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## Latincover denies partnership in Filipino BC's 2026 festival amid calls for accountability of Lapu-Lapu funds **P.4**



Alejandro Samper wants Filipino BC to stop its planned 2026 Lapu-Lapu festival. He lost his father, mother and sister in last year's tragedy.

## Surrey mayor calls for national state of emergency amid extortion crisis **P.5**



## Canada calls for protection of journalists in the Philippines **P. 12-13**

## AJ Insurance Celebrates 2025 Success and Sets Bold Targets for 2026 at Annual Kick-Off Event



## Celebrating 93 Years of Nanay Domeng **P. 18**



**Hiring** **P.7**  
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# Filipino-Canadian Lita Cabal steps forward to serve in City of Surrey



grassroots campaign. She previously ran as an official Conservative Party of Canada candidate for Member of Parliament in Vancouver East, where she gained invaluable, hands-on experience in every aspect of campaigning, from door knocking and fundraising to engaging in meaningful one-on-one conversations with residents across the community. That experience strengthened her belief that leadership begins with listening, showing up, and being ready to do the work.

Another proud Filipino-Canadian is stepping forward to serve bringing experience, heart, and a deep commitment to community leadership.

Lita Cabal, a Candidate of Record has officially announced her intention to run in the 2026 Municipal Election as a candidate for Surrey City Council under the Conservative Party of Surrey Team.

Lita is no stranger to public service or the demands of a

During her nomination journey for Fleetwood-Port Kells, Lita's path was defined by connection, service, and trust-building. She didn't just meet people she formed lasting friendships, earned confidence from residents, and built strong support across diverse communities. Those conversations on doorsteps and at community events



4th from left is Lita Caba with husband Michael, Sen Yonah Martin and some supporters

continue to shape her vision for a stronger, more inclusive Surrey.

Beyond politics, Lita remains deeply committed to serving the community. She actively volunteers at numerous local events, always leading with compassion and action. Most recently, Lita and her pickleball community came together to collect and distribute blankets to individuals experiencing homelessness in Surrey, demonstrating her belief that leadership is about service especially when it matters

most. Running for Surrey City Council marks an exciting new chapter one that brings Lita's grassroots experience, community advocacy, and proven leadership closer to the decisions that directly impact families, neighborhoods, and local businesses.

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The journey continues and the excitement is just beginning!



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## BREAKING NEWS

# Latincouver denies partnership in Filipino BC's 2026 festival amid calls for accountability of Lapu-Lapu funds

By Oscar Bisnar  
Guest Writer

The Latincouver Cultural and Business Society has denied that it is partnering with Filipino BC in organizing a new Lapu-Lapu festival.

Latincouver made this clarification amid growing calls for Filipino BC to make a full accounting of funds collected in the wake of the 2025 Lapu-Lapu tragedy and where the monies went.

Founded by Paola Murillo, Latincouver is a non-profit organization that connects and empowers the Latin community in Vancouver.

"Latincouver is not an organizing partner, co-producer, or decision-making body for the Lapu-Lapu Day Festival 2026," Murillo said in a statement.

"There is no formal partnership agreement, memorandum of understanding, or operational role in place between Latincouver and Filipino BC related to the planning, logistics, programming, or delivery of this event," Murillo continued.

To recall, Filipino BC on January 7, 2026 issued a media release saying that the 2026 Lapu-Lapu festival is planned for April 17-19, 2026, with Latincouver as one of its partners.

The Filipino BC release also quoted Murillo, who is the executive director of Latincouver, indicating her group will partner with Filipino BC.

"Our partnership with Filipino BC for Lapu Lapu Day 2026 reflects our shared commitment to supporting one another, honouring those we've lost, and uplifting our communities through culture, connection, and solidarity," the Filipino BC release quoted Murillo.

However, Murillo's statement made clear that her group is not going to partner with Filipino BC.



Paola Murillo is the executive director of Latincouver.

Murillo clarified that Latincouver's "participation is limited to cultural presence only and does not involve event planning or organizational responsibilities".

Four former directors of Filipino BC have demanded full transparency from the organization about how Lapu-Lapu tragedy donations were spent, particularly if funds went to assist victims and their families.

These ex-directors are Antonio Ortega, Lina Vargas, Concepcion Colobong, and Oscar Visnar.

Jendhel Sico was one of the 11 people who perished in the April 26, 2025 Lapu-Lapu tragedy.

Her family said that they received only \$300 in groceries from Filipino BC and a \$100 transit pass.

Jendhel's sister Maydhel Ann related to Patrol Abroad reporter Rowena Papisin that it's been difficult to seek assistance from Filipino BC.

"Really, it makes no sense to us that there's a capacity that they have to just give a small amount to each family, when it was told that they received so much more than everyone's been receiving. And so it's kind of just interesting to see... It would be interesting to see where their money is really going and why they aren't able to help as much as they claim,"

Ann said.

Alejandro Samper, a member of the Latin community, has personally suffered immense loss. He lost his mother, father, and sister in last year's tragedy.

Samper has now come forward to publicly urge Filipino BC to "pull the plug" on the 2026 Lapu-Lapu Day festival.

In an interview with Omni Filipino News journalist Rhea Santos, Samper stated that proceeding with a large scale celebration on April 17-19 disrespects the memory of those who were lost and overlooks the deep, ongoing grief of the families still mourning.

In addition through a social media comment, Samper is also asking for full accountability

and transparency regarding the funds that were donated for the victims of the tragedy. His call is not just about timing, but about trust, ensuring that every dollar raised in the name of support and solidarity has been handled with integrity and clarity.

Latincouver's clarification, combined with Samper's public appeal, underscores a growing sentiment in the community: solidarity must be grounded in truth, and healing must be guided by those most affected.

As conversations continue, many are watching closely, not just to see whether the festival proceeds, but to see whether community leadership will listen to the voices of the bereaved and respond with the care, humility, and accountability this moment demands.



Alejandro Samper wants Filipino BC to stop its planned 2026 Lapu-Lapu festival. He lost his father, mother and sister in last year's tragedy.

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# Surrey mayor calls for national state of emergency amid extortion crisis



**Surrey, B.C. – Mayor Brenda Locke** is urging the federal government to take full leadership and declare a national state of emergency, or invoke equivalent extraordinary measures, to tackle the extortion crisis affecting communities across Canada.

At Monday night’s council meeting, Mayor Locke presented a motion, unanimously supported by council, calling on the federal government to

immediately make the declaration, which would give it additional temporary powers to tackle the extortion crisis, given that current efforts have not been enough.

“Surrey is facing a serious and growing crisis of organized extortion, intimidation and targeted shootings,” Mayor Locke said. “Residents and business owners are living in constant fear. Public safety is at risk, and the social and economic impact is real. The federal government needs to act now to give authorities the additional tools we need to keep our residents safe.”

Mayor Locke’s motion reiterated her call to appoint a Commissioner for Extortion Violence Against Canadians to oversee the implementation of key measures, including:

Immediate deployment of additional RCMP, federal organized crime units, and intelligence resources to Surrey

- Federal RCMP leadership of a joint federal-provincial-municipal task force with authority to act rapidly on extortion-related violence
- Expedited removal of non-citizens charged or convicted of extortion, firearms offences, or participation in extortion-related criminal activity
- Review of legislative gaps and recommendations to strengthen police capacity for arresting, charging and prosecuting offenders
- Quarterly public reporting on the severity of extortion-related activity and progress in

addressing the crisis Other measures include expanding immediate detention and inadmissibility powers under the Immigration and Refugee Protection Act, ensuring coordinated financial investigations of extortion-related crimes, and allowing the public release of information that identifies individuals charged with or deported for extortion-related offences to increase public awareness and deterrence.

“Surrey is entering the third year of this crisis. Despite police and provincial efforts, these transnational crimes are not stopping, and we need a full-scale national effort,” Mayor Locke said. “We need to restore public safety, protect our community, and take organized crime off our streets.” (City of Surrey)

# Judge Mylene de Guzman Welcoming Ceremony

On Friday, January 23, 2026, the Provincial Court of British Columbia in Surrey was the welcoming of Mylene de Guzman as Judge of the Provincial Court of British Columbia. Judge de Guzman is the first Filipino-Canadian judge at the court.



Judge Mylene de Guzman was appointed a judge of the BC Provincial Court on March 3, 2025. She is the Court’s first judge born in the Philippines.

In speaking about her appointment, Judge de Guzman commented, “My face on the Court represents British Columbia’s diversity, seen through my personal history and the choices I’ve made throughout my career. As a Filipino-Canadian, I am a living dichotomy of the marginalized and the privileged, of the simple and the complex, of the Land of the Morning and the True North, and it makes me feel lucky.”

the Philippines and immigrated to British Columbia. She attended the University of Windsor (Ontario) and obtained her law degree in 1995.

Articling at Greig, Skagen & Kennedy, she has worked as a family law lawyer in New Westminster and the Fraser Valley for most of her career. She obtained her accreditation as a family law mediator and arbitrator in 2015.

She devotes 20% of her

practice to alternative dispute resolutions. She is on the roster of Access Pro Bono lawyers, participating in legal clinics and conducting mediations. De Guzman is also a member of Amici Curiae Friendship Society, participating as a guest speaker and lecturer for

legal clinics. She has worked as a volunteer in the legal community, taking on executive roles, including president of the New West Bar Association in 2022. She is the first vice-president of the Canadian Bar Association. ([new.gov.bc.ca](http://new.gov.bc.ca))

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## When Success Refuses to Arrive

Not all Filipino stories in Canada end with applause. Some end in silence, with no fireworks, no big announcements, and no clear finish line.

This is the story of Dave Singuan, sixty five years old, once a college instructor in the Philippines, now a man still waiting for the life he thought he would have when he first arrived in Canada in 1995.

Dave came with a suitcase full of books and certificates. Back home he taught literature and history in a provincial college.

His students admired him. He was the type who stayed after class to listen to their problems, the type who believed education could lift people out of poverty.

When he left for Canada, the community gathered to send him off. Everyone said the same thing. "Teacher ka na doon". You will surely succeed.

Canada was different.

His credentials were not recognized. Teaching jobs were few, and most required local licenses he did not yet have. To survive, Dave took the first work he found. Factory shifts. Warehouse work. Night jobs that paid enough to keep the rent going. He told himself this was temporary. He said this was just a phase.

But phases can last longer than a lifetime.

He tried upgrading. Enrolled in short courses. Submitted papers. Applied for bridging programs. Every rejection letter arrived like a small reminder that he was not starting from zero but from below it.

He would come home after twelve hours on his feet, open his old lesson plans, and wonder when he stopped being



a teacher.

Years passed. The accent he once worried about became permanent. His books from the Philippines gathered dust in boxes he moved from one basement suite to another.

Friends who arrived after him moved ahead. Some became managers. Some went back home, tired of the struggle. Dave stayed.

There is no sugar coating here. He did not become a professor in Canada. He did not open a school. He did not reach the life he imagined when he boarded that plane in 1995.

What he did reach was something quieter.

At work, he is the one new immigrants ask for help. He explains forms. He translates policies. He shows them where to find free English classes. When someone loses a job,

Dave is the one who brings coffee and listens. He is still a teacher, just not in the classroom he once dreamed of.

It is the road he walked, even when the road refused to lead him where he wanted.

This year, he does not talk about promotions or new careers. He talks about stability. About being able to pay rent on time. About keeping his health. About staying useful to others even when he feels invisible himself.

Dave Singuan did not make it.

Not yet. And maybe not in the way we usually define success.

But every morning, he still wakes up before dawn, packs his lunch, and walks into a world that never fully welcomed him, carrying the same dignity he once brought into his classroom in the Philippines.

His story is not meant to inspire applause. It is meant to remind us that not all victories are loud. Some victories are simply about staying.

And sometimes, that is already a kind of success.

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# Harvest for Hope Feeds Hundreds Across Metro Vancouver in Just Its First Year

By ReyFort Media

On Tuesday, January 27, Harvest for Hope, in partnership with the Phil Historama Society and led by Rotarians Ed and Carmelita Salonga Tapia, delivered essential household items and fresh food to approximately 120 senior residents at Rotary Tower in New Westminster.



Harvest for Hope Board of Directors. From left to right Mihai Draguleasa, Sonja Madsen-Mills, Noemi Victorino (founder and executive director), Lee Anne Theron, Sohaljeet Singh Samra



The delivery is part of Harvest for Hope's ongoing support for five community organizations that receive regular food supplies from the society. As food costs continue to rise and food bank usage has doubled across the region, these additional food essentials are providing much-needed relief to individuals and families facing food insecurity.



Historama Society and led by Rotarians Ed and Carmelita Salonga Tapia (right side).



Harvest for Hope was founded in January 2025 by Filipino Canadian community advocate Noemi Victorino. The organization began with the revitalization of a volunteer-run food program that was on the verge of closure and has since grown into a thriving food rescue and distribution initiative. Today, Harvest for Hope rescues up to 1,400 pounds of food each week, distributing it across four cities: Surrey, Burnaby, Port Coquitlam, and New Westminster. Surrey is where the initiative first took root.

What started as a partnership with a single organization has expanded to five, supporting seniors, veterans, newcomers, refugees, individuals experiencing homelessness, and those facing mental health and substance use challenges.

The effort remains entirely community-led, supported by more than 50 volunteers who contribute their time each week.

In a time of rising costs and growing need, initiatives like Harvest for Hope highlight the critical role of community engagement. By working together—residents, volunteers, and partner organizations—local communities can strengthen their capacity to care for one another and build a more resilient and compassionate region.



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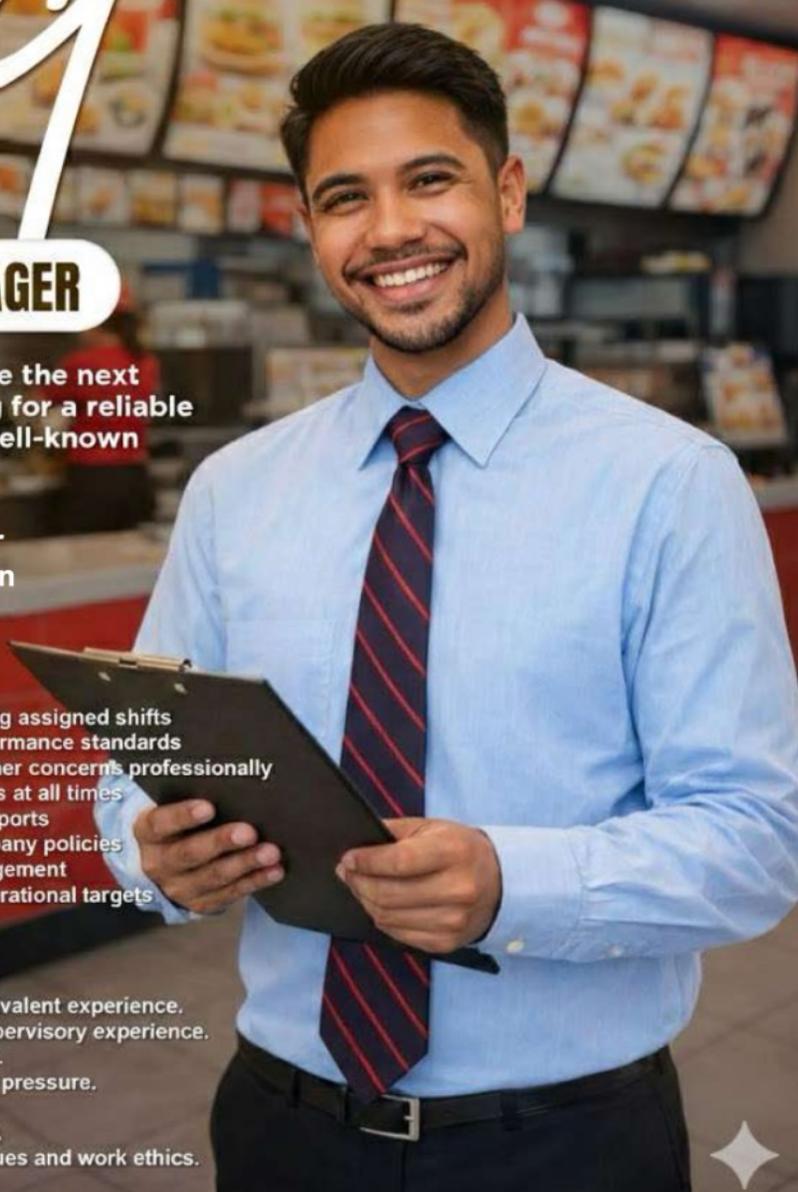
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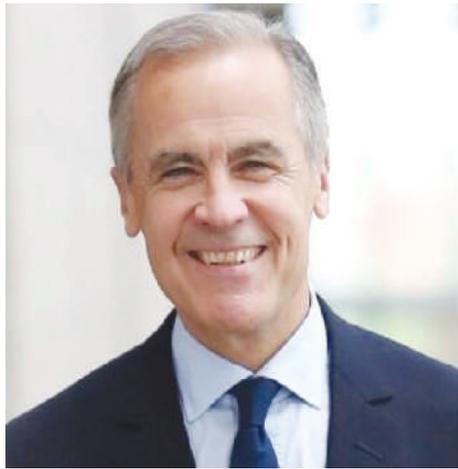
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- ✓ Strong organizational skills with attention to detail.
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- ✓ Positive attitude, team player mindset, and strong values and work ethics.





## Prime Minister Carney announces new measures to make groceries and other essentials more affordable for Canadians



PM Mark Carney

The global landscape is rapidly changing, leaving economies, businesses, and workers under a cloud of uncertainty. In response, Canada's new government is focused on what we can control: building a stronger economy to make life more affordable for Canadians. To that end, we are securing new trade and investment partnerships abroad and building our strength at home – to create good career opportunities with higher wages for Canadians.

Our plan is moving Canada's economy from reliance to resilience, though some of the biggest long-term payoffs of this transformation will take time to be felt. To ensure Canadians have the support they need right now, the government has introduced a

series of new measures to bring down costs – including cutting taxes for 22 million Canadians, supercharging homebuilding, and protecting and expanding vital social programs.

To build on that progress, the Prime Minister, Mark Carney, today introduced new measures to make groceries and other essentials more affordable. To bring down your costs, Canada's new government is:

### 1. Putting more money back in Canadians' pockets

- The government is introducing the new *Canada Groceries and Essentials Benefit* – formerly the Goods and Services Tax (GST) Credit. We are increasing its amount by 25% for five years beginning in July 2026.

- In addition to that, we are providing a one-time payment, equivalent to a 50% increase this year.

Combined, this means that a family of four will receive up to \$1,890 this year, and about \$1,400 a year for the next four years; and a single person will receive up to \$950 this year, and about \$700 a year for the next four years.

The new Canada Groceries

and Essentials Benefit will provide additional, significant support for more than 12 million Canadians.

### 2. Tackling food insecurity, supporting producers, and strengthening supply chains

- The government is setting aside \$500 million from the *Strategic Response Fund* to help businesses address the costs of supply chain disruptions without passing those costs on to Canadians at the checkout line.

- For the same purpose, the government will create a \$150 million Food Security Fund under the existing *Regional Tariff Response Initiative* for small and medium enterprises and the organisations that support them.

- To lower the cost of food production, we are introducing immediate expensing for greenhouse buildings. This allows producers to fully write off greenhouses acquired on or after November 4, 2025, and that become available for use before 2030. This measure supports increased domestic supply and investment in food production over the medium-term.

- To ease immediate pressures

with food banks, the government is providing \$20 million to the Local Food Infrastructure Fund. This supports food banks and other national, regional, and local organisations to deliver more nutritious food to families in need.

- To tackle the root causes of food insecurity, we are developing a National Food Security Strategy – one that strengthens domestic food production and improves access to affordable, nutritious food.

- This strategy will also include measures to implement unit price labelling and support the work of the Competition Bureau in monitoring and enforcing competition in the market, including food supply chains.

Our government is focused on building a stronger economy – to create more career opportunities and higher wages. In parallel, we are bringing down costs to make life more affordable.

That's how we'll empower more Canadians with greater certainty, security, and prosperity – now, and into the future.

(PM Carney website)

## Improving access to timely, team-based care for people in Surrey

### New urgent and primary care centre opens in Cloverdale

Residents of Cloverdale and surrounding communities have improved access to timely, team-based care with the opening of the Cloverdale UPCC on Jan. 28, 2026.

“Residents of South Surrey and surrounding communities who need same-day care will benefit directly from the new Cloverdale UPCC with timely access to the services they depend on,” said Josie Osborne, Minister of Health. “By expanding access to team-based care in Surrey, we're helping people get the timely care they need while reducing non-urgent visits in hospital emergency departments.”

The UPCC at 5711 176A St. in Surrey will operate seven days a week from 9 a.m. until 8 p.m., including statutory holidays, and has the capacity to

accommodate approximately 64,000 patient visits annually.

Team-based approach connects patients to right care

The centre delivers care through a team-based care model, bringing together physicians, nurse practitioners, nurses, social workers and allied health professionals, and is opening with a full clinical staffing complement of 23.56 full-time equivalent (FTE) care providers.

The UPCC provides care for people who need support within 12 to 24 hours for health concerns, such as sprains, cuts that need stitches, fevers and minor infections that do not require emergency department services. The UPCC is designed to meet a variety of health-care needs, including diagnosing and treating a new or urgent health problem, making a connection to more specialized services and supporting

people to self-manage chronic health conditions.

“Access to timely, quality care close to home makes a real difference for people and families,” said Dermot Kelly, president and CEO of Fraser Health. “The new Cloverdale UPCC will help residents get the right care at the right time, from same-day treatment for urgent, non-life-threatening concerns to ongoing primary-care support, reflecting our commitment to improving access to care in Surrey. I'm grateful to the teams and partners who made this possible for the community.”

The centre will attach more than 2,085 patients to a primary-care provider. Care will be delivered primarily through in-person visits, with virtual care provided as needed. All patients will be triaged at the outset to determine care needs

and the appropriate sequence of providers.

The ministry has committed nearly \$6 million in annual operating costs and a one-time amount of approximately \$1 million for Cloverdale UPCC. Additionally, the total capital cost is estimated to be approximately \$18.4 million, funded by the Province and Fraser Health.

The Province is committed to providing timely, high-quality care when and where people need it. The Cloverdale UPCC is a key part of B.C.'s plan to strengthen primary care, improving access to same-day urgent and primary care, connecting people to co-ordinated, team-based services in their community and easing pressure on hospital emergency departments. (news.gov.bc.ca)



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*The Tall Order*  
By Mon Datol

## **VP Sara kinasuhan sa Ombudsman ng plunder, graft, malversation, spy fund, laptop tongpats; 2 PBBM impeachment umusad na sa Kamara; Bong Revilla kulong na; 18 patay, 24, nawawala sa lumubog na RORO vessel sa Basilan**

Umakyat na sa 18 ang namatay at 24 na iba pa ang patuloy na hinahanap sa 332 na pasahero at 27 crew members na mga sakay ng roll-on/roll-off (RORO) ferry vessel na M/V Trisha Kerstin 3 matapos itong lumubog sa karagatan ng Basilan Lunes ng madaling araw ayon sa Coast Guard District Southwestern Mindanao dakong 11:21 a.m. January 26. Ang M/V Trisha Kerstin 3 ay pag-aari ng Aleson Shipping Lines. Hindi ito overloaded, ayon sa CGDSWM.

*Bakit lumubog kung hindi naman daw overloaded?*

\*\*\*\*\*

Sinampahan ng reklamong plunder, malversation at graft si Vice President Sara Duterte sa Office of the Ombudsman na inihain ni dating Senador Antonio Trillanes IV at civil society group na "The Silent Majority", nitong Miyerkoles, Enero 21. Umpisa na ng bakbakan nina Inday Sara at Omb Boying dahil sa...

*Nagsalita na mga 'piping api' sa pangunguna ni 'SenTri.'*

\*\*\*\*\*

Base sa reklamong inihain ni Trillanes at civil society group, nilustay umano ni VP Sara ang P2.7 bilyong confidential fund mula noong ito ay vice mayor hanggang mayor ng Davao City at Bise Presidente at kalihim ng DepEd; graft at malversation kaugnay ng P8 bilyong halaga ng overpriced laptops noong ito ang DepEd secretary at plunder at malversation sa P650 milyong confidential funds ng Office of the Vice President at DepEd.

*Nakngdragon, Tol Reyfort! Grabeng pera ni Juan ang nilustay ni Inday!*

\*\*\*\*\*

Nahaharap din ang Bise Presidente sa graft at malversation kaugnay ng P8 bilyong halaga ng overpriced laptops noong ito ang DepEd secretary; graft at gross incompetence sa Notice of Disallowance na inisyu ng COA tungkol sa P12 bilyong pondo ng DepEd; graft sa P7 bilyong

unliquiated cash advances sa DepEd; graft at gross incompetence sa konstruksiyon ng 192 mula sa target na 6,000 classrooms.

*Lumabas na mga 'itinagong pandarambong' umano ni VP Sara.*

\*\*\*\*\*

Nakita rin ng mga complainant ang paglago umano ng ill-gotten wealth at non-declaration ng SALN higit sa P2 bilyong deposit at iba pang asset; bribery at corruption sa pagtanggap umano ng pera sa mga drug lord noong ito ang Davao City mayor; at unfit to hold public office at betrayal of public trust dahil sa dalawang insidente ng public meltdown habang pinagbabantaang papatayin si Pangulong Ferdinand "Bongbong" Marcos Jr. At napanuod sa buong mundo, kasama na rito sa Canada, ang banta nng Bise Presidente na...

*Utak-sanggano at 'pulbura' rin pala si Inday Sara???*

\*\*\*\*\*

Dapat na agarang dinggin at aksiyunan ng Ombudsman ang mga kasong isinampa nina SenTrillanes at "Silent Majority Group" dahil dahan-dahang bumabagsak ang gumaganda ng imahe ng bansa sa unang 2 taon sa pagrenda ni PBBM sa timon ng Pinas na imbes na tulungan ng ating mga kababayan ang ating Presidente ay patuloy na ...

*Sinisiraan pa ng mga 'mandarambong at maruming pulitiko' ang Pangulo.*

\*\*\*\*\*

'Wala kasing nag-aalaga!' komento ni Senadora Imee Marcos sa kalusugan ni PBBM habang nagbibigay ng pahayag tungkol sa medical observation at kalusugan ni PBBM matapos umanong makaranas ng diverticulitis dahil sa matinding stress at edad ang Pangulo. Ha????? Nag-alala matapos 'siraan at wasakin' si PBBM sa buong mundo ng sabihing adik ang Presidente ng Pinas?

*Nakngdragon! Umaaktong*

*TupasiImeena isangHyena?!?!?*

\*\*\*\*\*

Kahit ano ng sabihin ni Imee tungkol ke PBBM at pamilyang Marcos ay wala ng naniniwala sa kaniya, ke-Loyalista o' DDS dahil ang mga Pinoy ngayon ay di na alam kung anong tunay niyang lahi at apelyido, kung...

*Si Imee ba ay isang Marcos, Lacson o' Duterte? Ano na, Kuya Kim?*

\*\*\*\*\*

Isa sa 2 impeachment complaints na inihain laban kay Pangulong Ferdinand Marcos, Jr. ay kaugnay ng pagaresto kay dating Pangulong Rodrigo Duterte, culpable violation of the Constitution, graft and corruption at betrayal of public trust. Komentaryo agad ng House Senior Deputy Minority Leader at Caloocan City Congressman ay...

*"It lacks form and substance," - Rep. Edgar Erice*

\*\*\*\*\*

Ang unang impeachment complaint ay inihain Lunes ng isang Atty. Andre De Jesus sa tanggapan ni House Sec-Gen Cheloy Garafil at inendorso ni House Deputy Minority Leader at Pusong Pinoy party-list Rep. Jernie Jeet Nisay, na sinasabing konektado umano sa JVN Construction and Trading, isa sa mga contractor na nabanggit ng ICI sa inimestigahang flood control scam at umanoy...

*Kasamang 'Congractor' na tumiba ng bilyon sa flood scam.*

\*\*\*\*\*

Ang 2nd impeachment na isinampa ng Makabayan Bloc nitong Lunes din at halos parehas ang mga charges kontra sa Pangulo ay tinanggap na ng House Justice Committee kayat uumpisahan na umano ang pagtalakay kung meron sapat na sustansiya ang 2 impeachment complaints para umusad ito. Kaya nga sobrang galit ng grupo nina Mike Defensor at Chavit Singson dahil...

*Wala ng tatanggapin pang*

*reklamo kontra Pangulo dahil sa 1-year bar rule. Iyakan na mga DDS.*

\*\*\*\*\*

Talagang malawakan ang ginagawang pagbira kay PBBM para patalsikin ang Pangulo sa Malacanang at pwersahan ipalit si VP Sara Duterte upang...

*Malibre sa kasong pandarambong mga buwitre sa pera ng bayan.*

\*\*\*\*\*

Kailangan ng 1/3 boto ng mga Kongresista o' mga 116 lagda ng mambabatas para umusad na agad sa Senado ang impeachment complaint kontra PBBM at sa tingin ng ilang kaibigan ko sa House na nakapalitan natin ng kuro-kuro hinggil dito ay...

*Hindi uusad kaso dahil majority pa rin e, elibs ke PBBM.*

\*\*\*\*\*

Ang hinihintay daw ng mga Kongresista ay ang impeachment complaint na ipa-file ulit kontra ke VP Sara Duterte matapos ang Pebrero 6, 2026 na katapusan ng one year bar sa unang reklamo kontra VP Sara at iyon ang ...

*Aakyat agad sa Senado dahil sa 200+ pirma ng mga Kong.*

\*\*\*\*\*

Tiniyak naman ni Senate President Tito Sotto na mabilis na aksiyunan ang impeachment complaint laban kina Pangulong Ferdinand Marcos Jr. at Vice President Sara Duterte sakaling may maghain ng reklamo laban sa kanila at makarating sa Senado.

*"Forthwith" at with dispatch ang aksiyon ni Tito Sen. Aprub.*

\*\*\*\*\*

Walang VIP treatment nakuha si dating Senador Bong Revilla Jr. ng ikinulong Lunes ng gabi sa Quezon City Jail-Male

**SEE NEXT PAGE ...**



## TALL ORDER FROM LAST PAGE ...

Dormitory sa Payatas, Quezon City matapos itong sumuko bunga ng kinakaharap nitong kaso sa Sandiganbayan ayon kay DILG Sec. Jonvic Remulla na nagsabing...

*Trabaho lang, walang kaibigan sa kapwa Cavitenong pulitiko.*

\*\*\*\*\*

Sa Enero 23 babasahan ng sakdal si Revilla at iba pang kapwa akusado sa umano'y P92.8 milyong "ghost" flood control project sa Pandi, Bulacan at dito rin tatalakayin ang mosyon ng dating senador na ilipat siya sa PNP custodial center sa Camp Crame, Quezon City.

*Kulong si Bong kahit na kaalyado ni Pres. Bongbong.*

\*\*\*\*\*

**SHORT ORDER:** Happy birthday to my 2 wonderful, gorgeous younger sisters Mila Dato-Tucker (Jan. 31) of Staffordshire, England and Flora Dato-Quinto (Jan. 29) of New Jersey, USA & Tuguegarao, Cagayan, who'll jointly celebrate their milestones with a family get-together party in our ancestral home n Jaen, NE prepared by our elder Ditseng Baby Dato-Lei & bayaw Vic Lei end of the month. Happy birthday Mila & Flora from your Sangko Moying & Ate Frances and Family in Toronto, Insan Pet Cruz & Family, Ate Norma Dato & Family of Nova & Dato Family in Isabela, Esquivel Family & Gamboa & Javate Families of Jaen .  
**God Bless.**

## ASK COMPUTER DEAN... Bonus Article

*"What to Do If You've Already Been Scammed".*

First, let me say this clearly:

If you've been scammed, you are not foolish, careless, or alone. Scammers are professionals. They use fear, urgency, and convincing technology to trick good people every day.

*What matters most is what you do next.*

**Step 1: Stop all communication immediately**

If you realize—or even suspect—that you're dealing with a scammer, stop responding right away. Do not

## "ASK COMPUTER DEAN"

Email: [askcomputerdean@gmail.com](mailto:askcomputerdean@gmail.com)

### Don't Take the Bait: A Simple Guide to Avoid Scams and Tech Traps

*"Scammers succeed when we rush — stopping for a moment can save you from months of trouble."*

**Ask Computer Dean** welcomes the new year by continuing to help you untangle the challenges of today's technology. And remember, we are on FB & IG, please follow us so that you don't miss our TIP of the DAY. Please email us with your questions and for urgent ones, start subject line with **HELP** in capital letters. Please scan this QR Code or follow this link:

<https://linktr.ee/askcomputerdean>



Every week, I hear from people who say the same thing: "I didn't think it could happen to me."

Unfortunately, scammers are getting smarter — and they use computers, smartphones, emails, text messages, and fake websites to trick people into giving away money or personal information. The good news? With a little awareness, most scams can be avoided.

If you're ever unsure, I'm here to help. You don't have to figure this out alone.

Here's a simple, easy-to-remember guide to help keep you safe.

**First rule: slow down.** Scammers want you to panic. They may say your bank account is compromised, your computer is infected, or a loved one is in trouble. Real companies do not demand immediate action by email or text.

**Second: don't trust unexpected messages.** If you receive a call, email, or text you weren't expecting — especially one asking for money, passwords, or codes — treat it as suspicious. Banks, the CRA, Canada Post, Amazon, and Microsoft will never ask for sensitive information this way.

**Third: never click links you're unsure about.** Many scam emails look very real. Instead of clicking, open a new browser and go directly to the company's official website, or call a number you already know and trust.

**Fourth: protect your personal information.** Never share your passwords, PINs, or one-time verification codes — even with someone who sounds professional or friendly. Once that information is given away, it's very hard to undo the damage.

**Fifth: ask someone you trust.** If something doesn't feel right, stop and ask for help. A family member, friend, or a trusted computer consultant can help you decide if something is real or a scam.

Remember, getting scammed is not a sign of being careless or foolish — scammers are professionals at deception. The most important thing is to pause, question, and verify.

*"A quick question today can prevent a costly mistake tomorrow." ~ Computer Dean*

reply to emails, texts, phone calls, or messages. Scammers often try to keep the conversation going to extract more information or money.

**Step 2: Secure your accounts**

Change passwords for any accounts that may have been affected, especially email, banking, shopping, and social media accounts.

If you used the same password elsewhere, change those too. If possible, turn on two-factor authentication for added protection.

**Step 3: Contact your bank or credit card company**

If money was sent or payment details were shared, call your bank or credit card provider immediately. The sooner you report it, the better the chances of stopping or reversing a transaction. Banks deal with fraud every day—don't hesitate.

**Step 4: Scan your computer or phone**

If the scam involved pop-ups, fake tech support, or remote access, have your device checked for malware or

spyware. A proper scan can ensure nothing harmful is still running in the background.

**Step 5: Report the scam**

In Canada, report scams to the Canadian Anti-Fraud Centre (antifraudcentre-centreantifraude.ca). Reporting helps authorities track patterns and warn others—even if money can't be recovered.

**Step 6: Don't be embarrassed—ask for help**

Many people suffer in silence after a scam, feeling ashamed or unsure what to do. Please don't. Talking

to a trusted family member or a computer professional can make a huge difference and prevent further damage.

**Most important takeaway.**

A scam does not define you. What defines you is taking action, learning from the experience, and protecting yourself moving forward.

If you're unsure what steps to take—or just need someone to guide you calmly through the cleanup—reach out anytime: [askcomputerdean@gmail.com](mailto:askcomputerdean@gmail.com)

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# NEWS Canada calls for protection of journalists in the Philippines

By Carlito Pablo

February 7, 2020.

Canada has joined calls for the protection of press freedom in the Philippines after a court sentenced a journalist to imprisonment of 12 years to 18 years.

"We join our colleagues at the Media Freedom Coalition Embassy Network in the Philippines in urging stakeholders to ensure that journalists can carry out their work without fear of persecution or undue interference," the Canadian embassy in Manila posted on the social media platform X on January 22, 2026.

On that day, community journalist and radio broadcaster Frenchie Mae Cumpio and her former roommate Marielle Domequil were found guilty of financing terrorism in a case that has sparked outrage among rights groups and media advocates.

The Canadian embassy in Manila is part of the Media Freedom Coalition Embassy Network in the Philippines.

In a joint statement that referenced the plight of Cumpio, the network on January 22, 2026 cited its "commitment to the protection of press freedom and the rights of journalists worldwide".

"We urge all stakeholders to ensure that journalists can carry out their work without fear of persecution or undue interference. Freedom of expression and the ability to report independently are essential pillars of democracy and must be safeguarded."

In addition to Canada, the statement was signed by the embassies of Austria, Belgium, Czech Republic, Denmark, Finland, France, Germany, Ireland, Netherlands, Norway, Slovenia, Sweden, Switzerland, Ukraine, and the United Kingdom.

According to the Committee to Protect Journalists, Cumpio was arrested along with four human rights activists in a series of police raids in Tacloban City in the province of Leyte on

"Cumpio, executive director of the Eastern Vista news website and a radio news anchor at Aksyon Radyo Tacloban DYVL 819, frequently covers alleged police and military abuses..." the New York-based group related.

Bi Lih Yi is the Asia program coordinator of the Committee to Protect Journalists.

"This decision sets a precedent as Frenchie Mae is the first journalist in the world to be convicted of financing terrorism," Yi said in a report by the Philippine Daily Inquirer.

Yi described the court's decision as "appalling and absurd," and "nothing short of injustice".

"I think the decision sends a chilling effect not only among journalists in the Philippines but also worldwide," she added.

The Media Freedom Coalition Embassy Network in the Philippines, of which Canada is a member, is part of the broader Media Freedom Coalition (MFC), a partnership of several countries across the world.

Established in July 2019, the coalition states on its website that it works "proactively to advocate for media freedom".

"Media freedom is an integral element of democracy, global security and prosperity. People need free and independent media to provide them with accurate information and informed analysis if governments and other powerful actors are to be held to account. The free exchange of views and information allows communities to identify and pursue emerging opportunities and to recognise problems that must be addressed," the MFC explains.

Moreover, "Governments, which are responsible for protecting human rights, are too often the source of threats to media freedom. The unique added value of the Media Freedom Coalition is its access to governments, and its ability to intervene at the highest level with the governments of countries where media freedom is at risk,



Community journalist and radio broadcaster Frenchie Mae Cumpio, who was convicted of financing terrorism, is shown here in a campaign poster calling for her freedom.

while showing solidarity with countries that work to improve media freedom.

The coalition's current executive group is composed of Canada, Czech Republic, Estonia, Finland, Germany, Ghana, Netherlands, United Kingdom, and the United States.

The Brussels-based International Federation of Journalists (IFJ) and its affiliate, the National Union of the Philippines (NUJP), condemned Cumpio's "draconian conviction on baseless charges".

"The conviction of Frenchie Mae Cumpio on baseless charges after almost six years in detention is a highly alarming violation of human rights, a failure of the justice system to protect and uphold press freedom, and a clear effort to silence critical, independent journalism," the IFJ stated.

For its part, the NUJP said, "[Frenchie Mae Cumpio's] case has been emblematic of the challenged state of press freedom, and more broadly of freedom of speech and expression, in the Philippines and her conviction does not bode well for the media's ability to report on the issues that

Frenchie did without fear of reprisal and retribution."

The Philippines is one of the world's most dangerous countries for journalists, according to the Paris-based Reporters Without Borders.

In convicting Cumpio and Domequil, the judge cited evidence that the two sent P100,000 in cash, two boxes of .45-caliber ammunition, and 12 pieces of shotgun ammunition to communist rebels.

The Police Office-8 (PRO-8), which filed the cases, welcomed the verdict.

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"PRO-8 underscores the independence of the judiciary and the rule of law reflected in this outcome," the regional command said in a statement included in the Philippine Daily Inquirer report.

The lawyers of Cumpio and Domequil plan to appeal the case.

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## Tinig Migrante

By E. Maestro

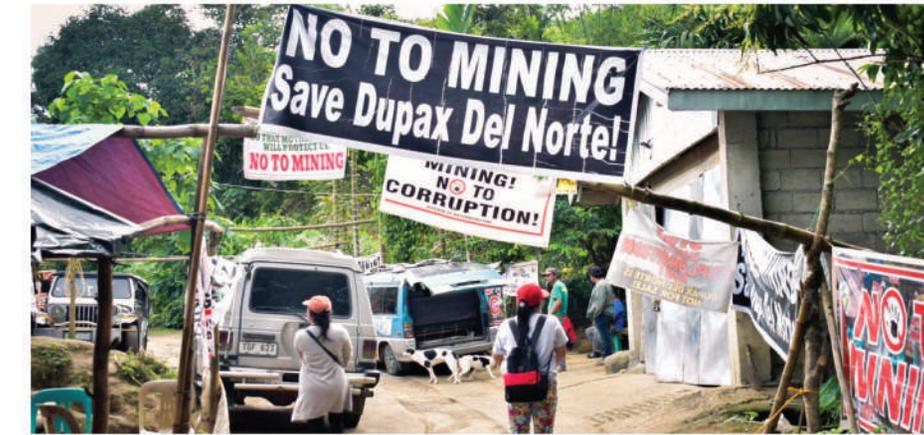
# Dupax del Norte: Story of a Community Against Woggle Mining Corporation

The story of the continuing resistance of the indigenous and peasant communities in *Dupax del Norte*, Nueva Vizcaya against the British mining corporation Woggle Mining Corporation is one of courage. The people's barricade, set up last September 2025, was the community's response to stop Woggle Mining's gold mining operations in Dupax and to protect their land, livelihood, and environment.

On January 23, 300-armed members of the Philippine National Police, Special Weapons and Tactics (SWAT), and goons from the Woggle Mining Corporation violently dismantled the people's barricade and arrested unarmed seven (7) community leaders, including six indigenous women. Without the barricade, the police cleared the entry for Woggle's mining equipment and large-scale mining operations.

It was, and is, a legitimate people's protest. Woggle Mining ignored the indigenous peoples' right to Free, Prior, and Informed Consent. Woggle Mining used the *Philippine Mining Act of 1995 (RA 9742)*, described by the Center for Environmental Concerns as a "prime example of a neoliberal policy, liberalizing the mining sector by enticing foreign and local corporations to invest in the extraction of our natural wealth while failing to ensure national industrialization, equitable development, or environmental protection."

The land defenders of Dupax del Norte have the right to protect themselves, to ensure that their communities and their environment do not end up like so many communities ravaged by big mining monsters. Let us remember what the Canadian mining corporation *Marcopper* (1996) did in Marinduque. Or the mining disaster created by *Lafayette Phils*, a subsidiary of the *Australian Lafayette Mining Ltd* (2005) did in Rapu-Rapu Island in Albay. Or the operations of the *Philex Mining Corporation*, a unit of Hongkong-based *First Pacific Co.*, (2012) in Benguet Province. Or the Australian-Canadian company *OceanaGold* (2014)



Top photo: No to mining! (Credit: Altermidya Facebook Page)

Bottom: L-R: Protecting the barricade (Credit: Altermidya and Amihan)

Ang paggamit ng batas at makinarya ng estado para sa interes ng pribadong korporasyon at mga alyado nitong pulitiko, at ang sistematikong kurapsyon sa hanay ng mga opisyal ng guberno, ay parehong sintomas ng matagal nang sakit ng ating bansa – ang **burukrata kapitalismo.**

**BREAKING**  
Londoners demand British mining out of the Philippines!



Top: L-R: Photo credit: Agham National Instagram; Londoners demand British Mining out of the Philippines (Photo credit: London-Philippines Solidarity). Bottom: Protest in front of the DENR by the KPNE, Jan 23, 2026 (Photo credit: Kalikasan People's Network for the Environment)

and its operations in Didipio, Nueva Vizcaya.

The human and environmental costs are horrible, severe, long-term and maybe impossible to fix – lead poisoning, dead rivers and farmlands, erosion, contamination of drinking water, floods, plus displacement, killings, arrests, harassment and red-tagging.

The land defenders of Dupax

del Norte have the right to defend themselves. Because the system fails them again and again.

The DENR gave Woggle Mining the exploration permit in August covering about 3,100 hectares across five villages. The Regional Trial Court ordered the police to implement the writ of preliminary injunction favoring

Woggle Mining, ordered the removal of the barricade, and directed police to identify and arrest the protesters. This dirty relationship between Woggle Mining, the court and the judges, the government agencies, the elected officials, the police and military ensures that business goes on and profits are made. Even if it means to intimidate, harass, and terrorize the community of Dupax del Norte and those supportive of their struggle. The Advocates of Science and Technology for the People (Samahan ng Nagtataguyod ng Agham at Teknolohiya Para sa Sambayanan) or *AGHAM* sums up this relationship in one word - bureaucrat capitalism and explains it thus:

“Ang paggamit ng batas at makinarya ng estado para sa interes ng pribadong korporasyon at mga kaalyado nitong pulitiko, at ang sistematikong kurapsyon sa hanay ng mga opisyal at gobyerno, ay parehong sintomas ng matagal ng sakit ng ating bansa – ang burukrata kapitalismo.”

Catholic Bishop *Jose Elmer Mangalino* of *Bayombong* was among the first to speak out for the land defenders and to criticize the police action. He was quoted in the *Altermidya* press, “Despite their pleas for help from those in power, despite their repeated appeals to the court for what they are fighting for, what they received was silence, indifference, and favor given to Woggle Mining Corporation. Enough is enough, let us now raise our voices louder and demand accountability.”

Bakit nga ganoon? Bakit tagilid ang timbangan, pabor sa dayuhan at walang kuwenta ang mamamayan? Bakit walang pakialam ang mga nasa poder sa pagsira ng ating bundok, ng gubat, lupa, dagat, taniman, ng ating kabuhayan at ating kinabukasan? Ganoon ba habang panahon?

Hindi naman lagi tagilid ang timbangan. Nabasa ko iyon kay Amado V. Hernandez. ###

#DefendDupaxDelNorte  
#DefendNuevaVizcaya



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## CITIZENSHIP CHANGES IN 2025

### Change to citizenship rules in 2025

On December 15, 2025, the Government of Canada passed *Bill C-3, An Act to amend the Citizenship Act*. This legislation changes the first-generation limit to citizenship by descent.

This change officially took effect on December 15, 2025.

#### What the change means

Before Bill C-3, Canadian citizenship by descent was limited to the first generation born outside Canada. This rule was called the first-generation limit to citizenship. The changes made by Bill C-3 removed this limit in some situations.

This change to the first-generation limit doesn't affect anyone who already became a Canadian citizen before Bill C-3 became law. If you were already a citizen before the bill, you're still a citizen.

#### How we count generations when considering this rule

To count generations for this rule, we consider the first generation to be the first person born or adopted outside Canada to a Canadian citizen.

#### Examples:

- Canadian citizen: Born in Canada (a citizen by birth) or applied for and was granted citizenship (a citizen through naturalization).
- First generation: Born outside

Canada to a Canadian citizen who was born in Canada or granted citizenship (naturalized). This person is Canadian by descent.

- Second generation or later: Also born outside Canada to a first-generation person. This person is now Canadian in some situations.

This is also how we count generations for people who are adopted and apply for a direct grant of citizenship.

#### If you were born or adopted on or after December 15, 2025

People born outside Canada in the second generation (or later) may be Canadian if

- their parent was also born or adopted outside Canada to a Canadian citizen (meaning the grandparent was Canadian), and
- that same parent spent at least 1,095 days in Canada before the birth

Adopted people are likely eligible to apply for Canadian citizenship through a direct grant for adopted people if

- they were born and adopted outside Canada in the second generation or later, and
- their Canadian parent spent at least 1,095 days in Canada before the adoption

#### If you were born or adopted before December 15, 2025

Citizenship may have been restored or given to people who

were born outside Canada in the second generation or later before December 15, 2025.

This means that in most cases you're automatically a Canadian citizen if you were born

- before December 15, 2025
- outside Canada to a Canadian parent

This rule also applies to you if you were born to someone who became Canadian because of these rule changes.

If this change made you a Canadian automatically, but you don't want to be one, you can apply to give up (renounce) your Canadian citizenship.

Adopted people are likely eligible to apply for Canadian citizenship through a direct grant for adopted people if they were born and adopted outside Canada in the second generation or later before December 15, 2025.

#### If you applied under the interim measure

In December 2023, the Ontario Superior Court of Justice declared the first-generation limit, as it was at that time, unconstitutional for many people.

In response, we announced an interim measure to support those affected.

#### If your application is still in progress

Now that the Citizenship Act has been amended, we will process

your application using the new rules. You don't need to submit a new citizenship certificate application.

#### How to prove your Canadian citizenship

If you think you became a citizen because of Bill C-3, you must apply for a citizenship certificate to find out for sure. You may also want a certificate as proof of your citizenship if you became a citizen automatically.

When you apply, we'll review your application to check if you're a Canadian citizen. If you are, we'll give you a citizenship certificate (proof of your Canadian citizenship).

This proof will help you apply for a Canadian passport and avoid delays at the border if you plan to enter Canada.

Apply for a citizenship certificate.

Strictly taken from Canada.ca

A Canadian Certified Immigration Consultant, Certified Senior Advisor and a Notary Public in the City of Burnaby, Editha Corrales Nelson's preferred areas of practice are Powers of Attorney, Wills Preparation, International Legal Documents, Name Changes, Affidavits, Letters of Invitation, Statutory Declarations, Drafting of Business Contracts and other notarial services. For an appointment, please call: 604-777-2757.

The following should not be construed as providing legal advice and information in this column is intended only as a general guide and should not be applied to specific circumstances without further consultation. For more information on the subject, contact Editha Corrales Nelson at 604-777-2757



# AJ Insurance Celebrates 2025 Success and Sets Bold Targets for 2026 at Annual Kick-Off Event

AJ Insurance marked the start of 2026 with a highly successful Kick-Off Meeting and Annual Awards ceremony held on January 21, 2026, at the Riverway Golf Course clubhouse. The event brought together leadership and team members to celebrate exceptional achievements from 2025 and to align on strategic priorities for the year ahead.

The program highlighted strong performance across the business in 2025, with awards recognizing individuals and teams who played a key role in driving growth and delivering outstanding results. As al-

ways, Industrial Alliance senior leadership came in full force to share insights for the coming year and reinforced the company's continued support for AJ Insurance.

AJ Management on the other hand outlined clear, bold targets for 2026, focused on production growth, agency expansion and talent development. The event served as both a celebration of past success and a forward-looking launchpad, energizing the organization and reinforcing AJ Insurance's commitment to delivering value for clients and partners in the year ahead.



Industrial Alliance (IA) presenting AJ Insurance the 2025 Leading Agency Award for the 18th consecutive year. Accepting the award are Amante Jotie and Josh Jotie.



Shown above are the recipients of the highest awards for 2025 flanked by Amante Jotie and Josh Jotie together with IA's senior leadership team – Anne Doroma (Life Agent of the Year), Darryl & Tia Ho (Investment Agents of the Year), Roel Bernardino & Maricel Lopez (Sales Managers of the Year), Alwin Dimatatac (Most Improved Agent and Top Agency Builder) and Eleazar Ugaddan (Rookie Agent of the Year).



Above, Anne Doromal receiving her Agent of the Year for Life Insurance and below, Darryl & Tia Ho accepting theirs as the Agents of the Year for Investment.



AJ Insurance's Top 10 Brokers, form 1st to 10th – Darryl & Tia Ho, Roel Bernardino & Maricel Lopez, Jake Ladrido, Marytes Flores, Melanie Arinzol, Alwin Dimatatac, Anne Doromal, Sonia Calletong, Milo Sarmiento, and Shiela Gonzales (not in photo).



Agency Builders – Alwin Dimatatac (Top Agency Builder), Aaron Tadeo, Darryl & Tia Ho, and Angel Balena. Not in photo are Klinton Vedar and Susan Ramos.



Million Dollar Round Table qualifiers – Darryl Ho (Court of the Table), Roel Bernardino (Qualifying Life Member and Court of the Table), Jake Ladrido, Marytes Flores, Melanie Arinzol, Alwin Dimatatac, Anne Doromal, Sonia Calletong, Shiela Gonzales (not in photo), Mike Carino, Mark Quintin (not in photo), Vernice Violan, Karla Guerrero, and Alsen David.



AJ Insurance's 37 Continuous Production Bonus qualifiers and 16 Business Development Bonus qualifiers. (All Photos from AJ Insurance)



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# A Living Treasure of the Community: Celebrating 93 Remarkable Years of Dominica Narcise Bagunu known as Nanay Domeng

By Reyfort Media



as a Research Chemist at the Philippine Department of Health, instilling in the family a strong respect for education and public service.

Dominica later married Conrado J. Bagunu, Sr., a Geodetic Engineer with the Bureau of Mines. Though her husband passed away at the young age of 51, she carried on with grace and strength, raising their six children Freddie, Jun, Rolly, Jojo, Bheng, and Ching on her own.

Before immigrating to Canada, Nanay Domeng studied pre-nursing and secretarial courses at Manila Central University (MCU). She built a solid professional career at the Philippine Department of Health, serving as Executive Secretary of the Committee on Physical Examination, headed by the Health Secretary, and later as Senior Stenographer in the DOH Education and Personnel Training division.

In Canada, her heart for service continued. She worked for 15 years until her retirement in 1999, often holding two demanding jobs at once. She served as a home support worker for seniors with Marpole Oakridge Seniors Services and COMCARE, while

also working as a nurse aide at Crofton Manor Nursing Home, Banfield Pavilion, Vancouver General Hospital, and St. Vincent Hospital. Even in her professional life, caring for others was always at the center.

With God's blessings and through sheer determination, Nanay Domeng was able to bring all her children to Canada, building a legacy that now includes 6 children, 13 grandchildren, and 6 great-grandchildren, along with many extended family members. She beams with pride when speaking of her family, often highlighting the values they live by love, kindness, unity, and humility.

Her impact on the Filipino-Canadian community is nothing short of extraordinary. Over the years, she has served in numerous leadership roles, including President of the Venerable Filipino Seniors, 10-year Treasurer of the Filipino Seniors Club of BC, Manager of Operations of TAPSILOG (FilCan Network for Truth & Justice), and Executive Secretary of the Vancouver Patriot Society. She is also known for her generosity and dedication to fundraising, having been named Anniversary

Queen multiple times by organizations such as the Filipino Seniors Club of BC, Seniors Brigade Society, Sampaguita Seniors, 411 Seniors Centre, and TAPSILOG.

Her decades of service have earned her many honors, including the 2014 Maharlika Award for Community Service from the Filipino Canadian Cultural Heritage Society. In a deeply personal milestone, Nanay Domeng was baptized on October 30, 2022, at the age of 89, affirming her faith with renewed commitment. More recently, she received plaques of recognition from the BC Cultural Diversity Association on October 14, 2023, and the Seniors Brigade Society of BC on December 20, 2025.

The celebration of her 93rd birthday on January 17, 2026, was filled with joy, gratitude, and countless photo moments capturing a woman whose life continues to inspire across generations. Nanay Domeng Bagunu is more than a senior in the community; she is a living testament to resilience, service, faith, and the enduring power of a life well lived.

(Photos from Isabela Neri)

Nanay Domeng is widely regarded as one of the oldest and certainly one of the most inspiring figures you will see actively attending Filipino community events across Metro Vancouver. Wherever there is a gathering for fellowship, service, or celebration, chances are "Nanay Domeng," as she is lovingly called, is there smiling, present, and fully engaged. On January 17, 2026, she marked her 93rd birthday, surrounded by family, friends, and an outpouring of recognition that reflects a lifetime of service, faith, and love.

Born on January 15, 1933, in Manila, Philippines, Dominica is the eldest of four daughters of Eugenio Narcise and Dolores Carreon. Her father served



Steve Elliott as Elvis Presley





# Roast Goose King opens in Burnaby

Roast Goose King BBQ officially celebrated its grand opening at Kingsway's Crystal Mall with a lively and culturally rich event that welcomed community leaders, supporters, and guests just in time for Chinese New Year.

The opening marked a significant milestone for the restaurant and added new flavor to one of Burnaby's most vibrant food destinations.

The ceremony was led by CEO Bruce Liang, whose vision and dedication brought Roast Goose King BBQ to life. The restaurant opened its former store in China in 1986 and now has 20 locations including Burnaby. He was joined by distinguished guests including the Mayor of Burnaby Mike Hurley, MLA Raj Chauhan, MLA George Chow, MLA Paul Choi, and MLA Anne Kang, all of whom attended to show their support for local business growth and multicultural entrepreneurship.

Adding to the spirit of unity and cross-cultural support, Filipino community advocates Zeny and Vic Villamera were also in attendance, demonstrating the strong ties between communities and the shared celebration of success.

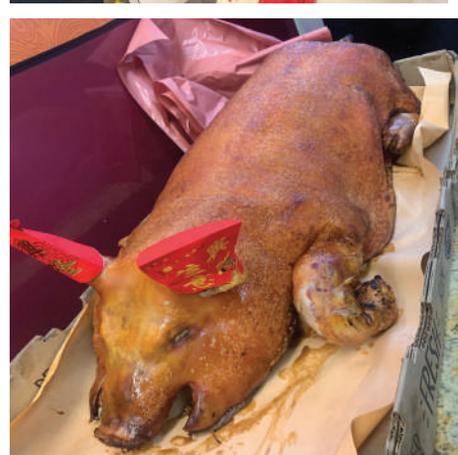
Festivities were in full swing as a traditional dragon dance energized the crowd, symbolizing good fortune, prosperity, and strength for the year ahead.

Guests were delighted by the appearance of the God of Wealth, who walked through the mall spreading joy and well wishes in true Chinese New Year fashion.

Timed perfectly with the Lunar New Year, the grand opening of Roast Goose King BBQ was more than just a business launch—it was a celebration of culture, community, and new beginnings. *(Report from Rosette Correa and Photos by Rolly/Benilda Fortaleza)*



In photo are (L-R) Rosette Corrua, RF Media Senior Editor/ PNC Correspondent, Mayor Mike Hurley of Burnaby, Bruce Liang, owner of Roast Goose King BBQ and Inday Zeny Villamera, business party and community leader.



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## SPORTS

# PH posts best medal haul at ASEAN Para Games

NAKHON RATCHASIMA, Thailand – The Philippines posted its best medal haul in the 13th ASEAN Para Games, winning 45 golds, 37 silvers and 52 bronze medals.

The Filipino delegates easily surpassed their previous gold-silver-bronze haul of 34-33-50 in the 12th ASEAN Para Games in Cambodia in 2023, making it the country's best medal haul since the tournament's inception in 2001 in Malaysia.

Chief of mission Goody Custodio credited the athletes' synergy in their respective fields.

Athletics was the biggest contributor in the country's gold rush with 16 gold medals

Meanwhile, swimming won 13 gold medals while chess collected 12 gold medals in this prestigious tournament for differently abled athletes.

"I think the key was that both our athletes and coaches were able to really focus. At the same time, we were able to integrate young para-athletes into the team," Custodio said.

"Most of our medalists are actually young talents. Of course, our veterans are still there and



*Athletics was the biggest contributor in the country's gold rush with 16 gold medals.*  
ROMAN PROSPERO

they continue to deliver, but a big portion of our success came from new talents coming from different classes, especially among visually impaired athletes. That's where many of our medalists came from."

FIDE Master-elect Darry Custodio emerged as the Philippines' most bemedalled athlete with six gold medals while Paralympic swimmer Angel Otom took home five golds and one silver medal to her name.

Hosts Thailand reclaimed the overall crown after 11 years

with 135 golds, 144 silvers and 114 bronze medals while Indonesia settled for second place with a 135-143-114 haul.

Malaysia took third place with 64 golds, 64 silvers and 73 bronze medals as it prepared to host next year's Para Games in Kuala Lumpur.

Custodio said the Philippines' best medal haul was a collective effort from the Philippine Sports Commission (PSC) and the Philippine Paralympic Committee as well as the private sector in making sure the athletes were well-equipped against

the best in the region.

"The biggest takeaway is the importance of support – from our sponsors like the PSC and MVP Sports, and also from the media. Just by releasing the results and medal tallies, the athletes already feel the support," Custodio said.

"Even their families back in the Philippines were able to follow them through videos and updates, which gives them strength. That kind of support really matters to our athletes." (Manila Standards Sports News)



**SPORTS HUB**

By Romuel Alarcon

## Silver Platter Champion

It is a perennial thing in the different World Boxing Bodies to elevate a boxer, coming from the ranks to be the champion. This normally happens when the ongoing champion boxer vacates his crown or for being stripped of his crown for whatever reason maybe.

I understand very well that the top honcho of a said boxing body can decide who will replace the champion who was stripped of his crown or just go one division level higher.

But the problem lies there, in the process of elevating a boxer to be a champion without throwing a single punch.

Remember that a champion takes the crown when he wins against an opponent if

the boxing crown is vacant. If there is a champion, the challenger should beat the champion to take the crown.

But for the so-called prestigious boxing bodies, what they do is simply elevate a boxer to be a world champion.

That is doing injustice to the former champion because he took the crown the hard way.

He needs to absorb a lot of punches to win the crown and beat his opponent.

But what are the world boxing bodies doing? They are showing to the boxing fans, boxing enthusiast and boxing stakeholders that they have no respect and stripped-down dignity to the former champion by

giving away the crown to someone they like, and crown him as world champion without any drop of sweat.

Is it rightful in the eyes of the boxers who put everything they could to attain their dream to be a world boxing champion?

Do top ranked boxers have no right to protest the handling of a boxing crown to a boxer, not getting it from a legitimate manner which is fighting atop the ring.

As far as I am concerned, No Boxing Crown should be ever given without a fight. Every Boxing Crown should be won atop the ring.

This is the only way to show that the said champion is le-

gitimate.

When a boxer wins the crown because he was just elevated to be a champion, he must be called Silver Platter Champion.

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# MARRIAGE AND THE FAMILY

***So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.*** *Matthew 19: 6 NIV*

Marriage is divinely instituted by God in the Garden of Eden, when He created Adam and Eve, our first human parents. That 6th day of Creation, God created Adam and Eve, not Adam and Steve. "Scripture (the Bible) describes marriage as a decisive act of both detachment and attachment. One shall 'leave his father and his mother and shall cleave unto his wife, and they shall be one flesh.'" Gen. 2: 24 KJV (italics mine)

The Seventh-day Adventist Church Fundamental Beliefs, 22, states thus, "Marriage was divinely established in Eden and affirmed by Jesus to be a lifelong union between a man and a woman in loving companionship.

For the Christian, a marriage commitment is to God as well as to the spouse, and should be entered into only between partners who share a common faith.

Mutual love, honour, respect, and responsibility are the fabric of this relationship, which is to reflect the love, sanctity, closeness, and permanence of the relationship between Christ and His church. Regarding divorce, Jesus taught that the person who divorces a spouse, except for fornication, and marries another, commits adultery.

Although some family relationships may fall short of the ideal, marriage partners who fully commit themselves to each other in Christ may achieve loving unity through the guidance of the Holy Spirit and the nurture of the church. God blesses the family and intends that its members shall assist each other toward complete maturity.

Parents are to bring up their children to love and obey the Lord. By their example and their words, they are to teach them that Christ is a loving disciplinarian, ever tender and caring, who wants them to become members of His body, the family of God. Increasing family closeness is one of the earmarks of the final gospel message."

I would like to borrow the words from the book, *Seventh-day Adventist Fundamental Beliefs*, pg. 295, to make clear that we are serious about the sanctity of marriage.

"The home is a primary setting for the restoration of the image of God in men and women. Within the family, father, mother, and children can express themselves fully, meeting each other's needs for belonging, love, and intimacy.

Here, identity is established and feelings of personal worth

are developed. The home is also the place where, by God's grace, the principles of real Christianity are put into practice, and its values transmitted from one generation to the next.

The family can be a place of great happiness. It can also be a scene of terrible hurt. Harmonious family life demonstrates the principles of Christianity lived out, revealing the character of God.

Unfortunately, the manifestations of these characteristics is altogether too rare in modern homes. Instead, many families demonstrate the thoughts and intents of the selfish human heart--- quarrelling, rebelliousness, rivalry, anger, impropriety, and even cruelty. Yet these characteristics were not a part of God's original plan.

Jesus said, "From the begin-

*WISDOM TO PAGE 22 ...*

**Moments**

Fr. Jerry M. Orbos, SVD



# Keep walking

Did you hear the story about a man who learned that walking is good for his health, so, he started walking at the age of 65. We heard that up to now, he is still walking; he is nowhere to be found, and his relatives are looking for him!

In today's Gospel (Matthew 4:12-23), Jesus called His first disciples as He was walking by the Sea of Galilee. It was a walk that changed the lives of simple fishermen who, from then on, were to become fishers of men. It was a walk that made them encounter Jesus, and made them walk after Him. Are you still walking your own walk? Is there someone or something greater than yourself that you walk after or walk with? If it's all about you, then your walk-through life is vain, empty, and it's all about "me, me, me!"

**WALK ON.** Keep going. Don't stop growing. You have a mission, and a final

destination. Let not the problems, nor the lures of this world stop you from walking on to do your mission and to reach our final destination.

**WALK WITH FAITH.** "Walk with faith in your heart and you'll never walk alone," so goes the song. With faith, we can see more than what meets the eye. With faith, we can see meaning and purpose. When the first disciples followed Jesus in faith, they found their true worth, and their lives became truly significant. More than these, they found a companion and a Master. Yes, let us walk with God, and allow Him to guide and help us as we go through the ups and downs of life.

**WALK FOR GOD.** Life takes a turn when you begin to follow or serve something or someone greater than yourself, and when you focus less on what the world gives you, and more on what you owe the world. Payback time! That's what disciple-

ship is all about. Walk for a mission. Walk for a cause. Walk for a reason.

**WALK AWAY.** Walk away from sin. Walk away from your comfort zone, and follow His instructions. Walk away from worldly chatter, and listen more to your Master. Walk away from negativities and seek the Lord's peaceful ways. Choose your battles. Choose the path of righteousness.

**WALK YOUR TALK.** It is not enough to think, or to say that we love God, when in fact, it is ourselves that we really love. We love God if we listen to Him and obey Him, and serve Him with joy and humility. We truly love Him if we also sacrifice for Him.

Somebody once said that God chooses not so much the worthy instrument as the willing instrument. So true. God has a hard time dealing with righteous and self-right-

eous instruments who end up with entitlement issues. Better are the simple, grateful, forgiven sinners who rely on God's mercy and compassion, and have no lofty thoughts and ambitions. It is humility that is the key to true discipleship and mission.

Think about this: "Blessed are those who can encourage others to go on even if they have failed; those who give happiness even if they are in pain; and those who hold on to God even if they have experienced brokenness."

"The Lord Himself goes before you and will be with you; He will never leave you nor forsake you; Do not be afraid; do not be discouraged" (Deuteronomy 31:8). This beautiful verse is on my table, a constant reminder, and a source of strength for this unworthy, but willing disciple.

*MOMENTS TO PAGE 22 ...*



### WISDOM from PAGE 21....

ning it was not so.” *Matthew 19: 8. But sin destroyed the original plan of peace and harmony in the home. Adam and Eve disobeyed God by eating the fruit of the Forbidden Tree.*

*This disobedience was the beginning of sorrows in marriage up to now. Infidelity, adultery, and divorce with their concomitant problems multiplied.*

*No person alive can solve marital and family problems. Only God can, but that will be in the next topic. (Italics mine)*

*To contact us: Our website is [www.abundantlifeadventist.ca](http://www.abundantlifeadventist.ca). Worship with us every Saturday Sabbath, the seventh day of the week. Genesis 2: 2, 3, Exodus 20: 8-10, Isaiah 58: 13, 14; Isaiah 66: 22, 23; Matthew 5: 17-19; Revelation 22: 14, John 14: 1-3, Rev. 6:6-12, Romans 8: 35-39*

### FR ORBOS from PAGE 21....

Let us continue to keep walking together as a country and as a people. May we have leaders who walk with us, and who do not walk away from us. May we have leaders and government officials who walk their talk.

Jan. 19 to 25 is National Bible Week. May the Word of God be our guide and strength as we walk and

journey through life. “Your word is a lamp to my feet and a light to my path.” (Psalm 119:105)

A moment with the Lord:

May we continue to keep walking to God’s heart, to other people’s hearts, and to our very own heart. Amen.

*momentswithfrjerry@gmail.com*

*(Reprinted from inquirer.net)*

## ICC gives nod to victims’ participation in Rody trial

THE International Criminal Court (ICC) Pre-Trial Chamber 1 (PTC) has authorized at least 29 victims of the Duterte administration’s bloody campaign against illegal drugs to participate in the trial of former president Rodrigo “Rody” Duterte.

Duterte is facing charges of crimes against humanity for the murders of thousands of Filipinos who have been tagged as victims of extrajudicial killings in relation to the implementation of his administration’s “Oplan Tokhang” drive against illegal drug users and traders.

The chamber appointed human rights lawyers Joel Butuyan and Gilbert Andres as the victims’ common legal representatives.

In its 15-page ruling dated January 26, 2026, Presiding Judge Julia Antoanella Motoc, Justice Reine Adelaide Sophie Alapini-Gansou and Justice Maria del Socorro Flores Liera authorized the participation of 29 vic-

tims belonging to Group A and an unspecified number of Group C applicants in the pre-trial proceedings.

“The Chamber, not having identified any clear, material error in the Victims Participation and Reparations Sections or VPRS’ assessment, concurs with it and considers that the minor discrepancies identified by the Registry in certain applications do not affect the overall credibility of the information provided therein,” the ruling said.

“In addition, the Chamber considers that the issue regarding completeness related to eight of the 15 Group A applications does not render them inadmissible. Accordingly, the Chamber decides to authorize the 29 Group A applicants to participate as victims in the present proceedings,” it added.

The chamber held the same for Group C applicants.(A. Hachero with W.Vigilia / Malaya)

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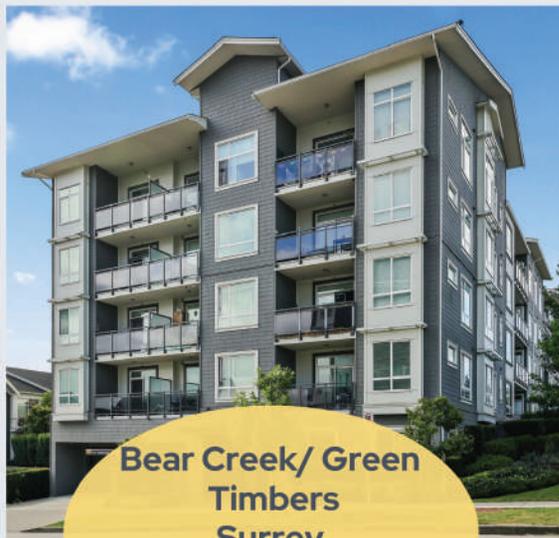
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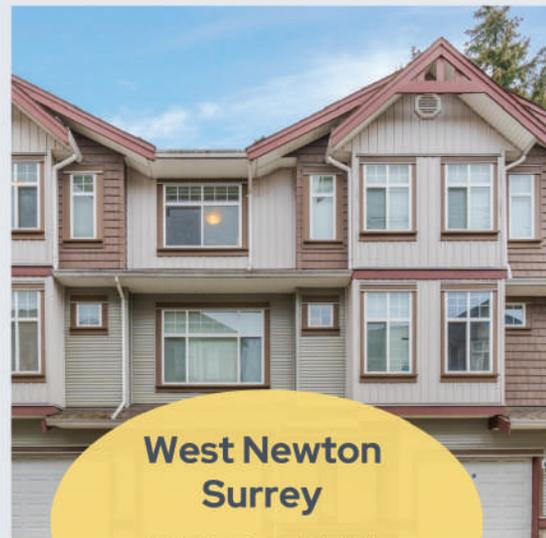
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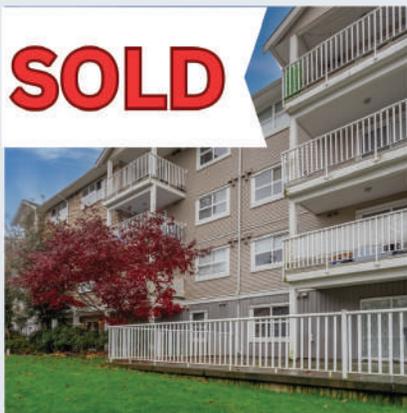
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# 88 SUPERMARKET

Where shopping is truly rewarding

PROUDLY CANADIAN OWNED AND OPERATED

Manilang **BAGONG TAON! 2026**

STORE OPERATING HOURS **8:30AM - 10:00 PM everyday**

## DIVERSE SELECTIONS FOR FILIPINOS

### 88 KITCHEN

KILLARNEY AND RICHMOND ONLY

Victoria Store: 4801 Victoria Dr, Vancouver, BC
Killarney Store: 2611 E 49th Ave, Vancouver, BC
Richmond Store: #110 - 4591 Garden City Rd, Richmond, BC

**WHOLE WEEK DEALS: JAN 29 TO FEB 04**

OFFER VALID WHILE STOCKS LASTS, WE HAVE THE RIGHT TO LIMIT QUANTITIES, REFER TO DISPLAYTAGS IN STORE IN CASE OF DISCREPANCY OF PRINTING ERROR IN THIS AD

**PRODUCE**

THAILAND SPECIALTY LONGAN



**1<sup>98</sup> LB**

THAI YOUNG COCONUT EASY-OPEN



**3/6<sup>98</sup>**

WHITE LOBOK (DAIKON) RADISH



**68¢ LB**

GREEN LEAF LETTUCE



**2/2<sup>68</sup>**

**MEAT**

FRESH PORK BUTT BONELESS ROAST



**4<sup>88</sup> LB**

FRESH BEEF SIRLOIN TIP ROAST AA



**8<sup>88</sup> LB**

FRESH BEEF FLANK STEAK UNGRADED



**9<sup>88</sup> LB**

SCAN FOR MORE WEEKLY DEALS!



FACEBOOK | INSTAGRAM | WEBSITE

**FROZEN FOOD & COOLER**

BUENAS BANANA LEAVES/CASSAVA GRATED 454G



**3/5<sup>00</sup>**

BUENAS SHREDDED YOUNG COCONUT 454G



**2/5<sup>00</sup>**

OCEAN RIA SEAFOOD BALLS ASSORTED 220G



**2<sup>48</sup> EA**

SEARAY CLAM MEAT 300G



**2/6<sup>00</sup>**

SINCERE ORIENT FOOD FRESH RICE STICK NOODLE 454G



**3/7<sup>00</sup>**

PARADISE STEAMED BANANA 454G



**3/10<sup>00</sup>**

SEARAY ROUND SCAD GALUNGGONG 500G



**2/7<sup>00</sup>**

BARRIO FIESTA SMOKED DEBONED MILKFISH 3PCS 400G



**7<sup>98</sup> EA**

**GROCERY**

LIGO SARDINES IN TOMATO SAUCE REGULAR/CHILI 155G



**1<sup>18</sup> EA**

ANGEL EVAPORADA CREAMER 405ML



**2/3<sup>00</sup>**

VINAMILK SOUTHERN STAR SWEETENED WHITENER 300ML



**1<sup>28</sup> EA**

CHIN SU TAM THAI TU SOY SAUCE NHAT CA 500ML



**1<sup>68</sup> EA**

SAN MIGUEL MAGNOLIA CHEEZEE 165G



**3<sup>28</sup> EA**

BULACAN PANCIT CANTON NOODLES 454G



**3<sup>48</sup> EA**

ASIAN BOY RICE CRACKERS ASSORTED 200G



**2<sup>18</sup> EA**

BIN BIN RICE CRACKERS ORIGINAL 300G



**3<sup>68</sup> EA**

MARCA PINA VALUE PACK SOY SAUCE & VINEGAR 2X1L



**3<sup>48</sup> EA**

MANG PEDRO'S CHICHARON REGULAR 170G



**4<sup>28</sup> EA**

KHONG DO GREEN TEA TRA XANH O DO 455ML



**3/4<sup>00</sup>**

COCONUT TREE DRIED RICE NOODLES S/M 1.2KG



**5<sup>98</sup> EA**

SAVOY COCONUT CREAM 400ML



**2/5<sup>00</sup>**

NONGSHIM SHIN RAMYUN GOURMET SPICY 4X120G



**2/10<sup>00</sup>**

FLYING LION PHU QUOC FISH SAUCE 682ML



**10<sup>48</sup> EA**

ANGEL JASMINE RICE 40LB 2026



**49<sup>98</sup> EA**

**HAPPY TUESDAY**

Every Tuesday, all year round, shop and you'll be rewarded, instantly!



**HAPPY TUESDAY**  
3X Reward Points

**\$1=3** POINTS  
SPENT REWARDED