

Canada not at the point of declaring a federal emergency over COVID-19: Trudeau

Canadian Press, March 22, 2020

Prime Minister Justin Trudeau says Canada is not at the point where the federal government needs to take emergency measures to force people to stay at home during the COVID-19 outbreak.

Trudeau says that provinces and local governments continue to take steps to restrict people's movements and the federal government stepping in is a last resort.

"There are many things that are being done and can be done at the local level, at the municipal level and at the provincial level. The federal Emergencies Act is a significant step that can and should be taken when we've exhausted all other steps," Trudeau said at a news conference Sunday.

"We continue to work very closely with provinces, with other jurisdictions, to make sure that they are able to do the things that need to be done and we will continue to look at if it is necessary to move forward Nova Scotia became the latest province Sunday to declare a



Rt. Hon. Justin Trudeau delivering his message from the cottage in Ottawa.

provincial state of emergency, joining several others including British Columbia, Alberta and Ontario. The Northwest Territories closed its boundaries Saturday to travellers from other parts of Canada with the Emergencies Act."

Gatherings in Nova Scotia are now to be no more than five people.

Premier Stephen McNeil said residents are blatantly ignoring the need for social distancing.

Hundreds gathering on our beaches and in our parks, large groups of people congregating, young people playing street hockey, cars parked everywhere, people disregarding law enforcement," McNeil said.

"We are dealing with a deadly virus and this behaviour is unacceptable."

Police in Nova Scotia are being given the power to enforce social distancing with \$1,000 fines for individuals and \$7,500 fines for businesses.

"Our provincial parks are closed. If you go there you are trespassing and your vehicles will be towed," McNeil said.

"You can get groceries, you can go to the pharmacy, but do not do it in packs. Identify a single family member who can do those errands."

In Ottawa, federal Health Minister Patty Hajdu said people need to get the message about staying home or the federal government will step in.

"Asking them and recommending them and I am hoping that we don't have to get to ordering them," she said when asked what her message to Canadians is.

Nearly 1,400 cases of COVID-19 have been reported in Canada and

See Page 4

Canada

Duterte: Philippines now under state of calamity due to COVID-19

By: Darryl John Esguerra - Reporter / @DJEsguerraINQ
MANILA, Philippines — President Rodrigo Duterte has placed the entire Philippines under a state of calamity in an attempt to contain the 2019 coronavirus disease or COVID-19 which has sickened over 180 people

Duterte signed Proclamation 929 on Monday, declaring a state of calamity in the entire country for a period of six months "unless earlier lifted or extended as circumstances may warrant."

Duterte's declaration will allow local government units (LGUs) to access quick response funds during emergency situations.

"All government agencies and LGUs are enjoined to render full assistance to and cooperation with each other and mobilize the necessary resources to undertake critical, urgent, and appropriate disaster response aid and measures in a timely manner to curtail and eliminate the threat of



President Rodrigo Duterte declares nationwide state of calamity in bid to mobilize gov't resources vs COVID-19

COVID-19," Duterte's Proclamation stated.

Duterte earlier declared a state of public health emergency amid the

continuous rise of COVID-19 cases in the country.

He also placed the entire Luzon island under "enhanced

community quarantine," shutting down public transportation and strictly enforcing home quarantine.

To date, the Philippines has 187 people infected with COVID-19, including 12 deaths and four recoveries.

The virus, which was first detected in Hubei, China, in late 2019 causes mild symptoms such as fever and cough for most people but can cause serious illness such as pneumonia for others, especially older adults and people with existing health problems.

To prevent infection, authorities are urging people to practice regular hand washing, cover the mouth and nose when coughing and sneezing, and avoid close contact with those who show respiratory symptoms.

Update: As of March 24, 2020, total confirmed cases: 501. Deaths: 33

Canada

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From the Executive Publisher's Desk

Coping with the impacts of Covid-19 and waging a war against an unseen enemy

Zenaida Kharroubi

Covid 19 has disrupted people's lives for several weeks now and we do not even have any idea how long it will take to control the mounting number of infections, and deaths. Although Canada seems to have less infections than the rest of the world, the devastating effects on the economy are unprecedented. Schools have been ordered to close for two weeks at first, but now, it is not certain if they are going to be reopened soon. On the contrary, an order has been issued to close down restaurants, shopping malls, non-essential businesses and only allow food stores, pharmacies with limited opening hours. As big gatherings are supposed to pose dangers of transmitting the virus, all types of events have been postponed indefinitely.

Senior citizens from age 65 and over are advised to stay home as they are more vulnerable to get the virus as they usually have other medical problems, and should not be exposed if they come in contact with someone who may not be aware they have been infected. Apparently, one can feel well at first but eventually may test positive after a few days but then it might be too late for others who have weaker immune systems and if they become infected, they are said to have a higher risk of dying from it as what has already happened to a 75-year old lady who just had dinner with someone with the virus.

It is scary to think that one can easily get infected. It is therefore

important to follow proper medical advice and keep up to date with what is going on in order to know what to do to protect ourselves and our family and friends. Basic advice given to everyone is not to come to work when one is feeling sick, know the signs of the infection and if needed, consult your doctor. Avoid going to the emergency room unless it is an urgent case of the infection but before it becomes serious, we have to learn to know the signs of the infection such as a dry cough, fever, unable to breath and a sore throat. The virus causes pneumonia when it infects a person with other medical problems.

To avoid getting infected, it is recommended to wash hands frequently, do not touch your face and mouth, keep yourself at a distance from another person by at least 2 meters, do not shake hands, and if you have to cough, cover your mouth with your elbow. If you have recently travelled from anywhere, observe a 14-day self-quarantine.

It goes without saying that waging a war against an unseen enemy is next to impossible to win easily and we need everyone's cooperation and understanding. This also makes us learn valuable lessons. Our political leaders who are making decisions that affect everyone's life need to become more pro-active and develop strategies to be prepared for the unexpected in consultation with the experts and scientists to prevent the occurrence of

similar health issues again.

As far as we can ascertain, we have seen that everyone seems to be doing his or her function- from a private citizen's initiative to start a volunteer network in helping others confined helplessly in their homes to the government leaders in every level - municipal, provincial and federal. They are doing their best to provide leadership, encouragement and advice to all citizens to do what is necessary to stop, reduce, and vanquish a global enemy. By now, we have all come to the realization that anything can happen and we must keep our faith that when we are given a problem, we shall find a way to find a solution because we believe in the abundant God-given talents of all humanity. Perhaps, this pandemic is one way to remind us that the maintenance of a strong healthcare system, the development of vaccines against future diseases, the protection of our environment should be our top priorities. Moreover, we should learn that working together not only with our neighbors in our own country but also with others in the world is the best way to go. Together, we have more power to overcome humanity's common invisible enemy which cannot be conquered with arms but only with scientific knowhow.

Many doctors have already lost their lives in their line of duty.. Who knows how many more front line healthcare workers will be sacrificed. We hope and pray that the mortality rates be decreased. Make them safe so

that they can continue to provide care and assistance to everyone in need. We have read about volunteers who take the initiative of offering a helping hand to others who are shut-in, and unable to go out by bringing them basic necessities such as groceries and other supplies. It is heartening to know that extraordinary deeds can be done by ordinary people.

On the other hand, it is quite worrisome that there are lots of false information on social media, doomsday prophecies that have been told over and over again from the ancient to the modern times and the recurring incidents of scamming that happen anytime but specially in times of crises. Not only should we protect ourselves from the virus but we also have to guard against evil-minded opportunists in all different guises of offering solutions or cure and pretending to help but are actually defrauding vulnerable people. We must always fact check information we see everywhere, find out where to get reliable advice, and do not allow strangers to take advantage of our weakness.

Stress and anxiety, fears and worries are just normal effects of a pandemic. For this reason, we should all have the courage to adapt to the drastic changes we must make in order to cope with its serious impacts on all aspects of our life.

May the Heavenly Creator light our way into the unknown to see a better world tomorrow. Believe that this is just temporary and we shall all survive the crisis in due time.


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From Page 1

Canada

19 people have died. Worldwide there have been more than 300,000 cases.

It was officially announced Sunday that the House of Commons will reconvene Tuesday to vote on measures to ease the financial burden the outbreak is posing on Canadians and their businesses.

The House will reconvene for four and a half hours to approve the emergency legislation put forward by the federal government.

There will be 32 MPs in the chamber which will be proportional to the representation of each party, said Government House Leader Pablo Rodriguez.

"We are all working together in the best interest of Canadians," Rodriguez said.

CANADA
COVID-19 CASES 1 430
DEATHS 20
RECOVERED 18

Last Updated: 2020-03-22, 7:57:34 p.m. EDT

Sources: Health Canada, Ontario

Follow Covid-19 safety measures and protect yourself and others.

White House announces effort by tech giants and top labs to use supercomputers to fight coronavirus

President Trump on Sunday announced a new effort to harness powerful supercomputers to combat the coronavirus, hoping that state-of-the-art technology might help researchers better map and treat it.

The new effort is led by IBM with the backing of computer scientists from leading universities, tech giants including Amazon and Google, and the country's national research labs. By pooling critical computing power that can perform complex calculations many magnitudes quicker than average consumer-facing devices, epidemiologists and other health experts can "discover new treatments and vaccines," Trump said at a news conference.

In total, the computing resources soon to be at the disposal of researchers with approved areas of study are equivalent to 1.65 million high-end laptops, according to IBM.

"These high-performance computing systems allow researchers to run very large numbers of calculations in epidemiology, bioinformatics and molecular modeling," said Dario Gil, the director of IBM Research. "These experiments would take years to complete if worked by hand, or

COVID-19: Quebec closing shopping malls, schools and restaurant dining rooms until May 1

Verity Stevenson · CBC News · Posted: Mar 22, 2020

Quebec is closing all stores in shopping malls except for grocery stores, pharmacies and SAQ outlets at least until May 1.

Schools will also remain closed at least until May 1. There will be no provincial exams this year.

All restaurants must close dining-room service. Take-out service can continue.

The number of confirmed COVID-19 cases in Quebec increased by 38 to a total of 219.

Montreal is opening a drive-thru testing site on Monday. It will be open seven days a week and people can show up by car or on foot without calling 811, if they meet certain criteria (see more below).

Starting Monday, Hydro-Québec will not charge late payment fees for those who cannot pay their bills.

All playgrounds in Montreal have been closed. Call 1-877-644-4545 if you think you have COVID-19 symptoms, instead of 811.

Restaurants, shopping centres and beauty salons have been ordered by the Quebec government to shut their doors by midnight on Sunday, and to stay closed until May 1.

The new regulation is part of the province's escalating effort to slow the spread of COVID-19. Restaurants will

still be able to operate take-out service. Grocery stores, pharmacies and SAQ outlets will remain open. Stores in shopping centres that have their own entrances don't have to close, either.

Earlier this weekend, the government announced it had banned most public and private gatherings of more than two people. Police in Montreal and Quebec City have been called to break up several gatherings.

Also on Sunday, the City of Montreal closed all public playgrounds until further notice. Municipalities around the province have taken similar steps.

Public health officials announced there are 219 confirmed COVID-19 cases in Quebec, an increase of 38 from Saturday. Of those, 24 have been hospitalized, 13 of whom are in intensive care.

Schools closed longer, educational help available

The Quebec government also announced on Sunday that schools, universities and CEGEPs will remain closed until May 1, if not longer.

Education Minister Jean-François Roberge said educational activities will be made available to parents online.

His ministry is also working with

Télé Québec — a provincial French-language public television network — to produce television vignettes for children to watch.

Roberge said these educational offerings will be entirely optional.

"It's important to say to parents: we will help them," he said. "We don't want to transform them into teachers. We won't transform their homes into schools."

There will be no provincial exams this year. Roberge added that if classes do not resume before the end of the school year, students will be evaluated based on their grades accumulated so far.

Montreal sets up new clinic

Montreal public health officials, meanwhile, will open tomorrow an outdoor COVID-19 testing site in Place des Festivals, which could nearly triple the amount of testing done in the city.

Montrealers meeting certain conditions will be able to visit the clinic without an appointment. It will be accessible by both car and on foot.

The clinic will have up to 30 screening stations and operate daily from 8 a.m. to 8 p.m.

SeePage 13 Quebec closing

Manufacturers promise millions of masks amid crisis



As 3M, a large manufacturer of N95 masks for medical workers, works to rush out shipments across the country, a company better known for technology will also start production of the disposable face masks.

On Sunday, Honeywell — whose products range from aerospace systems to boilers — announced that it will expand operations to create millions of N95 masks at its factory in Smithfield, R.I. The new production line will create 500 jobs, the company said.

A large manufacturer of N95 masks for medical workers said it is shipping half a million to New York and Seattle, with arrivals starting Monday.

3M also said that it is ready to accelerate extra shipments nationwide and that it will almost double production of the masks over the next year, to an annual 2 billion worldwide. That increase is bigger than the 30 percent boost the company announced Friday.

A 3M factory in South Dakota is producing 35 million N95 masks a month, 90 percent of which the company is selling for health-care workers after a change in law last week eliminated the

threat of lawsuits from such sales.

The other 10 percent will go to industrial workers who are "also critical in this pandemic," in sectors including energy, food and pharmaceuticals, 3M Chairman and chief executive Mike Roman said in a statement Sunday.

The change signed into law Wednesday protects manufacturers from liability when selling N95 masks to the health-care sector that were designed for industrial use. Both types filter at least 95 percent of airborne particles but can vary in design and fit, according to the Centers for Disease Control and Prevention. Previously, the South Dakota factory sold the bulk of its masks to industrial customers, with only about 14 percent going to health-care workers, Vice President Pence said last week.

By Jeanne Whalen and Candace Buckner

Covid 19 News update in Canada as of March 25, 2020

Current situation

Areas in Canada with cases of COVID-19 as of March 25, 2020, 6:00 pm

	Cases	Deaths
British Columbia	659	14
Alberta	419	2
Saskatchewan	86	0
Manitoba	11	0
Ontario	688	13
Quebec	1339	6
New Brunswick	26	0
Nova Scotia	68	0
Prince Edward Island	5	0
Newfoundland and Labrador	67	0
Yukon	3	0
Northwest Territories	1	0
Nunavut	0	0
Repatriated travellers	13	0
Total	3385	35

Global

On March 11, 2020, the World Health Organization (WHO) assessed COVID-19 as a pandemic.

This assessment by the WHO is not unexpected. Describing the situation as a pandemic does not change the WHO's assessment of the threat posed by COVID-19 and it does not change what the WHO is doing. It also does not change what countries around the world should do. For that reason, it does not change the approach we are taking in Canada.

Canada's public health system is prepared. Since the outset, the Public Health Agency of Canada - along with public health authorities at all levels of

government across the country - have been working together to ensure that our preparedness and response measures are appropriate and adaptable, based on the latest science and the evolving situation.

Aside from Canada, other countries and regions are reporting cases. Check the latest travel health notices before travelling. North America Central America, Caribbean and South America Africa Europe Asia Oceania Risk to Canadians

COVID-19 is a serious health threat, and the situation is evolving daily. The risk will vary between and within communities, but given the increasing number of cases in Canada, the risk to Canadians is considered high.

This does not mean that all Canadians will get the disease. It means that there is already a significant impact on our health care system. If we do not flatten the epidemic curve now, the increase of COVID-19 cases could impact health care resources available to Canadians.

There is an increased risk of more severe outcomes for Canadians: aged 65 and over with compromised immune systems with underlying medical conditions

There are also increased health risks for Canadian travellers abroad.

Because of these risks, the Government of Canada advises you to avoid non-essential travel outside of Canada until further notice. This includes cruise ships. It is important for all travellers to:

self-isolate for 14 days after returning from travel outside of Canada; some provinces and territories may have specific recommendations for certain groups such as health care workers
monitor your health for symptoms such as for cough, fever or difficulty breathing
wash your hands often for 20 seconds and cough or sneeze into a tissue or the bend of your arm, not your hand

We continue to reassess the public health risk, based on the best available evidence as the situation evolves.

Do you think you might have COVID-19? Use our self-assessment tool to find out what to do.

How Canada is monitoring COVID-19

The health and safety of all Canadians is our top priority.

The Public Health Agency of Canada is working with provinces, territories and international partners, including the World Health Organization, to actively monitor the situation. Global efforts are focused on containment of the outbreak and the prevention of further spread.

Canada's Chief Public Health Officer of Canada is in close contact with provincial and territorial Chief Medical Officers of Health to ensure that any cases of COVID-19 occurring in Canada continue to be rapidly identified and managed in order to protect the health

of Canadians.

Canada's National Microbiology Laboratory is performing diagnostic testing for the virus that causes COVID-19. The laboratory is working in close collaboration with provincial and territorial public health laboratories, which are now able to test for COVID-19. A summary of people tested in Canada is available and updated each week day.

National Microbiology Laboratory's summary of people tested in Canada as of March 24, 2020 at 6:00 PM EDT

Total number of patients tested in Canada
Total positive 125,062
Total negative 2,247 108,743

This testing summary represents information collected by the laboratory and not the total reported cases in Canada. The remainder of tests not reported here are still being resolved.

Should there be any differences with the national case count compared with testing numbers reported by provincial and territorial public health officials, provincial data should be considered the most up-to-date. For more information, visit Canada's response page.

If you have additional questions that are not answered on our website:

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(interpretation services are available in multiple languages)

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Note that we are currently experiencing a high volume of requests.

Canada's Covid-19 Economic Response is detailed in this website:

<https://pm.gc.ca/>



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SINO ANG IYONG BAYANI?

Noong una ay sinasabi kong sobra nang ginagamit (overused) ang salitang bayani kapag tinutukoy ang kahit na sinong tao subalit nagbago ang aking paniniwala kamakailan. Ang depinisyon ng bayani ay ibat't-iba. Siya ay isang taong gumagawa ng positibong bagay na makatutulong at makapagbibigay ng karangalan sa kaniyang bansa o komunidad. May taglay siyang pambihirang lakas tulad ni Manny Paquiao at Kobe Bryant na sumikat sa larangan ng palakasan. Ang bayani ay may anging talino na ginagamit sa kabutihan. Si Dr. Jose Rizal ay bayani dahil sa pamamagitan ng kanyang mga isinulat tulad ng Noli me Tangere at El Filibusterismo ay napukaw niya ang mga Pilipino sa pananakop ng mga Espaniol. Kahit babae at matanda na si Melchora Aquino o Tandang Sora ay naging bayani siya nang alagaan at kupkupin niya ang mga katipunero noong panahon ng himagsikan. Higit na matatawag na bayani ang mga magulang na sa kabila ng kahirapan ay nakapagpalaki ng mga huwarang anak. May mga magtatawa kung sabihin ko kung sino ang itinuturing kong mga bayani sa komunidad. Isa ay si Felix Reyes dahil may paninindigan siya. Kapag sinabi niyang gagawin niya ang isang bagay ay gagawin niya iyon. Sinabi ng human rights activist na si Malcolm X, "A man who does not stand for something, will fall for anything." May kasabihan din sa Tagalog na "Walang mang-aalipin kung walang mag-papaalipin" o "Walang maniniil kung walang magpapasiil." Halos isang taon

siyang nagtiis sa pagdungis ng isang reporter sa kaniyang pangalan. Paulit-ulit ang alegasyong itinago raw ni Reyes ang pera ng isang asosasyon. "Nagdemanda ako hindi lamang para sa akin kundi para sa iba pa nating kababayan na dumaranas ng pam-bubuling ginawa sa akin ng isang reporter," sabi ni Reyes. Maidadagdag ko si Budz Sarmiento sa aking mga bayani. Maraming nagalit at nagtangkang saktan siya nang mabawasan niya ng boto ang mga kandidatong nanalo noon dahil hindi sila sumunod sa COMELEC'S Rules and Regulations. Dahil magkaibigan kami ay isa ako sa mga nakiusap sa kaniya na baguhin ang kaniyang desisyon dahil wala namang kasalanan ang iba pang kandidato subalit pinanindigan niya ang kaniyang desisyon. "Wala akong inilihim sa kanila," sabi ni Sarmiento." Lahat sila ay tumanggap ng kopya ng Rules and Regulations at hindi sila nagreklamo." Bayani ring matatawag ko si Dick Dahiroy at Joseph Gonzales. Sa kanilang palagay ay hindi tama at makatarungan ang mga nangyari sa nakaraang eleksyon. Hindi naman kailangang gumamit ng dahas subalit ipinaglaban nila ang kanilang karapatan at paniniwala. Bakit COMELEC pa mismo ang lumabag sa ginawa niyang ELECTION'S Rules and Regulations. Mababawasan na siguro ang dayaan sa susunod na eleksyon. Sa mga naging pangulo ng FAMAS, wala pa akong masasabi na naging bayani. Tatawagin kong bayani ang pangulo ng FAMAS na makagagawa ng paraan upang magkaisa at mapagbuklod ang mga Pilipino sa Montreal at karatig na lugar. Sa simula ay

puro pagkaka-isa ang sinasabi ng mga kandidato na gagawin subalit higit tayong nagkakawatak-watak pagkatapos ng eleksyon. Ang nangyayari ngayon ay puro demandahan at pag-aaksaya ng oras at pera. Matatahimik lamang ang ating komunidad kapag nawala ang mga ugaling inggitan at kasakiman sa kapangyarihan. Laging may nagsasabi na mahabang panahon na ang kaniyang paglilingkod sa FAMAS. Ang paglilingkod ay hindi masusukat sa haba ng panahon. Mayroon ba siyang nagawa na hindi pa nagawa ng iba? Kung mapag-isa niya ang mga Pilipino sa Montreal, matatawag ko siyang bayani.

BAKIT HINDI MATAWAG NG MGA MANUGANG NA TATAY O NANAY ANG KANILANG BIYENAN?

Ang mga Pilipino ay likas na magalang. Ginagamit nila ang "po" o "ho" sa mga matatanda sa kanila o sa mga nakatataas ang bungkulin. Sa mga pamilya ay tumatawag tayo ng kuya, ate, uncle o tito/tita sa mga nakatatanda sa atin. Baka mabatukan pa tayo ng nakatatandang kapatid kapag tinawag natin siya sa unang pangalan. Hindi kataka-taka kung magulat tayo kapag narinig na tinawag sa pangalan lamang ng manugang ang kaniyang biyenang. "Kabastusan" nga kaya iyon at kawalang galang"? Kapag tinutukoy ko sa asawa ng aking pamangkin ang aking kapatid, hindi ko masabing "biyenang mo" o nanay mo. Baka sagutin pa ako na "hindi ko nanay yang kapatid mo." Hindi ko siya narinig kahit minsan na tawaging nanay" ang aking kapatid. Ganoon din naman ang aking pamangkin sa mga magulang ng asawa niya. Hindi ko naririnig na tawagin niyang my "mother-in-law" ang nanay ng kaniyang asawa. Tatawagin niya lamang na Cristy kung tinutukoy ang kaniyang biyenang babae. Kung hindi ko nabasa noon sa Dear Abby o narinig sa dating kasamahan ko sa opisina ang isyung ito, sasabihin ko na kabastusan nga ang tawagin sa una lang pangalan ang mga biyenang. Sinabi ng kasama ko

sa trabaho na hindi niya tinatawag na mom ang biyenang dahil isa lamang ang maitutring niyang ina. Siya ay ang taong nagsilang sa kaniya. Tama nga naman. Pero kabastusan nga bang tawagin niya ng Mary ang biyenang? Masyado bang pormal kung tawagin niya ng Mrs. Smith ang biyenang niya? Sa simula pa lamang ay pag-usapan na ng mga manugang at biyenang ang tawag nila sa isa't isa. Sa kultura ng mga Pilipino, malaking bagay sa mga manugang ang matawag na anak ng kanilang biyenang dahil itinuturing silang pamilya ng kanilang mga biyenang. Kalimitan, ay hindi nagkakasundo ang mag-biyenang. Kapag nag-asawa ang isang tao, kailangang tanggapin niya ang pamilya ng kaniyang asawa. upang magkasundo sila at mamuhay nang tanimik. Kung minsan, kailangan na pag-uusapan ang mga maliliit na bagay upang maiwasan ang hindi pagkaka-unawaan. Naalaala ko ang kwento ng aking pinsan. May kaibigan siyang konsul na bakla sa ibang bansa. Bilang respeto, gusto ng konsul na tawagin siyang "Sir." kapag nasa opisina. Sa labas, puede daw ang "seniora. Ayos iyon

MALAKING BAGAY AND TEMPO SA FAMAS CENTRE NGAYONG TAGLAMIG

Minsan ay nagpunta ako sa centre upang kunin kay Svetlana Suarez ang dokumentong hinihingi ko. Ang unang napansin ko ay ang tempo. Dati ay hirap akong umakyat ng hagdan dahil sa makapal na snow, Lagi akong nagbibiro na kapag nadulas ako na mai-dedemanda ko ang FAMAS. Idea raw ng Executive board ang pagalagay ng tempo. At galing daw sa sariling bulsa ni Cesar Manuel kinuha ang pambayad ng tempo. Wow. Halimbawa iyan ng sinasabi kong kapag may ginawa kang mabuti, hindi mo na kailangang ipagsigawan. Ibang tao na ang magsasabi para sa iyo. Ang mabuting gawain ay hindi nakaliligtas sa kaalaman ng mga tao.

Filipino Centre-Toronto Now Accepting Candidates to its 2020 Outstanding Students Awards

By Tony A. San Juan (OCT-Ret.)

Purposefully committed of encouraging and challenging Filipino Canadian students in Ontario to excel in school performance and to achieve student success, the Filipino Centre Toronto (FCT) is now accepting candidates to its annual competition for the "2020 Rosalinda C. Javier Outstanding Students Awards."

Started in 2005, this year's FCT RCJ Outstanding Students Awards edition is an annual program of selecting and recognizing outstanding and exemplary elementary, high school, and post-secondary graduates from the public, Catholic and other government-supported educational institutions in Ontario. The yearly competition is one of the major projects of the 20-year old community-focused hub in the GTA.

Through its RCJ Outstanding Students Awards Committee (OSA), the Centre will present awards to chosen outstanding student graduates who have completed their elementary or high school or post-secondary studies (baccalaureate, master's or doctorate). The selection criteria for top elementary and high school graduates include 1) scholastic achievement/academic marks – 50%, 2) community involvement and extra-curricular activities – 20% and 3) interview performance – 30%.

All applicants, who have been screened, selected and approved by the

RCJ Outstanding Student Awards Committee, will be recognized and honoured appropriately in a ceremony. Monetary awards, trophies, plaques and certificates will be presented to the winners and/or nominees of each category. The Awards Rites will take place on October 25, 2020 Sunday, 2:00 PM. at FCT Social Hall, Toronto.

The overall and specific requirements for the 2020 FCT RCJ Outstanding Student Award Competition are as follow:

A. General Requirements for All Categories: Any applicant or candidate for an FCT Award must be a 1) Natural-born Filipino or of Filipino descent (either parent is Filipino); 2) Citizen or Permanent Resident of Canada; 3) Of good moral and exemplary character, i.e. has no pending charge involving sexual or child abuse or criminal case.

B. Specific Requirements for Elementary and High School Graduates. To qualify: 1) The applicant should be currently registered in the elementary or secondary school in Ontario, under one of the following categories: The elementary school applicant should have completed the last year of elementary school and be going into high school (grade 9); The high school applicant should be accepted and going into university or community college or apprenticeship program. 2) The student should have a minimum academic average

of 85% (or equivalent) during the last two (2) school years and must be involved in extra-curricular and community activities. 3) The applicant must submit the following documents: For the elementary school graduate – Original copies of final report cards for the last two years. For the high school graduate – A current and original transcript bearing the school's official seal. Also, both elementary or high school graduate must include two (2) original letters of character reference (at least one from the school, excluding immediate family); two (2) passport-size photos and completed FCT Award application form.

C. Qualification Requirements for Post - Secondary Honour Candidates: 1) For Baccalaureate or Undergraduate Degree candidates: Must have achieved Academic Honours, with Notation printed in the candidate's degree diploma, such as any of the following: "Summa Cum Laude" or "Magna Cum Laude" or "Cum Laude" or "With Highest Distinction" (GPA 3.8 or higher) or "With Distinction" (3.5 to 3.79); or university/college equivalent of academic honours distinctive awards. 2) For Graduate Master's or Doctorate degree candidates: Must have achieved Graduate Average Grade of Letter Grades of A+, A, A- only; or Numerical Marks of 90-100%, 85-89%, 80 -84% only; or High Pass-Clear Excellence or acceptable equivalent marking scale. 3) Documents (Photocopies only) to be submitted: a) Undergraduate

program: Bachelor's Diploma with Academic Honours Notation; b) Graduate program: Transcript of Academic Record and Thesis or Dissertation Paper, and 4) Passport-size Photo; 5) Completed FCT Award Application Form. Academic awards received must not be more than 5 years old, from date of application.

The members of the FCT Rosalinda C. Javier Outstanding Students Awards Committee (RCJ-OSA) include notable Filipino Canadian professionals, educators and community leaders. It is composed of Tony A. San Juan, as Chairman, and the members are Wendy Arena, Jodelyn Huang, Steve Pagao, Mary Ann S. San Juan, Fermer Santos and Rose Tijam.

Application forms for the FCT RCJ Outstanding Students Awards are now available from the Filipino Centre Toronto (FCT) by contacting 416-335-0485 or masj0515@gmail.com. Deadline for submission of forms and documents is August 31, 2020, Monday. Panel interviews will begin on September 19, 2020 Saturday. Completed forms and document requirements are to be submitted by hand or mailed to: The Filipino Centre Toronto - FCT, RCJ Outstanding Students Awards Committee, c/o Tony A. San Juan, Chairman, # 4395 Sheppard Avenue East, Scarborough, Toronto, Ontario M1S 1T9. (Tony A. San Juan, OCT-Ret.).

U.P. professor, China expert Aileen Baviera dies of coronavirus



LEADING PH EXPERT ON CHINA. Aileen Baviera, former dean of the UP Asian Center died of COVID-19 on March 21, 2020. Photo from the Facebook page of Aileen Baviera

MANILA, Philippines (3RD UPDATE) – University of the Philippines professor Aileen S.P. Baviera, one of the leading experts on China studies in the Philippines, died on Saturday, March 21, due to the novel coronavirus disease, COVID-19. She was 60.

The University of the Philippines in Diliman, where she was former dean of the UP Asian Center, announced her death to the UP community on Saturday morning, as it condoled with Baviera's family.

Baviera died at 3:55 am at the San Lazaro Hospital in Manila. (READ: Aileen Baviera on 40 years of China-watching)

"It is with deep sadness that we inform you that Dr Aileen S.P Baviera, Professor and former Dean of the UP Asian Center and one of the country's foremost sinologists, passed away today, March 21, 2020, 3:55 am, at the San Lazaro Hospital from severe pneumonia caused by COVID-19," UP Diliman announced on its official Facebook page. (READ: Aileen Baviera, 60: Her eyes were on China, her heart stayed with PH)

Baviera was president and CEO of the Asia Pacific Pathways to Progress Foundation, Incorporated which aims to promote "peace, development and cultural understanding for peoples of the Philippines and the Asia Pacific, through international dialogue and cooperation."

Meanwhile, the Philippine Navy (PN) also mourned the passing of Baviera, who was a member of its board of advisers (BoA) for over a decade. She headed the board's Maritime Coalition Committee.

"Her brilliant mind coupled with her strong sense of patriotism has helped in building a strong and credible Navy that our maritime nation could be proud of. Until the very end, her commitment to serve our beloved country remained unflinching," said the PN statement. – Rappler.com

MANILA, Philippines – "Take care, bring a small hand sanitizer in your purse, and wear a mask at the airport."

Teresita Ang-See recalled that this was her last message to Aileen Baviera, 60, who was on her way home from Paris on

March 12.

Ang-See said Baviera was at a convention in Paris, where a Filipino was a guest speaker. When the Filipino got sick and tested positive for the novel coronavirus, Ang-See said organizers sent the participants back home. Baviera was one of them.

Baviera informed her friends, including Ang-See, about the situation. That was the last time they spoke.

Baviera, one of the Philippines' leading experts on China, died at 3:55 am on Saturday, March 21, due to the novel coronavirus that originated in the Chinese province of Hubei. At the time she died, the Philippines had 230 cases of the coronavirus, including 18 deaths.

"We have been working so hard the last 6 days to help in this fight against COVID-19. I couldn't help crying to know that while we were so busy yesterday, putting together 150 boxes of medical supplies, she was fighting for her life," Ang-See, herself a China expert, said on Saturday.

But what made Baviera's friends even more emotional was the way she lived – and loved her country.

For 40 years, her eyes as an expert were focused on China. But till she died at the age of 60 due to a pandemic, her heart stayed with the Philippines. Iskolar ng Bayan

An Iskolar ng Bayan ("Scholar of the Nation," as students of the University of the Philippines are called) from college to MA to PhD, she is best remembered as an expert who studied China for the sake of the Philippines.

"If one has to take a side, one must take the side of the Filipino people," Baviera wrote in a 2019 essay to mark her 40th year as a China expert.

Born on August 26, 1959, Baviera started studying contemporary China at the age of 20. From 1981 to 1983, she studied in China as an exchange scholar of the Chinese government. She learned the Chinese language, traveled the country extensively, and encountered its people, "from the hot deserts in Xinjiang and Gansu to the grasslands of Inner Mongolia to icy Harbin and Heilongjiang."

"More than taking me places, these travels took me to the people: fellow travelers on a train asking me if I were an Uyghur because they hadn't yet seen one, a lily-footed grandma skillfully scaling the steps of a mountain trail while I huffed and puffed my way up, a village circus troupe performing all muddled and ragged in a park, a young Mongolian woman making cheese from horse's milk," Baviera wrote.

Baviera studied Mao Zedong at the same time that Ferdinand Marcos was pillaging the Philippines. "It also didn't take too long before I learned to recognize and shun the shallowness of political propaganda when I saw it, Mao's as much as Marcos'."

Baviera added that the Tiananmen Square tragedy of 1989, where hundreds of pro-democracy protesters were massacred by Chinese troops, was a watershed moment in her China-watching.

"The rose-tinted glasses came off; but even the large dose of cynicism that replaced it was soon moderated by grudging respect and admiration for how quickly these people bounced out of political crisis to eventually transform China into an economic juggernaut. There was still much that could be learned from and about China, so I remained an avid watcher," said Baviera.

Drawing from her experience, Baviera advised young China watchers: "Do not be emotionally invested in the subject of your study; you should try to maintain objectivity at all times, which can be quite difficult given the state of ties today."

She added: "Recognize that China is complex and has multiple facets; it is not unidimensional and not always clear as day. Chinese society is old and it is new. There is the State, and there is the 1.4 billion thinking, breathing, living people. Simplistic thinking will not do. In the end, Deng Xiaoping's cat was neither black nor white; it is grey."

Baviera's accomplishments

include leading the University of the Philippines (UP) Asian Studies Center as its dean from 2003 to 2009, and heading the Asia-Pacific Pathways to Progress Foundation, which aims to promote peace and understanding among Filipinos and other peoples of the Asia-Pacific.

Remembered for objectivity

Chito Santa Romana, the Philippines' ambassador to China, remembers Baviera for her objectivity in analyzing Beijing.

Santa Romana had known Baviera since the early 1980s, when she was studying at Peking University. The ambassador himself is a veteran China watcher, an Emmy award-winning journalist and former Beijing bureau chief of ABC News, who worked as producer and reporter in China for two decades.

"Dr Aileen Baviera was a close friend and colleague. I will miss her scholarly wisdom and collegial advice. We had intensive discussions about China and Philippines-China relations, and we exchanged many observations and ideas," Santa Romana said.

"Her insightful writings and talks constitute a lasting legacy of her influential ideas and policy advice. She will be remembered for her scholarship and objective analysis," said Santa Romana.

The ambassador added that Baviera was "a passionate advocate of scholarly dialogues and engagement as part of people-to-people exchanges and 'track two' or nongovernmental diplomacy."

In fact, in 2013, after the Scarborough Shoal standoff that brought Philippines-China relations to new lows, Baviera invited Santa Romana to join her academic delegation that flew to China. There, he said, they engaged in "frank but friendly discussions" with Chinese researchers on the way forward.

Zee page 8 UP Professor

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A brief introduction to CIGAN, and my personal goal to be a member

One of the key purposes or objectives of the media, be it print, tv, or radio, is educational by informing people about important news that will help them not only to make decisions but also to be creative, critical, and acquire insights that are unique to every individual. It is this idea that

Mamis, a young Filipino-Canadian professional whom I met because of the Filipino-Canadian Futures Conference held last year at Concordia University. She was one of the people who came to a post conference meeting I organized at Gilmore College International last November.



Jagger Jamieson (left) and Ira Mamis (right) have a project “Strong Minds Make a Strong North: Mental Wellness and Mental Health at Yukon College” at the Colleges and Institutes Canada student showcase in Ottawa last February. (Facebook post)

keeps a teacher passionate about education. As a founder of a small private college and publisher of a community newspaper with limited resources, I have always believed that there are many challenges in improving our educational system but at the same time I have faith in the individual contributions of educators from different parts of Canada as well as from other countries. Recently, I have received a facebook post from Ira

Upon reviewing the projects submitted to the annual conference of CIGAN last February, I was impressed by the variety of areas covered by the students from different colleges and institutes. Ira’s project is about mental health in the North. One of my own pre-occupations which is an emerging topic of interest that used to be taboo is mental health which used to be rarely given any attention. There is so much more interest these days to

promote mental health that every January 29th each year, Bell Canada donates money for every text or message. Considering the fragility of life, we cannot take things for granted and must always be aware and sensitive to each other’s personal struggle to be healthy physically and mentally. Most of the horrible crimes happen because at some stage of one’s life, something wrong has happened that could have been prevented if only a child born into this world receives proper nurturing guidance and affection. It is still a mystery how we can predict and avoid horrible things from happening. But if we all have the interest to learn more about each other, understand different cultures, respect opinions that do not agree with ours, let people live peacefully under better economic conditions, the world will indeed be a better place.

I believe that there are many ways of contributing to the betterment of our world, but I also believe that education is the key to the future. This is the reason I have founded my own school and why I am interested in finding out other groups devoted to research and best practices in education.

I have founded my own private school in 1989 and celebrated its 30th anniversary last December. Until now, I am still working hard to realize a dream - to make Gilmore College International a center for higher education. and to have an education permit that will make it attractive to investors. Moreover, it will allow me to become a member of this Association of Community Colleges which is now operating under a new name CIGAN that stands for Colleges and Institutes Canada. It is an association devoted to the protection of its members’ interests as well as to be in the frontiers of development of educational innovations and manpower

From Page 7 UP Professor

Pillar of China studies

Like Santa Romana, former CNN Beijing bureau chief and veteran China watcher Jaime FlorCruz also remembers Baviera as a fellow student in Beijing in the early 1980s.

“She was gregarious, and made a lot of friends among Chinese and overseas students. She adapted well to the relatively Spartan life of students like us,” FlorCruz told Rappler.

FlorCruz said Baviera was curious and diligent, conducting interviews and traveling as much as she could. “As a scholar, she was rigorous and yet humble in her research. She acknowledged what she did not know or understood – and single-mindedly looked for answers,” he said.

FlorCruz also said Baviera “was always ready to help or share her insights and research materials,” and that “she spoke softly and calmly but she was firm and thoughtful on controversial issues.”

“We lost a pillar of China studies in the Philippines,” FlorCruz said.

training to answer the needs of employers, Its annual conference assembles all types of expert speakers in different fields.

From its historical background, this association has existed for many years. In fact, its 50th year coincided with the 150th anniversary of the foundation of Canada in 2017. Membership in this organization is based on being an accredited educational institution. Unfortunately, it is taking a long time to get an education permit from Quebec’s Ministry of Education. I have been working for a permit since 2016 and incurred a lot of expenses moving to a bigger place to meet the strict criteria of having sufficient facilities such as a library, cafeteria, and a director of studies. Although I feel very frustrated and do not understand the bureaucracy that seems to be unsympathetic to my cause, I am still interested in searching for ways to get this important permit that will allow my school to play a bigger role in the overall development of a better educational system that shall contribute to the future of both our adopted country, Canada, and my native homeland, the Philippines. I hope that other educators will join me as this may improve my chances of obtaining the approval of the Ministry of Education to offer credit programs in my private college. It would be a great advantage if I can find an investor who believes in supporting a school that can really serve the needs of an ethnic community.

I am looking forward to attending its annual conference next May 2021 because their conference this year has been cancelled due to the Covid 19 pandemic. Perhaps, this conference will offer me the opportunity to be part of a network of educators willing to support one another.

Jay Batongbacal, one of the Philippines’ leading experts on the South China Sea, also deeply admires Baviera, with whom he worked on maritime and foreign policy issues for more than two decades.


Batongbacal said it was Baviera who recruited him back into UP as he was finishing his doctorate. He was with the UP Asian Center for a number of years while Baviera was dean, before he transferred to law.

Batongbacal is now director of the UP Institute for Maritime Affairs and the Law of the Sea.

“She was probably the only one who could truly understand China in this changing world, unlike the old guard who romanticized China, or the new scholars who either idolized or feared it. She was able to see and point to the truth that was often in between,” Batongbacal said. “She was the quintessential scholar, mentor, and friend.” – Rappler.com


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It's time for a debate on size of City Council: Rotrand

Communiqué: March 22, 2020

Source: Marvin Rotrand

When voters elect the next Mayor and Council on November 7, 2021, it will be 20 years since the merged city was founded.

Veteran Councillor Marvin Rotrand says Montrealers deserve a debate on the governance model of their city. He fears that won't happen as the Plante administration will tomorrow slip through Council the 2021 electoral framework and electoral map. Tumult and fears regarding the Covid-19 crisis must not result in a weakening of democratic debate, Rotrand says.

The Plante proposal is for status quo, with one small change in the boundaries of two adjacent districts.

Some Montrealers may support that, but others who feel Council is large, unwieldy and unresponsive, will, if this proposal goes unchallenged through Council, be deprived of any say for the next four years.

Rotrand, who once supported a large Council as a way to enlarge debate, says that the current model has not served Montrealers well, neither enhancing democracy nor producing a Council that reflects Montreal's diverse population.

"In fact, with our system, no matter which is the governing party, power has been transferred from elected Councillors to unelected invisible apparatchiks in the Mayor's



cabinet. The evidence is clear. Our current model has not resulted in either more democracy nor more diversity; just more people putting up their hands when told to do so by their party leaders," says Rotrand

The Councillor says citizens have the right to contest the electoral proposal and that they should - even if there are parts of it with which they agree - simply to force a necessary public debate.

After the framework and map are adopted at Monday's Council meeting and a public notice published the week of March 30, citizens will have 15 days to contest the proposal. A hearing will be held only if 500 contestations are received, a virtually impossible number to obtain during a pandemic situation.

"No one will go door to door to petition. Few, if any, will accept the City Clerk's invitation to come to City Hall to file an objection. The only other means to contest is for individuals to send an email but with the absolute dearth of information about the imminent adoption of the map, it is close to impossible to alert the public," indicates Rotrand.

It should be noted that Montreal has more elected officials than any other city in North America. Rotrand says, despite this, the quality of debate is not exemplary and that votes are simply along party lines.

Rotrand says Montrealers need to ask the following questions

•Are 103 elected officials in Montreal just too many?

Montreal has a Mayor, 64 Councillors (of whom 18 are Borough Mayors) and 38 Borough Councillors for a total of 103 elected officials.

By contrast. Toronto has 26 elected officials, Vancouver 11, Los Angeles 16, New York 52, San Francisco 12, Chicago 51, Houston 18 (includes a citywide Controller directly elected every 4 years), San Diego 10, Phoenix 9, Boston 14, etc.

•Should there even be Borough Councillors?

Rotrand says this the role of a borough councillor is the most misunderstood elected position. When a citizen has a problem should s/he contact a City or a Borough Councillor?

Boroughs like Rosemont-Petite Patrie and Cote des Neiges - Notre Dame de Grace have no Borough Councillors while other Boroughs - such as Le Plateau Mont Royal and Rivieres des Prairies - Pointe Aux Trembles do.

As a result the Plateau and RdP have more elected officials than do more populous Boroughs.

Small Boroughs such as Outremont and Ile Bizard - Sainte Genevieve with populations of 27,000 and 18,000 respectively have Councils that are as large as that of Maisonneuve - Hochelaga - Mercier with 120,000 population.

Should this anomalous situation be perpetuated, uncontested, for another four years?

•Do Montrealers want to retain Borough Mayors ?

The position of borough mayor was created in 2005 as a means to avoid de-merger of former suburbs. Does the population feel that having elected Borough Mayors brings value? Does the position enhance local services ? Does the position create a useful check and balance between the Boroughs and Centre City or is it, rather, a source of bickering ?

The abolition of the post would leave the electoral map intact with no need for revision and reduce City Council from 65 elected officials to 47, still one of North America's largest.

•Should the 19 Borough

See Page 18 It's time for a debate

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North American Filipino Star Photo Gallery



**Birthday brunch at Michael's condo apartment, March 7, 2020
Left to right: Fely Rosales Carino, Tenne Rose Dayandante, her son Rafael, Michael Davantes, Zenaida Kharroubi (Photo by Oyie Olivar)**



Common birthday month, March 11 for Fely and March 2nd for Zeny. Birthday cakes from Michael



Pre-birthday surprise of Arlene Manalo Dayag who delivered a cake and flowers, March 1st to Gilmore College



**L to R: Editha Fedalizo, Ambassador Petronila Garcia, and Paul Imperial
Photo taken during the 2nd anniversary of Filipino Heritage Montreal held on March 7, 2020 at the CRC Building on 6767 Cote des Neiges.(Editha's FB)**



Fely getting ready to blow the candle



Zenaida Kharroubi making a wish before blowing the candle on the cake given by Michael. On the left is the delicious brunch he made for Fely's and Zeny's birthdays. (Story on page 13).



Officers and members of the Filipino Heritage Montreal pose with the Panday Tinig Choral group. At center are the Philippine Ambassador Petronila Garcia and other members of the Embassy staff.(Edith's FB)



Souvenir photo taken at the 2nd anniversary of Filipino Heritage Month held at 6767 Cote des Neiges on Saturday, March 7, 2020 with some guests at the table, Zeny Kharroubi and Sonny Moroz (Photo: A. Erguiza sent to the Star by Al Abdon).

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- 2 lb boneless skinless chicken thighs, cut into 1" pieces
- 1 egg
- 1 1/2 tsp salt
- 1 pinch black pepper
- 2 tbsp oil divided, plus more for frying
- 1/2 cup cornstarch
- 1/4 cup flour

FOR THE SAUCE:

- 1 tablespoon corn starch
- 2 tablespoons rice wine
- 1/4 cup water
- 1 teaspoon sesame oil
- 3 tablespoons soy sauce
- 10 tablespoons sugar
- 10 tablespoons white vinegar
- zest of 1 orange

TO FINISH:

- 1 1/2 tablespoons ginger root minced
- 2 teaspoons garlic minced
- 1/2 tsp hot red chili pepper crushed

Instructions

Note: click on times in the instructions to start a kitchen timer while cooking.

- To make the sauce combine the 1 tablespoon cornstarch, rice wine, water, sesame oil, soy sauce, sugar, white vinegar and orange zest.
- To coat the chicken add the egg, salt, pepper and 1 tablespoon oil into a bowl and whisk together in a large bowl.
- In a separate bowl, add 1/2 cup corn starch and flour and mix well. In a large frying pan or a wok, heat oil in a wok 375 degrees.
- Dip chicken pieces in the egg mixture, then dredge in the flour mixture.
- Fry the chicken for 3 to 4 minutes or until golden and crisp.
- Transfer to a cooling rack and repeat with remaining chicken.
- When you are done with the

chicken, drain most of the oil from the pan (leave about a tablespoon).

- Add the ginger, garlic and crushed red peppers, cooking for about 10 seconds.
- Add the orange sauce and bring to boil.
- Turn off the heat, and add cooked chicken and stir until mixed.



Braised Fish with Black Beans

Ingredients

- 300g mackerel fish, sliced into 2 pieces
- 1 tbsp shredded ginger
- 2 whole garlics, crushed
- 1 pc red chili, sliced
- 2 tbsp cooking oil (for pan frying fish)
- 200ml water
- 1 tbsp spicy bean sauce
- 1 tbsp black beans
- 1 tsp light soya sauce
- 1 tsp sugar
- dash of salt
- some diced spring onion (for garnishing)

Instructions

- Soak the black beans in some water very briefly, around 1 minute to remove some of the saltiness. You can soak it slightly longer if you prefer even less salty. Drain well thereafter.
- Braised Fish in Black Bean_Step
- Rinse and pat dry the fish. Apply dash of salt all over it. This can prevent the fish from breaking up during cooking. Heat up the cooking oil in a frying pan and pan fried the fish on both sides until slightly brown (Be sure to use a non stick pan.)
- Remove the fish and drain well on paper towel.
- Continue with the same pan, stir fried the garlics, shredded ginger and sliced chilli until fragrant.
- Add the spicy bean paste, black

beans, light soya sauce, sugar and water and bring it to a boil.

- Add the pan fried fish and allowed the fish to simmer in the sauce for approximately 5 minutes.
- Braised Fish in Black Bean_Dish and serve.
- Garnish with some spring onion as desired.



Honey Sriracha Cauliflower

Ingredients

- 1 head cauliflower
- 4 cups florets
- 1 cup milk (for vegan: use water or almond, soy milk or water)
- 1/2 cup all purpose flour (can sub gluten-free rice flour)
- 2 teaspoons garlic powder
- 1 teaspoon cumin
- 1 teaspoon paprika powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 cup panko breadcrumbs
- 1/3 cup honey
- 1/4 cup Sriracha
- 1/4 cup ketchup
- 1 tablespoon sesame seeds (optional)

Instructions

- Position a rack in the center of the oven and preheat the oven to 400°F.
- Place a piece of parchment paper on two baking sheets, set aside. (for frying: heat a large deep pan filled with oil to medium/high heat)
- Wash and cut cauliflower head into bite sized pieces/florets. Place panko breadcrumbs in a shallow bowl.
- Mix the milk/water/flour and spices in a medium mixing bowl. Dip the cauliflower in the batter, shake off excess batter, then dip into the panko breadcrumbs. You can do this one by one or in batches.
- To bake: Lay the cauliflower single layer on the baking sheet. Drizzle with oil olive and bake for 20-25 minutes or until the crust is crispy and golden.
- To fry: Deep fry breaded cauliflower for 10-15 minutes or until golden.
- In a large bowl, whisk the honey, sriracha, and ketchup. Remove wings from oven/oil and toss in the honey srirachah sauce and sprinkle with sesame.



Easy Mongolian Beef

Mongolian Beef Recipe (PF Changs Style)

Mongolian beef is a fast and easy 15-minute stir-fry with tender beef slices and a bold sticky sauce with a hint of spiciness.

Prep time: 00:10 Cook time: 00:15

Total time: 00:25

INGREDIENTS

- Vegetable oil
- 1/2 teaspoon minced fresh ginger
- 1 tablespoon minced garlic
- 1/2 cup low sodium soy sauce
- 1/2 cup water
- 2/3 cup dark brown sugar
- 1 lbs flank steak
- 1/4 cup cornstarch
- 3 scallions sliced into 1-inch pieces (green parts only)

INSTRUCTIONS

Heat 2 teaspoons vegetable oil in a small saucepot over medium-low heat. Add the ginger and garlic and sauté until golden, about 2 minutes. Add the soy sauce and water, stirring to combine.



Stir in the brown sugar and increase the heat to medium. Bring the sauce to a boil for 3 minutes. Remove the sauce from the heat and set aside. Slice the flank steak against the grain into 1/4-inch pieces, then toss it with the cornstarch. Place the coated pieces of steak in a sieve and shake off any excess cornstarch. Allow the steak to sit 10 for minutes.



Place a large sauté pan or wok over medium-high heat and add 1/2 cup vegetable oil. Once the oil is hot (but not smoking), add the beef to the pan and sauté for 2 minutes until it is seared on all sides but barely cooked in the center. Remove the steak from the pan with a slotted spoon and transfer it onto a paper towel-lined plate. Pour any excess oil out of the wok.

Place the sauté pan back over medium heat. Add the prepared sauce to the hot pan (it should come to a boil almost immediately), then add the reserved steak and cook at a boil, stirring constantly, 2 minutes. Add the sliced scallions, stirring to combine.

Transfer steak and scallions with a slotted spoon to a plate and serve.

The key to cooking with cornstarch is that it must come to a boil in order to serve its purpose as a thickener.



Social Tidbits

Fely Rosales Cariño

Hi everyone! We are at present living in exceptional times. The coronavirus (covid-19) pandemic has shown its claws, bringing with it an eerie atmosphere and chaotic uncertainty. As of March 18, an Australian TV broadcast report predicted at least six months of disruption. Further TV reports said that now in Quebec, there are 94 presumptive cases and one confirmed death. Reports also said that there is only one place that remains unaffected, and that is the Territories. Good for them. Would they allow us to move there for safety? How can we escape the tentacles of this virus? Well, here are a few reminders from Dr. Theresa Tam, Canada's Chief Public Health Officer. Stay home! Avoid crowds, observe social distancing, and wash your hands, etc. Furthermore, Dr. Tam said washing hands should be done properly. There were kids on T.V demonstrating correct scrubbing between the fingers and the palms for at least more than 20 seconds. Now this handwashing reminds me of something and if my memory serves me right, I threw a backyard barbecue for members of the then Filipino Doctors Association of Quebec (FDAQ). Before having their first bite, they lined up to wash their hands. I noticed that all of them - Dr. Bartolome Javier, Dr. Ed Sideco, Dr. Jaime Carino, Dr. Emilio Lim, Dr. Tina Oldrich (all now deceased), Dr. Jean Vilorio, Dr. Flor Rosario and others, washed their hands up to their elbows. I asked why they did it that way, and Dr. Rosario said that was how they were taught in medical school. Also, social distance is top priority. Stay home as much as you can. Now is the time to be connected with loved ones through various forms of social media. Or call each other up, mag tsikahan tayo!

Let's change the subject into something more cheery, something to lighten up our hearts, and something to make us smile. One morning, I opened my iPhone and read Michael Davantes'

message, "Tita Fely, I'm inviting you to a beautiful breakfast on Saturday, March 7." Immediately I called him to accept the invitation. I found out, too, that he also invited Zeny Kharroubi (publisher of the Filipino Star and owner of Gilmore College). Zeny and I agreed to go together. Entering the spacious and immaculate lobby at Michael's condo, it felt like you were entering a 5-star hotel. Once inside his condo, you notice artifacts all around, bottles of liquor and wine cleverly tucked in a cute bar. Some of these drinks were displayed on the dining room wall, which was also adorned with decorative plates that look intricately done, unlike the usual Filipino style. Beautiful lanterns brightened the windows. They sparkle when lit, giving an aura of mini Christmas lights. My favorite figurine is a monkey dressed as a waiter holding a plate, ready to take your order! Back to the breakfast. As soon as Tenne Rose Dayandante (with her son Raphael Xavier and Oyie Olivar) arrived, then and only then did Michael start cooking the breakfast, now with Tenne Rose flipping the pancakes. When the table was ready, I couldn't believe my eyes! Not only was it dressed-up, laden with pancakes, bread, sausages, deli, cut up fruits, coffee, yogurt and more. My favorite was the 2-inch thick egg omelet! Everything was delicious! And I give it an A+ for presentation. Thanks for Michael's creative ingenuity and assistant chef Tenne Rose's helping hand. That morning, they were not hosting Pinoy Pa Rin; they were hosting two former colleagues of the Mabuhay Montreal TV (MMTV) Zeny and Fely. Oyie Olivar, our photographer, was also there as a guest. And Xavier impressed us with his knowledge of MAPS. He can tell you the shape of the Philippine, the capitals of different countries, etc! (What a memory at a young age). Michael, it was really a beautiful, beautiful breakfast. THANK YOU!



Birthday cake for Fely Rosales Carino held by Tenne Rose Dayandante and birthday cake for Zenaida Kharroubi held by Michael Davantes who hosted the brunch at his beautiful condo apartment. (Photo taken by Oyie Olivar, March 7, 2020)

Here's a gift delivered straight from Ottawa. It was a sleek mini wheelchair which I hinted to them when I was down with gout Dec 25 and Jan 1 this year. My thanks to good friends Hans Wilgehof and Adoree Silva! It will certainly come in handy when dreaded gout visits again. Before they went back to Ottawa, we had a nice dinner at Chenoy's Restaurant on the West Island. Thanks, guys!

Another party gone quiet was the party we all anticipated attending because of the legendary cooking of Maria Kuersteiner every time March comes around. This time, because of the coronavirus pandemic, we all decided to go and get our lunch shares one by one. This is to accommodate social distancing. However, when I went to get mine, Carlito and Thelma Arlegui were already there. This year, everyone missed the wholesome get together. But I still got my chocolates, flowers, and lotto tickets. Thanks so much, Maria!

Not to miss an important party held at 6767 Cote des Neiges, Montreal last March 7 was the 2nd anniversary of the Filipino Heritage Society of Montreal (FHSM) headed by Chairman Al Abdon. Because of an important family event, I could not be there but reliable sources informed me that everything went smoothly. According to friends, it was one of the loveliest parties they have attended! As usual, job well done, Al! My grapevine said that almost every guest came in their Filipiniana attire while the gentlemen wore their barongs. Adding to the glitter of the place was all the decorations of Amy, who glided around the hall in her nice Filipiniana gown and did well as the host of the evening. Edith Fedalizo, the event Chairman, planned the evening well. And the success of the event was due to the enthusiastic effort of every member of the Executive Board: Amy Manon-og, Edith Fedalizo, Paul Imperial, Minda Mazzone, Ricardo Ribaya, Norberto Mandin Jr. and Auxiliary members (Ciony Nueva, Elma Birkbeck, Rebecca Aguilar, Fely Bisares, Nancy Karides, Nenita Licayayo, Epie Gevero, Valent Lloyd Hughes, and Dolly Arjona). Also present to give moral support to Chairman Al Abdon was lovely wife, Cora. Though I wasn't there, it was good to hear of Panday Tinig's fitting rendition of the national anthems.

Linda Mazzone, President of the Federation of Filipino Associations of

Quebec (FAAQ), recently reported that working with the Black Community in Montreal has many advantages. To date, they already have the number of families for this project. Their project involves the integration of children in an effort to build awareness of their surroundings and foster friendships among the attendees. This includes their taxi fare going to and from the venue near Cote des Neiges, their food for the day, and take-home food packages for each family. They always have extra food to give out. In case of need, please refer to Minda Mazzone.

Guess who was on the CTV National News at 6 PM on March 17? First Lady of FHSM Cora Abdon! This is how it happened. Maggie Calcetas, a retired nurse and founder of the Filipino Nurses Association of Quebec (FNAQ), heard an ad calling retired nurses to come and help (due to a shortage of nurses). Maggie recommended Cora Abdon (a retired nurse at the Neuro Institute in Montreal), who was then interviewed on TV by Genevieve Beauchemin (the Montreal Bureau Chief for CTV National News), asking her if she would go back and help. Cora said she is very willing to give back to the community. Also contacted to go back to work are retired nurses Connie Fernandez, Malou Dee, Maggie Calcetas and Mila Gobeil.

In closing, here is my say about the coronavirus. Let's thank our politicians and health professionals' efforts to contain this virus. But may I add not to forget to ask help also from God. God is supreme and is God Almighty. It is worth our while to put our hands together and close our eyes and say, "Lord, help us!" And I would like to encourage everyone with these timely words from the apostle Paul: Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4). Amen!

See you until the next issue. God bless you all!

From Page 4 Quebec closing

Montreal's existing screening clinic, in the emergency room of the old Hôtel-Dieu hospital, is able to conduct between 600 and 800 tests per day. That number could rise to 2,500 when the outdoor clinic is fully operational, Montreal public health officials said.

But the provincial government appeared to be caught unaware by the announcement by Montreal public health.

Legault said he wanted people to call the provincial public health hotline anyway. "We are having discussions, so that [the new clinic] is integrated in our network," he said.

The regional public health authority for Montreal, the CIUSSS, said it received a mandate from the provincial Health Ministry to operate the clinic.

One of the following criteria must be met to be tested at the Place des Festivals site without first calling for an appointment:

- You have a cough, fever or difficulty breathing.
- You have travelled outside Canada within the last 14 days.
- You have been in contact with someone who has one of the above symptoms and has travelled outside the country in the last 14 days.
- You have been in contact with a confirmed COVID-19 patient.

Patients can be triaged from their cars, but the screening is done outdoors, under large heated tents. You must bring your RAMQ card or another piece of identification and visitors are advised to wear outdoor clothing.

Results of the tests are expected within two to three days.

The STM is asking those going to the screening clinic not take public transit to get there.

With files from Kate McKenna

FILIPINO STAR

SHOWBIZ GOSSIP

Actor Menggie Cobarrubias dies of suspected COVID-19



Menggie Cobarrubias

Award-winning actor Menggie Cobarrubias passed away this morning due to suspected novel coronavirus disease 2019 (COVID-19), his niece Patricia Prudon confirmed on Facebook.

Prudon first posted that her uncle died "from battling NCOV-19," but later on said that they lost her uncle "from pneumonia complications."

"Still to confirm if NCOV-19 positive siya. Will keep everyone posted," she said. "My heart aches that I could not see him one last time. Rest in peace, Tito Menggie! We love you! Thank you for being a father, a lawyer, a general and a whole lot more roles to Philippine cinema. You will surely be missed. Ingat everyone. Stay at home. Don't risk it. To all my Cobarrubias family please pray for our loved one's soul and his family."

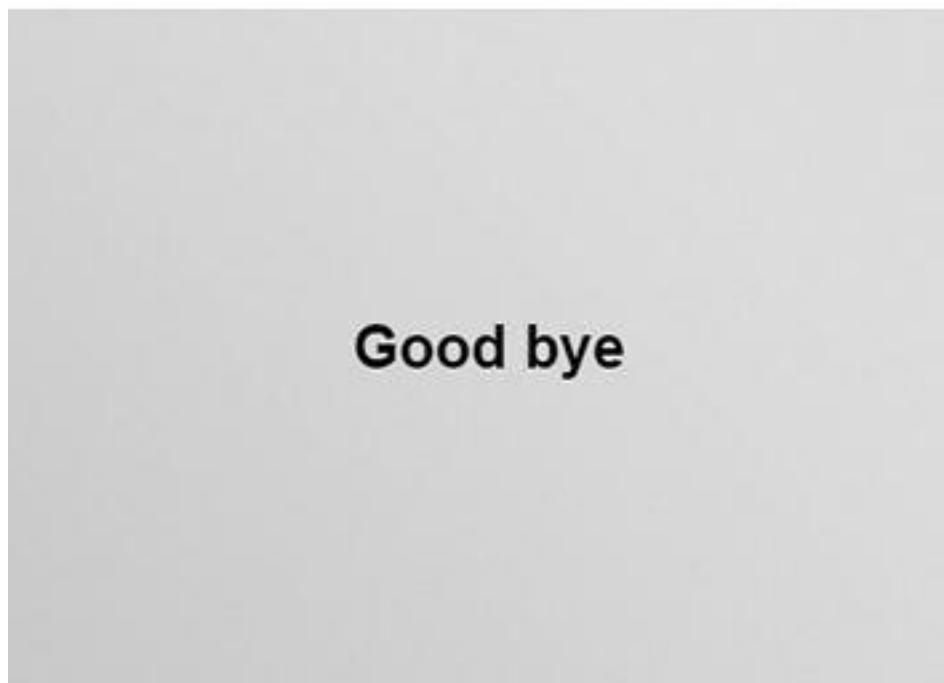
Menggie's wife Gina Jorge Cobarrubias also confirmed the news in a Facebook post.

"Goodbye my love. Thank you for the 30 wonderful years. I love you. Dear God please give me the strength to be able to face this very difficult moment of my life," she wrote.

Early this week, actor Lui Manansala posted that Cobarrubias was in critical condition while waiting for his



Domingo Cobarrubias
on Wednesday



1.4K 6.1K 4.9K

COVID-19 test result.

Cobarrubias, who portrayed a myriad of roles including doctors, starred alongside Piolo Pascual and John Lloyd Cruz in "Hele sa Hiwagang Hapis," with Vilma Santos in "Bata, Bata Paano Ka Ginawa?"; with Nora Aunor in "Kabisera"; and with Bea Alonzo and Charo Santos-

Concio in "Eerie," among many others.

In 2014, he won Best Actor at QCinema International Film Festival and in 1980, as Best Supporting Actor at Gawad Urian.

Before he passed away today, the actor was able to post "Good bye" on his Facebook account. ■

Iza Calzado treated for pneumonia, awaiting COVID-19 test results



"I'm currently hospitalized for pneumonia and so, I was tested for Covid-19 and I've been waiting for the results for several days now," Iza said.

Actress Iza Calzado revealed that she has been hospitalized for pneumonia and is awaiting her test results for the new coronavirus disease 2019 (COVID-19) afflicting the country and much of the world.

"Hello, everyone. It's been a while but I thought I'd update you all. I'm currently hospitalized for pneumonia and so, I was tested for COVID-19 and I've been waiting for the results for several days now," the "Encantadia" star posted on her Instagram account Wednesday. She is seen intubated while lying on a hospital bed.

"It's been a challenging time for me but it cannot compare to the frontliners who have cared for me and to whom I am so grateful. My heart goes out to everyone in these trying times, especially those who risk their lives every day to care for their loved ones," she interjected, instead highlighting the frontline healthcare workers risking their lives during the outbreak.

The lead actress of "Bliss" also called on Filipinos to pray for health and reassurance during the Luzon-wide lockdown.

"I am hoping you all can join me in prayer for those who are currently sick and their loved ones, for every person struggling to cope in these tough times. And most especially, for the medical workers who are doing their best despite the hurdles," she invited her followers.

"I count this time as an opportunity to be kind. To be a source of love and light. With the grace of God, I can fight this and we all fight this together."

Agot Isidro slams Sen. Koko Pimentel over quarantine breach: 'Magpapaawa ka? Wag kami'



Agot Isidro (left) and Sen. Aquilino "Koko" Pimentel III

Agot Isidro criticized Sen. Aquino "Koko" Pimentel after he violated his home quarantine regulation despite being tested for COVID-19.

The actress did not mince her words when she commented on a report stating that Pimentel was asking for understanding after he breached his quarantine.

"Your privilege discriminated other people from taking the test," Isidro said in her Twitter post yesterday, March 25. "You knew you were at risk!"

"Sumusunod kami sa

patakarán," she added. "Senador ka, kayo ang gumagawa ng mga patakarán."

(We follow the rules. You are a senator, you make the rules.)

"At magpapaawa ka ngayon?" Isidro asked. "Wag kami, Koko. Wag ngayon."

(And now you are asking for pity? Not us, Koko. Not now.)

Pimentel drew flak yesterday when he accompanied his pregnant wife Kathryn to the Makati Medical Center (MMC) despite him being under home quarantine since he was awaiting

his COVID-19 test results. The senator later found out that he had tested positive for the disease while he was at the hospital.

Rumors soon circulated that he still stayed in the medical center despite knowing his COVID-19 test results. Pimentel later denied the speculations.

The management of MMC

then denounced Pimentel's "irresponsible and reckless" actions in a statement it released yesterday. It stressed that the violation of his quarantine "unduly exposed healthcare workers to possible infection."

Following the statement, Pimentel's wife claimed that the senator never joined her in the delivery room. However, MMC's medical director and Interim COO Dr. Saturnino Javier confirmed in an interview with radio station DZMM that Pimentel was with his wife in the complex that houses the delivery room. The said complex has since been disinfected and is now deemed safe.

Javier also assured the public that contact tracing had already been done after the senator's trip to the hospital. He said that roughly six to eight people will be subjected to quarantine due to being exposed to Pimentel.

The senator has since apologized to the hospital for breaching his quarantine protocol. Pimentel's wife is still at MMC awaiting delivery of their baby. ■

Christopher de Leon goes home after hospital stay in COVID-19 fight



Christopher de Leon and Sandy Andolong

Veteran actor Christopher de Leon has been discharged from The Medical City in Pasig, where he was confined while fighting the coronavirus disease (COVID-19).

His wife, actress Sandy Andolong, shared on Instagram Stories Tuesday night that de Leon was "finally home."

"Big thank you to all the staff, health workers, medics, nurses and doctors of Medical City hospital," she said.

However, it was not mentioned if the actor had already made a full recovery.

After sharing his arrival home, Andolong posted a picture of a video group chat with their kids.

De Leon revealed last March 17 that he was positive for coronavirus despite having no recent travel history outside the Philippines and had no known contact with any COVID-19-positive patient.

His daughter Mariel, who is based in New York, recently defended her dad in availing of a COVID-19 test. She said her father had been sick and that her mom faces health issues besides being a kidney transplant patient. ■

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Showbiz Gossip *Continued from p.15***How celebs are coping with the COVID-19 quarantine****Irma Adlawan**

Raymond Bagatsing, a cast member of "A Soldier's Heart," said he understood why ABS-CBN decided to halt tapings temporarily. The actor is also part of the upcoming series "Burado," which features Paulo Avelino, Julia Montes, Zanjoe Marudo, Nadine Lustre and Thai actor Denkhun Ngamnet. "It was supposed to roll this month," Raymond reported.

He is likewise working on a documentary called "Maharlika: In Search of Our True Identity," which he is codirecting and producing with US-based author, actress and life coach Radhaa Nilia. "We will focus on this project while our local entertainment industry is on hold," he added.

Raymond then advised his followers to "work on strengthening your immune system by getting enough sleep and rest. Nourish yourselves with green leafy vegetables and fruits that are high in vitamin C and antioxidants."

Irma Adlawan, who is also part of the drama series "A Soldier's Heart," described the work stoppage recently ordered by the network as "a good move." After all, Filipinos should "help the government stop the virus that has started to destroy the whole world," she pointed out.

"A Soldier's Heart" had to temporarily go off air after the network issued a directive to stop the airing of its live entertainment programs and the production of its teleseryes.

As a consequence, the Gerald Anderson starrer has been replaced by the iWant original thriller "I Am U," featuring Julia Barretto.

Irma asked people to refrain from "bashing the government on social media. Now is the time to show our resilience as a nation. So please, just shut up and obey."

Irma Adlawan

The award-winning actress added: "But if it is so innate in your nature to criticize, then do it

constructively, or write it in a way that sounds like a suggestion. There's too much negativity in the world, so don't contribute to it."

Irma, meanwhile, is finishing her stint with the drama series "Pamilya Ko" and is filming the latest movie adaptation of "Darna," as well as two other indie movies that are supposedly due for release in March and April, respectively.

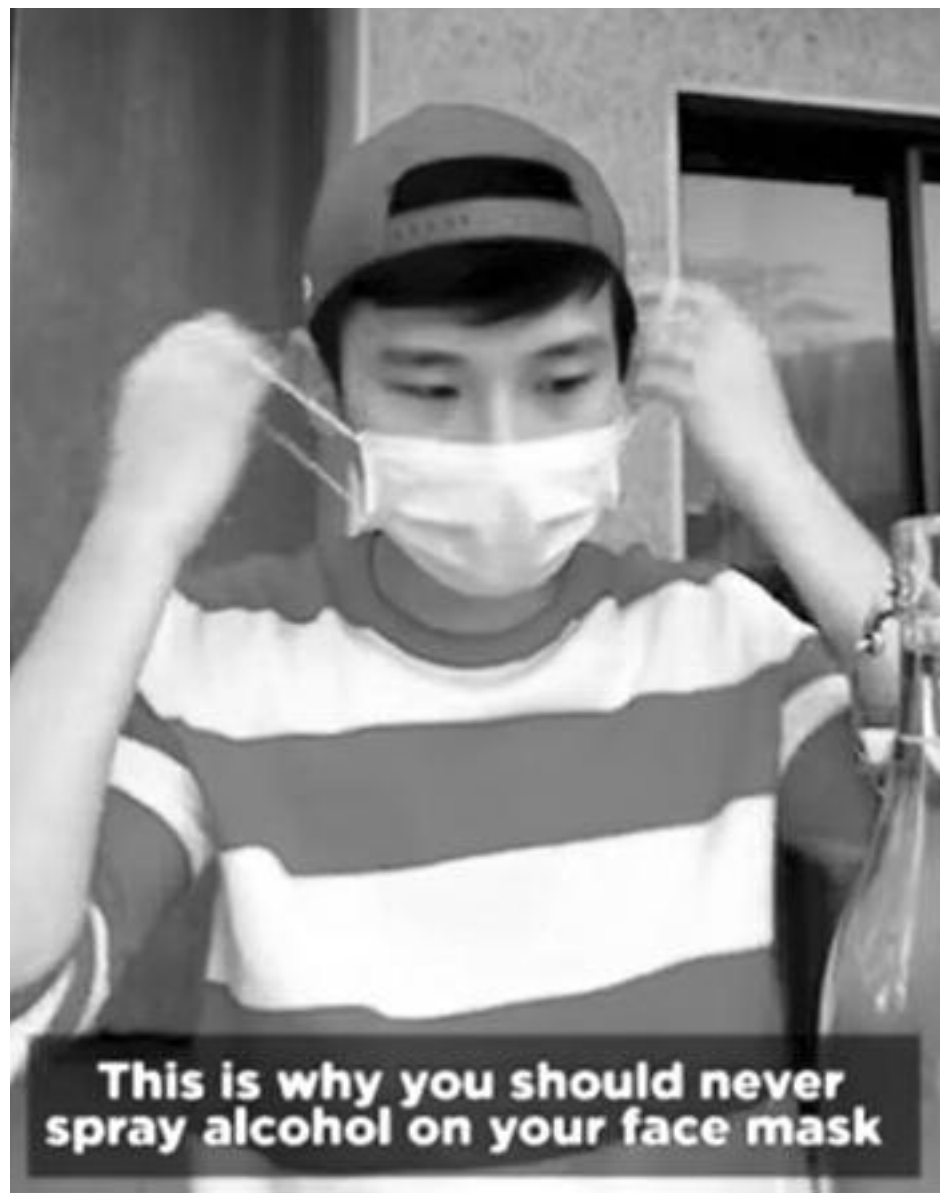
While stuck at home for a month, Irma has set goals for herself. "Exercise daily, repaint the pots in our garden, plant some herbs, cook the food I had no time to cook, read books, watch documentaries and other interesting movies on Netflix, fix my wardrobe and giveaway clothes I haven't worn in years," she enumerated.

Meanwhile, Vangie Labalan, who is part of the cast of the romantic-comedy series "Make It With You," advised: "Hang on. We'll be back as soon as the problem is solved." The program, which stars Liza Soberano and Enrique Gil, has been replaced by "On the Wings of Love," which first aired in 2015 and features James Reid and Nadine Lustre.

"It was good that ABS-CBN decided to cut taping right away. This COVID-19 is deadly," Vangie told Inquirer Entertainment. "While I feel sad about not being able to go to our happy set every day, I feel that it's just right for the network to prioritize the safety of everyone."

Vangie said she found the monthlong lockdown "upsetting" because even her tango sessions in Makati have been disrupted. She attends the sessions three or four times a week. "But TV and Facebook keep me sane," she added.

"This 'vacation' is taking longer than expected. That's why, it would be nice to reconnect with friends and loved ones we had lost touch with by sending them sweet notes via chat or e-mail. Let's make them feel important at these times," the actress said. ■

Richard Juan educates followers on supposedly 'sanitizing' surgical masks with alcohol

13,830 views • Liked by mauwrob

richardjuan This is why you should NOT spray alcohol on your face masks and reuse them! Tag or share this with your friends and family to make sure they don't do that! #Covid19 #ByeByeCoronaVirus

Richard Juan has a gentle reminder to everyone amid COVID-19 threat: Do not spray alcohol on surgical masks.

On Tuesday, the ABS-CBN actor Richard Juan uploaded on Instagram a video where he said the disinfectant ruins the masks' waterproof layer.

There has been a shortage of face masks since the number of people who has the virus increased in the

Philippines. As a result, some people have resorted to recycling masks even though that's not advisable.

In the video, Richard first poured water on the protective gear. The mask was not ruined due to its waterproof coating on the surface. However, when he prayed alcohol on the gear, it started leaking.

"So guys that's exactly why you should not be spraying alcohol on your face mask and reusing it," he said. ■

Female celebrities showcase exercise routine under home quarantine



Rachel Anne Daquis

Staying fit and healthy is a priority in the time of enhanced community quarantine.

Actress and original member of SexBomb Girls, Rochelle Pangilinan, shared her exercise routine on Instagram.

replacement, then capping all with a good stretch.

“Madali lang to, sabay tayo! Tara! #RocsQuarantineRoutine,” she wrote as caption.

Athlete Rachel Anne



Kris Bernal

This includes brisk walking on the stairs, squat exercise to strengthen knee and leg muscles, jumping jacks, using water bottles as dumbbell



Rochelle Pangilinan

Daquis also shared tips. She uses household items tissue roll, bottled water, face towel, and a sofa as alternative equipment for exercising.

“Get fit while staying home,” she said.

Kris Bernal is also at it.

“To those who don’t have workout equipment at home like me, push-ups is a very basic move with lots of benefits. It targets almost every part of the upper body. And, being able to push-ups has been linked to disease prevention. So, go! Try it! Kaya mo yan girl! Onting push! Challenge yourself by starting with a few reps!! Tagme with your push-ups!!

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Lovie Poe

” she wrote.

Lovi Poe makes exercise “more fun” by doing some grooves while on the treadmill.

“Who said you can’t have a little dance party while working out? #LoviYourBody and keep

that fitness routine going!” her caption read.

The video shows her dancing to Troye Sivan and Dua Lipa’s “Somebody To Love Me.” ■

Ottawa's top doctor estimates 4,000 cases of COVID-19 in the city

Josh Pringle
CTVNewsOttawa.ca Reporter
@PringleJosh Contact
Published Sunday, March 22, 2020
2:19PM ED

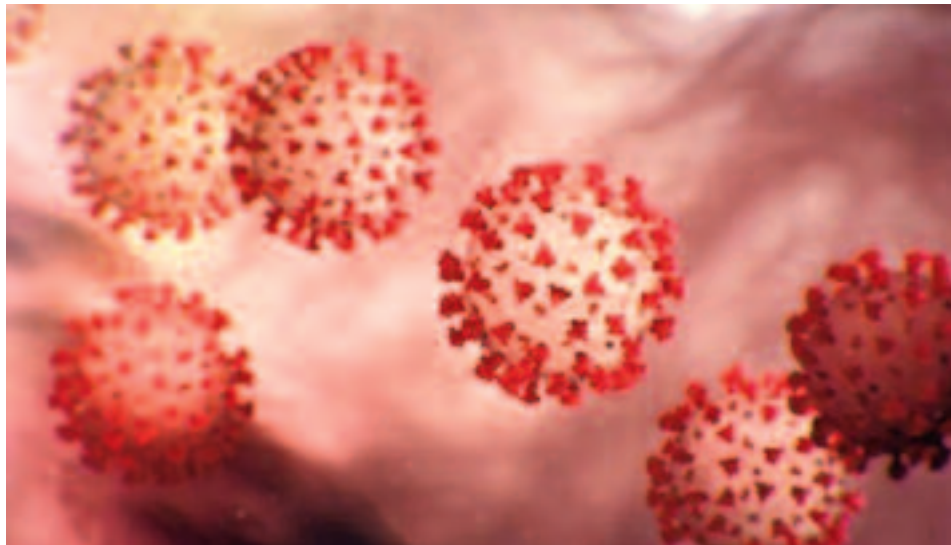
OTTAWA -- Ottawa's top doctor says there is community transmission of COVID-19 in Ottawa, and people should treat all "interactions with others as a potential source of transmission of COVID-19."

"We are here today to report that Ottawa Public Health now has laboratory confirmation of community spread of the novel coronavirus COVID-19 in Ottawa," said Dr. Vera Etches, Ottawa's Medical Officer of Health.

Speaking with reporters on Sunday afternoon, Dr. Etches said there are 27 confirmed and indeterminate cases (awaiting final test results) of novel coronavirus in Ottawa.

"Five of those have no known travel history, no link to someone who travelled, and no close contact with a confirmed case. So we are starting to see these community transmissions, and cases among health care workers."

The Eastern Ontario Health



Unit reported on Sunday a health care worker at the Ottawa Hospital tested positive for COVID-19. The man in his 30s, who lives in Prescott-Russell, has no known travel history.

Dr. Etches estimates there are now 4,000 cases of COVID-19 in Ottawa, based on modelling data and the rate of transmission.

"Because most cases are mild and undetected, I want to emphasize the importance that everyone needs to treat all interactions with others as a potential source of transmission of COVID-19,"

said Dr. Etches.

"At this time, I'm asking that all people ensure they are practicing social-distancing, to the greatest extent they can."

Dr. Etches says social-distancing is important for everyone, especially for people over the age of 55.

"Talking to your supervisor, manager, employer about how you can work from home, if possible. It means avoiding visiting older friends or relatives. Using phones, video chats, social media to stay connected,

unless a visit is absolutely essential."

Estimated 4,000 cases

The Medical Officer of Health said Sunday that based on modelling data and the rate of transmission, "we now estimate there may be up to 4,000 cases of COVID-19 in our community."

Dr. Etches warned the forecast for infection shows a doubling in the number of cases in Ottawa every three days.

"The doubling time, we're seeing is sometimes down to three days, every three days now. By this time next week, it could be 16,000" cases in Ottawa.

Dr. Etches acknowledged the lab confirmed COVID-19 numbers are numbers from the past, due to delays with processing the test results.

"The challenge is the test results we get are from what happened in the past. People seem to fixate on the lab confirmed cases. What I'm using the estimate for is tell people, clarify, now it's here and it's here significantly and the actions we need to take are now."

From Page 9 It's time for a debate

boundaries be set in stone for all time ?

Whereas under previous leader Richard Bergeron, Projet Montreal was favourable to reducing the number of Boroughs to 10, the current proposal is status quo simply because it is simpler politically to avoid such a debate. No analysis has been done as to whether any boundary changes or regrouping or merger of Boroughs would reduce costs and enhance services.

Rotrand says that Projet Montreal is using an opposite argument - that less is better - to justify close police stations, but for partisan political reasons is justifying that more is better when it comes to the number of City Councillors.

•Should Ville Marie Borough have the right to elect its own Council ?

Downtown is now under the tutelage of any party that elects a majority to City Council. The voters do elect three Councillors but currently the Mayor of Montreal is automatically the Mayor of Ville Marie Borough and has the right to name two other Councillors from anywhere in the city to this Council.

With a preponderant vote, the Mayor and his/her party will always control this Borough. Montreal's downtown actually has a substantial residential population.

Does the current system protect their interests ?

"Now, with a pandemic crisis gripping our city, it is not the time to have the necessary discussion which

we need to decide Montreal's electoral future. I believe that the Projet Montreal administration should work with the government of Quebec to push back the time line to later this year to allow the population to more fully participate in this process. To sweep this discussion under the rug now is partisan and does not serve the greater economic and political interests of Montrealers," Rotrand concludes.

After more than 30 years at City Hall, Rotrand's hope is to see a more non-partisan Council where the right of dissent is respected, and indeed encouraged, and where Councillors work collegially. Such is the case, he says, in Toronto, where political parties do not exist at the municipal level.

"I recognize this is unlikely to

happen and that municipal political parties are here to stay as part of Quebec law but a smaller Council would foster more compromise and cooperation," says Rotrand. "Clearly the large size of our current Council means many never speak at all. Two years into this current mandate, some elected members have yet to voice an opinion at Council meetings. Party whips and in particular the unelected staff wield huge powers. This is not in the public interest."

Rotrand urges voters to take note of when the public notice is placed on Elections Montreal's site at www.ville.montreal.qc.ca/election and to respond by email to demand a hearing.

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How Taiwan and Singapore managed to contain COVID-19, while letting normal life go on

Tom Blackwell March 20, 2020, National Post

The countries seem to have found the sweet spot between a 'it's just like the flu' reaction, and imposition of economically devastating lockdowns. Sandra Johnson's husband had already left for work by the time she talked to the National Post Thursday — early Friday morning where she lives in Singapore.

His office was open, and the expat from Mississauga, Ont., was herself planning to visit a nearby mall later. She had gone to the chiropractor the day before.

The city-state of six million is an eastern Asian transportation hub and for a few days had the world's second-highest number of COVID-19 cases. But its total stood at a modest 345 Friday, with no deaths.

And as Canadians hunker down in their homes or go on panic-buying sprees at the local grocery, life in Singapore motors on more or less as usual.

"I haven't felt that I've been inconvenienced," said Johnson, 51, who's lived in Singapore since 1997. "Shops and restaurants are open ... I'm able to go outside, I'm able to live my live pretty much normally right now."

It's not that residents there are acting recklessly in the face of the pandemic. On the contrary.

Like Taiwan, another Asian country closely linked to the coronavirus' Chinese epicenter, Singapore has taken aggressive and innovative measures to keep the disease under control. Taiwan, which had 2.7 million visitors from China in 2019, had just 135 cases and two deaths as of Friday, versus Canada's 846 cases and 10 deaths.

Perhaps as importantly, they have avoided the kind of mass social disruption that has wreaked havoc on the economy here. Schools, workplaces, stores and restaurants all remain open, though restrictions have slowly tightened in recent days.

In other words, they seem to have found the sweet spot between a laissez-faire "it's just like the flu" reaction, and imposition of economically devastating lockdowns.

Both nations have concentrated on strictly isolating people who have or might have COVID-19, tightly controlling

international travel and zealously pursuing those who had contact with the infected.

Singapore has deployed police officers as sleuths to track down contacts and used government-issued cellphones to keep tabs on those in quarantine.

Taiwan merged citizens' recent international travel history with their digital health-insurance files and let doctors and pharmacists access it all, while levying stiff fines for quarantine violators.

And yet, "relative normalcy of day-to-day life has been maintained," said a recent journal paper by three Singapore doctors.

The temperature screening station at a mall near Canadian Sandra Johnson's home, part of Singapore's extensive efforts to contain the COVID-19 virus. Supplied Regina native Chris Beingsner said the 4,000-student Singapore American School, where he's a vice principal, has taken steps to avoid crowding, and will carry out two weeks of online learning, but otherwise little has changed.

"It's just hard for people watching Canadians not take things seriously, knowing that in Singapore they took it very seriously from the start and therefore have the outbreak under control," he said by email.

Interestingly, both Singapore and Taiwan share a grim past with Canada that has coloured their response. Like Toronto, they suffered major SARS outbreaks in 2003, then worked to ensure they would not be hit as seriously by an infectious marauder again.

Although this country also tried to learn from SARS — creating the Public Health Agency of Canada in part to oversee such crises — its COVID-19 response has seemed more tentative — and less effective.

I'm able to go outside, I'm able to live my live pretty much normally

Canada should look to Taiwan and Singapore for guidance, says Dr. Jeff Kwong, a Toronto family physician and public-health professor at the University of Toronto.

"It's not too late to implement some of these things," he said. "This is going to be going on for months ... There's always value from learning from others who've had success."

Kwong does see possible barriers



Commuters wearing face masks as a preventive measure against the COVID-19 coronavirus look at their mobile phones on the Mass Rapid Transit train in Singapore on March 18, 2020. Catherine Lai/AFP via Getty Images

to Canada adopting a similar approach, like chronic under-funding of public health here and a populace less at ease with government control than some east-Asian societies.

"I can say this because I'm (ethnic) Asian but they're generally pretty obedient people," he said. "I find that in a lot of Western countries there's this philosophy of individualism."

Another key difference is more evident. Taiwan and Singapore have unitary governments that manage health care for everyone. Canada, with its federal system, essentially has 13 separate health jurisdictions, each delivering slightly different responses to the pandemic.

But Dr. Jason Wang, a Stanford University professor who published a recent paper on Taiwan's COVID-19 successes, believes there is no real reason Western nations can't take similar action.

"Just be alert and take early action to stop the spread of the virus," he said via email.

Taiwan's response in a sense began shortly after SARS, when it set up a national health command centre, which includes a central epidemic command centre.

As news of the new coronavirus emerged from Wuhan, it took extensive measures to identify cases imported into the country. Officials actually boarded planes from the Chinese city to assess passengers, ordering those with fever into isolation.

It merged health and travel databases — a seemingly complex task achieved within a day — then made that information widely available to help identify cases.

The government moved quickly to stockpile supplies, recruiting hundreds of reserve soldiers to work on production lines for surgical and N95 masks, so by late January there were 44 million and two million of each, respectively. Meanwhile, it restricted the retail price of masks to avoid profiteering, and eventually implemented a rationing system that allocated citizens two masks a week.

It also aggressively pursued quarantine violators, tracking down three Hong Kong visitors who had disappeared for a week when they should have been in isolation, fining them \$3,000 each. And it published the names of three others who had not gone into quarantine as instructed.

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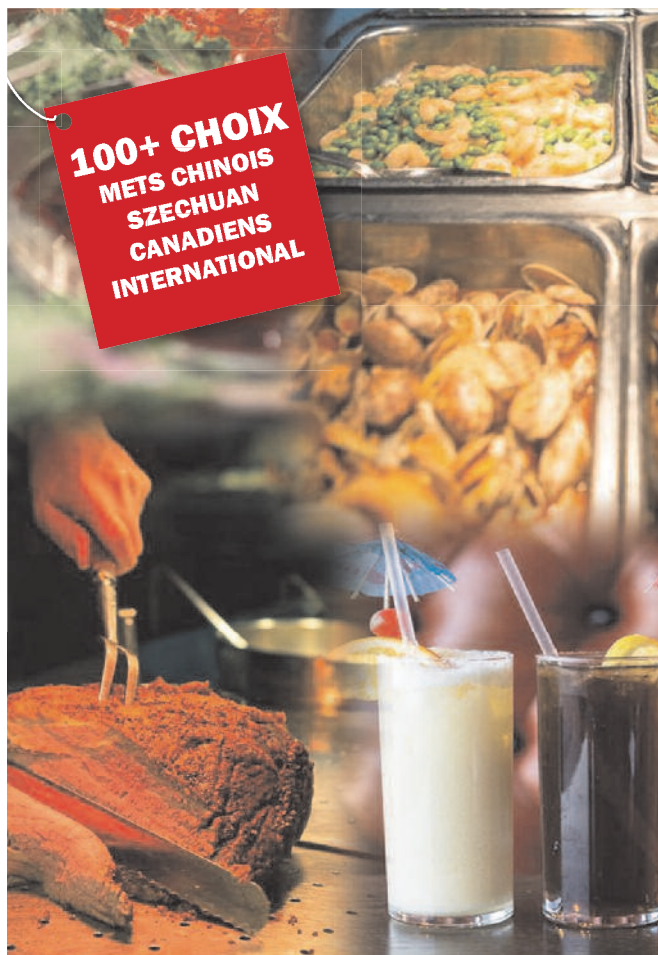
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