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Vol.28 no. 5 March 1 - 15, 2026

Surrey Mayor Brenda Locke launches re-election campaign, endorses Noemi Victorino for city council

P.7



Noemi Victorino (fourth from right, front row) is running for Surrey city council with the Surrey Connect slate of re-electionist Mayor Brenda Locke (inset photo) in the October 2026 municipal election.

INTERNATIONAL

Women's Day
2026

SPORTSUPDATED

Alex Eala advances to round of 16 in Indian Wells after Gauff retires

P. 18

Potential Leni-BBM alliance comes into focus with Sara's 2028 presidential bid

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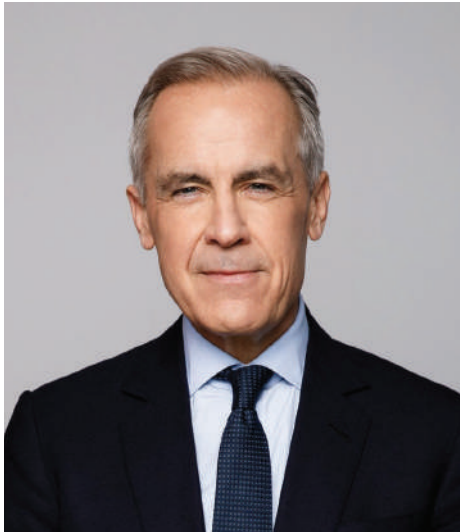
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AS WE CELEBRATE MARCH 8 AS INTERNATIONAL WOMEN'S DAY, HERE ARE THE MESSAGES FROM OUR LEADERS



Prime Minister Carney's message on International Women's day

Our democracy is stronger when it reflects the people it serves. Since Agnes Macphail became the first woman elected to the House of Commons more than 100 years ago, women have won voting rights, property rights, reproductive rights, and

parental leave. This progress was achieved because, again and again, women have refused to accept a system that did not see them, hear them, or reflect them.

That is why Canada's new government is advancing the programs that ensure women are at the forefront of leadership and building a stronger Canadian economy.

We renewed funding for Women and Gender Equality Canada (WAGE) to ensure stable and ongoing resources to promote women's full and meaningful economic participation.

This includes funding for the Women's Program, which has reached more than 400,000 women through mentorship, training programs, and job opportunities. Additionally, through WAGE's Women's Economic and Leadership Opportunities Fund, we are

advancing projects that address barriers to women's economic participation and success. So far, over 160 organisations across Canada have received funding, including those in Northern communities.

There can be no equality – and no prosperity – without safety. We are strengthening our response to preventing gender-based violence by bringing forward legislation that protects and empowers victims to seek justice in our legal systems.

We are also moving forward on responding to the Calls for Justice from the National Inquiry into Missing and Murdered Indigenous Women and Girls. We will always protect the inalienable right of all Canadians to live in freedom, safety, and dignity.

On International Women's Day, as we reflect on how far we've come, we remain vigilant about

what we must protect, and we remain determined about accomplishing the work ahead. That is our job as a government, and as Canadians." (PM WEBSITE)

MORE ON PAGE 4...

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WOMEN'S DAY ... FROM PAGE 2



Conservative Leader Pierre Poilievre on International Women's Day

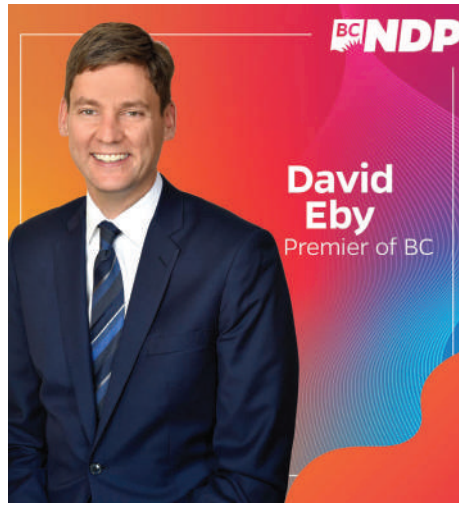
Ottawa, ON – The Hon. Pierre Poilievre, Leader of the Conservative Party of Canada and the Official Opposition, released the following statement on International Women's Day:

"Today we celebrate the backbone of our nation, the amazing women at the heart of our families and communities. International Women's Day is a chance for all of us to cherish and appreciate that incredible half of the human race.

"For my own part, my wife Anaida and daughter Valentina have enriched my own life immensely. Today, and every day, I am deeply grateful for them.

"Conservatives will always fight for a future where Canadian women can achieve their full potential in a country that is safe and affordable for all.

"On behalf of His Majesty's Loyal Opposition, I want to wish everyone a happy International Women's Day!"



BC Premier David Eby

Premier's, parliamentary secretary's statements on International Women's Day

VICTORIA – Premier David Eby has issued the following statement marking International Women's Day:

"On International Women's Day, we celebrate the achievements of women and girls here in British Columbia, across Canada and around the world. It is a day to reaffirm our commitment to building a better, more inclusive future.

"This year's International Women's Day theme of 'Rights. Justice. Action. For all women and girls' is a statement of shared determination to advance the rights and empowerment of women and girls.

"While women continue to make strides in all areas of society, much more work still needs to be done.

That is why in British Columbia we are working hard to make child care more affordable, to reduce and eliminate the gender pay gap by making investments in the health of women and gender-diverse

people, and to keep people safe from gender-based violence, including intimate partner violence.

"Women and girls continue to make great strides in sports, in culture and in the workplace. The growing popularity of women's professional hockey is one indicator that doors of opportunity and inclusion will continue to open.

"As a society, we have come a long way in advancing women's rights in many ways, but we still have a long way to go.

"On International Women's Day, let's celebrate the women in our lives and reflect on how best we can all move forward to contributing to an end to gender discrimination in its many forms."



Jennifer Blatherwick, parliamentary secretary for gender equity, said:

"On International Women's Day, we honour the leadership, resilience and strength of women and girls in every community.

This year's theme reminds us that progress grows when we lift each other up.

By working together to close gaps in safety, opportunity and economic security, we build a province where every woman, girl and gender-diverse person is valued, protected and able to thrive.

Today, we recommit to that essential work." (premier.media@gov.bc.ca)



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by Marilyn Senador, RN, RCIC, FID



Avoid Costly Mistakes Before You Apply to Canada

When planning to move to Canada, one of the most crucial steps is choosing the right immigration pathway for your goals.

Canada offers a variety of programs, such as Express Entry, Provincial Nominee Programs (PNPs), study permits, work permits, family sponsorships, and visitor visas. Each program has specific eligibility requirements, processing times, and documentation needed. Understanding which program aligns with your background, experience, and long-term plans can save months of unnecessary effort.

Many applicants make the mistake of applying to the wrong program or rushing into a process without fully understanding the requirements. This can result in delays, rejected applications, or missed opportunities. For example, some Provincial Nominee Programs prioritize certain occupations or require a job offer from a local employer, while Express Entry candidates are ranked based on the Comprehensive Ranking System (CRS) score, which considers age, education, language skills, and Canadian work experience. By researching early, you can identify the program that maximizes your chances of approval and prepare accordingly.

Additionally, researching your pathway helps you plan for potential challenges, such as language test preparation, credential assessments, or financial requirements. It allows you to schedule necessary steps like obtaining police clearances, medical exams, and document translations well in advance. Early research also gives you the flexibility to improve your eligibility—for example, improving language test scores, gaining Canadian work experience, or pursuing additional education.

Taking these steps also ensures a smoother and more confident application process. You will avoid last-minute stress, errors, or mistakes that could delay your Canadian immigration journey.

The Best Tip? Consult a Licensed Canadian Immigration Consultant. A professional can assess your background, explain all available pathways, and help you choose the right program. Contact Marilyn Senador at 778-989-8064 (WhatsApp / Viber / Zoom / Fax) | info@senadorglobal.com | senadorglobal.com

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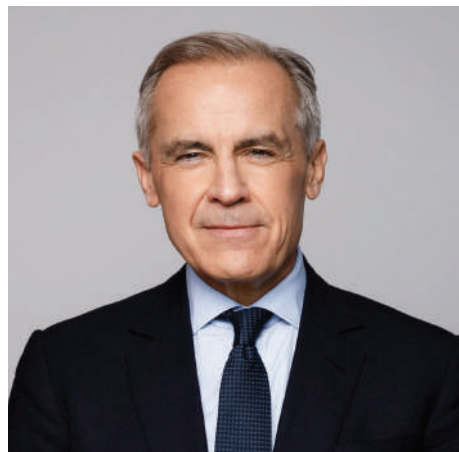


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Prime Minister Carney convenes the Incident Response Group

The Prime Minister, Mark Carney, convened the Incident Response Group (IRG) with ministers and senior officials to discuss the ongoing hostilities in Iran and the Middle East, and continued vigilance to ensure the safety and security of all Canadians.



Canada was not consulted, did not participate, and has no plans to participate in the offensive actions against Iran that are being undertaken by the U.S. and Israel. The initial conflict has spread widely as a result of attacks by Iran and its proxies on other countries across the broader Middle East.

The meeting focused on efforts to protect Canadians in the region and work with partners to de-escalate the conflict.

Canada is continuing to facilitate travel for Canadians who wish to depart the Middle East, including the 5,200 Canadians who have requested assistance.

The Government of Canada is arranging bookings of seats for Canadians to leave Lebanon and the United Arab Emirates, buses leaving Qatar and Israel to bring Canadians to safer destinations, and providing

surge support near the Iranian border crossing to assist Canadians with visa requirements and arranging onward travel.

The group discussed additional efforts to ensure that Canadians who wish to leave can do so safely and swiftly. Canada will take all possible measures to protect Canadians abroad, including those serving in diplomatic missions. The IRG reviewed potential changes to the threat landscape in Canada and underlined the importance of continued vigilance to enhance domestic security.

The Prime Minister provided updates from his recent discussions with leaders in the region and the G7. Canada continues to support efforts to de-

escalate the situation, and to call for an immediate end to attacks on civilian infrastructure – in line with international law. The IRG agreed that partners in the region must have their security and sovereignty protected. (PM website)

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Print Subscription: \$24/year



Publisher/Owner: Rey Fortaleza
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If You Could Meet the Person You Used to Be

On quiet winter evenings in Kelowna, British Columbia, Ben and Nina Santos often sat by their apartment window overlooking the frozen edge of Okanagan Lake. Across the water, scattered lights shimmered like distant memories, present yet unreachable.

A decade earlier, they had arrived in Canada with suitcases and a thick envelope of documents, believing that sacrifice would eventually lead to stability. Like many immigrants, they carried not only belongings but entire former identities packed into hope. Reality, however, proved less predictable.

Ben, once a civil engineer in Batangas City, worked night shifts maintaining commercial buildings. Nina, formerly a public-school teacher, is on temporary jobs. Retail during holidays and housekeeping in tourist season. Their schedules kept them busy but rarely fulfilled. They were grateful, yet a quiet awareness lingered that life had taken an unexpected detour.

One weekend, while reorganizing their storage, Nina discovered an envelope labeled, "Open in 10 Years." Before leaving the Philippines, they had written letters to their future selves — an act they did during their farewell dinner with friends and relatives.

They opened the letters slowly. Inside were predictions of professional success, financial comfort, and a home filled with warmth. The words carried the certainty of people who believed effort alone could shape destiny. Reading them felt like meeting younger versions of themselves who had not yet encountered the weight of starting over.

For days, the letters remained on the kitchen table, quietly confronting them with expectations that had not materialized. Yet instead of



regret, something unexpected surfaced.

Those younger voices revealed not naivety, but courage. It had taken extraordinary resolve simply to leave everything familiar behind. The letters became less a measure of failure and more a reminder of the strength that had begun their journey. Gradually, both began reconsidering what was still possible.

Ben enrolled in a bridging program for internationally trained engineers at the University of British Columbia Okanagan campus. The decision meant attending evening classes after overnight shifts, studying through exhaustion, and sacrificing precious rest. Progress was slow, often discouraging, but steady.

Nina volunteered at a community center tutoring immigrant children. What began as a temporary commitment gradually restored her confidence. Teaching again, even informally awakened a sense of purpose she had quietly missed. Eventually, Ben secured an entry-level engineering position with a local firm. It did not restore his former stature, but it marked a return to the profession he loved. Nina obtained a permanent

their lives had taken, but they would recognize the resilience that carried them forward. Life had not unfolded according to plan. It had unfolded according to persistence.

For anyone feeling delayed, uncertain, or left behind, the story of Ben and Nina offers a quiet reassurance: progress is not always dramatic, and success is not always visible. Often, it appears in the form of stability regained, confidence rebuilt, and purpose rediscovered.

If you could meet the person you used to be, that person might not ask whether you achieved every dream. Instead, they might simply ask whether you kept going.

And if the answer is yes, then you have already honored the courage that once set you on your path. Keep moving forward. The life you hoped for may not come in the form you expected but it may already be unfolding, shaped by strength you discovered only because you refused to stop.

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Surrey Mayor Brenda Locke launches re-election campaign, endorses Noemi Victorino for city council

By Janice Lozano

SURREY, BC — Community leaders, residents, and supporters gathered Thursday evening at The Gables at Surrey Farms for a significant Surrey Connect event, where Brenda Locke, Mayor of Surrey, formally announced her intention to seek re-election in the 2026 Surrey municipal election.

The evening marked an important moment for the city's political landscape, bringing together a broad cross-section of community members who came to hear the mayor outline her vision for Surrey's future and reflect on the progress made during her term in office.

In her remarks, Mayor Locke spoke about the accomplishments achieved alongside Surrey City Council over the past several years. She highlighted key initiatives focused on strengthening public safety, improving community services, supporting local families, and ensuring responsible governance for one of Canada's fastest-growing cities. The mayor emphasized that while meaningful progress has been made, the work of building a stronger and more connected Surrey continues.

"Our focus has always been on delivering for residents and ensuring that Surrey continues to grow in a way that reflects the needs and values of our

community," Mayor Locke said during the event. "We are committed to responsible leadership, transparency, and collaboration as we move forward together."

A special moment of the evening came when former Premier of British Columbia, Christy Clark, took the stage to introduce Mayor Locke. Clark spoke about the mayor's leadership and dedication to public service, acknowledging her continued commitment to the residents of Surrey and her ability to bring people together to move the city forward.

The event also served as the platform for a significant announcement within the Surrey Connect team — the official introduction of Filipino-Canadian community leader Noemi Victorino as a candidate for Surrey City Council.

Mayor Locke praised Victorino's leadership, integrity, and long-standing commitment to community service. She described Victorino as a genuine and compassionate individual who has consistently demonstrated a deep dedication to helping others and uplifting the community.

"Her character, honesty, and passion for service are exactly the qualities we need in local government," Mayor Locke said. "Noemi understands the importance of listening to residents and advocating

for their needs, and I have full confidence she will be a strong voice for the people of Surrey."

Victorino's candidacy represents an important moment for Surrey's diverse population, particularly within the city's vibrant Filipino-Canadian community. Her decision to step forward reflects a growing movement of community leaders who are committed to ensuring that local government reflects the voices and experiences of the residents it serves.

Following the announcement, Victorino shared a heartfelt message of gratitude with supporters who attended the gathering.

"I'm still riding the wave of emotion from last night's formal announcement — a moment that will stay etched in my memory forever," Victorino said. "The outpouring of support from our community and beyond was profoundly moving, and I'm deeply grateful to everyone who came to share this milestone with me and the Surrey Connect team."

Victorino acknowledged that the overwhelming turnout reflected the strong sense of community and shared purpose among those who attended.

"Your presence meant the world," she said. "Though I can't thank each of you by name, please know that I recognize the support and I

look forward to thanking you in person. To those who couldn't attend, your messages truly touched my heart."

She also expressed pride in joining a team she described as dynamic and deeply committed to the future of Surrey, under Mayor Locke's leadership, alongside current and prospective council members including Pardeep Kooner, Harry Bains, Gordon Hepner, Rob Stutt, and fellow council candidate Rona Tepper.

Throughout the evening, attendees shared conversations about the future of Surrey, highlighting the importance of inclusive leadership, community engagement, and thoughtful planning as the city continues to grow. The gathering underscored a shared commitment among supporters and community leaders to work collaboratively toward a prosperous, safe, and inclusive future for all residents.

With the 2026 municipal election on the horizon, the Surrey Connect team signaled a strong and unified start to the campaign season — one centered on leadership, representation, and continued progress for the city.

The event concluded with a spirit of optimism and momentum, as attendees left energized by the evening's announcements and the vision presented for Surrey's next chapter.





A new chapter begins for 'FilCan Helping Hand Society'

It's official sworn in and ready to work !

Surrey Mayor Brenda Locke conducted the oath taking ceremony for newly appointed officers.

President Mirasol Vega Alcober said "Thank you Mayor Brenda Locke for

gracing this occasion and for your inspiring words on leadership and community service.

Your presence made this milestone extra special for our FilCan Helping Hand Society Also big thanks to Noemi Victorino for your unwavering support deeply appreciated.

To my fellow officers, let's make this term a great one!!! Thank you to everyone who believes in us and supported our journey. The work starts now!!

Congratulations to all officers we are ready to work together and serve our community with integrity

and dedication."

Oath ntaking was held at Grandt Kitchen on March 7, 2026





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Egg-citing Easter Activities in Surrey

Celebrate Easter in Surrey with free & fun activities for the whole family!

Family Easter Event

March 21, 9:30-11:00am at Newton Seniors Centre

Join us for a joyful morning filled with Easter magic for the whole family! Meet the Easter Bunny and snap a photo, then grab your basket and dash off on an exciting egg hunt packed with colourful surprises. Kids can enjoy a variety of themed games, hands-on crafts, egg painting, cookie decorating and more. Registration is not required — just drop in and join the fun!

scavenger hunt, and earn a fun springtime prize!

Bad Bunny Scavenger Hunt

March 17-20 & March 24-27, 12-4pm at Historic Stewart Farm

Help us track down all the naughty bunnies who are taking over the farm! After you complete the scavenger hunt, hand it to staff to receive a plush bunny of your very own. Make a day out of it by packing a picnic lunch to enjoy on the lawn and take a nature walk through Elgin Heritage Park.

Easter Egg Scavenger Hunt

March 31-April 4 at Museum of Surrey

Celebrate Easter with an adventure at the Museum! Families are invited to explore, discover, and play together during our special Easter Scavenger Hunt, designed especially for children, toddlers and their parents. Throughout the week of Easter (March 31-April 4) little explorers can wander through the Museum on the lookout for hidden Easter eggs. Spot as many as you can, complete the

Check the City of Surrey website for more details!





The Tall Order
By Mon Datol

Pinay tennister Alex Eala new WTA global star; Digong binasura ng ICC interim release; Mga Pinoy pila-balde sa langis; SC di-dapat makialam sa Kamara – Boying Remulla; VP Sara pinasasagot na sa impeachment; Anne Curtis, ekis non-apology ni Cong Suntay!

Napuyat ako kagabi, March 6, watching Live over YT our 'Princess of the Court' Alex Eala showcased grit & strong determination to reach a historic milestone in her pro tennis journey by besting a very tough Round of 64 foe WTA No. 52 Dayana Yastremska in 3-gruelling sets, 7-5, 4-6, 7-5 of the WTA 1000 Indian Wells in California that arranged a Round-of-32 duel with friend and previously Dubai Tennis tormentor WTA No 4 Coco Gauff of the US. Give Coco a nightmare, Hija, at...

Patapos na 'Batang Quiapo' dis week... err; Coco Gauff nga pala kalaban, dehins si Tanggol, hehehe. Handa ulit ako mag-puyat, Laban Alex!!!

Kinumpirma ng ICC Appeals Chamber ang desisyon ng Pre-Trial Chamber I na panatilihin sa kulungan si dating Pangulong Digong Duterte matapos ibasura ang lahat ng argumento ng depensa pati na ang basehan ng apela sa kabuuan. Sa madaling salita...

Di na uuwi sa Pinas si DU30? Samahan nyo na Bato, BongGo.

Posibleng tumaas ng P21 hanggang P23 per liter ang diesel, P11 hanggang P13 per liter sa gasolina at P33 hanggang P35 per liter naman sa kerosene sa Martes sa buong Pinas, dahil sa patuloy na kaguluhan sa Middle East bunsod ng pag-atake ng US at Israel sa Iran. Pila-balde na mga kabayan natin sa mababang presyo pa ng gasolina, lalo na jeepney drivers sa diesel bago tumaas langis dis week. Buong mundo ang apektado ng US-Israel vs Iran war.

Dito rin Canada grabe taas-presyo ng gasolina. Lapit na raw matapos sabi Tata Trump? Talaga lang huh!

Nanindigan si Ombudsman Jesus Crispin "Boying" Remulla na hindi dapat nakikialam ang Supreme Court (SC) sa patakaran ng Kamara de Representantes patungkol sa impeachment complaint laban kay VP Sara Duterte noong nakaraang taon dahil sa paglabag sa one-year bar rule, na tuwirang bumago sa patakaran ng Kongreso sa calendar days at session days.

Kanya-kanyang patakaran dapat ang SC at Kamara ani Boying.

"Sabi ng Constitution you make your own procedure eh bakit nila pakikialam 'yun?' ani pa Omb Remulla, at dugtong pa niya: 'Yung House ba puwedeng mag-legislate ng Rules of Court? Hindi nila gagawin 'yun, dahil sabi ng Constitution, ang Supreme Court ang gagawa ng rules nila. Eh dapat dito pabayaang nila ang rules ng House. Bakit nila pakikialaman, maling-mali 'yun,' diin pa niya.

Oo nga Po, hano Po? Say nyo Po, mga kababayan ko???

Pormal nang inutusan ng House Committee on Justice nitong Huwebes, March 4, si VP Sara Duterte na sagutin sa loob ng 10 araw ang dalawang beripikadong impeachment complaint na nakitaan ng "sufficient in form and substance".

Gumagapang na impeachment case ni Inday Sara. Subaybayan.

Inaakusahan si VP Sara Duterte ng betrayal of public trust, paglabag sa Konstitusyon, maling paggamit umano ng P612.5 milyon na confidential fund, at pagbabanta na papatayin si Pangulong

Ferdinand Marcos, Jr. at First Lady Liza. Natanggap na ng legal counsel ni VP Duterte ang notice, kaya't...

Umpisa na ng legal teleserye nina Inday, Mary Grace Piattos at iba pa.

Hindi tinanggap ng aktres na si Anne Curtis ang non-apology na apology ni QC Cong. Bong Suntay pero tinanggap niya ang pagso-sorry ng misis ni Suntay upang hindi sila makasama sa usapan pati na rin ang mga anak nito. At sa palagay ko ay may paglalagyan ang Kongresman ng Kyusi dahil pakiramdam ko ay...

Kakasuhan ni Ms. Curtis si Cong Suntay ng Anti-Bastos cases.

Isinumite ko na nitong March 4 sa Philippine Sports Commission ang aking ginawang Nomination Forms for Inclusion to the Philippine Sports Hall of Fame (HoF) ng kilalang Fortaleza Brothers - Ricardo, Rene (RIP), Reynaldo at Rogelio (RIP) - who represented the Philippines in many international boxing competitions that included

the Olympics, Asian Games, World Championships, SEA Games among other big regional slugfests where the famed brothers proudly carried the country's tri-color to the podium with glowing medals of different colors in their chests. With years of dedicated service to Philippine sports, amateur boxing in particular...

The Fortaleza Brothers deserve to be Inducted to the HoF 2026.

SHORT ORDER: Happiest birthday wishes to our Mader Erena Garcia (March 5) Salon-Innisfil, ON, greetings from your Family, Nancy & Family, Cecille & Ed & ANT Family among your friends in TO. GET WELL SOONEST, MADER E!.. Birthday greetings to Tukayo Ramon Sunglao (March 5) from your Brampton Fam... Happy birthday to Jezra Marquez (March 6) of Cabanatuan City from your Mum, Dad, Sis, Titos & Titas... Shout out to Pards Romeo Paas & Family of Surrey, BC.. Greetings too, to Pareng Romy Patricio & Family, also of Surrey, BC... Salamuch Po sa suporta rito sa ating PANT ...God Bless.

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We are back with more practical tech help! Be sure to connect with us on **Facebook** and **Instagram** and **Like** and/or **Follow** our pages so you won't miss our **Tip of the Day**.

Send us your questions, we might just make it the main topic of our next issue but if the matter is urgent, text us at (236) 700-6388 starting with the word **HELP**.

We are back with a quick March roundup from some of our recent Daily TECH Tips. As we head toward spring, this is a good time to give your digital life a simple reset. You do not need to be a computer expert - just start with a few smart habits.

SPRING TECH RESET

Three smart habits to protect your digital life

- 1** **Pause before clicking links**

Scam scam text
Fishing email


- 2** **Protect your email first**

Strong password


- 3** **Back up your data**



EARLY MARCH 2026 EDITION

A little prevention now can save a big headache later.
When in doubt, pause - and ask Computer Dean.

Here are 3 practical ways to protect yourself and your files:

1) Pause before you click

Scam texts, fake bank alerts, delivery notices, and scary popups are designed to rush you. If it creates panic or urgency, stop. Do not click the link or call the number in the popup. Verify using the company's official website, app, or known phone number. If really unsure, reach out to Computer Dean!

2) Protect your email first

Your email account is often the “master key” to your other accounts because that is where password resets begin. Turn on 2-factor authentication (where you get a text or code in your email – or on your mobile device - to acknowledge and prove your identity), use a strong unique password, and never share one-time codes. If someone asks for a code, treat that as a giant red flag.

3) Back up smarter

Photos and videos now take up a huge amount of space for many families and small businesses. A two-bay NAS with mirrored drives can be a strong local backup hub. But keep one extra copy somewhere else too - mirrored drives alone are not a full backup plan. Ask Computer Dean for the 3-2-1 Rule of BACKING UP!

Ask Computer Dean's quick March checklist:

- Update your computer, phone, and tablet
- Remove apps, browser extensions, or toolbars you no longer use
- Test that your backup actually works before you need it
- Review who has access to shared family or business accounts

A little prevention now can save a big headache later. If you have questions, email us at askcomputerdean@gmail.com.

“Technology may change fast, but good judgment never goes out of style.”

“When in doubt, pause — and ask Computer Dean.”

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NEWS
Potential Leni-BBM alliance comes into focus with Sara's 2028 presidential bid

By Carlito Pablo

The 2028 presidential election in the Philippines may yet prove again that politics is the art of the possible.

That is, if the previously unimaginable alliance between Maria Leonor "Leni" Robredo and Ferdinand "BBM" Marcos Jr. comes into being, if only to prevent Sara Duterte from becoming the next president.

The potential for a Robredo-Marcos coalition comes into sharp focus as Duterte has declared her bid for the highest office of the land in 2028.

Consistently topping surveys, Duterte, currently Vice President of the Philippines, is considered the candidate to beat.

Meanwhile, Marcos, as the current President of the nation, is barred by the Constitution from seeking another term.

There are suggestions for Marcos and his supporters to back Robredo in 2028 to prevent Duterte from winning the presidency.

Marcos and Duterte ran as a team in the 2022 national election, but their alliance soon frayed and they are now bitter enemies.

To illustrate, Duterte claimed in a videotaped tirade that she has contracted an assassin to kill Marcos as well as his wife and a cousin.

Meanwhile, it was under the Marcos administration that saw the arrest of Duterte's father and previous president Rodrigo Duterte. The older Duterte is now detained at The Hague, Netherlands and accused

before the International Criminal Court (ICC) of alleged crimes against humanity.

For background, Marcos in the 2022 presidential derby defeated Robredo, now mayor of Naga City in the southern Luzon region of the Philippines.

In 2016, Robredo bested Marcos for the position of Vice President.

On February 18, 2026, Duterte formally declared her plan to run for president in 2028.

Three days later on February 21, Marcos met Robredo in Naga City to inspect flood control mitigation projects, an event that sparked talks that 2028 is part of their agenda.

To make things more interesting, Marcos bared that he was wearing pink socks. Pink is the political colour of Robredo.

"We're not talking about that," Marcos responded to questions from media if their meeting had a political agenda.

"You know, I think the mayor will agree with me that it's service first before politics. The most political thing we did today [was] I wore my pink socks. My pink socks in honor of Mayor Leni," Marcos continued.

Manila Times columnist Antonio Contreras has



Philippine President Ferdinand Marcos Jr. wore pink socks in honour of Naga City Mayor Maria Leonor Robredo when the two met at the latter's balliwick. Photo by the Presidential Communications Office.

been writing a lot about 2028 and particularly regarding the value of a Marcos-backed Robredo presidential candidacy.

In a March 5, 2026 piece titled "The arithmetic of preventing a Duterte restoration", Contreras pointed out that 2028 is not going to be a "replay of old rivalries".

"It is the possibility of a dangerous consolidation of power under a Duterte restoration. If that is the risk, the strategic question is simple: What configuration prevents it?" the opinion writer asked.

"Seen through that lens, a Marcos endorsement of Robredo is not ideological treason. It is a strategic realignment. It acknowledges that defeating a consolidated machine may require an equally consolidated counterweight," Contreras provided the answer.

Contreras explained, "Sara Duterte begins any 2028 race with a structural advantage. Her base, hovering around 30 percent in a multi-cornered contest, is cohesive and disciplined. In a fragmented field, that alone is formidable. Robredo's core base is smaller. Loyal and energized, but insufficient on its own. If she runs, victory will not come from consolidation alone, but from expansion. She should grow her base."

"It is a fact that President Marcos retains a loyal constituency that is more organizational than ideological. If he endorses a candidate, many will follow. While some Marcos loyalists will refuse to vote for Robredo, they would probably abstain, or cast a protest vote, but will not transfer to Sara Duterte. In plurality contests, preventing your opponent from expanding is as

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important as expanding yourself. Even imperfect transfer yields advantage," Contreras wrote.

Duterte is currently facing impeachment complaints before the House of Representatives due to alleged corruption and her threat to have Marcos assassinated.

If convicted in trial before the Senate, Duterte will be disqualified from running for public office, which would take her out of the



2028 race. Edgar Erice, a member of the House of Representatives, noted in a March 5, 2026 report by the South China Morning post that a Duterte victory in 2028 poses an existential threat to Marcos.

"Because if Sara wins, then there are only two options for the president [when his term ends in 2028]: either to go to jail or to go [into] exile," Erice said.



Tinig Migrante

By E. Maestro

Bombings and Bases

The Feb. 28th US and Israeli bombing of Iran, and the immediate retaliation from Iran, sent shock waves everywhere. My heart goes out to those who were killed, especially the 175 people, nearly all young schoolchildren at the girls' elementary school in Minab, to the many injured and impacted by the bombings in Iran. Iran retaliated by bombing US bases in the region, including Dubai, Abu Dhabi, and others.

The first reported OFW casualty of these senseless bombings was Mary Ann Velasquez De Vera, a caregiver in Israel who was killed while helping her employer get to a bomb shelter. Both were unable to reach the bomb shelter in time. Hopefully our OFWs will be evacuated immediately.

Below is the full text of the February 28th statement of Migrante Middle East on the recent US-Israeli war of aggression against Iran.

"We are deeply concerned about the rapidly escalating conflict between Israel-USA on one hand, and Iran on the other, which endangers the lives and limbs of more than two million overseas Filipino workers (OFWs) in the Middle East. The airstrikes instigated by the US-Israel war tandem and answered by Iran's retaliatory attacks have created an atmosphere of fear and uncertainty throughout the region and shows no signs of deescalation. This conflict, driven by US imperialist domination and military expansion, has once again turned entire nations in the region into battlegrounds for foreign interests, exposing to further insecurity Filipino and other migrant workers in Israel, Iran, and nearby

countries that host US bases such as Saudi Arabia, the UAE, Bahrain, Qatar, Jordan, and Kuwait. These OFWs left the Philippines because of landlessness, unemployment, lack of job opportunities, and poverty at home, but now find themselves trapped in wars they did not choose. We are reminded now that it is ordinary people, not the war-makers, who greatly suffer in times of conflict.

Protecting the lives and welfare of our OFWs must be the government's top priority. We demand the Philippine government to implement immediate, decisive, and fully funded evacuation and protection measures for all Filipinos in affected areas. Safe shelters, accessible communication channels, swift documentation processing, and unconditional repatriation must be guaranteed. Bureaucratic delay and complacency are unacceptable when Filipino lives are at stake. Repatriated workers must be provided with substantial financial aid, livelihood assistance, and long-term reintegration support.

The Philippine government must also scrap its labor export policy and instead focus on creating decent jobs and opportunities within the country. The ongoing crisis in the Middle East highlights the vulnerability of OFWs and the urgent need for systemic change. It is high time for the government to prioritize the welfare of its citizens by ending the reliance on overseas employment and investing in local industries that can provide sustainable livelihood for all Filipinos.



Photo credit: Migrante International FB Page

[/migranteinternational](#) [migranteinternational.org](#)

The present crisis in the Middle East also underscores the need to reject US military bases and all forms of foreign military presence in the Philippines. The continued hosting of US troops and war infrastructure only entangles our country in imperialist conflicts and undermines our sovereignty. The Philippines must not serve as a launching pad or strategic outpost for foreign wars that endanger our people at home and abroad.

We call for a truly independent foreign policy which will reject alignment with US military aggression and instead upholds peace, national

sovereignty, and solidarity among peoples.

Protect our OFWs. Defend our sovereignty. End foreign military domination. Assert genuine independence and uphold the rights and dignity of every Filipino."

This question becomes valid: Is the presence of US military bases under Enhanced Defense Cooperation Agreement (EDCA) in the Philippines helpful to the Filipino people? Or does it serve as a magnet for attacks, and thereby dangerous for the Filipino people?

What do you think?



The Notary Corner

By Editha Corrales Nelson
Immigration Consultant, Notary Public, Mediation / Arbitrator

TEMPORARY RESIDENTS IN CANADA PATHWAY TO PERMANENT RESIDENCE

Supplementary Information for the 2026-2028 Immigration Levels Plan

Immigration, Refugees and Citizenship Canada (IRCC) is pleased to release details on the 2026-2028 Immigration Levels Plan (Levels Plan). The Levels Plan includes temporary

resident targets and ranges for new arrivals of international students and temporary foreign workers, along with permanent resident targets and ranges under the immigration categories of Economic, Family, Refugees and Protected Persons, and Humanitarian & Compassionate and Other.

This year's Levels Plan focuses on a return to sustainable immigration levels through continued decreases to temporary resident arrivals and stabilized permanent resident admissions. The Plan prioritizes economic immigration to support the Government's commitment to attract the best

talent in the world and fill critical labour gaps in high-demand occupations that complement the domestic workforce, while maintaining our focus on humanitarian cases and family reunification.

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CORRALES ...FROM LAST PAGE

To support a return to sustainable immigration levels, the Government is committed to reducing Canada's temporary population to less than 5% of the total population by the end of 2027. Targets for new temporary resident arrivals are set at 385,000 in 2026 and 370,000 in 2027 and 2028. These figures represent new temporary worker and student arrivals to Canada. The targets for workers are allocated to temporary workers under both the International Mobility Program (IMP) and the Temporary Foreign Worker (TFW) Program. This mix of students and workers supports our objective of attracting top talent from across the world to help build Canada's economy. In recognition of the role temporary foreign workers play in some sectors of the economy, the Plan will also consider industries and sectors impacted by tariffs and the unique needs of rural and remote communities.

Targets for temporary and permanent residents have also been developed in tandem, with a focus on transitioning to permanent residence those who are already in Canada with needed skills and experience. Overall permanent resident admissions will stabilize at 380,000 from 2026 to 2028. As supporting the Canadian economy continues to be a key priority, the economic category represents the largest proportion of admissions each year, reaching 64% in 2027

and 2028. The Plan increases admissions under the Federal High Skilled and Provincial Nominee Program (PNP), ensuring that Canada is able to attract the talent needed to deliver on nation-building projects while also responding to the distinct labour market needs of provinces and territories.

The Plan also reinforces Canada's commitment to ensuring the vitality of Francophone Minority communities. The Plan increases the target for Francophone admissions destined for outside Quebec, reaching 10.5% by 2028, and supports the broader goal of achieving 12% by 2029.

The Plan also maintains Canada's global leadership in refugee resettlement, and continues to prioritize family reunification. The overall proportion of family class admissions will remain relatively stable, between 21.3-22.1% in order to support family reunification, a cornerstone of Canada's tradition as a welcoming country. Canada will also continue to be a global leader in refugees and protected persons with 13% of overall admissions dedicated to these programs. Further, additional admissions spaces are included to fulfil Canada's humanitarian commitments.

One-time initiatives to recalibrate our immigration system

As part of a broader recalibration

effort to return our immigration system to sustainable levels, the Government is implementing a one-time initiative over a two-year period to streamline the transition of approximately 115,000 Protected Persons in Canada who are already on a pathway to permanent residence and in alignment with their protected status under domestic and international law.

These admissions are in addition to those identified in the above permanent resident admission targets. Protected persons have a recognized protected person status in Canada and can reside in the country as long as they maintain this status.

They are not temporary residents like workers or students who come to Canada on time-bound temporary permits. Prioritizing their admissions as permanent residents over the next two years will ensure that those in genuine need of Canada's protection have their permanent status recognized, accelerating their full integration into the Canadian society and their path to citizenship, and upholding Canada's international humanitarian obligations.

The Government will also accelerate the transition of up to 33,000 temporary workers to permanent residency in 2026 and 2027. This initiative will target workers who have established strong roots in their communities, are paying taxes and are helping to build the strong economy Canada needs.

These targeted measures complement the broader objectives of the 2026-2028 Levels Plan, will restore control, clarity, and consistency to the immigration system, while maintaining compassion in our choices and driving competitiveness in our economy.

Strictly taken from cic.gc.ca:

A Notary Public for the Province of British Columbia, Editha Corrales Nelson's preferred areas of practice are Powers of Attorney, Wills Preparation, International Legal Documents, 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.

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COMMUNITY CORNER

BY CHRISTIAN CUNANAN AND APPLE PLATA



Jonathan & Janine's Wedding in Vancouver

VANCOUVER, BC — Family and friends gathered to witness the union of Jonathan and Janine as they were joined in holy matrimony during their wedding ceremony at St. Patrick's Roman Catholic Church. The celebration continued with their wedding reception at Burnaby Lake Pavilion in Burnaby.

Jonathan and Janine first met as high school classmates, but their love story began some years later when they reconnected and grew closer as friends. When Jonathan began courting Janine, her youngest brother Jay often served as their bridge and friendly chaperone whenever the two spent time together.

Over time, their friendship grew into a deep and lasting love. Like many couples, their journey was not without a few differences and clashes of personality, yet it was also filled with laughter, shared memories.

After ten years of an on-and-off relationship that slowly grew stronger, Jonathan and Janine finally celebrated the special moment of becoming husband and wife. Surrounded by family and friends, their wedding day was a joyful celebration of commitment, family, and enduring love.

In a touching message of gratitude, the bride's mother, Edith Malang, warmly thanked their family—especially those who traveled from out of town to be part of the celebration. She also expressed sincere appreciation to the wedding entourage, dear friends from the Filipino community, and all the guests whose presence made the day even more meaningful.

From their simple beginnings as classmates to a decade-long love story, Jonathan and Janine's wedding is a beautiful reminder that true love grows stronger with time.



“Bicolanos in BC Strike for a Cause: Community Bowling Event Raises Funds for Humanitarian Projects”



Lower Mainland, BC — The sound of bowling pins crashing and cheerful camaraderie filled the air as members of the Filipino community gathered for a spirited fundraising bowl-

ing event that brought together organizations, families, and friends from across the Lower Mainland. Organized by the Philippine Bicol Association of British Columbia (PBABC),

the event drew 55 enthusiastic players and strong support from various Filipino groups and community partners.

Representatives from several respected organizations joined the gathering, including Circulo Pampangueno, One Coop, the Philippine Consulate General in Vancouver, fellow Bicolano groups such as Pamilyang Bikolnon and members of the Catanduanes International Association, as well as the friends and families of PBABC. Corporate support was also present through Regency Toyota, highlighting the strong partnership

between community organizations and local businesses.

Beyond friendly competition on the lanes, the event carried a deeper purpose. Proceeds from the fundraiser will help support a range of humanitarian and community initiatives focused on the Bicol Region in the Philippines, an area frequently affected by powerful typhoons. Funds raised will contribute to a calamity fund for disaster relief, ensuring timely

NEXT PAGE PLEASE...



BICOLANOS... FROM LAST PAGE

assistance to communities in need after natural disasters.

Other initiatives supported by the fundraising effort include the distribution of school supplies for elementary students, a school feeding program, and the donation of medicines and medical supplies for the upcoming humanitarian and medical mission organized by the Catanduanes International Association scheduled for January 2027. The group also plans to donate medical equipment, hospital linens, and bedsheets to under-resourced hospitals in the Bicol Region.

The event also helps support the annual celebration of the Feast of Our Lady of Peñafrancia, the revered patroness of Bicolandia. The religious celebration remains one of the most meaningful traditions for Bicolanos worldwide, strengthening faith and cultural identity among members of the diaspora.

This year marks a milestone for PBABC as it celebrates its 36th

anniversary in 2026. For more than three decades, the organization has worked to promote Bicolano heritage while fostering unity, fellowship, and cooperation through civic, religious, and educational activities.

“Our vision is to unite Bicolanos in British Columbia as an inclusive and empowered community,” President of PBABC, Lorry Gavieres Russell shared. “We strive to preserve our heritage while encouraging active engagement within Canada’s multicultural society.”

The bowling tournament served as the first of many fundraising events planned for the year, setting the tone for PBABC’s continued commitment to service, culture, and community solidarity.

With laughter echoing across the bowling lanes and a shared sense of purpose among participants, the event demonstrated that when community members come together—even for a friendly game of bowling—they can make a meaningful impact both locally and abroad.

- by Socorro Babes Newland



RP NEWS ...AND MORE.....

PNP runs after price manipulators, hoarders amid oil supply concerns over Middle East tensions

Gen. Jose Melencio C. Nartatez, Jr., chief of the Philippine National Police (PNP), ordered commanders of territorial and support units to assist the Department of Energy (DOE) in running after oil price manipulators amid the tensions in the Middle East.

He said police units were also instructed to conduct operations against hoarders of petroleum products who are affecting the supply and pricing of petroleum products in the country.

“The government exists to strike a balance between the interests of the business sector and the protection and welfare

of the consumers. We in the Philippine National Police will make sure that it goes that way amid the effects of the situation in the Middle East,” said Nartatez.

In response to the request for assistance, Nartatez said they will establish coordination protocol with the DOE in terms of monitoring oil prices and responding to complaints relating to oil prices.

This includes complaints coursed through the DOE from motorists in relation to unfair and unreasonable pricing, especially in the provinces.

Nartatez then urged gas station owners to strictly follow the oil

pricing rules and regulations set by the government through the DOE, as he emphasized the need for the Filipinos to work together to overcome the challenge.

There are around 14,000 gasoline stations across the country and DOE Secretary Sharon Garin said it already asked the PNP to help monitor the oil pricing across the country against possible price manipulation.

In response, Nartatez tasked all territorial units to include gas stations in the conduct of the routine patrol in their respective areas of responsibility. “Our intelligence units are

monitoring warehouses for possible hoarding and other similar illegal activities. We will arrest anyone caught illegally withholding supply to spike prices,” Nartatez said.

He said the PNP has also coordinated with other concerned agencies like the Department of Trade and Industry (DTI) and the local government units (LGUs) to boost the conduct of spot checks on retailers to verify if businesses are complying with the DOE’s “no price change” order until Tuesday. Nartatez said the monitoring assistance will continue until the situation normalizes. (A. Recuenco/mb.com)

Asian Catholic bishops urge immediate ceasefire in Middle East

Asian Catholic bishops on Tuesday called for an immediate ceasefire in the Middle East, warning that escalating violence could trigger wider global instability.

The Central Committee of the

Federation of Asian Bishops’ Conferences, meeting in Bangkok, expressed “deep anguish and grave concern” over renewed cycles of bombardment and retaliation.

In a statement dated March 3, the

bishops said the involvement of major global and regional powers risks plunging the region into conflict with incalculable human and economic consequences.

They urged all parties to exercise

moral responsibility and resist what they described as a ‘spiral of escalation’ leading only to deeper suffering and irreversible loss.

SEE PAGE 20 FOR MORE NEWS



SPORTS Alex Eala advances to round of 16 in Indian Wells after Gauff retires



INDIAN WELLS, California (UPDATED) -- Filipino tennis ace Alex Eala advanced to the round of 16 of the BNP Paribas Open after her opponent, American star Coco Gauff, retired with an arm injury.

Eala had won the first set 6-2 and was leading 2-0 in the second when Gauff called it a night.

Gauff, a two-time Grand Slam champion, had already received treatment on her left arm during an injury timeout.

"I really didn't want to win this way," said Eala, who progressed to the third round with a tough three-set win against Ukraine's Dayana Yastremska last Saturday.

"But this is still a really big moment for me, to be able to play in Stadium 1 of Indian Wells, and against such a great competitor," she added. "I'm really grateful to be here, and super happy."

The 20-year-old Eala had played much better against Gauff than when they first faced off in Dubai last month, where the American cruised to a 6-0, 6-2 triumph.

They traded breaks early in the opening set before Eala seized the momentum, holding for the first time to take a 3-2 lead. She then capitalized on a string of errors from Gauff, including multiple double faults, to pad her advantage.

Eala utilized a variety of shots, including well-timed drops at the net, to keep the American off-balance. She broke again to extend the lead to 4-2, at which point Gauff took a lengthy

medical timeout to receive treatment on her left shoulder and arm.

Gauff soldiered on but struggled with her serve, and her costly double faults helped Eala seize the opener.

The Filipina carried that momentum to the second set, where she built a 2-0 advantage. At that point, Gauff went to the net and told Eala that she was calling it a day, having dropped her serve in the second game.

Eala hailed Gauff as a "role model" after the match, as she also paid tribute to female trailblazers on International Women's Day.

"First and foremost, I want to say Happy Women's Day, everybody," she said. "I want to say thank you to all the incredible women who have paved the way for other women, among them is Coco."

"Thank you, Coco, for being an amazing competitor and amazing role model. I really hope

that everything is well and that you would recover soon," she added.

Eala will face Czech Linda Noskova for a place in the quarter-finals.

Another huge crowd had packed Stadium 1 for Eala's showdown against Gauff and the Filipina was again effusive in her gratitude.

"Mabuhay, mga kababayan, andito tayo sa California!" said Eala. "Maraming salamat sa suport, at magkita tayo sa next round." (TJ Manotoc & photo with Agence France-Presse/abs-cbn)

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SPORTS

Eastridge retains PAL Interclub championship title

Davao CITY – Eastridge Primehomes leaned on steady scoring and depth across four rounds to defend the Championship Division title of the 77th Philippine Airlines Interclub Regular Men’s Golf Tournament, finishing with 563 points (145-148-135-135) during the awards night on Friday, March 6, 2026, at the SMX Convention Center Davao.

Manila Southwoods Golf and Country Club finished second with 530 (135-139-129-127), while Tagaytay Highlands Golf Club placed third with 503 (124-126-121-132).

Eastridge drew strength from a balanced roster led by Davao City golfer Alexander Bisera, who topped the Flight A leaderboard after firing 38 points at South Pacific and 38 at Apo Golf and Country Club for a 76-point total.

“I just practiced consistency and the mindset of the game,” Bisera said. “I feel so good, grateful and so happy.”

Bisera said he maintains his form by playing regularly. “Maybe every day. I play every day,” he added.

Other Eastridge scorers included Adrian Bisera with 65 points; Ralph Rian Batican and Niño Villacencio with 66 each; Edison Tabalin with 63; AJ Wacan with 67; Rolando Bregente Jr. with 68; Bobe Salahog with 73 (40-33); and Ronel Taga-an and Chris Jhon Remata with 72 each.

In the Founders Division, Forest Hills Golf and Country Club topped the field with 501 (122-121-125-133), as Britannika followed with 477 (131-107-



DAVAO CITY — Members of Eastridge Golf Club celebrate after winning the Championship Division of the 77th Philippine Airlines Interclub Golf Tournament during the awards night held Friday, March 6, 2026, at the SMX Convention Center Davao in Davao City, southern Philippines. Eastridge finished with 563 points (145-148-135-135) to top the field, with Manila Southwoods Golf and Country Club placing second and Tagaytay Highlands Golf Club finishing third. (PAL photo)

114-125) for second, and Cebu Country Club placed third with 471 (119-121-108-123).

The Legacy Division title went to the Philippine Army with 436 (114-107-111-104), followed by Zamboanga with 427 (115-106-105-101) and Rancho Palos Verdes Golf and Country Club Team 1 with 425 (102-115-107-101).

In the Aviator Division, Lanang led with 388 points, followed by Sarangani with 375 and Apo Team B with 355.

In the Sportswriters Division, Liloan ruled with 322 (78-85-87-72), while Davao City Golf Club followed with 309 (80-69-76-84), and Dole Kalsangi 293 (79-78-69-67) in third.

The Friendship Division crown

went to South Pacific Team B with 289 (74-78-71-66), ahead of Paraiso Golfers Player Association with 243 (60-73-57-53) and Yokohama Eagles with 242 (61-53-69-59).

During the ceremony, Richard Nuttall, president of Philippine Airlines, highlighted the milestone year for the flag carrier as it celebrates its 85th anniversary, noting similarities between aviation and golf, both of which demand precision and steady execution.

Guest speaker Senator Christopher “Bong” Go, chairperson of the committee on sports, underscored that the tournament goes beyond competition.

“More than the scores and the trophies, what truly matters are

the friendships built, the connections strengthened and the shared experiences that bring people together,” Go said.

This year’s tournament featured a record 214 teams, including 90 in the men’s regular division, underscoring the enduring popularity of the Interclub, which began in 1948 and continues to unite golfers from the Philippines and abroad.

The event was supported by Diamond partner Mastercard; Gold sponsors PRIMAX and Ajinomoto; Silver sponsor Okada Manila; Bronze sponsors ABS-CBN Global, Boeing, Philippine National Bank, and Tandua; with official hotel partners Dusit Thani Davao and Newport World Resorts Hotel. (PAL Corporate Affairs)

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OBITUARIES



Anthony M. M. Remedios
22-Dec-1956 - 13-Feb-2026

Anthony Michael Maria Remedios is remembered as a man of faith, a devoted husband, devoted father, and lawyer who embodied generosity, integrity, and kindness. He was always joyful and undeniably compassionate. He dedicated his life to his family, his community, his profession, and to helping others with steadiness and conviction.

Faith guided his decisions. He attended church every Sunday (and almost every day) and encouraged his family and friends to do the same. He regarded spiritual discipline as an integral part of every life. His reminders to attend Mass were numerous and sincere, grounded in his trust in God. His family continues to hear that guidance in his absence.

Anthony believed that a professional calling carried a personal responsibility. Those who sought his help always found more than

legal advice, they found a friend and someone they could talk to. When issues arose in life and in practice, he was brave. When fear or anxiety arose, he would provide clarity and perspective in resolution. When young law students faced uncertainty and had no place to go, he gave them a place to remain and stay. He helped those in need and brought up all those around him. His actions were always practical and direct. His presence grounded those around him. He did not publicize his efforts; he just got things done, while always putting others first. Over the past four decades, he did all of these things through his law firm – Remedios & Company.

At home, he was a protector. He approached family life with the same diligence that he applied to his work. He was always joyful and happy – he listened carefully to his children's concerns and responded with wisdom and assurance. When challenges arose, for him or his family, he never allowed anxiety or fear to spread. He absorbed it all, addressed it, and restored calm. His reliability and patience created stability; his judgment brought peace. Even when professional obligations required his time, his family knew he was attentive and watching over them. That assurance never wavered.

He was deeply grateful for his wife, Christine, and for his children, Isabella, Matthew, and Paula. His legacy will continue and he

will live on through all the lives he has touched.

Anthony's legacy rests in the faith he lived, the people he supported, the practice he built, and the family he protected. His family remains confident that the man who watched over them in life continues to do so still – guiding them and their future selves.



Ian Patrick Lim Alparaque
April 12, 1975 – January 22, 2026

Ian Patrick Lim-Alparaque — a name of profound meaning, "Ian Patrick" signifying Noble, Gracious Gift of God — was exactly that to all who knew and loved him.

Born on April 12, 1975, at North York Hospital in Toronto, Ontario, under the skilled care of a compassionate doctor, Ian's arrival was marked by both divine providence and a memorable story his family would cherish forever.

When a nurse first presented a baby to his mother, Idrenne, she immediately knew something was not right. With unwavering maternal instinct, she declared, "That's not my baby!" Sure enough, upon

checking, the baby bore an Italian-sounding name. When another infant was brought in moments later, Idrenne's eyes lit up and she exclaimed, "That's my baby!" On his back label it was written clearly: Ian Patrick Lim Alparaque.

From his very first moments, Ian was claimed with certainty, love, and purpose. As Scripture reminds us in Job 1:21, "The Lord gave, and the Lord has taken away; blessed be the name of the Lord."

Though Ian's earthly journey ended on January 23, 2026, in Vancouver, British Columbia, just shy of his 51st birthday, his love, creativity, and spirit remain woven into the hearts of his family and community. Ian was a gifted singer, a passionate artist, a lover of nature, and a prolific writer. He saw beauty where others might not, expressed truth with sincerity, and shared his heart openly through his creative work. His presence carried warmth, reflection, and depth.

He was a precious son to Idrenne and Marius; a beloved brother to Dale (Jenny) and Mizella (Barry); and a proud and loving uncle to Mehkia, Darius, Kymani, Kaius and Koen.

His family will forever cherish his laughter, his gentleness, his talents, and the quiet strength of his love. Through this work, his voice, creativity, and compassion continue to make a difference.

Ian, you were — and always will be — a noble and gracious gift from God. Your song lives on.

CATHOLIC.. FROM PAGE 17....

"We call for an immediate cessation of hostilities and for all parties to exercise moral responsibility, resisting the spiral of escalation that leads only to deeper suffering and irreversible loss," the statement said.

Echoing the appeal of Pope Leo XIV, the bishops said that peace cannot be built on threats or weapons that sow destruction, pain and death.

"Stability cannot arise from fear, nor can justice be secured through violence," they said, insisting that sincere and sustained dialogue remains the only viable path.

Drawing from Asia's religious diversity and cultural traditions, the bishops said peace is more than the absence of war, calling it the fruit of justice and trust.

They warned that war disproportionately harms the poor, displaced people, children and future generations, whose suffering

is often overshadowed by geopolitical calculations.

The statement also encouraged interreligious solidarity among leaders of major faith traditions in the Middle East to bear common witness to the sacredness of life.

"We renew our commitment to stand with the poor and the victims of war, whose cries often go unheard amid geopolitical calculations. Their suffering must remain at the center of all efforts toward peace," the bishops said.

They also invited local churches across Asia during the Lenten season to intensify prayer, fasting and concrete acts of solidarity for peace.

The appeal was signed by FABC president Cardinal Filipe Neri Ferrao, Cardinal Pablo David and Cardinal Isao Kikuchi, the federation's vice president and secretary-general, respectively.

(Roy Lagarde/CBCP News)

Mrs. Valentines 2026



Susan Cupino
Ms Valentine Queen 2026 Forever Young Seniors' Society of BC.



Susan with her family from (L-R) Husband -Roberto Cupino Grandchildren -Aalaia & Matteo daughter-Adelynn Cupino Yam-bao, Mrs. Philippines World 2022.



Susan with Rey Fortaleza and Mherlina Fayusal, President of Forever Young Seniors Society of BC.


**Wisdom from
the Word**

Ben Berto



THE CHURCH— BUILDING OR PEOPLE

25 Husbands, love your wives, as Christ loved the church and gave himself up for her, 26 that he might sanctify her, having cleansed her by the washing of water with the word, 27 so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. Ephesians 5: 25-27 RSV.

Some people think that the church is a physical structure, a building, if you please. We see beautiful churches, such as cathedrals, basilicas, temples, and mosques etc.

They are all made to worship God. And yet, the Bible speaks of churches as groups of people worshipping God in many places, like the Church at Corinth, Thessalonica, Antioch, and Rome, and many other places. In this article, I am calling the church the "household of believers in the saving grace of

our Lord Jesus Christ.

The tenth Fundamental Belief of the Seventh-day Adventist Church states this: "In infinite love and mercy, God made Christ, who knew no sin, to be sin for us, so that in Him we might be made the righteousness of God. Led by the Holy Spirit, we sense our need, acknowledge our sinfulness, repent of our transgressions, and exercise faith in Jesus as our Lord and Christ, as Substitute and Example.

This faith, which receives salvation, comes through the divine power of the Word and is the gift of God's grace. Through Christ we are justified, adopted as God's sons and daughters, and delivered from the lordship of sin. Through the Spirit we are born again and sanctified, the Spirit renews our minds, writes God's law of love in our hearts, and we are given the power to live a holy life. Abiding in Him, we become partakers

of the divine nature and have the assurance of salvation now and in the judgment."

We believe that the experience of salvation involves repentance, confession, forgiveness, justification, and sanctification. Let us define them one by one briefly.

1. Repentance- means being sorry, to feel remorse for the bad things you did. "Genuine repentance results in a radical change in attitude toward God and sin. An example of this is King David's sin of adultery and murder, as well as his subsequent repentance. Read Psalm 51.

2. Confession- Google defines confession as: "In the Bible, confession is primarily the acknowledgment of one's sins to God, and sometimes to others, as a necessary step towards forgiveness and cleansing. It involves recognizing and ad-

mitting wrongdoings, expressing remorse, and seeking divine forgiveness." The apostle John wrote, "9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1: 9 NKJV

3. Forgiveness - We are all familiar with forgiveness. Jesus said that if we do not forgive the trespasses of others toward us, our heavenly Father will not forgive us. We often recite the Lord's prayer, which says, "And forgive us our debts as we forgive our debtors. Matthew 6:12 NKJV.

4. Justification- Biblically is the "divine act by which God declares a penitent sinner righteous." When a judge, after examination of the evidence, deems the person Not Guilty. That is justification. God's judgment is true. Sometimes,

WISDOM TO PAGE 22 ...

Moments

Fr. Jerry M. Orbos, SVD



Impressive?

The story is told about a man who wanted to be impressive, and said to the woman: "Ah, I'm afraid we have met before?" Wanting to be impressive as well, the woman replied: "Ah, I'm not afraid!"

The Gospel of today (John 4: 5:15, 19-26, 39, 40-42) is about Jesus and the Samaritan woman who was on "impressive" mode at the start of her encounter with Jesus. At first, she was proud, even arrogant, but one by one Jesus broke down her defenses. From an aloof, uninterested, unimpressed stranger, she ended up an enthusiastic, zealous, and expressive disciple of the One "who told me everything I've ever done." What happened? She had a personal encounter with Jesus. She had a metanoia, a conversion, a change of heart. Why? Because she opened her heart. She did not remain closed. She did not hold on to pride, rationalizations and traditions that kept her from realizing

and accepting the truth. In other words, she let go, she surrendered and just allowed Jesus to take over her life. Surrender, sweet surrender is the key. So, when will you stop rationalizing and postponing, and just go right on to surrender, love, and forgive?

Psychologists speak of three levels of interpersonal communication. The first level is that of cliché. i.e., the superficial level of talking about things, events, and happenings. The second level is the cerebral. i.e. the level of exchanging ideas, opinions, views, thoughts, and functions. The third level is that of the "gut," i.e., the level of sharing hearts and hurts, feelings and dreams, visions and ambitions. Notice that on the first level, we talk. On the second level, we exchange. On the third level, we share.

We are living in a world that is so advanced in infor-

mation and communication. But also, a world filled with loneliness as never before. Where, indeed, do all the lonely people come from? Maybe it is a question of where they are coming from. If you relate from your head or from your functions, and not from your heart, you are bound to be one of the lonely people. Are you one of them—so filled with air and confidence, so overflowing with great ideas and smart talk, rewarded with financial and social successes and achievements, but so lonely, afraid, empty, hurting, and insecure deep inside? Remember, living an authentic life is not a matter of being impressive. Much of it is being expressive. Impressive ka ba? Good. But better if you become more expressive!

Last week a young lawyer came to me for help. His marriage was on the rocks. He had taken his wife for granted because of the many needs and pressures in life. He also realized that

he had forgotten his God because he made his work his almighty "god." He was impressive. He talked well. He talked sense. But he finally became expressive when he talked from the heart. That's when the real him came out. Husbands and wives, do you still talk from the heart? Please do, otherwise, you may soon find out that you are already standing and looking at each other "from separate shores."

It's Lent again. Time to be real. Time to be true. Time to go back to basics. Time to go back to God. Time to go down from your pedestal. Time to go down on your knees in prayer. That's where you'll find the most real, the most true, the most basic, and most expressive you. A person at prayer is at his best. Indeed, "a world at prayer is a world at peace."

Many of us are so en-
MOMENTS TO PAGE 22 ...



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WISDOM from PAGE 21....

an earthly judge will err in his judgment by either declaring a person guilty or not guilty.

5. Sanctification - "In the Bible, sanctification refers to the process by which believers are set apart and transformed to become more holy and Christ-like. It's a journey of spiritual growth where individuals are progressively cleansed from sin and conformed to God's character. This transformation is both a divine work, as God empowers and enables believers, and a human responsibility, as individuals actively cooperate with the Holy Spirit's work." Google definition

When these events do not occur in a Chris-

tian's life, can he truly be a Christian? The Bible says, 8 For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— 9 not by works, so that no one can boast. 10 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2 8-10 NIV

So, saints, let the Lord Jesus be with us all. Amen.

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FR ORBOS from PAGE 21....

grossed on work and functions these days. We often get too caught up on personalities and issues at hand, that we forget the "big picture." The main personalities here are God and the enemy. There is a battle going on, the battle between good and evil. So, which side are you on? Are you an agent of the light or a perpetuator of darkness? The issue at hand is: Are you helping proclaim the Kingdom of God, or are you obstructing truth, goodness, and love?

How many chances are we missing, how many graces are we losing just because we cannot let go of our worldly treasures and material blessings? We work so hard on our temporal agenda at the expense of our spiritual well-being.

We hold on to our mundane gains, and we so easily let go, and even snub matters of the heart, matters of value, matters of the spirit. Praying for all of us to see the light, so that we do not belittle those that really matter in this life and in the here-

after.

The proud run over people, while the humble cross over to people. Humility is the key. We must be open and ready to leave our familiar and comfortable shores and reach out into far and unfamiliar shores in our search for the truth.

Jesus reminds us today that we must always be on the lookout for any possible broadening of horizons at any moment of our lives. When we stop questioning and no longer allow ourselves to be questioned by life itself, then we cease to be allies and disciples of the truth.

One with you in prayer for peace! Our Lady of Fatima, pray for us. Please banish war and fears in our midst. Amen.

A moment with the Lord: Lord, help us to be less impressive and become more expressive.

Amen.

momentswithfrjerry@gmail.com

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2/3⁰⁰

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3⁴⁸ EA

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