

EXPLORING LITTLE BAGUIO BIKE TRAIL

Members of the Filipino Amateur Mountain Bikers (FAMB) taking a break as they ride through biking trails at Birds Hill Provincial Park.

Nestled among the forests and hiking trails found throughout the park, "Little Baguio" is a tree lined gravel pit where FAMB members have come together for a common passion. Over 40 mountain bikers were out at Birds Hill last week enjoying the outdoors, camaraderie and thrill of biking, especially for newbies.

The trail is not officially on any provincial park map and the biking group have aptly nicknamed the area after Baguio, a city in the mountainous Northern Luzon region of the Philippines.

On any given day (or night), members of FAMB are taking to the bike trails all across Manitoba. Follow and join their Facebook group for all upcoming rides.



FilipinoJournal.com 

BIKING LITTLE BAGUIO | 3▶

Photo courtesy: Ron Cantiveros

KF's Filipinos to Watch

COMMUNITY | 4▶



Sing your heart out!

COMMUNITY | 5▶



BRGY MB: vodcast with MB Opposition

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No safety protocols for BeaDen?

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BIKING LITTLE BAGUIO



Canadian Pie

Ron Cantiveros
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The tree lined gravel pit at Birds Hill Park is aptly nicknamed Little Baguio by many members of the Filipino Amateur Mountain Bikers group. As Paul Reyes described it, the evergreens that line the gravel pit remind him of Baguio, Philippines. Baguio is a city located in Northern Luzon in the Philippines, known for its mountainous landscapes.

The bike trail is also nicknamed the Gravel Pit in the FAMB Facebook Group and to get to Little Baguio, the trail into the Gravel Pit starts near Group Use 2 site at Birds Hill Park. The trail is currently unmarked and is being maintained by the mountain biking community including local business and members of FAMB.

COVID19 has contributed to the growth of biking enthusiasts and many newbies, including myself have ventured to discover new biking trails throughout our province. According to several reports from FAMB members and reports from local retailers not having enough bikes in-stock.



Taking a much needed break for a selfie at the Gravel Pit with FAMB members.



Right photo: FAMB Member, Paul Cruz gets some air on one of the makeshift jumps at the "Little Baguio" Gravel Pit. Photo by Ron Cantiveros

To learn more about the weekly rides with FAMB members, visit their Facebook Page.

My Love For Mountain Biking

By Jerric Quebrado

We prefer mountain biking over other activities because mountain biking can be more exciting and still has the health benefits. Meeting a lot of good people with same passion as yours and exploring the wild with breathtaking view. In fact, a lot of people have become more healthy by mountain biking even when their main focus was to have fun! Some quit smoking, others started extra exercise in preparation for the next ride.

As a means of recreation, mountain biking is so engaging and thrilling that it lets us have fun while sweating, shaping up our body



Photo by Ron Cantiveros

and building up our muscles. It also has the capabilities of keeping us physically, mentally, emotionally and

socially fit. Not so many sporting activities have such a capacity as mountain biking. Whenever we are

out mountain biking, every gnarly section we encounter such as the lung-crushing and cholesterol burning climbs are almost instantly and generously rewarded by the breezy and refreshing descents and berms we were anticipating (including the buffet waiting in parking area). Like all other exercises and sports, mountain biking gets your heart pumping hard. Whenever you take on steep climbing, you exercise your cardiovascular system making it strong over time. This makes your heart stronger and much healthier. Since mountain biking gives you the much needed breezy recovery periods, it becomes fun and easier to do it again and again. This way you are able to work out more while enjoying yourself.

We also get to enjoy the beautiful view of nature as we ride along.

The beautiful scenery and natural environment where you ride your bike have the magic to ease the pressure built up in you as a result of exhausting workday. There are also the benefits of relief from stress and maybe even depression. Exploring the wild that no motorized vehicle can reach is so rewarding.

Meeting people of different background with shared interest makes mountain biking more interesting and socially engaging. The more trails shred and sweat together the deeper the relationship grows that everybody becomes family. Volunteering on bike trail building all over Manitoba is also fulfilling. Learning from a more experienced rider get you stocked and coaching a newer rider gives you a sense of pride as well.

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by: Elizabeth Cron and Kathleen Cerrer

Jonato Dalayoan



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20 Filipinos to Watch

Tell us about yourself (personal, business, and passions).

I'm a proud Manitoban, born and raised in Winnipeg's inner city. I've spent my childhood years getting well acquainted with the West End community, which is one of the most culturally diverse and exciting places to be.

When I was young, I loved walking down Sargent Avenue and picking up some of my favourite Filipino treats, from carioca at Bueno Bros Supermarket to tosilog from Mryna's Café. In some ways, I owe it to my upbringing in this neighbourhood to rationalize my deep love for food, and by extension, learning about and celebrating cultures.

Professionally, I graduated from Red River College's Creative Communications Program in 2013 and have since supported the development of communications, fundraising and marketing strategies for organizations in the non-profit, private and public sectors. Following my maternity leave in 2016, I was afforded an opportunity to lead a new provincial grant program with an organization I deeply admired. Since then, I've served as a Senior Community Investment Manager overseeing a collective grant funding portfolio of \$1,000,000 between Manitoba and Calgary in support of many worthy charitable grassroots initiatives.

Outside the office, I've spent much of my free time volunteering on boards, councils and committees with organizations like the Manitoba 150 Host Committee, Manitoba Filipino Business Council, Manitoba Museum, Immigrant & Refugee Community Organization of Manitoba, The Winnipeg Chamber of Commerce, United Way Winnipeg and Winnipeg Art Gallery. I'm on a mission to promote Manitoba's giving spirit as one of the most generous provinces in our country!

What impact have you witnessed from your work?

I've found working in the community investment space exceptionally interesting and rewarding, and through my work I've had a number of opportunities to connect with newcomer organizations supporting many members in our Filipino community. The need for health, education and social service programming is so widespread, and I truly admire the work of our local charities ensuring newcomers who are moving here from places like the Philippines are connected with the right resources. These organizations are dedicated to helping their

participants better understand our Canadian landscape, which is made up of systems that can often be difficult to navigate if you are coming from another country.

What excites you most about what you do
Entrepreneurship runs deep in my family. Both my parents grew up working on family farms, and upon immigrating to Winnipeg in the 1970's they started two businesses – one for residential cleaning services, and a second venture opening a neighbourhood corner store. Their entrepreneurial spirit is no different than that of many newcomers and second-generation Filipino children.

One of my greatest joys is advocating for Filipino business people who contribute to our society's economic fabric through my role as Vice President at the Manitoba Filipino Business Council. Every chance I get to connect with our members, I'm reminded of the familiar story of many immigrants who continue to work tirelessly building a better life in a new country for their families.

Tell us a story about an obstacle you faced and conquered.

Although I grew up around many other children of immigrant families, I found myself often struggling with my cultural identity because I never felt like I was "Filipino" or "Canadian" enough. I attended a French Immersion school, and my principal suggested that my parents should only speak English in our household to prevent confusion between the different languages. As a result, being unable to fluently speak in or understand my parents' native dialects was very alienating and I felt disconnected to my heritage. I also felt like the more obvious aspects of my Filipino identity such as the way I looked, the food I ate, and sometimes even the clothes I wore made me an outsider.

By participating in important discussions about racial inequity, I'm reminded of my unconscious biases and the belief systems I was raised on. As an adult, I've finally learned to fully embrace my cultural identity even though I'm not an expert in all things Filipino, and have separated myself from the shame of not feeling like I was enough or didn't belong.

Jonato Dalayoan is an award-winning graphic designer whose work is distinguished by a unique blend of street art and corporate sensibilities. Drawing inspiration from his family, heritage, faith and artistic interests, Jonato's work has blessed canvases from sides of buildings to covers of annual reports – and all points in between. Armed with an education from Red River College's acclaimed graphic design program, and sporting nearly two decades of experience in a number of leading agencies in the Prairies, he is currently the owner/operator of 4two Design Inc. Having started his professional journey as a freelance mural painter, Jonato's selection for the 2019 Wall to Wall Festival and the Manitoba 150 Celebration pieces, brings him full circle to his artistic roots. Jonato's mandate is simple... To do great work for great people and to contribute positively to society using his talent and skills.

What excites you most about what you do?

Working and collaborating with clients on projects that we're all excited about and proud of. It's a great feeling when a concept meets the goals set out and the project receives the response from the audience that we as a collective were hoping for. But what is also awesome and at the same time intimidating, is when I'm given creative freedom and clients put their faith and trust in me to come up with concepts/designs. It excites me to think of the possibilities of how far we can take a concept across different platforms, mediums and audiences.

What impact have you witnessed from your work?

I am conscious of what designs/concepts I put out into the world. Although it

can be a challenge at times, I've tried my best to make sure my work contributes positively to our community even in the smallest way. When I see my work help bring awareness and support to charities, events, churches, businesses, human rights etc., and see those groups prosper, I know that I was part of their success. In a world where there are constant ads around us, designers have only seconds to grab someone's attention. I also believe that part of success is built on the relationships we create. When I can contribute to a client's or colleague's life in a healthy way, it is just as impactful as any successful project.

Tell us a story about an obstacle you faced and conquered.

I've always loved art and design since I was young and when I decided to enroll in the Red River College Advertising Art project, which is now the Graphic Design Program. I thought I would do fine, but my lack of discipline led to me failing my first year. It was a very humbling experience and I had no one to blame but myself. So after years of being in denial, some self-reflection and thinking this career path was not for me, I decided to try again, because I knew that I loved design too much to give up on it. I also knew that it was a blessing to use my gift to make a living. So I enrolled once again and within three years of schooling, I ended up winning awards/scholarships and had quite a few studios approach me to work with them. I also ended up working with one of the city's up and coming studio's right out of school. Looking back at it all I laugh, but what I learned is failure is sometimes part of the journey to success. If I can say anything to those thinking about pursuing this career path or any career in general is, stay humble, have a purpose, be resilient and do things with love. You might not always love what you do or are doing, but if you do it with love, it will help you find purpose.



Family photo



Manitoba 150 Mural at the Forks



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"Heneral Rizal": raw nationalism unmasked!



The Republic of Adobo

by Rod E. Cantiveros

There is no Filipino film which has moved the very fiber of my own self; and passionately forwarded to so many friends to let them know that there is film to be seen on YouTube for free. The film "Heneral Rizal," is full of raw nationalism and fully visceral in context and presentation, focusing on Paciano Rizal, the elder brother of the National Hero, Dr. Jose Rizal.

Paciano Rizal was a member of the Katipunan led by Gat Andres Bonifacio who after the execution of Rizal, fully joined Katipunan

to continue the fight against the Spaniards. He fought side by side by thousands member of the Katipunan aimed at freeing the Filipinos from the Spanish atrocities and dominance.

In the film, Paciano Rizal, played by a veteran actor Nanding Josef, refreshes the many memories of his martyred young brother, and his hopes and dreams for his country. In his passionate monologue, Nanding Josef, perfectly involved himself to play the role of Paciano. In his riveting role, Josef lamented the brutal destiny of his brother who had fought so hard, together with

other Filipino expats in Spain; and to organize the La Liga Filipina, a non-violent crusade against the abuses of the Spaniards and this led to Rizal's arrest and a death sentence for treason. Bonifacio continued the fight with open arms and Paciano became one of the most prominent members of the Katipunan.

Paciano, played by Nanding, had exposed his pains and sufferings for the death of his brother and accused some of the fake Filipino heroes who collaborated when the American took over the governance of the Philippines after the Spanish defeat. He passionately exposed his very raw feeling on what his brother Rizal got for his heroism. He cited painfully the suffering of his parents and the people of Calamba from the hands of the Spaniards, and from the Americans.

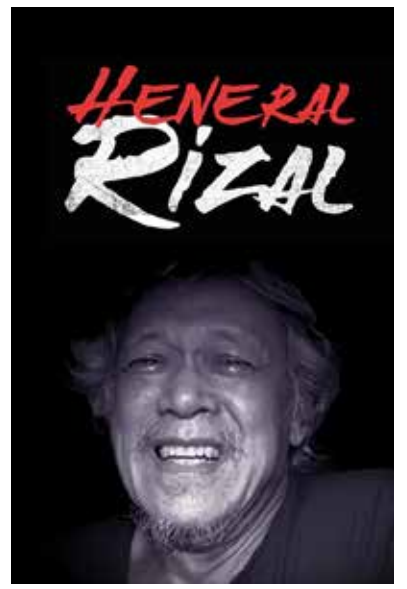
He cited the honors given to his

brother Pepe, his picture on the cover of the box of matchsticks, the cold monument in every town and city plaza, the honors and lamentations on his birth and death and all the empty words of speeches by government officials; and by displaying his younger brother pictures in every classroom. Are these the only way to give for his heroism?

It seems that Paciano's lamentation, through the emotional and yet professional performance of Nanding Josef, touches the nerves of a nationalist who exposed the weaknesses of the Filipinos, as if the religion introduced by the Spaniards; and the kind of government, implanted by the Americans failed. And that the Filipino people lost its war against the two dominant colonizers. And why the Filipinos in spite of education, of raw nationalism were also at the losing ends, making the Filipinos more impoverished.

And what honors that his brother, Pepe, deserved for dying to free the country from the abuses of the foreign invaders.

Presented at the Cinemalaya, a film festival in the Philippines, and



produced by Tanghalang Pilipino in cooperation with Voyage Studio, the 22-minute film is available free and it is streaming "Heneral Rizal" through Pangsaman Tanghalan on the official Tanghalang Pilipino YouTube channel (<https://bit.ly/PangsamanTanghalanHeneralRizal>).

Written by Dr. Floro Quibuyen and directed by Chuck Gutierrez.

Watch "Heneral Rizal" in a youtube and strike your heart with the spark of your nationalism.

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MB Opposition Comments on School Reopening, Economic Recovery Program

Barangay Manitoba

by Kris Ontong
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A week after Education Minister Kelvin Goertzen went on the Barangay Canada vodcast to speak about the September 8 reopening of schools, Manitoba NDP leader Wab Kinew, along with Notre Dame MLA Malaya Marcelino, joined the August 13 episode to discuss the Official Opposition's stance on the government's back-to-school guidelines, as well as its economic recovery program.

Kinew provided a recap of the NDP's alternative back to school plan. Among them are setting a province-wide cap of 15 students per classroom, finding additional classroom space, providing Personal Protective Equipment (PPEs) for staff, providing mental health supports, and additional transportation and drivers. He pointed out that the key to those five recommendations is for the province to invest in schools so that students, teachers and staff will be safe and healthy as they go about the resumption of classroom learning. The details of their proposal can be viewed at <https://bit.ly/MB-NDP-alt-back-to-school-plan>.

Asked about the possible source of funds for the proposed investments totaling \$260 million, Kinew replied, "You could get all that 260 million and more just from the money that's been underspent from the government programs." Kinew continued, "The money's kind of just sitting there right now, so we're saying put that money to use in the classroom."

Asked to comment about the provincial government's back to school plan, MLA Marcelino remarked, "I think the plan...was vague and underwhelming. It was business as usual, with just a little bit of common sense." She also revealed, "There's a lot of concerns from educators, to parents such as myself that this is not going to be safe for children, for the workers in schools, and for the surrounding families and communities."

As the discussion shifted to assessing the government's pandemic response and its economic recovery program, MLA Marcelino gave positive marks to the management of public health and safety, but she

stressed the need for more testing, more support for seniors, and long-term care. She also called on the government to shore up its support for small business, and providing quality, affordable and accessible child care.

As for MLA Kinew, he took aim at #RestartMB, the province's branded economic recovery program. With the NDP already having released an official statement about it, Kinew added, "It's premature, it's self-promotion, and it's failing to help the actual people in need right now, whether they're the businessperson, the family looking for child care, or the person in the personal care home."

For their parting message, MLA Marcelino assured that in her constituency she will continue focusing on food security especially for people who can't leave their home or are in a difficult financial situation. As for NDP Leader Kinew, he appealed to Manitobans to continue to be kind, especially to service workers. "It's going to be a while yet where we have to deal with this new situation. But it's all going to work better if we respect one another, we're nice to one another."

Kris Ontong is an award-winning community advocate and a finalist in the 12th RBC Top 25 Canadian Immigrant Awards. He is the co-founder and vodcast host of BarangayCanada.com



Sa Báwat Páhinâ ng Pánitikan

by aLfie vera mella
elfideas102@yahoo.com

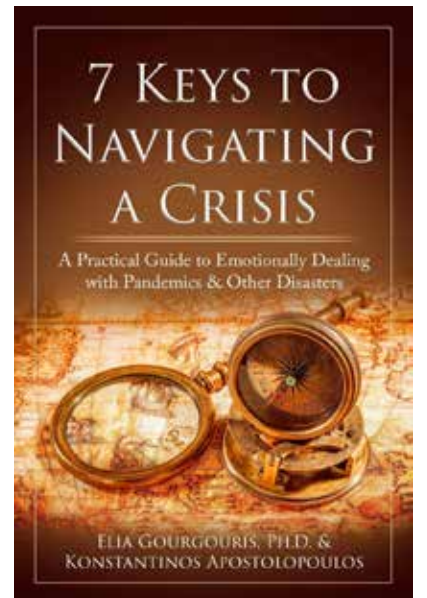


Reading a Timely Book during the Pandemic

In this ongoing pandemic, many people are compelled to spend more time at their homes. What to do to make the experience less boring, routinely, or enriching? Listen to music, watch films, or read books.

Here is a newly published book that one might find to be a source of courage, hope, and resilience in this trying time: '7 Keys to Navigating a Crisis (A Practical Guide to Emotionally Dealing with Pandemics & Other Disasters)' by Elia Gourgouris and Konstantinos Apostolopoulos.

You may get your copy at the local bookstores like Chapters and McNally Robinson or order it online via Amazon.



The Last Leaf

Despite the surge of information on the Internet, reading an actual book remains a truly relaxing, rewarding, spirit-uplifting, and mind-enriching experience that one can do in the comforts of one's bedroom or living room or at work during break times.

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Province mandates mask use for grades 4 to 12 When physical distancing not possible

Out of an abundance of caution and based on the input of public health experts, educators and parents, the province is now mandating the use of masks for grades 4 to 12 when physical distancing is not possible, Premier Brian Pallister announced today.

“We are committed to keeping our students safe as they return to

school during this challenging and unprecedented time,” said Pallister. “We have listened to the concerns of parents, teachers, administrators, staff and students, and we believe that greater clarity and confidence is necessary for the safe return to school this fall. We are taking these additional measures to ensure the health and well-being of our children, as they

are our most precious resource.”

With the updated guidance, masks will be required for students in grades 4 to 12, teachers, school staff and visitors when physical distancing of two metres is not possible at school. Parents and caregivers will continue to choose whether younger students should wear a mask. Further guidance on

exceptions will be available soon regarding specific mask-free time and for those not recommended to wear a mask.

“Wearing a mask offers an extra layer of protection, especially for indoor public spaces where physical distancing cannot be maintained,” said Dr. Brent Roussin, Manitoba’s chief provincial public health officer.

“We all have a role to play, and we want to be sure that we take every step we can to ensure the return to school is a safe one. This will help ensure there is consistency across the school system.”

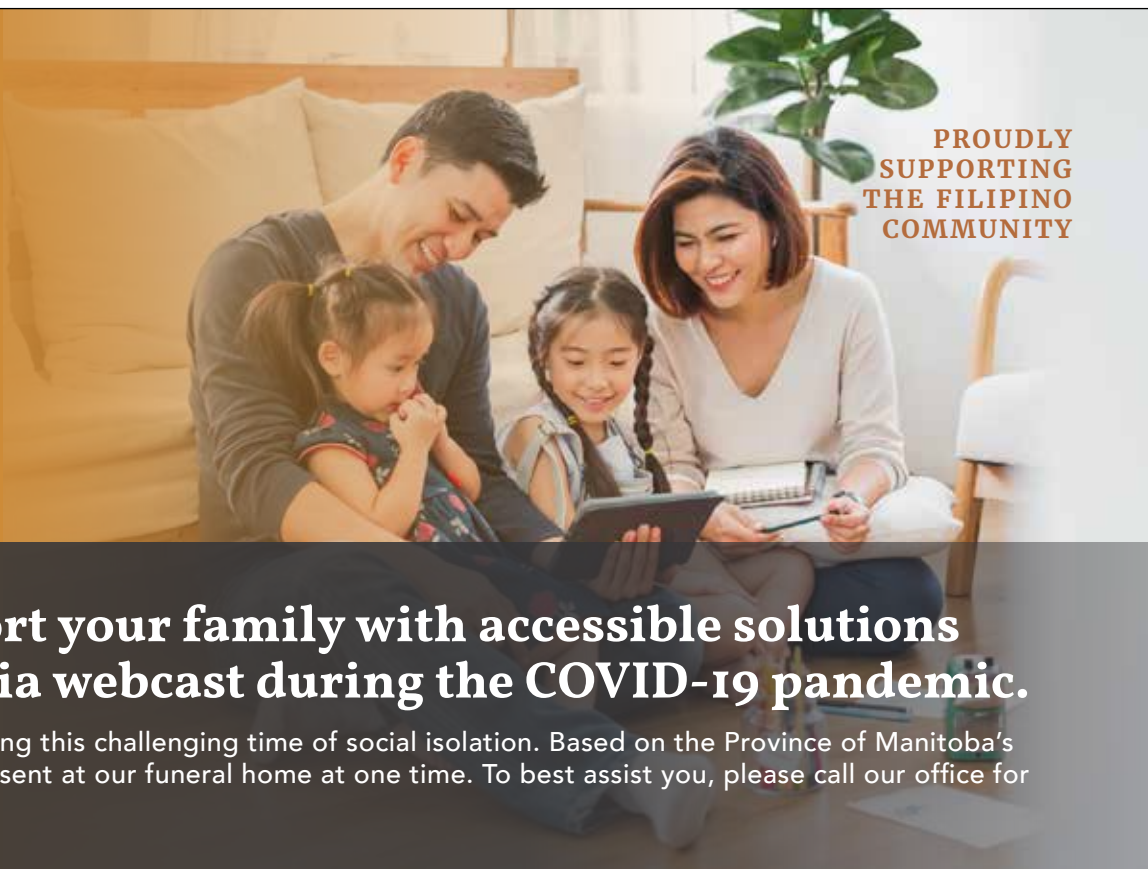
The province is developing resources to help children, along with their parents and caregivers, learn how to safely put on, wear and remove a mask.

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Manila Nights Pop Up Alert

Baon Bistro, specializing in Pacific Soul Food is popping up this Sunday! Opens 12-6pm for take out and pick up only.

LOCO MOCO - a simple, hearty, Hawaiian soul food dish. The loco moco was one of the first dishes I was introduced to in the early 80s on vacation with the fam and again in the late 90s. "Legend has it that a group of locals in

Hawaii went to their favorite restaurant in Hilo and asked for a cheap breakfast to be made with hamburger, rice, gravy and fried eggs. These ingredients are now known simply as the "Loco Moco." - M. Keala Milles, Jr.

Our "Loko Moco" (Loko means crazy in tagalog) is with a garlic soy and banana ketchup seasoning, seasonal Manitoba Chantrelle mushrooms, over easy egg, white rice, gravy and scallion.

Pre-order now for Sunday *limited quantities* [facebook.com/baonbistro](https://baonbistro.square.site/) <https://baonbistro.square.site/>

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Who Will Defend The Defenders?



Inconvenient Truth

By Jomay Amora-Dueck
jomay.amora@gmail.com

Zara Alvarez died on the spot after being shot six times on August 17 as she was heading home after buying food for dinner.

Alvarez, a mother of one, was the former education director of the Philippine human rights alliance, *Karapatan*. She is also an advocacy officer for Negros Island Health Integrated Program (NIHIP). She is the 13th *Karapatan* member killed since mid-2016.

A week earlier, Randall "Randy" Echanis, 72, together with Louie Tagapia, was found dead inside his home. He suffered multiple stab wounds and two gunshots to his head.

Echanis was chair of Anakpawis and a National Democratic Front of the Philippines (NDFP) peace consultant. Fondly called "Tatang" by his colleagues, Echanis is known for leading causes for agrarian reform. He is credited for his work in helping draft the Comprehensive Agreement on Social and Economic Reforms (CASER).

PH Terror Law and war against dissent

Individually, they are stories of courage and tragedy. Together, they tell a tale of the "war against dissent" under the administration of President Rodrigo Duterte.

The victims shared similar backgrounds. They were both land and human rights defenders. They both worked in activist organizations and had also been subjected to "red-tagging" – a label that often results in harassment or death.

Both murders underscore the widespread impunity for extrajudicial killings in the Philippines. It also shows how the government's new anti-terrorism law can be misused and used against any and all dissenters.

The Anti-Terrorism Council, the chief enforcer of the law, has the power to designate individuals as terrorists. This council is believed to be composed of some officials who are known for actively engaging in "red-tagging" certain individuals.

Climate crisis and threats against defenders

In 2019, the independent watchdog Global Witness named Philippines as the most dangerous country in Asia for land and environmental defenders. That year alone, 43 Filipino defenders were murdered.

According to Global Witness, 212 defenders were killed in 2019. Over half of reported killings occurred in just two countries: Colombia and the Philippines. On average, four

defenders have been killed every week since December 2015 – the month the Paris Climate Agreement was signed.

According to a comprehensive analysis by researchers from the Universitat Autònoma de Barcelona which was released in June 2020, environmental activists have for years faced high rates of criminalization, physical violence, and extrajudicial killings for their efforts to protect the planet.

The study, published in the journal *Global Environmental Change*, found that 20 percent of environmental defenders faced criminal charges or were imprisoned, 18 percent were victims of physical violence, and 13 percent were killed between 2011 and 2019.

Who will defend the defenders?

It is the government's duty, under international law, to guarantee that defenders' human rights are protected and that they can carry out their activism safely and without fear of retaliation and violence.

But in the face of state-sponsored attacks and violence, we, the people, should unite and work collectively to safeguard human rights and freedom of expression.

As leaders and members of global communities, we have an obligation to raise awareness, urge governments to uphold defenders' rights, and publicly condemn any threats against them and their communities. We should continue to act in support of a safe, clean, healthy and sustainable environment, including the right to a safe climate.

A tribute to fallen heroes

I would like to dedicate this space to the 185* defenders who were killed under Duterte administration. Let us remember their names and celebrate their activism by taking a stand to protect life, land, environment and human rights.

Randall "Randy" Echanis, Zara Alvares, Remar Mayantao, Rogen Suminao, Senon Nacaytuna, Hermi Alegre, Jerry Layola, Jimmy Barosa, Jessybel Sanchez, Gaudencio Bagalay, Emerenciana Dela Rosa, Violeta De Leon, Eligio Barbado, Ariel Diaz, Jimmy Saypan, Joselito Pasaporte, Ramelito Sr. Libria, Jimmy Sotto, Venie Diamante, Alexander Ceballos, Veronico Delamente, Wencislao Pacquiao, Renato Anglao, Matanem Pocuan, Glenn Ramos, Emelito Rotimas, Orlando Eslana, Edweno Catog, Willerme Agorde, Gilbert Bancat, Leonila Pesadilla, Ramon Pesadilla, Billamin Hasan, Pedro Pandagay, Virgilio Balungag, Arman Almonicar, Arlene Almonicar, Cora Lina, Danilo Nadal, Elias Pureza, Bernardo Ripdos, Lolita Pepito, Federico Plaza, Rodolfo Jr. Dagahuya, Daniol Lasib, Ana Marie Aumada, Jessie Cabeza, Lito Casalla, Joseph Baning, Ande Latuan, Meliton Catampungan, Carolina Arado, Silvestre Maratas, Mario Castro, Alberto Tecson, Eddie Alyawan, Roger Timboco, Lomer Gerodias, Oscar Jr. Asildo, Jezreel Arrabis, Dalia Arrabis, Obello Bay-ao, Luardo Yac, Erning Aykid, Reneboy Magayano, Edwin Pura, Arnel Otacan, Webby Sr. Argabio, Perfecto Hoyle, Vivencio Sahay, Apolonio Maranan, Elisa Badayos, Eleuterio Moises, Rodrigo Timoteo, Rolando Moreno, Datu Victor Sr. Danyan, Victor Jr. Danyan, Artemio Danyan, Pato Celarbo, Samuel Angkoy, ToDiamante, Mateng Bantal, Rhudy Danyan, Fr. Marcelito Paez, Bernardo Clarion, Jennierose Porras, Edwin Magallanes, Flora Jemola, Aaron Notarte, James Flores, Aniceto Jr. Lopez, Ricky Olado, Ronald Manlanat, Ricardo Mayumi, Emelda Sangquina, Agudo Quillio, Garito Malibato, Jerry Turga, Ariel Maquiran, Carlito Sawad, Beverly Geronimo, Lando Perdicos, JoseUnahan, Nestor Sacote, Arnel Penaso, Julius Barellano, Menyo Yandong, Rolly Panebio, Gilbert Plabial, Jean Plabial, Mariam Acob, Jaime Delos Santos, Victor Villafranca, Cesar Carreon, Rene Laurencio, Morena Mendoza, Marcelina Dumaguit, Angelife Arsenal, Eglicerio Villegas, Paterno Baron, Rannel Bantigue, Danilo Bautista, Benjamin Ramos, Esteban Sr. Empong, Rommel Romon, Linus Cubol, Jesus Isugan, Reneboy Fat, Constancio Languita, Jun Cubul, Jaime Revilla, Demetrio Fat, Nicasio Ebio, Remegio Arquillos, Emel Tejero, Randal Gallego, Sergio Jr. Atay, Randy Felix Jr. Malayao, Emelda Torralba, Roberto Mejia, Sanito Delubio, James Vinas, Jerome Pangadas, Larry Sr. Suganob, Steve Arapoc, Edgardo Avelino, Ismael Avelino, Franklin Lariosa, Bernardino Patigas, Dennis España, Felipe Dacal-dacal, Arnie Espenilla, Zando Alcovendas, Pizo Cabug, Ryan Hubilla, Nelly Bagasala, Liovigildo Palma, Nephtali Morada, Lito Itao, Joel Anino, Salvador Romano, Mario Aagsab, Ramon Jalandoni, Guillen, Casas Alex Lacay, Jeffrey Bayot, Leah Tumbalang, Nedis Bacong, Angelito Marivao, Nathaniel Tagaylo, Reynaldo Sr. Malaborbor, Emerito Pinza, Romy Candor, Jay-ar Mercado, Marlon Maldos, Jennifer Tonag, Nora Apique, John Farochilin, Jose Reynaldo Porquia, Gilbert Domingo, Japzon Maureen, Allan Aguilando, Jose Catalogo, Froilan Reyes, Julius Giron. *Source: *Karapatan*

Jomay Amora-Dueck is a Climate Reality Leader based in Winnipeg and creator of sustainable lifestyle blog, ecoisthome.com. If you want to chat about food, zero waste living, climate justice, or Climate Reality presentation, simply email her at ecoisthome@gmail.com.

Russia-China rivalry in U.S. election



PEREZSCOPE

by Perry Diaz
PerryDiaz@gmail.com

While it was obvious that Russian President Vladimir Putin is openly supporting President Donald Trump in his re-election campaign, Chinese President Xi Jinping's support for Democratic presidential candidate Joe Biden is not evident, which is typical of China's secretive ways.

With the U.S. presidential election just 80 days away, the outcome of the election would determine the geopolitical direction of a multipolar world order. Or should I say "world disorder"?

With three authoritarian leaders – Putin, Xi, and North Korea's Kim Jong-un --serving lifetime terms, the U.S. President's role as a world leader is limited to four or eight years. Every four years, the Americans elect a new president with one shot at being reelected. So come January 20, 2021, when either Trump or Biden would assume the presidency, they have to deal with the three headstrong dictators armed with nuclear weapons, ready to play ball with either Trump or Biden in a nuke-laden field who'd walk around with their nuclear football, which the president uses to authorize a nuclear attack while traveling.

Multipolar world disorder

Presumably, if Biden wins in November, the nuclear football would be passed from Trump to Biden with the secret pass code, ready to operate in a moment's notice in the event that Putin, Xi or Kim would decide to launch a nuclear attack on the U.S. at the precise moment of presidential power turnover. Does this sound ridiculously funny or scary? Not in today's multipolar world disorder. With Putin and Xi positioning themselves to take advantage of the presidential transition, I wouldn't be surprised if Putin or Xi would call Trump or Biden to congratulate – and warn – them of things to come. That soon? Why not? That would be the most vulnerable time particularly if Biden won the presidency. Test his mettle and see how fast he reacts.

Just imagine, at 12:05 PM on January 20, 2021, the red phone rings and Putin is on the line. "Hello," Putin says, "Congratulations Joe. This is Vlad. I just want to call and wish you good luck on your assumption of the presidency." "Oh, hello, Mr. Putin. Thanks for your congratulatory call. What can I do for you?" Biden said. "Well, first of all I want to meet with

you to discuss the geopolitical situation in the world. With what's going on in Southeast Asia, North Korea, Middle East, and Africa, I think we need to meet, the sooner, the better. How's March 1 for our first summit?" Putin said. "That might be too soon Mr. Putin..." "Call me Vlad," Putin interrupted. "Okay Vlad. First, I have to convene my national security team, which I don't have right now." "Aha! That's what I thought! Joe you're not prepared on Day One!" This caught Biden by surprise. Biden said. "But what I'm prepared of right now is to press the Doomsday Button on my nuclear football and that would send 5,000 nuclear warheads to targets in Russia." Putin said, "Now, now, Joe, my man. I was just kidding. I'll call you in a few days and we'll talk geopolitics. Okay?" "Fine with me," President Biden said and hang up. Whew!

Which reminds me that Putin is supporting Trump against Biden. And Xi is supporting Biden against Trump. And whoever wins in November would greatly influence the White House.

Of course, Putin wants Trump to win re-election in November. Putin and Trump are like Siamese twins joined at the head. They think like one. But more so in favor of Putin who had taken advantage of Trump's puppy dog adoration of Putin.

With the prospect of Biden winning the presidency, Trump would lose a great deal of influence over Russia. But what else would Putin wants from Trump? Why not? Consider that since 2016, Putin has gotten much of what he wants from Trump: delegitimizing

of western democracies, disrupting NATO unity, a pass on bounties on U.S. troops in Afghanistan, withdrawal of U.S. troops from Germany, withdrawal of U.S. forces from Syria, and cover for Putin's interference in 2016 U.S. elections.

So, why stop now? The ground is already laid for Russia to stay on top of Trump in his next administration if he wins in November. Certainly, there is a lot more than Putin could extract from Trump's puppetry to Putin. To put it bluntly, Putin has got Trump by his cojones. A little squeeze here and there would keep his loyalty.

If Trump wins

Indeed, a second Trump term could lead to the disintegration of NATO and Russian military expansion in Africa and the Middle East. Citing a secret German Foreign Ministry report, *Daily Bild* reported that Russia's new Africa ambitions, which says Putin had made "Africa a top priority." According to the report, Russia's strategy is to build bases in six countries. "Since 2015, Russia has concluded military cooperation agreements with 21 countries in Africa," according to the leaked document.

Meanwhile, Russia is already a major arms supplier to the African continent.

With a market share of 37.6%, Russia is the top weapons supplier to Africa, followed by the US with 16%, France with 14%, and China with 9%.

Algeria reportedly remains the biggest recipient of Russian arms in Africa, followed by Egypt, Sudan, and Angola. The question is: How

is Trump going to react to Russia's new African strategy?

China prefers Biden

But while Russia is actively working to elect Trump, China prefers Biden to Trump. However, in a recent interview with Secretary of State Mike Pompeo on Newsmax TV, Pompeo said that reports that China is trying to influence American elections by ousting Trump in favor of Biden come as no surprise.

Pompeo noted recent intelligence has shown Iran, Russia, and China all appear to be engaged in influence operations in the upcoming presidential elections.

Trump's actions against Chinese spying efforts, including expelling diplomats from the Houston consulate and threatening to ban the popular app TikTok have shown the communist leadership the United States is "no longer tolerating their misbehavior and the risk they're creating to the United States," Pompeo told Newsmax TV host Sean Spicer.

But while Putin is clearly supporting Trump, Xi, on the other hand, is non-committal, which is typically how Chinese politics work. The Chinese tend to show support on both sides of the political divide. So, whoever wins, China wins.

At the end of the day, Russia-China rivalry is taking center stage in the U.S. election. As Trump has said, "If I don't win the election, China will own the United States. You're going to have to learn to speak Chinese, you want to know the truth." Believe it or not, when Trump says something, his cult followers believe him.

Philippine News



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Metro Manila and other provinces returned to GCQ with stricter protocols

Stricter curfew and quarantine were imposed when the general community quarantine (GCQ) was restored last August 19. This was after the two week re-imposition of strict lock down in lieu of the appeal of the medical frontliners for a "timeout" in battling the pandemic.

Paranaque Mayor Edwin Olivarez, chairman of Metro Manila, stated that there will be some restriction protocols to maintain its prevention

on COVID-19 pandemic as Metro Manila has been returned to the GCQ after two weeks of MCQ.

With the reinstatement of GCQ, public transportation are now allowed but face mask and face shield are mandatory for commuters. Those who will not adhere will not be allowed to travel.

Curfew time is from 8pm until 5am.

PhilHealth Senate investigation stopped

Senate committee hearing on the anomalies in PhilHealth has to stop and those suspected officials would just face the judiciary while those found guilty of corruption will be charged.

Senate President Tito Sotto in his statement said that the CEO and other officials will face the judiciary and its for them to present themselves on the irregularities in

the said public insurance agency.

"With all these lies, we will end up our hearing," Sotto said.

Meanwhile some officials are already suspended by the Ombudsman without pay.

And the service to the rank and file will continue in spite of the alleged corruption in the agency.

SAL recipients include poor seniors

More than 13 million impoverished families are the recipients of the 2nd Social Amelioration Program by the government, according to the Department of Social Welfare and Development.

The recipients are those who have not received the 1st SAP distribution and to those poor seniors who needed the aid to sustain their lives.

Meanwhile, "Tutok to Win" host Willie Revillame distributed cash and in kind worth P5 million to the jeepney drivers who are not allowed to drive their vehicles.

"Thank you, Kuya Wil for this amount, and this will help my family," one of the jeepney drivers who received cash, rice and other food items and t-shirt.

Revillame promised to continue to help the jobless jeepney drivers. Added to this, Mayor Abigail Binay has announced to offer online training for the jeepney drivers to help in the distribution of many items needed by the city to fight COVID-19. Binay explained that these drivers will be employed by the City of Makati.

Mother and Son, Jinkee and Michael Pacquiao launch new ventures



Photo source @ Jinkee Cosmetics Facebook page



After the Pacquiao family shared their life on social media and while their likes and views soar high, 2 family members launched their new undertakings.

Jinkee Pacquiao, Senator and boxing champ Manny Pacquiao's wife, recently joined the beauty industry with her own makeup line called Jinkee Cosmetics. It is a brand that she created herself and prides that it is made through the use of the most advanced technology in cosmetics today.

It was in December 2019 when Jinkee announced about her

new makeup business and called it "makeup with a punch."

Jinkee joins a growing list of celebrities who have ventured into the beauty business such as Anne Curtis, Vice Ganda, Sarah Geronimo, Andrea Brillantes, Nadine Lustre, and Heart Evangelista.

From makeup, another Paquiao was introduced --this time in the music industry. Manny and Jinkee's son, Michael Pacquiao recently debuted the carrier song/rap "Hate" from his maiden album "Dreams" on Wish 107.5 It garnered 10 million views and counting.

In an interview with Ricky Lo, Michael shared why the rap was called "Hate." "I feel that a lot of people don't like me."

But what about the 10 million views where a lot of people cheered him on? "Well, some are saying that I am who I am because of my surname, that I am 'privileged' daw. They don't know that I am working hard to make a name of my own, who I am and who I want to be."

But Michael can just really shrug the haters off. Both his parents were happy and proud of him and there's no turning back for him.

No COVID-19 protocol for BeaDen?

After BeaDen, Alden Richards and Bea Alonzo released photos of their commercial shoot in Thailand earlier this year, netizens commented that they were not following COVID-19 protocols such as wearing a mask and social distancing.

In an e-mail interview with PhilStar, Bea denied the allegation. "We had to shoot a commercial in Bangkok early this year when there wasn't one case in the Philippines yet.

It was a commitment that we could not cancel and we were very mindful of the protocols during that time."

Rumours followed that the two are being paired for a movie project. Bea did not confirm or deny the claim. Alden, however, admitted in a previous interview that he wants to team up with Bea Alonzo in a movie especially that he has been a long-time fan of the actress.



Photo source @ aldenrichards02 instagram

COVID19-positive Sen. Bong Revilla rushed to hospital after developing pneumonia

Senator Ramon "Bong" Revilla Jr, who recently tested positive for coronavirus was rushed to the hospital on August 18 after he developed pneumonia.

In a Facebook post of his wife, Bacoor Mayor Lani Mercado shared:

"Father God, please help my husband. He is being rushed to the hospital. His latest X-ray shows that he has developed pneumonia and isolation in a regular facility is no longer ideal," Lani wrote.

Revilla tested positive for COVID-19 last August 9 after a household member and his staff contracted the virus.

In a social media post, Revilla asked for prayers for their family for all the challenges that they are going through.



"Dasal, I need prayers sa inyong lahat po. Mga kababayan, ipagdasal nyo po kami ng aming pamilya. Andaming mga pagsubok na pinagdadaanan. Kamamatay lang po ng tatay ko. Eto naman. Harinawa, I'm okay."

Revilla is the fourth senator that contracted the disease following Senate Majority Leader Juan Miguel Zubiri and Senators Sonny Angara and Aquilino "Koko" Pimentel Jr., who have all recovered.

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Winnipeg Jets knocked out of Stanley Cup Qualifiers

It was a short stint for the Winnipeg Jets in the NHL bubble as they exit the Stanley Cup qualifying round against the Calgary Flames. The Flames won the series three games to one.

The Jets lost Patrik Laine and Mark Scheifele to injuries in the opening game. The Jets lost Game 1 4-1, won Game 2 3-2, lost Game 3 6-2 and lost Game 4 4-0.



Winnipeg Jets forward Adam Lowry battling Calgary Flames Erik Gustafsson in front of the Flames net during the 2020 Stanley Cup Qualifying Round. Photo by Getty Images.

CFL Cancels 2020 Shortened Season

The 2020 CFL season was officially cancelled earlier this week after CFL Commissioner Randy Ambrosie announced, "Our league governors decided today it is in the best long-term interests of the CFL to concentrate on the future."

Winnipeg was awarded the opportunity to host the CFL games in the shortened season as a hub city.

The CFL and players union worked together towards an agreement

that would see players return to the field this year. Public health authorities in Manitoba had formally approved the safe return to play plan and federal authorities had praised it publicly.

The league and its governors worked tirelessly to explore options to enable play in 2020. However, despite months of discussions, the government ultimately declined the CFL's appeal for financial support.

Jets issue statement regarding Dale Hawerchuk

Dale Hawerchuk put Winnipeg and the Jets on the map the day he arrived in our city in 1981

by Winnipeg Jets PR @WpgJetsPR



Dale Hawerchuk put Winnipeg and the Jets on the map the day he arrived in our city in 1981, and his love for our community and remarkable Hall of Fame career will keep it there for many generations to come. Dale had a relationship with our fans unlike any player in the history of our franchise. Whether at home or on the world stage, "Ducky" was embraced by so many, so often because of his humility and the

grace by which he always carried himself. Dale was quite simply one of the finest human beings we have ever known that also just happened to be a superstar. The Winnipeg Jets Hockey Club, our players, our alumni, and our fans will miss him dearly, and we will forever be inspired by his passion for the game, his commitment to his team, and his love for our community.

New feature film by Winnipeg filmmaker Sean Garrity opens in theatres this Friday

What happens when a Mennonite boy and Filipino girl meet while pushing a stranger's car out of the snow in downtown Winnipeg? Sean Garrity's brand new romcom 'I Propose We Never See Each Other Again After Tonight'.

The new feature film opens at Cineplex Odeon McGillivray and Cinema City Northgate this Friday Aug 21 until August 27.

The movie's climax occurs at a giant wedding social in the Maples – of course!

Of the film's 29 cast members, 20 are Filipino-Canadians—a Winnipeg community that has largely been under-represented in movies and television. The film even includes some hilarious TAGLISH (half Tagalog/half English).

You can find the trailer for I Propose We Never See Each Other Again After Tonight here: <https://vimeo.com/390401574> Director and cast are available for interviews via phone or video conference.

"I Propose We Never See Each Other Again After Tonight" is Sean Garrity's 8th feature film. His work has screened at some of the world's most prestigious film festivals, every film has played theatrically across Canada and, and they sell around the world; taking Winnipeg stories to people in Russia, China, Brazil and beyond. The last time he made a romantic comedy – called MY AWKWARD SEXUAL ADVENTURE in 2013 - it sold in 24 countries, was translated into 15 languages, and was remade in Lithuania and the Ukraine. Bollywood is doing a third remake, as this goes to press (yes, seriously).



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ARIES (Mar. 21- April 20)

This is a more easygoing week compared to the last seven days. Do you need to get a creative project moving? The lively sun-Mercury tie can gift you with ideas that seem to have a touch of genius. And if you need your work to stand out from the crowd, it's the little but clever touches that can do it.

CANCER (June 22-July 22)

A lively focus on your sector of personal finance highlights ways in which you can increase your income. An enlightening sun-Mercury merger on Monday can gift you with ideas that may range from selling unwanted stuff to starting a side hustle. And you never know, this could develop into a thriving enterprise if you're willing to work at it.

LIBRA (Sept. 24 -Oct. 23)

What are friends for? You might be about to find out how supportive and uplifting they can be. A fabulous lineup between the sun and roving Mercury in your social zone hints at a meeting that you'll thoroughly enjoy. Whether you connect online or choose to meet in person, it's a chance to catch up, exchange ideas, and tap into new opportunities.

CAPRICORN (Dec. 22.- Jan. 20)

This week continues to be a deep dive, with the sun and insightful Mercury meeting up in an intensely emotional zone. Any revelations could enable you to understand what has been blocking your path to success and how you might resolve this. Often it's due to stuck emotions that may have been there since childhood. Finding a way to work with these and release them can have a profound and liberating effect.

TAURUS (Apr. 21-May 21)

There seems to be a lot of positive activity in the domestic arena with the sun and chatty Mercury aligning on Monday. You might have some bright ideas about various family issues currently on the table or perhaps a creative plan to renovate the kitchen or other key areas of your house.

LEO (July 23-Aug 22)

This can be an excellent week for you, with a positive focus on your sign. A mash-up between the sun and intelligent Mercury on Monday can gift you with an idea that seems too good to be true. If you have been waiting for your creative muse to strike, this could be it. Write it down, paint it, or play it on an instrument before it escapes into the ether.

SCORPIO (Oct. 24 - Nov. 22)

This week can make a positive contribution to your determination to do well. A merger between the sun and dealmaker Mercury in your sector of goals can be a chance to close a deal or grab a stunning opportunity. It's also possible that an encounter or conversation could yield gold in the form of some extremely useful information.

AQUARIUS (Jan. 21 -Feb. 19)

Your connections with others can be a source of surprise and delight, especially on Monday when the sun and flirtatious Mercury link up in your sector of relating. A special magic can happen during an encounter, and a conversation could bring you and another closer, or they could offer you a golden opportunity. And if you have eyes for each other, this could be the time you go on a first date.

GEMINI (May 22-June 21)

Promote, promote, promote! With the sun and dealmaker Mercury, your ruler, combining in your sector of talk and thought, this is the week to launch a project, get yourself known on social media, and send your message out to the world. You may find that you get more likes and hits than ever, and this is because of the combination of positive elements that give your efforts that extra boost.

VIRGO (Aug. 23 -Sept. 23)

The focus on a private and spiritual sector is coming to an end this week. Before it does, though, some key influences can have a positive and uplifting influence on you. The sun and meandering Mercury merge in Leo and can coincide with an insight or perhaps a dream that is very informative and enlightening.

SAGITTARIUS (Nov. 23 -Dec. 21)

Are you eager to get away from it all? This week's optimistic sun-Mercury line-up could find you browsing travel websites and perhaps looking to catch a bargain. If you have the opportunity and the inclination to get away, this can be a good week to chase the sun and enjoy relaxing on a beach or somewhere equally tranquil.

PISCES (Feb. 20-Mar. 20)

Lifestyle and wellness issues get a boost on Monday as a lively meeting of the sun and brainy Mercury encourages you to streamline your routines. This may be something you've been focusing on over recent weeks, but this time some good advice can help you zero in on your main goals and concerns and work efficiently to create the outcome you desire.



PALAISIPAN (Crossword)

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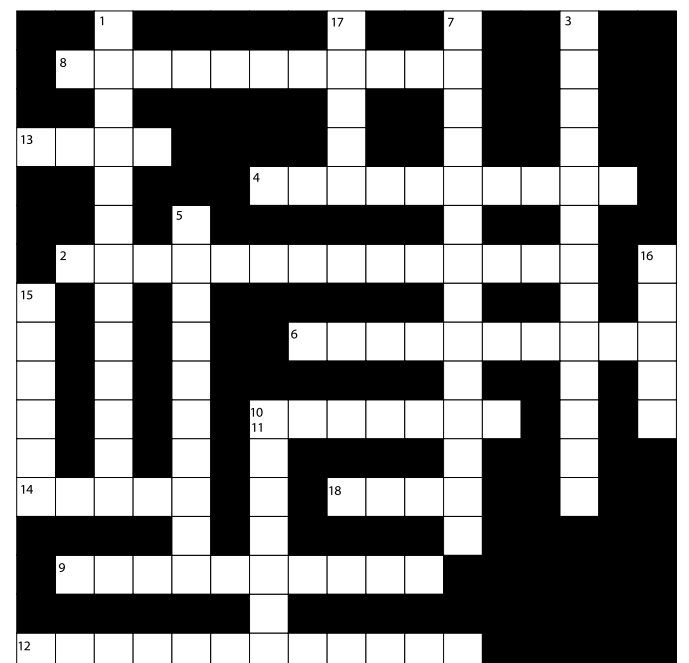
PAHALANG

- 2 Kalupitan
- 4 Salaming dibisyon
- 6 Inilalarawan bilang kabuonan ng pag-iral kabilang ang mga planeta, mga bituin, mga galaksiya
- 8 Ay pag paplantsa o pagtutuwid ng mga damit gamit ang plantsa

PABABA

- 9 Oskilaskopa
- 10 Sunod-sunod na tunog ng Kampana
- 12 Ortograpya
- 13 ay isang uri ng lalagyan ng inumin
- 14 Mercury o Merkurio
- 18 Namumula ang pisngi
- 1 Nagsimula
- 3 Teoriyang nakatakda
- 5 Tagagawa ng mga paputok
- 7 Nagsasabi, ay nagpapakita o nagsasaad
- 11 Puro, walang dungis

- 15 Brush
- 16 Isang armas kung saan ang mga bala o iba pa ay ibinubunsod sa pamamagitan ng paputok na malakas.
- 17 Mamalya



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/lb

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/lb

Beef Shank

2⁰⁵
/lb

Chicken Legs Back Attached

5⁹⁸
each

Fairy Brand Glutinous Rice
5lb

1⁶⁸
each

Lucky Pinoy Pancit Canton
Oriental Noodle 227g

2⁹⁸
each

Mama Sitas Barbecue
Marinade 350mL (Limit 4)

1⁰⁰
each

Imperial Soft Margarine 454g
(Limit 4)

2⁹⁸
each

Reno Halal Chunky Corned
Beef 340g (Limit 4)

5⁹⁸
each

MY San Skyflakes Crackers
800g (Limit 2)

98¢
each

C2 Green Tea Drink Selected
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2⁸⁸
/lb

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250UP (Limit 4 per family)

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