

Trudeau, allies call for global unity at UN summit on pandemic recovery

Conference comes as Canada competes for 1 of 2 non-permanent seats on the UN Security Council

Mike Blanchfield, Joan Bryden · CBC News · Posted: May 28, 2020

Prime Minister Justin Trudeau led a call for global co-operation today at a major United Nations meeting aimed at mitigating the devastating social and economic impacts of the COVID-19 pandemic.

The conference is taking place as Canada competes with Norway and Ireland for one of two non-permanent seats opening on the UN Security Council next month. Canada is running on a platform of helping to rebuild the post-pandemic world.

Trudeau co-hosted the meeting with UN Secretary-General António Guterres and Jamaican Prime Minister Andrew Holness, and opened the hours-long video conference by affirming Canada's support for the international institutions he said should be leading the recovery.

"And for the global economy to recover, and for our domestic economies to bounce back, we need a global, co-ordinated plan," Trudeau said.

"Our citizens need to have

confidence in international institutions that leave no one behind and are capable of overcoming global



Prime Minister Justin Trudeau takes part in a joint press conference with the Secretary-General of the United Nations António Guterres and the Prime Minister of Jamaica Andrew Holness following a UN summit on the pandemic (Adrian Wyld/The Canadian Press)

challenges."

More than 50 heads of state and government participated in the meeting — including Germany's Angela Merkel, France's Emmanuel Macron and the U.K.'s Boris Johnson — along with representatives of the

World Bank, the International Monetary Fund and the private sector.

U.S. President Donald Trump did not



take part. Trump has argued that wise leaders put the interests of their own countries first.

One by one, Merkel, Macron, Johnson, the president of the European Commission and the prime ministers of Norway and Ireland —

among others — thrashed Trump's go-it-alone approach without mentioning his name. They defended the World Health Organization, which Trump has defunded, and the Paris agreement on climate change, from which Trump is withdrawing.

Merkel reminded the gathering that Germany rallied nations to fight climate change during its past G7 presidency. Trump is hosting the G7 summit this year.

European Commission "This is wrong. We have to work together, and for each other."

Canada vying for security seat

Macron, who has never shied away from criticizing Trump, said "collective action" by the world's multilateral systems is crucial.

"No single country can find a solution to this crisis. There can be no isolated solution. We have to address issues collectively, such as health, the environment, justice," said Macron.

"The price is paid by all. The solution must be found by all."

Johnson, sometimes viewed as Trump's political kindred spirit, said all countries are striving to protect their

See Page 4 Trudeau, allies call

Filipino Front-Line Workers Risk Their Lives To Keep Canada Running

Al Donato
05/21/2020
Huff Post Canada



Duds Miranda, a Filipino meat plant employee in Alberta, says he's looking forward to returning back to work.

"Deep in my heart, I was afraid. Because I don't really want to die. I really want to come back home safe and sound."

Duds Miranda works on the killing floor of JBS Foods meat-packing plant, a job he's held since coming to

Canada from the Philippines last fall. More than 600 workers at the facility in Brooks, Alta. have tested positive for COVID-19, making it the second largest outbreak at an Alberta meat plant, following one at Cargill.

Miranda was among those

cases last month. He spent weeks self-isolating in his room, protecting his roommates from the virus. They are all fellow Filipino temporary foreign workers, new enough to Canada that their first winter here began with bragging about snowfall to those abroad.

Miranda has since recovered and is returning to work soon, optimistic about increased safety measures at his workplace. But the fear remains over re-infection and how severe that might be.

"I'm always thinking about my family back home. I'm always thinking, 'I have to survive,'" he told HuffPost Canada.

When Cesar Cala and other Filipinos in Alberta learned about the circumstances of meat production workers like Miranda, they reached out with information about medical resources and donations of essential

items. But they soon heard concerns from Filipino migrant workers about their workplace conditions.

"We've become ad hoc advocates for the workers," said Cala, a Calgary community leader, who's involved with Action Dignity.

Filipino grassroots groups across Canada have stepped up to deliver groceries and donate protective gear to those on the front lines during the pandemic: meat plant workers, health-care providers, grocery store staff, support workers in nursing homes, cleaners. But those efforts belie the need for structural and policy changes to truly help a community that's hyper-visible on the front lines, but whose troubles are largely unseen.

Apart from Manitoba, Canada doesn't track racial data in COVID-19 cases, nor are there official numbers on how many Filipinos are on the front-

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From the Executive Publisher's Desk

Re-opening pressures, tensions after a lockdown

Zenaida Kharroubi

Amidst tensions and fears, re-opening the economy is necessary but must be carefully guided by the same precautions during the lockdown. However, this is easier said than done. During the first day of a summer weather, people flocked to the parks and beaches but failed to observe social distancing. They behaved as if nothing happened and displayed openly carefree behaviour. Government officials reacted, feeling frustrated and disappointed.

To remind people to keep their distance, the City of Toronto started drawing circles that are two meters apart on the grass. But this measure is not a guarantee that everyone will keep proper distancing. As a psychologist noted, there will always be a conflict between two types of people - rule breakers and rule followers.

It is to be noted that Covid 19 seems to boil down to the story of two provinces, Quebec and Ontario where there have been many cases. Latest figures showed the total number of Covid cases in Canada has reached 89,375 but more than half are found in Quebec with 50,235 of which 25,043 are in Montreal.

Re-opening the different types of businesses and economic activities requires a lot of planning and clear guidelines in order to prevent a second wave. As we do not know when a vaccine will be available, we all have to do our part in staying safe and keeping others safe as well. In our different roles as a leader, follower, employer, employee, we have to be more aware of how our individual actions can affect others in our environment or milieu. The slogan - we are all together and we care about one another - should be reinforced in every aspect of life. A recent example of how one person can infect so many others because of not following self-isolation after being exposed to the virus has just proven why it is so important to be responsible and to think how one's action can impact others. The fact that this doctor traveled from Quebec and returned to Campbellton, New Brunswick but did not practice safety procedure of isolating himself is very irresponsible and disappointing for a professional to behave in this manner. News reports mentioned that this doctor has been suspended for violating quarantine rules after traveling to a known location with the virus. This is a grim reminder

of the consequences of an act of thoughtlessness. Perhaps, we can say that everyone makes mistakes but when it involves the difference between life and death or sickness and health, we cannot afford to commit any error at all.

What are the recommended measures to be taken to prevent a second wave of Covid 19? Experts agree that re-opening too soon or too fast is not the proper way to go. On the other hand, it is not reasonable to remain in lockdown until a vaccine is available as scientists have not even figured out everything that there is to know about the virus. People are beginning to protest against a prolonged lockdown for they need to go back to their jobs to support their families. Businesses cannot remain closed much longer for this will mean a complete breakdown of our economy when most businesses fail.

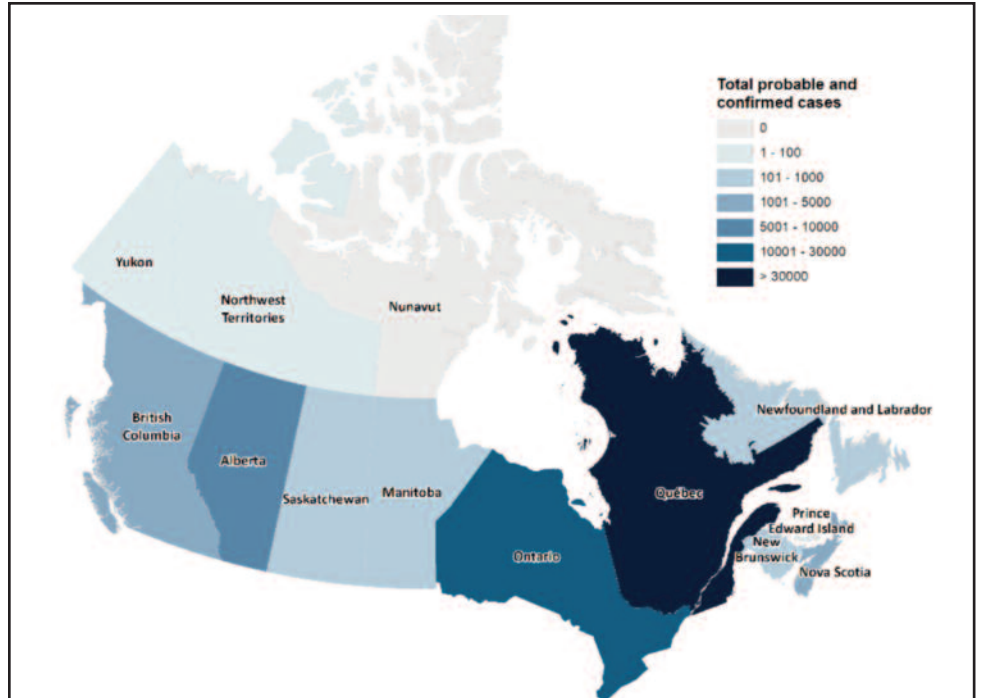
To re-open the economy in the proper way requires weighing all the issues and considering all the risks involved and being prepared to change course if necessary and make some adjustments as we slowly go back to the new normal.

Premier Légalut and his team of health advisers introduced Phase 1 of reopening that authorized resumption of activities in elementary schools and day cares as early as May 11, but delayed those in the Montreal area that are allowed to open one week later. Retail stores, construction sites and factories will also be reopened gradually over the next month, though under strict public health directives.

Quebec's economy minister, Pierre Fitzgibbon, estimated on Tuesday that around 457,000 Quebecers could be back at work by the end of May.

Although businesses are allowed to re-open, the challenge is how to make customers feel safe that they will not get infected when shopping or getting the personal services they need. Another challenge is to flatten the curve of infection and to make sure everyone continues to observe all the safety procedures.

It may take another year before we can relax from the restrictions but it is necessary to protect everyone from a deadly disease.



UPDATED May 29, 2020, 4:05 p.m.: The latest COVID-19 (Coronavirus) update from the Public Health Agency of Canada, Johns Hopkins University and the World Health Organization (WHO) has 89,377 cases of Coronavirus reported across Canada. Please note that the map above reflects the number of COVID-19 (Coronavirus) cases in Canada as of May 28, 2020 at 11 a.m.

The following are the number of (COVID-19 / Coronavirus) cases by province and territory across Canada:

- Quebec 50,232
- Ontario 27,210
- Alberta 6955
- British Columbia 2558
- Nova Scotia 1055
- Saskatchewan 641
- Manitoba 294
- Newfoundland and Labrador 261
- New Brunswick 128
- Prince Edward Island 27
- Yukon 11
- Northwest Territories 5
- Nunavut 0

6,979 people in Canada have died from COVID-19.

According to the Government of Canada Public Health website, of the COVID-19 (Coronavirus) cases recorded as of May 28, 2020 at 11 a.m.:

The date of symptom onset of the first case of COVID-19 in Canada was

January 15, 2020.

57% of cases are female

37% of cases are 60 years old and over

Commonly reported symptoms among reported cases include cough (71%), chill (42%) and headaches (46%). 6539 cases have been hospitalized but did not require admission to the ICU and 1613 cases required ICU admission 19% of cases are travellers or are close contacts of travellers

The following are the number of COVID-19 / Coronavirus cases by region across Quebec:

- Bas-Saint-Laurent 48
- Saguenay – Lac-Saint-Jean 320
- Capitale-Nationale 1501
- Mauricie-et-Centre-du-Québec 1920
- Estrie 939
- Montreal 24,838
- Outaouais 527
- Abitibi-Témiscamingue 165
- Côte-Nord 114
- Nord-du-Québec 8
- Gaspésie-Îles-de-la-Madeleine 183
- Chaudière-Appalaches 493
- Laval 5314
- Lanaudière 3905
- Laurentides 2805
- Montréal 6585
- Nunavik 16
- Terres-Cries-de-la-Baie-James 10
- Outside Quebec 8

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

Early results from Moderna coronavirus vaccine trial show participants developed antibodies against the virus

By Elizabeth Cohen, Senior Medical Correspondent

Updated 11:33 AM ET, Mon May 18, 2020

(CNN)Study subjects who received Moderna's Covid-19 vaccine had positive early results, according to the biotech company, which partnered with the National Institutes of Health to develop the vaccine.

If future studies go well, the company's vaccine could be available to the public as early as January, Dr. Tal Zaks, Moderna's chief medical officer, told CNN.

"This is absolutely good news and news that we think many have been waiting for for quite some time," Zaks said.

To take on the coronavirus, US vaccine makers consider an unprecedented strategy: working together

To take on the coronavirus, US vaccine makers consider an unprecedented strategy: working together

These early data come from the Phase 1 clinical trial, which typically studies a small number of people and focuses on whether a vaccine is safe and elicits an immune response.

The results of the study, which was led by the National Institutes of Health, have not been peer reviewed or published in a medical journal.

Moderna, based in Cambridge, Massachusetts, is one of eight developers worldwide doing human clinical trials with a vaccine against the novel coronavirus, according to the World Health Organization. Two others, Pfizer and Inovio, are also in the United States, one is at the University of Oxford in



Britain, and four are in China.

Moderna has vaccinated dozens of study participants and measured antibodies in eight of them. All eight developed neutralizing antibodies to the virus at levels reaching or exceeding the levels seen in people who've naturally recovered from Covid-19, according to the company.

Neutralizing antibodies bind to the virus, disabling it from attacking human cells.

"We've demonstrated that these antibodies, this immune response, can actually block the virus," Zaks said. "I think this is a very important first step in our journey towards having a vaccine."

A vaccine specialist who is not involved in Moderna's work said the company's results are "great."

"It shows that not only did the antibody bind to the virus, but it prevented the virus from infecting the cells," said Dr. Paul Offit, a member of the NIH panel that's setting a

framework for vaccine studies in the US.

While the vaccine had promising results in the lab, it's not known if it will protect people in the real world. The US Food and Drug Administration has cleared the company to begin Phase 2 trials, which typically involve several hundred of people, and Moderna plans to start large-scale clinical trials, known as Phase 3 trials, in July, which typically involve tens of thousands of people.

Offit said before the pandemic, vaccine developers would typically test out their product in thousands of people before moving on to Phase 3, but that Moderna is "extremely unlikely" to have vaccinated that many by July, since they've only vaccinated dozens so far.

He said it makes sense to Moderna to move into Phase 3 without vaccinating that many people, given that Covid-19 is killing thousands of people each day.

"This is a different time," Offit

said.

In January, Dr. Anthony Fauci, the director of the National Institute for Allergies and Infectious Diseases, said it would take about 12 to 18 months to get a vaccine on the market. Zaks said he agreed with that estimate for Moderna's vaccine, putting a delivery date somewhere between January and June of next year.

In the Moderna study, three participants developed fever and other flu-like symptoms when they received the vaccine at a dose of 250 micrograms. Moderna anticipates the Phase 3 study on dosage will be between 25 and 100 micrograms.

So far, the Moderna study subjects who were vaccinated even at 25 and 100 micrograms achieved antibody levels similar to or even higher than people who naturally became infected with coronavirus.

But it's not clear whether natural infection confers immunity to re-infection, and so similarly it's not clear whether vaccination confers immunity. "That's a good question, and the truth is, we don't know that yet," Zaks said.

"We are going to have to conduct formal efficacy trials where you vaccinate many, many people, and then you monitor them in the ensuing months to make sure they don't get sick."

CNN's Devon Sayers contributed to this report.

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Montreal-area retailers reopening to public, with distancing measures in place

Morgan Lowrie

The Canadian Press

Published Monday, May 25, 2020

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3:43PM ED

MONTREAL -- Eager shoppers lined up outside some stores in downtown Montreal on Monday as retailers in the city were allowed to reopen for the first time since a partial lockdown was imposed in March.

Masks, Plexiglas barriers, frequent disinfecting and no-touch browsing were some of the measures put in place by retailers who chose to open their doors, while customers were being asked to remain spaced apart and follow hygiene protocols.

On Ste-Catherine Street, the city's main shopping thoroughfare, dozens of people lined up outside a downtown Zara outlet, many eager to They were greeted at the door by masked employees and a hand-sanitizing station, while a sign warned

that the number of customers would be limited.

Zuleyha Sen said she was going to get new clothes for her almost eight-year-old son. She said he'd grown since last year, and online orders have been delayed due to the pandemic.

"I won't go in for a long time, I'm just hoping to grab several things," said Sen, who said she felt safe even without a mask.

Outside H&M, Sami Derian emerged with a bag of pants and T-shirts. He said he was "excited" to be out shopping and had no concerns about his safety.

"A lot of people are getting depressed. I think it just helps people to be able to get out and see people outside. It just feels good," he said.

Derian said the experience was a good one, even if he had to buy clothes without trying them on.

The provincial government is allowing retail stores in the hard-hit

region to reopen, as long as they can be accessed directly from outside and customers can keep a safe distance. Some store owners have said they're adapting to the new reality by limiting customers and offering appointments, contactless payment methods and options to collect orders made online.

At Brown's shoes, several

customers milled around as they perused displays of shoes on sale, aided by workers wearing gloves, masks and visors.

Eric Ouaknine, a director of retail experience for the company, said

See Page 6 Montreal area

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lines. But several Filipino Canadians organizers told HuffPost Canada they've observed a disturbing trend: Filipino communities may be disproportionately affected by the pandemic because they're estimated to make up a sizeable number of Canada's front-line workers. Of front-line worker deaths, Filipinos have been among those in the headlines: Christine Mandegarian, Warlito Valdez and Victoria "Vicky" Salvan.

According to Kapit-Bisig Laban COVID's Montreal chapter co-ordinator Allan Matudio, many community members have at least one family member on the front lines or are on it themselves.

U.S. and British media coverage has highlighted the plight of Filipina



One of Miranda's roommates unpacks toilet paper and food donations, arranged by grassroots group Migrante COURTESY DUDS MIRANDA.

nurses, for example, but such focus on the racial element of front-line work has not been as in-depth in Canadian coverage.

What makes the Filipino experience of essential work different than some other communities? On top of the challenges of being newcomers, they may often be supporting multiple households and therefore have more financial constraints.

When Miranda got sick, he told his family back home, except his mother. Her worry would be too much for him, he said.

"I know my mom will [worry]," he said. "She's very emotional."

Now that he's recovered, his whole family knows what he's been through. "Take vitamins, drink water," they tell him. They're just as happy as Miranda that he's working again, which will mean money will start being sent back once more.

Many immigrant front-line workers in Canada may relate to Miranda's experience: living with concern over their own safety, but toiling in high-risk sectors with confirmed COVID-19 cases anyway, because they need to send money to their loved ones who live outside Canada.

As Statistics Canada reports, more remittances were sent to the Philippines than any other country in 2017. This "economic lifeline" is considered a huge motivator for many overseas Filipino workers who choose to move to Canada.

"Kapit sa patalim," or "Holding onto the edge of a knife," is a Tagalog idiom that comes to mind when Cala reflects on their situations, especially undocumented migrants or those with precarious work statuses.

'Linked arms' are filling gaps Essential workers in quarantine are unable to shop for themselves. Filipino meat plant employees have been unfairly turned away from stores in southern Alberta. Miranda credits advocacy group Migrante Alberta with helping organize groceries deliveries and comforting homemade meals like arroz caldo made by sympathetic volunteers. But more significantly, Miranda said he and his roommates were brought to tears by the compassion from complete strangers.

"We're very lucky ... you're not thinking of the value of the things, you're thankful of the effort exerted," he said. "The concern they're sharing is very [emotionally] overwhelming."

Food is just one element of assistance offered by groups like Migrante Alberta, co-ordinator Jay

Zapata told HuffPost Canada. Recipients are especially grateful for culturally appropriate food, like rice and fish, that they may not find at their local food banks, Zapata said.

Migrante Alberta is part of the national coalition Kapit-Bisig Laban COVID-19 Canada, which gets its name from "linked arms," a popular Tagalog phrase of solidarity. The network connects relief initiatives in Canadian cities, such as helping people apply for the Canada Emergency Response Benefit (CERB) and distributing care packages.

Other issues are more geographically unique. Migrante Alberta is lobbying the provincial government to provide health care for uninsured people. Matudio told HuffPost Canada that informal French tutoring sessions with youth, who often serve as translators for their parents, are highly requested in Montreal.

'Romanticizing' Filipinos hides need for reform

Cala commends the speed and efficiency of these emerging aid networks, but worries that focusing on those temporary solutions can obscure the cause of long-standing problems. For example, workplace safety complaints may point to employer issues that weren't caused by the coronavirus pandemic, but have been accelerated by it.

"Filipinos are seen as model immigrants, right? We do work, we hunker down, we're invisible," he said.

Ethel Tungohan also cautions against "romanticizing" the relief efforts. The York University assistant professor and Canada Research Chair in Canadian Migration Policy, Impacts and Activism has written about the stigmatized,

www.filipinostar.org

From Page 1 Trudeau, allies call

people, as they should.

"Yet no single country holds the keys to victory against our invisible enemy," he added. "If we are to defeat COVID-19, achieve a global recovery and avoid a future pandemic, then we must work together across borders."

Ireland and Norway, Canada's rivals for the two temporary seats on the security council, echoed that sentiment.

"This is no time to seek confrontation and to look inward," said Norway's Prime Minister Erna Solberg.

"Let us use this moment to ensure more global co-operation in order to build back a healthier, greener, fairer, gender-equal and sustainable world."

The subtext of the looming Security Council vote was also on display. Trudeau has been courting the support of various large voting blocs in Africa, Asia and the Caribbean because European countries are expected to rally around Norway and Ireland.

Barbadian Prime Minister Mia Mottley, the current chair of the 20-country Caribbean Community, thanked Trudeau for his remarks, but laid down a clear marker for him and others.

"I hope that this high-level session will not simply be the record of glorious speeches but will trigger action that is needed badly."

Unless countries come together now to co-ordinate a recovery plan, the UN estimates the pandemic could slash nearly US\$8.5 trillion from the world economy over the next two years, forcing 34.3 million people into extreme poverty this year and potentially 130 million more over the course of the decade.

"This is our chance to begin a conversation on how we can emerge from this truly global crisis as a stronger and more cohesive world — one that

economically vulnerable experiences of Filipina newcomers in Canada's caregiver and personal support worker programs.

Vulnerable temporary foreign workers often work and live in substandard conditions, and are exploited by their employers. Their work is considered essential, but as people, they're seen as "disposable."

Cala notes that returning "back to normal" might mean the current outcries against corporate employers over illnesses and related COVID-19 deaths, like that of Armando Sallegue, will be "swept under the rug."

In some ways, this is already happening. Tungohan points out that the Calgary Herald recently ran the headline "Meat plant disruptions cast long shadow as summer barbecue season heats up." (It's since been changed to read "Meat plant disruptions begin to impact supplies in stores.")

"It's awful. We're more worried about barbecue than lives? That invisibilizes what happens on the worksites," Tungohan said.

So what should long-term pandemic solutions for Filipinos in Canada look like? Tungohan and fellow researcher John Paul Catungal underscored the importance of nationally connected COVID-19 racial research to inform the pandemic relief responses rolled out by governments and social service agencies.

creates growth for everyone, addresses inequality and cares for the most vulnerable," Trudeau said Thursday.

"Canada is ready to do our part as we help bring the world together in the fight against COVID-19."

In a release about the event, the UN said all countries face economic strains due to the pandemic, particularly developing countries which were already in "debt distress" before the crisis and can't afford to cushion the blow for their citizens or to undertake fiscal stimulus measures.

'Urgent areas of action'

The conference is addressing "six urgent areas of action" to mobilize the financing needed for a global recovery.

Those six areas are:

- Expanding liquidity in the global economy and maintaining financial stability.

- Addressing debt vulnerability for developing countries "to save lives and livelihoods for billions of people around the world."

- Involving private sector creditors in recovery plans.

- Enhancing external financing for inclusive growth and job creation.

- Preventing illicit offshore financial holdings and money laundering that siphon off trillions of dollars needed for rebuilding economies.

- Aligning recovery policies with sustainable development goals.

The conference aims to create a discussion group in each of the six areas, with the goal of providing concrete proposals by mid-July.

"Despite all the technological and scientific advances of recent decades, we are in an unprecedented human crisis because of a microscopic virus," said Guterres.

"We need to respond with unity and solidarity."

"Filipinos are seen as model immigrants, right? We do work, we hunker down, we're invisible."

- CESAR CALA

Catungal is a professor at the University of British Columbia who works with the Vancouver-based Tulayan Filipino Diaspora Society. He points to U.S. data that shows the devastating impact of the virus on Black and Latino populations. Canada may have anecdotal information and an approximation of who is on the front-lines from sector data, but there is no nationally led initiative on racial analysis related to the COVID-19 crisis. Black Canadians have led efforts to push public health officials to start collecting data, but the federal government has yet to take action.

The usefulness of this data can improve relief efforts, Tulayan reports. For example, a low number of cases for a marginalized racial group where they work in high-risk sectors may point to a lack of testing. Tracking who dies and who recovers from a racial standpoint can also lead to addressing potential gaps in the medical system.

"[COVID-19] doesn't discriminate, but we also know that COVID-19 takes place in a societal context where race matters," he said. "It shouldn't be surprising to us that

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Canada Emergency Commercial Rent Assistance now open for applications

For immediate release
May 25, 2020
Ottawa, Ontario
Prime Minister's Office

Canadian families and small businesses across the country are feeling the impacts of COVID-19. That's why the Government of Canada is working with provinces and territories to protect jobs and businesses, and give property owners support so they can help small business tenants make it through these difficult times.

The Prime Minister, Justin Trudeau, today announced that applications are now being accepted for Canada Emergency Commercial Rent Assistance (CECRA) for small businesses.

Over the course of the program, property owners will reduce rent by at least 75 per cent for the months of April and May (retroactive), and June, for their small business tenants. CECRA will cover 50 per cent of the rent, with the tenant paying up to 25 per cent and the property owner forgiving at least 25 per cent.

Applying for CECRA makes financial sense for property owners, as their success depends on the success of their tenants. If a tenant declares bankruptcy and is evicted, the property owner receives zero rental income and faces additional costs while they

search for new tenants. With this program, property owners will continue to receive income, and small business tenants will receive the help they need to recover and come back after the pandemic.

CECRA is another measure announced by the Government of Canada to provide important relief for small businesses experiencing financial hardship, and help keep Canadians on the payroll.

Quotes
"We all need to work together if we want our economy to come out strong after this pandemic. This program will help property owners, small businesses, workers, and our communities make it through this difficult time. Small businesses are the backbone of this country. We need to be there to support them when it matters most."

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

"We understand the financial pressures on small business owners during these challenging times. That is why we have worked with provinces and territories to launch the new Canada Emergency Commercial Rent Assistance, which will provide rent relief to businesses in need and help property owners maintain rental income."

—The Hon. Chrystia Freeland, Deputy

Prime Minister
"Small businesses are an integral part of our economy, and are vital for families and communities across the country. Many businesses are facing economic hardship and uncertainty during the COVID-19 pandemic. We thank and commend the many property owners who have already taken action to help their tenants during this crisis. The opening of CECRA will provide forgivable loans to commercial property owners who in turn will lower or forgo the rent of tenants to keep them viable and ready to bounce back during the post-pandemic recovery."

—The Hon. Bill Morneau, Minister of Finance

"Small business owners from coast to coast to coast have told us that one of their biggest worries during this pandemic has been being able to pay rent when they've had to temporarily close their doors. With our rent assistance applications now open, small business owners and entrepreneurs will be able to get the help they need, so they can focus on rehiring their team and preparing their businesses for re-opening."

—The Hon. Mary Ng, Minister of Small Business, Export Promotion and International Trade

Quick Facts

As of today, applications will

be accepted through the Canada Mortgage and Housing Corporation (CMHC) website.

The CMHC expects a large number of applications. To manage this volume, the intake of applications will be staggered based on the size and location of the commercial property. Property owners can submit their applications according to the following timetable:

Monday, May 25: Property owners who are located in Atlantic Canada, British Columbia, Alberta, and Quebec, with up to 10 tenants who are eligible for the program.

Tuesday, May 26: Property owners who are located in Manitoba, Saskatchewan, Ontario, and the Territories, with up to 10 tenants who are eligible for the program.

Wednesday, May 27: All other property owners in Manitoba, Saskatchewan, Ontario, and the Territories.

Thursday, May 28: All other property owners in Atlantic Canada, British Columbia, Alberta, and Quebec.

Friday, May 29: All property owners across Canada.

This program is for small business tenants that are paying less than \$50,000 per month in gross rent, with annual consolidated revenues of less than \$2 million, and that have experienced at least a 70 per cent drop in pre-COVID-19 revenues. It will also be available to non-profit and charitable organizations.

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Opinyon/Komentaryo ni Willie Quiambao

EKONOMIYA O KALUSUGAN NG MGA TAO?

Si Shelly Luther ng Amerika ay nakulong ng isang linggo nang labagin ang social distancing. Binuksan niya kaagad ang kaniyang salon. "Paanong masasabing makasarili ako kung ang aking ginagawa ay magtrabaho upang mapakain ang aking mga anak?" katwiran niya. Nang pabuksan ni Donald Trump ang ekonomiya, inamin niya na isa ito sa mga pinakamahirap na desisyong nagawa niya bilang presidente. Dumami ang walang hanapbuhay. Maganda sana ang ginawa ni Trump sa pagbubukas ng ekonomiya pero paano ang kalusugan ng mga tao? Takot pa rin sila sa pagkalat ng CORVI -19. Wala pang gamot, wala pang bakuna. Wala pang sapat na gamit upang mabigyan ng test ang mga tao kung sino ang may virus o wala. May mga gustong makasama ang pamilya na nakatira sa malayong lugar pero wala silang masakyang eroplano. Ang asawa ng kaibigan ko ay namatay dahil sa aneurysm pero hindi maipalibing. Ngayon ay hindi na masyadong pinairal ang social distancing. Babalik na sa trabaho ang mga ina ng tahanan subalit sino ang mag-aalaga sa kanilang mga maliliit na anak? Nagbukas ang mga barbarya at restaurant ngunit sino ang magpapagupit at kakain sa restaurant? Nang tanungin si Trump kung ano ang masasabi niya sa pagtaas ng bilang ng mga taong namamatay, nagkibit-balikat lamang siya, "Namamatay din sila o nagpapakamatay tulad ng mga taong gumagamit ng droga o walang makain

dahil sa unemployment." Sabi ng ating Prime Minister Justin Trudeau, "Hindi makukuha sa madalian at biglaan ang pabubukas muli ng ekonomiya. Hindi natin alam akung kailan magbabalik sa normal ang ating buhay. Magdasal na lamang tayo at sundan ang sinasabi ng ating pamahalaan upang maiwasan ang pagkalat ng virus.

MAGPASALAMAT TAYO SA MGA BAYANING TUMUTULONG NOONG NANANALANTA ANG COVID - 19

Sa panahon ng kalamidad, lumalabas ang mga taong nagsasamantala. Ibinalita sa radio na may mga taong nagpupunta sa mga bahay na nagtitinda ng tubig at iba pang bagay na makagagamot sa COVID - 19. Ang mga maskara at guwantes ay tumaas ang presyo. Sa Pilipinas ay nabasa ko sa diaryo ang isinulat ni Boyet Jadulco sa Abante, Dalawang Beses Nabiktima. Tinutukoy niya ang mga Pilipinong nabiktima matapos pumutok ang bulkang Taal. Isang local na opisyal ang nag-witched ng relief good na de latang ham at sardinas. Itinago niya sa kanilang bahay ang ham at ipinamigay niya ang sardinas. Ang mga pagkain sa container na ipinadala sa mga biktima ng Yolanda noon ay hindi rin pinakinabangan. Kung may nagsamantala ngayon, mayroon din naman mga tumutulong na dapat nating pasalamat. Sa Quebec, marami tayong dapat pasalamat tulad ng mga taong hindi natin personal na kilala. Salamat sa mga nagbigay ng donasyon na cash, pagkain, dugo. Salamat sa mga manggagawang pangkalusugan tulad ng mga doktor at nurses sa ospital

at klinika. Salamat sa mga taong nagbigay ng kanilang oras at panahon sa mga nangangailang ng kanilang tulong. Sa ating komunidad, may mga asosasyon na tumulong sa kapwa Pilipino. Ang FFCAQ ay namigay ng groceries at bigas. Si Fred at Jovy Narvas ay katulong sa pamamahagi ng groceries. Ang mga nagtapos sa Gilmore Institute International tulad ni Cristine Pa-ec, Cindy Taves. Gloria Danda, Belle Allosa ay nagbigay din ng kanilang panahon. Ginamit naman ni Tenne Rose at Michael Davantes ang kanilang programa sa television upang magbigay ng impormasyon tungkol sa COVID - 19. Ang mga nasa itaas ay maibibilang ko na sa aking mga bayaning nabanggit ko sa North American Filipino Star noong Marso. Sa mga nagsamantala, sabi nga ni Jodulko, ay makarma sana. At sa mga yaong taos sa puso ang pagtulong, dalangin ko na patnubayan at mabigyan sila ng biyaya ng Diyos.

MGA GININTUANG ARAL NA NATUTUHAN KO AT NAGIGING GABAY SA BUHAY HANGGANG NGAYON

Naniniwala ako na ang buhay ay walang katapusang pag-aaral. Kahit wala na tayo sa eskuela, may mga natutuhan tayo sa pakikipag-usap sa mga tao, bata o matanda, at sa ating nababasa. Ang ilan sa mga ito ay ang sumusunod:
Sa mga pamangkin kong kambal noong bata pa sila – Minsan ay nag-baby sit ako sa kanila noong mga anim na taon pa lamang sila. Tulad ng bilin ng aking kapatid, pinakain ko sila. Dahil mga bata pa sila, sinabayan nila ng laro. Hindi nakikinig si Ryan sa utos kong kumain na kaya upang inisin siya, sinabi ko kambal niyang si Ronnie, "Finish your food, Ronnie and I'll take you to the movie." Tinabig ni Ryan ang plato at umiyak. "Ang why? tanong ko. "You're hurting my feeling" sagot niya. Natawa ako. Bata pa, madrama na. "Pero tama siya," sabi ko. "Kahit pala

bata pa ay may damdamin ding nasasaktan. " Simula noon, nagbago na ang aking pakikitungo sa mga bata.

Sa aking ina noong bata pa ako- Kapag alam niyang may nang-iinis sa akin, sasabihin niya "Huwag mong pansinin. Alam mo palang sira, di sira ka rin kapag pinatulan mo." Minsan, naiisip ko, tama ang aking ina.

Sa aking ina – Lumaki kaming hindi mayaman pero hindi naman mahirap. Lagi kaming may katulong. Kapag tinuturuan kaming magkakapatid ng trabahong bahay, sinasabi ng aking ina, "Paano mo tuturuan ang katulong kung ikaw mismo hindi mo alam ang iyong itinuturo?" Noon ko natutuhan kung paano mamalantsa ng polo shirt at pantalon. Kay James de la Paz. "Huwag ka nang makipagtalos sa kausap mo. Kapag tumigil ka, hindi ibig sabihin ay talo ka. Alam mo sa sarili mo na mas matalino ka sa kausap mo."

Sa payo ng isang lider sa kararating na Pilipino mula sa pilipinas na nahihiyang dumalo sa isang pagtitipon ng mga Pilipino dahil wala siyang bagong damit – "May ginawa ka bang masama na dapat mong ikahiya?" "Nandaya ka ba sa eleksyon?" "Nagnakaw ka ba at nagtatago ka ngayon?" "Inagaw mo ba ang kasintahan o asawa ng ibang tao?" "Napadalhan ka na ba ng bailiff sa bahay mo dahil sa utang mong hindi mabayaran?" "Tandaan mong marami pang bagay sa buhay na dapat kang ikahiya." Ang kahirapan ay hindi ikinahihiya at ang kayamanan ay hindi ipinangangalandakan." Ang mga taong tinitingala mo ang dapat mahiya."

Ang hindi ko pa magawa nang lubusan ay ng kasabihang, "Bago mo mapatawad ang ibang tao, patawarin mo muna ang iyong sarili. Tama iyon pero mahirap gawin. "I can forgive but I can not forget". Kapag nasaktan ako ng emosyonal o pisical, mapatatawad kita pero hindi ako makalilimot kapag naaalaala ko ang sakit o nakikita ko ang pilat ng ginawa sa akin.

From Page 4 Filipino frontline

race affects the distribution of infections, death rates, recovery rates ... A good starting point is to have race and ethnicity data. Because we cannot respond to that which we are unable to name or see."

Without that structural analysis on racial data, Catungal worries that scape-goating will pit others against Filipinos they see as "vectors of disease."

The perception that Filipinos are culturally hard workers to a fault — to the point where their attendance at work and presence in neighbourhoods is seen as putting others at risk — is something that Catungal said was echoed by Alberta's chief medical officer. Dr. Deena Hinshaw said last month the "strong ethic" in Cargill's Filipino workers meant they wouldn't "let sniffles get in the way" of clocking in.

What's missing from the public official's statement, Catungal said, is the context around why Canada's Filipino front-line workers are still working: remittances and their responsibilities to take care of those back home.



Armando Sallegue's death was the second linked to the outbreak at the Cargill plant north of High River. His son pointed out that his father died on what would have been his deceased wife's birthday in the Philippines. (Arwyn Sallegue)

"If they get sick, they jeopardize their capacity to be in Canada legally," he said. "Filipinos aren't [not] hard working by virtue of their culture, it's because they have to be."

Al Donato - Associate editor, HuffPost Canada
Al Donato

Let us follow safety procedures - wear masks in public, observe proper distancing, wash hands, self-isolate when sick or after traveling.

From Page 3 Montreal area

he was pleased with how the first hours were going. He said that while there were fewer customers than pre-pandemic, those who came appeared to be serious buyers.

"I don't believe (traffic) is going to be what it's been. That being said, I feel the people who are coming in are here to buy," he said in an interview. "Less browsing, more buying."

Ouaknine said the store developed a long list of protocols surrounding reopening, including hand sanitizer, taped markers to show people how far apart to stand, raising the limit for no-contact transactions and offering workers masks, gloves and visors.

On the other hand, he acknowledged it could be a challenge to maintain a two-metre distance between employees and customers, and virtually impossible to sell shoes without allowing people to try them on.

"People like to touch the shoes and you can't stop them from doing that, but what we can do is have them sanitize their hands before entering the store, and that's the best we can do," he said.

Montreal is a Canadian hot spot for COVID-19, with more than 24,000 cases as of Monday. But despite the numbers, many shoppers said they weren't worried about their health.

The province has repeatedly urged customers to wear non-medical face masks when out in public but has stopped short of making them mandatory. On Monday, while many customers wore them, the choice was far from universal.

Louise Allard, who wore a white cloth mask as she waited at Simons, said she was concerned by a lack of face coverings and physical distancing.

"When I see the majority of people don't have masks, it worries me," she said.

Non-essential shops outside Montreal were allowed to reopen May 4. Legault announced Monday that shopping malls outside the Montreal area will be allowed to open June 1, along with hairdressers, estheticians and other personal care providers outside the city.

'Justice will be served!': Trump weighs in on George Floyd case

Floyd, 46, died Monday night after a Minneapolis police officer pinned him by the neck with his knee for more than eight minutes. The president called his death "very sad and tragic."

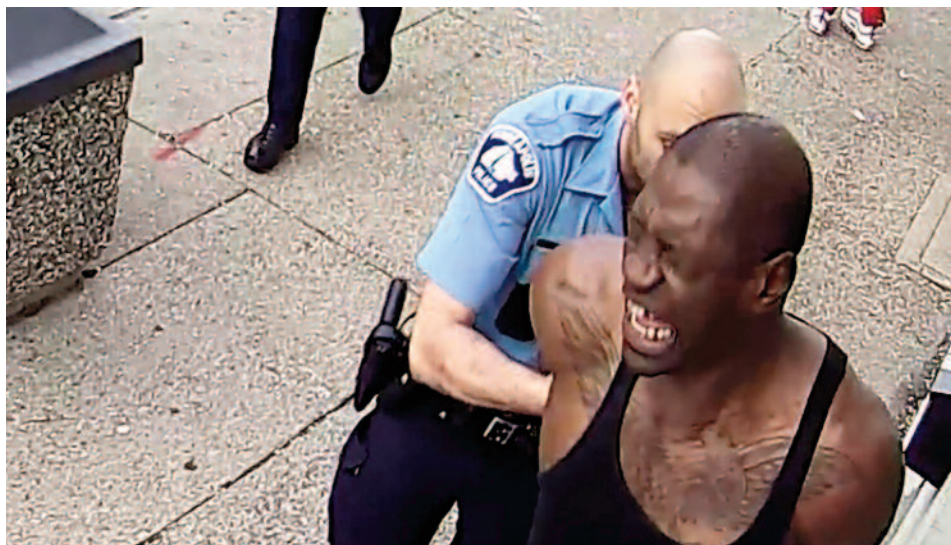
May 27, 2020, 8:23 PM EDT
By Dareh Gregorian

President Donald Trump on Wednesday called the death of George Floyd "very sad and tragic" and said "justice will be served" in the Minnesota man's case.

"At my request, the FBI and the Department of Justice are already well into an investigation as to the very sad and tragic death in Minnesota of George Floyd," he wrote. "I have asked for this investigation to be expedited and greatly appreciate all of the work

spoke about Floyd's "horrific killing" Wednesday, calling it a "tragic reminder that this was not an isolated incident but a part of an ingrained systemic cycle of injustice that still

exists in this country." "George Floyd's life matters. It mattered as much as mine. It matters as much as anyone's in this country. At least it should have," Biden said.



An angle of the video showing the arrest of George Floyd before another officer knelt on his neck while handcuffed, his face was down on the pavement and he was almost underneath the police car.

Floyd, 46, died Monday night after a Minneapolis police officer pinned him by the neck with his knee for more than eight minutes. Video of the incident shows Floyd pleading "Please, please, please, I can't breathe," before he died.

While in Florida for the aborted launch of a SpaceX flight to the International Space Station, Trump was asked by NBC News' Kelly O'Donnell about Floyd's case and said: "I'm very sad about that. Very, very sad event."

Asked whether he thought the police officers involved, who have been fired, should be prosecuted, he said: "We're going to look at it, and we're going to get a report tomorrow when we get back, and we're going to get a

done by local law enforcement. My heart goes out to George's family and friends. Justice will be served!"

Minneapolis Police Chief Medaria Arradondo told reporters Tuesday morning that he had asked the FBI to get involved in the case "knowing that there could be a question of civil rights."

Minneapolis mayor: 'Why is the man who killed George Floyd not in jail?' The officer who was kneeling on Floyd's neck is white, and Floyd was black.

Trump's Democratic presidential rival, Joe Biden, tweeted Tuesday that Floyd "deserved better" and explicitly took aim at the officers involved in his death.



Demonstrations against the killing of George Floyd by police.

very full report. But a very sad day."

In a pair of evening tweets, Trump seemed to try to take credit for the FBI's involvement in the case and said he has asked for its work to be expedited.

"I'm grateful for the swift action in Minneapolis to fire the officers involved — they must be held responsible for their egregious actions," Biden said.

The former vice president also

Message of Thanks

In those days of mourning and desolations, We have met some friends. We have seen the revelation of friendship! Your sincere sympathy has helped us to live through those difficult hours which can not be expressed except by the language of acceptance. Deeply touched by your condolences, we wish to thank you for your expressions of kindness, prayers, and sympathy for the loss of a good friend, loving mother, and caring Lola.



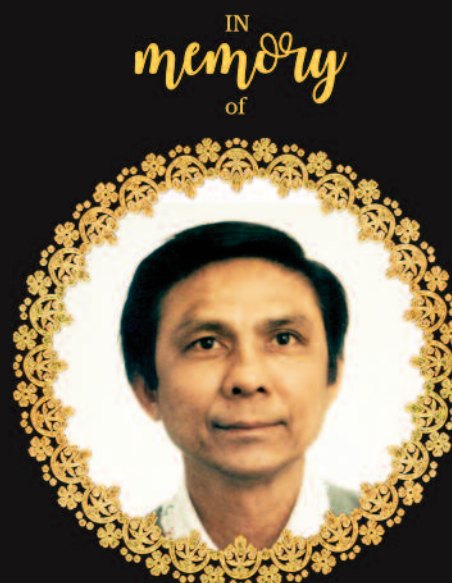
Mrs. Felicidad Garcia Chantengco

December 10, 1924 – May 3, 2020

Nanay Felicidad was predeceased by her husband Florentino, children Carmelita, Delia, and Teresita.

She is survived by her loving children: Leonardo (Luminada), Estelita, Florserpida (Lolito), Nestor (Amelia), Evelyn (Edgar)

Grandchildren: Francis, Frederick, Fredegar, Nickles (Southida), Grace, Nathalie, 25 grandchildren, 97 great grandchildren, and 38 great-great-grandchildren in the Philippines.



TO OUR FRIENDS AND RELATIVES, WE DEEPLY APPRECIATE YOUR KIND EXPRESSION OF SYMPATHY. IT WILL ALWAYS BE REMEMBERED.
~ Marcelo Family ~

Ricardo L. Marcelo Sr.
June 24, 1937 - April 14, 2020



Education and relevance - coping with a global pandemic world

It has always been an interesting topic to discuss the meaning of education and how it affects society, or how it prepares people for their future careers. However, there has been no definite and practical answers to the question on how we can make education relevant to a changing world that has been subjected to unpredictable events like the Covid 19 pandemic.

An excerpt from the The World Economic Forum COVID Action Platform gives an overview of the current state of education in most countries:

Education today is in crisis. Even before the coronavirus pandemic struck, in many parts of the world, children who should be in school aren't; for those who are, their schools often lack the resources to provide adequate instruction. At a time when quality education is arguably more vital to one's life chances than ever before, these children are missing out on the education needed to live fulfilling lives as adults and to participate in and contribute to the world economy.

Historically, education has been the shortest bridge between the haves and the have-nots, bringing progress and prosperity for both individuals and countries, but the current education system is showing its age. Founded at a time when industries needed workers with a relatively fixed set of skills and knowledge, it is losing its relevance in an era of innovation, disruption and constant change, where adaptability and learning agility are most needed.

Our current education system, built on the Industrial Revolution model, focuses on IQ, in particular

memorization and standardization – skills that will be easily and efficiently supplanted by artificial and augmented intelligence (AI), where IQ alone isn't sufficient. A good blend of IQ (intelligence) + EQ (emotional intelligence) + RQ (resilience) is critical to unleashing a student's potential.

Evaluating our current education system against three criteria – job readiness, ability to compete against smart machines for jobs and creating long-term economic value – reveals the following:

34% of students believe their schools are not preparing them for success in the job market. We need to fix the bridge from education to employability;

60% of future jobs haven't been developed yet and 40% of nursery age children (kindergarteners) in schools today will need to be self-employed to have any form of income (Source: WEF Future of Jobs Report). We need to prepare students for jobs that haven't been created yet and to become entrepreneurs. What we need to learn, how we learn, and the role of the teacher are all changing.

It is indeed true that there is no permanent status in life - everything has to change physically, emotionally, economically and in all other aspects of life. An individual potential is not developed in terms of number of years but it has a starting point from what we have always known as basic elementary and secondary education. Not everyone is cut out for higher education. Usually after a secondary school certificate, people may choose to specialize in a vocational or technical type of work. The following excerpts from another writer

just summarizes the personality traits of a person who will have the ability to cope with a changing world, in particular after a global pandemic

8 Job Skills To Succeed In A Post-Coronavirus World

By Bernard Marr, Contributor, Enterprise Tech

One thing is for certain, the ways companies operate and work are going to change. The world was already changing rapidly, but the pandemic accelerated it. There will be few "jobs for life." Someone that is going to succeed in a post-coronavirus-world will need to be able to adapt to ever-evolving workplaces and have the ability to continuously update and refresh their skills.

Tech Savviness

One of the best ways to prepare yourself for a post-coronavirus-world is to acquire technology skills. The COVID-19 pandemic is fast-tracking digital transformations in companies as they are trying to become more resilient to future outbreaks and disruptions. The reality is that technologies such as artificial intelligence, big data, the Internet of Things, virtual and augmented reality, and robotics will make businesses more resilient to future pandemics, and anyone that can help companies exploit these technologies will be in a great position. Whether you work in a factory or an accounting office in a post-coronavirus world, you need to be comfortable with these tech tools as well as be able to work with them effectively.

Creativity & Innovation

We have already seen the importance of creativity and innovation during the pandemic. Businesses that have been able to come up with ways to deliver services virtually (like many healthcare providers have done) or quickly shift to new products (like Mercedes F1 that have shifted from making racing cars to innovative breathing aids) have been able to better weather the storm. In a post-coronavirus world, we will need human ingenuity to invent, dream up new products and ways of working. Human creativity is going to be essential.

Data Literacy

As the fuel of the 4th Industrial Revolution, data is a critical asset for every company. With the right data, companies are able to better predict the impact of future business disruptions and are better able to serve customers with the right products and services during or after any pandemic. Companies that understand business trends and shifting customer needs are better able to respond in the right way should a future pandemic come along. However, the data is useless to a company unless there is data literacy—people equipped with skills to understand the data and make better decisions because of it. Professionals with data literacy will be even more appealing to prospective employers than ever before.

Critical Thinking

Another skill that will be essential as our global economy rebuilds from the damage done by COVID-19 is critical thinking. During the pandemic, we have seen a spike in fake news and misrepresentations of data and studies, as leaders, businesses, and governments are trying to shift blame and divert attention and proper scrutiny. People who can objectively evaluate

information from diverse sources to determine what is credible will be valued. Not all information should be trusted, but organizations will need to rely on critical thinking to understand what information should inform decision-making.

Digital And Coding Skills

The digital transformation of organizations got a boost because of coronavirus; therefore, professionals with digital skills, including coding, web development, and digital marketing, will become even more important than they are now. People who can keep the digital business running—and thriving—during economic downturns or pandemics that make in-person business impossible or less efficient are going to be on the must-hire list. And, basically, ALL companies are now digitally based in some way, so the opportunities to put digital skills to work are countless.

Leadership

One of the changes in a world that is heavily augmented by the support of machines and where social distancing and home working might continue for the foreseeable future, is that more people at all levels of an organization will be in a position where they lead others. The gig economy is only going to grow post coronavirus, and people will be working in more fluent teams where people are taking the lead at different times. Professionals with strong skills in leadership, including how to bring out the best and inspire teams as well as encourage collaboration, will be in demand.

Emotional Intelligence

Closely linked to leadership is another skill that is even more important in uncertain and challenging times: Emotional Intelligence (EQ). The ability to be aware of, express, and control our emotions and be aware of others' emotions is what emotional intelligence is all about. At times when people might feel uncertain about their job and the future of their business, it is key to connect with people on an emotional level. Individuals with strong EQ will be coveted by organizations of all sizes and in all industries.

Commit to a Lifetime of Learning

According to the World Economic Forum, in just five years, 35 percent of the skills deemed essential today will change. There's only one way to remain relevant in a post-coronavirus reality: commit to a lifetime of learning.

When faced with a tight job market, professionals with advanced and expert job skills will still be in demand and will likely struggle less to find employment. The good news is that improving your skills has never been easier. Today, it doesn't require years of study or hefty loans to build up your skillset to be prepared for a post-coronavirus world. There are endless free and open online courses (MOOCs) available that will help you improve your skills.

Here are just a few examples:

- Artificial intelligence and machine learning courses
- Data literacy and data science courses
- Emotional Intelligence courses

Or just search for the skills you want to develop on platforms such as Coursera, edX, Udacity, FutureLearn, or iversity. See lockdown as an opportunity to improve your skills so that you are ready for the post-coronavirus job market.

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10 days paid sick leave could be more costly than beneficial, experts say

BY HANNAH JACKSON GLOBAL NEWS Posted May 26, 2020 3:27 pm

As the federal government discusses the possibility of implementing 10 paid sick days for workers across Canada amid the novel coronavirus pandemic, experts caution that doing so could be more costly than beneficial.

Lior Samfiru, an employment lawyer and co-founding partner at Samfiru Tumarkin LLP, said the federal government “can’t actually do anything,” because most of the country’s employees are governed provincially.

“So really it would be up to the provincial government to implement this,” he explained.

And Samfiru said while the provincial government can mandate it, the program’s associated costs would ultimately fall to employers.

“It seems to me that with the current economic situations and businesses struggling, (trying) to impose another obligation like that on an employer could be problematic,” he said.

Samfiru said employers are going to have to find that money somewhere, meaning they may be forced to make cuts to their employees’ existing benefits or pay.

“I’m not sure that it is really something that benefits employees in any way,” he said.

Samfiru said what the government could do is provide financial incentives for provinces that decide to implement this policy. Provincial governments could then in turn offer incentives to businesses.

“For example, if I’m an employer and I choose to provide my employees with paid sick days, then I may get a financial break maybe on my taxes from the government so that I have an incentive to offset the cost,” he explained.

Ultimately though, Samfiru said the policy likely won’t “carry too much favour” with the provinces.

And Moshe Lander, an economist at Concordia University, said with few details from Trudeau, it’s unclear if the federal government would be footing some of the bill.

“So whether it’s covered by (the Canada Emergency Response Benefit)



Trudeau pushing for 10 days of paid sick leave from provinces

or whether it’s covered by some new program, or whether it’s something that’s longer-lasting than the CERB — which is going to be phased out anyway in the next few months — that’s for the government to decide,” he said.

Lander added forcing businesses to offer 10 paid sick days to employees could be “productivity ruining” for some.

He said employees may take advantage of the extra paid days off, and use them when they are not actually sick.

“Are we really going to hire a bunch of government employees to start going around from business to business saying ‘You were sick on May the 24th, now was that a real sickness and can you prove it? And where’s the documentary evidence of it?’” he said.

He said it would be much like how Employment Insurance (EI) or Canada Pension Plan (CPP) claims are handled.

Ultimately, Lander too said this policy is “probably going to end up costing way more than it creates in

between going to work while sick and infecting their colleagues or staying home and not being able to pay the bills.

NDP Leader Jagmeet Singh had previously suggested the federal government use the CERB or EI to deliver paid sick leave immediately and work with the provinces to secure two weeks of leave even after the pandemic is over.

The party made it clear that its support for the Liberal’s endeavour to suspend full sittings of the House of Commons through the summer is contingent on the government’s commitment to providing paid sick leave.

Speaking at a press conference on Monday, Prime Minister Justin Trudeau said the federal government would “continue discussions with the provinces without delay on ensuring that as we enter the recovery phase of the pandemic, every worker in Canada who needs it has access to 10 days of paid sick leave a year.”

Singh told the House of Commons Trudeau’s announcement was “positive,” but that it “is not enough.”

“We need to see the action as well,” he said. “And we are hopeful though that action will be coming.”

Alternative solutions

Samfiru said one thing the federal government could do “very easily” instead is amend the existing EI program.

Currently, if an employee who is sick for seven days can qualify for EI for up to 15 weeks — but there is a waiting period of one week.

“One of the things the government can do is waive that one-week period so that if I’m sick for the next three days and I cannot work, I can qualify for EI,” he said. “I may not get my full income, but at least I’ll get some compensation.”

Lander said he thinks the money could be better spent directly targeting the virus head-on.

“So take all of that money that you’re planning on putting into this program and put it into advancing research to speed up the process of coming up with a vaccine,” he said. “In the absence of a vaccine then we need rapid and mass testing.”

—With files from the Canadian Press



Coronavirus outbreak: Singh calls for 10-day paid sick leave for Canadian workers

This, in turn, would create monitoring issues, Lander said. He said if employers require sick notes or other documentation from their employees, this could put an unnecessary burden on the health-care system.

And, if monitoring is not left to the government, Lander said it could become costly.

benefits.”

“And I think that’s why it was so thin on details, it’s that the logistics of this are much more complicated than the headline (that’s) grabbing people,” he said.

What has government said?

The topic of paid sick leave has been pushed by the NDP, who say no Canadian should have to decide

COVID-19: Trudeau says Ontario and Quebec will get federal help to massively scale up testing

Canada has the capacity to test about 60,000 people each day, but is averaging about only 28,000 daily tests

Laura Osman May 21, 2020 Canadian Press

OTTAWA — The federal government is ready to help provinces massively scale up their COVID-19 testing capacity to fend off a potential second wave of the novel coronavirus, Prime Minister Justin Trudeau said Thursday.

Testing needs to increase immediately in Ontario and Quebec, where the economies are starting to reopen but the number of new COVID-19 cases remains high, said Trudeau, who first offered provinces a national framework on

testing and contact tracing last week.

Trudeau said he’s received positive responses from across Canada so far and planned to further discuss the offer on his weekly call with provincial and territorial premiers Thursday.

“We know, particularly in those areas that are still trying to get the virus under control, it is going to be important to increase testing now,” Trudeau said.

Even in areas with a low number of new cases, Trudeau said governments need to be able to instantly increase their testing capacity in the event of fresh outbreaks.

“Any flare-ups need to be responded to extremely quickly,” he sd.

Canada has the capacity to test about 60,000 people each day, but is averaging about only 28,000 daily tests.

In Ontario, the province has fallen far short of its goal of 16,000 tests per day. On Tuesday, the latest day for which figures are available, the province completed only 10,506 tests. In Quebec, only 9,582 tests were completed on Monday, according to the latest figures.

Ontario Premier Doug Ford said he is pushing for more tests, and wants to see swabs done on taxi drivers, truckers, long-term care home workers and residents, as well as regular members of the community. The fact that it’s not happening is frustrating, he said.

“We’re going to make sure we ramp it up,” Ford said in a briefing Thursday. “Can I give you an exact date? I can’t. I’m pushing the table as hard as I can.”

Trudeau said he doesn’t want logistics or finances to get in the way of doing the testing or contact tracing needed to keep the pandemic under control.

One of the challenges to increasing the number of tests across Canada is that each jurisdiction has their own strategy, said Health Minister Patty Hajdu during the House of Commons special committee on COVID-19 Thursday.

To date, she said the federal government has been trying to help provinces increase their capacity by making sure they have access to labs, and materials like swabs and reagents.

N.A. FILIPINO STAR PHOTO GALLERY FILIPINO COMMUNITY VOLUNTEERS (P. 13)



FAMAS
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Angelita Velez (left) and Maria Soyer delivering beauty care products to frontline workers at the Royal Victoria Hospital



Robin Hunter repacking relief goods for Pinoy Food Drive (FFCAQ)




Helen Luc, owner of Cafe Le Reve d'Helen, donated more than 60 packs of ready meals



Ready meals for frontline workers of Jewish General Hospital with FFCAQ volunteers Luzviminda, Haydee, Jovy and Cristy

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Cooking with love provides food for the soul.



Hawaiian Shoyu Chicken

"Shoyu" is the Japanese version of soy sauce, and our version of this classic dish infuses the soy sauce marinade with a ton of flavor. This recipe calls for an overnight marinade to let the meat really soak up the flavor.

Ingredients

5 chicken thighs, bone in and skin on
3 tablespoons low sodium soy sauce
2 tablespoons water
1/4 cup brown sugar, packed
2 cloves garlic, minced
1 tablespoon ginger, minced
1/2 yellow onion, minced
1/4 teaspoon crushed red pepper flakes

Instructions

- Mix together all the ingredients in a large bowl (or large ziplock bag) and let marinate overnight.
- Preheat oven to 375 degrees.
- Bake in a baking pan for 30-35 minutes or until cooked through

INGREDIENTS

2 pints cherry tomatoes (about 20 ounces or 4 cups total)
2 cloves garlic, smashed



Saucy Skillet Salmon

3 tablespoons olive oil, divided
2 teaspoons balsamic vinegar
1 teaspoon fresh thyme leaves
1/4 teaspoon kosher salt, plus more for seasoning
Freshly ground black pepper

4 (6-ounce) skin-on salmon fillets
Cooked couscous or rice, for serving

INSTRUCTIONS

- Place the tomatoes, garlic, 1 tablespoon of the oil, vinegar, thyme, 1/4 teaspoon salt, and a few grinds of black pepper in a blender or food processor fitted with the blade attachment. Pulse a

few times until blended and saucy but still a little chunky; set aside.

- Use a paper towel or clean dish towel to pat each salmon fillet dry on both sides (to prevent them from sticking to the pan). Season on both sides with salt and pepper.

- Heat the remaining 2 tablespoons of oil in a large skillet with a lid over medium-high heat until shimmering.

- Place the salmon skin-side down in the skillet, then press down on them so that the skin is in even contact with the pan and browns evenly.

- Reduce the heat to medium-low and cook without moving, gently pressing down on fish every so often, until the sides are cooked halfway up the fillets, 6 to 9 minutes, depending on the thickness of your fillets.

- Transfer the salmon skin-side up to a plate.

- Pour the tomato mixture into the skillet and bring it to a simmer.

- Return the salmon skin-side up to the pan, nestling them in the sauce.

Cover and continue to simmer for 2 to 5 minutes, depending on the thickness of your fillets. An instant-read thermometer into the middle of the thickest fillet should read 120°F to 130°F for medium-rare or 135°F to 145°F if you prefer it more well-done.

- Serve the salmon, skin-side up, with plenty of its sauce, over cooked couscous or rice.)



Drunken slow beef cooker carbonade

INGREDIENTS

2 Tbsp olive oil
3-4 lbs boneless beef chuck roast (I usually use the English cut that's flat), cut into 1-2" pieces
1/2 tsp kosher salt
1/2 tsp black pepper
2-3 Tbsp all-purpose flour
1 3/4 cup beef broth
2 large yellow onions, sliced in half, then sliced into thin strips
3 cloves garlic, minced
1 1/2 Tbsp beef base
12 oz dark beer (brown ale is best)
1 Tbsp whole grain dijon mustard
4 sprigs fresh thyme (can substitute with 1/2 tsp dried thyme)

12 bay leaves
2 Tbsp all-purpose flour + 3-4 Tbsp beef broth

12 oz extra wide egg noodles
minced fresh parsley, for garnish

INSTRUCTIONS

- Season beef pieces with salt and pepper, then dredge in flour.

- Heat a large skillet (cast iron works super well here - or heat your cast aluminum slow cooker insert if you have one) over MED HIGH heat with olive oil.

- Shake off excess flour and brown beef in batches (don't overcrowd the pan) for several minutes, until you get a golden brown crust on all sides.

- Remove beef to plate, and continue with all batches.

- When all beef is browned, add beef broth to skillet and use a wooden spoon to gently loosen the browned bits from the bottom of the skillet.

- To bottom of a 6 quart slow cooker, add sliced onions, minced garlic, beef base, beer, and mustard.

- Stir together, then pour in beef broth from skillet. Top that with browned beef, thyme sprigs and bay leaves.

- Cover slow cooker and cook on LOW for 8 hours.

About 20-30 minutes before serving, bring a big pot of water to a boil for the egg noodles. Mix 2 Tbsp flour and 3-4 Tbsp beef broth until no lumps remain. Stir into beef stew in slow cooker. Increase heat to HIGH and cook uncovered for 10-15 minutes.

Add egg noodles to boiling water and cook according to package directions. Drain and toss with a bit of olive oil or butter to prevent sticking, and a pinch of minced parsley.

To serve, add some egg noodles to bowl or plate. Top with a few ladles of beef carbonade and sprinkle with some more minced parsley. Alternatively, add egg noodles to slow cooker and stir it all together, then ladle the egg noodle/beef stew mixture into bowls or onto plates.



Easy Honey Garlic Pork Chop

INGREDIENTS

4 pork chops bone in or out
Salt and pepper, to season
1 teaspoon garlic powder
2 tablespoons olive oil
1 tablespoon unsalted butter
6 cloves garlic, minced
1/4 cup honey
1/4 cup water (or chicken broth)
2 tablespoons rice wine vinegar (or apple cider vinegar, or any white vinegar)

INSTRUCTIONS

- Preheat oven broiler (or grill) on medium-high heat. Season chops with salt, pepper and garlic powder just before cooking.

- Heat oil in a pan or skillet over medium high heat until hot. Sear chops on both sides until golden and cooked through (about 4-5 minutes each side). Transfer to a plate; set aside.

- Reduce heat to medium. Melt

butter in the same pan, scraping up any browned bits from the bottom of the pan. Sauté garlic until fragrant (about 30 seconds). Add the honey, water and vinegar. Increase heat to medium-high and continue to cook until the sauce reduces down and thickens slightly (about 3-4 minutes), while stirring occasionally.

- Add pork back into the pan, baste generously with the sauce and broil/grill for 1-2 minutes, or until edges are slightly charred.

- Garnish with parsley and serve over vegetables, rice, pasta or with a salad.

NOTES

Baked Pork Chops:

Preheat oven to 390°F | 200°C.

Sear seasoned chops in a hot oven-proof pan or skillet over medium-high for 2 minutes per side -- get them crisp.

Remove chops and make your sauce following the recipe above (Step 3).

Baste with sauce and bake in the oven for about 10-15 minutes, or until reaching your desired doneness.

Broil/grill for 2 minutes to get those caramelised edges.



Non-Alcoholic Raspberry Mojito

Ingredients

3-4 fresh raspberries plus more for garnish
5-6 mint leaves
2 tbsp simple syrup see directions below for how to make a simple syrup
ice
1/4 cup raspberry juice or can use cran-raspberry juice
2 tbsp fresh lime juice approx. 1/2 medium-large lime
1/2 cup club soda or sparkling mineral water

Instructions

- To make a simple syrup, combine 1 cup granulated sugar with 1 cup water (or just equal parts, if making more or less) in a medium sauce pan.

- Heat over medium heat, stirring frequently, until sugar is completely dissolved. Allow to cool. In a tall glass, add raspberries, mint leaves and the simple syrup.

- Muddle (squish with the back of a wooden spoon) well until the mint, simple syrup and raspberries are well-combined. If possible, try not to break apart the mint leaves, as this will make for a less pleasant drinking experience.

- Fill glass with ice.
- Add raspberry juice, then the lime juice, and then fill with soda.

- Garnish with lime wedge or additional raspberries, if desired.



Social Tidbits

Fely Rosales Cariño

Looking around, do you see the beautiful sunshine and hear the chirping of birds? Has spring finally come? Every morning when dawn breaks the day, I look out the window and more often than not, I find myself vacillating

age, he enjoys listening to and playing original music pieces. With nimble fingers, he can pick up a tune in an instant. He can add "flavor" to any song and play it like his own. He loves mostly the "hugot" songs. IAN TANSINGCO is



Left to Right: Jonard Aquino, Gina Aquino, Maria Soyer and Angelita Velez.

between optimism and uncertainty - optimism for a sudden burst of sunshine and uncertainty for what's coming next. But, as the saying goes, we are all in this together, so let's cheer up ourselves with something that soothes the soul.

And this is with music. Did you know that we have a local acoustic band

the lead guitar player. He started playing guitar at 12 years old and by 16 has perfected his guitar wizardry that people notice his performances. Last but not least is OYIE OLIVAR, who started playing the guitar at 12 years old. By age 19, he started playing the drums. This guitar and drums member



From left to Right: Melanie Fortier, Patsy Smith and Angelita Velez

in Montreal? Yes, we do. The group's name is MARIA AND THE BAND. Let me introduce the members to you. MARIA CALAYCAY, singer and songwriter is the vocalist. She started the passion for music at a very young age. She can't count the many instances when she wasn't the star entertainer in different programs. ARNOLD DAR JUAN is the guitarist of the group. He not only plays with the band but also plays with a local church as a regular choir member. He has a penchant for the original pinoy music. EDNEL M. AMIS is the bass player. Loving music from a tender age, Ednel can incorporate rhythmic twists in his performances that enhance the overall richness of a music piece. EUGENE SISON plays bass and rhythmic guitar. Also starting at a young

of the band does not only play the above musical instruments. He also indulges in photography in his leisure time and enjoys still and live portraits. This band has played in multiple charity events. While respecting social distance guidelines, they still have time for frequent "jamming" to perfect their craft.

Community Service has taken over the monthly socials by different organizations. The Filipino Association of Montreal and Suburbs (FAMAS) is still going non-stop in their Sunday distribution of "hot meals" to hospital frontliners, the elderly, the single parents and all those who, by government guidelines, are unable to go out and buy groceries. FAMAS president Cesar Manuel, his executive

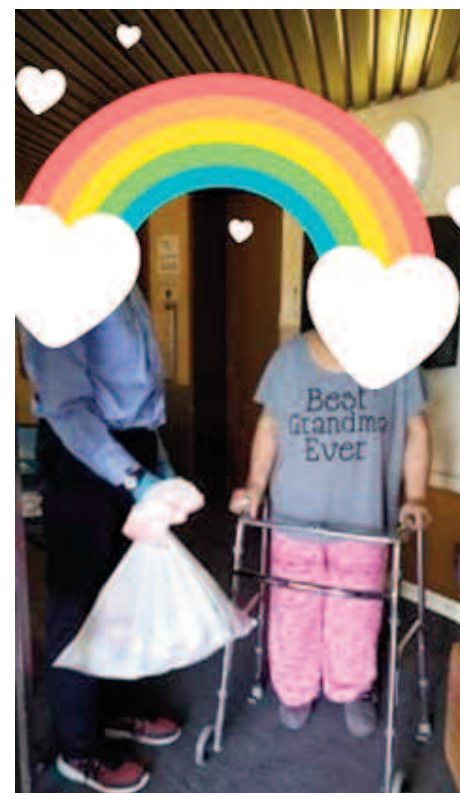
board led by Svetlana Suarez, Ramon Vicente, Cora Aberin, Eric Esplana, Bryan Perona and other FAMAS officers have set aside Sundays as their lunch target. Every Sunday, they are able to distribute to over 200 families. So far, last weekend was the 10th Sunday these services were operating. We can't



Rita Rotunda and Angelita Velez

thank FAMAS enough for the hot meals. Those who received have only positive comments- masarap daw.

Many have reached out to the Federation of Filipino Canadian Associations of Quebec (FFCAQ) for help. Headed by FFCAQ president



One of the senior recipients of Pinoy Food Drive, receiving a food relief.

Minda Mazzone (and husband Nico), she is assisted by Jovy & Fred Narvas, Robin & Cristy Hunter, Heidi & Vicente Trinidad, and other FFCAQ members. This group has chosen Fridays for delivery. To date, in their list are included 25 frontliners working in the recovery room unit and around 100 in the ER unit at the Jewish General Hospital. They deliver dry goods twice or three times a week to seniors, single moms, the sickly and other vulnerable families.

Thanks should also go to ICI host Tenne Rose Dayandante. She provides useful information about immigration, the virus pandemics, and other important resources and guidelines affecting Filipinos in Quebec. Also, we should remember the help of three very important officials such as MP for Mount Royal Anthony Housefather, Snowdon City Councilor Marvin Rotrand, and Outreach Coordinator Sonny Moros. They have continued their monetary support to facilitate the deliveries of food and groceries.

I'd like to feature Angelita Velez,



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a nurse by profession who has temporarily set aside her active nursing career due to her love of being a beauty consultant. She is married and blessed with a beautiful teenage daughter. She owns and manages the private clinic A&G. "A" stands for her first name Angelita and G stands for Gordon, the name of the doctor she works with. She also owns the private clinic Aesthetic de la Beauté et Santé (Beauty and Health Esthetics) located at 5388 Queen Mary Road, Montreal. For appointments, she can be reached at 514-265-0836. Visit her and you'll see your transformation. Compare the 'Before' and 'After' of your appearance and be amazed at the results! Due to the current virus, shops are closed; she is now currently helping the frontliners in 6 different hospitals: the Jewish General Hospital, St Mary's Hospital, Montreal General Hospital, the Montreal Neuro, Royal Vic Hospital, and Maimonides. Eighty percent of her funds come from her own pocket. The other 20% came from friends such as Cesar & Tess Manuel, Jovy & Fred Narvas, Julie Parado, Angelita Ojerio, Minda Mazzone, Cristy & Robin Hunter, Maria Lene Catedrilla, Ella Mangaliman, April Ross, Donnie Salazar, Oyie Olivar, and Manny Tuazon. Other friends like Marlene Birao Schacter, Evelyn Calusa, Julie Parado, and Angelita Ajeres donated money to buy 280 face shields for frontliners. A further proof of the depth of her community service is her unceasing concern for her community in Bataan, Philippines. She has a Foundation named after her father, Felipe Velez. She sends help to 3 hospitals, 2 community centers and a town barangay in Bataan, Philippines. Her latest act of kindness is distributing beauty products to the frontliners of the six hospitals previously named. The donation went in boxes marked "compliments of Angelita Velez". Last but not least, she recently sent multivitamins and milk for children in community centers in Bataan, Philippines.

Let's join in the prayer of Psalm 91 and say to the Lord, "Our refuge and our fortress, our God in whom we trust, deliver us from this deadly virus." Amen!

Until the next issue. God Bless Us All!

FILIPINO STAR

SHOWBIZ GOSSIP

A more confident Nadine tries hand at songwriting



Nadine Lustre

As a celebrity, Nadine Lustre's typical work routine would have her juggling different shoots, events and other show biz commitments—always on the go and out and about.

But now that the entertainment industry is practically at a standstill because of the COVID-19 pandemic, Nadine has more time to just sit down, reflect and process her thoughts. And that, in turn, has helped her get in the right headspace to write songs for her upcoming album.

"I was always out working, doing different stuff, so I was never at home. But now, I have all the time to get in my head and figure out what have happened in my life. The things I have hidden for a very long time, I had to pull out and sort of decode them ... and express them," she said in a recent Facebook Live chat with the FM radio station RX 93.1

"I want my music to express myself and share my story," she added. "That's what a good album is—when it comes from you and when it comes from the heart."

While she didn't specify exactly how many tracks she has already completed, Nadine has been "writing a lot" and collaborating closely with her producers—remotely, of course.

With the help of Marcus Davis, the 26-year-old star wrote a song about her late younger brother, Isaiah. "Before the lockdown, Ma

Nadine

Nadine has been writing songs "a lot" while in quarantine.

rcus and I had a long chat about what happened. I told him

everything ... how I'm feeling right now. The next day, he texted me, saying he had a concept in mind," she related.

Writing and recording the song was, needless to say, emotionally taxing for Nadine. "I had a hard time practicing it. I think I spent more time crying than practicing," said the award-winning actress.

Most of the songs Nadine has written were drawn from her own experiences. But there are some that are not about her. For instance, "Complicated Love"—a collaboration with young musician Calvin Keith—was inspired by a binge-watch session of the television series "Breaking Bad." "Calvin shows some stuff and played a beat for me. I told him to give me that beat. After 20 minutes, I finished writing a verse," she said. "I was surprised because I usually find it hard to write over beats when I practice. But here, for some reason, it just flowed."

Working with the right people, she pointed out, is crucial to the creative process. "It really helps working with a producer who vibes the same way as you. Sometimes, it's as if they could read my mind when they send material. I'm like, 'How did you know that this is what I wanted to say?'" she said. Songwriting didn't come naturally to Nadine. Words intimidated her, she admitted.

"I used to think that I'm good only with visuals. But when it comes to writing, I wasn't sure if I was good, if my writing actually made sense. I hadn't really explored it," she said. Nadine used to have a tendency to

doubt herself before she could even dive into a new, unfamiliar endeavor. She knew she had to change that kind of mindset.



Nadine has been writing songs "a lot" while in quarantine.

"I just decided to stop doubting myself. 'I Like It' was the first song I finished. And when I played it and let other people listen to it, they told me that it was really good. My friend Bret Jackson got excited and told me to write more," she recalled.

Before long, Nadine was writing down her daily musings to get the hang of it. "I started writing short poems, writing about my dreams. I would practice by writing something every day. I read books," she said. "And people just told me to keep doing it and not let words scare me."

How Kathryn Bernardo, Daniel Padilla kept 8th anniversary 'simple' amid COVID-19



Daniel Padilla and Kathryn Bernardo

Actors and real-life couple Kathryn Bernardo and Daniel Padilla celebrated their eighth year as a couple last Monday, May 25. Since COVID-19 continues to affect the country, the couple decided to keep the celebration of their anniversary simple.

Despite the lack of posts in their respective social media accounts, Bernardo's mother Luzviminda showed how the two actors marked the special occasion, through her own Instagram post yesterday, May 26.

Bernardo's mother said that although the couple was not able to spend the day in their "favorite place," they were able to make the day worth it by painting cherry blossoms on the wall. Cherry blossom is a widely popular flower in Japan.

Bernardo and Padilla also bonded with the actress's family, as seen in the series of photos and video posted by Luzviminda.

"They decided to make the day simple lang pero thanks to all fans and friends na nagpadala ng food (but thanks to all the fans and friends who sent food)," Bernardo's mother said.

For their anniversary last year, Bernardo penned a heartwarming letter stating that staying in love is a decision she and Padilla make every day.

The actors were recently subjected to harsh criticism for making their stand and joining an online protest regarding TV network ABS-CBN's shutdown. KathNiel fans and fellow stars defended them against trolls and bashers using the hashtag #WeBlockAsOne. ■

Sharon appeals for mass testing and wants it 'cheap, if not free'



Actress Sharon Cuneta

Sharon Cuneta said that while she is “thankful for a little more freedom” when the general community quarantine (GCQ) order is implemented on June 1, the singer-actress also emphasized the responsible use of this privilege, especially since we are battling a pandemic.

She also pleaded for the government to carry out mass testing for the new coronavirus disease (COVID-19) in the country.

“I hope we base the quarantine decisions on the data, the numbers. I also beg for mass testing to be available all over the country; and for it to be cheap, if not free,” she told Inquirer Entertainment.

The Megastar also stressed: “If we open our country up too soon, the curve we have begun to see declining and we hope to flatten might go the other way again. [I’m] scared of irresponsible people

[knowing that] this virus is highly contagious. Also, many cases are asymptomatic, and that’s scary...”

She pleaded: “Please, please, please! Let’s have mass testing and follow up on those who test positive!”

During these difficult times, Sharon said her prayer would often be about “the front-liners here and all over the world,” as well as the victims of the virus and their loved ones, and those “who have no food on their table.”

Sharon said she would also pray to God that “we may not have learned all the lessons this pandemic is supposed to teach us, but we might have just learned enough ... Please, teach us what to do to be able to help those in need and to better serve You.”

Sharon added: “God has allowed this virus to come and turn our world upside down to make us realize which things in life truly matter, who among the people we know are worth our time and love since life is too short and it’s just not humanly possible to give everyone attention, even if they deserve it.”

She said the pandemic should have also taught us that “we have most everything we actually need, and that everything else is a ‘want.’” It should have also made us “more empathetic and sympathetic toward our fellow human beings. I

The gadgets may be around us, but now, we spend a little more time with each other.”

Adjusting to “quarantine life” has not been too difficult for Sharon because, she said, it had been her “lifestyle” when not working.

She explained: “I grew up five years younger than my brother, and learned early on how to entertain and amuse myself since I was always alone in my room or with my parents. So it hasn’t been too bad for me. I have enough books and movies, arts and craft supplies, and many other collections and stuff that will last me a lifetime.”

Sharon confessed that it was really the “psychological part” of the quarantine that got to her. She said: “It was knowing that all of us have to live this way because there is a powerful, invisible enemy out there that can take our lives away in a matter of weeks and when we least expect it.”

Just like any mom, Sharon worries about her family. Aside from KC, her daughter with actor Gabby Concepcion, Sharon also has daughters Frankie and Miel, with husband Sen. Francis “Kiko” Pangilinan. She likewise has an adopted son, Miguel.

“I worry that they might develop cabin fever. [I also worry about] the fact that they cannot go out and socialize with their friends, especially Miguel. He is only 10. I can only pray we are giving him enough stimulation at home,” she pointed out.

Sharon then said it was a good thing that Kakie (Frankie’s nickname) and Miel—who are “joined at the hip”—are well-adjusted to the situation, and aware that “they are blessed and that there are those who aren’t only less fortunate, but worse off because of the situation.”

As for her husband, Sharon said: “Kiko is a homebody like me. We can be in the same room reading different books or working on our laptops.”

“Now of course, since I am also a human being,” Sharon added, “I thrive on working while I still can because I love to sing, act and host. I miss being able to do that. Thank God for technology. I am able to keep in touch with my fans through my YouTube channel, Instagram, Facebook and Twitter. And now, especially for work, there’s Zoom!” ■



Sharon’s son, Miguel

feel for those whose livelihoods, whose life’s works have been much affected by this health crisis. We’re all pretty much jobless now ... I still feel the effects of the virus on the financial side of things, what more to other people?”

Since the pandemic has forced everyone to stay at home, Sharon said we’re also “forced to go back to the very basics. Before the advent of all the technology we have now; life was much simpler.

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Showbiz Gossip *Continued from p.15***Catriona Gray raises P2.3 million for 6,000 families in Smokey Mountain**

Singer and beauty queen Catriona Gray has assisted the non-profit organization Young Focus Philippines in raising \$47,000 (P2.37 million) for 6,000 families in Smokey Mountain, Tondo, Manila.

The "No Work, No Rice" fundraiser gave out rice and other essential items to vulnerable families in the area whose livelihood are affected by the COVID-19 pandemic, according to her Instagram post yesterday, May 25.

Gray added that the organization had been able to give 65,000 kilograms of rice to the families.

Aside from dealing with joblessness, Gray narrated how a fire incident destroyed the homes of 400 people in the area last April. Manuel Manarang, the family care manager of the group, said that it affected over 1,000 people.

The fire also increased the difficulty of living and navigating



The Miss Universe 2018 winner thanked people from all around the world who contributed to the campaign. Gray showed the organization's effort through a short video accompanied by her song "We're in this Together".

Young Focus handed out the necessary supplies to the affected families and replenished these every 10 days. Gray also appealed to people to continue passing on the kindness as the organization aims to continue the initiative until the extended community quarantine has been lifted in Manila.

According to the managing director of Young Focus, Paul Van Wijgerden, the initiative started out "really small" before Gray came into the picture.

"This turned into an amazing huge campaign where so many kilos of rice have been donated to the people here," Wijgerden said.

through these areas. As a response, the organization relocated 50 affected families in a nearby school and supported their daily needs.

Gray also expressed her gratitude to fellow celebrities for contributing to the relief effort by giving food, soaps, face masks and other essential items. These celebrities are actress Kim Chiu, comedian Pooh, celebrity doctor Vicki Belo and more.

"When faced with barriers, we can choose either to stay within our own walls or choose to reach out," Gray said in her post. "THANK YOU to all of you who have helped us to #PassTheKindness from your homes, to the homes of those in need."

Meanwhile, Gray is being romantically linked with actor Sam Milby after the latter publicly showed his affection to Gray during his 36th birthday. ■

Sarah talks about the positive side of home quarantine**Sarah Geronimo**

While the COVID-19 pandemic has restricted people's daily lives, pop star Sarah Geronimo believes that we could still make the most of our time while toughing the crisis out at home.

One could pick up a new skill or two, give cooking or baking a try or just get into things we have been putting off for a long time, Sarah

suggested.

"Instead of dwelling on negative things, let's come up with ways to improve our home life," she said in a statement announcing her partnership with the appliance brand Hanabishi, which now takes online orders and offers shipping and delivery.

Sarah also urged everyone to continue supporting people working on the front lines. "Let's help our front-liners and government in these trying times," she said.

On a personal note, the newly married music artist said that having this free time at home has been helping her and her husband, Matteo Guidicelli, get used to married life. "We are given enough time to get to know each other better and I think it's important that we learn to adjust to each other," she pointed out.

Sarah also continues to lend her voice and crowd-drawing cachet to online fundraising shows that benefit COVID-19 relief operations and programs, like the "Pantawid ng Pag-ibig: At Home Together" concert.

"We (she and Matteo) both share a passion for music, so we're happy to be part of that," the 31-year-old singer-actress said. ■

Singer Ronnie Liang mans checkpoint as COVID-19 frontliner**Singer Ronnie Liang**

Singer and Philippine Army reservist Ronnie Liang continues his service for the Filipino people as a novel coronavirus disease 2019 (COVID-19) pandemic frontliner.

In his Instagram account, Ronnie posted a photo of him manning the check point in MacArthur Highway in Valenzuela City.

"Check Point Duty!" Ronnie wrote.

He added the hashtags #EnhancedCommunityQuarantine #stayhome #stayhealthy #staysafe #ParaSaBayan #socialdistancing #Covid_19 #COVID19PH #FightCovid19 #army #armor #covid19 #staysafe #flattenthecurve #lieutenant #reservist

In another post, Ronnie said, "A life of service to others is the life worth living."

Ronnie was also part of the team that transported stranded



healthcare workers to hospitals during the early days of the enhanced community quarantine.

"We were tasked to pick up nurses, doctors and medical personnel around Monumento (Caloocan City), and drive them to their respective workplaces like the Philippine Heart Center and then we bring them back once they're done with their shifts. We're out the whole day," Ronnie said in an interview with Inquirer.

Ronnie joined the military as an Army reservist in 2018. Last February, he was promoted to second lieutenant after undergoing trainings at the Armor Division of Camp O'Donnell in Tarlac. ■

Safety is major cause for concern for actors returning to work



Khalil Ramos

It's going to be hard to focus," said Khalil Ramos when asked what he expected to be the most challenging aspect of being an actor returning to work more than two months after quarantine was imposed to help curb the spread of the new coronavirus disease (COVID-19) pandemic.

"Just going to the grocery store, I already have a lot going on in my mind when it comes to remaining virus-free and practicing social distancing from people," Khalil said during the seventh series of the online panel discussion, "Actor's Cue."

Khalil participated in the discussion along with Rocco Nacino, Kelvin Miranda, Tony Labrusca, Louise Abuel, Kokoy de Santos and Christian Bables. "Actor's Cue" is a part of the "#ExtendTheLove" fundraising campaign for displaced film workers, organized by film and TV director Adolfo Alix Jr.

"I have yet to wrap my mind around the idea of the 'new normal.' What if I'm already on the set? Could I actually perform well knowing that I won't be wearing any protective gear in front of the camera? I still don't know how I should feel about it. I'm definitely not ready yet," Khalil admitted.

Rocco agreed with Khalil by saying, "How can you act properly when, while you're doing a scene, you keep thinking, 'Am I too close to someone? Is the object I'm touching safe or contaminated?' How will I be able to feel the emotion necessary for the scene? For sure, I will not get into character as easily as I used to."

In order to be an effective actor, Rocco said one has to develop a technique. "I'm still trying to figure out what to do. I recently chatted with other actors about the new guidelines and other concerns, like working in a locked-in set. It's going to be hard to be away from home for a long time, especially for those with families, but we're all hoping for the best."

For Kelvin, the most challenging part for an actor is to be able to feel comfortable on the set. "You don't know who is safe and who's asymptomatic out there. You can get sick anytime, anywhere," Kelvin pointed out. "Just the same, I will try my best to play my role effectively."

Another cause for concern, said Kokoy, was the possibility of bringing the virus at home. "I could just be asymptomatic, I'd never know. It's a frightening thought because I share a house with my lola and a



Rocco Nacino



Kokoy de Santos

child, among others," Kokoy said. "But then, I've already been hearing about protocols and safety measures that producers plan to implement, and that's kind of reassuring. 'Di naman nila tayo pababayaang. People are now more aware of what they should be doing."

Tony, meanwhile, has had the chance to shoot a short film, titled "Love Lockdown," while in quarantine. Asked to recall how that was like, Tony said: "It was a huge adjustment. You're on your own, and the only thing that production could do to assist you is to provide the sound equipment to help you improve your audio."

Tony admitted that it could also get

very frustrating. "The only thing to help you get by is someone on Zoom telling you what to do. You also have to ask someone in your house to help you with the camera work," he recalled.

However, Tony said, the experience has given him "a new sense of respect for the production team." He explained: "You now



Tony Labrusca

understand how important the things they do for you are to make life much easier for you as an actor. It was an eye-opening experience. We finished relatively fast, but can you imagine that for a 30-minute short film; it took us 12 hours to do just my scenes alone. It took a village to shoot those scenes!" ■

Pope Francis leadership restored by pandemic

May 7, 2020 | Opinion

Eastwind Journals

By Bernie V. Lopez

eastwindreplyctr@gmail.co

Pope Francis spreads incense at the start of Easter Sunday Mass, inside an empty St. Peter's Basilica at the Vatican, Sunday, April 12, 2020.

Before the pandemic, Pope Francis was the subject of criticism from all sides, especially on the issue of "Papal Heresy" and the Amazon Synod. He was mostly silent and hardly fought back. In some cases, he reacted and did something about it, but he never issued rebuttals. He just kept on going with his duties as the Vicar of Christ in silence. In the onslaught of Media, his credibility eroded rapidly. He was in the middle of a global storm.

The pandemic changed all that. Suddenly, everyone turned to his leadership. The criticisms vanished. Suddenly, he reached the eye of the storm. Suddenly, he was on the spot. Suddenly, everybody responded to his global calls to



Pope Francis spreads incense at the start of Easter Sunday Mass, inside an empty St. Peter's Basilica at the Vatican, Sunday, April 12, 2020. Pope Francis and Christians around the world marked a solitary Easter Sunday, forced to celebrate the most joyful day in the liturgical calendar amid the sorrowful reminders of the devastation wrought by the coronavirus pandemic. The new coronavirus causes mild or moderate symptoms for most people, but for some, especially older adults and people with existing health problems, it can cause more severe illness or death. (Andreas Solaro/Pool via AP)

prayer. The pandemic was indeed a wake-up call to prayer on a massive global scale. His *Urbi et Orbi* Homily went viral (link shown below). His leadership as the Vicar of Christ in a chaotic planet was restored in the blink of an eye. In his Easter Mass, the Vatican was empty. But ironically, millions were listening online.

Refuting 'Papal Heresy' and the Amazon Synod

This is a raging theological issue among Conservatives and Liberals. The Conservatives consider the presence of a pagan statue in the Vatican as a 'desecration'. The Liberals argue that there is a subtle racism against 'pagans' by the Conservatives. The liberal view is that IT WAS NOT BRINGING PAGANISM TO THE CHURCH BUT BRINGING THE CHURCH TO THE PAGANS.

The root cause of the crisis in the Church today revolves around the never-ending war between Conservatives and Liberals. It is better to be fence-sitters in this complex irreconcilable war.

In a complex 20-page open letter, 18 signatories, mostly editors and academicians who were not an authority on Theology and Church dogma, together with some prelates, issued a vague and unfounded accusation against Pope

Francis of the 'crime' of 'heresy'. It is possible that many signed without reading the fine print. The signature is possibly still ongoing.

A Life Site News article, which cited the letter, did not describe the exact nature of the 'crime', and used vague accusations; for example, the Pope's "positions (are) contrary to the faith". No evidence was given on the 'heresy' except this 20-page document, which used dogmatic jargon so hard for ordinary readers to understand. Thus, it was labelled by Papal defenders as black propaganda against the Pope.

The letter cited "Amorsi Laetitia 295 where Pope John Paul II issued a statement on 'the law of gradualness'. The letter simply pitted the words of the two Popes against each other, who were both NOT exercising their rights to 'infallibility'. It was actually the OPINION of the open letter that the two papal statements were contradictory without showing how and why, without revealing the statements themselves in detail, and finally concluding

Pope John Paul II was right and Pope Francis wrong and heretical. All the 20 points 'proving' heresy in the letter are questionable and vague.

The goal of Media, traditional or social, Catholic or non-Catholic, is to go viral, to achieve visibility to millions of readers. Many are prone to shoot from the hip, forgetting the fact that their arguments can be subtly flawed in their haste to publish. Many forget their mission to evangelize. Indeed, many, especially in Social Media, are instruments of the devil without knowing it.

Many will come in my name, claiming, 'I am the Messiah,' and will deceive many. Nation will rise against nation, and kingdom against kingdom. There will be famines and earthquakes in various places. All these are the beginning of birth pains. Then you will be handed over to be persecuted. Many will turn away from the faith and will betray and hate each other. Many false prophets will appear and deceive many people. Because of the increase of wickedness, the love of most will grow cold, but the one who stands firm to the end will be saved.

Matthew 24:10-14 (excerpts).

beware the wolf in sheep's clothing snakes in red robes

*demons in white robes
with wings and halos
learn to discern truth and falsehood
sincerity and deception
hidden in eloquence and smiles
pray to the Holy Spirit
for the wisdom of discernment
in our troubled world*

Push back against press suppression



After a long moro-moro among Malacanang officials and congressional leaders, the threat of President Duterte to shut down ABS-CBN was finally consummated on May 4 with the National Telecommunication Commission (NTC) ordering the media giant to stop from operating its television and radio stations nationwide following the expiration of its legislative franchise.

ON DISTANT SHORE (Opinion)

By Val G. Abelgas

Days prior to the order, the NTC had assured Congress that it would allow ABS-CBN to operate while awaiting deliberations in Congress for the renewal of its franchise. NTC Commissioner Gamaliel Cordoba told members of the House that they will follow the advice of the Department of Justice, allowing ABS-CBN to operate while its franchise renewal bid is pending in Congress.

Malacanang, on the other hand, like Pontius Pilate, washed its hands and said it was up to NTC to allow the temporary extension.

Two days earlier, Communications Secretary Martin Andanan recognized the importance of press freedom, saying that "a free and pluralistic press" plays an important role to promote an informed and empowered society.

On Sept. 11 last year, Duterte told Malacacang reporters his administration will remain steadfast in upholding press freedom and respecting the constitutionally protected freedom of speech.

On several occasions, House Speaker Alan Peter Cayetano assured that ABS-CBN will not shut down its operations even if its franchise expires. Cayetano and Palawan Rep. Franz Alvarez, the franchise committee chair, even sent a letter to the NTC enjoining the commission to grant a provisional authority to operate to ABS-CBN effective on May 4, 2020, "until such time that the House of Representatives/Congress has made a decision on its application."

It was not reassuring, though, that in the many years that moves have been made to renew the ABS-CBN franchise, the House committee on franchises has only held one hearing on the matter, albeit without a single ABS-CBN representative invited to attend.

The hypocrisy of all these moro-moro became apparent when Solicitor General Jose Calida, who had earlier filed a quo warranto petition against ABS-CBN in a move to have the network's franchise revoked, warned the NTC against granting provisional authority to ABS-CBN.

Calida was the same attack dog

who was responsible for the temporary closure of the respected online news website Rappler in January 2018 and the impeachment of Supreme Court Chief Justice Maria Lourdes Sereno based on his quo warranto petition before the Supreme Court.

"What Duterte wants, Duterte gets." This was how the National Union Journalists of the Philippines reacted to the closure. "All this stems from President Rodrigo Duterte's personal vendetta against the network, whose franchise renewal he pledged to block," the NUJP said.

The closure of ABS-CBN on Monday and the temporary closure of Rappler in 2017 reinforce a clear pattern of harassment and suppression under President Duterte's increasingly repressive regime. Although the Rappler closure order was made by the Securities and Exchange Commission through the revocation of the website's certificates of incorporation and registration, and the shutdown of ABS-CBN was made through the NTC, it was obvious that both the SEC and NTC acted under pressure from the administration.

The closure orders came after repeated allegations by the President that Rappler was a purveyor of fake news and that ABS-CBN was putting out fake news and was biased against him.

Duterte also accused the owners of the Philippine Daily Inquirer of non-payment of taxes and holding on to government land beyond the terms of the contract. The Inquirer owners eventually gave in to pressure and sold the company to a tycoon known to be close to the President. They also gave up the lease on the questioned land. In fairness, the Inquirer editorial staff has continued to defy Duterte in its commitment to truth.

Curiously, a day before the ABS-CBN shutdown, Presidential Legal Adviser Salvador Panelo said the COVID-19 pandemic could be considered an "invasion" and a ground for declaring martial law. After he was severely criticized for the comment, he said it was just meant to provoke discussion on the issue.

A few days earlier, Duterte had also raised the specter of martial law anew when he said he would not hesitate to declare martial law if lawlessness continues, referring to the recent attacks by the New People's Army on soldiers and policemen.

Again, just like the harassment on Rappler and Inquirer, the incarceration of Sen. Leila de Lima, the other threats against what he called "the dilawan" and other critics, the constant threat of martial law, the closure of ABS-CBN is meant to intimidate and silence his harshest critics.

It was reassuring to hear that ABS-CBN personnel would not waiver in its commitment to press freedom. "Even if our franchise was not renewed and we're being ordered to stop our broadcast, we promise you our viewers that we won't be cowed by this attack on our democracy and on our livelihood. We will never turn our back on you, kabayan," former Vice President and news anchor Noli de Castro said on TV Petrol before the station shut down.

Just like Rappler, the Inquirer, De Lima, Senator Antonio Trillanes and other similarly harassed critics remained steadfast in their commitment to democracy, all freedom-loving Filipinos should not be cowed or intimidated by these latest acts of this increasingly repressive regime. As NUJP President Nonoy Espona said, "we have to push back on this."

(valabelgas@aol.com)

Quebec to launch a massive recruitment campaign for CHSLD staff



Members of the 5 GBMC get instructions from Red Cross teacher Martin Roy in Montreal in April as they prepare to work in CHSLDs. ALLEN MCINNIS / Montreal Gazette

Philip Authier • Montreal Gazette
Publishing May 27, 2020

QUEBEC — Unable to shake its chronic labour problem, Quebec plans to launch a massive recruitment campaign to permanently fill vacant orderly positions in its CHSLD network.

But in the meantime, the province will continue cobbling together COVID-19 solutions, including making more use of Canadian Armed Forces personnel already lending a hand, Premier François Legault announced at his pandemic briefing Wednesday.

Quebec to launch a massive recruitment campaign for CHSLD staff

Legault made the remarks on the same day as Quebec continued with deconfinement announcements. This time the government has authorized the reopening of hundreds of provincial campgrounds, outfitter lodges, marinas and summer cottages, starting Monday.

In the case of cottages, they have to be rented by one household unit or people who normally live together under one roof at a time, with a 24-hour gap between each group. Smaller chalets will have to be disinfected between customers.

Groups of friends can go camping

together, but they will have to rent separate sites to ensure each group sleeps in different tents.

Auberges, motels and homes offered for rent will open outside of the greater Montreal and Joliette regions.

There are no real limits on inter-regional travel, which means a Montreal family suffering from the city heat could rent a cottage in another region. People have to limit their stops along the way, Tourism Minister Caroline Proulx said at a news conference.

"It's good news for vacationers and tourism businesses alike," Proulx said, conceding the rules are not exactly conducive for that 12-hour trip with the kids around the Gaspé coast.

The most well-off will be owners of recreational vehicles, which have their own sanitary facilities.

But the camping decision — which followed enormous pressure from ordinary Quebecers desperate for something to do this summer — was the only glimmer of good news Wednesday as the government continued to wrestle with labour issues in its CHSLD network and the fact many are not air-conditioned during the current heat wave.

A report issued by the Canadian Armed Forces based on their first-hand experience helping in the network highlighted the flaws in the system, from a lack of full-time trained workers to shortages in protective equipment and deficient infection-control procedures.

"We hope, if it happens, that the second wave (of the virus) is not before Sept. 15," Legault said.

But later in Ottawa, Defence Minister Harjit Sajjan said it won't be possible to deploy troops in Quebec for another four months.

Quebec Will Pay You To Take Classes To Become A Nursing Home Worker



Teddy Elliot

Updated on May 27 @ 02:34 PM

Premier François Legault announced a new program that aims to bring 10,000 new workers to the province's nursing homes. Quebec will pay you to take classes to learn to become a CHSLD attendant. The three-month program will take place from June to September.

"In the next few days, we'll launch a large campaign to convince 10,000 people to register in classes to become a nursing home attendant," said Legault.

During training, students will be paid as service assistants at a salary of \$21 per hour. If you pass your course after three months, you'll benefit from the new salary rate proposed by the government at \$26.89 per hour, or around \$51,000 per year.

"I think it's an offer that's interesting. It's an offer that, many people say, with reason, that is not a question of money or salary — it's work that's fulfilling," said Legault.

Legault underlined that with an additional 10,000 workers, it'll be possible to step up efforts to improve the conditions and infrastructure of the province's CHSLDs.

The Premier outlined this plan in response to a Canadian military report that indicated a noticeable lack of personnel in

CHSLDs.

The report from the army accounts for the 25 CHSLDs in Quebec where military personnel was stationed.

In addition to staffing issues, the military report noted a need for "the establishment and effective monitoring of cold, warm and hot [infection] zones," as well as "discipline in the application of best practices in the area of the use of PPE [personal protective equipment]."

"Based on our observations," the report states, "the most pressing need in Quebec's CHSLDs is the amount of personnel with proper medical training."

Premier Legault said that the results of the report didn't surprise him.

"I retain above all two things from the report," he said. "We are missing 10,000 people [which] makes it very difficult to ensure that it is not the same employees who are in the hot zones and in the cold zones, inside the same CHSLD."

"The other problem that was noted too, is the use of personal protective equipment. [...] Of course, by having 10,000 people who have had no training, who are not qualified, for the most part, there were some that came back from retirement, it is more difficult to apply the guidelines on when and how to wear personal protective equipment."

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Coronavirus: City announces measures to support Montrealers on moving day

BY ANNABELLE OLIVIER GLOBAL NEWS
Posted May 27, 2020 2:43 pm

While July 1 is known as Canada Day, in Montreal, it's also known as moving day, when yearly contracts on residential leases begin.

It's generally characterized by a mad dash on rental trucks with thousands of Montrealers with packed-up belongings moving into their new dwellings.

It can also be a moment for get-togethers as friends are often enlisted to help with the moving.

Last year was particularly tough for some Montrealers who were unable to find housing that fit their budget, a problem exacerbated by low vacancy rates.

Recent findings from the Canada Mortgage and Housing Corporation (CMHC) report the average vacancy rate for Montreal in 2019 dropped to 1.5 per cent, the lowest it has been since 2005.

Montreal Mayor Valérie Plante acknowledged Wednesday, that the city's housing crisis, coupled with the coronavirus pandemic, was creating additional challenges especially for low-income households looking for affordable or social housing.

"We know the stress that looking for a place to live creates. Already it's a difficult situation but now, on top of it all, with COVID it's more worrisome."

Plante said the city has been working to improve support measures to help those who have to move this summer.

Tenants with questions are invited to call the city's 311 line.

"If you're worried because you don't have a place to go on July 1 or you haven't found an apartment, just dial 311," Plante said.

"That is your main entrance point, from there, we will take care of you."

So far, 144 households have already communicated with the 311 service but Plante expects that number will increase as the July 1 deadline approaches.

The city has also increased the budget allotted to the Office municipal d'habitation de Montréal (OMHM) — the municipal housing office — for its referral services.

The OMHM gives support to vulnerable households in their search for housing and rental assistance when it is possible, Plante explained.

The mayor said the increased budget will allow for a bigger team to better support Montrealers in need.

Plante said on-the-ground support will also be available July 1 for those who can't find a place to live.

The city is looking at the possibility of housing some people in a hotel requisitioned earlier in the pandemic, as well as providing them with storage space to keep their belongings.

"If you haven't found a place on July 1, we will make sure that you have a place, you have a bed to sleep in and putting all your stuff in a secure storage," she said.

Plante said that they've asked the province for \$5 million to help support tenants struggling to find a new home ahead of the annual moving day.

Tenants rights groups welcome the new measures, but agree with the



Montreal Mayor Valérie Plante

mayor when it comes to the need for provincial help.

"It's great news that the city of Montreal is proactive about this current housing crisis but it seems now it's the turn of the Quebec government to actually do more and get money to the city of Montreal so they can help more tenants," said Maxime Roy-Allard, of the Quebec Coalition of Housing Committees.

Robert Beaudry executive committee member responsible for housing reiterated the mayor's message of support.

"We want to reassure Montrealers that see the moving period approaching ... that we will be there to support them," he said.

Beaudry said the city has asked the police department to avoid giving fines to groups who help people move.

"We are very sensitive to the fact that certain households don't have a choice, they have to move and we want to ease things for them," he said, adding that it was nonetheless important to respect public health guidelines.

Avoid sharing food or drinks, keep a two-metre distance, wash your hands frequently and wear a face covering when you can't keep a safe distance, Beaudry said.

He also urged landlords to do their part to help ease the housing crisis. He asked those with vacant units to reach out to city officials and to consider renewing leases for tenants who had said they were going to leave but find themselves in a situation where that isn't possible because of the pandemic.

Beaudry also asked landlords to consider renting their apartments to Montrealers rather than using available units for short-term rentals like Airbnb.

Martin Messier of the Quebec landlords association said landlords feel like they have been forgotten.

"There are no solutions for landlords coming out of today's measures, although we're happy to still participate and make sure that we can do anything to help," he said, adding the health crisis has created problems for them as well.

He alleges that some tenants are abusing the system and using the pandemic as an excuse not to pay rent and that landlords have no recourse as the rental board is closed.

"That is really frustrating and putting a toll on landlords these days," he said.

Messier insists, however, the association has the tenants interests at heart.

"We're also thinking about the tenants, we need them, we need the customer base to be happy and healthy," he said.

— With files from Global's Gloria Henriquez

KUNG MAYROON KAYONG MGA SINTOMAS NG COVID-19

Dokumento ng Katotohanan para sa Desisyon
Kung mayroon kayong mga sintomas ng COVID-19

Sundin ang mga tagubilin sa poster na ito para tulungan kayong gumawa ng pinakamabuting desisyon para sa inyo at sa inyong mga malalapit na kaibigan at kapamilya. Palaging gawin ang tamang mga hakbang sa kalinisan at paghahati ng upang maiwasan ang kontaminasyon.

- Dalasan ang paghuhugas ng inyong mga kamay
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- Panatilihin malinis ang inyong kapaligiran

<p>Mga nasa hustong gulang at mga bata</p> <p>Walang lagnat (mas mababa sa 38 °C/100.4 °F) ngunit taglay ang mga sumusunod na sintomas:</p> <ul style="list-style-type: none"> • Masakit na lalamunan • Baradong ilong • Pasinghut-singhot • Ubo 	<p>DESIYON</p> <p>Mayroon siguro akong sipon at kailangan kong magpahinga.</p>	<p>PANGKALAHATANG IMPORMASYON</p> <p>Services Québec</p> <p>Linya ng telepono para sa coronavirus</p> <p>1-877-644-4545 (walang bayad)</p> <p>Para sa mga tao na hindi nakakarinig o nahihirapang makarinig</p> <p>1-800-361-9596 (walang bayad)</p>
<p>Mga nasa hustong gulang na nanganganib sa malubhang mga sintomas sa paghinga</p> <ul style="list-style-type: none"> • Mayroon akong lagnat na mas mataas kaysa sa 38 °C/100.4 °F. • Nasa katagorya ako ng nanganganib para sa malubhang mga komplikasyon sa paghinga (matanda o isang taong may mga problema sa kalusugan na hindi gumagaling-galing at/o problema sa baga, kakulangan ng immune system o may diabetes). <p>O Mga nasa hustong gulang</p> <p>Mayroon akong lagnat at/o ilan sa mga sumusunod na sintomas:</p> <ul style="list-style-type: none"> • Biglaang pagkawala ng pang-antoy nang walang pagbara ng ilong nang mayroon o walang pagkawala ng panlasa • Ubo • Hirap sa paghinga • Labis na pagkapagod <p>O Ako ay may-edad na may mga sintomas ng matatanda (pagkawala ng kakayahang maging independiyente, pagkatumba, pagsisimula ng pagkalito, paglaligalig o pagiging mabagal, pagkawala ng ganang kumain, labis na pagkapagod, at iba pa).</p>	<p>DESIYON</p> <p>Mananatili ako sa bahay at tatawag sa 1-877-644-4545 Linya ng telepono para sa coronavirus, sa pagitan ng 8 a.m. at 8 p.m. Pwedeng magbago ang mga oras ng pagbubukas.</p> <p>Sundin ang mga tagubilin.</p>	<p>Mahahalagang numero ng telepono:</p> <p>Ang inyong pharmacist:</p> <p>Ang inyong doktor:</p> <p>Ang inyong CLSC:</p>
<p>Mga nasa hustong gulang o mga bata</p> <p>Mayroon akong lagnat na mas mataas kaysa sa 38 °C/100.4 °F at isa o higit pa sa mga sumusunod:</p> <ul style="list-style-type: none"> • Hindi nawawala at/o tumitinding hirap sa paghinga • Nangingitim na mga labi • Lagnat (sanggol na wala pang tatlong buwan ang edad) • Nahihirapang kumilos • Pag-aantok, pagkalito, pagkataranta, nahihirapang manatiling gising • Walang ini nang 12 oras 	<p>DESIYON</p> <p>Pumunta kaagad sa emergency room.</p> <p>Kung kailangan ng tulong, tumawag sa 911.</p>	<p>Manatiling alam ang pinakabagong impormasyon. Ang Québec.ca/coronavirus website ay may pinakabagong balita.</p> <p>Québec</p>

Dokumento ng Katotohanan para sa Desisyon

Québec.ca/aidealadecision