



Philippine **ASIAN** NewsToday

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Vol.28 no. 15 August 1 - 15, 2026



Gold & Pioneering 1sts for HKCS at the 15th World Peace Choral Festival, Vienna



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Philippine President Ferdinand Marcos Jr. and Canadian Prime Minister Mark Carney met in Vancouver on July 2, 2026. Photo by Presidential Communications Office.

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Premier's statement following visit with wildfire evacuees, responders



Premier David Eby has issued the following statement after speaking in Penticton with evacuees, local leaders and emergency personnel responding to wildfires:

"Today, I met with people whose lives have been turned upside down by these wildfires.

"I listened to families forced to leave their homes with little warning. I heard from people waiting anxiously for news about whether they have anything left

to return to. And I spoke with business owners worried about their employees and their future. "I also met with local mayors, First Nations leadership, firefighters, emergency personnel and community organizations helping people through an incredibly difficult time. The message I heard was clear: These have been devastating days, but people are facing them with strength, determination and a deep commitment to supporting their neighbours.

"To everyone who has been evacuated, who is under alert, who has lost property or who is living with uncertainty right now: know that you are not facing this alone. Our entire province stands with you. We are incredibly grateful to the people on the front lines whose heroic efforts are protecting communities and saving lives, including those who have come from around the world to help.

"A special thank you to the people supporting this effort in so many different ways: the volunteers

staffing reception centres, the hotel operators making room for evacuees, the businesses donating supplies and meals, and the families opening their homes to friends and neighbours, and complete strangers. Your kindness is making a real difference.

"Many people also spoke to me about the challenges that come with being evacuated so suddenly, finding a place to stay, replacing essential items and navigating an uncertain situation.

"We know that during the peak of evacuations in Summerland this weekend, some evacuees experienced delays accessing Emergency Support Services. To improve response times, we have increased staffing on the B.C. Evacuee Helpline by more than 400%, deployed additional staff to the region and are continuing to secure accommodation throughout the Okanagan. Emergency Support Services can help evacuees with basic needs, such as accommodation, food and other essentials.

"If you need help, contact your local reception centre, visit www.ESS.gov.bc.ca, or call the B.C. Evacuee Helpline at 1-800-387-4258. We know this is an incredibly stressful time, and our focus is making sure people can access support as quickly and easily as possible.

"Our priority is supporting evacuees, protecting people and ensuring the BC Wildfire Service, front-line firefighters and emergency responders have the resources they need. We will continue working closely with local governments, First Nations and communities to get help where it is needed.

"There are challenging days ahead. But what I've seen here today is the very best of British Columbia – people looking after one another when it matters most. We will continue to stand with you through this emergency **and through the recovery ahead.**" (news.gov.bc.ca/ photo credit theyteec.ca)



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ConGen's Corner

News and Updates from the desk
of the Philippine Consul General



Magandang araw mga kababayan!

First of all, I wish to thank Reyfort Media for providing us a space where we can provide updates and news that are relevant to our kababayan here in Canada. For this first outing of the ConGen's corner, I wish to inform you of two major projects that the Consulate is undertaking:

First, we will be holding a Post-Arrival Orientation Seminar

(PAOS) for newcomers to BC, YT, and NWT on 29 August 2026, Saturday.

The seminar will be done virtually so that those outside of the Metro Vancouver area can still join the session. The following topics will be covered in the seminar: Resources for Newcomers; Labor and Workplace Rights, and Career Resources. Breakout rooms will also be available to provide consultation on settlement

and newcomer services, legal concerns, and consular matters. The seminar is free of charge.

To register, please scan the QR Code in the poster or go to the link directly: <https://tinyurl.com/PCGPAOS2026>.

Second, I encourage our Canadian and Filipino-Canadian friends to join Winter Escapade 2027! Winter Escapade 2027: the Very Important Pinoy Tour

Edition, brings you home from 07 to 17 February 2027. Eleven days across Manila, a pocket tour of your choice in Leyte, Legaspi and Naga, Siargao, Camiguin, or Bohol, and a final leg in El Nido or in Iloilo and Bacolod. Visit winterescapade.ph or scan the QR code on the poster below.

I hope you continue to watch this space as I share updates to our kababayan here in Canada!

The Philippine Consulate General in Vancouver invites our kababayan in British Columbia, Yukon, and the Northwest Territories to register in the upcoming

Post-Arrival Orientation Seminar (PAOS) for Filipino Temporary Foreign Workers, International Students, and other Filipino newcomers to Canada

29 August 2026, Saturday
8:00 AM - 3:00 PM
Online via Zoom

Learn about the following topics:

- Resources for Newcomers
- Labor and Workplace Rights
- Career resources

Breakout rooms will also be available to provide consultation on:

- Settlement and newcomer services
- Legal concerns
- Consular matters

To register, please scan the QR Code or go to the link directly:
<https://tinyurl.com/PCGPAOS2026>



The seminar is free of charge.
Please register before 15 August!
Limited slots available.



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DR. MICHELLE CENIZA: From Caring for Children to Advocating for Their Future Filipino-Canadian physician and community leader considers a run for Surrey School Board Trustee

By ReyFort (OLY)



Dr. Michelle Ceniza, caring for the next generation has always been central to both her profession and her life.

Originally from **Cebu, Philippines**, she is a family physician, mother of three, longtimeschoolandcommunity volunteer, and advocate who believes children deserve the support and opportunities they need to succeed not only academically, but also emotionally and socially.

After years of serving families in her medical practice and becoming deeply involved in her children's education, **she is now considering expanding that commitment by running for School Board Trustee in Surrey in the next municipal election.**

Dr. Ceniza is the **fourth of five children of Dr. Felicitas Manaloto, originally from Manila, and Engr. Miguel Manaloto Jr., from Pampanga.**

She earned her medical degree at the Cebu Institute of Medicine and completed her **Pediatrics residency at Perpetual Succour Hospital in Cebu.**

In 2009, she and her family immigrated to Canada, where she pursued Family Medicine training at the University of British Columbia. She has been practicing as a family physician in Langley for the past eight years.

Behind the white coat, however, is also a mother who understands the hopes and concerns parents carry

for their children's education.

She has three **children: Marco, a Psychology student at UBC; Adam, who is entering Grade 9 at St. John Paul II Academy; and Anya, who is entering Grade 6 at Star of the Sea School in Surrey.**

A Leader From an Early Age Leadership has been a consistent thread throughout Dr. Ceniza's life.

During her student years, she served as Student Body President at St. Theresa's College, where she graduated First Honourable Mention. She also received the Gerry Roxas Leadership Award and the Alfonso Yuchengco Foundation Award.

Her leadership continued in medical school, where she was **Class President of the 2003 Medicine cohort. She later became President of the Post Graduate Interns at Perpetual Succour Hospital and was named one of its Most Outstanding Post Graduate Interns.** She also served as **Secretary of the Pediatric Residents' Association of Cebu.**

After moving to Canada and focusing on raising her children, Dr. Ceniza gradually became more involved in their schools. In 2023-2024, **she served as Vice Chair of the Parent Association of St. John Paul II Academy.**

Through her combined experiences as a physician, parent, and school volunteer, she became increasingly aware of the challenges facing students, families, and educators. Advocating for Students and Their Teachers In her medical practice,

Dr. Ceniza often sees students struggling with learning difficulties and mental health challenges, sometimes with limited access to support services. She believes early intervention can significantly change a young person's trajectory. "Our youth need to be



supported so that they can have the best chance at a great future," she says. "Early intervention and consistent support are very important." Her concern also extends to teachers.

Through both her practice and school involvement, she has observed educators managing heavy workloads and workplace stress. She believes supporting teachers is essential to supporting students. "I would like to advocate for our teachers as well, as they are important partners in our children's futures," she says.

This blend of medical experience, parenting insight, leadership history, and school engagement is part of what is motivating Dr. Ceniza to consider a run for Surrey School Board Trustee. For her, education goes beyond academic performance. It is about building environments where students can thrive, teachers are supported, and parents and communities

have a meaningful voice in shaping the future. Outside of medicine and community work,

Dr. Ceniza enjoys reading, travelling, and theatre. As a Filipino-Canadian who rebuilt her professional path after immigrating, raised a family, and continued serving her community, Dr. Michelle Ceniza reflects the kind of leadership COMMUNITY SPOTLIGHT aims to highlight. Whether in a clinic, at home, in a parent association meeting or potentially at the Surrey School Board table her focus remains the same: giving children the best possible opportunity for a brighter future.

COMMUNITYSPOTLIGHT is a regular ReyFort Media feature celebrating outstanding Filipinos, businesses and organizations making a positive contribution to British Columbia.

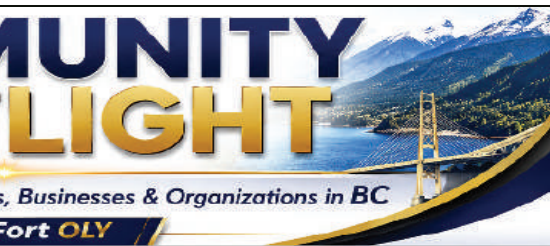
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Vanessa Gilera: A Mother, Healthcare Professional and Community Advocate Ready to Serve Surrey's Schools

By ReyFort (OLY)

Proud Filipina-Canadian plans to seek a seat as Surrey School Board Trustee



For **Vanessa Gilera**, the desire to serve Surrey's families begins with a role that is closest to her heart being a mother.

A longtime healthcare professional, school parent and community volunteer, Gilera is planning to run for **Surrey School Board Trustee**, bringing with her the perspective of a parent raising two children in Surrey and a healthcare professional who has spent much of her career listening to and caring for others.

Born and raised in **Marikina, Philippines**, Vanessa came to Canada with her family when she was 11 years old. She is the daughter of **Lita and Angel Cruz** and grew up as one of four siblings alongside Fritz, Avegail and Gela.

Today, Vanessa and her husband, **Jay**, are raising their two children, **Ethan, 13, and Sofia, 11**, in Surrey. Her experience as a mother and school parent has given her a firsthand understanding of the hopes and concerns families have for their children's education.

Vanessa has been a **Registered Respiratory Therapist** for 15 years. Her professional background includes extensive

experience in respiratory therapy and CPAP care, patient education and long-term support. She has also taken on clinical training and mentorship responsibilities, helping educate other healthcare professionals. Her résumé reflects a career built around patient-centred care, communication, problem-solving and helping people navigate difficult situations.

Before entering respiratory care, Vanessa gained leadership experience as an **Airport Operations Supervisor at Harmony Airways at Vancouver International Airport**, where she supervised passenger and gate operations and dealt with customer issues in a demanding environment. She later pursued respiratory care studies at Seattle Central Community College and also studied Travel and Tourism at Kwantlen Polytechnic University.

But Vanessa's commitment to service goes beyond her professional career.

She is an active school parent, a member of her school's **Parent Education Committee (PEC)** and a community volunteer. Through healthcare, parenting and volunteering, she says she has learned one lesson that she believes is especially important in public service: **listen first, understand people's concerns and be prepared to speak up for those you serve.**

Why she wants to serve Surrey schools

Vanessa says her decision to step forward comes from her own experience as a parent. "As a parent myself, I care deeply about our children and the quality of education they receive. I want parents to feel heard and included, and I want our students to have a safe and supportive environment where



they can learn, grow, and succeed."

For Vanessa, seeking a position on the Surrey School Board is not simply about holding public office. It is about giving parents a stronger voice and helping ensure decisions continue to put the needs and future of students at the centre.

She believes her healthcare background has prepared her well for that responsibility. Working with patients and families requires patience, empathy, careful listening, teamwork and the ability to make responsible decisions qualities she hopes to bring to the school board.

Proud of her Filipino roots

Vanessa also speaks proudly about the Filipino values that helped shape the person she is today: **family, education, hard work and community.**

She recognizes the growing contribution of Filipino families to Surrey and hopes her candidacy can encourage greater participation and representation from the community.

"Our Filipino community has contributed so much to Surrey, and I would be honoured to represent our community and bring our voices and perspectives to the table, while serving all students and families across Surrey."

That last point is important to Vanessa. While she is proud to be a Filipina-Canadian and hopes to bring the community's perspective to the table, her commitment is to **all students, parents and families across Surrey**, regardless of background.

Her motivation ultimately comes back to her own children and the future she wants not only for Ethan and Sofia, but for every child growing up in Surrey.

"At the heart of it, I'm a mom who wants the best for our kids. I'm stepping forward because I want to give back, serve our community, and hopefully make a positive difference."

From a young immigrant who arrived in Canada from Marikina at age 11, to a healthcare professional, wife, mother, school parent and community volunteer, **Vanessa Gilera's story is one of service, family and a willingness to step forward when she believes she can make a difference.**

As she prepares for a possible campaign for Surrey School Board Trustee, Vanessa hopes to carry those same values into public service listening to parents, supporting educators, advocating for students and helping build safe, inclusive and supportive schools where every child has the opportunity to succeed.

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Print Subscription: \$24/year



Publisher/Owner: Rey Fortaleza
Editors: Carlito Pablo, Rosette Correa
Sports Editor: Julian Fortaleza
Columnists: Ben Berto, Editha Corrales, Mon Datol, Fr. Jerry Osobos SVD, Eri Maestro, Eddie Alinea, Pat Parungao, Joe Larano Jr., Bella Balisi-Bevilacqua
Designer: Rolly Fortaleza, Joel Castro
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Snippet of Stories

Joe Larano Jr.

The Red Umbrella

Every Tuesday morning, a red umbrella appeared at the corner of Fraser Street and 49th Avenue in Vancouver. Beneath it stood Elena, waiting for the Number 49 bus. She had been in Canada for almost nine years, working as a caregiver for an elderly woman in Kerrisdale. Back in the Philippines, Elena had been a high school teacher for nearly twenty years. She had taught literature, encouraged young minds and stood before classrooms filled with students. In Canada, she prepared meals, cleaned the house and helped her employer with the routines of everyday life. She had learned not to measure her worth by the job printed on her name tag. Her two children were finishing university in the Philippines, and every month she sent money home. The red umbrella was her small companion through Vancouver's long, grey winters.

One rainy morning, a young man approached her at the bus stop. He was holding a piece of paper with an address written on it. He was going to his first job interview in Canada. His hands were trembling. Elena gave him directions and then said, "Remember, they are not doing you a favor by giving you a job. You are also giving them your skills, your time and your effort." The young man looked at her curiously. "Are you a teacher?" Elena smiled. "I used to be." He did not get the job. A few weeks later, Elena saw him again at the same bus stop. He looked exhausted. He had applied for more than twenty jobs, but every employer wanted Canadian experience. He wondered aloud if coming to Canada had been a mistake.

Elena shared half of her sandwich with him. Then she said something she had told thousands of students during her years as a teacher: "Don't let one country's definition of your experience become your

definition of yourself." Before they parted, she wrote the name of a community college and a technical program on the back of her bus ticket. "Try this," she said. "Sometimes we have to take another road before we find the right one."

They never saw each other again. Elena continued working, caring for her elderly employer and sending money home. Her children urged her to return to the Philippines. But Elena had begun saving quietly. Every Tuesday, she placed a little money into an envelope hidden inside her desk. She was not saving for a house or a car. She was saving for a classroom. When her employer eventually passed away, Elena enrolled in a program that helped internationally educated teachers work with newcomer students. It was not easy. She had to study again, complete assessments and overcome the familiar feeling of having to prove herself all over again. But she persisted.

Eventually, Elena began volunteering at a community learning center in East Vancouver. One of her students was a young woman who had been a teacher in her own country but was now cleaning houses. One afternoon, the young woman stayed behind and confessed that she was thinking of giving up and going home. Elena opened her drawer and brought out the old red umbrella. It was faded, with a small tear near one of the ribs. "This umbrella has seen me cry," she said. "It has seen me get rejected. But it also saw me keep going." She placed it in the young woman's hands. "Take it. You don't need it forever. Just until you find your own."

Months later, the young woman returned. She had found work in her profession. She placed



the red umbrella on Elena's desk. "I think I don't need this anymore." Elena smiled. "Good. Then give it to someone else." At that moment, the young woman understood. The umbrella was never really the gift. Courage was.

That evening, Elena walked home through the Vancouver rain without an umbrella. She did not mind getting wet. She finally understood that when immigrants cross an ocean, they do not really start from zero.

They bring their knowledge, memories, sacrifices, failures and the strength they gained from surviving them. And sometimes, while we are struggling to find our own place in a new country, we unknowingly become the shelter someone else needs. Perhaps that is how hope survives among immigrants. It is passed from one tired hand to another, until someone finally finds the courage to walk forward on their own.

(Contact: jbларано@gmail.com)

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Gold & Pioneering 1sts for HKCS at the 15th World Peace Choral Festival, Vienna

By DACuenca

3Aug2026, Surrey/Vancouver/
Budapest/Vienna

Each note they sang blended into the impeccable harmony of songs that captivated and amazed international audiences and jurors, earning the **Himig Kabataan Cultural Society (HKCS) Choir the Golden Award, College and Adult Category, at the 15th World Peace Choral Festival (WPCF)** (<https://www.wpcf.at>) in Vienna, Austria on 23 - 26 July 2026. The Awards Night was held at the Golden Hall, Musikverein, where HKCS was the clear and undisputed crowd favourite from the festival workshops and concerts to the Gala Concert.

HKCS mesmerized audiences, jurors, and organizers with their fresh and flawless brand of rhythmic and emotional resonance, dynamic range, and pristine intonation, producing, with unified precision, a harmony of songs created by 24 individual voices of hardworking and talented Filipino-Canadian Youths from British Columbia, Canada: **Kirsten Allyson Alipio, Thea Angeles, Rane Beato, Marc Billedo, Samantha Caindec, Diego Cloma, Bea Correa, Mireia Amba Cuenca, Jodee Ganata, Chiasa Guerrero, Heather Faith Igloria, Raenard**

Macaspac, Alyanna Manga, Christian Joseph Manlapas, Nicolas Matig-a, Francine Nillos, Matthew Perez, Cedric Rafanan, Annika Rentasida, John Reyes, Angelo Sakai, Ian Sakai, Gabriel Salazar, and Chelsea Totanes. Their beautiful costumes made artisans from the Philippines highlighted Filipino craftsmanship and artistry, dazzled the audiences as well.

HKCS is the first Filipino-Canadian choir to participate in WPCF's 15-year history. HKCS is the first Filipino choir to participate and win a Gold Award at the WPCF. There have been a few choirs from Canada in previous years, but they only participated in the festival's cultural exchange activities and did not compete. This makes HKCS the first Filipino choir, the first Canadian choir, and the first Filipino-Canadian choir to win a Gold Award, and the Award for Excellent Folk and National Music at the WPCF -- a pioneering quadruple honour no other choir has ever achieved.

"Himig Kabataan" means "youthful melody" in Tagalog. Based in Surrey, BC, HKCS aims to share the beauty of Filipino music on a local, national, and global scale, while representing Canada and the Philippines. That is what HKCS achieved and pioneered at the WPCF and in their other performances for

the Filipino diasporic and global audiences in Austria and in Hungary in July 2026, Colombia in November 2025, Edmonton in 2024, and BC since 2022. They have sung both the Canadian and Philippine national anthems in cultural and sports events. They also sing songs in Filipino and several of its dialects, French, English, Spanish, and Latin. Their winning competition pieces at the WPCF were in Latin (Locus Iste), French (Il Est Bel Et Bon), and Bicolano (Saro, Duwa, Tolo).

Matthew Perez, HKCS' Musical Director and Conductor, was also appointed to a five-year term to the Advisory Committee of the WPCF, a position no Canadian or Filipino has ever held. **John Reyes, HKCS's Assistant Musical Director and Pianist**, says of the HKCS's achievements: "Every note I play and we sing as a group is a beautiful expression of our hard work and our collective identities as Filipino-Canadians." **HKCS Executive Director and Founder Bea Correa**, whose dreams and passions provided the crucial seeds of this successful and uncharted musical and cultural journey, says: "This is just the beginning. We are committed to preserving, celebrating, and sharing Filipino musical heritage as Canadian youths to spread peace and harmony on the global stage in line with Canada's brand of multiculturalism."

In Budapest, prior to the competition, HKCS regaled Filipino migrant workers and Hungarian parishioners at a special Catholic Mass at the Inner-City Church of the Franciscans, organized by the Philippine Embassy in Hungary. HKCS's performances were the first time Filipino songs melodiously resonated at WPCF events: welcome ceremonies at the United Nations Headquarters; Opening Ceremony at the Vienna Rathaus (City Hall); a community performance at a Senior's home in Vienna; Voices of Peace Concerts at the Schubertkirche and the House of Strauss; and juried competition at the MuTh. HKCS's European Tour concluded with concert titled *Pasalubong: Souvenirs from the Motherland* at the Pfarrkirche Floridsdorf, attended by **Canada's Ambassador to Austria, Alison Grant, and Philippine Ambassador to Austria, Luli Arroyo-Bernas.**

Enjoy HKCS's soulful and winning performances at your leisure at: <https://www.youtube.com/@HimigKabataanCulturalSociety>. Watch them live on Sunday, 6 September 2026, at 2 pm, at the Surrey Arts Centre Main Stage (Tickets at [TICKETS.SURREY.CA](https://www.tickets.surrey.ca)) at their summer concert, *Himig ng Tagumpay (Melody of Victory)*, a fitting performance to punctuate their successful European tour.



HKCS in full bloom at Schönbrunn Palace grounds in Vienna, Austria.



HKCS was presented the Golden Award for musical excellence at the awards & closing ceremony among the groups from all over the world on July 26th at the Golden Hall in Vienna. (Check article of Mireia Amba Cuenca on PAGE 18)

(Photos c/o WPCF)



"DON'T LET AI DO YOUR THINKING!" *Use Artificial Intelligence—but keep your own intelligence switched on.*

Attention, Readers: Be sure to connect with us on **Facebook** and **Instagram** and **Like** and/or **Follow** our pages so you won't miss our important **Tip/s 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 and write **HELP** as the first word of your message. And CONGRATS to our kababayan, Alex Eala ... Mabuhay!!! #alexeala #askcomputerdean

Artificial Intelligence has become one of the most useful—and talked-about—technologies of our time.

I use AI myself. It can help brainstorm ideas, explain complicated subjects in simpler language, organize information, improve writing, plan a trip, summarize documents and even help troubleshoot computer problems. Used properly, it can be like having a very fast assistant sitting beside you.

But there's one thing we should never forget: **AI can be wrong**. And sometimes it can be very confidently wrong!

AI systems such as ChatGPT, Claude, CoPilot, Perplexity, Gemini and others generate answers based on patterns and information available to them. They don't "know" things exactly the way people do. Occasionally, an AI can invent a fact, date, quotation, source or explanation that sounds perfectly believable.

There's even a name for this: **AI hallucination**. That's why I tell people: *Use AI—but verify*.

If AI tells you when a historical event happened, check a reliable source. If it gives you medical, financial or legal information, don't make an important decision based solely on that answer—consult an appropriate professional. If it recommends changing an important setting on your computer, understand what the change does before clicking that button. **"Ask Computer Dean!!!"**

AI is particularly useful for getting a starting point. Instead of staring at a blank page, ask AI for ideas. Instead of struggling to understand a technical term, ask it to explain it in plain English. Instead of spending an hour organizing notes, let AI help arrange them.

Then bring something AI doesn't have to the job: Your judgment.

Another useful habit is to ask AI itself for sources—but don't stop there. Open the sources and make sure they actually exist and support what the AI told you. For important or current information, check more than one reputable source.

And remember that AI-generated photos, videos and voices are becoming increasingly realistic. Something that looks or sounds convincing on Facebook, TikTok or in a message isn't automatically genuine.

Computer Dean's AI Rule **ASK → READ → THINK → VERIFY → THEN ACT.**



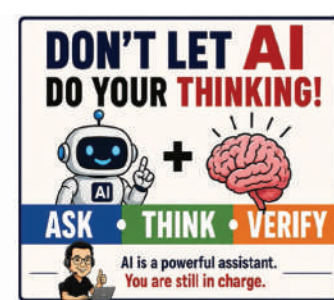
Don't be afraid of AI. Learn to use it. But don't surrender your common sense to it either.

Think of AI like a very bright assistant who works incredibly fast, never gets tired—and occasionally makes things up!

Closing Thought Artificial Intelligence is most powerful when it's working together with HUMAN intelligence. And now for my shameless plug...

If you're curious about AI but don't know where to begin—or you'd like help learning how to use tools such as ChatGPT safely and effectively—I'd be happy to help.

use the technology. Enjoy the technology. But always keep YOURSELF in charge. ~ Computer Dean





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*The Tall Order
By Mon Datol*

VP Sara Duterte kinasuhan ng 'Grave Threats' ng DOJ, Ph120K ang Piyansa; 'Kamote,' 'Mango,' 'Keso', ilang tumanggap ng confi fund ke VP Sara Duterte; Bong Go, Robin Padilla may infra project din sa DPWH – Manuel Bonoan; Extradition ni Quiboloy, hiniling na ng US sa Pilipinas; Alex Eala Bye sa 1st, Rd 64 na laro sa Cincinnati Open

Tatlong kaso ng grave threats kontra VP Sara Duterte ang isinampa kahapon, Agosto 11, 2026, ng DOJ sa Quezon City Regional Trial Court kaugnay ito sa umano'y pahayag niya sa isang Zoom meeting noong 2024 na may naka-usap na siyang papatay kay PBBM, FL Liza A. Marcos at dating House Speaker Martin Romualdez. At para di ma-oblo ...

Barya lang sa Bise ang Bail na Ph120K sa 3 kaso.

Ayon kay Atty. Paul Lawrence Lim na abogado ni VP Duterte ay expected na nila ang pagsasampa ng 3 kaso, pero, ibinasura ng DOJ ang reklamong inciting to sedition, na rekomendado rin ng NBI nuon pang 2025, kayat...

Tiwala Legal Team ng Bise na madi-dismiss ang mga kaso.

Wala pang date kung kelan ang diringgin ng QC RTC ang 3 counts ng grave threats kontra VP Sara, kayat...

Matinding pagbantay gagawin natin dito.

Mesa, silya, printers, gamot, pagkain, cash rewards, gym bags, at mga pangalang tila hindi tunay ang ilan sa mga detalyeng lumabas sa pagpatuloy ng impeachment trial ni VP Sara Duterte kaugnay ng paggamit ng confidential funds ng OVP, at ayon sa testimonya ng COA auditor na ini harap ng prosecution...

Daming red flag sa gastos at liquidation ng daang milyong piso.

Hindi ordinaryong pondo ang confidential fund dahil lihim ang operasyon at limitado ang ordinaryong pagsusuri ng publiko, pero hindi ibig sabihin nito na puwedeng palitan ng acknowledgment receipt ang maayos na resibo, o gawing sapat ang listahan ng pangalan kahit walang malinaw na

dokumentong nagpapatunay kung sino ang tumanggap at para saan talaga ginamit ang pera.

Kailangang malinaw na paliwanag, di bara-barang palusot.

Kung ang gamot at pagkain ay ginamit bilang reward sa informant, dapat malinaw kung anong impormasyon ang naibigay, anong operasyon ang naisagawa, at anong resulta ang nakuha. Hindi sapat ang "basta confidential" dahil...

Kapag pera ng bayan ginalaw, super-linaw paliwanag kailangan.

Ang confidential fund ay hindi personal na alkansiya at hindi ito blank check o' magic envelope na kapag nilagyan ng salitang "confidential" ay ligtas na sa mga pananagutan, pero...

Yon umano ang ginawa ng OVP ni Bise Sara sa pera ni Juan.

Kabilang ang mga pangalan na kahawig ng prutas, palaman, at root crop, "may kamote, may mangga, may keso," ang ilan sa mga nakalista sa confidential fund disbursements ng OVP noong 2023 puna ni private prosecutor Lorna Kapunan sa kaniyang direct examination kay COA state auditor Xylene Del Campo.

Me pangalan pa nga ng 'snacks' at 'celebrities' na binayaran.

Naging sikat na ang pangalang 'Mary Grace Piattos', pero hindi lang siya ang binanggit dahil ang dami pangalan pa lumutang, tulad ng: Clarisse Hontiveros, Honeylet Camille Sy, Heart Santiago, Jay Kamote, Salah Casim, Jose Diokno Jr., Pia Patios-Lim, Beverly Claire Pampano, Denise Tanya Escudero, Xiaomi Ocho, Miggy Mango, Matthew N. Keso, Kristine Applegate,

Anne Ongpauco, Beth Revilla, at meron pa ngang...

Andy Lim, na di nabasa ni Tita LornaK dahil ang dilim! hehehe..

Ibinunyag ni dating DPWH Sec. Manuel Bonoan na kasama sina Sens. Bong Go at Robin Padilla sa nagsumite ng listahan ng infrastructure project sa kagawaran sa ilalim ng P24 bilyong "leadership funds" noong 2025, at may minimum Ph500M alokasyon bawat Senador.

Nakngdragon, Tol Reyfort! Sasabit yata lahat tropa ni APC, ah.

Sinabi ni Bonoan na ibinigay sa kanya ni dating DPWH Usec Roberto Bernardo ang listahan ng mga proyekto kung saan kabilang ang pangalan nina Go at Padilla, sa pagtestigo niya sa kasong malversation laban kay dating Sen. Bong Revilla Jr., at mga kapwa akusado nito kaugnay ng P92.8 milyong "ghost" project sa Pandi, Bulacan.

Matindi to, Tol Reyfort. Babantayan natin isyung to. Abangan.

Hiniling na ng Amerika sa Pilipinas na i-extradite o ibigay na sa US ang kustodiya ng religious leader na si Pastor Apollo Quiboloy para litisin sa mga kasong sex trafficking at racketeering na kinakaharap niya sa USA, ayon kay Philippine Ambassador to Washington Jose Manuel "Babe" Romualdez.

Si PBBM lang pedeng mag-desisyon sa extradition ni PACQu.

Bye sa 1st Round (R128) ng 98th Cincinnati Open WTA1000 na gaganapin sa Lindner Family Tennis Center sa Mason, Ohio mula August 13-23 ang ating pambatong WTA world No. 20 Globe Ambassador na si Alex Eala, kasama sa 32 seeded

players, at kabilang ang...

Top 10 WTA-ranked players led by No.1 Aryna Sabalenka.

Natapos ang 7-dikit na panalo ni Alex na natalo siya sa straight set, 6-4, 6-0, kay Swiss Belinda Bencic noong Lunes, sanhi na rin sa pagkatapiklok ng kanang bukung-bukong sa 3rd round match kontra Caty McNally ng USA noong Sabado na kanyang pa ring pinanalunan sa 3-set, at sa aking pananaw ay...

Burn-out o' sobrang pagod na sa 7 sunod-sunod na panalo.

Dismayadong-dismayado si PBBM sa mala-dagat ng basura na naipon sa ilog sa Parañaque City na isa sa dahilan sa matinding pagbaha sa lungsod noong Linggo, na sinabayan pa ng high tide kaya hindi nakadaloy nang maayos ang tubig na naging dahilan nga ng pagbaha sa lugar.

Dapat ng ituloy ang waste-to-energy program ng gobyerno.

Ang waste-to-energy na program ay ang pagkolekta ng basura at ang pag-process nito para gawing kuryente. Napakalaking bagay niyan pagka natapos na natin, sandali lang siguro 'yan kasi understood technology na 'yan,' dugtong pa ng Pangulo, at dinagdag pang...

Magtutuloy-tuloy ang dredging sa buong bansa. Dapat lang.

Binoldyak ni Sen. Raffy Tulfo si Sen. Risa Cayetano sa Senado kahapon, August 11, matapos sabihang "nagdadrma" hinggil sa isang isyu kay Sen. Alan Peter Cayetano. Ani Lodi

SEE NEXT PAGE ...



Spouse of a PGWP Holder? You May Qualify for an Open Work Permit

Many international graduates remain in Canada after completing their studies by obtaining a **Post-Graduation Work Permit (PGWP)**. A common question is: **Can their spouse or common-law partner also work in Canada?**

The answer may be **yes**, but the rules for Spousal Open Work Permits (SOWPs) have changed significantly. Simply having a spouse with a PGWP does not automatically make you eligible for an open work permit.

What is a Spousal Open Work Permit?

A Spousal Open Work Permit allows an eligible spouse or common-law partner to work for most employers in Canada without first obtaining a job offer or a Labour Market Impact Assessment (LMIA).

For families of PGWP holders, however, eligibility depends largely on the **employment of the PGWP holder**.

The PGWP Holder Must Be Working in an Eligible Occupation

Under the current rules, a spouse or common-law partner may qualify for an open work permit when the PGWP holder is employed in:

- a **TEER 0 occupation**;
- a **TEER 1 occupation**; or
- **certain eligible TEER 2 or TEER 3 occupations**.

TEER refers to the Training, Education, Experience and Responsibilities associated with an occupation under Canada's National Occupational Classification (NOC) system.

Not every TEER 2 or TEER 3 occupation qualifies. The Government of Canada maintains a specific list of eligible occupations in areas where there are labour shortages or government priorities.

This means that the **PGWP holder's actual job and job duties are extremely important** when determining whether their spouse qualifies.

The 16-Month Requirement

Another important requirement is the length of time remaining on the PGWP holder's work permit.

Generally, the PGWP holder must have at least **16 months remaining on their work permit at the time IRCC receives the spouse's open work permit application**.

This requirement can create difficulties for couples who wait too long before applying.

For example, even if the PGWP holder has an eligible job, the spouse may not qualify under this category if there is insufficient time remaining on the PGWP.

Having a PGWP Alone Is Not Enough

One of the biggest misunderstandings is that receiving a three-year PGWP automatically allows the graduate's spouse to obtain a three-year open work permit.

That is no longer necessarily the case.

The PGWP holder generally needs to be **working in an eligible occupation**, and evidence of that employment must be provided with the spouse's application.

IRCC may require documents such as the PGWP holder's:

- valid work permit;
- employer letter confirming employment and describing the occupation and duties; and
- other evidence demonstrating that the employment meets the applicable requirements.

The couple must also provide evidence of their marriage or common-law relationship.

Your Job Title Is Not the Only Thing That Matters

Determining the correct NOC code is important.

A job title alone does not necessarily determine the NOC. Immigration officers may look at the person's **actual job duties** to determine whether the occupation corresponds with the NOC being claimed.

For example, two employees may work for the same company or even in the same department but perform different duties and therefore fall under different NOC classifications.

Before submitting a SOWP application, it is important to determine the PGWP holder's correct NOC and whether that occupation is currently eligible.

What If the PGWP Holder Has Not Found a Job Yet?

A PGWP holder may have a valid three-year work permit but may still be looking for employment.

In that situation, their spouse should not assume that the PGWP itself is sufficient to qualify for an open work permit.

The PGWP holder's employment circumstances should first be reviewed against the current eligibility requirements.

This is particularly important when the spouse already has a work permit that will soon expire. Waiting until the last minute can significantly limit the available options.

Check Before You Apply

Canada's rules regarding open work permits for spouses of foreign workers have undergone major changes. Eligibility that existed when a couple originally came to Canada may not necessarily exist when it is time to extend the spouse's work permit.

Before applying, consider these questions:

1. Is the principal applicant's PGWP already approved?
2. How much time remains on the PGWP?
3. Is the PGWP holder currently employed?
4. What is the correct NOC and TEER classification of that employment?
5. If the occupation is TEER 2 or 3, is it included on IRCC's current list of eligible occupations?
6. Is there sufficient evidence of the PGWP holder's employment and job duties?

A refusal can have serious consequences, particularly when the spouse is already in Canada and relying on the application to continue working.

Because immigration policies and eligible occupations can change, applicants should always check the current requirements published by **Immigration, Refugees and Citizenship Canada (IRCC)** before submitting an application.

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

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

TALL ORDER FROM LAST PAGE ...

Raffy "Sino'ng nagdadrama? Tingin muna kayo sa salamin', kaso..."

Kahit ilang tingin, blako salamin sa magkapatid na Cayetano!?! *

SHORT ORDER: Cheers to our 71 SAA HS classmate's Celedonio 'Boy' Velarde (Aug. 5), Lito V. Jose (Aug. 7), Arlene Cruz-Villareal (Aug. 11), Digna Pascual (Aug. 12), Rey Mendoza (Aug. 28) & ALL August BDay

celebrants, Greetings from SAA Batch 71 Reunion Group!!!... Happy birthday (August 9) to our niece Heia M. Cunanan of Manila, greetings from hubby, children & whole Family; Happy birthday to Ms. Susie Nepomuceno (Aug. 11), Lodi Paeng's sister... Happy birthday (August 12) to Ate Norma Rodriguez-Datol, wifey to DiCong Jun Datol (RIP), of Novaliches, QC, greetings from Datol, Gamboa, Esquivel, Rodriguez Families & Senior Citizen Partilist of the Philippines... **God Bless.**

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Filipino Canadian op-ed deconstructs Canada-Philippines Strategic Partnership

By Carlito Pablo

Prime Minister Mark Carney and Philippine President Ferdinand Marcos Jr. recently announced that they have elevated bilateral relations to a "strategic partnership".

In a joint statement following their meeting in Vancouver on July 2, 2026, the two leaders highlighted recent "milestones" leading to this development.

These include the signing of a Status of Visiting Forces Agreement (SOVFA) and a Mutual Logistics Support Arrangement (MLSA), the start of bilateral free trade negotiations, and increased diplomatic engagement.

So how will success be measured for this newly minted strategic partnership?

It's a question that two Filipino Canadians explored in an opinion piece in Open Canada, an online magazine by Canadian International Council.

"Foreign policy is often framed as a choice between principles and interests. It should not be," Marko de Guzman and Erik Martinez Kuhonta wrote in their piece dated July 30, 2026.

De Guzman is a public policy professional. He is a co-founder of Pinoyos on Parliament, an annual national conference for Filipino Canadian youth leaders and a project of the group Kabangka (English translation: in the same boat together).

Kuhonta, for his part, is an associate professor of political science at the McGill University.

For De Guzman and Kuhonta, Canada's



Marko de Guzman (left) & Erik Martinez Kuhonta analyzed the Canada-Philippines strategic partnership.

strategic interests should be anchored on its supposed commitment to human rights and democratic values.

"A stronger Canada-Philippines strategic relationship should not come at the expense of Canada's long-standing commitment to human rights, democratic governance, labour rights, and respect for the rule of law," they wrote.

De Guzman and Kuhonta continued, "If the Strategic Partnership is to be credible, Canada must be prepared to pursue economic and security cooperation while continuing to raise difficult issues when necessary."

As for these "difficult issues", the two noted continuing concerns about the state of human rights in the Philippines.

For context, the Philippines has seen decades of fighting between the government and a national democratic movement led by the Communist Party of the Philippines (CPP) and its armed wing, the New People's Army (NPA).



critical minerals, and other economic interests. Yet there are no comparable, enforceable commitments to human rights protections, independent oversight, and democratic accountability," ICHR wrote Carney.

ICHR made a number of recommendations to Carney, including the establishment of "clear and measurable human rights benchmarks for military, security, development, and economic cooperation".

De Guzman and Kuhonta noted that the strategic partnership is tied to Canada's "broader efforts to diversify trade, strengthen supply chains, expand cooperation in critical minerals and energy, and reinforce regional stability in the Indo-Pacific".

"But current strategic interests should be carefully balanced with Canada's earlier emphasis on progressive values, such as human rights."

Moreover, "A mature Canada-Philippines partnership would expand economic co-operation while protecting labour rights; deepen security co-operation while preserving candid discussion of human rights and democratic accountability; and strengthen people-to-people ties by creating real pathways to professional opportunity for Filipino Canadians."

De Guzman and Kuhonta concluded, "The test is not whether Ottawa can announce more agreements. It is whether the partnership produces broadly shared gains while remaining anchored in democratic values."

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Tinig Migrante

By E. Maestro

If you have bought your Bert Monterona-designed coin, congratulations! You now own a Monterona work of art and a true collector's item

The recent gold and silver coins from the Royal Canadian Mint (RCM) are historic. This set of coins is the first collaboration of the RCM with the internationally acclaimed visual artist Bert Monterona. Yes, our very own Bert Monterona! And this collaboration has put the Filipino community, the contributions of Filipinos in Canada on the map. Or, maybe it has strongly reminded everyone (again) that nearly a million Filipinos in Canada make a difference every day in the life of Canada.

The coin set, described as "shining in gold and silver", is truly a symbol of Filipino-Canadian cultural celebration. It celebrates Canada's diversity, resilience and unity.

Monterona's coin design features elaborate symbolic motifs that represent "unique facets of Filipino culture and the enduring values of resilience and unity." Monterona's Lumad origins, his roots in Mindanao, his decades-long practice of art are evident in the design of the coins. Look for the rope, the patterns of mountain ranges and banderitas. Find the sarimanok, the mythical bird, the Canadian sugar maple leaves, the plant-based okir motifs, the heart, and of course the pearl at the centre.

The obverse side of the coin shows the familiar face of King Charles III designed by Canadian artist Steven Rosati. The face value of the silver coin is \$20; for the gold coin it is \$200.

The Bert Monterona-designed coins are coveted

Filipino Heritage Coins: You make us proud, Bert!

not only by collectors, but also by Filipinos who have bought the coins as special gifts for perhaps birthdays, christenings, anniversaries, or as investments. Someone I know who bought a silver coin waited excitedly for the package to come in the mail and she even managed to ask for Monterona's signature on the serialized certificate. She now calls her friends who used their savings to purchase a Bert Monterona coin, the Bert Monterona Fans Club!

You probably want to get one of the coins, right? The silver coin with the imitation mother of pearl is the affordable one. You can go to the RCM site www.mint.ca to check the details. If you are like me, saving up to buy a coin, be mindful that the copies are limited. The 99.9% pure silver coin with the imitation mother of pearl is way cheaper than the 99.9% pure gold coin! There are 5,500 silver coins minted and only 275 (!) gold coins with the genuine mother of pearl minted worldwide.

Monterona, contrary to what many people choose to believe, did not get his silver and gold coins from the RCM. Like the rest of us, he has to buy his coins!

You make us all proud, Bert. Maraming salamat!



Bert Monterona signing the coin's serialized certification.



The Bert Monterona Fans Club! R-L: Bert Monterona with Mylene Maranoc, Marlene Cudiamat, Alda De Aza holding their Filipino Heritage coins!

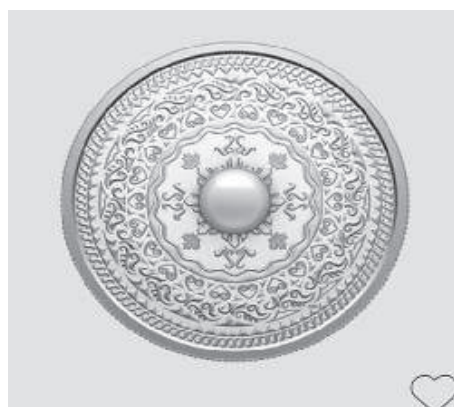


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A Christening, A Wedding and a Remembrance

By St. Mary the Virgin
South Hill Church

Baby Guianna Mireya received the Sacrament of Baptism from Rev. Expedito Farinas at the St. Mary the Virgin South Hill Church on Sunday, July 17.

With Baby Guianna were her parents Marjorie and Guillermo Daniel and the godparents.

On July 19, Eruel and Myramar Colobong exchanged their wedding vows at St. Mary the Virgin South Hill Church.

The couple's two daughters, life godparents, and the St Mary the Virgin congregation joined in celebrating the wedding of Eruel and Myramar.

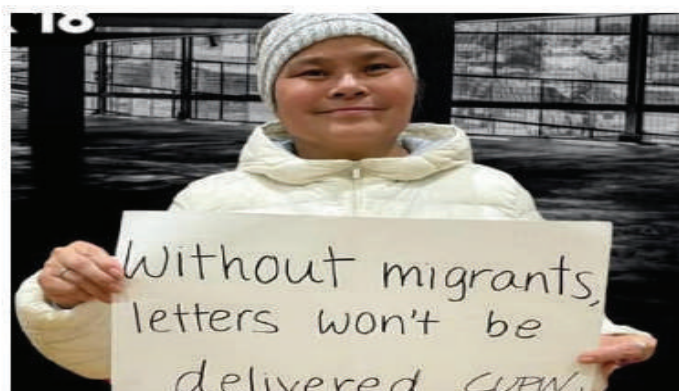
On July 5, Rev Expedito Farinas together with Migrante BC members and friends gathered around the memorial altar for prayers and lighting of candles to remember Hylene Dizon, beloved Migrante BC member and union member of Canadian Postal Workers Union.



Baby Guianna Mireya with parents Guillermo and Marjorie Daniel



The newly weds Eruel and Myramar Colobong



First death anniversary of Hylene Dizon at St Mary the Virgin South Hill church



COMMUNITY CORNER

BY CHRISTIAN CUNANAN AND APPLE PLATA



CPABC Picnic Brings Kapampangans Together & Friends - 41st Anniversary Gala October 10th

The Circulo Pampangueno Association of British Columbia (CPABC) continues its tradition of bringing members, families, and friends together through its annual picnic. Filled with delicious food, laughter, and friendship, the picnic celebrates

the strong Kapampangan spirit while creating meaningful connections within the community.

We are also looking forward to the CPABC 41st Anniversary Gala on October 10 at the

Holiday Inn on West Broadway in Vancouver. The anniversary gala supports CPABC's ongoing sponsorship program, helping the organization continue giving back and supporting community initiatives.

Together, we celebrate our Kapampangan heritage, strengthen our bonds, and continue the tradition of unity, friendship, and Kapampangan pride for generations to come.



Mother Language Festival Celebrates Culture and Unity

The Mother Language Festival 2026 brought together communities from around the world on Sunday, August 9, at Holland Park in Surrey, BC, for an afternoon of language, culture, music, dance, and heritage.

More than 50 performers represented First Nations, Filipino, Bangladeshi, Ukrainian, Indian, Chinese, Vietnamese, Russian, Malaysian, Singaporean, and Salvadoran communities.

Surrey Mayor Brenda Locke said she was glad to join the celebration, noting that the many languages and cultures make Surrey unique. "Events like this help us learn from one another and build understanding and belonging," she said.

Representing the Filipino community were Mabuhay House Society, Alliance Philippines, Anahaw Filipino Canadian Performing Arts Society of BC, and Grupo Ilocano.

The festival was a beautiful reminder that language connects us to our roots while culture brings us together.





RCVM welcomes Maha Putri (Queen) Mariam Leonor Torres Mastura to Vancouver



On an invitation sent out by President Chris Loredo, RCVM welcomed Maha Putri (Queen) Mariam Leonor Torres Mastura to Vancouver.

She is a distinguished Filipino-American figure, known globally as "The Travelling Queen" for her extensive international journeys.

She is a member of the royal family of the Royal Sultanate of Maguindanao, a sovereign monarchy in the southern part of the Philippines.

She is one of the siblings of the reigning Sultan of Maguindanao. (From RCVM Pres. Chris Loredo)



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Preface: This is a personal narrative by Mireia, a member of the Himig Kabataan Cultural Society Choir, who was part of the team *that travelled to Budapest and Vienna in July 2026* and won the *Golden Award, College and Adult Category, at the 15th World Peace Choral Festival.*

Representing Home, Twice

By Mireia Amba Cuenca

derstand where we come from.



As second and third-generation Filipino Canadians, many of us in Himig Kabataan Cultural Society have never truly lived in the Philippines. Some of us, like me, have only visited as infants leaving us with little more than photos to look back on and stories passed on from our parents. We may not speak any Filipino language fluently, but through music, we have found another way to un-

derstand where we come from. That is what makes HKCS so much more than just a choir. It has become my second family. It has given me a community where I can grow musically while also discovering a part of my identity. Through the voices of those around me, I have learned that culture is not defined solely by where you are born or the language you speak, but also through the traditions we choose to carry forward.

Representing both Canada and the Philippines at the World Peace Choral Festival was therefore an incredible honour that made standing in Vienna feel almost surreal. I kept thinking about how our choir began with rehearsals in someone's home. Now, we were performing on an international stage alongside choirs from all over the world. Every performance carried a special responsibility beyond just singing well: to honour the culture we had worked so hard to understand and preserve while proudly representing the country we call home.



One of my favourite memories happened away from the stage. Backstage, singers from different countries naturally joined together in song, reminding me that although we came from different cultures and spoke different languages, music allowed us to understand one another anyway.

Then, winning the Gold Award in our category, along with the Special Award for Folk Song, was an unforgettable moment. Yet what stays with me most is what happened afterward. Backstage, our choir instinctively gathered together and sang the Philippine national anthem. Looking around the room, I realized that each of our voices carried the same gratitude and pride as we saw from our parents and fami-

lies cheering in the audience while waving both the Philippine and Canadian flags. This reminded me that this achievement belonged not only to us, but also to the generations who came before us and made these opportunities possible.

For the next generation of Filipino Canadians, I hope we never take that gift for granted. We have the privilege of belonging to two cultures, and with that comes the opportunity to celebrate, preserve, and share both. Through Himig Kabataan, I have learned that music can bridge oceans, connect generations, and remind us that we never have to choose between our roots and our future. We can proudly carry both wherever we go.

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A.I.S. Mendoza



Dog tired

SPORTS

AS if by design, Alex Eala lost to Belinda Bencic.

It's a bold assessment, but I'll stick to it.

This was last Monday, August 10 Philippine time, when Bencic, the 29-year-old Swiss machine, hammered out a 6-4, 6-0 win over the 21-year-old Eala in the Round of 16 of the National Bank Open in Toronto, Canada

It was a mismatch, to say the least.

The scores showed it as results never lie.

How can Eala lose a set at love when she had just gallantly, courageously, piled up seven straight wins before she faced Bencic?

There is but only one credible explanation to this: Eala was exhausted going into the Bencic match. Dog tired.

Anyone daring to question that is absolutely out of order.

Eala appeared visibly spent playing Bencic, huffing and puffing to save shots, groaning and groping to retrieve blistering returns that, on ordinary

days, were mere chicken feed. Eala's been in gruelling battles for two straight weeks. She had struggled to win big matches.

Did she not string up five straight wins to win the Mubadala DC Open in Washington for her first WTA 500 title?

That was a tough act to follow as her victims included top notch players like 2024 Olympic champion Qinwen Zheng, defending champion Leylah Fernandez and No. 1 ranked and world No. 3 Jessica Pegula.

In the finals of the Mubadala DC Open, Eala had to buck a 4-6 first-set loss to win the last two sets—capping her maiden WTA crown with a phenomenal 6-0 triumph over Pegula in the third-set decider after a crucial 6-4 win in the second set.

And before she faced Bencic in the National Bank Open third round, Eala hurdled previous tormentor Alycia Parks in another nerve-wracking three-setter, 6-1, 4-6, 6-2, in the first round.

And in her second-round match against American Caty McNally, Eala had to again dig deep into her arsenal of tricks to capture

a lung-tearing 6-3, 5-7, 6-4 victory over an opponent that had ousted reigning Wimbledon champion Linda Noskova just the day before.

You complete back-to-back wins in as many days—both three-setters at that—what does that tell you?

Add the previous five energy-sapping wins before that and what have we got here?

A WMD—Weapon of Mass Destruction?

Oh, yes, wait a minute.

What about Eala's doubles date with Venus Williams?

A disaster as they bowed in the first round—after Eala's hard-earned win over Parks.

That loss added up to Alex's fatigue factor.

In the end, though, I'll give it to Bencic, albeit grudgingly.

Bencic is a 10-time champion to Eala's solitary title.

A mother of one from Flawil, Switzerland, Bencic knew she had a virtual weakling at her

disposal in Eala—Alex was obviously there for the taking, like a game fowl.

The cruel thing in sports is, you are like a soldier. You kill everything that moves.

No quarters given.

But Eala knows, too, that a loss is but a temporary setback. And, in fact, her defeat to Bencic will afford her the luxury of grabbing more rest in preparation for the Cincinnati Open set Aug. 14-23 in Ohio, USA.

Then, after that, it'd be the real deal: the US Open from Aug. 30 to Sept. 13, the season's fourth and last Grand Slam set in Flushing Meadows, New York.

Not to worry, Alex. The Filipino got your back.

THAT'S IT Birthday greetings to Col. Serge Austria (ret.) on August 11 from his JALOTS wine mates: Jake P. Ayson, mistah Admiral Louie Fernandez (ret.), Los Angeles-based Tony Sisante and yours truly. *Isang manipis!*

(Author authorizes reprint of his column)

Pinoy fencers win 2 golds in Southeast Asian junior competition

MANILA -- Filipino fencers will bring home two gold medals from the 2026 Southeast Asian Fencing Federation (SEAFF) Cadet and Junior championship in Kuala Lumpur, Malaysia.

This, as the women's foil team and the men's saber squad ruled their respective categories on Tuesday at the Arena TSH OCM.

The triumvirate of Victoria Ebdane, Willa Galvez and Jodie Tan joined forces to capture the women's foil team as they downed the team from Vietnam, 44-37, in the finals.

After dispatching Philippines Team B of Yuna Canlas, Hagia del Castillo and Victoria Malvar in a nail-biting 29-28 triumph in the semifinals, Philippines Team A was in full control all throughout

the finals match.

Protecting a slim 9-6 lead, the 15-year-old Galvez - a member of the multi-titled fencing team University of the East - outscored 10-1 her opponent Nguyen Thi Anh Thu on the fourth of nine bouts that gave the Philippines a comfortable 19-7 advantage.

Galvez, whose international participation is backed by Nickel Asia Corporation, with support from NLEX Corporation, Rain or Shine, the MVP Sports Foundation, Strong Group Athletics, Pocari Sweat and Icons Sports Management Services, accounted for 21 of the team's total touche points. Ebdane added 13 points while Tan had 10 points.

In men's saber, national team members Khiane Felipe, Vito Co-

ching, Drake Chung and Matthew General defeated Thailand, 45-40, in the finals.

With the two gold medals, it added to the national junior team's collection of two silver and four bronze medals.

Galvez also earned a bronze medal in women's individual foil on

Monday by beating Singapore's Sita Naidu Maaravis, 15-14, in the quarterfinals but lost to eventual gold medalist and Malaysia's national team member Suraya Rizal, 15-8.

(abs-cbn sports news)

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Wisdom from
the Word

Ben Berto



EGO TE ABSOLVO

**And forgive us our debts,
As we forgive our debtors.
15 But if you do not forgive
men their trespasses, neither
will your Father forgive your
trespasses. Matthew 6: 12,
15**

**"Judge not, and you shall
not be judged. Condemn
not, and you shall not be
condemned. Forgive, and
you will be forgiven. Luke 6:
37 NKJV**

In the Confessional, when a person goes to confess his sins, the priest used to say in Latin, *Ego te absolvo a peccatis tuis in nomine Patris, et Filii, et Spiritus Sancti.* [1]

This translates to: **"I absolve you of your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen."** [1, 2]

Some people used to say, "I can forgive but I cannot forget", but in Micah 7: 18, 19 it is written, "Who is a God like

You, Pardoning iniquity and passing over the transgression of the remnant of His heritage? **He does not retain His anger forever, Because He delights in mercy.** [a] **19** He will again have compassion on us, and will subdue our iniquities. You will cast all [b]our sins into the depths of the sea." What a joy will it be when we hear Jesus say to us, penitent sinners, "Ego te absolve"!!!

I heard one fishing-minded preacher say, "God will cast our sins into the depths of the sea and put a "No Fishing" sign over it."

In Brenda Walsh's devotional, STRENGTH FOR TODAY, she wrote about Forgiveness, and on July 14, her topic was, LEARNING TO FORGIVE. He Scripture is "Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven." Luke 6: 37 NKJV. Let her continue. "The Bible is very clear about how

God feels about forgiveness. In Matthew 6: 15, NIV, we're told, "But if you do not forgive others their sins, your Father will not forgive your sins." Many times we think we have forgiven but we really haven't. We are harbouring bitterness that we don't even realize is there.

Unless we get rid of all unforgiveness in our hearts, we can never have a close relationship with our heavenly Father, nor will God be able to carry out His perfect plan for our lives. But even worse, we will miss out an eternity with Jesus, because without God's forgiveness for our sins, we won't be going to heaven!!!

"We need to ask God to reveal any unforgiveness in our hearts, and help us not to hold grudges against family members, friends, or strangers who have done us wrong. God's requirement to forgive is not dependent upon the person asking for forgiveness or whether or not the mistreatment was

justified. We are to follow Jesus' advice in Matthew 18: 21-22 NKJV. "Lord, how often shall my brother sin against me and I forgive him? Up to seven times? Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven." Learning to forgive is something we all need to do. Our salvation depends on it."

The PRESCRIPTION FOR JOY is this: forgive, forget and move on with Jesus!!! It is really that simple!!! Write that prescription down and put it on your fridge, on your Bible, on a sticky note stuck to the dash of your car, etc. and keep it there until it finally sinks in---Jesus is the only Healer of hearts!!!

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

Moments

Fr. Jerry M. Orbos, SVD



When you're weary...

Did you hear the news that there is already a cellphone that works for three months without recharging? Wow! There is only one hitch, though. It uses a motorcycle battery that goes with a backpack!

In today's Gospel (Matthew 14:22-33), we hear how even Jesus experienced "low bat" moments, and needed to recharge, and how He turned to prayer, away from the crowd. We, too, need to learn how to recharge. Prayer, solitude, and silence can help us find our bearings and strength, especially when we are already in need of recharging. More so, we need to turn to God in prayer when we are tossed about by waves that threaten our very lives. Who do you turn to, what do you turn to when problems overwhelm you?

When you walk through a storm, where do you seek refuge? Some stay put, and some fly away, and some seek refuge in drugs, alcohol, and other worldly pleasures, to lessen the

raging turmoil within. At the end of the day, the only road one must take is the road that leads to God's heart, and to listen to Him, and just soak in His loving presence.

Take courage, "It is I; do not be afraid." (John 6:20) How consoling to hear these words of Jesus, especially these days when there's so much trouble in our midst. Be confident that God is at the controls and truth will prevail, even if at times, liars and the cheats seem to be getting the upper hand, and appear to be getting away with their evil designs. We believe in truth, and believe in the triumph of truth and goodness. But it is not enough to believe. We all must continue to work for truth and goodness to triumph.

As we go through life, let us keep our eyes on Jesus, and not on the waves threatening to overwhelm us. We also must stretch forth our hands unto Him so that He can save us. Above all, we must not lose

courage; we must not be afraid. And yes, we must believe and keep on believing that the wind will die down. No storm could last forever. All things are passing. And we all will pass away.

There are times when it seems that the rich and the powerful can walk on water! They seem to be above the law. They lie, steal, and cheat and somehow seem to get away with it. But only God can truly walk on water. No amount of wealth or influence can keep anyone above justice forever. Sooner or later, truth catches up. As the saying goes, "what goes up must come down." Only the Lord is above all.

As Peter began to sink, he prayed one of the shortest and most beautiful prayers in the Bible: "Lord, save me!" (Matthew 14:30). Perhaps that is the prayer we all need to learn. When we are afraid... When we are confused... When we are failing... When we are sinking... Simply say, "Lord, save me." Say it sincerely. Say it of-

ten. And trust that the Lord will stretch out His hand.

For those whose eyes are so fixed on the things of this world, let me share this text: "Most of us think that the most painful thing in life is losing the one you value. The truth is, the most painful thing is losing yourself in the process of valuing someone or something too much and forgetting that you, too, are special." How true. How many of us, in our desire for security, have sold our very souls? How many of us, in our desire for acceptance and love, have gone so low? Remove God from our minds, and we end up insecure, selfish, fearful, and empty.

Aug. 15 is the Feast of the Assumption of Mama Mary. Let us continue to seek refuge and consolation in the embrace of Mama Mary, and ask her to lift us up as a country and as a people. Let us not forget her

MOMENTS TO PAGE 22 ...



FR ORBOS from PAGE 21....

constant and loving message to us: "I am here; I'm your Mother; do not fear; I am near."

A moment with the Lord:

Lord, when we are weary, give us strength and set us free. Amen.

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Joshua Garcia, Julia Barretto reunite for new Star Cinema movie



MANILA — Actors Joshua Garcia and Julia Barretto are set to reunite for a new Star Cinema movie titled "Always Yours, Never Mine."

The was confirmed by Star Cinema through a social media post on Wednesday night as it released a screen test of Garcia and Barretto.

Directed by Cathy Garcia-Sampana, "Always Yours, Never Mine" will hit cinemas on September 30.

"Always Yours, Never Mine" follows the pair's 2024 film "Un/ Happy for You."

Garcia and Barretto's tandem JoshLia started in 2016 through the movie "Vince and Kath and James." In 2017, they were also paired in the film "Love You to the Stars and Back", followed by "Unexpectedly Yours," "I Love You, Hater" and "Block Z." (abs-cbn news)

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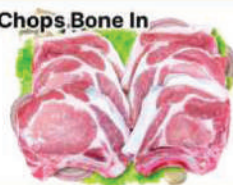
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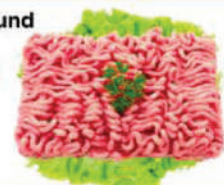
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