas, Jeannette Perignon, and Boy Galang.

Amidst our work and social schedule, let's not forget to give priority to our spiritual fulfillment. We should strive to be Christ-Committed followers. One way to do this is joining the Praise and Worship service at 3-4:30pm every Sunday at the Living Waters International Fellowship (LWIF) at Saint Michael and All Angels church on 15556 rue Cabot in Pierrefonds. The worship is led by Pastor Rene Saquing. Every member of LWIF is thrilled about the increase in membership! The fully occupied pews and the sounds and cries of children are

a testimony to this increase. While the adults are with the Praise and Worship session, the children go upstairs to attend the children's next generation Sunday school. And here's Good News! LWIF has something new to offer. Members who just completed the teaching on the Holy Spirit by Pastor Peter Tanchi are looking forward to a six-week message on Life Goals which commences the week of March 24, 2019.

Refreshments are served at the social hall after service.

Also of interest is the existence of LWIF - CCF (Christ Committed Fellowship) Montreal shuttle service for those who need transportation to attend Sunday service. For more details for pick up times and pick up points, please call Pastor Rene at 514-836-2709.

On April 21, 2019 (Resurrection Day) at 3pm there will be a CCF Montreal inauguration to be held at the Emile Legault Hall, CEGEP Saint Laurent (St-Croix Boulevard, St. Laurent, 300 meters from Du College Metro). Guest speaker will be Pastor Bong Saquing. The recent Sunday bulletin stated: PRAY, prepare, and start inviting! Save This Date, please! Around 400 people are expected to attend.

The Centre of Oral History and Digital Storytelling (COHDS) of Concordia University recently invited the Filipino Heritage Montreal (FHM) Chairman Alfonso Abdon and FHM officers to attend a seminar on Mapping Memories. Speakers were Dr. Stephane Martelly (coordinator and facilitator of the center) and Dr. Cynthia Hammond (co-director). This is a participatory media project involving stories of the past, made alive through drawing, photography, music, videos, and life stories.

The Panday Tinig Chorale Ensemble held its 28th General Annual Meeting last March 22, 2019 at its headquarters (referred to as the Panday House) on 5355 Cumberland, Montreal. As per Filipino tradition, merienda was served, courtesy of Anita Lo, a March birthday celebrant. The Panday Tinig (now in its 35th year!) is well known in their mission of promoting Filipino music as well as being involved in various charitable deeds. They perform the Philippine National Anthem at almost every Filipino function in Montreal. Truly impressive! (Most of this text is from the post of Edith Fedalizo, Panday's pianist!

See you next issue! God Bless!

From Page 7 Impact of Budget 2019

Business/Higher Education Roundtable's commitment to match these placements by creating a further 44,000 work placements per year by 2021. Overall, the budget dedicates a total of \$798 million towards establishing up to 84,000 new work placements across Canada by 2023-24.

Developing international education initiatives

The government proposes an investment of \$148 million over five years to develop international work-study opportunities for Canadian post-secondary students and to promote Canadian educational institutions to foreign students.

From Page 6 Senatorial Preferences

to run for president but she is ready. She has the gumption to fight an intense and contentious presidential campaign. She got that from her dad. But she should also be aware that some of her rivals in the presidential derby might be her allies today. As we all know, political turncoats or 'balimbings' would emerge from the murky shadows of political expedience.

"But if Sara plays her cards right, and with her father's strong political influence, she just might end up with an unbeatable Royal Flush hand. But there is a caveat when you're playing high-stake politics. If you fall, it would be with a big thud in which you're unlikely to recover." The Senatoriables

The senatorial field is crowded. There are 62 candidates vying for 12 Senate seats. There are 51 male candidates and 11 female candidates. Among them are seven reelectionists and seven who are seeking a comeback, including 95-years-old Juan Ponce Enrile.

Interestingly, Sara's HNP is supporting two Senate slates. The first one consists of the eight bets it will endorse nationwide, while the second HNP list contains the 14 senatorial candidates it will endorse in the Davao Region, her bailiwick.

There are a lot of wannabes in the senatorial field but eventually it would be a battle between the administration and the opposition candidates. Grace Poe tops the senatoriables with 67.4% but it is doubtful if she'd run this time around. Rep. Pia Cayetano who placed second with 55.7% might be tempted to run for president and fall back to vice president if she fails. Sen. Cynthia Villar who placed third with 50.1% might throw her name for president but would quickly settle for vice president. Sara Duterte-Carpio, although a non-candidate, is fourth place with 46.2%. And Imee Marcos placed 14th with 29.9% but she vowed that she'd win.. But right now, it's a no-brainer; the bets are on Duterte-Carpio and Robredo running as administration and opposition candidates, respectively.

As for Gloria Macapagal-Arroyo, nobody knows what she's vying for. But right

now, we'll just have to take her word that she'd be writing her memoirs, which I surmise will be titled, "Why I failed to become Prime Minister?" I understand it's going to make it to the "Best Selling Fictional Stories."

And how about President Duterte and Bongbong Marcos? Bongbong was once Duterte's "manok" for President. Well, from what's going around in the rumor mill today, Duterte promised Bongbong that they'd still be "Best Friends Forever." Bongbong should know better, "Blood is thicker than politics." And besides, whoever believes that there are permanent friends? Not even permanent enemies. The only thing that's permanent is self-interest..

And to the "balimbings" who didn't make it, all I can say is, "Hey, better luck next time. Never give up." Someday, you'd be running for President. Most of those who became President were "balimbings."

And remember, in Philippine elections, there are no losers, only the winners and those who were cheated.

(PerryDiaz@gmail.com)

FILIPINO STAR

SHOWBIZ GOSSIP

How Kylie Padilla balances acting & mothering - *by Ricky Lo*



Kylie Padilla and husband Aljur Abrenica with their son Alas. “I don’t want to miss a moment of Alas’ growing up,” says Kylie

“Challenging!”

That one word sums up the struggle of showbiz moms (or any mom for that matter) in keeping a balance between working and mothering.

of her father who was mysteriously murdered. It marks her reunion with Ruru Madrid with whom she worked on Encantadia when they were barely out of their teens.

“I’m still adjusting between



Kylie Padilla with son Alas.

“But if you are praised for your work,” said Kylie Padilla, star of TODA One I Love, the month-old comedy show on the GMA Telebabad, “the sacrifice is worth it.”

In TODA, Kylie as Gelay makes a living by driving the tricycle

working and minding home,” added Kylie whose son (Alas) with husband Aljur Abrenica is turning two in November. “In the beginning, I thought it would be a breeze to be a working mom. But I try to make up for it on the days when there’s no taping.

The show is getting good rating and the atmosphere on the set is comfortable, masaya kami, so these are nice rewards.”

Kylie brought Alas to the TODA set only once.

“He’s more independent now, di na siya naka-latch on sa akin the whole day.”

When Aljur is working, Kylie stays home — and vice versa.

“He’s the perfect father,” said Kylie who got married to Aljur in civil rites several months after her father, Robin Padilla, finally gave her his blessing. “I never thought that he would embrace fatherhood the way he has. When I’m at work, sobrang hands-on siya in taking care of Alas. I’m amazed to see how they bond as soon as I get home. Si Alas naka-cling lang sa tatay niya, so nakakatuwa ‘yun. They have bonded as father and son and I’m happy for that.”

romantic scene, does Kylie have to ask Aljur’s permission?

“No naman. Actually, before I accept a show, I tell him about it na and we discuss the details to avoid any disagreement. Ganoon din siya sa akin. He would tell me if he had any kissing scene pero all the other scenes okay na ‘yun.”

How does she think she and Ruru have matured since their Encantadia days?

“Hmmm, medyo weird. Encantadia was a serious program. We were cast as parents; it was not comedy. In TODA, we can loosen up a bit so I get to know Ruru better. So if we ever work in a serious show again, we will come out better because I know him more now.”

According to Kylie, as long as a project wouldn’t take too much of her time away from her family, she would take it at all costs.

“Ipaglalaban ko,” she



Kylie with TODA leading man Ruru Madrid.

It’s easy for Kylie to portray Gelay because she said she’s boyish in real life.

“I’m not as tomboyish as Gelay, but like her I also have a ‘macho’ side. It comes naturally, although I have to work on my lines because I’m not good in speaking Tagalog. Kailangan sobrang angas. I take note of how my co-stars deliver their lines especially Buboy (Villar). He’s my peg. On the set, I carefully listen to how he talks, natural na natural. ‘Yung sa movement naman, kumuha ako ng kaunti kay Papa. I get in character once I wear my hat.”

She and Ruru are credible as a loveteam. Before they shoot a

stressed. “I would fight for it. But family is still my priority especially since I want to watch Alas grow up and share every moment of his growing up. We could never turn back the hands of time so I don’t want to miss the wonderful experience of a mom and her child growing up together.

“As I’ve said, the project has to be worth my time. Ayaw ko naman lagyan ng restrictions kasi after I gave birth because after I gave birth, I told myself that as an actress I didn’t want to be half-cooked. I have to give 100 percent to everything that I choose to do.” ■

Miss Universe Catriona Gray chooses crown over love



Miss Universe 2018 Catriona Gray

Reigning Miss Universe Catriona Gray said on Wednesday that she would focus on her reign as Miss Universe over love.

“The crown muna. It’s a once in a lifetime opportunity. And the distance (between me and Clint Bondad). I’m a very focused person so I really do want to give everything I have to this journey,” said Gray when asked to choose between crown or love during an

interview in “TV Patrol” on ABS CBN following her homecoming press conference held at the Novotel Manila in Cubao, Quezon City.

Reports said that Gray and her boyfriend Bondad have separated as sweethearts in December but they remained good friends. They were in a relationship for six years.

After her reign as Miss

Universe, Gray said that she will focus on music.

“There are so many things I’m passionate about, and one of them is definitely music. After my reign as Miss Universe, I would love to pursue music, perhaps be able to write my own songs and collaborate with different artists, and put some music out there for the world to hear,” she said.

The beauty queen from

Bicol also said that she is open to opportunities which Broadway or Hollywood might bring.

“If the opportunity is there, why not? I’m really, really open to any opportunity that may come my way. Especially Broadway, I love Broadway,” Gray said.

The Filipino-Australian beauty queen has a Master Certificate in Music Theory from Berklee College of Music in Boston, Massachusetts.



In November 2018, Gray released a single entitled “We’re In This Together” in support of the non-government organization Young Focus. It is an advocacy song that aims to help the children and communities who live in abject poverty in Tondo, Manila. ■

RESTAURANT
LA MAISON NEW KUM MON

6565 Côte-des-Neiges Road
(near Corner Appleton)
Montreal, QC

5047 Henri Bourassa Est
Montréal, QC H1G 2S1
Tel.: (514) 322-3133, 322-3130

Bean Curd Seafood Soup 1/2 Crispy Chicken Salt and Pepper Pork Loin Stuffed Bean Curd with Shrimps Sauted Seasonal Vegetables Steamed Rice \$49.95 4 persons	Fish Maw Seafood Soup Baked Lobster with Ginger Seafood with Chinese Broccoli Salt and Pepper Cuttle Fish Fried Sea Bass Fish Steamed Rice \$74.95 4 persons
Bean Curd Soup 1/2 Crispy Chicken Shrimp Cake with Chinese Broccoli Sweet and Sour Pork Seafood with Bean Curd in Hot Pot Salt and Pepper Squid Fried Sea Bass Fish Steamed Rice \$79.95 6 persons	Fish maw seafood soup 2 Baked Lobsters with Ginger Seafood with Eggplant in Hot Pot Stuffed Bean Curd with Shrimp Seafood with Chinese broccoli Fried Sea Bass Fish House Fried Rice Special Fried Noodles \$159.95 10 persons

FREE DELIVERY
Minimum order of \$10
Delivery hours:
11:30 a.m. - 3:30 p.m.
5:00 p.m. - 11:00 p.m.

514-733-6029
514-733-1067
For party menu, call Kenny

Jimuel Pacquiao, Heaven Peralejo confirm romance



Jimuel Pacquiao (left) and Heaven Peralejo.

Eldest son of boxing champ and Senator Manny Pacquiao, Jimuel, and former “Pinoy Big Brother” housemate Heaven Peralejo have finally ended speculations and admitted being in a relationship.

“Gusto lang po namin maging tapat kasi marami na pong nagtatanong,” Pacquiao said in a recent interview with ABS-CBN when sought for clarification about his relationship with Peralejo.

“Ang hirap din po kasing itago,” Peralejo added.

The two also shared how their

relationship started.

According to Peralejo, “Two years ago, nasa Greenbelt lang kami ni mom for shopping, tapos biglang he saw us, ‘yung family niya, ‘yung mga pinsan niya tapos nagpa-picture sila.”

“Tapos one year later parang nag-meet ulit kami, same place tapos coincidence, same month,” she added.

Rumors about the young Pacquiao and Peralejo’s relationship sparked after the latter started to post about the former in her Instagram account. ■

Showbiz Gossip *Continued from p.15*

No medal? How Ogie Diaz reassured daughter after failing to get school awards



Ogie Diaz and his daughter Erin pose for a photo during her recent Moving Up Day ceremony.

Actor-host Ogie Diaz's daughter Erin cried over not clinching any academic award leading up to her Moving Up Day.

And while the situation disappointed her, her father only had reassuring words.

In a Facebook post that has since gone viral with some 250,000 reactions as of this posting, Diaz shared a conversation he had with Erin about getting recognition in school.

"Sino bang magulang ang ayaw na may medal, may awards, may honors ang anak?" Diaz wrote, as he recalled an exchange he had with a fellow parent who had asked him how he felt about his daughter not being part of the honor roll.

(What parent wouldn't want his or her child to have a medal, awards or honors?)

"Umiyak pa ang anak ko bago ang Moving Up Day, dahil wala daw siyang nakuha kahit na ano," he said.

(My daughter even cried before Moving Up Day because she did not get any recognition.)

At the time, he said, he reassured Erin: "Okay lang 'yan, 'nak. Basta hindi ka kulelat at alam mong ginawa mo naman ang best mo."

(That's ok. As long as you did not come last and you know you did your best.)

He then shared with his followers an advice he and his wife, Georgette del Rosario, would tell their children when it comes to their studies.

"Lagi kong sinasabi sa mga anak ko, di baleng walang awards or honors, basta hindi babagsak, at hindi sakit ng ulo ng lipunan, mabuti kang

tao, happy na kami ng mama nila.

(I always tell my kids, it's ok not to have awards or honors as long as they don't get failing grades or become a headache in society, as long as they are good people, their mom and I are happy.)

"Ang tunay na laban ng buhay ay nasa labas ng eskuwela. Importante ang abilidad at diskarte na wala sa curriculum, kundi nasa'yo, nasa impluwensiya ng mga tamang tao sa paligid mo," he wrote.

(The real fight in life is outside school. What is important are abilities and how you navigate life, that is not in the curriculum but within you, the influence of the right people around you.)

Narrating his conversation with Erin, Diaz said his daughter brought up how some of her classmates feel pressure from their parents to be achievers in school, prompting his response about different parenting styles and expectations.

In their family's case, Diaz told Erin that he actually wouldn't object should she decide not to pursue a college degree, but with certain conditions.

"Sabihin mo nga lang sa akin na tatapusin mo lang ang senior high

school at ayaw mo nang mag-college, okay lang sa akin. Basta sa isang kundisyon—kukuha ka ng at least, 5 crash courses one at a time, dahil baka isa dun, matumbok mong gusto mo pala at yun ang itutuloy-tuloy mong ima-master. Dahil gusto ko, gawin mo kung saan ka masaya and at the same time, nata-translate mo 'yung happiness mo into income," he recounted telling Erin.

(Just tell me you would just finish senior high school and not go to college, that's OK with me. But on one condition- you will get at least 5 crash courses one at a time, because perhaps with one of those, you will figure out what you really one and continue until you master it. Because what I want is for you to do what makes you happy and, at the same time, you are able to translate your happiness into income.)

"So, ano, nak? You will just finish senior high o magka-college ka after?" Diaz then asked his daughter.

(So are you just going to finish senior high or go to college after?)

"Magka-college ako, daddy," she answered.

(I will go to college, daddy.)

"Okay. If that will make you happy, I will support you all the way." ■

Heart Evangelista reacts to being called 'spoiled,' 'super sheltered'



Heart Evangelista

Kapuso actress Heart Evangelista answered people's assumptions that she is a "super sheltered" spoiled brat.

In her video blog or vlog titled "Reacting To Your Assumptions About Me" posted on her YouTube channel, Heart admitted that she was "spoiled."

"I was spoiled growing up. My dad would really spoil us. He would bring us to high-end stores and ask us to please try on those clothes. He'd make us try on all the pretty clothes, modeling like that... He liked dressing us up, my dad and my mom they loved dressing up," the actress shared.

But as she was going through life, Heart said she realized she has to adjust to harsh realities.

"So yes, I was spoiled, but as you go through life and you don't always get what you want, you start to realize that you have to adjust to life. So as I got older, I adjusted to life. You can't, it's just wrong to be a brat.

Spoiled, yes; brat, no," she said.

She also admitted that she is sheltered and she is very happy she ended up with husband Chiz Escudero.

"Sheltered, I'd probably be plastic if I said 'no.' I think I am, but I'm trying to step out of my comfort zone. I have been and I'm very proud of myself," Heart said.

"That's why I'm very happy that I ended up with my husband, because he's not the type to say 'you can't do this.' He would push me to do things by myself... I would ask him to go with me to take tests in the hospital because I'm very paranoid. He would tell me, 'You know, you have to learn how to do things and be strong. Do it on your own, hindi pwedeng lahat lagi kang naka-ano sa tao,' so 'yong mga ganon so, I'm really lucky that I met someone that made me stronger and (made me) face my fears." ■



Ogie Diaz's daughter, Erin, poses for a photo during her recent Moving Up Day ceremony.

Anne Curtis flies to Australia to surprise recovering mom



Anne Curtis

Actress-host Anne Curtis flew all the way to Melbourne, Australia to surprise her mom Carmen who just got out of the hospital after a successful operation.

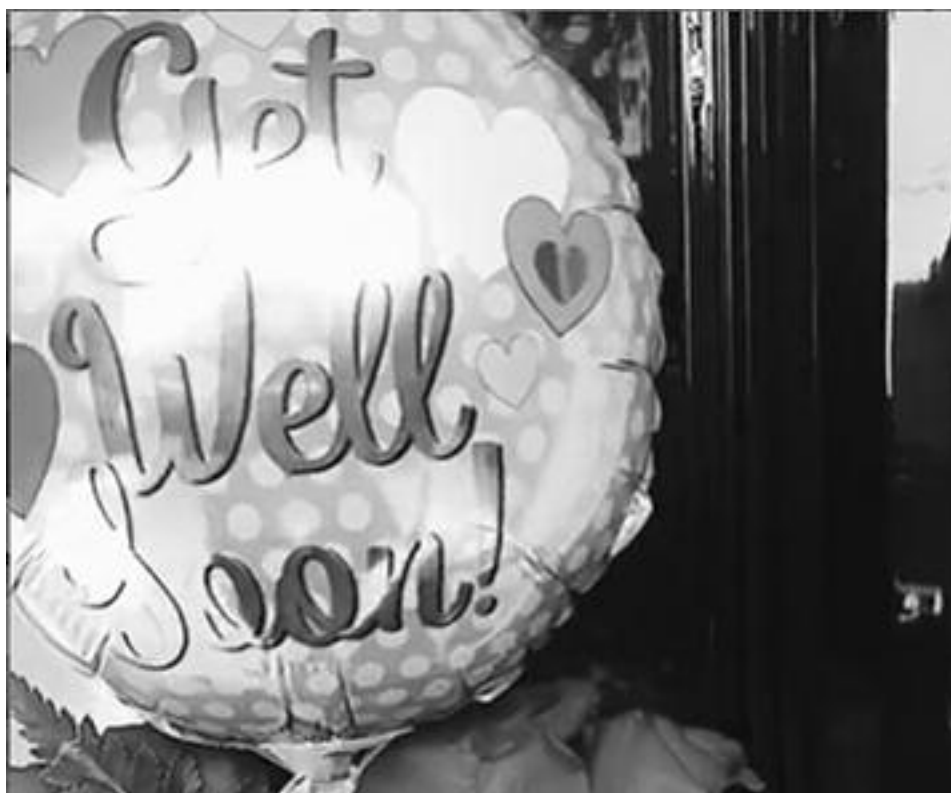
Curtis posted on Tuesday an Instagram video of herself surprising her mom with roses and a balloon that had a message saying “Get Well Soon.” The location tag of her post was at Melbourne in Victoria, Australia.

Upon Curtis opening the door, she shouted “Surprise!” and

of the hospital after a successful operation whilst I was in Canada. And as you may know, I have a crazy schedule but sometimes simpleng lambing na parinig is it all it takes to book a flight agad agad,” said.

Curtis said her sister Jasmine also flew to Melbourne to help their brother Tom in taking care of their mom as she recovers at home.

“Thank you to my Showtime and ABS-CBN Family for understanding. I’ll be back



embraced her mom Carmen. Meanwhile, her mom who was startled said, “Akala ko delivery.” The 34-year-old actress said she could not resist her mom that is why she immediately booked a flight to Australia.

“Mama just recently got out

Saturday. Back to being a dutiful daughter muna ako,” she said.

“Love you mama @carmcourtissmith. Good job @jascourtissmith and @thomasjamescs for keeping it a secret. Akala nya food delivery,” she added. ■

NURSING AIDE (PAB/PSW)

STEP UP WITH THE PROFESSIONAL!

ENROL NOW IN A CERTIFICATE OF COLLEIAL STUDIES IN NURSING AIDE(PAB/PSW)

PROGRAM TAUGHT BY PROFESSIONAL NURSES
CALL 514-485-7861

Angel Locsin reaches 5 million Instagram followers



Angel Locsin

Actress Angel Locsin celebrates another milestone: five million followers on Instagram!

In her social media posts on Thursday, the “The General’s

Daughter” star showed a video of her waking up so happy with golden confetti, 5M balloons and a dog on her bed. ■

'I love sinigang': Liza Soberano proves her love for dish is real



Liza taste tests Sinigang na Pua with the help of Enrique Gil

Almost a year after her "sinigang" statement sparked numerous memes, Kapamilya actress Liza Soberano proved how much she loves the Pinoy dish by doing a taste test challenge with her

favorite.

"Now you guys know how much Liza loves sinigang!" Enrique said at the end of the video.

The "sinigang" memes started after some netizens said that



onscreen partner Enrique Gil.

As part of promoting their upcoming movie "Alone/Together," Black Sheep posted a video of the love team in which Liza had to guess the different kinds of sinigang.

"I'm Liza Soberano and I love sinigang," she said at the start of the video.

Liza correctly guessed four out of the five versions of sinigang that she tasted, adding that "sinigang na hipon" is her most

the cast of ABS-CBN's "Bagani" aren't "Filipino enough" to play their characters in the Philippine mythology-based teleserye.

"And who says we're not pinoy? My Father is full Filipino. I was raised by two Filipinos since the age of 4. I loooooove sinigang i think that's as pinoy as pinoy can get," Liza tweeted last February 2018.

Directed by Antoinette Jadaone, "Alone/Together" will be shown in theaters on February 13. ■

Janine Gutierrez: Sweet but fierce



Janine Gutierrez talks about her role as Dragon Lady, a character who is born with dragon-like features.

Janine Gutierrez believes there is truth to the phrase "looks can be deceiving," especially with people who often misconstrue her as a weakling and a cry baby for her sweet, angelic look.

No wonder, she is thankful to GMA for allowing her to display in front of the cameras her fierce and fearless persona that not many people do not know about in Dragon Lady as the titular role. The newest afternoon prime series will see Janine in a character who is born with dragon-like features.

"When I was told that Dragon Lady is for me, I got nervous because I thought about dragon lady as in literally, and definitely there's a need for heavy prosthetics," began Janine. "It turned out, she's a dragon lady because she has a bossy side. Honestly, when it comes to heavy prosthetics nervousness attacks due to the long hours the process takes but when I saw the final product, I felt excited because it's something different."

The Kapuso actress added that she shares similarities with her character. "If you ask my family, they will tell that I am a dragon lady because I'm the eldest, I'm the ate, ako 'yung masungit sa pamilya at medyo strict so definitely they will agree that I fit into the role. But for everyone else, I don't think I get to show my strong side. So

through the show, I will get to channel that side of me."

Although it remains a challenge for her to really break the notion that she is just another sweet girl who cannot fight for her rights. According to her, a lot of people are clamoring to see her portray as a strong woman. "The viewers wish to see me as a fighter or independent which happened in the end of Victor Magtanggol but now it's on a whole other level na maipapakita ko talaga 'yung woman empowerment."

However, Janine also thinks that everyone possesses a fierce character that turns visible whenever things go awry. In her case, heavy traffic and trash irritate her. "I guess we can all be a little guilty of that sometimes, even if in little things that we are not in control of. But what's good with Celestina (her character) is she is truly fighting for her family. Her love for her mom is what really drives her to stand up for her family, stand up for herself and also her love for Michael (played by Tom Rodriguez)."

She further shared that her latest TV assignment comes close to her dream role as dragon queen Khaleesi of Game of Thrones. "The difference is I don't have a pet dragon but I am the dragon, masyadong mabait si Lord, ginalingan N'ya masyado (laughs)." ■

The North American Filipino Star Classified Ads

ADVERTISING

CLASSIFIED ADVERTISING IS THE CHEAPEST WAY TO ADVERTISE

Send your text to:
filipinostar2@gmail.com
to get quote of cost
must prepay ad

CLEANERS

Office cleaners for West Island, car needed, work Mon-Fri, 1-4 pm & after 6 pm
Michael call 514-624-3437

CDN DUPLEX

Share upper duplex, large bedroom, \$385, heated, equipped w/ fridge/stove, washer/dryer. CDN area near all facilities, FOR 1 SINGLE LADY ONLY - 514-485-7861

DRIVING

DRIVING LESSON
* Car for EXAM.
• 1 hr practice \$25.
• Full course:- 24 hrs theory, 15 hrs practical. only \$650.
KHALIL 514-965-0903.

HELP WANTED

2 Live in Nannies
To take care of children ages 7(twins) and 11
Salary: 12.50/hr
40hrs/week
Location: Westmount
Please send application to
asincaves@gmail.com

TUTORS

Science, math, and languages -
Mandarin, Spanish
Call 514-485-7861

TEACHERS

To follow requirements of the Ministère de l'Éducation et de l'Enseignement supérieur, we need to hire part time teachers who have education licenses (Brevet d'enseignement) as well as a nursing degree, or nurses who are willing to take education courses to get a license to teach a DEP program in Institutional & Home Care Assistance (PSW/PAB)
Please send CV to:
zbc@gilmorecollege.com
514-485-7861

California lawmakers push for reforms to prevent college admissions abuse

By Madison Clark, March 28, 2019 (CNN)Some California lawmakers are proposing several new laws in the wake of the college admissions scandal.

The proposals unveiled Thursday by a group of Democratic lawmakers include banning preferential admissions for donors and alumni, evaluating the phase out of the SAT and ACT exams, and regulating private admissions consultants.

The six proposals are intended to reform and curtail abuse in the college admissions process, the lawmakers said at a press conference.

Fifty people -- including Hollywood stars, top CEOs, college coaches and standardized test administrators -- are accused of taking part in the scheme to cheat on tests and admit students to leading institutions as athletes, regardless of their abilities.

"We've all watched in complete disgust by the outright fraud committed in the recent college admissions scandal across the country and in California," said Assemblymember Kevin McCarty.

"Further, it stings even more because so much of this was based in California."

He noted that 25 of the 33 families and that 10 of the 17 coaches

and university officials were based in California.

Many of the proposals would affect the state's public university and college systems. The University of California enrolls 238,000 students.

they actually play water polo." He said this would be a triple check to make sure there are no "fraudulent side-door admits."

•This bill would ban any California college or university from



Here are the six proposals:

•This measure would require each special admission, known as "admission by exception" to have at least three administrative staff members' approval before the student is accepted.

• This would introduce checks and balances into the process, McCarty said. If a University of California water polo athlete is admitted, he said, "We should [make sure] 1) they know how to swim and 2)

granting preferential admissions to donors or children of alumni. This would apply to both public and private colleges in the state. Assemblymember Phil Ting likened it to "closing an express lane ..." to "make sure there's an even playing field for everyone."

•The resolution would request the California State University and University of California systems to conduct a study on the necessity of the SAT and ACTs in determining student admissions. The study is to explore the

phaseout of those standardized tests from use in the admissions process. McCarty said the tests devalue the academic potential of lower-income students and give the wealthy advantages.

•This proposal seeks to regulate college admissions consultants by having them register with the Secretary of State's Office. Assemblymember Evan Low said it's about bringing transparency to these firms and consultants.

•This measure would prohibit any California taxpayers who were named in the college admissions scheme and found guilty from deducting their related charitable donations from state income taxes. Parents accused of taking part in William Rick Singer's college admissions cheating scheme reportedly paid for his services in the form of donations to his nonprofit, the Key Worldwide Foundation. Any deduction already taken must be refunded along with a fine.

•This measure would call for a state auditor to look at the admissions processes for student athletes and other special admits in the University of California, as well as the admissions processes at the state's public universities. Lawmakers said the goal is to improve oversight and determine which admission process requires further scrutiny.

CNN's Stephanie Becker and Cheri Mossburg contributed to this report.

6430 Victoria
Tel. 514-733-7816

MARCHÉ DUC THANH

Sales valid from
Mar. 29 - April 5

Aroy-D Banana Blossoms \$1.49 ea	Cock Mongo Beans 300 g \$1.29 ea	Kara coconut milk 1 L \$3.99	Noongshim Noodles cup 6/\$6.00	Black Tiger Shrimp 41-50 \$13.99/pack 2 lbs.
White Shrimp size 41-50 250g - \$3.99 ea	PRB Light Soya Sauce 1 Liter \$1.99 ea.	Silver Swan Soy Sauce 1 L - \$1.99 ea.	Hereford Corned Beef \$3.99 ea.	UFC Spaghetti Sauce 1 kg - \$3.49
Marca Pina Fish Sauce \$1.99	Yamada Mixed Ball 3/\$10.00	Diwa Bihon 454 g \$2.49 ea	UFC Luglug \$1.39	Grace Condensed Milk \$1.49 ea
Qualipak Squid 1 kg \$7.99 ea.	Garlic 500 g \$1.49	Shanghai Bok Choy \$0.99 lb	Pork Ham \$1.81 lb	Pork Shoulder \$1.81 lb



MAPLE TOUR

SERVICE IN ENGLISH GUARANTEED DEPARTURES 3 STAR HOTELS
TRIPS BY LUXURY BUS



✉ info@mapletour.ca
www.mapletour.ca
TEL: 1-844-802-8188

Address: 1134 St-Catherine west,
Suite 910, Montreal, QC, CA
H3B 1H4 | Metro peel

MON - FRI : 09:00—18:30
SAT - SUN : 09:00—17:30
SERVICE IN ENGLISH FRENCH



I Love New York 3 Days

★INDEPENDENT

★GUIDE

\$199+

\$159+

Departure:

Every Wednesday and Friday

Niagara Falls Hotels

Toronto & Niagara Falls

2 DAYS

\$99+

3 DAYS

\$139+

Departure:

Every Wednesday, Saturday



ICE HOTEL:
January 3rd to March 24st

Quebec City & Ice Hotel 1 Day

Departure: Every Wednesday,
Friday, Saturday, Sunday.

\$49+



Ottawa 1 Day

\$49+

Departure date:

Every Wednesday, Friday,
Saturday, Sunday.

Eastern USA 4 Days

- New York
- Washington D.C.
- Philadelphia

Departure:

March 2, April 6/19,
May 17/31.

\$229+

Cherry Blossom Washington DC 4 days

Departure:

Every Friday.
March 22 to April 19

\$180+

Winter Leisure in Mont-Tremblant 1 Day

\$49+

Eastern Township and Blue Lavender 1 Day

\$49+

Whale Watching 1 Day

\$79+

Boston & Rhode Island 3 Days

\$138+

Maritime & Gaspé 3/6 Days

\$168+

Across Canada 10 Days

\$899+

Across USA 11 Days

\$899+

Across Canada & USA in 19 Days

*Dream comes true,
once in a life time.*

\$1314.99+

Date of departure:

June 22nd / July 6th / July 20th
/ August 10th / September 21st

