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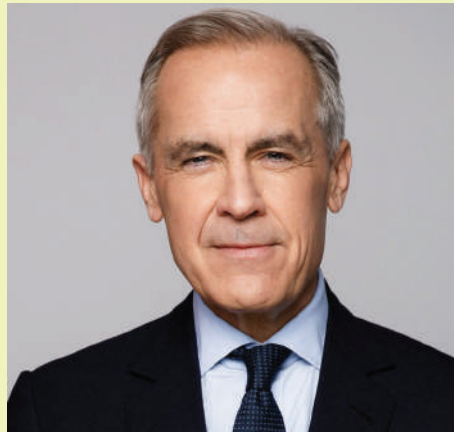
Vol.28 no. 6 March 16 - 31, 2026



President Marcos declares State of National Energy Emergency **P.7**



President Ferdinand Marcos Jr. signs Executive Order No. 110, declaring a "national energy emergency" due to the ongoing conflict in the Middle East. Handout/PCO



PM Carney airs 'disappointment' on English-only condolences on Air Canada tragedy **P.4**

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Adelynn Cupino-Yambao Appointed as BC Regional Director for Miss Universe Canada **P.8**



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That's All

Al S. Mendoza



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Pahayag ng premier at parliamentary secretary para sa International Day for the Elimination of Racial Discrimination



B.C. Premier David Eby

VICTORIA—Naglabas si Premier David Eby ng pahayag para sa pagmamarka ng International Day for the Elimination of Racial Discrimination:

“Noong Marso 21, 1960 sa Sharpeville, South Africa, pinaputukan ng mga pulis ang mga mapayapang

nagpoprotesta laban sa apartheid at mga racist na pass law. Hindi bababa sa 69 indibidwal ang pinatay. Ang pass laws ay mga sistema ng internal passport noong panahon ng apartheid na dinisenyo upang paghiwalayin at limitahan ang paggalaw ng mga Black South African at iba pang mga racialized na indibidwal.

“Sa iba’t ibang panig ng mundo, minamarkahan ang International Day for the Elimination of Racial Discrimination kada taon sa araw na ito, Marso 21, upang gunitain ang nakapangingilabot na pangyayaring ito at upang magpakita ng pakikiisa sa mga indibidwal na nakararanas ng rasismo at panlahing diskriminasyon.

“Sa British Columbia, maraming

indibidwal ang patuloy na napipinsala ng diskriminasyon at mga akto ng kapootan. Nananatiling dedikado ang ating pamahalaan sa paglaban sa kawalan ng hustisyang ito at nakikipagtulungan kami sa mga apektadong komunidad upang matugunan ang mga problemang ito. Kasama sa ating patuloy na pagsisikap laban sa rasismo ang pagpapakilala ng lehislyon upang mapangalagaan ang pagpunta sa mga lugar ng pananampalataya, ang pagkakaroon ng racist-incident helpline na nagbibigay ng suporta para sa mga indibidwal na nakararanas o nakasaksi ng pangyayari na dulot ng kapootan, at ang pagtindig laban sa lahat ng uri ng kapootan.

“Kaisa ang lahat ng mamamayan sa British Columbia, bumubuo tayong isang province na mas

ligtas at mas inklusibo para sa lahat.”)

Pahayag ni Amna Shah, parliamentary secretary for anti-racism initiatives:

“Ang International Day for the Elimination of Racial Discrimination ay nagsisilbing mahalagang paalala na ang rasismo, ito man ay lantaran o sistemiko, ay walang lugar sa mga komunidad o institusyon dito sa B.C. Ipinakilala ng ating pamahalaan ang Anti-Racism Act at anti-racism data legislation. Makakatulong ang mga ito upang matukoy kung nasaan ang mga pagkukulang at mga hadlang

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RACIAL DISCRIMINATION
 PAHINA 2...



Amna Shah,
 parliamentary
 secretary for anti-
 racism initiatives:

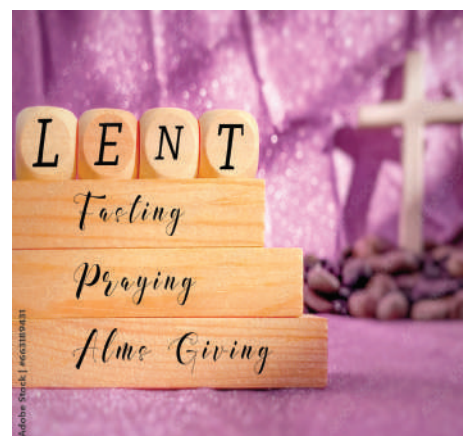
ito kasabay ng paglabas ng anti-racism action plan. Binuo kasama ang mga Indigenous at racialized partners, ilalatag ng plano ang mga masusukat at espesipikong hakbang para isagawa ng mga pampublikong entidad upang mapuksa ang mga sistemiko at racist na hadlang.

“Alam namin na marami pang kailangang gawin, at nananatili ang aming dedikasyon sa pagbuongisangmakatarungan, inklusibo at ligtas na province para sa lahat.”

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upang makapaghatid kami ng mas mahusay at mas makatarungang serbisyo sa mga komunidad.

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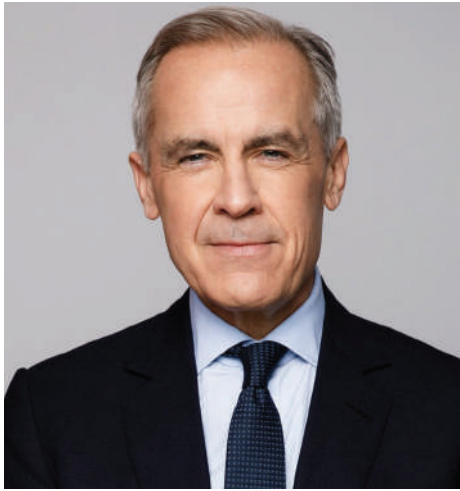
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PM Carney airs 'disappointment' on English-only condolences



Prime Minister Mark Carney

OTTAWA - Prime Minister Mark Carney and Quebec's government slammed Air Canada CEO Michael Rousseau on Wednesday for delivering an English-only message of condolence after Sunday's deadly plane crash in New York.

Rousseau is being summoned to testify at the House of Commons official languages committee after he shared a four-minute condolence video online that only included two French words — "bonjour" and "merci."

The Office of the Commissioner

of Official Languages reported receiving 84 complaints about Rousseau's video as of Tuesday afternoon.

Carney, speaking to reporters before the weekly Liberal caucus meeting in Ottawa, said the decision to release the video message only in English showed a "lack of judgment and lack of compassion."

"We proudly live in a bilingual country, and companies like Air Canada particularly have a responsibility to always communicate in both official languages, regardless of the situation," Carney said.

"I'm very disappointed in, as others are, rightly so, in this unilingual message of the CEO of Air Canada. It doesn't matter the circumstances, but particularly in these circumstances."

The flight was carrying passengers from Montreal to LaGuardia airport, and many of the travellers and crew — including Antoine Forest, one of the two pilots killed — were French-speaking Canadians.

Forest and fellow pilot

Mackenzie Gunther died when the Air Canada Jazz flight they were landing at LaGuardia collided with a fire truck on the runway Sunday evening.

Quebec Premier François Legault pointed out that Rousseau had committed to learning French in 2021 and called for him to resign.

"If he still doesn't speak French today, it's disrespectful to his employees and to his francophone customers. So yes, I think that if he doesn't speak French, he should resign," Legault said ahead of question period at the national assembly.

Quebec Justice Minister Simon Jolin-Barrette described Rousseau as a "repeat offender," saying he has a history of disrespect for French as an official language. He also called on Air Canada to force him to resign.

An Air Canada spokesperson said Rousseau wanted to speak in person and to do so before going to the crash site.

"Despite his efforts, his ability to speak French does not allow

him to communicate such a sensitive message in that language as he would like. We therefore used subtitles to allow everyone to receive his message directly," Christophe Hennebelle said in French in an email.

This isn't the first time Rousseau has landed in trouble over his grasp of French. After he delivered a speech to a business crowd in Montreal in late 2021 that was almost entirely in English, he offended many by pointing out that he'd lived in the city for 14 years without having to speak its majority language.

Conservative MP Joel Godin, the party's official languages critic, pointed out Wednesday that Air Canada must respect the official languages (law)." Carney said Canadian officials continue to work in close collaboration with their American counterparts to determine how this crash happened.

(By Canadian press with files from Michel Saba in Ottawa and Patrice Bergeron in Quebec City)

City seeks volunteer board of directors for 2027 55+ BC Games

Surrey, B.C. – The City of Surrey is inviting the public to apply for volunteer positions on the board of directors for the 55+ BC Games, taking place Sept. 14-18, 2027.

"Volunteers play a key role in making large events like the 55+ BC Games possible," said Mayor Brenda Locke. "Serving on the board is a meaningful way to support your community and help create a memorable experience for participants and visitors. I encourage everyone to be part of the Games, whether that's volunteering, participating, or cheering on the athletes."

The 55+ BC Games bring together adults aged 55 and older from across British Columbia to participate in sports and activities while celebrating healthy active

aging and community spirit. Surrey is proud to host this major provincial event and is seeking passionate community members to help guide planning and delivery.

Volunteer board members will work closely with City staff, community partners and the BC Seniors Games Society. The City is seeking applicants for the following positions:

- Vice-President
- Director of Administration
- Director of Culture and Events
- Director of Friends of the Games (Sponsorship and Partnerships)
- Director of Medical Services
- Director of Promotions (Marketing and Communications)

- Director of Protocol
- Director of Sport
- Director of Technology Services
- Director of Transportation
- Director of Venue Operations
- Director of Volunteer and Participant Services

Orientation session will begin in May. The board will formally incorporate early this all and work together to organize and present the Games through fall 2027.

The City's Sport Tourism Strategy aims to advance Surrey as a leader in the sport tourism sector, maximizing economic benefits and sport development opportunities. The 2027 55+ BC Games will bring thousands of participants, volunteers, and visitors to Surrey and showcase the city's vibrant spirit and welcoming atmosphere. *Find more details on our event page.*

(media communications laura.baziuk@surrey.ca)



Surrey Libraries Introduces Free Period Products in Washrooms

Surrey, B.C. – Surrey Libraries is helping remove barriers to everyday life by introducing free period products in washrooms across all Surrey Libraries branches. Pads and tampons are now available at no cost, to anyone who needs them as part of a new initiative called Project Period.

Products are available in adult public washrooms and patrons are encouraged to take what they need. The initiative helps address period poverty by reducing the financial burden of accessing essential menstrual products. In doing so, it supports library patrons' basic dignity and helps them to participate fully in daily life.

“Our libraries are welcoming spaces that people rely on

every day,” said Lisa Werring, Chair of the Surrey Libraries Board of Trustees. “Providing free period products is a simple but meaningful way to support health, dignity, and equity in our community.”

“Surrey Libraries is uniquely positioned to help,” said Werring. “Our branches are located close to schools, workplaces, community centres, and other essential services, making them an ideal place to ensure these products are freely available.”

Project Period, reflects Surrey Libraries' ongoing commitment to equity, access, and community wellbeing. Visitors can find clearly labelled dispensers in washrooms at all branches. (Kim.davies@surrey.ca)



Public Services Technician, Esme, stands beside a free period product dispenser, supporting equitable access to essential supplies at Surrey Libraries.

Surrey to celebrate 15 years of Party for the Planet

Surrey, B.C. – Party for the Planet, presented by TD Bank Group, will return to Surrey Civic Plaza on Saturday, April 25. Marking its 15th year, B.C.'s largest Earth Day celebration will bring the community together for sustainability, learning, and fun.

“Celebrating 15 years of Party for the Planet is a reminder that protecting our environment starts with each of us,” said Mayor Brenda Locke. “It shows the power of a community committed to sustainability and environmental stewardship. I invite everyone to join us at Surrey Civic Plaza to learn, enjoy, and take meaningful steps toward a greener future.”

This year's event will feature a sustainable marketplace, environmental education, and Indigenous cultural sharing. Visitors can enjoy music on the Earth and Meadow Stages, dance battles and lessons on the Community Stage, and family-friendly programming on the Family Stage with Science World and the Urban Safari Rescue Society. On University Drive, guests can explore local exhibitors, vegan and vegetarian food trucks, and a free rock-climbing wall, sponsored by Dawson + Sawyer.

Back by popular demand, the Surrey

Parks' plant sale will offer 26 native species, including shrubs, trees, perennials and ferns, starting at \$3. Free tomato plants will also be given to the first 750 attendees following the Mayor's Ceremony inside the atrium at City Hall.

“TD is so proud to be the presenting sponsor for Surrey's Party for the Planet for the 15th consecutive year,” said Chris Sirovyak, Surrey district vice president of TD Bank Group. “At TD, we're committed to creating a more vibrant planet so that people and economies can thrive. We believe that our actions today affect our tomorrow and that we have an obligation to future generations to take care of our planet.”

Residents can explore interactive booths to learn about the City's environmental services and how to access them. The ReThink Waste booth will demonstrate how organics, garbage and recycling are collected and processed, along with street maintenance initiatives such as litter collection and large-item pickup. At the Climate-Friendly Home booth, visitors can learn about energy-efficient upgrades, test their knowledge through games, and win zero-waste prizes.

For more information, visit partyfortheplanet.ca (City of Surrey)

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by Marilyn Senador, RN, RCIC - IRB



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 obstacles, 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 certifications.

Taking the time to plan ensures a smoother and more confident application process. You will also avoid last-minute stress, errors, or omissions 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: +1 778-969-0064 (WhatsApp / Viber / Call & Text) | info@senadorglobal.com | senadorglobal.com



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Snippet of Stories

Joe Larano Jr.

Wherever You Go, I Go

Life has a quiet way of testing the strength of people who only wanted a simple dream. Joseph and Isabelle Tiangco came to Vancouver in 2004 carrying the same hope that many Filipinos bring when they leave home. They were not chasing luxury. They were chasing stability, dignity, and a better future for the family they were yet to build.

The early years were not easy. Joseph was a mechanical engineer by profession, but like many newcomers he started wherever opportunity appeared. He worked long hours, accepted shifts that others avoided, and patiently rebuilt his career from the ground up. Slowly he earned his place as an apprentice engineer in a heavy equipment sales and rental company. Years passed and his dedication was noticed. In time he became the Service Manager of the firm. Isabelle had her own quiet determination. While helping support the family she pursued her accounting certification. Many evenings were spent studying after the children were asleep. Eventually her persistence paid off when she secured a position as an accountant in a respected bank in downtown Vancouver. Their lives slowly found stability. A modest home. Two growing children. A son now fifteen and a daughter twelve.

When they finally had the capacity, they sponsored Joseph's mother Elena, a widowed mother who had raised Joseph with courage after losing her husband at a young age. When Elena arrived in Canada, the house felt fuller. She became the gentle addition to the home. She watched the children after school, prepared warm meals, and kept the Filipino spirit alive inside their Canadian life.



But life sometimes changes direction without warning. In 2019 Joseph was returning home after visiting a job site involving heavy equipment servicing. On a busy highway his car was caught in a multi-car accident. The call from the hospital came late in the evening. Joseph was pronounced dead on arrival. The words felt unreal. For Isabelle the world suddenly became silent. For the children the absence of their father left a space no one could easily explain. For Elena the pain was something only a mother could understand. She had buried her husband years ago. Now she was facing the loss of her only son.

In the weeks that followed, grief sat quietly inside their home. One evening Isabelle spoke gently to Elena. "Nay, if you want to return to the Philippines, I will understand. Life here will be different now." Elena looked at her daughter-in-law with steady eyes. "My daughter," she said softly, "your family is my family. Wherever you go, I go." Those simple words carried the weight of loyalty and love. Elena remained. Life had to move forward. Isabelle worked harder than ever. The children focused on

faith. And Elena remained there in the background. Cooking, advising, encouraging, and reminding them that family is not only built by blood but also by commitment.

Joseph was gone, but the values he built remained alive in the people he loved. In many ways, the family did not break. It transformed.

Sometimes the greatest strength of a family appears not during success but during loss. The quiet loyalty of a mother. The courage of a widow who continues to move forward. The determination of children who carry the dreams of those who came before them. Life will always test us. But Filipinos have long learned that hardships do not end the story. They only shape the next chapter. And sometimes the most powerful promise a person can give another is simply this. "Wherever you go, I go". Because when people stand together with loyalty, faith, and hard work, even the most painful loss cannot stop a family from moving forward.

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BREAKING NEWS

President Marcos declares State of National Energy Emergency

MANILA — President Ferdinand R. Marcos Jr. has signed an Executive Order declaring a state of national energy emergency in light of the ongoing conflict in the Middle East, and the resulting imminent danger posed upon the availability and stability of the country's energy supply.

Marcos told Filipinos in a televised address that the government would procure one million barrels of oil to add to the current stock, which is good for 45 days.

The Philippines, which imports 98% of its oil from the gulf, became the first country to declare an energy emergency after local diesel and petrol prices more than doubled in the country since the war broke out on 28 February.

The declaration is anchored on the determination by the Secretary of Energy that recent hostilities in the Middle East involving the United States of America, Israel, and Iran have heightened geopolitical tensions in the region that plays a critical role in global oil



Philippine Pres. Ferdinand Marcos, Jr.

production and transportation, creating uncertainty in global energy markets, severe disruptions in supply chains, and significant volatility and upward pressure on international oil prices, thereby posing a threat to the country's energy security.

The DOE, PNOC, and PNOC-EC are authorized to undertake the procurement of required fuel and petroleum products and, when deemed necessary as certified by the Secretary of Energy, to make advance payment of an amount

exceeding 15% of the contract amount.

The Executive Order likewise directs concerned departments, agencies, offices, and instrumentalities to implement necessary response measures. The Department of Migrant Workers is directed to mobilize mechanisms for the monitoring, rescue, evacuation, and repatriation of distressed Overseas Filipino Workers when warranted, and to expedite the release of the Agarang Kalinga at Saklolo para sa OFW na Nangangailangan (AKSYON) Fund and related financial assistance for qualified OFWs and their dependents.

It follows calls from several senators, who urged Marcos to acknowledge the "emergency-level" hardship faced by Philippine families due to soaring oil prices.

One of the country's main labour coalitions, the Kilusang Mayo Uno (KMU) strongly criticised the emergency declaration, calling it an "admission" that the government failed to address the oil crisis.

It also accused the

administration of downplaying the situation earlier, saying previous claims that "everything is normal" were misleading.

The KMU also raised concerns about what it describes as "anti-worker provisions" in the executive order - particularly clauses that could restrict activities seen as disrupting economic activity, including strikes.

They warn this could effectively limit workers' ability to protest at a time when fuel prices are already hitting incomes. Since hostilities in the Middle East began, the government has offered subsidies to transport drivers, reduced ferry services, and implemented a four-day work week for civil servants to save fuel.

Asia is particularly exposed to the blockade of the Strait of Hormuz. Last year, nearly 90% of all the oil and gas that passed through the waterway was bound for the region. (Report from the Office of the President, PCO website / S.Tewari/J.Guinto/BBC)

Philippines says Strait of Hormuz must be reopened 'immediately'



PARIS, France -- Filipino Defense Minister Gilbert Teodoro, whose country has declared an energy emergency as a result of the Middle East war, said on Wednesday that the Strait of Hormuz must be reopened "immediately".

Iran has virtually closed the vital strait since the US-Israeli strikes that started the war on February 28, causing global oil and gas prices to soar.

On Tuesday, Philippines

President Ferdinand Marcos declared a state of "national energy emergency," citing risks to the domestic fuel supply and energy stability created by the war in the Middle East.

"It is of vital importance to us that the Strait of Hormuz be opened immediately and kept safe," Teodoro told AFP in an interview in Paris.

"Not only for the seafarers, but also for Philippine consumers. The poor Filipinos who need to pay astronomical prices for electricity, fuel, and power. I think the effects are worldwide."

French President Emmanuel Macron said last week that France could help escort vessels in the strategic waterway, but ruled out doing so "in the current context".

Teodoro said the conditions for reopening the Strait of Hormuz must be determined based on the expectations of economic



stakeholders, particularly insurers.

"What will the insurers require as a minimum to insure the vessels? And we proceed from that. Because without adequate vessel insurance, maritime insurance, nothing will move," he said.

"So let's see their comfort zone. Let's see the comfort zone of the ship owners. And we work from there," he said, speaking on the sidelines of a security

and defense forum in Paris.

Around 30 countries, including France, Britain, Germany, Italy, the Netherlands and Japan, have said they are ready "to contribute to appropriate efforts to ensure safe passage through the Strait of Hormuz".

This week, Britain and France will chair military talks involving those nations to form a coalition to reopen the strait, a UK defense official told AFP on Wednesday. (abs-cbn news/AP)



Adelynn Cupino-Yambao Appointed as BC Regional Director for Miss Universe Canada

Adelynn Cupino-Yambao has been officially appointed as the British Columbia Regional Director for Miss Universe Canada, marking an exciting new chapter in her longstanding commitment to empowering women through pageantry, mentorship, and community leadership.

In her role as BC Regional Director, Adelynn will oversee the recruitment, selection, and development of candidates from across the province, preparing them to compete at the national level.

She will lead regional outreach efforts, host casting initiatives, and provide hands-on mentorship to aspiring delegates. The next Miss Universe Canada pageant is scheduled for August 2026.

With over two decades of experience in the pageant industry, Adelynn brings a wealth of knowledge as a former national titleholder, international competitor, and respected mentor. Her leadership will focus on cultivating strong, purpose-driven women who embody the values of confidence, authenticity, and social impact.

"I am truly honored to take on this role and represent British Columbia within Miss Universe Canada," says Adelynn. "I look forward to empowering women across the province to step into their confidence, use their voices, and pursue opportunities that will shape them into leaders both on and off the stage."

Through her appointment, Adelynn aims to strengthen British Columbia's presence on the national stage while continuing



to build meaningful opportunities for women to grow, connect, and make a difference in their communities.

Adelynn first gained national recognition as Miss International Canada 2004, representing Canada in Tokyo and Beijing. She later returned to the stage to be crowned Mrs. Philippines World 2022 in Hawaii, and subsequently represented the Philippines at Mrs. World 2022 in Las Vegas.

Her earlier titles include Miss Petite International Canada 2003 and Bb. Pilipinas International of BC 2002.

Alongside her career in social services with the Government of British Columbia, Adelynn is CEO and Director of Miss Philippines International of BC & Canada/A. Royal Productions, where she focuses on empowering Filipina-Canadian women

through confidence-building, cultural pride, and community service.

She holds a Bachelor of Arts in Communication from Simon Fraser University and is a proud mother of two.

Adelynn is excited and deeply honored to serve as the BC Regional Director, a role that reflects both her longstanding commitment to the pageant community and her passion for empowering others.

For media inquiries, partnerships, or casting information, please contact:
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TEMPORARY RESIDENT TO PERMANENT RESIDENT PATHWAY

Why Canada Created This Pathway

Canada's immigration policy is shifting to focus more on **people already in the country** instead of bringing in large numbers of new temporary residents.

The government wants to keep workers who:

1. already **live and work in Canada**
2. are **paying taxes**
3. have **Canadian work experience**
4. have **settled into their communities**

Who the Pathway Is For

The program will likely target people such as:

1. **Temporary foreign workers**
2. **Work permit holders**
3. Possibly **international graduates with work**

experience

4. People with **Canadian job experience and valid status**

Most applicants will need to be **inside Canada**.

Expected Requirements

The final rules are not fully released yet, but immigration experts expect applicants to show:

1. Valid temporary status in Canada
2. Canadian **work experience**
3. Proof of **current employment**
4. Pay stubs or **T4s**
5. Employer reference letters
6. Language test results (possibly)

Important: It Will Likely Have a Cap

Like the 2021 program, this pathway will probably have

limited spots, and applications may fill quickly.

For example:

1. **33,000 spots total**
2. First-come-first-served applications likely

How It Is Different From Express Entry

Express Entry / New TR Pathway
Points system / Targeted selection
Open to people outside Canada/ Mainly for people already in Canada

Competitive CRS score/
Focus on Canadian workers

Example people who might benefit:

1. PGWP holders working in Canada
2. Closed work permit holders (LMIA workers)
3. Essential workers with Canadian work experience

Current status

1. The Canadian government has **soft-launched the program in early March 2026**.

2. However, **IRCC has not yet released the full application guide, eligibility details, or forms**.

3. The Immigration Minister said **more details and instructions will be released in April 2026**.

Canada plans to transition about 33,000 temporary workers to permanent residence through this initiative.

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

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The Tall Order
By Mon Datol

PBBM nagdeklara ng state of national energy emergency; VP Sara absent sa House impeachment hearing, tatakbo ulit SC; Claire Castro P500-M danyos sa libel case vs ni Leviste; Aksiyunan ng Senado pag-absent ni Bato;

Idineklara ni Pangulong Ferdinand R. Marcos Jr. kahapon, March 25, sa paglagda ng Executive Order No. 110 na nagdedeklara ng state of national energy emergency, at iniutos ang pagpapatupad ng Unified Package for Livelihoods, Industry, Food, and Transport (UPLIFT) para sa mga apektadong sektor; at para...

Maprotektahan ang mga Pinoy sa pandaigdigang suplay ng langis.

Ang UPLIFT Committee na mangangasiwa sa pagpapatupad nito ay binubuo ng mga sumusunod: President of the Philippines; Executive Secretary; Heads of DOE; DOTr; DSWD; DA; DOF; DEPDev; DBM at lahat ng gabinete ay inatasan ng EO 110 na...

Suportahan ang mga konsyumer at apektadong sektor.

Epektibo ang state of national energy emergency sa loob ng isang taon na puwedeng palawigin obawiin ng pangulo. Heto ginagawa ni PBBM para matugunan problema ng bansa sa worldwide oil problem kabayan, kaya't...

Dapat tigil muna DDS at kritiko sa pag-atake sa gobyerno.

Ani nga Dr. Jose Antonio Goitia, Chairman Emeritus, hindi solusyon ang puro paninisi. "Umuusad ang isang bansa hindi dahil sa pinakamalakas na sigaw, kundi dahil sa pinakamalinaw na pag-unawa. Ang disiplina, pagkakaisa at malinaw na pag-iisip ang matibay na susi sa pagtugon sa mga krisis."

Korek ka dyan Sir Gotia.

Absent sa pagu-umpisa ng House impeachment hearing kahapon, March 25, si VP Sara

Duterte ani House Justice Committee Chair Gerville Luistro matapos matanggap ang liham mula sa abogado ni Inday Sara na, ulit, ay ...

Tatakbo sa Supreme Court para magpatulong ihinto hearing.

Itutuloy ng Kongreso ang hearing proper ng 2 impeachment complaints kontra VP Sara hanggat walang 'natatagap' na TRO mula sa SC dahil Constitutional duty nila yon, ani Cong Luistro hanggang matapos ang pandinig at...

Maisampa na sa Senado impeahment ni VP Sara para sa Trial.

Patuloy na padadalhan ng Justice Committee ni Cong Luistro si VP Sara Duterte ng imbitasyon para um-attend ng impeachment procedures na ginagawa nila sa Kongreso hanggat matapos nga pagdinig ng reklamo kontra sa Doter ni DDU30 at...

Marinig ng bayan sagot ni Sara sa paglustay sa pera ni Juan.

P500-Milyon danyos hinihingi ni Atty. Claire Castro kay Batangas 1st district Rep. Leandro Leviste sa kasong libel bilang sagot sa naunang Ph111-Milyong civil Libel case kontra sa PCO Usec ni PBBM. Sa daming perang hinihingi ng kontra-partidos, sa tingin ko ay...

Walang mangyayari sa Leviste vs. Castro kasong libelo.

Limang buwan nang hindi pumapasok sa Senado si Sen. Bato dela Rosa pero patuloy sumasahod ng P380,000 bawat buwan kahit na may siyam na reklamo nang nakahain sa Senate Committee on Ethics and Privileges nuon pang Pebrero 25, 2026 at ang huling

reklamo nga ay inihain noong Marso 18, 2026.

Nakngdragon! Tito Sen, aksiyunan naman nyo kaso ni Bato!

Pero ani Senate Ethics Committee Chair Sen. JV Ejercito, walang probisyon sa 'no work, no pay' sa ilalim ng kasalukuyang rules of the Senate o maging sa kanyang komite, at para umusad daw ang kaso, kailangan itong imungkahi ng isang senador upang maisama ang polisiya sa kanilang mga panuntunan at...

Saka pa lamang ihahain ang reklamo sa first in, first out na sistema.

Taumbayan ang talo sa pag-absent ni Bato. Dapat siyang pumasok sa Senado at gampanan ang trabaho. Inihalal siya ng taumbayan at narapat tuparin ang tungkulin. Kaya nga kahit maraming DDS na nakausap ko ay nagtatanong ng...

Paano naaatim ni Bato na sumusweldo kahit di natatrabaho?

Alex Eala 'di pa rin makawala

sa 'sumpa' ng mga Czech mataposyumukokahaponang ating 20-year-old na pambato kay Karolina Muchova ng Czech Republic, 0-6, 2-6, sa ginagawang Miami Open 4th round sa Hard Rock Stadium Grandstand Court sa Florida. Wala pa ring panalo si Alex sa 3 Czech players na nakalaban niya.

Babagsak sa WTA #45 si Alex mula sa highest nyang #29.

SHORT ORDER: Happiest 18th birthday greetings to our only grandson Kyle Edmon Datol Bello (March 28), youngest of 2 children (Nicole eldest) of our eldest of 2 Daughters Mabelle & hubby Edgar. Greetings from your grandMama Frances, Tito Lenny & Tita Yeng D. Tierra & your coz Ate Iyam & Yumi, and from Bello & Tierra Fam... Happy birthday (March 24) to our cousin Simeona Valencia of Jaen, NE from the Fam... Happy birthday (March 24) to Lon Gonzales Macabasag of Cabanatuan City, NE... Happy birthday to colleague Gianna Maniego (March 24) of Manila, RP...HBeerday bro Vic A. Endriga (March 23) of Manila, RP. Tagay na!...**God Bless.**

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“Your Phone Is Your Life — Are You Protecting It Enough?”

Simple habits every mobile user should follow in 2026.

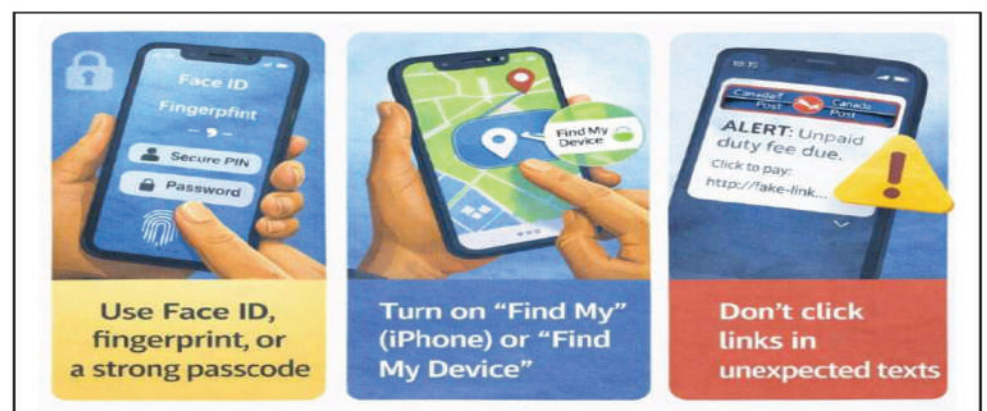
Spring has definitely sprung and we’re on Daylight Savings Time forever (hopefully)! Be sure to connect with us on **Facebook** and **Instagram** and **Like** and/or **Follow** our pages so you won’t miss our **Tip of the Day**.

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**.

Take a moment and think about this: your phone holds your photos, messages, emails, banking apps, passwords, and even access to your home and work. In many ways, your smartphone is now more important than your computer — yet most people protect it far less.

Over the past few weeks, I’ve helped several individuals dealing with hacked accounts, scam messages, stolen phones, and even cases where people were locked out of their own data. These situations can be stressful, but the encouraging news is that most of them are preventable with a few simple habits.

One of the easiest ways to protect yourself is by securing your phone properly. If you’re still using a simple 4-digit PIN like “1234,” it’s time for an upgrade. Use Face ID or fingerprint



unlock whenever possible, and pair it with a longer PIN or password. Think of your lock screen as the front door to your digital life — it should never be left easy to open.

Another important step is making sure you can find your phone if it’s ever lost or stolen. Both iPhones and Android devices have built-in tracking features that allow you to locate, lock, or even erase your phone remotely. These tools are incredibly powerful, but they must be turned on before you need them.

Be especially cautious when it comes to text messages. Scam texts — often pretending to be delivery services, banks, or government agencies — are becoming more common and more convincing. The safest habit is simple: never click on links from unexpected messages. Instead, go directly to the official website or app.

Keeping your phone updated is another key habit. Those update notifications are not just about new features — they often include critical security fixes that protect your device from newly discovered threats.

Finally, be mindful of the apps you install and the information you share. Stick to trusted app stores, and if an app asks for permissions that don’t make sense, take a moment to question it. Also, remember that your email account is the “master key” to your digital life — securing it with two-factor authentication is one of the smartest things you can do.

At the end of the day, you don’t need to be a tech expert to stay safe. You just need to build a few good habits and stay aware. And if you’re confused or unsure, don’t be afraid or shy to ask.

“Your phone protects your life — make sure you’re protecting your phone.”

Your friendly tech guide — one message away.

While ongoing conflicts around the world continue to impact lives and economies, we remain hopeful that dialogue, understanding, and cooperation will lead to lasting peace. Even in difficult times, the resilience and compassion of people everywhere remind us that better days are ahead.

~ Computer Dean

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NEWS
**World Happiness Report 2026:
 How Canada and the Philippines rank**

By Carlito Pablo

Are you happy?

Based on people's evaluation of their lives, the happiest places in the world are the Nordic countries. But how about Canada and the Philippines?

The 2026 edition of the World Happiness Report shows that out of the 147 countries ranked, Canada and the Philippines are 25th and 56th, respectively.

"Our happiness rankings are based on life evaluations, as they provide a more stable measure of the quality of people's lives," stated the World Happiness Report 2026 released on March 19, 2026.

Now in its 14th edition, the report is published by the Wellbeing Research Centre at the University of Oxford, in partnership with analytics and consulting firm Gallup, the United Nations' Sustainable Development Solutions Network, and an independent editorial board.

The report used the Gallup world poll and asked respondents to evaluate their current life as a whole using the image of a ladder, with the best possible life for them as a 10 and the worst possible as a zero.

The top three happiest countries are Finland with a score of 7.7; Iceland, 7.5; and Denmark, 7.5.

At 25th place, Canada had a score of 6.7.

Reporting on the 2026 list, the Canadian Press noted that Canada's happiness ranking has been slipping, a "decade-long trend that's seen the country plummet from the 5th happiest in the world in 2014 to 25th in 2026".



Ranking on happiness is based on how people evaluate their lives. Fabrikasimf on freepik.com.

"There's probably no simple explanation as to why Canadians' view of happiness has been dropping," said Felix Cheung, a happiness researcher at the University of Toronto, in the news report.

In 2025, the Canadian Press recalled, Canada ranked 18th happiest in the world, with an average rating of 6.803.

"We should also reflect on what we're doing right instead of simply focusing on the negative," Cheung said.

The researcher noted that among the six different determinants listed in the report, Canada ranks quite high on social support and generosity.

To explain, the world happiness report also looked at six factors: GDP per capita, healthy life expectancy, having someone to count on, a sense of freedom, generosity, and perceptions of corruption.

"It means that we're a kind and supportive country," Cheung said. "And if we want to reverse this happiness decline, we can lean into existing strengths that we already have."

The World Happiness Report 2026 was released a day before the celebration of the International Day of Happiness.

At 56th place, the Philippines had a score 6.2 out of 10.

Also on March 19, 2026, Philippine polling outfit Social Weather Stations released the results of its own survey of happiness in the country.

The SWS asked Filipinos this question: "If you were to consider your life in general these days, how happy or unhappy would you say you are on the whole?"

According to the survey, 33 percent answered very happy, 50 percent said fairly happy, 15 said not

very happy, and two percent said not at all happy.

The SWS survey also asked, "On the whole, are you very satisfied, fairly satisfied, not very satisfied or not at all satisfied with the life you lead?"

Filipinos responded: 28 percent very satisfied, 51 percent fairly satisfied, 14 percent not very satisfied, and seven percent not at all satisfied.

Mahar Mangahas is a founding fellow and now chair emeritus of SWS.

In a column with the Philippine Daily Inquirer, Mangahas noted that the Philippine score in the World Happiness Report 2026 of 6.2 is up a little bit from 6.1 in 2025.

"Its rank is 56th versus 57th last year. Here are the current WHR scores and ranks of our Asean neighbors: 36th Singapore, 6.58; 45th Vietnam, 6.43; 52nd Thailand, 6.30; 71st Malaysia, six; 87th

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Indonesia, 5.62; 92nd Laos, 5.52; 121st Cambodia, 4.46; and 129th Myanmar, 4.29," Mangahas wrote.

Mangahas' take: "We should not envy any other peoples that have higher scores, nor feel superior to those with lower ones. Happiness is not an international sport; it is no basis for national pride or shame. Other peoples' achievements do

not lessen us; their failings do not enhance us. What happens abroad can teach us what to imitate and what to avoid."
 The top 10 happiest countries: Finland, Denmark, Costa Rica, Sweden, Norway, Netherlands, Israel, Luxembourg, and Switzerland.





Tinig Migrante

By E. Maestro

Everything is normal daw?

Huh? Teka, teka, everything is normal daw? Binasa ko muli.

“Everything is normal.” That was BBM/Marcos Jr.’s response on the impact of the continuing tension brought about by the Feb 28th US-Israeli bombings of Iran. Iran quickly followed with retaliatory bombings of Israel and also other countries in the region that had US troops and bases.

Ayon sa GMA News Online, Marso 18, 2026, sinabi ni BBM na OK lang ang bayan natin. Anya: “Dito lang sa Pilipinas, normal lang muna ang ating mga presyohan at tinitiyak nga natin Ang supply natin, maganda naman ang supply natin ng pagkain, ng bigas, lahat ng mga basic goods.”

Teka, teka. “Normal” para kanino? Sababay, BBM is right in that it is indeed “normal” for his family and his friends, his cronies, for the richest families in the country and the big corporations who profit from this kind of crisis. Kaya hindi sila nag-aalala, tumutubo pa nga sila sa ganitong mga krisis.

Ang kaso, hindi naman sila ang namamasada sa kalye. Hindi sila ang nagbabanat ng buto sa kakarampot pa rin na sahod. Hindi naman sila ang sumasala sa pagkain. Hindi sila ang humaharap sa tumataas na singil ng kuryente, tubig, presyo ng Gasul, at ng pagkain. Hindi sila ang namamasaha araw-araw para pumasok sa paaralan at trabaho, at siguradong hindi sila ang namamalengke at nahihimatay sa taas ng presyo ng bigas, karne at gulay. Hindi rin sila ang lumulusong at tiyak na lulusong muli sa baha kapag humagupit na naman ang matinding ulan at bagyo.

It does not take rocket science to know that Filipinos are directly impacted by the geo-political mess created by the US and Israel in the Middle East. The value of the Philippine peso is at the lowest level in history; it has weakened to PhP 60 per US dollar. The Philippines is an import-dependent economy which means it imports its oil and other basic goods like rice (criminal but true!), so a weaker peso drives up inflation. The prices of transportation go up and the prices of basic commodities go up as well,

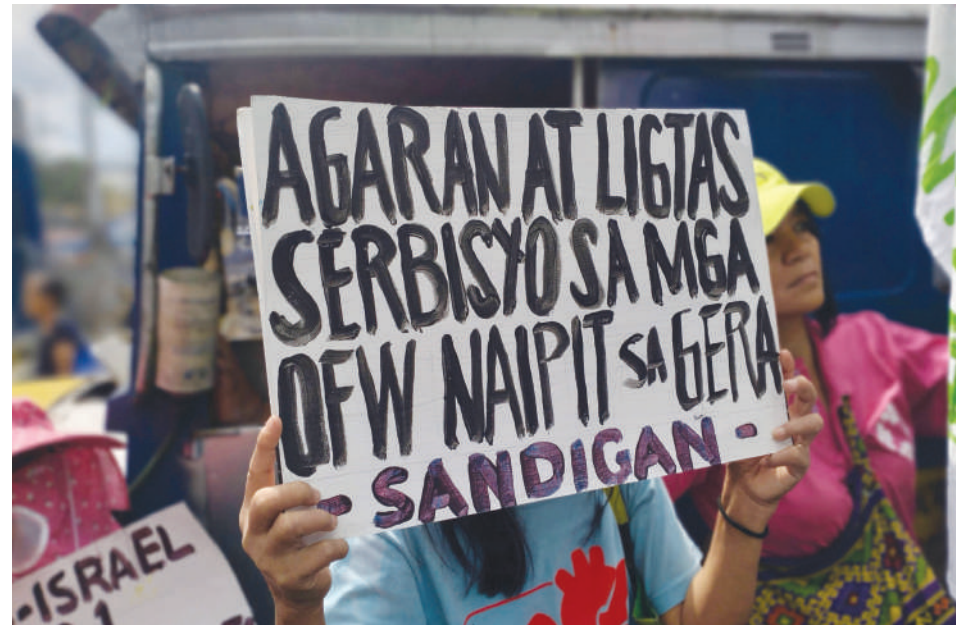
no thanks to the government’s deregulation policy. Also, the privatization of basic public services means profits before people, especially in crises like these. Electricity costs go up, which mean corresponding increases in costs of agriculture and industry. Taas ang food production costs, pati ang ibang mga produkto na umaasa sa langis at natural gas. Kahit na nga dito sa Canada, kung ikaw ay may sasakyan, alam mo tumaas na ang gasolina.

Ano pa ang maaring mangyari? Mahinananga ang ekonomiyang Pilipinas, lalo pang manghihina ito. Malamang may mag-sara na mga negosyo at tanggapan. Malamang magtanggalan ng mga trabahador at empleyado. Magiging malupit ang unemployment. Dagdag pa diyan ang mga kababayan natin mula sa Middle East (na tinatayang dalawang milyon sa rehiyon) na uwi dahil sa gera, ngunit pahirapan sa pagkakaroon ng trabaho. At dahil mababawasan di hamak ang mga remitans kung delikado na ang trabaho sa Middle East, tiyak na mangungutang na naman ang gobyerno at lubog-lubog na naman tayo sa utang.

Kasi nga naman, milyon-milyon (o bilyon-bilyon) ang nakurakot ng mga burukrata kapitalista, mula taas hanggang baba, sa kaban ng bayan. Kasi naman, sila din ang mga nasa likod ng mga pribadong korporasyon ng basic utilities -- halimbawa, ang tubig, kuryente, langis, ang transportasyon. Sila din ang makunat sa pagbibigay ng nakabubuhay na pasahod o living wage sa mga manggagawa. Sila din ang pilit isasaksak sa taumbayan ang Value Added Tax at ang Excise Tax. “Normal” ang kalakarang ito sa mga nasa poder, tawagin na natin silang naghaharing-uri para eksakto ang tawag natin sa kanila.

Sa mga pahayag at pagkilos ng mamamayan sa Pilipinas at sa labas ng bansa, malinaw na hindi tinatanggap na “normal” ang kalagayan. Huwag nating isipin na matatapos ang panghihimasok at pag-atake ng US sa daigdig.

Kung hindi “normal”, ano ang dapat gawin? Ang taumbayan



March from Recto to Mendiola of Migrante International, March 17. Photo credit: Kodao Productions



March in protest of the oil price hike, the US-Israel war in the Middle east (top) and in support of the transport strike. Photo credit: BAYAN

na tuwirang nahihirapan at pinagsasamantalahan ay kumikilos. Sa pagdeklara ng kanilang kahilingan. Sa pag-welga, rali at martsa. Maging mapagbantay tayo, pag-aralan ang mabilis na kaganapan sa daigdig, sa Pilipinas at kung nasaan man tayo sa labas ng ating bansa. Dahil kung hindi tayo kikilos, sino pa? Kung hindi ngayon, kailan pa?

Sa abot ng ating makakaya, sumama tayo sa panawagan ng ating mga kababayan at kapwa migrante sa ibayong dagat: Wakasan ang gera ng US sa Iran at ipagtanggol ang

buhay at kabuhayan ng mga Pilipino.

Kaltasin ang napakalaking buwis tulad ng VAT at excise tax. ibasura ang Oil Deregulation Law. Igiit ang wealth tax sa mga bilyonaryo sa halip na pabigatin ang buwis sa taumbayan.

Iligtas ang mga OFW na apektado ng gera at tiyakin ang kanilang kabuhayan.

Kagyat na ginhawa o immediate relief sa mamamayan kaugnay ng lumalalang krisis. Igiit ang nakakabuhay na sahod.



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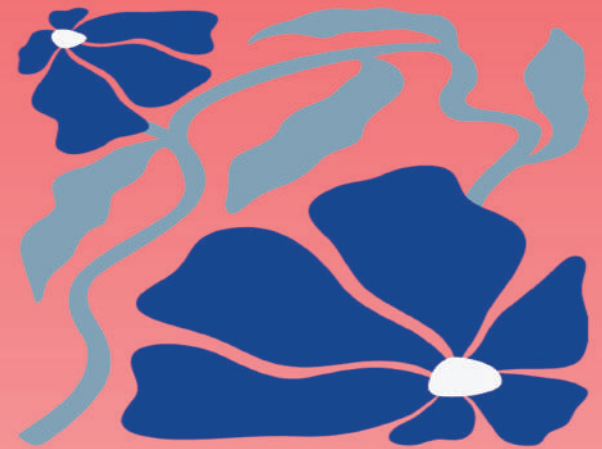
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Wildflowers & Fabulous: Cerlyn at 60 and Patricia at 27 Celebrated in Vancouver

Vancouver: *Cerlyn's 60th and Patricia's 27th birthdays* were celebrated on Saturday, March 21 at 6:30 PM at the Kensington Community Centre in Vancouver.

The "Wildflowers & Fabulous" themed event honored Cerlyn's milestone as a beloved mother and gathered family, friends, Couples for Christ members, Circulo Pampangueno, and their friends in the community for an evening of gratitude and fellowship.

The program opened with a warm welcome and an opening prayer by Bro. Senen, followed by a tribute highlighting Cerlyn's life, achievements, and cherished memories, comple-

mented by a slideshow.

A birthday blessing was led by Bro. Jimmy Arzadon, while Sophia Amor lit the candles and Vida Andal led the singing. Cerlyn was joined by Allel and Miguel for the cake-cutting ceremony.

Loving messages were shared by Patricia, Sophia, Miguel, Allel, and friends. A special dance and serenade followed, with performances by Sophia Amor, Patricia Genelyn, Carlos Miguel, and Allel. Cerlyn delivered her message of thanks before the evening concluded with a closing prayer by Bro. Ramil, followed by an all night of dancing and singing.



Celebrant Patricia (right) with her friends



Sky Is the Limit: Filipino Youth Rise at Alapaap 2026 Summit

"March 21, 2026 | Burnaby, British Columbia

BURNABY, BC — More than 75 Filipino youth gathered on March 21, 2026, for the Alapaap 2026 Youth Summit, a groundbreaking, youth-led event organized by the Alliance Philippines BC Youth Delegates (2026). Anchored on the theme "Sky is the Limit," the summit brought together young leaders for a day of connection, culture, and empowerment.

The event featured community booths, a social mixer, live performances, and a panel discussion, creating a vibrant space where Filipino youth could celebrate identity and shared roots. Highlights included performances by Koro Pacifico, Gli-sha, and Descent Youth Band,



alongside Filipino cuisine from Plato Filipino and freshly baked pandesal and Spanish bread.

A key highlight was the panel discussion featuring Shawna

Bundac, Louisa Ledesma, Louisa David, Jamie Burke, and Argel MDR. Each speaker offered

NEXT PAGE PLEASE...





SKY IS THE LIMIT...
FROM LAST PAGE

insights on personal growth and identity—emphasizing visibility, intentional living, mentorship, and embracing one’s Filipino heritage. Panelists also addressed the importance of overcoming the feeling of “not being Filipino enough,” reinforcing a strong message of belonging within the community.

As the first Filipino youth summit of its kind in British Columbia, Alapaap 2026 proved to be more than just an event—it was a meaningful platform for dialogue, inspiration, and unity.

With its success, organizers and participants alike look forward to building on this momentum, reminding Filipino youth that the sky is not the limit—it is just the beginning.



LINA @ 60

Vancouver, March 22.—Lina Castillo-Alpuerto marked and celebrated her 60th birthday with at least 300 family members, co-workers, friends, and churchmates at the St. Patrick’s Gym on Main Street.

Lina works with the Provincial Health Services Authority (PSHA), is a member of the St. Mary the Virgin South Hill church and hails from Ilocos Norte.

For her birthday, the gym was decorated with green and red balloons, lights and flowers and a table with a multi-tiered birthday cake. A sumptuous and abundant spread including

lechon, several meat dishes, rice (of course), fish, and Filipino veggie dishes and many types of dessert made sure everyone was fed and had seconds! The photo booth was a definite hit!

Lina’s children and her adorable grandchildren, many of them from Edmonton, presented her with songs and roses. Close friends gave their personalized messages of love and birthday wishes and lots of individual roses!

Happy Birthday, dear Lina and may you have more happy birthdays to come. *(By Eria Maestro; Photo credits: St Mary the Virgin; Eva Callangan)*



SPORTS

A PAL Interclub Without Its Storytellers

By Aniceto Malabanan II

There was a time when the PAL Interclub wasn't just about the long hitters on the tee box; it was about the men and women in the gallery with notebooks tucked in their bags and the sharpest wits in the press room.

As the 77th edition of the Philippine Airlines Interclub kicks off this week, there is a noticeable, almost eerie silence hanging over the greens. For the first time in decades, the grizzled masters of the sports desk who could recount a hole-in-one from 1984 as if it happened yesterday are absent. Absent too is the traditional Media Golf side event, a tournament that served as both a competition and a sacred gathering of the industry's finest.

In the past, the "Interclub" was a two-pronged beast. While the country's top clubs battled for each division's title, the media fought their own wars in the shadows of the main event. It was a time for camaraderie, late-night deadlines followed by early-morning tee times, and the kind of storytelling that turned a simple birdie into a legend. I can still remember the dean of sports writing Al Mendoza belting out his immortal *Imagine* by John Lennon or the husky Jake Ayson serenading the PAL Corp Comms ladies with his rendition of timeless *Monalisa*.

This year, that side event is gone.

The press room feels thinner, the banter quieter. The loss of the media tournament isn't just about missing out on a few rounds of golf; it's about the uprooting of a bridge between the sport and the public.

The timing feels bitter-sweet for me personally. As I look back at the 76th edition in Bacolod last year, I realize I am holding onto a unique, albeit lonely, distinction.

Winning the media category in Bacolod was an honor I wore with pride, but I never imagined it would make me a "final" champion. Standing on those fairways in the City of Smiles, surrounded by the echoes of past greats, I felt the weight of the tradition. Now, with the media event scrapped, I find myself as the last custodian of that legacy—the reigning champion of a tournament that may never return.

It is a title I'll hold onto, but one I would gladly trade to see my colleagues back on the course, arguing over missed putts and laughing about the number of balls lost.

Perhaps the most telling sign of this shift is found in the very medium we used to dominate. A day before the 77th edition kicks off,

a quick scan of the major dailies reveals a startling void.

The PAL Interclub—once the "Granddaddy" of Philippine golf, a tournament that commanded front-page sports headlines and multi-page spreads—is curiously absent from the morning editions. Where there used to be deep-dive previews, roster analyses, and historical retrospectives, there is now a vacuum.

The tournament remains the most prestigious club competition in the country, but without the dedicated media machinery that fueled its mythos for seventy years, it feels like a private conversation rather than a national event.

Golf is a game of memory. We re-

member the wind on the Binitin, the slick greens of Apo and the heat of Cebu. But those memories are kept alive by the people who write them down.

As the 77th PAL Interclub begins, the players will still swing, the scores will still be tallied, and a winner will eventually be crowned. But without the veteran writers to contextualize the struggle, and without the media tournament to keep the chroniclers invested in the grass-roots spirit of the game, something vital has been lost.

I'll keep my trophy from Bacolod on the cabinet, a reminder of the 76th edition and a tradition that once was. But as the first ball is struck this year, I can't help but feel that the loudest sound on the course is the silence from the press box.



Davao Teams Defend Home Turf; Eastridge Dominates Premiere Division

By Aniceto Malabanan II

DAVAO CITY – Local pride was on full display as Davao-based golf squads made good on their pledge to defend their home turf, capturing key titles in the Aviator and Friendship Divisions. While the local clubs celebrated their hard-fought victories, the Premiere Championship division witnessed a display of absolute dominance as Eastridge Golf surged to a massive victory.

The tournament's Aviator Division saw Lanang Golf Club execute a clinical performance, completing a wire-to-wire finish that will be remembered for its historical symmetry. Entering the final day with a steady hand, Lanang posted a three-day total of 388 points to secure a 13-point win over Sarangani Golf (375), with Apo Golf Team B taking third at 355 points. The victory was particularly sweet

as it duplicated the feat of Lanang's Senior counterpart, who captured the same division title earlier this week.

In the Friendship Division, South Pacific Team B turned their "dream ride" into a reality. They left no room for doubt, finishing the tournament with 289 points—a staggering 46-point lead over their nearest competitors. While the gold was decided early, the battle for silver was a true nail-biter. Paraiso Golf, led by Kenneth "Captain Marbel" Duremdes, managed to secure the second spot with 243 points, edging out the Yokohama Eagles (242) by a single, "hairline" point.

Local representation remained strong across the other brackets. In the Sportswriters Division, Davao City Golf Club FTB earned a silver medal with an output of 309 points, finishing behind

champion Liloan Golf Club (322) and ahead of third-place finishers Dole Kalsangi (293). Meanwhile, Apo Golf Team A fought valiantly in a last-ditch effort for a podium finish; however, they ultimately landed in 8th place in a division topped by champion Forest Hills (501), followed by Britannikka (477) and Cebu Golf and Country Club (471).

The highlight of the Premiere Championship division was the overwhelming performance of Eastridge Golf. Asserting their dominance with a "33-point carnage," Eastridge relied on the familiarity and skill of their shock troopers—all outstanding graduates of the Jungolf programs in Davao, Bukidnon, and Bacolod.

Their final day assault was led by Ronnel Tagaan's 35, followed by Chris Remata's 34, and identical 33s from Ralph Batican and Bobe Salahog. Even with Adrian Bisera's

30 not counting toward the total, Eastridge finished far ahead of the youth-laden Manila Southwoods (530) and third-placed Tagaytay Highlands (503).



FROM TOP ARE EASTRIDGE, LANANG, & SOUTH PACIFIC TEAMS



SPORTS

That's All

AIS, Mendoza



Joy ride over—for now



THE joy ride is over for Alex Eala.

For now, that is.

And it was an ugly ending, to say the least.

Painful, but it's true.

Eala did not just bow to Karolina Muchova. She was crushed like a smashed squash, bleeding to death as in a kidnapped, mercilessly tortured captive of a terrorist group demanding ransom money.

Hair-raising scene it was to see Muchova dismantle, punish, beat Eala to a pulp that you need to pinch yourself many times to make sure the ghastly slaughter was really happen-

ing.

This was the fourth round of the Miami Open, starting close to midnight Monday, March 23 Philippine time, the carnage completed almost exactly an hour later.

Yes, Muchova was expected to win, having crowned herself the Qatar Open champion only last January—her second WTA (Women's Tennis Association) 1000 title.

Thus, against the still winless Eala, Muchova was carrying a momentum as formidable as an enemy missile in the ongoing Middle East conflict.

It immediately manifested right in the first set, when Muchova, firing blistering shots at will all over the court, broke Eala three times for a 6-0 rout that all but practically wrapped up the Round of 16 match.

So dominating was the 13th-ranked killing machine from the Czech Republic that she had hardly allowed Eala to execute a decent shot.

In no time, you begin to ask yourself: Is this the Alex Eala I've come to know?

For, to be honest, I never completely saw the real Alex Eala from midnight Monday to Tuesday dawn.

This time, there was an impersonator being mercilessly thrashed relentlessly for almost 60 minutes by Muchova, who could do nothing wrong against an Eala who could do nothing right.

Muchova had only murder in her mind,

She was blood-thirsty.

She was ruthless.

She was unforgiving. If Muchova were a frontline soldier, she'd take no prisoner. Kill, kill, kill.

Only in the second set's game five did Muchova spare a quarter, allowing Eala to taste victory after the 29-year-old Czech had taken an imposing 4-0 edge.

But Muchova quickly recaptured the lollipop, rising from 0-30 to make it 5-1 and be closer to a straight-set win en route to the quarterfinals.

Muchova proved generous

once more as she yielded game seven to Eala.

But serving for the match after a 5-2 lead, Muchova became all the more guillotine-driven, racing crazily to a 40-0 lead and easily converting the three match-points to victory.

An almost tearful Eala went to hug Muchova in a touching gesture of sportsmanship, and strode out of the court waving to a downtrodden crowd unbelieving of what had just transpired.

"Experience was the key," said Muchova.

Yes, it is experience that Eala will need to invest on more.

At 20, our lass needs many more battles to hone her skills and toughen her mind as well for the brutal wars ahead.

THAT'S IT If plans don't miscarry, Alex Eala's next tournament is the Austria Open in Linz set April 6-12. Then, it will either be the Charleston Open in the US or the Copa Colsanitas Open in Bogota, Colombia. There is no stopping Alex now. Go, go, go Alex! (Reprinted from *Business Mirror*, authorized by the author)

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

Passage of bill preventing adolescent pregnancy urged as cases among girls aged 10-14 rise

MANILA — The Commission on Population Development has expressed alarm over the increase in the cases of pregnancies among young girls aged 10-14, prompting it to renew its call on Congress to pass a measure seeking to address adolescent pregnancies.

CPD Information Management and Communication Division chief Mylin Mirasol Quiray said there has been an 8% increase in the number of pregnancies from 3,343 in 2023 to 3,612 in 2024 based on recent data from the Philippine Statistics Authority.

"Two of the youngest mothers recorded were only ten years old, that was [in] 2024 -- one from Bicol Region and another one from Western Visayas," she said in an interview with state-run PTV Wednesday, March 25.

For this reason, they are pushing for the passage of the Adolescent Pregnancy Prevention Bill, according to Quiray.

If passed into law, the bill will institutionalize comprehensive reproductive health education and will expand adolescent-friendly health services.

"More than ten percent lamang ng Pilipino parents ang nakikipag-usap tungkol sa sex sa kanilang mga anak, so kailangan natin ito," she noted.

"At next to none, social media ang secondary source of information ng ating mga kabataang Pilipino tungkol sa adolescent reproductive health," Quiray added.

The official noted they are backing Representative Michaela Gonzales' push for the creation of a Quinta committee to harmonize the differ-

ent versions of the bill.

Quiray also allayed fears about the comprehensive reproductive health education, calling it age-appropriate and scientifically accurate.

"Hindi po natin kailangang matakot na ang ating mga anak at ang kabataan ay tinuturuan natin ng mga bagay-bagay na hindi pa sapat or

appropriate para sa kanilang edad," she said.

"So, culturally sensitive and scientifically accurate po according to standard po ng Department of Education policies and also iyong mga napalabas po ng Department of Health na policies," Quiray added.

(H. Delgado/abs-cbn)

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The Church of Jesus Christ of Latter-Day Saints open the First Tagalog Ward in British Columbia!



The First Tagalog-speaking ward in British Columbia has been established within the Surrey BC Stake of The Church of Jesus Christ of Latter-day Saints Named the Surrey Fifth Ward, on March 15, 2026 at 6270 126th St. Surrey BC. The congregation will be led by Bishop Rommel O. Galzote, with Joshua T. Clair and Ernesto C. Uy serving as his counselors. Larry Inlayo will act as the ward's executive secretary and Jojo Alpuerto as the Ward Mission Leader to support the new community of Filipino members.

Diocese launches citizen movement against corruption, political dynasties

A Catholic diocese in Metro Manila has launched a civic initiative aimed at addressing corruption and entrenched political dynasties.

Bishop Roberto Gaa of Novaliches said the initiative seeks to promote good governance through sustained civic participation beyond election cycles and political controversies.

The program, Novaliches Citizens Empowerment for National Transformation, or NOVA-CENT, was introduced Sunday at the Cathedral Shrine Parish of the Good Shepherd.

Gaa said the Church's involvement in socio-political issues has often been limited, warning that occasional engagement is no longer enough in today's context.

"We cannot just be fence-sitters anymore. Church participation must be consistent, not something that ebbs and flows," the bishop said.

He said the initiative draws from synodality, emphasizing shared listening and discernment through a method known as "Conversations in the Spirit."

Gaa said this process is being applied not only within Church life but also as a framework for promoting transparency and accountability in governance.

Fr. Antonio Labiao Jr., the diocese's vicar general for pastoral affairs and lead convenor of NOVA-CENT, said the effort depends on forming informed and actively engaged citizens.

"There can be no good governance without citizens' participation," Labiao told Radio Veritas, stressing the need for grassroots involvement in public affairs.

He said NOVA-CENT focuses on civic education, organizing communities, and encouraging engagement in issues such as corruption, political dynasties and electoral reforms.



Bishop Roberto Gaa delivers his homily during a Mass launching the Novaliches Citizens Empowerment for National Transformation (NOVA-CENT) at Novaliches Cathedral on March 22, 2026. (Radio Veritas/Norman Dequia)

Gaa said strengthening institutions and fostering cooperation between citizens and leaders are essential to restoring trust and social order in the country.

Church leaders commissioned at least 55 facilitators to expand the program, expressing hope it will inspire broader participation in building a more just society. (Norman Dequia via CBCP News)


**Wisdom from
the Word**

Ben Berto



PRACTICAL CHRISTIANITY

What good is it for someone to gain the whole world, yet forfeit their soul? 37 Or what can anyone give in exchange for their soul? Mark 8: 36-37, ESV

26 For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? Matthew 16: 26, NKJV

This teaching of Jesus was given to His disciples a few days before His crucifixion. It doesn't matter whether a man or a woman is a multibillionaire if he or she does not measure up to the standard of God; he or she will not be saved. His or her billions won't be able to save the individual.

To God, every soul is valuable; that is why Jesus gave up His kingly glory and came down to earth to live as a human in order to redeem humanity from the effects of sin.

The Bible says, "The wages of sin is death, but the gift of God is eternal life." But because God loved His creation that was made in His image so much, He sent His only begotten Son to this earth to die for man's sin. Imagine that? In His midnight interview with Nicodemus, He this famous verse. **"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life"**

In her devotional book, Brenda Walsh, wrote for March 21, 2026, "Value of a Soul."

Her opening text is found in 1 Kings 2:3. "And keep the charge of the Lord your God: To walk in His ways, to keep His statutes, His commandments, His judgments and His testimonies, as it is written in the book of Moses, that you may prosper in all that you do and wherever you turn."

People spend their whole life trying to achieve success through fame, fortune, or power. But what is the real measurement of success?

For some, it is how much money they have in the bank, driving a fancy car, sending their kids to the best schools, or having power and influence.

But no matter how high a status you reach in the eyes of man, nothing is more important than the value of your soul.

The Bible says in Mark 8: 36-37, What good is it for someone to gain the whole world, yet forfeit their soul? 37 Or what can anyone give in exchange for their soul? Mark 8: 36-37, ESV

The devil uses the trappings of this world to blind you from what really matters, and that's....staying close to God. You can't begin to even imagine how much you mean to our heavenly Father until you think

of His great sacrifice on Calvary. Only then can you start to comprehend just how much He loves you.

Are you wondering how much your soul is worth?

Well, Jesus loves you so much that He left the splendour of heaven to give His life, dying on a cross so that you can live with Him for all eternity. You just can't pay a higher price than that!!!

To contact us: Our website is 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

Moments

Fr. Jerry M. Orbos, SVD



We have a future

The story is told about a girl who asked a guy if he would still love her even if she had a past. And the guy's answer was: "That's okay. I don't have a future either."

In today's Gospel (John 11:1-45), Jesus raised His friend Lazarus from the dead. He called out to him: "Lazarus, come out!" We all have a future, no matter what past we've had. Today, the Lord calls out to each one of us to come out of our tombs, our prisons, and to live again, not just exist. What are the tombs and prisons, real or imagined, received or of our own making, that prevent us from true living and loving?

"Master, the one you love is ill." In humility, too, we come to the Lord today and say: "Master, our world is ill, our country is ill." Let us accept that we have big problems and challenges confronting us today not only on the socioeconomic-political level, but more so on the moral

level because the foundational values, i.e., family, truth, justice, and public service have been corrupted and infected.

Let us all come out of the darkness and cross over to the light. Let us all come out from falsehood, and cross over to the truth. In this battle of light and darkness, falsehood, and truth, which side are you on? Are you an agent of the light or of darkness? Are you an agent of lies or an agent of truth?

Somewhere along the way, all of us had a "Lazarus moment" when we were healed from a sickness, spared from an accident, relived from a burden or, perhaps, simply experienced a liberating insight. All these should make us grateful, and remind us that we just go on because we still have a mission. Are you one who has been healed? You were healed for a reason, for a mission. Are you one who has been

blessed much by God? That, too, has a reason, and you, too, have a mission.

Jesus wept over Lazarus. Will people weep for you when you are gone? Are you worth weeping for? Or, are people weeping now because of you, while you are still alive, meaning, are you the one causing them so much pain and sufferings in life? To those who make people cry now, will people cry for you when you die?

I remember a story about a widow whose husband was about to be buried. When the casket was being carried out of the house, it hit the door and the husband came back to life. Some years later, the husband died again, and this time, the widow asked the pallbearers, as they were bringing the casket out, "Slowly please, don't bump the door again."

The Holy Week is all about

a God who loved us so much, that He gave His only son to sacrifice and suffer so much that we may have eternal life. We ask ourselves today: What have I done? What have I really sacrificed for God and for His people? Is my life all about my pleasures, fulfillment, success, and comfort?

Last week, a young Filipino SVD missionary went back to his mission assignment in Africa, making the sacrifice of leaving his loved ones, especially his sick mother. The other week, another Filipino SVD missionary went back to his mission assignment in South America in spite of his health condition, making the sacrifice of leaving his loved ones, especially his mother who is so worried and concerned of his only son. Life without sacrifice is just a vacation. Life, with sacrifice, is a vocation and a mission.

MOMENTS TO PAGE 22 ...



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FR ORBOS from PAGE 21....

tion.

Moments with Fr. Jerry Foundation Inc. prayerfully invites you to an anticipated Palm Sunday Mass and Recollection on Saturday, March 28, 2026 starting at 1:30 p.m. (Recollection) and 5:30 p.m. (Mass) at the Mary Mother of Hope Chapel, 4th floor, Landmark Trinoma, Quezon City. Free admission. Let us enter the Holy Week with prayer and reflec-

A moment with the Lord: Lord, remind us that no matter what, we still have a future ahead of us. Amen.

momentswithfrjerry@gmail.com

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