

Covid 19 cases in Canada surpass 200,000

Halloween activities restricted in some hot spot areas

Paola Loriggio The Canadian Press Staff, Published Monday, October 19, 2020 3:46 PM EDT

TORONTO -- The second wave of the COVID-19 pandemic pushed Canada's total case count past the 200,000 mark on Monday as tougher health restrictions took effect in some regions facing a surge in infections.

The latest numbers from Saskatchewan lifted the national tally over the bleak milestone as the province reported 66 new cases of the novel coronavirus, though other provinces reported significantly more new cases.

The development came just over four months after Canada reached the 100,000-case threshold.

The bulk of the country's case load has been concentrated in Ontario and Quebec, though numbers have been surging in much of the country in recent weeks.

The 200,000-case milestone isn't all that significant in and of itself but it does provide an opportunity to examine how the country is doing in grappling with the COVID-19 pandemic, said Barry Pakes, a public health and preventative medicine physician with the University of Toronto's Dalla Lana School of Public Health.

Canada saw its first confirmed case of COVID-19 in late January and marked 100,000 cases in mid-June, about five months later.



Shoppers stock up at a Costco store Wednesday, September 30, 2020 in Boisbriand, Que.. The Quebec government is upgrading the COVID-19 alert level to red in the Montreal area as of midnight. THE CANADIAN PRESS/Ryan Remiorz

That it took almost as long to double the caseload to 200,000 suggests public health measures slowed the virus's spread to some degree in that time, Pakes said.

"That's not how infectious diseases work - they double, and they go straight up on an exponential line, and when we put in proper public health measures we're able to dull that

somewhat, so I think that's a testament to what we've been doing so far," he said.

At the same time, it's crucial to remember that Canada is in the midst of a second wave of the pandemic, and milestones such as this one can sometimes serve as a reminder not to let our guard down, he said.

"The problem arises when we

rest on our laurels and I think we shouldn't do that, but I think we can be sort of hopeful that we won't see some of the numbers and some of the really big societal effects that have been seen in the U.S. or Europe," he said.

"But it does remain to be seen."

See Page 4 Covid 19 cases

COVID-19: 'Please stay home,' Quebec tells citizens

By Levon Sevunts | english@rcinet.ca

Posted: Wednesday, October 7, 2020

With the number of hospitalizations due to the COVID-19 pandemic in Quebec steadily growing each day, provincial authorities once again pleaded with Quebecers on Wednesday to reduce their social interactions and limit their outings to work and shopping for daily necessities.

The province reported 900 new cases of COVID-19 infections on Wednesday and 12 more hospitalizations, bringing the total to

409. In the meantime, the number of people in intensive care decreased by five, for a total of 62, provincial health officials reported.

"Don't take the risk, please don't test the hospital system," Quebec Health Minister Christian Dube urged the population during an afternoon press conference. "The nurses, the doctors what they are asking you, what they are asking Quebecers, 'Please stay home.'"

Quebec Premier Francois Legault repeated Dube's refrain.

See Page 4 Quebec



Quebec Premier Francois Legault, centre, speaks during a news conference on the COVID-19 pandemic, Tuesday, Sept. 29, 2020 at the legislature in Quebec City. Legault is flanked by Horacio Arruda, Quebec director of National Public Health, left, and Quebec Health Minister Christian Dube. A plexiglass screen was installed to have social distancing. (Jacques Boissinot/THE CANADIAN PRESS)



From the Publisher's desk

What Covid 19 crisis is telling humanity

Zenaida Ferry Kharroubi

Control and Prevention (CDC) observes that "...3 in every 4 new or emerging infectious diseases in people come from animals." These infections are caused not only by viruses but also by bacteria, fungi, and parasites from a variety of animal sources."

It is a common knowledge that different kinds of diseases afflict human kind - from the common cold to cancers that we are still trying to find a cure. In addition, we have seen different kinds of human health crises in different time periods such as ebola, HIV, SARS, Spanish flu, malaria, bubonic plague etc. Scientists have constantly worked on studying them and exploring ways to find safe treatments and vaccines. It appears that by the nature of the universe and mankind, we have to understand the interconnectivity among all creatures on earth, and even beyond for there is also an ongoing exploration of other planets. For now, we only have the planet earth to worry about and it is our responsibility to make sure that we protect it against pollution, cruelty to animals, and other irresponsible behaviours that endanger our common welfare, in particular our health which impacts on other aspects of modern life as we have seen in the current global pandemic.

The time to reflect on lessons learned from Covid 19 pandemic must be taken by all, specially by all leaders in different countries and levels of government and other institutions. As citizens, we must do our part in electing our representatives who are committed to do their sworn duties to the country.

Have you ever wondered how and why we have a global pandemic? Many articles are written to explain how the virus came about that has caused so much destruction in almost all countries of the world. It is scary to think that at any time a worst virus than Covid 19 may attack the world again. Hence, it is incumbent upon all of us to find a way to prevent a similar crisis from happening.

An article written about the current crisis indicates that "it is imperative for us as a society and species to focus and reflect deeply upon what this and other related human health crises are telling us about our role in these increasingly frequent events and about what we can do to avoid them in the future. Failure to do so may result in the unwitting extermination of all or a good part of our species from this planet. Although it is tempting for us to lay the blame for pandemics such as COVID-19 on bats, pangolins, or other wild species, it is human behavior that is responsible for the vast majority of zoonotic diseases that jump the species barrier from animals to humans."

The US Centers for Disease

MESSAGE

From Councilor Marvin Rotrand

October 21, 2020

Dear Friend,

Please take note of the following news:

Place Names - The City of Montreal has followed up on my consultation of residents in 2016 for new place names for green spaces in the Triangle district. The Place Names Commission has named the park in the new Triangle residential area north of Jean Talon Street for well known philanthropist Saidye Bronfman (1896-1995). I can also alert the public that the Commission has followed up on my motion adopted last year at City Council to honour Elie Wiesel (1928-2016) by attributing his name to the new park that is now under construction in the new Westbury development north of Vezina between Westbury and Décarie.

City Budget 2021 - The Government of Quebec has refused Valerie Plante's demand to allow Montreal to deficit spend. I can only assume that Minister Andrée Laforest, like many Montreal Councillors, received alarmed calls and emails from citizens opposed to giving the Mayor's spendthrift administration the right to spend even more. The Minister insists that, as per the long-established law, Montreal must adopt a balanced budget. However, Quebec is bailing our Mayor Plante with an one-time grant of \$300 million for 2021. That will probably prevent service cuts but I fear the priorities the administration will chose will simply fritter away much of this emergency funding.

Elected in 2017, Ms. Plante's Projet Montréal Party has ballooned Montreal's budget increasing spending by over a billion dollars. The rate of spending has been triple inflation. That has seen annual hikes to municipal tax bills, already high compared to other Canadian cities, and spurred rent increases for tenants as well. Despite all that spending, the municipality also borrowed heavily for capital projects, with many questionable priorities such as bicycle expressways forcing the City to assume a record debt. The province's position will now force some painful choices on Plante. The budget process for 2021 begins soon. Expect more tax hikes accompanied by service cuts - and, still, probably more bicycle expressways. I will send an update when the budget arrives in City Council.

Recently the City conducted an on-line survey as to what citizens want to see in next year's budget. The survey was criticized in the media as highly slanted and misleading, with questions framed in such a way as to justify choices the City was attempting to promote. Worse still, the Plante administration refused to publish an English version. I note that many residents contacted the City Ombudsman to complain. The budget will be tabled in City Council in November. I will alert residents to the main features. I will only vote for a budget that is fiscally responsible and meets the needs for good quality municipal services.

Voting By Mail - While City Council adopted my motion for a study of allowing a vote by mail option for the November 7, 2021 municipal election as a health measure against COVID and as a means to boost voter participation, the Commission hearing the matter, dominated by Mayor Plante's party, came back with an ambivalent report,



neither fully accepting nor outright rejecting this possibility.

Voting by mail will play a major role in this year's United States Presidential elections. It is anticipated that the USA will see a record number of ballots cast this way as both Republican and Democratic Secretaries of State make it easier to use mail-in as an alternative to traditional in-person voting. In fact, we are seeing that already in every state. Canada's Chief Electoral Officer has written me to confirm that he also will be expanding voting by mail and may indeed ask Parliament for new legislation. In response to my queries, several provincial Ministers of Municipal Affairs have informed me that their provinces already allow voting by mail at the municipal level. The system is safe, secure and proven to be fraud-free as it is exceedingly well controlled.

Montreal, however, won't be allowing the system unless Quebec decides in favour. That's the essence of what the City Commission has concluded while recognizing that voting by mail certainly reduces the risks of the spread of COVID. I can assure you that my work on this important file will continue.

Queen Mary Road - Despite the observation by our Borough civil servants that a bus lane would compromise too much parking and impact merchants already seeing a decline in business due to COVID, the Plante administration is intending to push ahead with such a bus lane this autumn. This is despite the fact that COVID has seen transit ridership plummet to record low levels. I have asked for a one-year moratorium to allow the street to regain its economic vitality but so far there has been no response from the administration.

Incidentally, my demands made in 2018, and repeated since, that Queen Mary be repaved if it could not be admitted into a program for commercial artery revitalization has been rebuffed. Under Mayor Coderre the City upgraded Victoria, Van Horne and de la Savane, all highly appreciated improvements. Under Mayor Plante, there have been no major projects aimed at our streets in the Borough. As you have no doubt observed, funding goes instead to bicycle paths. Queen Mary is Snowdon's main shopping street and it needs re-investment. The City's current financial situation more or less precludes anything in 2021 but I am hopeful that a change in administration could see funds budgeted for Queen Mary for 2022 or 2023.

I'd like to take this opportunity to wish you and your loved ones good health as our summer ends and best wishes for a safe autumn season.

To reach my office: marvin.rottrand@montreal.ca. 514 868 3196

Marvin Rotrand
City Councillor – Snowdon

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Muted microphones for Thursday's final US presidential debate

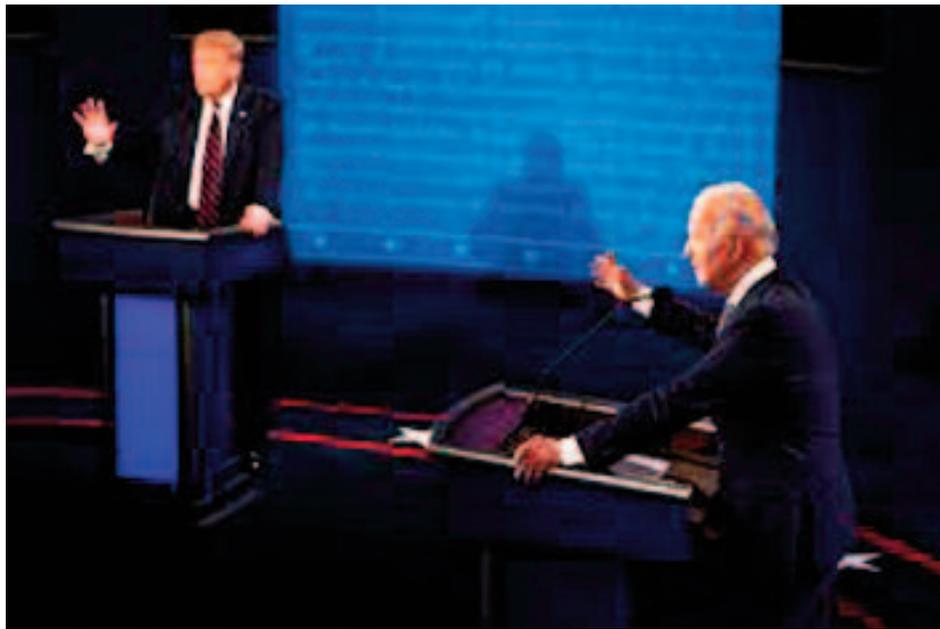
Organisers say the move will avoid the chaos of last month's first encounter, when Trump repeatedly interrupted Biden.

US President Donald Trump and Democratic challenger Joe Biden will have their microphones muted for parts of their final debate on Thursday to allow each candidate a block of uninterrupted time to speak and avoid the rancour of the two candidates' first encounter.

The Commission on Presidential Debates, the sponsor of the televised debate in Nashville, said changes were necessary after the bad-tempered first debate.

Trump repeatedly interrupted Biden during the encounter in Cleveland on September 29, and the discussion ended up in name-calling and insults.

"We realize, after discussions



The first debate between Trump and Biden was marred by Trump's frequent interruptions and bad-tempered exchanges between the two men [File: Morry Gash/Pool via EPA] with both campaigns, that neither campaign may be totally satisfied with the measures announced today," the commission said in a statement. "We are comfortable that these actions strike the right balance and that they

are in the interest of the American people, for whom these debates are held."

For this week's 90-minute debate, the organisers will give each candidate two minutes of

19 or who have been exposed to COVID-19 should continue self-quarantining. In many states, these individuals may qualify for exemptions for mail-in ballots, according to Pérez. She encouraged those with COVID-19 to

uninterrupted time at the beginning of each 15-minute segment of the debate. NBC News correspondent Kristen Welker will moderate.

"The only candidate whose microphone will be open during these two-minute periods is the candidate who has the floor under the rules," the commission said.

Trump's campaign objected to the change, but said he would still take part.

"President Trump is committed to debating Joe Biden regardless of last-minute rule changes from the biased commission in their latest attempt to provide advantage to their favoured candidate," campaign manager Bill Stepien said.

The commission is a non-partisan body.

Trump later told reporters he would take part.

"I will participate but it's very unfair that they changed the topics and it's very unfair again that we have an anchor who's totally biased," he claimed.

apply for a vote-by-mail exemption, even if they live in a state with strict voting guidelines.

Leah Croll, M.D., is a neurology resident at NYU Langone Health and a contributor to the ABC News Medical Unit.

How to stay safe when hitting the polls this election season

With less than two weeks to go before the U.S. presidential election, many Americans are worried about voting safely during the pandemic.

"As the pandemic continues to spread, it's vital that we balance the right for citizens to vote along with the importance to maintain their health and safety in doing so," said Dr. Krutika Kuppalli, vice chair of the Infectious Diseases Society of America's (IDSA) global health committee and emerging leader in biosecurity fellow at the Johns Hopkins Center for Health Security, during a media briefing held on Sept. 2 by IDSA, a community of doctors and public health experts who specialize in infectious disease.

Public health leaders agree that voting by mail is the safest method for minimizing the risk of COVID-19 infection. But it may not be feasible for all voters to use mail-in ballots, according to Myrna Pérez, director of the voting rights and elections program at the Brennan Center for Justice. At the IDSA media briefing, Pérez noted that some voters' need for certain services that are best-provided at polling places, like language translation or aid for the visually or physically impaired, represents one drawback of mail-in voting.

"In this time of crisis, we need to make sure that voters have options," Pérez said. In-person voting remains an important option for countless Americans who may not be able to vote by mail.

Although many people are concerned about the safety of in-person voting during the COVID-19 pandemic, public health experts say that with the proper precautions, risks can be minimized. The IDSA developed safety guidelines for those who need to vote in person, which can be accessed here.

It will be especially important to focus on controlling the spread of COVID-

19 in the weeks leading up to the elections. "Our best chance of having a safe election is that all citizens play a role in helping to reduce community transmission," said Kuppalli. That means practicing good hand hygiene, wearing masks, maintaining physical distances of at least six feet from others and abstaining from social gatherings. How dangerous is it to vote in person?

"When it comes to COVID-19, there is no activity that is zero risk," said Dr. Amesh Adalja, FIDSA, infectious disease specialist and senior scholar at the Johns Hopkins University Center for Health Security, in an email to ABC News. "The riskiest aspect is likely if there is a line where people cannot social distance," he added.

Can in-person voting be safe?

"Voting in person can be relatively safe if people are able to social distance, wear face coverings, and avoid congregation," said Adalja.

What can voters do to minimize their risk of getting COVID-19 at the polls?

Our experts offered these tips:
 •Be prepared to come early and to wait outside as long as possible.
 •Maintain six feet of distance between yourself and other voters or poll workers.

- Wear a mask.
- Wash your hands frequently.
- Refrain from touching your face.
- Ask poll workers any questions you have about safety measures that are in place.
- Any sick, disabled, or high-risk voter should engage in curbside voting if available.

What about voters who have COVID-19 or COVID-19 positive members of their households?

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From Page 1 Covid 19 cases

Quebec continued to lead in new daily cases, reporting 1,038 cases and six more deaths Monday - the fourth consecutive day it has seen more than 1,000 new infections.

Ontario, meanwhile, reported 704 new cases and four new deaths.

The province has reinstated stricter health measures in four regions - Toronto, Peel Region, York Region and Ottawa - and Dr. David Williams, Ontario's top doctor, recommended against traditional Halloween activities in those areas.

The tighter rules, which include closing gyms and movie theaters and barring indoor dining in restaurants or bars, kicked in for York Region on Monday but took effect

From Page 1 Quebec

"My message is clear and simple today," Legault said. "You can go to school or to work but otherwise, please stay home."

Legault said the number of hospitalizations has doubled in two weeks. Quebec could see 1,600 new hospitalizations within a month, if the current trend continues, he said.

"Our health system is already fragile," Legault said. "If we continue in the same way, there's a risk that we won't be able to protect every Quebec who needs it."

Quebec has ramped up measures to limit the number of infections as the province finds itself in the epicentre of the second wave of the COVID-19 pandemic in Canada.

Several areas of the province, including its largest metropolis, Montreal, and the provincial capital of Quebec City, have been moved into the so-called red alert zone, the maximum alert level for the pandemic under Quebec's colour-coded alert system.

Quebecers living in these red alert areas are forbidden to visit each other unless they are providing care or running errands for a person who needs assistance. Provincial authorities have also shut down gyms, organized sports and extracurricular activities, libraries, theatres and cinemas, as well as bars and restaurants, except for take out. Congregations for worship or for funerals are limited to a maximum of 25 people.

New restrictions come into effect on Thursday as the province battles to limit community transmissions.

As of Thursday, students in high school will be obliged to wear masks at all times at school, including in class and on school grounds more generally.

And after initially insisting that all students must return to school for in-person education, provincial authorities are imposing a hybrid model of schooling for students in Grades 10 and 11, who will alternate between in-person and virtual lessons.

With files from The Canadian Press

earlier this month in the other three hot spots.

Williams said that when daily case counts began to rise again in September, the province predicted it would see new infections double every 10 to 12 days, which would have led to daily numbers in the 1,200 to 1,400 range by now. He noted that at the time, the City of Toronto also predicted seeing its cases double every six days if no additional steps were taken.

"Neither of us, fortunately, have seen that. Measures have been taken, they've dropped that down," he said Monday.

The daily case numbers were slow to come down in the first wave but they did drop over time, "and I think we can do that again," he said.

Quebec children can enjoy Halloween this year -- but with some conditions

Franca G. Mignacca · CBC News · Posted: Oct 15, 2020

Children across the province will be allowed to go trick-or-treating this year, but with strict public health regulations in place, Quebec Premier François Legault announced Thursday.

Children will have to remain with members of their own household and cannot celebrate the day with their



A creative sign by a Quebec woman to distribute candies safely by using a tube and instructions for social distancing. (Published by Narcity.com Sept. 18, 2020)

friends this year, he said. Those giving away candy will also need to ensure they stay two metres away from the trick-or-treaters.

"Halloween happens outside. We know that the outdoors is less risky than indoors," said Legault.

Legault suggested that, in order to ensure the two-metre rule is respected, people get creative.

He proposed sliding candy through a long tube, or placing individual bags of candy in a basket on their porches, and having children take one each, without touching the other bags.

He emphasized that Halloween should be for children only this year, and that there should be no parties organized.

"It hasn't been easy for the last eight months for our children," said Legault.

Legault also repeated comments he made earlier this week,



People wear face masks as they walk through a market in Montreal, Sunday, Oct. 18, 2020, as the COVID-19 pandemic continues in Canada and around the world. (THE CANADIAN PRESS/Graham Hughes)

warning people that large Christmas gatherings will likely not be permitted this year. He said it is too soon to say exactly what the guidelines will be this winter, but that Quebecers should start preparing for the likelihood of a smaller holiday season.

On Tuesday, Canada's top doctor, Dr. Teresa Tam, said there was no need to cancel Halloween this year but advised parents and kids to

sports make a comeback in schools soon.

But all of this depends on the number of cases the province is experiencing.

"We have some good news though," said Legault. "We have reached a plateau of about 1,000 cases per day."

But Quebec also saw a grim jump in deaths Thursday, with 28 more reported, eight of which occurred in the last 24 hours, and most of which occurred in the past week.

"It's true that there are lives at stake here," Legault said.

Health Minister Christian Dubé added that, with cases numbers and hospitalization rates growing these past few weeks, a jump in deaths was inevitable. He said the province has averaged 10 deaths per day in the past week.

"One death is a death too many so 28 is way too many," said Dubé.

He stressed that Quebecers need to make an effort to get case



maintain physical distancing while trick-or-treating outside, to stick to pre-packaged treats and to have hand sanitizer readily available.

But, she said, whether trick-or-treating is permitted should depend on the province's caseload. In New Brunswick for instance, trick-or-treating is not permitted in orange zones.

No need to cancel Halloween, says Dr. Tam — as long as everyone follows the rules

Some measures may be extended into November

With just two weeks to go until measures were supposed to be lifted in the province's red zones, including Quebec City, Montreal and the Chaudières-Appalaches region, Legault said Thursday that he believes some of the regulations will need to remain in place long after Oct. 28.

Though it's too soon to say which restrictions will be prolonged, Legault said he hopes to see intramural



Stern warning about Halloween party (Star.com)

numbers back down, in order to prevent further deaths.

As of Wednesday, the province had a seven-day positivity rate of 7.64 per cent — it was 6.66 per cent at this time last week.

The positivity rate is a measure of how many tests out of every 100 conducted come back positive. If a higher percentage of results come back positive, it suggests the disease is spreading and there are cases in the community that haven't been detected.'

At the height of the first wave last April, the province saw a positivity rate of 17.94 per cent.

Snap election averted as Liberal government survives confidence vote in Commons

MPs defeat Conservative motion to create special committee to probe Liberal ethics, spending
Kathleen Harris · CBC News · Posted: Oct 21, 2020 11:45 AM ET | Last

Canadians will not be heading to the polls for a snap fall election now that the Liberal government has survived a confidence vote on a Conservative motion to create a special committee to probe the government's ethics and pandemic spending.

MPs voted 180-146 to defeat the opposition motion, with the NDP, Greens and Independent MPs voting with the Liberals.

Despite the vote, NDP Leader Jagmeet Singh would not say today that he has confidence in the government.

"I am confident that we can keep on fighting for people and we've shown that we've won for people," he told Vassy Kapelos, host of CBC News Network's Power & Politics.

"In this case, what it was really about, what became really clear, was that Prime Minister Trudeau was looking for an excuse to go to an election and we did not want to give Justin Trudeau an excuse to go to an election."

In a news conference just two

hours before the confidence vote, Singh said the NDP will still work to get answers on the WE Charity scandal through the Commons ethics committee, and that his party will push the government for more pandemic support for Canadians.

The Bloc Québécois had already confirmed it will support the Conservative motion, while the Green Party indicated that its three MPs would vote against the motion.



Government House Leader Pablo Rodriguez spoke with reporters after the Liberal government survived a confidence vote on Monday. 1:53

The opposition day motion would have created a special committee to probe the Trudeau government's ethics and spending in response to the pandemic — including the controversial WE Charity contract to administer a student volunteer grant program.



Prime Minister Justin Trudeau and his Liberal government had declared a Conservative motion to create a special committee to scrutinize the government's response to the pandemic a confidence matter. (Adrian Wyld/The Canadian Press)

Prime Minister Justin Trudeau did not recuse himself from talks on the agreement, even though several of his family members had been paid for speaking engagements by the organization.

The Liberal government has declared the vote on the Conservative motion a matter of confidence that could trigger an election — a high-stakes move that NDP Leader Jagmeet Singh called a "farce."

In a news conference before the vote, Conservative Leader Erin

O'Toole said if the motion doesn't pass, he would continue to work with other parties to hold the government to account. He criticized the government and Trudeau for framing the vote as a confidence matter.

"His designation of this vote as a confidence vote shows that he's willing to put the electoral fortunes of the Liberal Party ahead of the health, safety and well-being of Canadians,"

See Page 12 Snap election

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PERSONALITY OF THE MONTH

By Fely Rosales-Cariño



Nila and Ricardo "Dick" Ribaya, eng. (ret.)

Our personality of the month of October 2020, is Mr. Handsome, Ricardo Remonte Ribaya. He has all the reasons to be proud of his life. Serenely retired, Ricardo looks at his car mirror as he reminisces about his happy high school days in Oas, Albay, Philippines. After high school, his parents Gelacio and Josefa Ribaya sent him to Manila to pursue higher learning. He enrolled at Mapua Institute of Technology where he graduated with a Bachelor of Science in Mechanical Engineering degree. In addition, upon arrival in Canada, he again enrolled at the Continuing

Education Department of McGill University, Montreal Quebec, and specialized in Engineering Management. That's ambition for you!

While in Manila, he enjoyed his life as an all-around kind of guy. He loved parties, picnics, and just to hang around with his buddies. It was in one of these birthday parties that Ricardo met his match. He was introduced to the lovely Nila Torquator, a registered nurse. After many dates, Ricardo did not let go of her. Here is a memory that Ricardo keeps in his heart up to now. His words: "Preceding the birthday party experience, at the traditional

throwing of the bouquet during a wedding reception of a friend, Nila caught the bouquet and I caught the ribbon. In front of all the guests, I slipped the ribbon up to her legs. It is by coincidence or fate that we were meant for each other for life." They were married in Montreal in 1987 by the late Father Gerald Sinel, chaplain of St Mary's Hospital Centre. His siblings in the Philippines - Nestor, Hermes, Ramon and Cesarito - and his dad were unable to attend the wedding. Despite her age, his mom flew from the Philippines to attend it.

This happy union produced children Richard Anthony, 33, (B.S Economics/Psychology, Concordia University) and daughter Joni Anne, 31, (Accounting, Concordia University). Richard is married to Lisa Pichovich, MS Nursing McGill University. Both professionals have good gainful employment. Richard is Assistant Vice President, Marsh Canada, Montreal, Quebec. His wife Lisa is a Nurse Practitioner, Roper Clinic, Westmount, Quebec. Joni-Anne is Assistant Comptroller, Bands Inc., Montreal, Quebec.

Ricardo is his children's model. This is shown by a series of good employment throughout his working years. He began as a Resident Piping Engineer (Montreal, Quebec), Mechanical and Piping Engineer, S&B Engineer and Contractors LBD (Houston, Texas, USA). Engineer Piping Engineer, Ultragen (Longueuil, Quebec, Canada). Senior Mechanical Engineer, Bechtel Canada Inc. (Montreal, Quebec), and Senior Mechanical Engineer, SNC Lavalin (Montreal, Quebec).

Due to his success, he was mentoring young engineers by S&B Engineers and Contractors Ltd, Houston, Texas, USA. This brought him an Appreciation award by S&B. I may also add that he is a member of the Order of Engineers in Quebec.

Ricardo's retirement years are just as hectic as his professional life. His position in the Filipino-Canadian organizations attests to this. Here are

the positions he held: Official Photographer/Contributor of BULA-LAKAW (a Filipino-Canadian newspaper), Photographer/circulation, THE TAMARAW TIMES, Founder and President of the Filipino Canadian Tennis Association (FCTA), and Chairman Commission on Election, Filipino Association of Montreal and Suburbs (FAMAS). Currently, he is an active member of the Panday Tinig Chorale Ensemble Choir. Furthermore, he is also an Assistant Treasurer of the FISM, member of the church choir, and member of the Board and Warden at St Michael's Parish, Montreal, Quebec. When asked, he said his happiest moments in life are his first job in Montreal, his admission to the order of Engineers of Quebec, and among others, his becoming a grandparent to his first grandchild, Marlowe Elliot Perry.

Ricardo loves travelling. He has visited beautiful resorts in the Philippines (Masibis Resort, Sorsogon, Puerto Princesa, General Santos City, Davao City, Vigan, Ilocos Sur, Tagaytay, Los Banos, Baguio City, Benguet and Mayon Volcano. His last visit to the Philippines was interesting because he was surprised with the sights of highrise condos, super highways, super shopping malls, and diverse delicious Filipino dishes. He observed that Manila is now a much cleaner city. He is planning to travel again.

A tennis player par excellence and an avid Filipino community volunteer, he can easily be voted as an all-around nice guy. He goes by the motto, "Family First." Mr. Handsome and Miss Beautiful can be spotted worshipping at St. Malachy Church every Sunday. I am certain that this endearing couple, role models by any measure, also puts God First in their hearts. My hope for you is, "Mercy, peace and love be yours in abundance." (Jude 1:2). Thank you for being a blessing to the Filipino community!!! Mabuhay!!!

Sponsor your parents and grandparents: Submit the interest to sponsor form

Sponsor your parents and grandparents: Submit the interest to sponsor form

1. About the process
2. Check if you're eligible
3. Who you can sponsor
4. Submit the interest to sponsor form
5. Find out if you're invited to apply
6. How to apply
7. After you apply
8. Prepare for arrival

Interest to sponsor form 2020 is now open

The online form to show your interest to sponsor is open from noon EDT on October 13, 2020 to noon EST on November 3, 2020. We'll randomly select and invite potential sponsors to apply to sponsor their parents and grandparents.

Note: This online service will

be unavailable from 3:00 a.m. to 5:00 a.m. Wednesday, October 21, 2020 Eastern time in order to perform system maintenance.

Before you submit your interest to sponsor form:

make sure you understand what makes you eligible to sponsor your parents and grandparents at the time you apply, including income requirements

get everything you need, including an electronic copy of your proof of status in Canada

Accommodation is available for people with disabilities who are not able to use the online form. If you have a disability, we can provide an alternate format (you'll need to confirm you're asking for one due to a disability).

Submitting the form more than once won't increase your chances of being invited to apply. We'll remove any duplicate entries and only keep your last one.

Note that the online interest to sponsor form meets the Government of Canada standards for web accessibility.

How to fill out the form

You, the person who wants to sponsor, must fill out the interest to sponsor form. If you need help, someone else can help you fill it out using your information. It's best to use a computer instead of a mobile device.

If you make a mistake on your interest to sponsor form, don't submit another form.

Find out how to correct a

mistake or update your information. The information you enter in the interest to sponsor form should be the same as what you would put on your application. If there are changes, you need to explain why, if you're invited to apply.

If you're invited to apply and the information on your application doesn't match what you put in this form, we may not accept your application and return it to you.

After you submit your interest to sponsor form, you get a confirmation number. You can't give this number to a different potential sponsor.

Prepare everything you need to fill out the interest to sponsor

See Page 7 Sponsor your parents

From Page 6 Sponsor your parents

form

Before you start:

- get all the information you need to fill out the interest to sponsor form
- make an electronic copy of your passport or proof of status in Canada

You (the person who wants to sponsor their parents and grandparents), must enter:

- your family name(s) (also known as last name or surname) and your given name(s) (also known as first name and middle name)
- Write your name exactly as it is written on the passport or proof of status in Canada document you submit.
- your date of birth
- the country or territory where you were born,
- your main home address (where you live)

You must live in Canada to sponsor.

Make sure you fill out all the fields including your complete address. Include your street number, street name, apartment or unit number (if this applies), P.O. Box (if this applies), your province or territory, and postal code.

For the street number and address, include the street type (street, boulevard, avenue, etc.). For example, follow this format: 123 John St. or 123 John Ave. or 123 John Pl. your email address that you want us to use to contact you

names and dates of birth for the parents or grandparents you want to sponsor

You won't need to include this information for their dependent children, or a spouse/partner that won't come to Canada with them. your passport or proof of status in Canada document number

Find out where to find that number. You should enter the number of the same document you'll submit with your application if you're invited to apply. If the document number doesn't match, we'll return your application.

your electronic signature (you must type in your name)

Make an electronic copy of your passport or proof of status document

With your interest to sponsor form, you have to upload an electronic copy of your passport or your status in Canada document.

We accept expired documents. You don't need to renew your document to fill out the form or to apply.

Make sure you upload the same document with your interest to sponsor form that you submit with your application, if you're invited to apply.

You can include any of these: Canadian permanent resident card (both sides), record of landing (IMM 1000) (only if you didn't get a PR Card), Confirmation of Permanent Residence (IMM 5292 or IMM 5688) Canadian citizenship certificate or card (both sides), Canadian birth certificate

If you were born in Quebec, we'll only accept a birth certificate

from the Directeur de l'État civil. Passport (pages showing passport number, issue and expiry dates, photo, given name, surname, place and date of birth)

Secure certificate of Indian status. Make your copy ahead of time and know where it is on your computer or mobile device.

How to create an electronic copy

To make an electronic copy of your document:

scan it using a digital scanner or use your phone or a camera to take a picture of it

The maximum file size is 2 MB. If your file is bigger than 2 MB, you need to reduce the size to upload your document and submit the interest to sponsor form.

You can only upload 1 file with your interest to sponsor form. If you have to include both sides of your passport or status in Canada document, save both sides into 1 file. If you don't have photo editing software, you can save both images into a Microsoft Word document.

We accept these file formats:

- PDF (Portable Document)
- JPG, TIFF, or PNG (image)
- DOC or DOCX (Microsoft Word document)

Write down the name you give the file and where you save it so you can find the file later to upload.

Make sure the image is clear and your information is easy to read.

We use your passport or proof of status document to validate your information.

After you submit your interest to sponsor form

If your form submits properly, you'll see a page with a confirmation number. Write down this number. You can use it later to check if you've been invited to apply.

We also send you an email with the confirmation number to let you know we got your form.

Once you submit your interest to sponsor form, you can't change it. If you made a mistake, don't submit another form. Find out how to correct a mistake or update your information.

We randomly select and invite potential sponsors to apply to sponsor their parents and grandparents.

We start sending invitations after we review the submissions and remove duplicates.

We send invitations by email. If you're invited to apply, make sure you don't miss the invitation:

Check the same email account you used on the interest to sponsor form.

Check your junk mail or spam folder to see if an email from us is there.

Let us know if your email address changed.

If you aren't invited to apply Parents and grandparents can visit for extended periods

If you'd like your parents and grandparents to come to Canada, they may be eligible to apply for a super visa which could let them stay in Canada for up to 2 years at a time

apply to extend their stay by up to 1 year at a time

Feds say Russia and Iran have interfered with the presidential election



Director of National Intelligence John Ratcliffe (KeyT)

By Jeremy Herb and Zachary Cohen, Wed October 21, 2020

(CNN) Director of National Intelligence John Ratcliffe said Wednesday both Iran and Russia have obtained US voter registration information in an effort to interfere in the election, including Iran posing as the far-right group Proud Boys to send intimidating emails to voters.

"This data can be used by foreign actors to attempt to communicate false information to registered voters that they hope will cause confusion, sow chaos and undermine your confidence in American democracy," Ratcliffe said.

Iranians are responsible for a voter intimidation email campaign that was made to look like it came from the Proud Boys and was also spreading disinformation about voter fraud through a video linked in some of the emails.

"We have already seen Iran sending spoof emails designed to intimidate voters, incite social unrest and damage President (Donald) Trump," Ratcliffe added. "You may have seen some reporting on this in the last 24 hours, or you may have even been one of the recipients of those emails."

A source in a Florida election office told CNN that during an FBI briefing Wednesday, agents told them the Proud Boy email threats about voting for Trump came from a nation state -- and they are seeing them across the country. The source said the agents told them these emails "were not the work of a Florida guy in his basement."

Russia has not taken the same actions, Ratcliffe said, but has obtained some voter information, just as Moscow did in 2016.

Ratcliffe spoke alongside FBI Director Chris Wray at a hastily arranged

news conference on Wednesday evening to announce the foreign election interference.

"We are prepared for the possibility of actions by those hostile to democracy," Ratcliffe said.

Along with Russia and China, Iran was named as one of three foreign adversaries seeking to interfere in the 2020 race in an unprecedented statement from the intelligence community's top election security official, Bill Evanina, on August 7.

"We assess that Iran seeks to undermine US democratic institutions, President Trump, and to divide the country in advance of the 2020 elections. Iran's efforts along these lines probably will focus on on-line influence, such as spreading disinformation on social media and recirculating anti-U.S. content," the statement, issued on behalf of the entire intelligence community, said.

"Tehran's motivation to conduct such activities is, in part, driven by a perception that President Trump's reelection would result in a continuation of US pressure on Iran in an effort to foment regime change," it added.

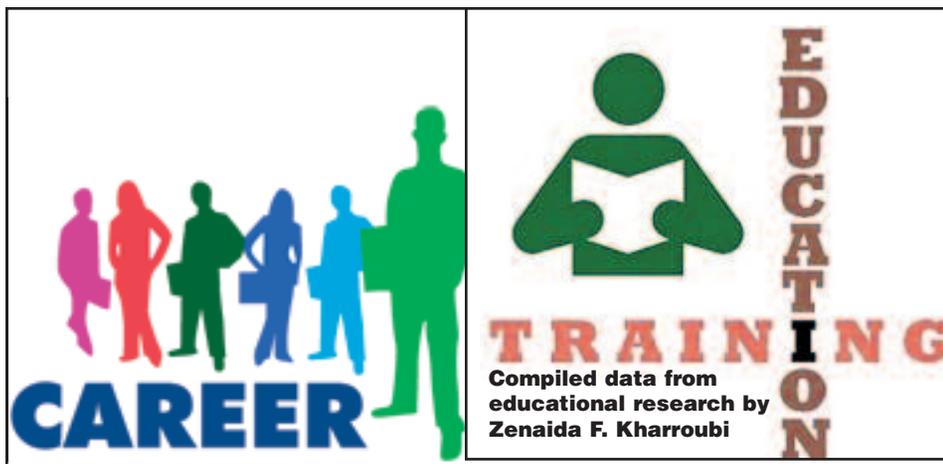
The same statement said that the US intelligence community assesses "Russia is using a range of measures to primarily denigrate former Vice President Biden and what it sees as an anti-Russia 'establishment.'"

"This is consistent with Moscow's public criticism of him when he was Vice President for his role in the Obama Administration's policies on Ukraine and its support for the anti-Putin opposition inside Russia ... Some Kremlin-linked actors are also seeking to boost President Trump's candidacy on social media and Russian television," it added.

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Seven Questions to Ask Yourself If You're Thinking of Making a Career Change During COVID-19



By Stephanie Thurrot

Christina Pendleton built her career working with kids—she's had stints as a preschool director, early educator, and educational consultant. But she always wanted to launch a nonprofit. The COVID-19 pandemic pushed her to finally realize that dream.

"Having the time to think everything through, decide on a focus, file the necessary applications, write a business report, apply for grants, and hire someone to develop a website—all of that would not have happened if it weren't for all the extra time I've had since March," she says. Her new nonprofit will benefit adolescents whose parents struggle with substance-use disorders.

Maybe, like Pendleton, you've been thinking about a career change for a long time. Or maybe you're reconsidering your career path in light of challenges you've faced—or realizations you've had—since the start of the pandemic. You may be

rethinking your priorities and preferences, whether you've discovered that you thrive working from home or you feel as though you belong in another field entirely.

"There are a multitude of reasons as to why someone might want a career change, especially now, after all we have been through," says Melanie Ross Mills, a life strategist based in Dallas who coaches people through life transitions such as career changes. "Anything goes—from their position dissolving to wanting to 'personally rebrand' and take the leap."

Jumping into a new career isn't something to take lightly—especially with all the uncertainty that comes from living and working through a pandemic. Now could be the perfect time for you to make that change. But the stresses and realities of the moment might also be skewing your perspective.

If you're wondering if a career change is really the right move for you

in this moment, ask yourself these questions first.

1. Do I Want to Change Careers, or Do I Just Not Like Working During a Pandemic?

It's important to think carefully about why you might feel like you want a career change at this particular time. You don't want to make a big change like a career shift simply to address issues that are most likely temporary in your current career, Mills says.

If you're unhappy working from home or dealing with other factors related to COVID-19, your dissatisfaction might be tied to the realities of the pandemic rather than your role. Think about the ways your job has changed during the pandemic and consider whether it's likely to return to the way it used to be or to evolve permanently into something new. Whatever your prediction, how does that make you feel? Do you expect you'll be satisfied in your current career once we get past the pandemic?

For example, if you're a teacher, you may find yourself struggling with remote learning and worried about the challenges of the upcoming school year. But if you've always loved teaching, you may decide to stick it out. On the other hand, if you were already frustrated or dissatisfied with your teaching career and the pandemic has brought those feelings to the surface, you might decide that this is a good time for you to explore new career paths.

2. Am I Unhappy With My Job or My Career?

The pandemic may have uncovered or intensified all the ways you were already dissatisfied at work. Maybe you feel unappreciated or undervalued at your company. Maybe you always struggled to get along with your boss and it's become even harder when everyone's working from home. Or maybe you were starting to feel unhappy with the direction your team or workload was going before the pandemic and the changes that have come from COVID-19 have crystallized those feelings.

But remember that feeling unhappy in your current job doesn't necessarily mean you need to change careers entirely. In some cases, it's your specific job, manager, team, or company you aren't pleased with and what you need is a new job in your field at a different organization. Try to be honest with yourself about whether the issues pushing you away from your current job are likely to crop up again in another field, in which case a career change may not be the answer you're looking for.

However, if you don't like doing the kind of work you've been doing or don't see a future for the industry as a whole, you might be looking for a bigger change.

3. What Am I Looking For in My New Career?

"Don't focus on what you're running from, figure out what you're running toward. Why do you want to launch this new career?" says Robin Pou, a chief advisor and strategist who works with executives and entrepreneurs who are changing

careers. Focus more on what you would find satisfying and rewarding in the new career you're interested in, rather than what you're frustrated with in your current career. Think more about what you want to do next—and why—than about what you're trying to leave behind.

For example, you may feel as though you're not making a difference in your current career. Instead of stopping there and ruminating on that, ask yourself what career path would make you feel as though you could make a difference and whether you can envision yourself being fulfilled in that type of role.

If you're genuinely excited about your new career path—especially if it's something you've wanted for a long time, like in Pendleton's case—you might be ready to take the tools and strategies you've learned in your current career and use them to begin your adventure in a new career.

4. What Is My Mental and Emotional State Right Now?

Living through a pandemic can wreak havoc on your emotional well-being. "None of us have ever experienced a time such as this, and it's possible that there will be an additional set of feelings, emotions, and thoughts you will want to address" before concluding that the solution is a career change, Mills says.

Be honest with yourself about how you are handling things. You could be feeling down, unproductive, unmotivated, or stagnant because of the current situation rather than because you truly want to make a drastic change in your career. It's difficult—but important—to separate the thoughts and feelings that are cropping up due to what's happening in the world from the ones tied to the kind of role you have and the industry you work in.

"You're making a life decision in the middle of a traumatic event where emotions are really high," Pou says. "Ask yourself if you are making this decision out of emotion or out of rational thought."

Take a look at your coping mechanisms, too, since they could be affecting your judgment. Are you depending on alcohol, medication, or toxic relationships? Are you thinking clearly and rationally? Are you panicked and making impulsive decisions in other aspects of your life? These might be signs you should wait and think more before making any moves.

5. Am I Prepared to Deal With Two Life-Altering Events at the Same Time?

Living through a pandemic and changing your career are both major life events. Even if you want to pivot in your professional life for all the right reasons, do you feel prepared to do it while also dealing with all the other stressors COVID-19 has brought?

If you change careers now, you might feel the effects of the pandemic, at least at first, and that

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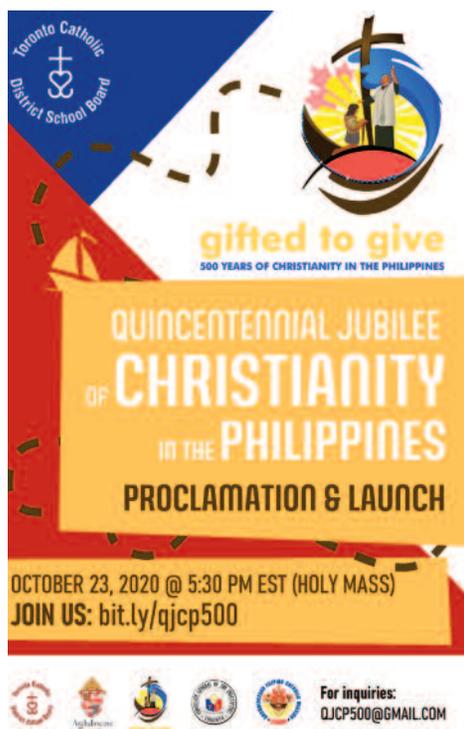
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Catholic School Board Slates Quincentennial Jubilee of Christianity in the Philippines (QJCP) Proclamation Launch in Toronto

TCDSB Media Bulletin & Press Release
By Tony San Juan

In a historic declaration, the Toronto Catholic District School Board (TCDSB) has officially proclaimed the commemoration of the "Quincentennial Jubilee of Christianity in the Philippines (QJCP)" in the Toronto Catholic school system. The milestone action is a highly significant recognition by the school board of honouring the rich & dynamic national culture, historical identity and the religious heritage of the vibrant Catholic faith in the Philippines for more than centuries. The Toronto Catholic school board, the world's largest Catholic school district, sets to launch the unprecedented proclamation and launch event to be held on virtual-and-in-person mode on October 23, 2020 (Friday), at 5:30 pm. at the Catholic Education Centre, TCDSB, Toronto, Ontario.

The official proclamation of the Quincentennial Jubilee of Christianity in the Philippines event is the result of the motion moved and presented by TCDSB Ward 8 Trustee Garry Tanuan that was unanimously passed during the Board's Regular Meeting on September 17, 2020. The Proclamation was recommended by the new Director of Education, Dr. Brendan Browne and staff upon the request and representation of Philippine Consul General Orontes V. Castro. The initiative was strongly supported by various Filipino-Canadian community organizations such as the PH500-Toronto Organizing Committee of the Archdiocese of Toronto, Filipino Heritage Council of Canada (FHCC), Filipino-Canadian Parents Association in Catholic Education (FCPACE), Philippine Advancement Through Arts and Culture (PATAC), Filipino Workers Network (FWN), the Faith in Our Child



Castro. The initiative was strongly supported by various Filipino-Canadian community organizations such as the PH500-Toronto Organizing Committee of the Archdiocese of Toronto, Filipino Heritage Council of Canada (FHCC), Filipino-Canadian Parents Association in Catholic Education (FCPACE), Philippine Advancement Through Arts and Culture (PATAC), Filipino Workers Network (FWN), the Faith in Our Child

Join us @ bit.ly/qjcp500 On October 23, 2020, 5:30 pm EST

In a time when the world seems bleak and hopeless, In a time where everyone is scared and worried,

In a time where Christianity and Catholic values are besieged on many fronts,

We all need to reflect on the sustaining faith that was bequeathed to us.

God will always be with us "to the end of age (Matthew 28:20), but it is easy for us to forget once strife and challenges come our way. We need always to be reminded of the sacrifice of Christ and the early Christians, in the name of God.

Here is an opportunity to come together, celebrate, proclaim, and, witness our faith. On October 23, 2020, 5:30 pm EST, we are inviting you to join us, virtually, to the Proclamation & Launch of the Quincentennial Jubilee of Christianity in the Philippines (QJCP)

-Toronto Catholic District School Board (TCDSB).

The proclamation was approved on September 17, 2020 by the TCDSB's Board of Trustees.

With its adopted theme "Gifted to Give", the Proclamation and Launch event marks the start of the countdown towards the year-long religious, historical, educational and cultural Quincentennial celebration in the Greater Toronto Area. It will include, among other things, an opening Holy Mass, proclamation signing, greetings & speeches, Art competition announcement and book donation by the Philippine Consul General; and a virtual slide-show presentation.

For more details contact, Suzy Llanera at qjcp500@gmail.com May the Lord bless you and keep you, TCDSB Quincentennial Jubilee of Christianity in the Philippines (QJCP) Task Force

(FiOC) Family Program, Philippine Independence Day Council (PIDC), Camarines Norte Association Canada-Ontario (CNAC-O), Couples For Christ & Foundation for Family and Life (CFC-FFL), and other leading community and faith-focused organizations.

TCDSB is the first publicly-supported school board to declare and celebrate the Quincentennial Jubilee of Christianity in the Philippines in Canada. The said Proclamation encourages the celebration of the auspicious Quincentennial Jubilee of Christianity in the Philippines (QJCP) with all Catholic elementary and secondary schools through various educational, cultural, and religious activities within the Toronto Catholic school system. The school board is cognizant that out of its more than 92,000 students in the Catholic school system, one in 3 is of Filipino heritage. To highlight the importance of the commemoration of the 500th anniversary of Christianity in the Philippines, the declaration also indicates that during this "once-in-a-lifetime opportunity, certain appropriate events and activities will be offered to encourage the active participation of young Filipino-Canadians in the Greater Toronto Area."

A TCDSB QJCP Task Force, chaired by Trustee Garry Tanuan, has

been created by the TCDSB to plan and coordinate the QJCP events and activities by working closely in collaboration with the Philippine Consul General, Hon. Orontes V. Castro, the diocesan PH500 Toronto Organizing Committee chaired by Rev. Fr. Sherwin Holandez, Pastor of Our Lady of the Assumption Church and designated by His Eminence, Thomas Cardinal Collins of the Archdiocese of Toronto and many other Filipino-Canadian Catholic community faith leaders.

The Proclamation and Launch Program, with its distinctive theme "Gifted to Give", will commence the year-long religious, historical, educational and cultural Quincentennial Jubilee in the Greater Toronto Area. Further, the program provides for the affirmation of Christian devotion and love amongst the faithful. It will include, among other things, an opening Holy Mass, proclamation signing, greetings & speeches, Art competition announcement and a book donation of Dr. Jose Rizal's popular novels by the Philippine Consul General; and a virtual slide-show presentation. On account of the coronavirus pandemic, government-issued health and safety protocols and guidelines will be strictly adhered to at all times. (Tony A. San Juan, OCT-Retired).

Healing the healers who respond to crises or trauma

During this global pandemic times, the media plays a vital role in disseminating information on different topics that may help readers from all walks of life to find comfort and solace in coping with their own personal challenges. We have found some materials that we feel are excellent tools to adapt, use, or keep as references, or simply make others aware that there are interesting ideas to consider in finding one's way to solve a specific problem or dilemma.

The American Medical Student Association (AMSA) has in its website "Healing the Healer" essay which outlines a Health Plan that anyone can follow in the pursuit of a healthy lifestyle. An excerpt from the website presents the main ideas. If you wish to find out more, just go to their website for more details.

Developing Your Own Health Plan

Mark Twain once said, "The physician who knows only medicine, knows not even medicine." In order to be skillful in the art of health and healing we need to start with ourselves. Your first patient is you. If you continuously explore how you define your own health, you will be more present and successful in helping your patients do the same. And more importantly, you will be

more happy and fulfilled in your life's work.

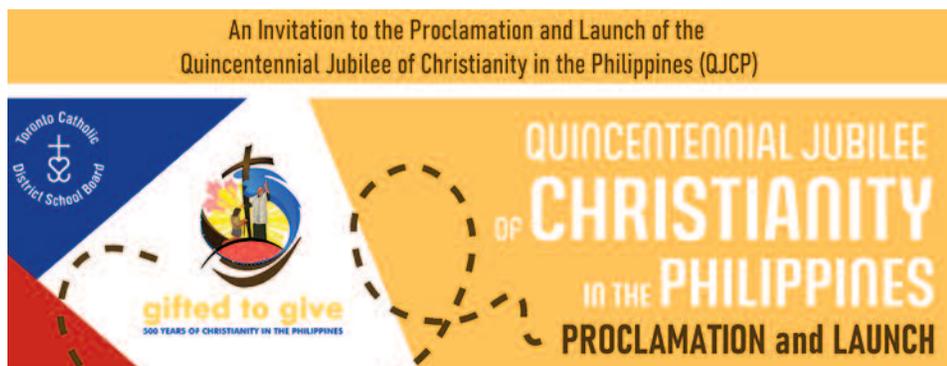
On average, we spend 7 years after college learning how to facilitate health for others. Very little of this time is spent learning how to do this for ourselves. The following activity is a tool that will help you with this exploration. It is only for you and will not be saved or reproduced in any way.

How we define our health is not something that remains constant over time. It is malleable and will change as you do. But there are some core underlying ingredients that should always be addressed throughout your career. This health plan will help you understand the importance of defining how these play a role in your life.

There are many influences on health, but for simplicity we will have you focus on five:

- 1) Lifestyle: Physical Activity, Healthy Behaviors
- 2) Nutrition
- 3) Family History
- 4) Mind-Body: Stress Management, Emotional Health, Social Connection
- 5) Spirituality: Finding a connection that results in meaning & purpose in your work

Editor's Note: Please check the website to follow the detailed steps in creating your own Health Plan.





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Students from Cambodia, Tunisia and Venezuela pose with the founder & director-general, Zenaida F. Kharroubi (Class 2006)



Class 2017 (Last batch of students from the Philippines)



French Class 2007



French Class 2019



Cambodian students Class 2011

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 - Receptionist
- **Early Childhood Education**
 - Daycare Assistant

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Chicken Madras

Ingredients

1 onion peeled and roughly chopped
2 cloves garlic peeled
2 tsp minced ginger
3 tbsp ghee or vegetable oil
3 chicken breasts chopped into bitesize chunks (this is about 525g or 18.5oz)
½ tsp ground cinnamon
3 tbsp madras hot curry powder * see note 1
1 1/2 tsp paprika
¼ tsp ground fenugreek * see note 2
½ tsp tamarind paste
3/4 tsp salt
1/2 tsp black pepper
14 oz (400ml) passata
2 tbsp tomato puree (paste)
7 oz (200ml) coconut milk (full fat)
To serve:
Small bunch of fresh coriander
1 finely sliced red chilli
1/4 red onion peeled and finely sliced
Boiled rice

Instructions

Add the onion, garlic and ginger to a mini food processor and blend to a paste. Add a splash of oil to loosen if needed. Heat the ghee (or oil) in a large frying pan over a high heat. Add the onion mixture

and fry for 3-4 minutes, stirring occasionally, until starting to brown at the edges.

Add the chicken and cook for 2-3 minutes, stirring often, until sealed. Turn the heat down to medium and add the cinnamon, madras curry powder, paprika, ground fenugreek, tamarind paste, salt and pepper. Cook for 1 minute, stirring constantly.

Add in the passata and tomato puree and bring to the boil.

Add the coconut milk. Stir and bring to the boil, then simmer for 10 minutes.

Serve with fresh coriander, sliced chillies, red onion and boiled rice.

Notes

Note 1 - Madras curry powder
If you can't find madras curry powder use regular curry powder but add a teaspoon (or two if you like it really hot) of cayenne pepper or hot chilli powder.

Note 2 - Fenugreek:

Don't buy a full jar if you're only going to use it for this recipe, you can leave it out if you don't have any – the madras powder will likely have some in anyway.



Swiss Steak

putting forward the motion and argued the prime minister put his own political self-interest ahead of the health and safety of Canadians.

"We don't regret doing our job.

Our job is to hold the government to account. Our job is to ask tough questions. We didn't expect them to like it but we certainly didn't think the prime minister was going to be that arrogant and say that he was going to make it a confidence motion to cover himself and protect his own interests," she told Kapelos.

Speaking to reporters after the vote, Government House leader Pablo Rodriguez brushed away suggestions that his government would make every vote in the House a matter of confidence as a tactic going forward.

"That's absolutely ridiculous," Rodriguez said. "This is a serious matter. What they proposed here is extremely serious. They go over the limits. It's irresponsible. It was about paralyzing the government in the

Ingredients:

4 (6-ounce) Certified Angus Beef ® cubed steaks
1 teaspoon kosher salt
1/2 teaspoon pepper
1 tablespoon light olive oil
1 medium onion, sliced
2 cloves garlic, minced
1 tablespoon tomato paste
1 cup low-sodium beef broth
1 (14-ounce) can diced tomatoes
2 teaspoons Worcestershire sauce
2 bay leaves

Instructions:

Preheat oven to 300°F. Season cubed steaks evenly with salt and pepper. In a Dutch oven or shallow braiser, heat oil over medium-high heat. Brown both sides of steaks about 3-minutes per side, working in batches if necessary. Remove steaks from pan, turn heat down to medium and add onion and garlic; sear 3 minutes, stirring occasionally. Stir in tomato paste and sear for an additional 1-2 minutes. Stir in beef broth, tomatoes, Worcestershire and bay leaves; bring to a simmer while scraping any browned bits from bottom of pan. Return steaks to pan, cover and put in the oven for 1 1/2 hours until steaks are tender.



Ensaymada (Sweet bun)

Ingredients

2 tsp instant yeast
1 cup water (lukewarm)
3½ cups all purpose flour
1 cup sugar
½ tsp salt
3 large eggs
¼ cup evaporated milk
½ cup unsalted butter melted (divided, 1/4 cup mixed in the dough and 1/4 cup for brushing)
topping:
½ cup creamed unsalted butter
1 cup sugar
*Optional – shredded cheddar cheese
Instructions
In a small bowl or directly in the measuring cup, dissolve instant yeast in a cup of lukewarm water. Set aside. While waiting for the yeast to blossom, whisk together flour, sugar, and salt in a

large mixing bowl or stand mixer. Next, add dissolved yeast mixture, eggs, evaporated milk, ¼ cup of melted butter, and remaining cup of water. Using a dough hook or a spatula if mixing by hand, mix on low speed for about 2 minutes, then at medium speed for an additional 5 to 7 minutes until a soft sticky dough has formed. Remember, the dough should be soft and sticky, do not over knead this dough. Transfer dough into a greased bowl and cover with plastic wrap or a clean kitchen towel. Allow dough to rest for 15 minutes.

In the meantime, line a baking sheet with parchment paper or prepare ensaymada molds.

Next, divide dough into 8 to 12 pieces. To achieve uniform sizes, you could use a scale, dividing each piece equally weighing at 60 grams each OR without a scale; an ice cream scooper will do the job too. Dust the ice cream scooper with flour, scoop out the dough and release straight onto the lined baking pan or molds. This part does not have to be pretty, just scoop and release. Loosely cover the dough with plastic wrap or a clean kitchen towel and allow the dough to rest for 15 minutes.

Now time to shape the ensaymadas. In a small bowl, melt ¼ cup of butter and set aside. On a floured surface or mat, roll out or using the palms of your hands, flatten each piece of dough into a rectangle. Dust your hands with flour to help prevent dough from sticking to your fingers. Brush a little melted butter over the top of the dough. Roll dough into a long log, pinch ends together to seal.

Then turn dough seam side down or seam side facing inwards, in the direction where you'll start twirling. Gently start rolling or twirling the dough inwards into a swirl or a roll. Place it back onto the lined pan. Loosely cover buns with plastic wrap or a clean kitchen towel and let it rise until it doubles in size, about 1½ hour.

Preheat oven to 325°F. Bake rolls for 15 to 17 minutes, until lightly golden. Allow rolls to cool for 30 minutes to an hour before topping with creamed butter and sugar.

Now time to top, brush or spread the creamed butter using a butter knife over the top of the buns. Then, sprinkle sugar over butter or dip the buttered top straight into a bowl of sugar, shake off excess and it's ready to eat!! Best served at room temperature with a hot cup of coffee. Enjoy.

From Page 5 Snap election

he said.

"Most Canadians would think that's unacceptable."

Singh told Kapelos that its "pretty rich for the Conservatives" to suggest that the special committee is the only way to get answers when other facts and details about WE Charity came to light at regular committees.

"The Conservatives would have you believe this is the only way to get to the bottom of the spending scandal with the Liberal government. That's not the case," he said. "So far, ministers have testified, documents have been produced, the Kielburger brothers testified, all at regular committees. The ethics and the finance committee."

Speaking after the vote, Conservative House Leader Candice Bergen said her party does not regret

middle of pandemic when we need to be there working for Canadians, working for our seniors, working for



NDP Leader Jagmeet Singh spoke to CBC's Power and Politics after NDP MPs helped the Liberal government survive a confidence vote. 0:44

our families, helping those who have lost their jobs."

Asked by reporters if the NDP had an obligation to support the Conservative motion, NDP ethics critic Charlie Angus said, "There's many ways to skin a cat, my friends."

Conservative House leader Gérard

Deltell said the ethical questions surrounding the government require a special committee with a clear mandate. He said it's the "duty" of opposition parties to hold the government to account.

"This is what the issue is all about with this motion, and what we see right now is a prime minister who will do whatever it takes to call an election," he said.

"The only Canadian who would like to have an election today is the prime minister. The only Canadian who would like to freeze the government for a few months is the prime minister by calling an election."

The Conservatives amended the original motion to state that voting to launch the committee should not be considered grounds to order an election.

It also dropped the "anti-corruption committee" label it initially proposed.




Social Tidbits
Fely Rosales Cariño

Hello everyone! Happy Thanksgiving Day! Despite the drudgery and uncertainty that covid19 brings, there is still plenty to be thankful for. I'm sure the families that gathered for the turkey dinner celebrated this unique day with more appreciation than usual.

The news brought an increase of cases, especially in Quebec. We just have to take heart and do what we are supposed to do according to the guidelines set by the health ministry. Let's continue to wear masks and observe social distancing. Let's do our part. Let's stay home. Let's be safe.

Those who have to spend time indoors for a prolonged period have my sympathy. Here are some tips to amuse you. The very young can play with their toys, the teens can Face Time family and friends to compensate for missing out on their planned camping, sleepovers, sports, exercise, grandiose parties or just hanging around with their friends. Here's a novel idea: Read! There are plenty of books online to satisfy every curiosity.

But what about when you're older? Meaning the vintage years? I'm just guessing that it is my armchair comrades who have it a bit easier. The retired can count their blessings because they don't go to work anymore - that's done. They don't need to earn anymore - that's taken cared of too. They don't drive anymore. The appearance of the bus on their bus stops and the whirl of the metro lines have become their welcome social networking lifelines. Sure, they miss their walking at the malls, their bingo schedules, their casino trips in or out of town, and many more. But here is something where they are essential. They do the most noble work of all - that of doing "apostolic duties". It means they

babysit their APO (grandchildren!). But here is a plus. After their "apostolic duties" they can return to their armchair and watch their favorite daily soap operas.

In the meantime, let's have a dream. In my dream there is no covid. I am still going to the YMCA for my daily swim. I am still playing mahjong and bingo. I am still emceeing at parties, participating in line dancing, and doing the Zumba. I'm still meeting friends at Tim Horton's. I am awakened by the daily phone call of a dear friend Trans Liganor. Oops, covid is still here. I suggest let's grab life anyway. Let's take a walk in the neighborhood and enjoy the array of multicolored leaves as they fall down from their anchors. Let's witness the roller coaster entrance of a peaking sun, the intermittent rain drops, and the whisper of a cool breeze! And let's hope for the opening of restaurants, gyms, sports arenas, etc. We long for our normal to come back.

Every Filipino organization's activities for the year are on hold. But there are 2 organizations that present a challenge. First is the Filipino Heritage Society of Montreal (FHSM) under its chairman, Al Abdon. At the present time, they are in the middle of a computer course called a Computer Retention Class. This familiarizes a "graduate" with the use of computers including online, zoom, etc. Students enrolled now are Nenita Licyayo, Ricardo Ribaya, Valent Lloyd Hughes, Nancy Karides, Elma Bolatao, Rebecca Aguilar, Lilia Esquera, Fely Bisares, Jeannette Perignon, and Dolly Belandres.

The second organization is Buklod, a Strengthening Families Program (SFP), an association funded by Health Canada and Crime Prevention Program. Its' goals include

helping Filipino youths who are at risk of behaviors such as drug addiction, dropping out of school, and joining gangs to commit crimes. It also aims to strengthen families through the development of parents and children interpersonal awareness of communication skills. It is administered by the Cote-des-Neiges Black Community Association. The Filipino's participation began when the Filipino Advisory Committee composed of Marilou Esguerra, Minda Mazzone, Corazon Aberin and Lourdes Fabia were invited to attend a discussion about this program by other groups including some members from Concordia and McGill Universities. Lourdes served as the first coordinator while Marilou, Minda, and Cora served as trainers/teachers. Last December 2020, the trainers were happy to announce the first session graduates of 10 families. These families will remain as important members of the Buklod Program. They help to refer future participants. The classes started in September and slated to run until December. Covid 19 has interrupted this schedule. Hopefully, more families will participate in the near future.

For more information or details, please contact the advisory committee members: Marilou Esguerra (514-663-1335), Lourdes Fabia (514-887-4278), Cora Aberin (514-245-7064), and Luzviminda Mazzone (514-886-0092.) Join the program, you have nothing to lose. You have everything to gain. The above information was reported by Minda Mazzone and the Advisory Group.

Recently, Snowdon City Councilor Marvin Rotrand wrote Al Abdon a letter expressing his desire to be a Chairman with him in all the activities that are planned for 2021. Let's wait for further developments.

A fun fact: we have three organizations of Knights of Rizal who are active! They are the Knights of Rizal (Central Chapter), Knights of Rizal (West Island Chapter), and Knights of Rizal (Notre-Dame de Grace Chapter). They were seen on a busy street distributing free face masks and free gloves. This is in coordination with the Canadian Red Cross. What a benevolent act!

Here's my "Did You Know?" section: Did you know that there are

Filipino gourmet cooks a-plenty? Leading this category is Marissa Matue, former owner of the Mariz Restaurant on Decarie, Daphne Odulio (volunteer catering), William Fabia, (gourmet cooking), and Sophie Toledo (baking bread). Did you know that we have avid gardeners? Say hello to Benny & Lita Bote and Nenita Licyayo (vegetable gardens), Rose de La Paz, Editha Fedalizo, Dolly Arjona (flower gardens), Mark Simbulan, Anjelita Ojerio, Julie Parado and Zeny Kharroubi (indoor flowers). And did you know that there are also some who enjoy social media activities like Cely Dagsaan's morning prayers expressed with beautiful flower bouquets, Ciony Nueva's mini show of different fashion poses, Dario Boco's warning of not accepting free masks given by strangers, Puring Bamba's warning of not smelling free perfumes and Valent Lloyd Hughes prayer for every occasion, and Minda Mazzone's video entitled "Look on the Bright Side". And did you know that Marlene Birao posted a video "Di Matiis Ni Lolo, Iniwang Ang Wheelchair" (Grandpa couldn't resist, he left his wheelchair.)? In the video, a lady was dancing in front of an elderly man in a wheelchair encouraging him to stand up and dance the boogie with her. "Kiss Me Quick" (1950's favorite boogie) was being played and the elderly man was unable to resist the tempo of the music. He got up and danced with the lady! I watched this video many times. He was a smooth dancer; he was a delight to watch! It brought sweet memories of our generation.

In closing, please realize that there is only one sure, prudent, and guaranteed thing to calm our nerves. I therefore invite you all to get down on our knees, look up, and then bow down, listen while I read to you God's following promises: "Fear not for I am with you. Don't be dismayed for I am your God. I will strengthen you and yes, I will help you with My righteous right hand. Never will I leave you. Never will I forsake you." (Isaiah 41:10).

Are we thinking Christmas now? See you next issue. God Bless!

From Page 8 Career change

could make the transition more complicated. For example, it may be hard to find a company willing to take a chance on a career changer when hiring is stalled and competition for openings is fierce. If you do find a new role, you might only work virtually with your new boss, coworkers, or clients for a while. So it could be harder to build connections and relationships with them. If you think launching your new career now might be too difficult or stressful right now, you might decide that this isn't the right time. (Or you might decide that the general upheaval makes this an even better time for you!)

6. Do I Have the Financial Resources to Support a Career Change?

Think about the potential financial impact of the career change you want to make during this economic climate. You'll want to consider how risky it might be to make a change during a recession and whether you can take on that risk.

If you'll lose your income for a while or you expect a salary reduction, can you adjust your expenses or rely on savings? Can you build your savings for a few months to give yourself a cushion to fall back on during your transition? If you're worried about the possibility of layoffs or budget cuts in your new field, would it be wiser to wait before making a change?

7. What Is the Long-Term Outlook for My Industry?

Some industries have been hit harder than others, including retail,

transportation, leisure and hospitality, and government. If you expect it will take a long time for your industry to bounce back or for the type of role you've previously held to be in demand again, it might make sense to look for ways you can use your skills and experience in a new field. You may even want to go in a different direction for a few years with a plan to return to your current field when it rebounds.

Trying to think through all of these questions can be intimidating. It may help to write down the answers, review them, and see if that brings up new thoughts and ideas about how you see your future career.

This can also help you look at your thoughts more objectively and anchor your feelings in facts. "Journaling allows you to purge all those things rattling around in your

mind. It's another view of the situation," Pou says.

Once you've answered these questions, you will better understand the motivation behind your desire for a career change. You may decide to stay in your current job or field after all. Or you may decide that now is the perfect time for you to explore a new career path. If you're ready to make the change, take these concrete steps to get started.#

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SHOWBIZ GOSSIP

Maja Salvador on how she has lasted 17 years in show biz—and what would make her leave



Maja Salvador

After nearly two decades in show biz, Maja Salvador opened up about what has made her an in-demand talent and what keeps her grounded.

Salvador, 32, shared her experience of lasting 17 years in the business on Enchong Dee's YouTube vlog posted on Sunday, Oct. 18. The two are longtime friends and were vacationing in Amanpulo for Salvador's birthday during the candid Q&A.

The actress admitted that she learned the hard way when she was younger about what was stopping her from being successful.

"Hindi ko sineseryoso 'yung work," she said. "Parang maraming kumukuha sa akin. Bata pa lang ako, mga 16 or 17 years old. Pero doon ko na-realize na parang lagi na lang puro 'ASAP.' Wala akong serye. Kasi parang ang tingin nila, kino-quota ko lang, hindi ko ginagalingan 'yung mga project na ginagawa ko."

(I was not taking work seriously. But a lot were hiring me. I was young, about 16 or 17 years old. But I realized that I was always on "ASAP." I had no TV show. Because they saw me as just making a quota, I was not working hard on my projects.)

"Hindi pala pera pera lang sa industry. Kailangan may passion ka rin sa ginagawa mo (I realized the industry is not just about money. You must have passion for what you do)," she said.

Dee said Salvador is among his "top 3 leading ladies" that he enjoys working with because of her "working attitude."

Salvador, meanwhile, said he knew how to take care of his leading ladies and get along with them.

The "Killer Bride" star also shared advice from her mom, who has helped her in the industry.

"Laging habaan ang pasensya at laging matutong makisama (Be more patient and always learn how to get along with others)," she recalled.

When Dee asked how long she would stay in entertainment, she said, "Basta alam ko hindi ako mawawala sa industry (I just know I will not disappear from this industry)."

"Pero like kunyari pumasok na ako sa family life, siyempre may time na magfo-focus ka muna maging nanay 'di ba? Pero hindi ibig sabihin na mawawala ka sa industry (But if for example I start with family life, of course there will be time that I will focus to be a

mom right? But I will not leave the industry)."

Later on, Salvador said she would only turn away from show biz because of her family.

"Kung ire-request 'yun ng magiging asawa ko or ng magiging anak ko, [I will do it]. Kasi time ang pinakamaibibigay mo sa kanila," she said.



"Nauubos ng work natin ang oras... Kasi masyado tayong naka-focus sa work," she said. "I will adjust. I will give it to them."

(If whoever will be my husband or child will request it of me, I will do it. Because time is the most you can give them. Work consumes all our time... we are too focused on work. I will adjust. I will give it to them.) ■

Quarantine period a humbling experience for Bela



Bela Padilla

We enjoyed our recent chat with Bela Padilla because while there are other celebrities who are just as articulate, the 29-year-old actress didn't use her intelligence to dilute the impact of a question—or, to play safe, evade it.

When asked what her realizations were during the playing field-leveling quarantine period, Bela was quick to point out how the lockdown has turned out to be a learning experience for her.

"My gosh, I've had a lot of realizations during the quarantine," she quipped. "I realized how insignificant my job is (laughs)! It really humbled me, you know? As an actor, I've already played a doctor, a nurse—I've done so many roles na rin. But in real life, I can't treat sick people. I can't help them.

"It's a humbling experience. It shows you that the skills you have are just for your job [as an actor]. I wished I had learned more. If I could, I would, so that the next time we go through another situation like this [pandemic] in this lifetime—although, I hope there won't be any next time—I'd be more useful. I'd like to be of bigger help to others." ■

Sorsogon bet withdraws from Miss Universe Philippines after beating COVID-19



Maria Isabela Galeria

Sorsogon beauty queen Maria Isabela Galeria has backed out of the Miss Universe Philippines 2020 pageant after recovering from COVID-19.

Galeria announced her decision on her Instagram page yesterday, Oct. 15. She also

recalled her experience with the disease caused by the coronavirus.

She began developing symptoms of COVID-19 on Sept. 27, starting with nasal congestion and the loss of her senses of taste and smell.

"I occasionally felt like there

was something heavy on my chest," she explained. "Fortunately, it was bearable and didn't progress to a more severe level of DOB (difficulty of breathing)."

However, she later began to develop rashes, extreme itchiness and dry skin. Galeria also woke up with red, itchy and teary eyes on Oct. 3.

She then took a "handful of medications" for more than two weeks to manage the disease's symptoms. After observing a 14-day quarantine, she was set to be released on Oct. 8.

"As per protocol, I needed to be asymptomatic for three days before discharge," she said. "Unfortunately, I was still manifesting some symptoms."

Following her struggle with the disease, the Department of Health finally declared Galeria and her father as COVID-19 survivors. Though she has already tested negative for the virus, she believes that her body is still not prepared to

participate in the competition.

"I'm forever grateful to each of you who invested so much time and effort in helping me through this journey; however, even with a strong will to fight, my body is not well conditioned yet," Galeria said.

"With a heavy heart, I believe now is not the right time to join the pageant," the beauty queen expressed. "I still feel tired, and I don't think my body will allow me to participate in the activities of Miss Universe Philippines."

She also asked for her supporters' understanding, adding that the situation is "something beyond [her] control."

"I've thought hard and cried for so many nights about this," she stated. "have the willpower, but my body is not cooperating."

Miss Universe Philippines 2020 will hold its coronation ceremonies on Oct. 25. The pageant's winner will represent the country in the Miss Universe 2020.

'I'm believing I'm okay': Gary V shares good news on battle with cancer



Gary Valenciano

Kapamilya singer Gary Valenciano documented his latest health checkup as he revealed that all is good inside his body.

In his Instagram account, Mr. Pure Energy shared the good news to his followers.

"I'm good. Thank God. I'm good," he said in the latter part of the video after getting his CT scan result.

Gary had a rough 2018 having undergone numerous medical procedures, including an open-heart surgery and an operation to remove tumor from his kidney.

In the video, he said his checkup is for him to know that everything is okay with his body.

"The testing is supposed to

determine if everything is okay inside, or if anything has tried to make its way back into my body since 2018," he said.

"I'm believing I'm okay," he added.

He also said that he documented his testing for those people who are battling cancer.

"I just wanted to share this with those of you who may have had to encounter things like this, dealing with the Big C," he said.

"But don't fear. Through it all, there's a bigger C. That's Christ, who's with us. Whether are not we're going through anything, He's always with us," he added. ■

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Showbiz Gossip *Continued from p.15*

After rough patch, Rhian realizes 'it's OK not to be OK'



Rhian Ramos

Rhian Ramos is now starting to feel better, especially after going through a rough patch that saw her dealing with pandemic-related stressors and heartbreak over calling it quits with her Israeli boyfriend.

"I'm doing well. I think everyone just needs some time. And once they're able to figure out a new routine and adjust to the changes, then things will be OK," she said in a recent virtual conference for "Truly. Madly. Deadly," the fourth and last episode of the weekly GMA 7 drama anthology "I Can See You," which ends today.

In her personal YouTube vlog uploaded late last month, Rhian admitted that she felt "brokenhearted" and "shattered" because of the breakup. On top of that, she had to find a new place because she was returning to work and didn't want to put her mom at risk by living with her.

Emotional, physical toll

All these eventually took its toll on her emotional and physical well-being. "I was in so much pain ... I wasn't getting out of my bed. I wasn't sleeping right. I couldn't eat ... I was under so much stress that my body basically just started eating itself," Rhian, who lost weight during the ordeal, said in her vlog.

But after getting the chance to properly process her feelings, she realized that it's OK not to be OK, and that things are going to get better in her own time. "I feel like the Lord is taking care of me, so OK naman lahat," Rhian said in the video interview.

She turned 30 last Oct. 3 and she can't help but feel that she's about to turn a new leaf.

More comfortable

"People were greeting me and I could sense from their voices that they were checking if I were OK. But I was actually so excited to turn 30. In your 20s, you have so much energy, but you don't know how to harness it, so you end up doing things you don't really need," she related. "Now in my 30s, I feel more comfortable with myself."

"Of course, you don't have to be 30 to feel that way," she added. "It's just nice to have that marker to sort of officially start. But I have been feeling like a new version of me since last year."

Going back to the grind after a seven-month acting hiatus also helped her regain her footing and recapture her rhythm.

"This wasn't the first time I took a long break, so I know about feeling rusty and sabaw on set. I had been worrying about it the whole time. But since I had been through this before, I knew how to prepare for it. I did some memory exercises, too, so I could get used to memorizing lines," she related.

Doing a miniseries, Rhian pointed out, is a good starting block for when she finally starts filming her coming, full-length soap, "Love of My Life."

"I was actually nervous at first because I didn't know what challenges to expect in a lock-in taping. But now I feel ready to do 'Love of My Life,' which will have us doing multiple two-week lock-in taping sessions. I have heard of others doing one month at a time.

That's a bigger challenge," she said. "But I'm lucky I'm able to gradually build my stamina."

Supporting each other Rhian also sought advice from her costar, Jennylyn Mercado, who had previously taped episodes for "Descendants of the Sun." While the two were part of the 2013 series "Indio," they didn't have any scenes together. This time, they finally had the chance to work more closely.

"Back then, we just greeted each other in the tent because we didn't have scenes to talk about. That's why I was excited about doing this show. Jen is a pro and

so much fun to be with. It's nice getting to know her more as a person," said Rhian, who plays Abby, a vlogger out to review a resort, where Coleen (Jennylyn)—her friend-turned-enemy—happens to be a staff member.

While current conditions are tough, the resumption of production is good, Rhian said, not only for actors like her, but for everyone working behind the scenes. "Everyone's trying to do what they can to work and find ways to support their families," she said. "And if we can do that by pushing through with projects like this, let's do it." ■

Sarah Geronimo's 'Tala' records over 160 million views on YouTube



The music video of Sarah Geronimo's "Tala" has reached another milestone on YouTube.

The video, released nearly four years ago, achieved a rare local feat on Wednesday as it recorded more than 160 million views.

Since passing the 141-million mark, "Tala" has been hailed as the most viewed OPM music video on the streaming site.

"Yass QUEEN. Asia's Pop Star Royalty's TALA Music Video hits 160 MILLION VIEWS! Congratulations SARAH GERONIMO and Popsters," said Viva Artists Agency in a post across its social media platforms.

"Tala" was already a hit when it first debuted in 2016, winning a pair of awards for song and music video of the year.

Georcelle Dapat-Sy of G-Force fame came up with the choreography filled with fun moves that the routine spawned thousands of covers.

Four years since it was released as a single, there was a time when it was nearly impossible not to hear "Tala" or see someone dancing to it anywhere.

From drag performances and

TikTok challenges to Christmas parties and K-pop concerts, more and more people and celebrities have been bitten by the "Tala" fever.

While Geronimo wanted "Tala" to become a dance craze, she never really expected that it would become an ubiquitous fad in the latter part of 2019.

"Ang galing eh. I would say hindi siya naging expectation. Parang I was hoping na maging dance craze itong 'Tala.' ... We released it 2016. We did the music video. Pumatok lang siya last year po, 2018-2019. So sabi ko, wow, power of manifestation. Nagkatotoo," she said in a past interview with ABS-CBN News.

But for Geronimo, this isn't just her win. She considers it a feat for the OPM industry.

"I would always sing it, perform it. Of course, sino pa ba 'yung magmamahal ng musika ko kung hindi ako din? [Sino pa ang magmamahal] ng sarili nating musika? Hindi ba tayo-tayo din po?" she said.

"Tala" was part of the pop superstar's album "The Great Unknown." ■

Start of TV comeback? Kris Aquino to appear in GMA special



Kris Aquino getting dolled up for her Shopee virtual press conference.

“Queen of All Media” Kris Aquino will be appearing on GMA on November 11 for a special in her friend Willie Revillame’s show “Wowowin.”

In a virtual press conference earlier today, Kris told Philstar.com and other media that she is very excited to appear on TV again since she has not done so in years.

“That’s why I uploaded ‘I Missed You Like Crazy’ because I missed doing it for so long. And there’s a line there, ‘If seeing is believing, it’s worth the wait... hopefully it’s not too late. We’re starting forever now.’ So I’m starting forever now,” Kris said of the special she would grace in as new endorser of e-commerce site Shopee.

Shopee Philippines Associate Director Martin Yu assured fans that Kris has a lot of surprises in store during the special, including plans for making Kris dance and wear a Santa Claus costume for the first time ever on TV.

Kris appealed to those waiting for her supposed TV comeback to pray for it to happen.

“Actually, I’m so scared to say ‘yes’ because I don’t want for people who have been waiting for me to be back on TV to be disappointed. I don’t want to make promises that I can’t keep but I think it’s Shopee already that said that I’ll be there. So it’s a commitment with Shopee, that’s true. So this is not coming from Kris Aquino, this is coming from Shopee – 11.11, Kris Aquino will be there, 5 p.m. on GMA. Hindi po ako ang nag-announce n’yan, ang

Shopee po ang nag-announce. Kapag hindi nagkatotoo, ‘wag mo sasabihin sa’kin na ‘Nag-promise ka sa’kin, ba’t ‘di mo ginawa?’.”

According to her, a lot of things could happen, like her auto-immune condition and allergy attacks, that could stop her from making her TV appearance.

“Let’s keep our fingers crossed because I myself won’t believe it until I’m there. And I’ve said it to my followers na until I’m holding that microphone and I see those lines, until I see the camera with the red light on, and until I see the monitor and see myself in it, even I will be believing it. Let’s pray it happens. Things can still change but as of now, Shopee would say it will happen.”

During the press launch earlier, Kris said the new endorsement came “at a low point” in her life. It can be recalled that her TV5 show was recently canceled.

“This offer came about at a low point in my life. There was something I was supposed to do that I was so excited about that somehow did not push through,” she bared.

“And then suddenly... I feel somehow God finds a way to make you go where He wants you to go... So when this happened and the call came, I said, Are you serious? I said, ‘This is something bigger than what was not given to me.’”

The actress is happy that the brand trusts her enough to secure permission to use a line from her famed horror film “Feng Shui” as catchphrase for her new TV ad.

“It brings back nostalgia... It



was probably the first horror movie for many people from this generation... It brought back memories,” she said about repeating her lines from “Feng Shui” with a new twist for the TV commercial.

She hinted why that something she expected to happen, which many presume to be her TV5 show, did not push through.

According to her, because of her auto-immune condition and allergy attacks, she is bedridden for about 10 out of 30 days in a month, which prevents her from taking too much workload.

“And that’s the truth of my life. Those are the things that my sons have adjusted to and I’m so grateful that they’re the most caring boys in the world,” she enthused.

“I’m sure you also had your fair share of disappointments in life and there are so many things that you thought especially at the start of the year you thought you’d be doing at this direction and it did not. And take it from me that what you’re praying for is not necessarily what God wanted for you. What He would give is far more bigger than what you’re hoping for. That’s what happened.”

No worries for Jennylyn and Dennis in intimate scenes despite pandemic



Jennylyn Mercado and Dennis Trillo

Under new normal protocols for production shoots, intimate or close-proximity scenes that are intimate are discouraged. And while shooting for such scenes can still proceed, safety conditions should be met and “explicit consent” should be secured from the actors, who have the right to opt out.

Such limitations can prove to be tricky, especially for television dramas or movies with romantic themes.

Luckily, the team behind “Truly. Madly. Deadly.”—the fourth and final installment of the weekly GMA 7 drama anthology, “I Can See You”—didn’t have to deal with this issue too much, because its lead stars, Jennylyn Mercado and Dennis Trillo, are a real-life couple.

“We’re fortunate because there were some scenes that would have needed consent. I believe it was good for the production, because they didn’t have to fake the scenes or come up with workarounds. So, the scenes look better and are more engaging,” Dennis told the Inquirer in a recent virtual conference.

“While we say that doing [kissing scenes] is just work, you

can’t help but feel a little awkward, especially when you’re doing it with someone you haven’t worked with before,” Jennylyn added. “But there’s none of that with Dennis; we’re comfortable with each other. There’s no need to ask, ‘OK ka lang ba?’ after takes.”

guy named Drew (Dennis).

But just when things seem to be going well for Coleen, her best friend-turned-enemy, Abby (Rhian Ramos), shows up at the resort, triggering the former’s past memories.

After a seven-month hiatus



Trillo and Mercado in scenes from “Truly. Madly. Deadly.”

In “Truly,” which airs weeknights starting tomorrow up to Oct. 23, Jennylyn plays Coleen, a woman who, after getting ridiculed online for figuring in a scandal with a married man, moves out of the city to rebuild her life as a worker in a remote resort. There, she meets a mysterious IT

guy named Drew (Dennis). But just when things seem to be going well for Coleen, her best friend-turned-enemy, Abby (Rhian Ramos), shows up at the resort, triggering the former’s past memories.

“Honestly, it was hard to get back,” related Jennylyn, who first returned to work last month to

finish shooting “Descendants of the Sun.” “I was like, ‘How am I supposed to do this? I feel like I don’t know how to act anymore! I think I might have lost touch with my character—I have to rewatch the past episodes. A lot of things were going through my mind.’”

If he were a fighter, Dennis said he had surely gotten “ring rust.” “It’s like a fighter who hasn’t entered the cage or ring for a long time. And actors are similar in a way,” he pointed out. “So, it’s important to refresh your brain, maybe watch films. You have to prepare yourself when you know you’re about to do a project, so you don’t end up feeling your way around the set.”

The two Kapuso stars, who were last seen together in the 2015 soap “My Faithful Husband,” said their working dynamic has never been better. “We no longer argue on the set like before,” Jennylyn related, laughing. “It’s always nice working with him because he’s such a good actor.”

Their smoother rapport is a reflection of how much the couple’s relationship has developed over the years. “We have been together for a long time, so we’re more solid,” Dennis said, adding that spending more time together at home during quarantine has had a positive effect.

Every day is a learning opportunity, they agreed.

“All the adjustments we did ... the good, positive habits we picked up, we got to bring to set. Even if we’re tired, we still manage to do our scenes well,” Dennis said.

He also feels that the challenges posed by the COVID-19 pandemic have only made his bond with Jennylyn even stronger. “I feel like if you can go through something like this and still end up being happy together, then you can overcome anything,” the 39-year-old actor said.

Meanwhile, Jennylyn’s biggest realization is that one need not look too far to find the things that matter most. “What we’re all experiencing is not easy ... You see the real importance of people around you—your family, friends and loved ones. The material things, not so much. As long as you’re healthy and happy ... that’s what matters.” ■

Six \$1,500 social distancing tickets given out at Hampstead synagogue



Police cars parked beside a Hampstead residence being used as a synagogue for the past 5 years.

Adam Kovac, CTV News Montreal Digital Reporter, Published Sunday, October 18, 2020 6:10PM EDT

Congregants of a Hampstead synagogue were given fines for social distancing violations on Sunday.

Six people were given \$1,546 fines at the private home, which has been used as a synagogue for the past five years, even though the rabbi told CTV News that no official permit to operate as a house of worship has been issued. He added that while the City of Hampstead has never expressed a concern, he does plan on applying for a permit as soon as possible.

Rabbi Daniel Sabbah said police arrived at the synagogue at around 9 a.m., asking to speak to the

owner. He said an officer told him if he didn't cooperate, everyone at the synagogue would be fined individually.

Sabbah said many of his congregants quietly left and he believed the police would only ticket him, but five worshippers were each handed fines.

"First of all it was a whole team, they were four cars of SPVM," he said. "They treated us like we were thieves or something. No matter what you do in life... you can't force a man not to pray."

A spokesperson for the SPVM declined to comment on the case, saying he could not provide details due to the synagogue being in a private

Quebec nurses block two major bridges in protest over contract negotiations

By Angela MacKenzie, CTV News
Published Monday, October 19, 2020

MONTREAL -- Unhappy with their negotiations with the province, nurses from a Quebec union staged protests today to disrupt traffic on the Jacques-Cartier Bridge in Montreal and on the Pont de Québec in Quebec City.

In Montreal, the protest was short-lived after police nixed a plan to march over the bridge. The protest was intended to block only southward traffic, with nurses walking from the Montreal side of the Jacques-Cartier bridge to the South Shore.

Instead, about 100 nurses rallied for about half an hour near the foot of Papineau St., with traffic diverted, and then the protest ended.

In Quebec City, the FIQ union was planning to block traffic on both sides of the bridge, at the two access ramps, said the union on Monday morning.

Regardless of both protests, emergency vehicles would, however, still be able to circulate, said the union.

The FIQ represents nearly 80,000 health-care workers, including nurses. Their grievances when they first began to negotiate their contract a year ago have only gotten worse, they say.

"We've gone through a first phase of a pandemic, a second phase that we're in, and there's no real openness at the tables with the government," said the FIQ's Roberto Rocha.

The province's nursing shortage is also getting worse, the union says, because many nurses are quitting to go work for private agencies where they have



more control over their working conditions.

However, those private agencies end up contracting nurses to work in the public sector, said Rocha.

"It's our taxpayers dollars," he said. "We're paying private agencies to make a profit to manage human resources, health professionals, and return them to the public sector so it makes no sense."

The FIQ also represents respiratory therapists and clinical perfusionists--workers who operate lung-heart pumps--throughout Quebec.

Their collective agreement expired on March 31.

The union's main demands revolve around workload and quality of life.

It wants to see strict nurse-patient ratios established. It also wants the creation of long-term care teams made up of full-time workers, a system it says would allow better work-family balance.

Right now, staffing is often organized by timing, with day, evening and night shifts, for example.

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