

THE NORTH AMERICAN FILIPINO STAR

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Global youth protests urge climate action See Page 4



Climate protesters demonstrate in London on Friday, September 20, 2019. Protesters around the world joined rallies on Friday as a day of worldwide demonstration calling for action against climate change that began ahead of a UN summit in New York (AP Frank Augstein).

Knights of Rizal Eastern Canada Region holds its 6th General Assembly in Montreal

By: Tony A. San Juan, OCT-Ret.

The ever-popular fraternal organization, the Order of the Knights of Rizal Eastern Canada Region conducted its successful 6th General Assembly on September 13, 14 & 15, 2019 in Montreal, Quebec, Canada with its theme "Dr. Jose P. Rizal: Then and Now.". The KOR-CRA quadrennial celebration was held in three venues, namely: the Crowne Plaza Montreal Airport, at 6600 Cote-de-Liesse, the Hellenic Community Centre on Wilderton Avenue and CRC (Centre des ressources communautaires) Community Centre on 6767 Chemin De la Côte des Neiges.

Over 200 enthusiastic participants to the 3-day event came from the Philippines, 5 USA cities and 5 Canadian cities. The out-of-country delegations included 2 KOR Supreme Council officers from the Philippine headquarters and several USA Chapters' officers from Houston



From left: Sir James de la Paz, Mr. Beryl Wajzman, editor-in-chief of The Suburban Newspaper Group and founder and president of the Institute for Public Affairs of Montreal. MP Anthony Housefather, Councilor Lionel Perez, Councilor Marvin Rotrand, Lady Myrna Othman and Sir Nazem Othman. (Photo from MP Anthony Housefather's FB post).

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Knights



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**From the
Executive Publisher's Desk**

Which party offers the best platform?

Zenaida Ferry-Kharroubi

The current Federal elections may be one of the most important in our Canadian history as there are many important issues at stake. Voters must not be easily swayed by scandals without reflecting further on their implications or how they have impacted a leader's record in serving the country. The recent "Black Face" and "Brown Face" photos that came to light just served to remind voters that they are distractions and should not destroy a person's record of service. We need to weigh all the reasons why we have to postpone judgement and give Justin Trudeau another chance to show his honesty and sincerity in doing what is good for the country. One writer notes that he has fulfilled 92% of the promises he made and perhaps, he will also fulfill the ones he is making during these elections. For the good of the country, we hope and hold him to account at the end of another term if he wins this election.

Party platforms should be well explained to enable voters to select which one will be more beneficial, relevant to one's goals of living a better life, and provide an economic stability and continuous progress. Some of the platforms are too vague and do not detail how they would be realized or implemented. A diligent voter must then resort to reading the numerous opinions and analyses by journalists, pollsters, before they can select which ones offer the best platforms supported by facts and figures..

For most immigrant communities, what seem to be the most important issues are immigration, and the economy, but the recent news about the climate crises have also influenced many voters to look at the different platforms which demonstrate a party's willingness to do something serious in combatting disastrous climate changes.

Climate Change

Liberal

The Liberals have committed to phasing out coal power by 2030 to help meet the carbon emission reduction targets set out in the Paris agreement. They've pledged to hit net-zero emissions by 2050. The party says it will end "inefficient" fossil fuel subsidies by 2025 and ban some single-use plastics as early as 2021.

Conservative

Conservatives say they are committed to meeting the Paris agreement target but would axe the carbon tax. They propose replacing a policy taxing heavy emitters with requirements they invest in clean technology or research. The party

wants to sign agreements allowing Canada to get credit for helping achieve emissions reductions internationally and launch a green-tech patent tax credit for businesses.

New Democrat

The NDP says it wants to reduce emissions by 38 per cent below 2005 levels by 2030. To get there, it would spend \$15 billion retrofitting buildings and create a "climate bank" to invest in renewable energy and clean technology. It wants to introduce a single-use plastics ban by 2022 and to boost the support fund for communities hit by natural disasters.

Green

The Greens aim to reduce emissions to 60 per cent below 2005 levels by 2030 — doubling Canada's current Paris agreement targets — and hit net-zero emissions by 2050. The party would ban fracking, end imports of foreign oil and oppose fossil fuel projects. It says it would end fossil fuel subsidies within a year.

Immigration

Liberal

Immigration has increased under the Liberals; 321,045 immigrants came in 2018 — the largest number since the First World War. The party hopes to bump that number to 350,000 by 2021. Liberal Immigration Minister Ahmed Hussen said he wants to accept more refugees, while the Liberal government has imposed measures to crack down on "asylum-shopping" and regulate immigration consultants.

Conservative

Conservatives haven't said how many immigrants they would accept each year. But leader Andrew Scheer has stressed the importance of "economic immigration" and prioritizing those facing "true persecution." Conservatives also want to crack down on illegal border crossings. They would instead promote the private sponsorship of refugees and increase refugee screening.

New Democrat

The NDP don't cite a specific number when asked how many immigrants they would accept. The party has stressed the need to tackle applicant backlogs and prioritize family reunification. It promises to regulate the immigration consultant industry and get rid of the Safe Third Country agreement, which prevents migrants who made claims in the U.S. from making claims in Canada.

Green

Greens want to increase immigration to places that can't fill job vacancies, but don't cite targets for the number they would accept. The party

also wants to start a discussion about climate refugees. Greens want them included as an official refugee category. They too want to get rid of the Safe Third Country agreement.

Jobs

Liberal

Liberals are heading into the election feeling pretty happy about job gains — Canada's unemployment rate dropped to 5.4 per cent in May this year, its lowest number since comparable data was first collected in 1976. It's since edged up slightly to 5.7 per cent. The party also has been mulling a guaranteed minimum income, but has not detailed further plans.

Conservative

The party has railed against many Liberal policies, claiming they threaten jobs. Leader Andrew Scheer has been a fierce advocate for struggling oil workers. Conservatives have promised to end foreign oil imports and get pipelines built, including the Trans Mountain, which they claim will create "tens of thousands" of jobs. It also wants to improve "credential recognition" to make it easier for immigrants to get jobs, if they have equivalent skills.

New Democrat

New Democrats propose raising the federal minimum wage to \$15 an hour. Their platform pledges to create 300,000 new jobs in the NDP's first term. The party also wants to ban

unpaid internships if they don't count for school credit. It would require employers spend one per cent of their payroll on annual employee training.

Green

The party wants to raise the federal minimum wage to \$15 an hour and ban unpaid internships, excluding those for school credits. At the federal level, it would like to study raising the minimum amounts for vacation and look at implementing a shorter work week. It also wants to cancel the Temporary Foreign Worker program and implement a guaranteed liveable income.

There are still more than three weeks to October 21. We encourage everyone to continue reading the discussions about the issues that are going to affect their decision in selecting the right people to lead the government but according to most experts, it boils down to a question - will you let the Liberals continue what they have began for another four years, or do you want to change to try a new leader whose vision of Canada has not yet been tested? Is change really necessary at this point?

The poll shows that the Liberals and the Conservatives are neck and neck. In spite of the scandals which were in the news lately, the Liberals are starting to have an edge over the Conservatives. Will this trend continue until election day?



The Swedish environmental activist Greta Thunberg speaks during the Climate Action Summit at the United Nations headquarters in New York on Monday, Sept. 23, 2019 Carlo Allegri/Reuters

- President Donald Trump on Monday sarcastically addressed the 16-year-old climate activist Greta Thunberg's impassioned speech at the United Nations Climate Action Summit, where she said: "How dare you! You have stolen my dreams and my childhood with your empty words."
- Trump quote-tweeted a video of

Thunberg's speech and captioned it: "She seems like a very happy young girl looking forward to a bright and wonderful future. So nice to see!"

- To out-troll the president, Thunberg then changed her Twitter bio to "A very happy young girl looking forward to a bright and wonderful future."



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Tax credits or cash? Parties spar over what is best for parental benefits



Conservative Party of Canada Leader Andrew Scheer, Liberal Party Leader Justin Trudeau, NDP Leader Jagmeet Singh, Green Party Leader Elizabeth May, Bloc Quebecois Leader Yves-Francois Blanchet and People's Party of Canada Leader Maxime Bernier are pictured in this composite image. (Images via The Canadian Press)

Stephanie Levitz The Canadian Press Tuesday, September 17, 2019
 OTTAWA -- Is it better to be paid in credit or with cash?

That's a question Liberals and Conservatives tussled over Tuesday in the ongoing federal election competition for the votes of middle-class families.

The Liberals promised an expansion to existing child and parent benefit programs, including a pledge to make maternity and parental benefits tax-free, effectively one-

upping their Conservative rivals who'd made a similar pitch last week.

For the Liberals, the promise came in the form of a commitment to removing the taxes from the benefits.

"You'll get every dollar right when you need it, since no taxes will be taken off the EI cheque when new parents receive it," Trudeau said at an event in St. John's, N.L.

The Conservatives, who have also claimed to be making the benefits tax-free, are promising a tax credit. So parents would still see their benefits

taxed by the government, but they'd get a tax credit in return.

The duelling pitches underscore the differing ideological approaches taken by the parties on how best to woo voters.

Since the campaign began last Wednesday, the Conservatives have focused nearly exclusively on promising a wide array of tax cuts.

By contrast, the Liberals have focused on increased program spending and, in the case of benefits for families, straight cash -- both in

taking the taxes off the benefits, and via the promise Tuesday to expand the existing Canada Child Benefit to give more money to parents with children under the age of one.

Conservative Leader Andrew Scheer argued the Liberals were in fact adopting a Tory tone by expanding the CCB.

People's Party of Canada Leader Maxime Bernier has taken his campaign to New Brunswick for the middle part of the week.

Mulroney warns parties they'll 'pay the price' if they ignore environment in their campaigns

Rachel Gilmore
 CTVNews.ca Writer, Sept 17, 2019
 @atRachelGilmore | Contact

Former Progressive Conservative Prime Minister Brian Mulroney says any politician who chooses to ignore climate change in their campaigning will "pay the price."

In an interview with Don Martin on CTV's Power Play, which aired Tuesday, Mulroney pointed out that when it comes to climate change, "the broad middle class in Canada will not accept indifference on this issue."

"[Canadians] want more than anything else, I think Don, to pass on...to their children and grandchildren, a pristine environment, and anybody that doesn't understand that or campaigns against it is going to pay the price," Mulroney said. Pollsters have been echoing



Mulroney's warning. A Sept. 9 poll conducted by Nanos Research found that just over 27 per cent of Canadians said the environment is the most likely issue to influence their vote -- topping

the list of their key concerns.

It's not an overly surprising stance for Mulroney, who in 2006 was crowned the "greenest prime minister" in Canadian history following a survey

of environmental experts. His passage of the Environmental Protection Act and his fight against acid rain were key moves that saw the former prime minister land that prize.

In his interview with Martin, Mulroney went on to emphasize the achievements of another key green figure: Green Party Leader Elizabeth May.

"Elizabeth May worked for me in 1985 and 86, and she was responsible for a lot of good work...and I'm delighted that Elizabeth, who's an outstanding person, that she is bringing to public attention the calamitous effects of non-action in this area," he said, referring to climate change.

See Page 6 Mulroney warns

Global youth protests urge climate action

NEW YORK — Young people afraid for their futures protested around the globe Friday to implore leaders to tackle climate change, turning out by the hundreds of thousands to insist that the warming world can't wait for action.

Marches, rallies and demonstrations were held from Canberra to Kabul and Cape Town to New York, and German police reported that more than 100,000 turned out in Berlin.

Days before a U.N. climate summit of world leaders, the "Global Climate Strike" events ranged from about two dozen activists in Seoul using LED flashlights to send Morse code messages calling for action to rescue the earth to Australia demonstrations that organizers estimated were the country's largest protests since the Iraq War began in 2003.

"Basically, our earth is dying, and if we don't do something about it, we die," said A.J. Conermann, a 15-year old high school sophomore among several thousand who marched to the Capitol building in Washington.

"I want to grow up. I want to have a future," Conermann added.

In New York, where public schools excused students with parental permission, tens of thousands of mostly young people marched through lower Manhattan, briefly shutting down some streets.

"Sorry I can't clean my room, I'm busy saving the world," one protester's sign declared.

And in Paris, teenagers and kids as young as 10 traded classrooms for the streets. Marie-Lou Sahai, 15, skipped school because "the only way to make people listen is to protest."

The demonstrations were partly inspired by the activism of Swedish teenager Greta Thunberg, who has staged weekly "Fridays for Future" demonstrations for a year, urging world leaders to step up efforts against climate change.

"It's such a victory," Thunberg told The Associated Press in an

interview in New York. "I would never have predicted or believed that this was going to happen, and so fast — and only in 15 months."

Thunberg spoke at a rally later Friday and is expected to participate in a U.N. Youth Climate Summit on Saturday and speak at the U.N. Climate Action Summit with global leaders on Monday.

"They have this opportunity to do something, and they should take that," she said. "And otherwise, they should feel ashamed."

The world has warmed about 1 degree Celsius (1.8 Fahrenheit) since before the Industrial Revolution, and scientists have attributed more than 90 percent of the increase to emissions of heat-trapping gases from fuel-burning and other human activity.

Scientists have warned that global warming will subject Earth to rising seas and more heat waves, droughts, powerful storms, flooding and other problems, and that some have already started manifesting themselves.

Climate change has made record-breaking heat temperature records twice as likely as record-setting cold temperatures over the past two decades in the contiguous U.S., according to National Oceanic and Atmospheric Administration data.

Nations around the world recommitted at a 2015 summit in Paris to hold warming to less than 2 degrees Celsius (3.6 Fahrenheit) more than pre-industrial-era levels by the end of this century, and they added a more ambitious goal of limiting the increase to 1.5 C (2.7F).

But U.S. President Donald Trump subsequently announced that he was withdrawing the U.S. from the agreement, which he said benefited other nations at the expense of American businesses and taxpayers.

Trump called global warming as a "hoax" before becoming president. He has since said he's "not denying climate change" but is not convinced it's manmade or permanent.

New York protester Pearl

Seidman, 13, hoped the demonstration would tell the Trump administration "that if they can't be adults, we're going to be adults. Because someone needs to do it." At least one Trump supporter waved a large "Trump 2020" flag as the demonstrators marched in Manhattan.

In Florida, high school students shouted "Miami is under attack" in Miami Beach, where some worried about losing their homes to rising water. On the West Coast, student-led protests drew in some Google and Amazon employees.

Amazon, which ships more than 10 billion items a year, vowed Thursday to cut its use of fossil fuels, and Google CEO Sundar Pichai told the Financial Times in a story published Friday that eliminating the company's carbon emissions by 2030 didn't seem "unreasonable."

Friday's demonstrations started in Australia, where organizers estimated 300,000 protesters marched in 110 towns and cities, including Sydney and the national capital, Canberra. Demonstrators called for their country, the world's largest exporter of coal and liquid natural gas, to take more drastic action to reduce greenhouse gas emissions.

Acting Prime Minister Michael McCormack — filling in while Prime Minister Scott Morrison was on a state visit to the United States — said Australia was already taking action to cut emissions. McCormack called the climate rallies "a disruption" that should have been held on a weekend to avoid inconveniences.

Many middle schools in largely coal-reliant Poland gave students the day off so they could participate in the rallies in Warsaw and other cities, and President Andrzej Duda joined school students picking up trash in a forest. German police said more than 100,000 people gathered in front of Berlin's landmark Brandenburg Gate, near where Chancellor Angela Merkel's Cabinet thrashed out the final details of a 54 billion euro (\$60 billion) plan to curb Germany's greenhouse gas emissions.

Thousands of schoolchildren

The brief tour ended at the Casino de Montreal with a hearty continental buffet lunch and roll-the-dice playing.

The Commanders' Ball, attended by over 350 guests, knights and their family and friends in their KOR & Filipiniana regalia, was held at the Hellenic Community Centre near the Montreal Filipino community hub in the Van Horne and Victoria area. The program included speeches and greetings from Canada's federal, provincial and city government officials, the Philippine embassy and KOR Deputy Supreme Commander Sir Lutgardo Barbo. KOR invested honorary KCR rank to incumbent MP Anthony Housefather, "Suburban" newspaper editor Beryl Wajzman and Councilor Lionel Perez. Among the special guests were Philippine Deputy Chief of Mission Francisco Noel Fernandez, Zenaida Ferry Kharroubi, founder & director-general of Gilmore College International & chief editor-

and their adult supporters demonstrated in London outside the British Parliament. The British government said it endorsed the protesters' message but didn't condone skipping school — a stance that didn't sit well with some of the young protesters.

"If politicians were taking the appropriate action we need and had been taking this action a long time ago when it was recognized the world was changing in a negative way, then I would not have to be skipping school," said Jessica Ahmed, a 16-year-old London student.

In Helsinki, the Finnish capital, a man dressed as Santa Claus stood outside parliament holding a sign: "My house is on fire, my reindeer can't swim."

Smaller protests took place in Asia, including in Japan, South Korea, the Philippines, Hong Kong and India. In the Afghan capital, Kabul, an armored personnel carrier was deployed to protect about 100 young people as they marched, led by a group of several young women carrying a banner emblazoned with "Fridays for Future."

"We know war can kill a group of people," said Fardeen Barakzai, one of the organizers. "The problem in Afghanistan is our leaders are fighting for power, but the real power is in nature."

In South America, scores of demonstrators gathered outside the Rio de Janeiro state legislature in Brazil, where a recent increase in fires in the Amazon region stirred an international outcry.

In Africa, demonstrators rallied in Johannesburg and the South African capital, Pretoria, while some young protesters in Nairobi, Kenya, wore hats and outfits made from plastic bottles to emphasize the dangers of plastic waste, a major threat to cities and oceans.

By JENNIFER PELTZ AND FRANK JORDANS, ASSOCIATED PRESS
NEW YORK — Sep 20, 2019, 7:51 PM ET

From Page 1

Knights

(Texas), Honolulu (Hawaii), Cleveland (Ohio), New York City (New York), Jersey City (New Jersey), and Seattle (Washington). The Canadian delegates are from the host KOR Eastern Region Chapters of Montreal, Gatineau, MacKenzie Montreal Central and West Islands in the province of Quebec as well as chapter officers from the City of Windsor and the Greater Toronto Area's 4 major cities in the Ontario province.

On September 13th, delegations started arriving and registering early at the Crowne Plaza lobby. The bienvenue meet-and-greet function was held at CRC Community Centre. More than 4 hours of celebratory fellowship with the usual bantering, "kumustahan at kantiyawan" characterized the first day. Over "papaitan, dinuguan, pancit &

caldereta, atbp." diet-busting buffet dining & drinking, special speeches, karaoke singing and line dancing punctuated the evening's warm welcoming and fun-filled get together generously hosted by members of the 4 KOR Quebec chapters

During the second day, the Knights of Rizal delegations were treated to a Montreal city tour in several buses and private vehicles. The tour included paying a homage, wreath-laying, and "kodakan" at the bust statue of Dr. Jose Rizal at Place Jose Rizal at the Cote St. Catherine Road Mackenzie King Park. The next stop, through an uphill zigzag road, was a faith visit and prayers at the renowned L'Oratoire, the basilica of Saint-Joseph du Mont-Royal and the hilly Summit Circle overlooking the City of Montreal. In downtown, the Knights dropped by the Basilique Notre-Dame de Montreal and did "selfies & groupies" poses at the Place d'Armes.

volunteers and members of the KOR MMC Chapter.

On the third and final day, after a hearty breakfast at the Crowne Plaza Hotel, the Knights assembled for the traditional KOR Plenary Session. The ceremonies, ably emceed by Sir Freddie Espinosa, started with a parade of colours, the singing of the Canadian, Filipino and American national anthems followed by the welcome address of Sir Dario Boco. The solemn ceremony, and-at times punctuated with spontaneous chants and peals of laughter, included speeches and talks by invited guest speakers Sir Lutgardo Barbo, Sir Judge Victor Sison, Sir Alwyn Galela, Sir Lapulapu Cana and Professor Tony A. San Juan of Toronto. The main highlights covered: 1) the Knighting of new members 2) installing the West Island Chapter 3) the promotion to higher ranks of deserving officers and 4) the awarding of meritorious recognition to senior Knights presided by Sir Lutgardo Barbo, Sir Avelino Torres(KOR Supreme Pursuivant), Sir L. Cana and Sir Jaime Marasigan. Sir Joe Damasco made his well-received "Regional Commander's Report" on the programs, projects, plans and accomplishments of the KOR Canada Region. The penultimate tasks were the recitation of the nationalistic pledge of "sa ating watawat", the singing of the Order of the Knights of Rizal hymn and the motto: "Non Omnis Moriar " (Not All of Me Will Die).

The remarkable gathering was superbly organized under the auspices



Group photo of Knights of Rizal from the different chapters - Among them are Sir Lutgardo B. Barbo, the KOR Deputy Supreme Commander and former three-term governor of Eastern Samar, and Sir Ave Torres, the KOR Supreme Archivist. Eastern Canada Region that is comprised of the chapters in Ontario and Quebec. (Photo contributed by Budz Sarmiento).

of the KOR Eastern Region chapters and their officers and members jointly led by Sir James Dela Paz, Sir Ramon Posadas and Sir Gerry Danzil. The trio were assisted by Sir Dario Boco, Sir Alfredo Formosa, Sir Angelo Manuel, Sir Bert Abiera, Sir Rey Balansi, Sir Felix De Luna, Sir Dante Tabamo and other KOR officers and their charming

Ladies. KOR-Canada Region commander Sir Joe Damasco, Deputy commander Sir Mario Alpuerto and Don Valley Chapter commander Sir Mauro "Jun" Calaguio, Jr., all of Toronto, have patiently provided tremendous guidance and support throughout.

Proudly, in unison, the

conventioners agreed that the 2019 KOR 6th Regional Assembly was indeed a thoroughly significant, vividly informative, solidly interesting, highly enjoyable and memorable milestone for all of the brother Knights and their Dames. Merci Beaucoup! Au Revoir Montreal! Maraming Salamat. Sa Muling Pagkikita! (Tony A. San Juan)



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Tagalog Seksyon

Opinyon/Komentaryo ni Willie Quiambao

SINUWAY NG COMELEC AND BOARD OF TRUSTEES

Hindi alam ng marami na ang pinakamataas sa FAMAS ay ang Executive Board (kasama ang Board of Trustees na nagsisilbing advisory body kung hindi makapag-function ang EB . Ang EB ang nag-aappoint ng COMELEC upang gumawa ng mga Election Rules and Regulations. Ang mga ito ay ipinakikita ng COMELEC sa EB upang mapag-aralan at makatiyak na mapangangalagaan ang kapakanan ng FAMAS. Kapag na-aprubahan na ang mga ginawa ng COMELEC, ibabalik ang mga ito sa kanila ng EB. Doon na masasabing Independent body na ang COMELEC. Sa kaso ni Opendo, sinira niya ang kaniyang Rules and Regulations kaya inutusan siya ng BOT na iproklamang nanalo ang Team Malaya, sa halip na ang Samahang Makabayan. Ngunit sinuway ng COMELEC ang gusto ng BOT na mas mataas sa kaniya . Natatandaan ko ang

sinabi noon ng isang lider na matagal na rin so komunidad , "Nanggaling ka lamang sa sinapupunan (womb) ko kaya paano ka magiging mataas pa sa akin). Anak lamang kita."

NAGSASALITA NA ANG ATING MGA KABABAYAN UPANG MAKAKUHA NG KATARUNGAN

Nagreklamo ang Malaya Team sa Board of Trustees dahil sa ginawa ng ilang kandidato ng Samahang Makabayan at ng COMELEC chairman na si Glenn Opendo noong nakaraang eleksyon ng FAMAS. Nilabag nila ang Election Rules and Regulations. Sabi ng Team Malaya, "Ayaw naming mangyari uli ang nangyari ngayon sa mga susunod na eleksyon. Nagreklamo rin si Dante Tabamo ng Malaya Team noong 2015-2017 eleksyon laban sa Samahang Makabayan dahil sa ginawa ng COMELEC chairman na si Julie Parado. Kinabukasan pagkatapos ng eleksyon, maraming nakarinig at nakasaksi nang ipinahayag ni Parado na nanalo si Tabamo pero ilang oras

matapos niyang ipauwi ang mga kahon ng balota sa bahay niya, lumabas sa Facebook na nanalo si Manuel. Binuksan ba ang mga kahon ng balota na walang saksi sa dalawang partido at gaano katagal ang ginawang bagbibilang uli sa mga balota? Hindi kailangang maging matalino upang malaman kung ano ang nangyari. Tuloy pa rin ang hearing tungkol sa kasong Tabamo at Manuel. Kung manalo si Tabamo o i-declare na null ang void ang eleksyon noong 2015-2017, alam niyang hindi na rin siya puedeng manilbihan bilang presidente ng FAMAS. "Ang mahalaga ay mapatunayan ko na hindi makatarungan ang ginawa sa akin," ayon kay Tabamo. Sa kabilang dako, isang lider ng komunidad ang halos isang taon na isinulat ng isang reporter at kaniyang kaibigan sa isang diaryo upang itanong kung nasaan ang pera ng isang asosasyon. Nagdemanda siya dahil harassment ang ginawa sa kaniya at napatunayan na hindi naman nawawala ang pera. Maliit lamang ang nasasangkot na pera at malaki na ang nagagastos ng lider pero hindi siya pumayag na magkaroon ng out-of-court settlement. Sandaling panahon na lamang at lalabas na ang opisyal na desisyon ng judge. "Ayaw kong gawin nila sa iba ang ginawa nilang pang-haharass sa akin. Ito ang maipamamana ko sa komunidad kung wala na ako rito sa Montreal."

May prinsipyong ipinaglaban ang mga taong nabanggit sa itaas.

KUNG ANU-ANO ANG RACKET NA NAIISIP NG MGA MANLOLOKO

Naisulat ko noon na ilang beses akong nakatanggap ng tawag mula raw sa Bureau of Internal Revenue. Hindi raw ako nagbabayad ng tax at humihingi sa akin ng mga personal na impormasyon. Hindi ako natakot sa mga pinagsasabi ng tumawag dahil nabalaan ako ng aking kapatid sa ganitong racket. Ang kamuntik na akong maloko ay nang may tumawag sa akin na nag-rerepair ng komputer na galing pa sa labas ng Canada. Hindi ko matandaan kung saan ko nakuha ang telepono. Sa pag-uusap namin sa telepono, itinuro niya sa akin kung paano ko ma-rerepair ang aking komputer. Natauhan ako ng hingiin niya sa akin ang bank account number ko. Kamakailan naman ay tumanggap ako ng sulat mula sa England na naka-addressed sa aking kapatid. May letter head ang sulat na parang photo copy. Siya raw ang abogado ng isang kamag-anak namin na namatay at ang aking kapatid ang tagapagmana ng \$8,000,000. Pareho silang Quiambao. Kontakin daw sila ng pribado upang malaman kung paano makukuha ang mana. Natawa na lamang ako dahil matagal ko nang nabasa ang ganitong racket sa column ni Dear Abby o Dear Ann Landers. Karamihan sa mga nagiging biktima ay mga matatanda na madaling maloko. Uutusan silang magpadala ng pera upang makuha ang sinasabing mana. Mag-iingat tayo.

Filipino Heritage Montreal Administrators



L-R) Ricardo Ribaya, Alberto Abiera, Dolores Belandres, Jeannette Perignon, Editha Fedelizo, Alfonso Abdon, Amelia Manon- og, Luzviminda Mazzone, Paul Imperial and Norbert Jr. Mandin.



A project of Samanta Leger

Cool thing I did this summer as the recipient of a Concordia Undergraduate Student Research Award! I got to work with an amazing group of senior Filipino women on an oral history project, collecting their stories of what Filipino heritage means to them. For those of you in Montreal, my display showcasing the work will be installed outside the Art History department on the 3rd floor of the EV building until October 9th! Go check it out to view the interviews the women conducted with each other!

From Page 3 M ulroney

He said one doesn't have to accept all May's ideas – or "those of the Green Party" – to see that Canadians will not settle for indifference on the issue.

Mulroney said People's Party Leader Maxime Bernier's stance on climate issues, which includes the belief that Canada is only liveable thanks to "natural climate change," will be a tough sell.

"I like Maxime, but he may – he's going to find it difficult to sell that idea anywhere in Canada," Mulroney said.

Voters will give their verdict on parties' environmental platforms – and other key issues – when they head to the polls in the federal election on Oct. 21.

Parties should stay the course on Quebec secularism bill: Mulroney

Mulroney also weighed in on another hot button issue: the controversial Quebec secularism bill, which bans religious symbols for teachers, police officers and other public servants in positions of authority.

He said the government should allow the ongoing court challenge of the bill to proceed – and could consider intervening at a later date.

"It'll eventually wind up in the Supreme Court of Canada. The government may wish to intervene at the Court of Appeal or at the Supreme Court level if they wish at the time, but for the moment I think they're following an acceptable path by allowing the courts to deal with it in an objective and fair manner," Mulroney said.

The case is moving on to the Quebec Court of Appeal after the Court agreed on Aug. 1 to revisit the issue. They have yet to announce when that challenge will take place.

Ranking of countries as having the best education in the world.

Canada has been named the third best country in the world for education.

This is according to the latest study conducted by US News & World Report in partnership with Y&R's BAV and Wharton. The report down 80 countries' overall rankings based "on 75 different metrics."

The best countries for education ranking was based on the following factors:

- Well-developed education system
- If individuals would consider attending university in that country
- If top-quality education is provided in that country

According to the report, Canada was recognized for students scoring high on the OECD's (Organisation for Economic Co-operation) Programme for International Student Assessment.

Canada also ranked first place for quality of life, third best country overall, and third best for women.

20 Best Countries for Education in 2019

- | | |
|-----------------|-----------------|
| 1) UK | 11) Denmark |
| 2) US | 12) Norway |
| 3) Canada | 13) New Zealand |
| 4) Germany | 14) Belgium |
| 5) France | 15) Finland |
| 6) Australia | 16) Italy |
| 7) Switzerland | 17) Ireland |
| 8) Sweden | 18) Spain |
| 9) Japan | 19) Luxembourg |
| 10) Netherlands | 20) Singapore |

Pinay chef bags UN award for helping Bicol farmers



Kristine Sabillo, ABS-CBN News
 Posted at Sep 18 2019 01:23 AM
 MANILA—The United Nations Environment Programme (UNEP) on Wednesday announced its winners for the prestigious Young Champions of the Earth Prize.

Of the 7 young entrepreneurs, 20-year-old Filipino chef Louise Mabulo was recognized as the winner for the Asia and the Pacific region.

UNEP cited Mabulo for taking action to address climate change through her “Cacao Project.”

“Mabulo’s solution, the Cacao Project, has trained over 200 farmers in agroforestry techniques, planting more than 70,000 trees across 70 hectares of land,” UNEP said in a statement.

Mabulo will receive the prize in New York, days after the global climate strike and the UN climate summits.

Mabulo, who first gained popularity as a young chef when she became a finalist of ABS-CBN’s Junior MasterChef cooking competition, said she started the project after Typhoon Nina (international name Nock Ten) devastated her home province of Bicol

in 2016. “It started out as a typhoon relief project,” she said, adding that she bought cacao seedlings from her own savings and some donations.

While she was focused on her career as a chef, she started going into farming and agriculture as part of her interest in sustainable food value chains.

It was then that she realized how unsustainable it was for farmers in Bicol to continue planting crops that were not climate-resilient.

After the 2016 typhoon, many rice fields in her hometown of San Fernando were left flooded. A large number of coconut trees were destroyed because of the strong winds.

“We realized we can’t just weather through the yearly typhoon,” Mabulo told ABS-CBN News in a phone interview. “Coconut trees would take another 5 years (to mature). We had to think of something more resilient and something more profitable for the farmers and with demand for the market.”

UN Environment Programme

Mabulo discovered that the cacao tree was just the right height to withstand strong winds. “Our soil is also perfect for growing cacao trees. It’s sustainable,” she said.

Since it takes a cacao tree around 3 years to mature, the project also provides short-term crops for the farmers so they can earn a living while waiting to harvest cacao.

By winning the Young Champions of the Earth Prize, Mabulo will be receiving \$15,000 (P783,900) for her “Cacao Project.” She plans to use the money to set up a training and processing center. She will also be receiving mentoring and communications support.

She is hoping that once harvested, the farmers can learn how

behind.”

Mabulo said she has been receiving a lot of inquiries from companies interested in purchasing their upcoming harvest.

“It’s a way to make sure that companies are sourcing their chocolate sustainably,” she said, adding that they will make sure that the pricing is fair to the farmers.

Mabulo said her dream is to make cacao farming an “art form” that will be as attractive as wine and vineyards.

As for the winning the UN prize, she said, “Getting this kind of award and attention for a project is absolutely amazing. It’s not just for me but for the farmers and for bringing the Philippine industry in the spotlight.”

Mabulo and the 6 other



to process the cacao to make chocolates.

UNEP executive director Inger Andersen said “building resilience in a climate changing world is critical to helping communities weather the challenges of extreme weather events. And in doing so, we can create jobs, build more livable cities, and improve the well-being of the world’s most vulnerable, making sure no one is left

winners bested over 1,000 applicants under the age of 30. They were chosen for their creative, innovative and impactful initiatives addressing climate change.

Before receiving her award, Mabulo will be attending and giving talks at the UN Youth Climate Summit and other climate-related events in New York.

To modernize PH education, new law allows foreign, local universities to partner

Arianne Merez, ABS-CBN News
 Posted at Sep 25 2019 07:29

MANILA - President Rodrigo Duterte has signed into law a measure meant to improve the global competitiveness of local education by allowing the presence of foreign schools in the country.

Republic Act No. 11448, or the Transnational Higher Education Act, which was signed on Aug. 28 and made public Wednesday, expands access to education by encouraging partnerships between foreign and local universities.

It is meant to modernize the higher-education sector, “with a view of . . . attracting a flow of talented students, faculty and staff and improving the country’s human resource base,” the law stated.

Under the new measure, the Commission on Higher Education (CHED) is tasked to formulate a national strategy for the formation of transnational higher education programs and institutions for undergraduate, graduate and postgraduate degrees in the Philippines.

Foreign universities, through a local partner, could put up branch



campuses, as long as Filipino students comprise at least two-thirds of enrollment. Foreigners could fill up more than 80 percent of faculty and up to 40 percent of the administrative personnel and staff in the local branches.

Foreign universities are also allowed to promote “twinning” arrangements or joint degrees with local universities under the law.

Local universities with programs recognized by CHED, meanwhile, are allowed to offer their services abroad, as long as these schools abide by the rules and regulations of the host country.

Palace hits Global Witness as source of lies after report on land activist murders

Arianne Merez, ABS-CBN News
 Posted at Sep 25 2019 12:50 PM

MANILA- Malacañang on Wednesday called international rights watchdog Global Witness a source of lies after the group published a report on the sharp increase of murders of environmental activists and land defenders in the Philippines under the administration of President Rodrigo Duterte.

The group has “falsely and unfairly” pinned on the President the blame for the death of 113 land defenders since Duterte became president in mid-2016, his spokesperson Salvador Panelo said.

“The Palace considers the UK-based group Global Witness as a purveyor of falsity and a subservient machinery for political propaganda,” Panelo said.

“There is nothing new to its sham assertion which mimics the recurring chants of the usual derogators of PRRD (President Rodrigo Roa Duterte).”

Global Witness, in its latest report, alleged that President Duterte’s

speeches and policies have “emboldened” killers.

In July, the group said 30 killings in the Philippines last year made it the deadliest country in the world for land defenders -- a first since the group began reporting such deaths in 2012.

Murders of land activists spike under Philippines' Duterte: watchdog “Global Witness has once again made it appear that it is the Duterte Administration which is the raison d’etre (most important reason) for the situation befalling these land and environmental defenders,” Panelo said.

The Duterte spokesman claimed that the group’s recent report is a “mere rehash” of a previous statement and instead blamed communist insurgents over deaths of land defenders, saying the rebels wanted to “control” such areas.

“Its original manifesto did not accomplish its mission of tainting the integrity of this Administration, thus the

See Page 19 Global Witness



Canada's 10 most in demand jobs of 2019 — and their pay: Randstad

In order to give you an idea what to consider in looking for a career, we quote an excerpt below which is self-explanatory:

"When considering education and career choices, think about the things you'll be doing on a daily basis. It's important that you do something you can be passionate about, something that fits your personality and interests. Something you like and are good at. Also, develop a skill set that is adaptable, one that can be applied to different aspects of your chosen field."-- Michael Kelleher

After two years of keeping the pedal to the metal, there are signs that the Canadian economy is going to ease off the gas a bit in 2019. But there is no sign yet of that expected slowdown in the labour market. Unemployment is still at 5.6 per cent, a 40-year low.

It turns out there are two kinds of hot jobs. The first are the ones that register the highest number of vacancies across the country. Those are the jobs the economy is creating right now.

Then there are what Randstad calls "emerging jobs." These are new roles, almost exclusively in tech, that didn't exist until a few years — or a few months — ago. The volume of open positions for these roles is often smaller, but fewer Canadians have the chops to fill those positions, and competition among employers to recruit top talent is fierce. This is where the economy is likely headed.

Here are the top five jobs in each category:

Most in-demand jobs:

Sales associate

Forget the doom and gloom about the demise of brick and mortar

stores. Sales associate is the most in-demand role in Canada right now, according to Randstad.

One possible explanation: retail trade is the country's largest employer, providing jobs for some two million Canadians, or over 10 per cent of the workforce. With the economy doing well, the sector is adding lots of warm bodies, which is perhaps temporarily masking a longer-term trend of decline.

Carolyn Levy at Randstad Canada, though, offers a different narrative. "People still want the bricks and mortar retail experience," she told Global News.

Rather than edging out in-store shopping, e-commerce is increasingly complementing it. Often people do their research online but then head to the store to check out products and get advice in person. Retailers need sales associates to deliver the extra service that will make it worthwhile for you to make it to the store, Levy said.

For example, someone heading to Best Buy to purchase a Google Home smart speaker may already know all about its features and capability. The sales associate, though, can tell them all about how to set up their new gadget, Levy said.

For permanent positions, job pays between \$52,000 and \$62,000 on average, according to Randstad data.

Administrative assistant

This is another job that was supposed to be a prime target for robot takeover. But the position is evolving along with the new technology, Levy said.

In addition to the usual clerical tasks, administrative assistants who can take on functions such as accounting and bookkeeping are most in demand,

according to Randstad.

Something that employers need to focus is offering [opportunities for workers to upgrade their skills], so that they can make the most of those roles," Levy said.

Pay is between \$44,000 and just under \$52,000.

Driver

If you have a commercial vehicle licence or a certificate to operate a forklift, there's a job for you. With the economy humming, more goods are being shipped across the country and stacked into warehouses — hence the demand for people who can help move the merchandise.

Forklift operator, in particular, is an opportunity for new immigrants to Canada, Levy said. While truck drivers coming from warmer climates might need some adjusting to winter conditions, working a forklift looks the same no matter where you come from.

"It's a skill that translates," Levy said.

Pay is between \$42,000 and \$51,000 according to the Randstad dataset. That, though, doesn't reflect gigs like long-haul trucking, where Canadians might make over \$100,000 a year, according to Global News reporting.

Developer

Much of the economy runs on code — and on the people who can write it, whether it's building apps or business software.

Though all sorts of developers are in high demand in Canada, so-called full-stack developers are the most wanted, according to Randstad. They are the ones who can handle both front-end programming — the consumer interface — and the back-end, the part that users never see and where data is stored or processed.

Average wages in the Randstad dataset are between just under \$85,000 and over \$101,000.

Receptionist

Much of what can be said about administrative assistants holds for receptionists, too. The role is fairly easy to automate, but it turns out that being greeted by an iPad doesn't make for great customer experience.

The job now generally requires knowledge of telephone systems and computer programs that record customer information. At smaller firms, receptionists might also take on some accounting and bookkeeping, as well as manage the company's social media accounts, Levy said.

Receptionists make between \$35,000 and almost \$41,000 on average, according to Randstad.

Emerging jobs

Randstad couldn't provide complete pay data for its emerging jobs category, but previous reporting by Global News found that compensation for developers and researchers working on blockchain, artificial intelligence (AI) and data science easily reaches \$100,000 or more even for those fresh out of school (although, especially with AI, those working in the field often have graduate degrees or PhDs)

Blockchain developer

www.filipinostar.org

You may associate the word "blockchain" with cryptocurrency, but the technology that made it possible to create digital money has countless other potential applications. Blockchain provides a permanent record of who owns what and when ownership is transferred in the digital world, creating a decentralized network for moving data and value that doesn't need to rely on a central authority or intermediaries. That can be used for anything from executing financial transactions based on conventional currency to storing and transferring patient data securely. And that's why old-economy employers like banks and healthcare providers, to name just two, are rushing to develop and experiment with their own blockchains.

"We think we're going to see more blockchain developers present in enterprises versus just startups," Levy said. "Anywhere you have huge data sets, you're going to see this opportunity."

Automation engineer

Automation in supply chains is nothing new. Robots have long supplanted humans when it comes to things like stamping pastries or fastening bolts.

Now, though, robots are taking on more "human-like skills," Levy said. Robots are now helping doctors perform surgery, for example.

Needless to say, those who can develop these kinds of machines are in high demand.

Automation engineers can expect to make between \$65,000 and \$79,000 in base salary, Randstad data shows.

AI researcher

AI is software capable of learning on its own, and artificial brains feed on enormous amounts of data. AI researchers typically have a background in software engineering and data science and are tasked with building AI that can perform specific tasks like spotting financial fraud, predicting customers' needs or picking up relevant information.

The boom in AI-related jobs has come as faster and cheaper computers allow companies to sift through enormous volumes of data to spot useful patterns and make predictions. And coders are using big data to train so-called artificially intelligent machines, software that is capable of autonomous learning. The applications are seemingly endless: from the ability to recognize and tackle fraud in real time, through predicting customers' needs to teaching a car to drive itself.

Artificial intelligence engineers are making between \$77,000 and \$92,000 on average in base salary, according to Randstad data.

Next issue - Emerging jobs to be continued ...

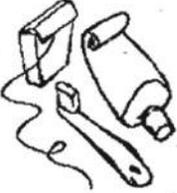
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National Online Journalist,
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By: Tony A. San Juan, OCT-Ret.

The Filipino Heritage Council of Canada (FHCC) announced recently that the comprehensive search for recognition of Filipino Canadian heritage-focused achiever associations, groups and individuals have commenced. FHCC, formed in March 2018 and federally registered on April 1, 2019, aims to participate and contribute to the cultural diversity and socio-economic development of Canada through a strong volunteer-driven organization that collaborates with other community groups in celebrating, sharing, promoting and propagating Filipino heritage and culture with the community at large and in Canada in general.

The 2019 community history and contribution-centred search project in Ontario is being conducted in respect of the FHCC mandate and mission to rightfully recognize and honour the leadership and achievement of community organizations of Filipino ancestry or affiliation who have made highly significant contributions in promoting and propagating Filipino culture as well as the development and well-being of others and the overall improvement of the community. Specifically, the program is aimed at aptly recognizing the distinctions and the contributions made by the recipient-organizations of Filipino roots who, as a whole, have made trailblazing and remarkable Filipino heritage-focused achievements and accomplishments in their respective fields and endeavours over the years from the early Filipino diaspora in the early 50s up to the year 2000.

FHCC honourees and winners for 2019 will receive a specially-designed distinctive "Plaque of Recognition" during the ceremony on November 30, 2019 (Saturday) to be

Search for a Filipino Heritage-Focused Filcan Achiever Organization is on

held at Marriott Hotel, CF Eaton Centre, 525 Bay Street, Toronto. The current active members of FHCC are Rose Apilado, Merfa Bataclan, Mauro Calaguio, Jr., Trinidad Calaguio, Cielito Drapeza, Maria Guiao, Susan Llanera, Gema Rapelo, Joseph Redoblado, Lorelei Redoblado, Willie Reodica, Jocelyn San Juan, Tony San Juan, Michele Serrano, Monina Serrano, Vilma Tahsin, Garry Tanuan, Roger Tarca, Teresita O. Taylor, Antonio Villarin and Marisa Villarin.

Recognition Categories.

Organization-Nominees will be nominated, selected, recognized & cited in any of the following 11 categories:

1. Arts and Entertainment.
2. Health and Well Being.
3. Sports and Athletics.
4. Community Development and Social Inclusion.
5. Education and Training.
6. Justice and Law.
7. Media and Communications
8. Special Interest and Advocacy Work.
9. Professional, Alumni, or Faith-based Service.
10. Special Citation
11. Meritorious Service.

General Guidelines.

To be able to apply and participate in the FHCC Recognition Program, the following are hereby instituted:

A. Selection Criteria.

Any or all of the following distinctions, an organization-nominee may have been:

- 1) An organizational role model for leadership and/or has made an impact on the chosen field of endeavour or mandate;

- 2) An agent for change that would enhance the quality of life of others;

- 3) One, who assisted, inspired and encouraged others to be successful in shaping the future of their own lives and their communities;

- 4) Innovative in the way that approaches challenges facing Filipino Canadians or of Filipino descent and the wider community;

- 5) Engaged partnerships with other community groups in promoting and sharing Filipino culture and heritage with others;

- 6) Involved in the successful integration of persons of Filipino birth

and/or ancestry, as well as other diverse individuals and groups within the community.

B. Eligibility.

Eligibility requirements for Nominees shall include the following:

- 1) Nominees must be a Filipino community-based organization, government-registered or unregistered, who has made a contribution in the promotion of Filipino Culture and Heritage or has been involved in known initiatives advocating integration and inclusion of Filipino immigrants and their families within any of the 10 Canadian provinces and three territories;

- 2) Nominees must be an organization who operates and has been organized or formed within the province or territory since 1950 up to the year 2000.

C. Nomination Procedure.

A Nominee-Organization must be 1) Nominated in writing by an identified Nominator who is either an organization or an officer/director of a community organization; 2) Must complete jointly with the Nominator a Nomination Form to acknowledge acceptance and confirmation of the information provided in the Nomination Form; 3) The completed Nomination Form must be submitted and received by the FHCC on or before October 15, 2019.

D. Submission of Nomination.

The Application Package must consist of the following documents:

- 1) Completed Official Nomination Form, duly signed and delivered.

- 2) A brief statement of nomination describing the Nominee's significant contributions and impact in the category that best fits the Nominee.

- 3) Provide a short profile of the Nominee which features the highlights of the Nominee's background.

- 4) Two Letters of Support, whenever available

- 5) Signatures of the Nominator and Nominee -organization authorized representative on the Nomination form. Note: Packages will not be returned. Please do not include personal items, videos, CDs or original material.

E. Selection Process.

The winners will be determined by a 3- person committee appointed by FHCC and the following principles and procedures will be observed:

- 1) Nominees will be evaluated only on the bases stipulated under the "Criteria stipulated under "A" above as well as the merit of the submissions employing an FHCC "Assessment / Evaluation Rubric".

- 2) It is the Nominator's responsibility to draw out and reflect the exceptional contribution and achievements.

- 3) The Nomination Package for each nominee will be reviewed for completeness and the selection process is expected to be thorough, objective, and factual.

- 4) Nominators may be contacted for clarification or for consultation should it be believed by FHCC that an alternate category more accurately reflects a Nominee's background and achievements.

- 5) Late and/or incomplete submissions will not be accepted.

- 6) Completed Nomination Packages will be forwarded to the Selection Committee. The Nominee will receive acknowledgement upon submission of the Nomination package.

- 7) The decisions of the Selection Committee are final.

General Information.

- 1) To receive further information and/ or to apply, interested parties are encouraged to contact the members of the FHCC Selection Committee:

Mauro "Jun" Calaguio (chair)
Tel. 416-833-8428 / email- uncalaguio@gmail.com
or Willie Reodica, Tel. 647-261-8854 / email- willie@reodica.ca.
or Joseph Redoblado, Tel 416-728-1964 / redobjl@yahoo.com.2)

Winners will be announced on October 31, 2019, in advance of the Recognition Gala at Marriott Hotel-Toronto on Saturday, November 30, 2019. (Tony A. San Juan).

Toronto Filipino Community has a New Philippine Consul General

By: Tony A. San Juan, OCT-Ret.

The Philippine government has a "new man in town". The Filipino Canadian community warmly welcomes the arrival and assignment of a fresh Philippine Consul General in Toronto, Canada. He is Mr. Orontes V. Castro who officially took over the diplomatic post of the late beloved Consul General Rosalita Prospero who died in office on May 28, 2019. Mr. O. Castro, who started performing the Consulate General's leadership and consular duties last week, is a seasoned diplomat and certified professional in the Philippines, both in the government service and the private sectors.

As a Philippine foreign affairs officer, ConGen O. Castro served in various capacities and ranks. He served as Assistant Secretary of the Office of Fiscal Management Services and as Assistant Secretary and Chief of Protocol of the Office of Protocol of the Department of Foreign Affairs-Manila before being assigned currently in Toronto.

His stint in the diplomatic world brought him challenging assignments in New York and Chicago, USA as well as in Beirut, Lebanon. He worked first as Third Secretary and Vice-Consul at the Philippine Embassy in Beirut, Lebanon from 1996 to 2000 and as Vice-Consul and then Consul, from 2000 to 2003, at the Philippine Embassy in New York. For

3 years, from 2007 until 2013, he served as Deputy Consul General at the Philippine Consulate in Chicago.

As an accounting professional, O. Castro worked previously at the Philippine International Trading Corporation (PITC), the Philippine government's state trading firm, as Division Chief of its accounting department. After university and prior to his government position, he was employed as an auditor at the prestigious accounting firm of Sycip, Gorres & Velayo (SGV & Co.) in Makati City,

ConGen O. Castro's training and education portray highly inspiring academic achievements. He is a CPA-certified public accountant in the Philippines and has obtained a Bachelor of Science in Business Administration degree, major in Accounting and

awarded Cum Laude, from the University of the East, Manila. He also completed some courses in taxation and business law from Indiana University, USA. This year, on June 8th, he gained a Master in Business Administration (MBA) at the Graduate School of the University of Santo Tomas, Manila, again, with Cum Laude honours. His dissertation paper was adjudged as "Benemeritus" or Well Deserving by a 3-member panel of evaluators.

A recipient of numerous awards and recognition, ConGen O. Castro received 2 Presidential Awards and Decorations: the Presidential Medal of Merit and the Mabini Award "for acts of merit and distinguished service in promoting the interests and enhancing

THE NORTH AMERICAN FILIPINO STAR

September 2019 Photo Gallery - Extra-curricular & Social Events



Gilmore College students and their friends on the balade bringing them to the apple trees to pick their own apples, September 15, 2019.



Marie Edna Escuto poses with her son for a souvenir of the annual apple picking picnic of Gilmore College International on September 15, 2019.



Having a picnic with students, their friends and family is always a relaxing activity. Some recognizable faces at a distance are: Walter Tayong, Braulio Lazaro, Malou Ermino, Virgilio Sanico, Erwin Duay, Zeny Batan, Maricris Monis Precy Billones, Joan Mendoza, Dalia Beleno. At the table: Armi Tula & friends.



MP Anthony Housefather of Mount Royal and MP Rachel Bendayan of Outremont-Cote des Neiges pose with Gilmore College students and other guests at the Knights of Rizal Commander's Ball at the Hellenic Community Center, September 14, 2019.



One can tell this is a selfie by Divina Grospe. In the background: Zenaida Kharroubi, Cel Grospe, Adela Silverio, Armi Tula, Dalia Beleno.



Another selfie by Armi's son during the apple picking picnic at Vergers Denis Charbonneau. Standing by are students in a French language course at Gilmore College International posing for the camera.

<p>Bijouterie</p> <p>Plaza Côte des Neiges Shopping Center Unit 210 6700 Chemin de la Côte des Neiges, Montreal QC H3S 2B2</p> <p>Tel. 514-448-6264</p> <p>Serving You Since 2007 in English, French & Filipino</p>	<p>Nancy</p> <p>A DIAMOND IS FOREVER</p> 	<p>BIG SALE!</p> <p>Diamond 50%, Gold 25%, Citizen/Seiko 30%</p> <p>Specializes in Natural diamonds, fine solid gold jewelry, original Citizen and Seiko watches (made in Japan)</p> <p>We repair & customize jewelry</p>
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Sandra Wong
Funeral Planning Counselor
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Bangus Sisig Recipe

Ingredients:

1 kilo Boneless Bangus
2 pcs medium size onion, coarsely chopped
2 teaspoons ginger, minced
4 pcs garlic, finely chopped
2 pcs finger chili, finely chopped
5 tbsp oyster sauce
1 tbsp soy sauce
1 pc each red and green bell pepper, cut into small cubes
1 pc egg (optional)
2 stalks spring onions
pepper to taste
1 cup crushed Pork chicharon

Cooking Procedures:

In a frying pan, fry the bangus half cooked then remove the skin and chopped.

In a clean frying pan saute the garlic and onion cooked for 3 minutes, then add ginger and chopped bangus.

Saute for 2 minutes, then add the oyster sauce, Pork chicharon, bell pepper, soy sauce and chili.

Cook until done.

Sprinkle with bell peppers, onions and spring onions.

Serve in a hot plate(optional) and top with sunny side-up fried egg(optional).

Served with Hot rice or Sinangag.

Ingredients

¼ pork belly, sliced in cubes



Pinakbet

3 tablespoon Cooking oil
3 chopped tomato
1 chopped onion
2 cloves garlic, minced
3 tablespoons shrimp paste
1 bitter melon, seeds removed and sliced
8 pieces okra, each sliced diagonally into 3
1 eggplant, cut into pieces (diagonally)
2 cups squash, diced or sliced
1 bunch string beans sliced into 4 parts
1 cup water
Salt to taste

Cooking Procedure

Heat the cooking oil in a pan and sauté garlic and onion until light

brown.

Add pork and cook until golden brown
Add tomatoes, shrimp paste and salt to taste

Add the vegetables and then mix together.

Pour water (mix well) then cover and simmer for 15 minutes in a medium heat or until vegetables are half cooked (check for its doneness by poking it with a toothpick).

Serve hot with rice.



Menudo

Ingredients

Meat
600 g Pork belly
200 g Pork liver
Produce
1 tsp Basil
1 Carrot, large
6 cloves Garlic
1 cup Green peas
2 Pcs bay leaves
1 Potato, large
1/3 cup Raisins
1 Red onion, medium sized
3 Red tomatoes, large
Canned Goods
2 cups Chicken stock
1/2 cup Tomato paste
Condiments
1 Fish sauce
Baking & Spices
1 Black pepper, freshly ground
Oils & Vinegars
1 Oil
Other
1 Red capsicum, cut in small cubes

Cooking procedures:

On at pot sauté garlic and onion in oil.
Add pork and brown on all sides.
Add chicken stock and bay leaves.
Bring to a boil and simmer for 10 minutes.

Add potatoes, carrots, liver, red capsicum, tomatoes and basil and tomato paste. Simmer for 15 minutes in medium heat.

Add raisins and green peas then simmer for 5 more minutes.

Flavour with fish sauce and season with freshly ground black pepper.



Your health matters

Rapid weight loss can cause fatty liver disease

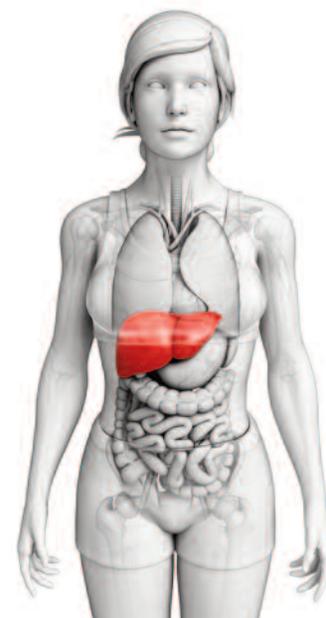
Fatty liver disease is usually associated with alcohol abuse. However obesity, metabolic syndrome, hyperlipidemia and type 2 diabetes are now well established risk factors. In such cases it is called NonAlcoholic Fatty Liver Disease (NAFLD) because the liver disease is present despite there being no history of excess alcohol use in the affected individuals. When inflammation is present, it is a more severe form of the disease and it is called Non-Alcoholic Steatohepatitis (NASH).

According to research, metabolic syndrome (insulin resistance) appears to be the underlying issue in non alcoholic fatty liver disease. This is why it is commonly observed in people with type 2 diabetes. It is also being increasingly observed among individuals who have experienced rapid loss. There are reports of people who have lost between 18kg – 91kg developing fatty liver disease with inflammation.

The incidence of non-alcoholic fatty liver disease is increasing globally and especially in the USA. Approximately 30% of the population of the United States (90 million persons) are estimated to be affected by NAFLD. The majority of type 2 diabetics are said to be affected. Non-alcoholic fatty liver typically progresses slowly and may not be clinically apparent because there are often no symptoms in the early stages. In addition, it requires a biopsy for definitive diagnosis. Despite this, it is emerging as the most common cause of liver cirrhosis and the most common indication for a liver transplant. Up to 20% of patients with Non Alcoholic Fatty Liver Disease progress to liver cirrhosis slowly over a period of about 15-years.

There are however cases of non alcoholic steatohepatitis that progress over months as opposed to years. A 2017 report in the journal of Modern Pathology describes 5 individuals who lost weight rapidly due to fasting, intestinal resection or bariatric surgery. These individuals developed advanced fatty liver disease within a relatively short period of time. Four out of the five patients either died or underwent liver transplants to save their lives.

The mechanism of NAFLD is not well understood, the same applies to aggressive and rapidly deteriorating



NAFLD. What is known is that NAFLD alters the liver's ability to metabolize drugs. Important components of the liver's detoxification system have been observed to be down regulated in the presence of non-alcoholic fatty liver disease. It is therefore hypothesized that some drugs may become more toxic to individuals with this condition. The increased susceptibility of the liver to toxicity in addition to rapid weight loss is thought to trigger hepatic inflammation and/or exacerbate steatohepatitis with progression to liver failure within a relatively short timeframe.

The economic cost of this condition for Canadians is not yet clear. However, the economic burden of NAFLD in the United States is estimated to be anywhere between 32 to 103 billion dollars annually. There is currently no standard therapy or drugs for this disease. Proper nutrition and exercise are the recommended treatment. Weight loss at a safe and steady rate of 1 to 2lbs per week is recommended for those who are overweight in order to reduce the amount of fat in the liver. Faster rates of weight loss could exacerbate the condition and lead to advanced liver disease. Non-alcoholic fatty liver disease is usually reversible in the early stages. The liver can return to adequate function after weight stabilizes and proper nutrition habits are adopted.

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

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According to the medical literature, a drastic calorie reduction is a known trigger for hair loss.

- 1976 Journal of the American Medical Association



Social Tidbits

Fely Rosales Cariño

True to the spirit of benevolence, the Philippine Benevolent and Scholarship Society of Quebec (PBSSQ) held its 35th Annual Awards Night last September 2, 2019. The scholarly-looking young ones were the center of attention at Hotel Ruby Foos on Decarie Boulevard. Especially proud that evening was PBSSQ founder, grand-dame Mrs. Natalie Olarte Pelausa. She was all smiles as she greeted friends in a flowered encrusted pina gown. Also catching quite an attention was Natalie's daughter, past PBSSQ President Dr. Hermie Pelausa whose purple kimona was as bright as when the sun decides to come out. PBSSQ President Josefa Nicholas was up and about as she was directing everything that was happening. Nobody can mistake Epang! She went around the place in her bright blue gown. Also not to be missed were David Lam and Jeannette Perignon (in an all-white ensemble) who both exceeded the party.

Honored guests were Eric Aquino (First Secretary and Consul from the Philippine Embassy representing Philippine Ambassador to Canada, Hon. Petronila Garcia), Hon. Anthony Housefather, Member of Parliament for Mount Royal, and Snowdon City Councilor Marvin Rotrand.

Before the awards were given, intermission numbers were performed by Salinggawi Philippine Arts Organization, Music with Dr. Robert Esguera and Nisha Coleman, Salakot Dance, and Just for Laugh Contest. Before lining to a sumptuous buffet created by Maricel Perez for Hotel Ruby Foos, the food was blessed by Father Nicolas Sengson, SVD.

The centerpiece of the evening was started after the guest speaker, Marilou Esguerra, gave her advice to the upcoming slew of aspiring students. The 2019 Benevolent Award was given to Mila Osdon, commended for her numerous voluntary activities with children and involvements in many church ministries. I bet nobody can replicate her dedication to St. Kevin Parish and to the Secular Franciscan Order, among others. Another benevolent awardee was Marvin Rotrand, whose service to the Filipino community is so voluminous (if all is mentioned) that it will fill up the whole Star newspaper! Suffice it to say that the Filipino community is richer and better served with Marvin in our corner. Another awardee was Anthony Housefather whose office is always open to anyone needing help! Last but not least is Mellie de Guzman, an extraordinary person. Judging from her involvement in benevolent activities

here in Montreal and in the Philippines, she deserves a BIG Thank You! She is kindhearted and extends her generosity to financially helping the PBSSQ.

The 2019 High School Scholarship Scholar is Jason Basilan, son of Rafael Basilan and Aurelia Mallari. He is going to start his 5th year at Ecole Secondaire La Voie. His honor certificate will see him through his ambition to work in the Computer Science industry. And here are the CEGEP scholars. First is Jannie Gonzales whose parents are Francisco & Norida Gonzales. Presently enrolled in Dawson College, her ambition in life is to help provide opportunities for her fellow artists in the Philippines showcase their talents and skills. Second CEGEP scholar is Alisa Lalic whose parents are Joselito & Elenita Lalic. She will soon enter Concordia University. After receiving awards and honors at school, her ambition is to become an actuary based in Montreal while working with her sister on their online blog and own their company! The third scholar is Kristel Pascual whose parents are Teresita Pascual and Diosdado Laus. She starts this year at McGill University. Her ambition is to become a social worker and travel around the world. Judging from her awards, honors, and activities, she will no doubt achieve her ambition.

Ex Officio PBSSQ President Nilo Valenzuela was everywhere overseeing the progress of the party. I can't resist printing Natalie Pelausa's part of Reflections which she always fills up every year at the time of PBSSQ Awards Night. Here is the wisdom that we can glean from her: "A mind through which Christ thinks, a heart through which Christ loves, eyes through which Christ sees, a face through which Christ smiles, hands through which Christ touches, and voice through which Christ offers hope."

The 6th Canada Regional Assembly held a 3-day gathering on September 13-15, hosted by Montreal Chapter, Eastern Canada Region; Mackenzie Chapter, Eastern Canada Region; and Gatineau Chapter. On the first day, September 13th, delegates arrived and registered at the Crown Plaza Hotel (Montreal Airport) where they were billeted. Supper was served at 6767 Cote-des-Neiges. Everybody had fun as they seemed to have let loose their inhibitions. The night was mostly spent singing, karaoke style. The second day, September 14, was Gala Night and Knights of Rizal (KOR) Commander's Ball held at the Hellenic Community Center, on Wilderton, Montreal. The program started with the

processional which included the following KORs: Sir Hector Racuya, Sir Alexander Famularcano, Sir Rolando Esperon, Sir Ernesto Galcon, Sir Dario Boco, and Sir Rey Balansi. After the entrance, Grace Balansi sang O Canada and Pambansang Awit and Panday Tinig brought us back home by their rendition of Lupang Hinirang and Star Spangled Banner. Father Greg Nunez gave the Invocation, the Area Commander welcomed the guests, and the program began in earnest. The musical drama "Mi Ultimo Adios" presented by members of the Mackenzie Central Chapter was directed by Sir Rowel Pangilinan. ANCOP, led by Renato Kabigting, serenaded the crowd. And the solo vocalists - Lady Grace Balansi, Michelle Vargas Lao, Astrid Torrico, Sir Freddie Espinosa, and Sir James de la Paz - certainly mesmerized the audience! And as usual, the Pamana ng Luzviminda Dance Company of Montreal left us in awe as they gracefully interpreted their numbers. Not to be outdone was Caring Tabunar's Seniors in Motion dancers, whose lively moves belied their age. After the musical portion of the program, Sir James de la Paz introduced the speakers who spoke kindly of Dr. Jose Rizal's virtues. Each of the speakers expressed their wish for the youth to emulate his intellect, heroism, and his vision for the Filipino people. The messages came from: Sir Noel Fernandez (consul from the Philippine Embassy), Hon. Anthony Housefather, MP.; Hon. Rachel Bendayan, MP.; Hon. Sir David Birnbaum, MNA; Sir Councilor Lionel Perez, Darlington District; and Sir Councilor Marvin Rotrand, Snowdon District. Sir Gerry Danzil was quick to acknowledge their enthusiasm in even knowing Dr. Rizal's greatness. Freddy Espinosa was at his best as the Master of Ceremonies.

I can vouch that everybody in the dancing hall was in gorgeous Filipiniana attire in different styles, shapes, and colors. I'm sure that each lady who gave one last look at the mirror before going to the Gala must have said, "I look beautiful!" And every guest and KORs looked young and handsome in their barongs!

Standouts in the gown department were Lady Rose de la Paz (in her flowered and fitted half-dress, half-gown, certainly passing for a very modern Filipiniana), Lady Marilyn de Luna, Jackie Rotrand, Doris Tabo-oy, Flor Dumandan, Trans Liganor, Ciony Nueva, Cesa Gladysz, Zeny Kharroubi, Evi Magahes, Elvie Maximo, Valent Lloyd Hughes, Norma Vohra, Caring Tabunar, and Minda Mazzone, among others. And I have compassion for the ladies at the registration table: Lady Chery Palmos, Lady Claire Boco, Lady Linda Danzil, and Lady Julie Tabamo and many others (I'm sorry if I miss some of you, ladies!). They were there when I arrived and were still there when I left. You deserve my admiration! I hope you had the chance to show your attractive gowns! And if there was an Oscar nomination for Best Performance that night, it would go to Luz Domingo (who acted as Dr. Rizal's mother), regal in her red Filipiniana outfit.

Congratulations to the success

of the 3-day assembly, due to the joint efforts of the different chapters: Sir Ramon Posadas, Commander, Mackenzie Central Chapter; Sir Angelito Manuel, Commander, West Island Chapter, Eastern Canada Region, Sir Rey Balansi (KGOR, LM), Sir Dario Boco (SGD, KGOR, Past Area Commander, Eastern Canada Region); Sir Gerry Danzil (KGOR, Montreal Chapter Commander, CRA Event Coordinator); Sir James Allan de la Paz (SGD, KGOR Area Commander, Eastern Canada Region); Sir Jose Damasco (KGOR, Canada Region Commander); Sir Felix de Luna (Canada Region Deputy Chancellor, Past Montreal Chapter Commander, Founder Mackenzie Central Chapter, and Maharlika Chapter); and Lady Marilyn de Luna (LKOR).

So that everybody may know, here are the members of the Supreme Council of KOR, Eastern Canada Region Assembly: Sir Lutgardo B. Barbo (KGOR, Deputy Supreme Commander), Sir Elihu A. Ibanez (KGCR, Supreme Commander), Sir Allan L. Rellon (KGOR, Supreme Chancellor), Sir Mark Roy L. Boado (KGOR, Supreme Pursuivant), Sir Frisco San Juan Jr. (KGOR, Supreme Exchequer), Sir Marlon F. Tagorda (KGOR, Supreme Auditor), Sir Avelino V. Torres (KGOR, Supreme Archivist), Sir Francis D. Sison (KGOR, Deputy Supreme Pursuivant), and Sir Bernie B. de Mesa (KGOR, Deputy Supreme Exchequer).

The new officers of Filipino Association of Montreal and Suburbs (FAMAS) made a good decision when they decided to pay a courtesy call to Mayor Sue Montgomery (Cote-des-Neiges/Notre Dame de Grace). It was a pleasant social call, getting to know the new set of elected officers and letting the mayor know of the needs of the association. Officers present were: President Cesar Manuel, Vice Presidents Ramon Posadas and Svetlana Suarez, Aris Elumbering, Freddo Erquiza, Mimi Gazepo, Pastor Glen Opendo, Enrico Esplana, Bryan Perona, Norbert Mandin Jr., Bert Abiera and yours truly. The photo op was by Aris Elumbering and Lorena Liton. As usual, the visit ended with snacks prepared by Anna Lisa, from the Mayor's staff, and Lorena Liton.

Until the next issue and God Bless You all!!

From Page 9 Toronto Filipino

the prestige of the Philippines". He also received a Certificate of Appreciation for outstanding service to Filipinos in Lebanon from the Archdiocese of Cagayan and Letters of Commendation from Illinois state government officials "for excellent service" for both Filipinos and Americans in the midwest, USA.

Fluent in Filipino, English and French languages and has basic knowledge of Spanish and German, ConGen O. Castro is the proud son of a Filipino World War II veteran and the United States "Congressional Gold Medal" awardee. Currently, he holds the rank of Chief of Mission II in the Department of Foreign Affairs, Republic of the Philippines. (Tony A. San Juan, OCT-Ret.).

FILIPINO STAR SHOWBIZ GOSSIP

Hailee Steinfeld: Hollywood star with Pinoy blood to have Philippine homecoming



Hailee Steinfeld

Hollywood star Hailee Steinfeld is scheduled to return to the Philippines this week for a fan meet.

In MCA Music's Twitter account, the record company

announced that the actress-singer with Filipino blood will be spending her time with her fans in a mall in Quezon City.

"Philippines, you've got a

Fridate cos' your all-time fave @HaileeSteinfeld is coming back this week for a special Fan Meet at @eastwoodmall Open Park on Sept 06 (Fri), 4PM. Event Access is open to all (depending on max venue capacity)," MCA Music wrote.

Hailee's last visit in the country was in 2016. She also spent time with her fans by doing a series of mall shows in the country.

In an interview with Boy Abunda that time, Hailee said she was glad to have finally visited the country.

"It's so incredible to be here. Coming to the Philippines has been a topic of conversation in my family for years, so it's incredible that my music is what finally brought me out here," Hailee said.

Hailee began her showbiz career at the age of 10. Her notable films include "Pitch Perfect," "Romeo & Juliet," and "Bumble Bee." She was nominated for Best Supporting Actress for her 2010 film "True Grit," and a Golden Globe Best Actress Nomination for "The Edge of Seventeen."

Hailee's maternal grandfather, Ricardo Domasin, was half African-American and half-Filipino from Panglao, Bohol. ■

www.filipinostar.org

'Hello, Love, Goodbye' now officially highest-grossing Filipino film

Star Cinema @StarCinema
#HelloMuchLoveWorld! Salamat salamat po for making #HelloLoveGoodbye now the highest grossing movie of all time. Salamat salamat salamat po sa pagmamahal!



Blockbuster movie "Hello, Love, Goodbye," starring Kapamilya actress Kathryn Bernardo and Kapuso actor Alden Richards, is now the highest-grossing Filipino movie of all time.

In its Twitter page, Star Cinema announced that the Cathy Garcia-Molina-film grossed exactly P880,603,490 as of September 3 worldwide.

"#HelloMuchLoveWorld! Salamat salamat po for making #HelloLoveGoodbye now the highest grossing movie of all time. Salamat salamat salamat po sa pagmamahal!" Star Cinema captioned the post.

Shot in Hong Kong, "Hello, Love, Goodye" is a love story between two millennial Overseas Filipino Workers. Other cast members include Maymay Entrata, Jameson Blake, Joross Gamboa, Jeff Tam, Lovely Abella and Anthony Jennings.

The film premiered last July 31 in over 350 cinemas and was screened abroad afterwards.

Kathryn's movie with boyfriend Daniel Padilla "The Hows Of Us" grossed P802 million worldwide and was hailed as the highest-grossing Filipino film of all time last year. Kathryn and Direk Cathy now become the first actress-director tandem to reach P800 million on their movies twice.

Apart from Kathryn's movies, other top-grossing Filipino movies include Vice Ganda's "The Super Parental Guardians," "Fantastica" and "Gandarrapido: The Revenger Squad" with P598, P596 million and P571 million respectively.

John Lloyd Cruz and Bea Alonzo's "A Second Chance" grossed P556 million. ■



Dingdong Dantes: more than just an actor



Under Project 888, Dingdong and YPF visit schools and communities to conduct leadership symposium such as this one in Sarangani Province.

According to the wise words of our national hero, “Ang kabataan ang pag-asa ng bayan.”

For some of us, these are nothing but empty words. But for someone with a heart as pure as Dingdong Dantes’, these words have become the premise in establishing his chaired foundation centered on

youth empowerment and nation-building programs, the YesPinoy Foundation, Inc. (YPF).

Yet, apart from the countless characters that Dingdong has breathed life into in the course of his colorful two-decade career as a Kapuso, some people may not be aware that he wears different hats

besides that of an actor.

He was a former commissioner of the National Youth Commission; an entrepreneur owning multiple business ventures; an army reservist; an active supporter of youth and environmental advocacies; and not to mention an amazing dad to Zia and Ziggy and a loving husband to his wife Marian Rivera.

They say a simple act of kindness can ignite a movement that can one day change the world. This, perhaps, is what fired the enthusiasm of Dingdong when he established the foundation on that fateful day of Aug. 21, 2009. Initially formed to bridge resource gaps in education and help out-of-school youth and children of fallen soldiers, YesPinoy has evolved and focuses on a now larger scale cause — YES or Youth, Empowerment and Service to the country.

“This is the issue we want to address; we want to make the youth as heroes kahit na bata pa sila. Paano nila mapagtatanggol ‘yung kapatid o kaibigan nila kung ‘yung sarili nila hindi nila kayang ipagtanggol,” expresses Dantes.

Coming from a family of soldiers, Dingdong has been influenced by his relatives to always put his life in the service of others leading to his decision to enlist in 2006 and be a part of the Philippine Marine Reserve corps.

In spite of being a marine

reservist, Dingdong still feels the need to serve his country in a more concrete and sustainable way hence, the birth of YPF, which he effectively champions with the help of passionate benefactors and volunteers from various institutions such as the GMA Kapuso Foundation.

As part of its initiatives on education, YPF provides scholarship opportunities and participates in the annual Brigada Eskwela of the Department of Education (DepEd). In addition, it has turned over classroom buildings and donated school chairs through The One Chair, One Child Project in Iloilo.

As a champion of environmental causes, YPF has trained young people and leaders on climate action, disaster preparedness and responsible citizenship; distributed go bags and emergency kits; led post-disaster programs; and established partnerships with schools and communities.

YPF also launched I am Super, a disaster preparedness campaign that organizes trainings in public schools and distributes YPF’s emergency go bags.

Recently, the foundation also partnered with the Stunt Association of the Philippines and the Seoul Action School-Korea to convene together all stunt actors and directors in the country for a series of extensive trainings and seminars titled Project #BeScene. ■

Will Catriona’s reign as Miss Universe be extended?



Catriona Gray

A little more than three months and Catriona Gray will be relinquishing her Miss Universe crown to the new queen. But the big question is: when and where will the 2019 Miss U pageant be held? Unlike in the past when the next venue was

announced almost as soon as the current pageant ended, the Miss Universe Organization (MUO) is so far mum on the date and place of this year’s pageant.

There were (unconfirmed) reports that it would be held in Seoul where in 1980 the Philippine bet, the late Chat Silayan, finished third runner-up to USA’s Shawn Weatherly. MUO neither denied nor confirmed it.

Will it be held in the Philippines for the fourth time (after 1974 won by the late Amparo Muñoz of Spain; 1994 by India’s Sushmita Sen; and 2016 by France’s Iris Mittenhaere)?

Funfare’s source at the DOT said no.

“No such negotiation is going on between the Philippines and the MUO,” the source said.

In that case, if ever MUO couldn’t find a venue, does that mean Catriona’s reign will be extended?

Incidentally, at the moment, 2019 Miss Universe Philippines Gazini Ganados is being ranked among the top bets. Is a back-to-back win possible for the Philippines, so far a feat pulled only by Venezuela (Dayana Mendoza in 2008 and 2009 Stefania Fernandez)? ■

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Showbiz Gossip *Continued from p.15***Maja talking, at last!****Maja Salvador**

Maja Salvador once said that she does not give her past loves another shot. So, how come she “broke” her self-imposed rule and rekindled her romance with non-showbiz guy, Rambo Nuñez, last February? He is the same guy with whom Maja had a short-lived love affair nine years ago.

On Tonight with Boy Abunda a few nights back, Maja revealed that her relationship with Rambo only lasted for three months in 2010.

“Bagets pa kasi e,” she reasoned out. “I was only 21 years old then and he just graduated. S’yempre, ‘pag bagets, there are things that need to be prioritized. In my case, I needed to sacrifice love. (Then) after nine years, nung nag-post ako sa Instagram (ay) nung nagpadala nga s’ya ng flowers na may card saying thank you that I’m his Valentine after nine years.”

Her mom, she continued, called her right away asking if the guy who sent flowers was Rambo and counted back the years that she last talked to him “because when we parted ways, Rambo would go to Mama asking if he could talk to me but she didn’t tell that to me, until lately. Instead, Mama told Rambo, ‘Si Maja, ‘pag nagdesisyon, nakapagdesisyon na talaga ‘yan.’ She also explained that I’m the breadwinner and all. And Mama also said to him, ‘Anak, kung kayo talaga, kayo talaga.’”

Rambo and Maja accidentally met each other last year when the latter was looking for a basketball court in BGC for her nephews who visited from New York. It just so happened that the gym she enrolled for membership was also where Rambo was working out. He approached her and asked if she still had the same number. “So, I told my

**Maja Salvador & Boy Abunda**

assistant Ella to give him my number. ‘Pag ganun ang sinabi ko, ibig sabihin nun ayokong ibigay ang number ko at yung sa assistant ang ibibigay. Itong si Ella, bet na bet si Rambo so she gave him my number. And after Rambo sent a text message, Ella said, ‘Uy magkaka-lovelife ka na.’”

Maja recalled Rambo’s first text message was in August last year. She knew that Rambo felt her reply was not engaging “kasi nga may rule ako na walang balikan.”

It was in December when they started to exchange text messages often, and went out on dates, which according to Maja, “presumably as friends” the following month. “But you can feel that there’s this attraction; ramdam mo na mayroon na parang what if we didn’t break up before,” she said.

Thus, she had a change of heart and broke her rule, “probably because three months were not

enough. That must have been also the reason why my past relationships didn’t last because I felt different in those three months. He really loves me and the whole family as well. Iba ‘yun.”

The Killer Bride lead star also shared that Rambo also tried acting before but he was not used to the long hours of work during tapings. “Mahiyain din because whenever I tell him to go to ABS, he would ask me why (laughs).”

While Maja is game about sharing her love story, she feels it’s not the right time to reveal her answer if and when Rambo proposes marriage.

“Hindi naman ako madamot about my lovelife but that kind of question, sana masagot ko ng sa kanya na lang. Besides if I answer now, he will already know so there’s no thrill anymore; baka pag nag-plano s’ya, hindi s’ya maiyak, hahahaha!” he said of their new collaboration.

Kris Bernal regains control of her Instagram account

Kris Bernal has finally recovered her Instagram profile, days after it was seized by hackers, along with her other social media accounts and personal email.

“Good day all, [it’s] finally me, Kris B, talking to you in my own personal account,” the actress said in her Instagram post yesterday, Sept. 25.

“The past few days had been so chaotic for me,” she added. “Especially how my personal life has been risked in danger because of cyberhackers.”

She stated that it took her three “tedious” attempts, before she managed to finally regain control of her Instagram page.

“The first time GMA [the network’s social media team] helped me to retrieve it, the hacker still kept on coming back, sending me messages and calling me on whatsapp, until I secured it.”

Bernal said the hackers “attack” between 2 to 5 a.m., when the actress is supposedly asleep.

The actress added that her non-showbiz boyfriend, Perry Choi, advised her to create her vlog post last Sunday, Sept. 22, where she first spoke about her social media and personal email being compromised. Bernal stressed that she made the video to immediately warn her followers, in case the hackers

attempted to use her account to get money from them.

“The vlog I posted was as real and raw as it is,” she stated. “As I became so emotional thinking about the consequences of the situation.”

Bernal revealed that her social media and email were compromised after she accessed a link in a message, which she thought came from Instagram, as per her exclusive interview with GMA News yesterday, Sept. 25.

According to the actress, the message claimed she had committed copyright infringement, and she had to report to Instagram. Bernal was led to believe that she had to access a certain link to be able to report to the social media platform. She then entered her account details, including her password and email, in the said link.



Bernal added in the interview that she has only regained access to her Instagram account; her Twitter page and email are still under the hackers’ control. Learning from the experience, the actress advised the public to make use of the two-factor authentication method to protect their accounts, since it was what helped her keep the hackers from seizing her Instagram page again.

The National Bureau of Investigation urged the public to be cautious of clicking links and giving one’s information online. ■

What makes Vina durable



Vina Morales: I love my work and I'm so thankful that until now there are really good projects being offered to me.

Showbiz newcomers should get a tip or two from Vina Morales on managing to remain popular and transition to much meatier, well-regarded roles. You see, Vina started her singing career at only nine years old, and then later on, branched out to acting which led her to become a household name.

Fast-forward to the present. Vina has been in showbiz for over 30 years now and yet she remains on the list of the "lucky few" artists whose talent cannot easily be relegated to the sidelines.

"I love my work that's why I am still here (show business). So, I think it's really love for your work, for your craft to stay long in the business. Oh my God, I've been here for more than 30 years already and I'm so thankful and blessed that until now there are really good projects being offered to me," said Vina.

In fact, Vina is starring in not just one but two acting projects set to roll on screens in the coming days. Viewers will see her in a dramatic role in the ABS-CBN soap Sandugo while her big screen outing is for Damaso: The Musical where the character requires her to sing and act at the same time.

"I didn't have second thoughts about accepting the role when director Joven (Tan) called my manager telling her that I would be portraying as Sisa," shared the actress. "Para sa akin, no actor or singer will ever say no to play a character from Noli Me Tangere (book); historical movie ito at alam natin kung sino si Sisa."

Parts of the scenes were shot in Batangas and she, too, has just finished recording the song meant for

Sisa.

"I think not all the characters are required to sing that's why I'm so proud that I'm one of them. Feeling ko nasa teatro ako so when this was offered to me, okay agad because it's a different experience to be in a musical within a film."

Arnell Ignacio, the actress added, will play the title role as Padre Damaso with Riva Quenery as Maria Clara. Also playing important roles are Ariel Rivera, Arlene Muhlach, Lou Veloso, Leo Martinez and Pinky Amador, among others.

In Sandugo, Vina said her character is far different from her past roles. Her character Cordelia was originally meant for Aiko Melendez and Vina was fine with it saying, "It's a good role and I even said to her, 'Aiks (Aiko), anak pala natin si Aljur (Abrenica) dito' and she said it's okay because he's your adopted son there (laughs)."

Equally doing fine and remains unfazed by competition is Ystilo Salon. It is a modern Spanish salon concept which Vina envisioned with sisters Sheila and Shaina Magdayao. They started operation in 1999.

At present, Ystilo Salon has 24 branches nationwide and continues to grow its network. New Ystilo Salon branches are set to open in Marikina, Fairview Terraces and La Union.

Vina is thankful for having staff members who support them in running the business with hard work. Their branch in Festival Supermall in Filinvest Alabang has found a new location near the escalator of the mall's second floor. ■

'No girlfriend since birth' Vico Sotto accepting 'applicants'



Pasig City Mayor Vico Sotto

Pasig City Mayor Vico Sotto admitted that he had no girlfriend since birth, but he joked that he is accepting "applicants."

Speaking with host Winnie Monsod for her TV show "Bawal Ang Pasaway," Vico answered the host's inquiry on how many girlfriends he had.

"Wala ho. Masyadong naging busy, lalo na po ngayon. Busy sa trabaho," Vico said.

When asked if he is traumatized by the separation of his parents, Vic Sotto and Connie Reyes,

so he did not pursue love life, Vico said being in a relationship is just not his priority.

"Hindi ko lang naplano. Lalo na ngayon, last thing on my mind ika nga. Talagang focus muna sa trabaho," he said.

Nonetheless, Vico said that his dream girl is smart, so they should have the "same wavelength," so they could talk about politics and governance.

"Ang gusto ko ho sana, hindi naman tayo magiging choosy no, gusto ko sana 'yung matalino, may itsura naman, wala namang special talaga," Vico said.

"More than matalino, gusto ka sana same wavelength kami lalo na sa topic ng governance," he added.

The 30-year-old mayor also said that hoped to get married before the age of 40, so he is now open for "applicants."

"Sana naman before 40. Sa ngayon ang masasabi ko lang diyan, Diyos na po ang bahala. Tumatanggap naman ako ng aplikante," he enthused. ■

Angel Locsin to focus on wedding preps after 'The General's Daughter' stint



Neil Arce (left) and Angel Locsin

After actress Angel Locsin ends her "The General's Daughter" stint, she will gear up for what she considers as something "more challenging" — her upcoming wedding.

With the ABS-CBN primetime series coming to an end, Locsin said she will focus on her health as she readies for the day she'll exchange "I do's" with her fiancé, film producer

Neil Arce.

"So siguro kung saan ako nagko-concentrate ngayon after 'The General's Daughter,' ayusin ko muna yung health ko ulit. Sa dami ng mga binagsak ko so magpapagaling ho ulit ako," Locsin shared Thursday during the series' finale press conference.

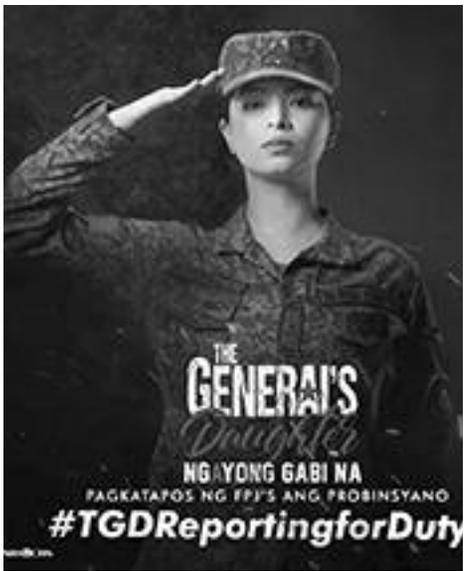
("What I will concentrate on after The General's Daughter would be to improve my health again. Because of all the falls I've had, I need to recover again.")

"And ayusin ko po yung kasal ko. I think yun yung mas malaking challenge, mas mahirap po na challenge na papasukin ko. At good luck na lang po talaga sakin," she added.

("I also need to arrange my wedding. I think that's the bigger challenge, the harder challenge I will have to face. Good luck to me.")

"The General's Daughter," which aired in January 2019, will end on October 4.

It was in June when Locsin and Arce announced their engagement. ■



Jericho marks 40th birthday exploring Sahara desert



Jericho's top travel tips: "Bring your biggest smile. Make friends."

Actor Jericho Rosales traveled to Morocco to celebrate his birthday. He turned 40 last Sunday, September 22.

The actor shared his latest out-of-the-country adventure via his posts on Instagram.

Aside from exploring Sahara desert using a motorbike, the actor also enjoyed bonding with the locals.

"This is one of the ways i find myself and allow myself to be found. This is beyond happiness. I am so thankful for your grace and love. Not just for me but for the people i care

about. Thank you for i made so many mistakes but just like the sand here, you erase the marks every new day. Thank you, Lord for i do not only see how majestic you are. I feel you! And thank you for the person who bought this ticket to the Sahara for me! The next pages of this new chapter will be nothing less than amazing and the words of appreciation won't only be spoken but will be written in ink from the well of gratitude that will never dry up. Glory!!!" Rosales wrote in one of his posts. ■



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Archie makes his debut on Meghan and Harry's South Africa tour



Prince Harry and Meghan, Duchess of Sussex, holding their son Archie, meet with Anglican Archbishop Emeritus, Desmond Tutu, in Cape Town, South Africa, Wednesday, Sept. 25, 2019. (Henk Kruger/African News Agency via AP, Pool)

Cape Town, South Africa (CNN) Britain's Duke and Duchess of Sussex brought their son Archie to his first official engagement Wednesday -- a meeting with Nobel laureate and retired Archbishop Desmond Tutu.

Marking his South African debut, four-month-old Archie met the beloved 87-year-old statesman when the family visited his legacy foundation in Cape Town.

The Sussexes are midway through a 10-day trip to southern Africa on behalf of the UK government. Footage posted to the official Sussex

Royal Instagram account revealed the much-anticipated moment -- to the delight of royal fans around the world

Baby Archie could be seen being cradled by his mother Meghan as the family of three walked down a corridor to meet Tutu and his daughter, Thandeka Tutu-Gxashe.

Beaming from ear to ear, Meghan cooed "here we go" at the bouncing baby boy in her arms while proud father Harry looked on in delight. Harry then started making sounds as the family continued on to the meeting, prompting a squeal of amusement

from his young son.

Once welcomes were taken care of, the group went inside and sat down on sofas surrounding a coffee table laden with an impressive display of snacks.

The group shared a laugh over the number of cameras clamoring to get shots of the young royal. Harry quipped that "he is used to it already," according to Britain's PA Media news agency.

"He's an old soul," Meghan said of four-month-old Archie.

Tutu-Gxashe joked, "You like the ladies," to the baby, adding: "He's



going to be a ladies' man."

During the meeting -- which lasted roughly half an hour -- Tutu said he was "thrilled" by the "rare privilege and honor" of meeting the young British royals, PA Media also reported.

Wednesday was not the first time Prince Harry has met the retired archbishop.

In 2015, he presented the South African statesman with the

Insignia of an Honorary member of the Order of the Companions of Honour on behalf of the Queen, recognizing his services to UK communities and International Peace and Reconciliation.

Tutu, the first black archbishop of Cape Town, was awarded the Nobel Peace Prize in 1984 for his efforts to end apartheid.

Following the meeting, the couple's official Instagram account shared several photos from the engagement with a message from Meghan and Harry saying, "Thank you Archbishop Tutu for your incredibly warm hospitality, Archie loved meeting you!"

By Lauren Said-Moorhouse, CNN Updated 4:33 PM ET, Wed September 25, 2019

From Page 7 Global Witness

shameful resort to repetition. This is not news," he said.

The insurgency problem, according to Panelo, prompted the President to implement measures "to maintain peace and order in the affected localities."

"Blaming a government with baseless conjectures for a domestic problem which it seeks to resolve flies in the face of impartial observation and circumspection, and even causes a division among its people. In this case, it is worse as it is being committed by one who is a stranger to our country's internal affairs," he said.

- with a report from Agence France-

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