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TORONTO, CANADA



A group of young skaters carried an enormous Canadian flag along Ottawa's Rideau Canal to commence the events celebrating the 60th anniversary of Canada's esteemed emblem.

Trudeau: Uniting Canadians Amidst the Threat of 25% US Tariffs

In times of adversity, true leadership shines through, and Prime Minister Justin Trudeau has exemplified this by uniting Canadians and fostering a renewed sense of patriotism in the face of looming 25% tariffs imposed by the United States. These tariffs, targeting various sectors of the Canadian economy, have threatened to disrupt trade relations and economic stability.

On Saturday night (Feb 1), Prime Minister Justin Trudeau delivered a speech on Parliament Hill an-

nouncing Canada's response to a 25 per cent tariff U.S. President Donald Trump is imposing on most Canadian goods. *(transcript of Trudeau's speech on page 6)*. Trudeau's response has not only been one of resilience but also of inspiring national unity. It was imbued with a sense of determination and optimism, assuring Canadians that their government was fully committed to protecting their interests and navigating the challenges ahead.

(Continued on page 4)

Canadian Patriotism on the Rise since Trump's Tariff Threats

As U.S. President Donald Trump threatens tariffs on Canadian goods and suggests Canada become the 51st state, Canadians are responding by booing the U.S. anthem at sporting events and boycotting American products. Canadian consumers are choosing to buy just Canadian products. A recent Angus Reid poll found that, between December and February, national pride increased by nine points, from 58 percent to 67 percent.

In response to the tariff threat, Canadian mayors have united to pri-

oritize local sourcing and shield the nation's economies. A coalition of municipal leaders convened to address the potential economic fallout, emphasizing the importance of strengthening local industries and enhancing collaboration among cities. Key leaders from Windsor, Ottawa, and Quebec spearheaded the conversation, focusing on reducing dependency on global supply chains, particularly in vulnerable sectors such as steel and technology. The mayors also underscored the necessity of sustained

(Continued on page 4)

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ONTARIO PC CANDIDATE FOR YORK CENTRE
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ON FEBRUARY 27TH VOTE IN THE 2025 ONTARIO PROVINCIAL ELECTION

Advance Polls February 20th-22nd



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LIBERAL

Like dictators before him, Trump threatens international peace and security

By Sabine Nolke

At first, Canadians just shook their collective heads when United States President Donald Trump suggested Canada become the 51st American state.

They rolled their eyes when he posted a fake image of himself standing next to a Canadian flag amid snowy mountaintops — in actuality, the Swiss Alps.



Trump's Truth Social post shows him staring towards the Matterhorn in Switzerland. (Donald Trump/Truth Social)

Another Trump post showed a map purporting to merge Canada and the U.S. That prompted Prime Minister Justin Trudeau to respond on social media that there was not a “snowball’s chance in hell” that Canadians would soon become Americans.

Meme wars are one thing, but in the real world, threatening the sovereignty and territorial integrity of a foreign state is quite another. Canadian leaders have stopped laughing, and they now need to situate Trump’s dangerous rhetoric in the language of international law and state-to-state relations.

As a former Canadian ambassador to the Netherlands, and a permanent representative to the Organization for the Prohibition of Chemical Weapons and international courts and tribunals in The Hague, I know language matters.

Trump’s threats make it an opportune time to provide a brief snapshot of the historical context for Trump’s rhetoric, and the necessary 21st-century vocabulary with which to respond and shape the public discourse.

Manifest Destiny

In threatening hefty tariffs on Canada, Trump cited the flow of fentanyl over the Canada-U.S. border, but it was clear it had little to do with fentanyl, particularly since so little crosses the border into the U.S. Instead, it seems he is coming for Canada’s sovereignty as an independent state.

When asked on Feb. 3 how Canada could ward off tariffs, Trump reiterated: “What I’d like to see is Canada become our 51st state.”

Later that same day, Trump paused tariffs on Canada, ostensibly thanks to border measures that Canada, like Mexico, had already announced. But what is still being said by the president of one of the most powerful nations on Earth cannot be unsaid.

At a Jan. 7 news conference, Trump called the border between Canada and the U.S. an “artificially drawn line” — echoing rhetoric deployed by Vladimir Putin as justification for Russia’s aggression against Ukraine. His remarks, in fact, were gleefully retweeted by Russia’s propaganda channel RT.

Putin claims the Ukrainian border is the result of “administrative” action under the former Soviet Union, while Trump appears to be invoking the 19th century American concept of “Manifest Destiny.”

He used the phrase verbatim in his inaugural address in the context of planting a flag on Mars, but it is entirely consistent with his plans for, and rhetoric on, Canada.

As John O’Sullivan, the American diplomat who coined the phrase, wrote in a 1845 article entitled *Annexation*, it’s America’s destiny to “overspread the continent.” Trump appears to be taking that idea to heart.



This undated photo shows artwork depicting the Oregon trail in 1844. In the 19th century, American expansionism was in full force. (AP Photo)

‘The free white race’

Arguably the biggest fan of territorial expansion in the 20th century was Adolf Hitler, architect of the Third Reich. Trump reportedly has some of Hitler’s writings on his bedside table. Hitler had this to say in Chapter 4 of *Mein Kampf*:

“The extent of the national territory is a determining factor in the external security of the nation. The larger the territory which a people has at its disposal, the stronger are the national defences of that people.”

Sound familiar?

But why Canada and not Mexico, you may ask? Likely because he considers Canada less racialized, even though modern-day Canada has a large multicultural population.

In 1848, however, in the midst of the American expansionist era, pro-slavery South Carolina Sen. John Calhoun said:

“We have never dreamt of incorporating into our Union any but the Caucasian race — the free white race. To incorporate Mexico, would be the very first instance of the kind of incorporating an Indian race; for more than half of the Mexicans are Indians, and the other is composed chiefly of mixed tribes. I protest against such a union as that! Ours, sir, is the Government of a white race.”

In short, neither the context nor the history informing Trump’s designs on Canada are reassuring for Canadians.

Rules still matter

Trump’s dismissive approach to established borders ignores fundamental norms and principles on the sovereignty, equality and territorial integrity of states, codified following the Second World War in the Charter of the United Nations. Canada is a founding member of the UN; its status as a sovereign state is not subject to challenge under international law.

The charter clearly states that “all Members shall refrain in their international relations from the threat or use of force against the territorial integrity or political independence of any state, or in any other manner inconsistent with the purposes of the United Nations.”

Similarly, the North Atlantic Treaty obliges NATO member states to “refrain in their international relations from the threat or use of force in any manner inconsistent with the purposes of the United Nations.”

Trump has said he will use “economic force” to annex Canada. The suggestion that an economically devastated Canada could be sufficiently brought to heel has been embraced by the so-called MAGA-sphere, including an influential blogger with ties to Russia.

(Continued on page 4)

WAVES NEWS—CANADA

"Don't screw with us" Canadian ministers warn Trump as tension grows with U.S.



(L-R) Minister of Transportation and Internal Trade Anita Anand, Employment Minister Steven MacKinnon and Innovation Minister Francois Philippe Champagne.

The tone in U.S.-Canada relations has dramatically shifted, as leaders emphasize Canada's growing significance on the global stage. At a press conference in Toronto on Friday (Feb 7), Employment Minister Steven MacKinnon and Innovation Minister Francois-Philippe Champagne underscored Canada's resilience and strength, with MacKinnon proclaiming, "This country is strong, don't screw with us, we'll come out ahead."

The dynamics of U.S.-Canada relations have undergone a significant transformation, with leaders highlighting Canada's increased importance on the global stage amidst the looming tariff threats. Here are some of the comments from the conference:

"I just think from a general perspective; Americans would never want to invade or take over of absorb Canada. We see Canada as our closest ally, friend and partner. And so I think if you asked any everyday American, they would never assume that it would be

real, I absolutely think energy security has been abundantly clear that that's a priority for the Trump administration. I think critical minerals are a huge part of that. Canada is much further along in developing their resources and have more resources than the United States. So it is a point of leverage and a point of conversations that Canada can lean into as they're looking at the renegotiation of the USMCA" — *Beth Burke, Canadian American Business Council*

"When you rely on Google and Amazon to supply all of your government services, you're unable to have a sovereign country. And so if we do want to use this moment to pivot, if we do want to use this moment to do something bold, we've got to look at the areas of where the economy is going. Cybersecurity is a tremendous issue. We are experiencing memetic warfare (from the Prime Minister), from the president of the United States. We must respond as we are experiencing memetic warfare, if we as Canadians are able to

actually understand that the goods that we create will be bought because other countries are experiencing the same challenges. We will open markets. We will have goods that they want. And so as we have these conversations, I think it's great that the premiers are actually finally talking about removing inter provincial trade barriers, but this is one very small step in a way for us to be able to create real wealth and prosperity in this country. Canadians are 25% poorer than the Americans. We are now 20% poorer than the Australians. We are 20% poorer than the Danes. So it's not socialism, it's not capitalism, and it's not a resource curse. We have to get our shit together and figure out what the world wants and sell it." — *Benjamin Bergen, Council of Canadian Innovators*

"One unified comment and response and that is, there will be no messing with the 49th parallel. Period." — *Anita Anand, Minister of Transportation and Internal Trade.* ■

neighboring countries.

Prime Minister Trudeau's approach to the tariff threat was multifaceted, encompassing diplomatic negotiations, economic measures, and a powerful appeal to Canadian solidarity. Recognizing the need for a strong, unified front, Trudeau emphasized the importance of standing together as a nation. ■

riculture. These tariffs, justified under the guise of national security, posed a severe threat to the economic well-being of Canadian businesses and workers. The immediate reaction across Canada was one of concern and uncertainty, as the potential consequences of such tariffs could lead to job losses, increased costs for consumers, and strained trade relations between the two

Trudeau: Uniting Canadians amidst the threat of tariffs

(Continued from page 1)

The announcement of 25% tariffs by the United States was a significant blow to Canada, impacting industries from steel and aluminum to automotive and ag-

Like dictators before him, Trump threatens ...

(Continued from page 3)

International law

Threatening economic rather than military force does not make Trump's efforts at subjugating Canada any more acceptable in terms of international law.

In 1970, in the UN's Declaration on Principles of International Law Concerning Friendly Relations and Co-Operations Among States, the UN General Assembly unanimously confirmed that "no state may use ... economic, political or any other type of measures to coerce another state in order to obtain from it the subordination of its exercise of its sovereign rights." While not legally binding, this declaration represents customary international law.

In 1986, the International Court of Justice ruled in *Nicaragua v. United States* that:

"A prohibited intervention must accordingly be one bearing on matters in which each State is permitted, by the principle of State sovereignty, to decide freely. One of these is the choice of a political, economic, social and cultural system, and the formulation of foreign poli-

cy. Intervention is wrongful when it uses methods of coercion in regard to such choices, which must remain free ones."

Keeping score

It's both right and righteous for our elected leaders to say that Canada will never be the 51st state.

But the time has come, especially in the context of Trump's threats to buy Greenland, seize the Panama Canal and turn Gaza into a Middle Eastern Riviera, to call out his threats to Canada.

Amid Trump's dizzying litany of outlandish pronouncements, Canada's leaders must keep track of what Trump's declarations represent:

- A threat to international peace and security;
- A threat to the sovereignty and territorial integrity of Canada;
- Unlawful coercion and intervention in the affairs of a sovereign state;
- A breach of the UN Charter;

A breach of the North Atlantic treaty.

Trump's threats are no way to treat an ally, but unfortunately for him, international law is on Canada's side. ■

**God keep our land
Glorious and Free**



O Canada



We stand on guard for thee

Canadian patriotism on the rise

(Continued from page 1)

federal and provincial support to navigate these uncertain economic times.

Canadian consumers are now turning their focus towards homegrown products. Faced with threats of tariffs and even suggestions from Trump that Canada become the 51st state, Canadians are showing their patriotism by booing the U.S. anthem at sporting events, boycotting Ameri-

can goods and cancelling trips to US territory.

An Angus Reid poll revealed a significant rise in national pride, which jumped from 58 percent in December to 67 percent in February. Even if this wave of patriotism wanes and the tariffs fade from the spotlight, the current consumer shift towards Canadian products could have lasting effects. People might choose a Canadian wine or ketchup initially due to the news, but continue to buy it because they find the quality superior, appreciate the lower carbon footprint, or simply out of habit. ■

WAVESNEWS—CANADA

Transcript of Trudeau’s response to U.S. tariffs on Canada

By **Sam Thompson**
Global News

Here’s the English transcript of Trudeau’s full speech.

Prime Minister Justin Trudeau: Good evening. Today, the United States informed us they will be imposing a 25 per cent tariff on Canadian exports to the United States and 10 per cent on Canadian energy, a decision that, should they elect to proceed with, should take effect on Tuesday, Feb. 4.

[IN FRENCH]

Tonight, first I want to speak directly to Americans. Our closest friends and neighbours. This is a choice that, yes, will harm Canadians. But beyond that, it will have real consequences for you, the American people.

As I have consistently said,

tariffs against Canada will put your jobs at risk, potentially shutting down American auto assembly plants and other manufacturing facilities.

They will raise costs for you, including food at the grocery stores and gas at the pump.

They will impede your access to an affordable supply of vital goods crucial for U.S. security, such as nickel, potash, uranium, steel and aluminum.

They will violate the free trade agreement that the president and I, along with our Mexican partner, negotiated and signed a few years ago. But it doesn’t have to be this way.

As President John F. Kennedy said many years ago, geography has made us neighbours. History has made us friends, economics has made us partners



Canada’s PM Justin Trudeau

and necessity has made us allies.

That rang true for many decades prior to President Kennedy’s time in office, and in the decades since, from the beaches of Normandy to the mountains of the Korean Peninsula, from the fields of Flanders to the streets of Kandahar, we have fought and died alongside you during your darkest hours during the Iranian hostage crisis. Those 444 days, we

worked around the clock from our embassy to get your innocent compatriots home.

During the summer of 2005, when Hurricane Katrina ravaged your great city of New Orleans, or mere weeks ago when we sent water bombers to tackle the wildfires in California. During the day, the world stood still, Sept. 11, 2001, when we provided refuge to stranded passengers and planes. We were always there, standing with you, grieving with you. The American people.

Together, we’ve built the most successful economic, military and security partnership the world has ever seen. A relationship that has been the envy of the world.

Yes, we’ve had our differences in the past, but we’ve always found a way

to get past them. As I’ve said before, if President Trump wants to usher in a new golden age for the United States, the better path is to partner with Canada, not to punish us.

Canada has critical minerals, reliable and affordable energy, stable democratic institutions, shared values and the natural resources you need. Canada has the ingredients necessary to build a booming and secure partnership for the North American economy, and we stand at the ready to work together.

Let’s take a moment to talk about our shared border. Our border is already safe and secure, but there’s always, always more work to do. Less than one per cent of fentanyl, less than one per cent of illegal crossings into the United States come

(Continued on page 12)

Filipino Voters in the USA vs. Canada: A Comparison of Characteristics and Voter Participation

By: **Teresa Torralba**

The Filipino diaspora is one of the largest immigrant groups in both the United States and Canada. However, despite similarities in background, there are notable differences in the political engagement and voter behavior of Filipinos in the two countries. When we compare Filipino voters in the USA with those in Canada, we see distinct patterns of participation, political preferences, and the reasons why certain qualified Filipino voters choose not to vote in Canada.

Filipino Voters in the USA: Characteristics and Voting Behavior

Filipinos in the United States are a diverse group, with a significant number of them being naturalized citizens. As of recent estimates, Filipino-Americans make up a sizable percentage of the Asian American population, with a large concentration in states like California, Hawaii, Nevada, and New York. Many Filipino-Americans, particularly

FILIPINO CANADIANS CAN MAKE A DIFFERENCE

MAKE OUR VOICES HEARD

GO OUT AND VOTE!

those in metropolitan areas, are active in local, state, and national elections.

Higher Political Engagement: Filipino voters in the U.S. are more likely to engage in electoral politics. This is partly due to the relatively higher naturalization rates among Filipinos in the U.S., which makes them eligible to vote. According to the U.S. Census Bureau, Filipino Americans are highly concentrated in key swing states, such as Nevada, California, and Florida, where their votes can make a significant difference. Political engagement is often facilitated by the American system’s frequent elections and a culture of political activism.

Political Preferences: Histor-

ically, Filipino-Americans have leaned toward the Democratic Party, though there is a significant portion that also supports the Republican Party. Issues such as healthcare, immigration reform, and education tend to dominate their concerns. Filipino voters are also influenced by familial and community connections, and many follow the political activities of the Philippine government, especially regarding the relationship between the U.S. and the Philippines.

Naturalization and Voting Turnout: The pathway to citizenship in the U.S. has made many Filipino immigrants eligible to vote. However, while the naturalization rate is high, voter turnout among Filipinos can

still be lower compared to other ethnic groups, with barriers such as language, education, and civic engagement playing a role.

Filipino Voters in Canada: Characteristics and Voter Participation

Filipino immigrants to Canada have also grown rapidly in recent decades. Toronto, Vancouver, and Winnipeg have some of the largest Filipino communities, and many are permanent residents or naturalized citizens. However, despite their large numbers, Filipino voter participation in Canada tends to lag behind other immigrant groups.

Lower Voter Turnout: Despite the growing Filipino population in Canada, stud-

ies have consistently shown that voter turnout among Filipinos is lower compared to other ethnic groups. In the 2019 Canadian federal elections, for example, voter participation among Filipino-Canadians was relatively low. There are several factors contributing to this phenomenon, ranging from limited civic engagement to logistical barriers in the electoral process.

Political Awareness and Engagement: Many Filipino immigrants in Canada, particularly those who arrived recently, have less experience with the Canadian political system. In contrast to the U.S., where Filipino Americans have had a longer history of participation, many in Canada are still acclimating to the political landscape. Although there is a noticeable effort within the community to raise awareness about Canadian elections, many Filipinos remain unfamiliar with the various political parties, candidates, and policy issues.

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MPP Michael Kerzner

Strengthening the Filipino Community in York Centre

Since being elected as MPP for York Centre, Michael Kerzner has demonstrated unwavering support for the Filipino community. His leadership has been marked by active engagement, advocacy, and meaningful contributions that have strengthened the ties between the community and the Ontario government.



Michael Kerzner proudly wears the "Rizal Medal" which symbolizes the recipient's commitment to Rizal's advocacy for justice, freedom, and the betterment of society.

Kerzner has championed initiatives that empower Filipino-Canadians, supporting programs that promote cultural heritage, business opportunities, and community development.

He has worked tirelessly to ensure the Filipino community has access to vital resources, including healthcare, education, and immigration policies. His support for entrepreneurs, families and OFW's demonstrates his dedication to the well-being of all. By attending events, engaging with families, and addressing

key issues, Kerzner has proven to be a true partner.

In June 2024, his dedication was formally acknowledged when he was conferred knighthood by the Knights of Rizal, an honor reserved for individuals who embody the principles of leadership and service inspired by Dr. José Rizal, the Philippine's

National Hero. Additionally, his effort to learn *Lupang Hinirang*, the Philippine national anthem, further demonstrated his deep respect for the community's culture and history.

Through his work as MPP, Michael Kerzner has become a true ally of the Filipino community, ensuring

their voices are heard in Ontario's legislature and fostering a stronger, more inclusive society for all.

He makes his message clear by saying "I will always be the best friend that I could be to the community. I will always advocate for issues that are important to them. I will always make sure that

their place on our quilt of Ontario is meaningful. And that means that they should have every right and ability to be whatever they want to be. And Ontario should understand that that is important. If you want to be a doctor, we have medical schools; if you want to be a lawyer, we have law schools; if you want to open a business, we are the place of free enterprise, and the taxes are low. If you want to be anything you want to be, you can succeed here, and you will be welcomed and you will be appreciated."

Lastly, Michael Kerzner is determined to one day help establish a Filipino Centre in North York —a place the community can truly call its own. This vision stands as a powerful testament to his unwavering dedication and deep appreciation for the hard work, resilience, and contributions of the Filipino people. ■

RE-ELECT

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ONTARIO PC CANDIDATE FOR YORK CENTRE

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WAVES NEWS—PHILIPPINES

Living legends: Marcos administration and its centenarians



LIVING LEGENDS. Former senator Juan Ponce Enrile celebrated his 100th birthday alongside the legendary 105-year-old tattoo artist Apo Whang-Od and President Ferdinand Marcos Jr. A remarkable gathering of three generations shaping Philippine history.

MANILA – Turning 100 is a momentous achievement, a testament to a life well lived. The Philippines formally recognizes this remarkable milestone through Republic Act No. 10868 (the Centenarians Act of 2016). This act honors all Filipinos, both at home and abroad, who reach the age of 100 or more.

Each centenarian receives a Letter of Felicitation from the President of the Philippines, expressing appreciation for their longevity. Likewise, a deceased centenarian receives a Posthu-

mous Plaque of Recognition. In addition, a PHP100,000 centenarian gift from the national government is presented as a token of gratitude for a life of contributions and experiences. Furthermore, the centenarian shall receive a cash incentive and Plaque of Recognition from their local government.

The Centenarians Act symbolizes the Philippines' profound respect for its senior citizens, acknowledging the wisdom and contributions of those who have lived long and fulfilling lives. It serves as a

powerful reminder of the importance of honoring our senior citizens.

Remarkable milestones

The country is home to over 1,000 centenarians, individuals who have reached the remarkable milestone of 100 years or more.

These living legends, typically aged between 100 and 115 years, receive a one-time PHP100,000 cash gift under the Centenarians Act, a tribute to their significant contributions to Filipino society.

While male centenarians account for approximately 20-25 percent of the total, ranging from 200 to 250, female centenarians comprise the majority, representing 75-80 percent of the population, with a range of 750 to 800.

Metro Manila, Cebu, Mindanao, and the Ilocos Region boast the highest concentrations of centenarians, highlighting the diverse regions where they reside. This report underscores the importance of centenarians in the Philippines,

(Continued on page 8)

Remittances from overseas: Filipinos hit all-time high in 2024



ALL-TIME HIGH. Personal remittances from overseas Filipinos reach USD38.34 billion last year, the highest recorded to date, the Bangko Sentral ng Pilipinas said on Monday (Feb. 17, 2025). Of the total, cash remittances amounted to USD34.49 billion. *(PNA file photo)*

By Anna Leah Gonzales

MANILA – Personal remittances from overseas Filipinos hit a record-high of USD3.73 billion in December last year, bringing the full-year 2024 data to an all-time high of over USD38 billion, the Bangko Sentral ng Pilipinas (BSP) said.

Data released on Monday showed that personal remittances reached USD38.34 billion last year, higher by 3 percent from the USD37.21 billion in 2023.

(Continued on page 8)

February is Heart Month

Public urged to watch food intake to avoid heart ailments



HEALTHY HEART. Dr. Karla Rhea Rillera-Posadas (right), a cardiologist at the Baguio General Hospital and Medical Center, says Wednesday (Feb. 5, 2025) that diet and stress are contributory factors to heart health, but food is the larger concern. She said during the Kapihan forum at the DOH regional office in Baguio City that the public must watch their portions and avoid salty, processed or fast foods. *(Photo by Liza T. Agoot)*

By Liza Agoot

BAGUIO CITY – A cardiologist at the Department of Health (DOH)-run Baguio General Hospital and Medical Center (BGHMC) said food intake contributes more than 50 percent to a person's heart health, thus the need to watch what one eats.

Dr. Karla Rhea Rillera-Posadas, Medical Specialist II at the BGHMC's Department of Internal Medicine, said during the "Kapihan" on Wednesday (Feb. 5, 2025) that "food contributes a large chunk of the condition of the heart, more than half."

The health discussion was part of the "Heart Month" observance this February.

Posadas said improper diet poses a risk of stroke even if a person engages in exercise.

"That is why during and after the holiday season when parties are done everywhere and very often, the admissions of patients in hospitals due to hypertension, ischemic heart disease and stroke increases," she said.

"Take care of your heart, you only have one heart," she advised.

As a recommendation, Posadas said: "Control your portions. Use a small plate or bowl to help control your

portions, eat more low-calorie, nutrient-rich foods such as fruits and vegetables and eat smaller portions of salty, processed or fast foods."

Select whole grains like whole wheat flour, whole grain bread, wheat bread, high-fiber cereals, and brown rice, she added.

Further, Posadas recommended a Mediterranean diet, which includes lots of fruits and vegetables, whole grain bread or rice, extra virgin oil as a source of fat, moderate amount of fishes, cheese and yogurts, poultry, little or no red meat, little or no sweets, sugary beverages and butter and moderate amount of wine.

"The advantages of Mediterranean diet is lower risk of cardiovascular disease that supports healthy blood sugar, blood pressure and cholesterol, and it also supports a healthy weight," she said.

Posadas further said stress contributes at least 10 percent to the cause of heart problems.

"Find ways on how to relieve stress by looking at things positively, looking at the brighter side of life and avoid stressful situations. Exercise or walking or engaging in anything to divert a stressful condition can help the heart," she added. *(PNA)*

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WAVES NEWS—PHILIPPINES

Remittances from overseas: Filipinos hit all-time high...

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The BSP said the personal remittances last year is the highest recorded to date and account for about 8.3 percent and 7.4 percent of the country's gross domestic product and gross national income, respectively.

Personal remittances cover cash sent through banks and informal channels, as well as remittances in kind.

The BSP said that of the total personal remittances last year, cash remittances

coursed through banks amounted to USD34.49 billion, up from the USD33.49 billion recorded in 2023.

"The growth in cash remittances from the United States, Saudi Arabia, Singapore, and the United Arab Emirates mainly contributed to the increase in remittances in 2024," the BSP said.

The United States continued to be the biggest source of cash remittances last year, followed by Singapore and Saudi Viber message, Rizal Commercial Banking Corporation Arabia.

In a chief economist Michael Ricafort said over-

seas remittances have been growing consistently at around 3 percent in recent months.

"OFW remittances have been posting new record highs on a monthly basis, especially in December, the seasonal peak in remittances and conversion to pesos for Christmas holiday-related spending," he said.

"OFWs and their families have been an important market for many products and services in the economy, including big-ticket items such as homes, vehicles, private school education, investments, among others," Ricafort added. (PNA)

Ontario Election 2025

VOTE EARLY
Feb 20 - Feb22

Election Day
February 27

Check Elections Ontario website for polling locations and for more information

Living Legends: Marcos administration and its ...

(Continued from page 7)

their enduring legacy, and the growing need for social policies that support an aging population.

Significant Steps

President Ferdinand R. Marcos Jr.'s administration, recognizing the significance of these living legends, has taken significant steps to support and celebrate centenarians.

The President admired the country's centenarians, stating, "They are living testaments to the strength and spirit of the Filipino people. They have witnessed history, shaped our nation, and continue to inspire us with their wisdom and grace."

The Centenarians Act of 2016, further solidified this commitment, providing a one-time cash gift of PHP100,000 to every Filipino who reaches the age of 100, regardless of their location. This act, along with the annual "Linggo ng Nakatatandang Filipino" (Elderly Filipino Week) celebration every 1st week of October, underscores the nation's dedication to honoring its senior citizens.

Republic Act (RA) No. 9994 outlines the benefits and privileges of senior citizens in coordination with other government agencies, including the Department of Health, Department of Trade and Industry, Bureau of Internal Revenue, and Department of Transporta-



A century of history meets timeless tradition. President Marcos, at 100, honors Apo Whang-Od, underscoring the enduring importance of preserving our cultural heritage. Photo courtesy: Presidential Communications Office

tion, to provide additional benefits/privileges such as 20 percent discount on the purchase of goods and services; special 5 percent discount on prime commodities and basic necessities, 5 percent utility discount on electric and water consumption, and 50 percent discount on electric, water and telephone consumption of senior citizens centers and residential or group homes.

RA 9994 introduces two significant provisions aimed at improving the lives of senior citizens: An indigent senior citizen will now receive a monthly social pension of PHP500. This financial assistance aims to augment indigent senior citizens' daily subsistence and medical needs. On death benefit assistance, the nearest surviving relative who cared for a deceased senior citizen until their passing will receive a PHP2,000 death benefit assistance.

Many of these individuals attribute their longevity to

healthy habits, strong faith, and a positive outlook, and they have been recognized for their contributions to society.

Expanding the circle of recognition

Recognizing that reaching significant milestones in life deserves celebration, the Marcos administration introduced the Expanded Centenarians Act (R.A. No. 11982) in 2024.

The Expanded Centenarians Act, signed into law on February 26, 2024, now grants a PHP10,000 cash gift to Filipinos celebrating their 80th, 85th, 90th, and 95th birthdays.

This expansion recognizes the significant achievements of these individuals, who have contributed to and witnessed the history of the Philippines.

The stories of Filipino centenarians are a rich tapestry of resilience, wisdom, and enduring spirit. Apolonia "Apo" Whang-Od, a 105-year-old from Kalinga, credits her longevity to her sim-

ple life, filled with hard work, faith, and a love for her family. "It's all about staying active, eating healthy, and having a good heart," she shares with a smile.

A century of history meets timeless tradition. President Marcos, at 100, honors Apo Whang-Od, underscoring the enduring importance of preserving our cultural heritage. Photo courtesy: Presidential Communications Office

Francisco "Kiko" Banaag, a centenarian from Leyte, attributes his long life to his love for nature and daily walks through the rice fields. "Fresh air, sunshine, and a good night's sleep are the secrets to a long life," he says with a twinkle in his eye.

The Marcos administration's assistance program has made a tangible difference in the life of Marcosa Liwanag, a Valenzuela centenarian. A single mother who raised six children while working as a fruit and vegetable vendor, she credits the government's support for helping her overcome significant challenges.

"Raising six children alone wasn't easy," she reflects, "but I never lost hope. The help I received from the government was invaluable. Family is everything, and I'm grateful for their love, my community's support, and the government's assistance. Life has taught me to be resilient, never give up, and always be kind."

Meanwhile, President Marcos revealed the "secret" to

longevity at former senator Juan Ponce Enrile's 100th birthday celebration in Malacañang Palace on Valentine's Day this year.

Responding to the unspoken question about Enrile's remarkable age, Marcos recounted a conversation where Enrile himself admitted to not feeling 100 years old.

President Marcos concluded that the secret to longevity might be simply not dwelling on age. He further cited his mother, Imelda Marcos, nearing her mid-90s, as another example of someone who defies typical perceptions of aging. Enrile's long career in government began on January 16, 1966, as undersecretary of finance.

A society that values its elderly

The Philippines, with its growing number of centenarians, is experiencing a demographic shift and a societal transformation.

The government's initiatives, coupled with the passage of the Expanded Centenarians Act, demonstrate a growing awareness of the importance of recognizing and appreciating the contributions of older generations. This shift signifies a society that values its history, its elders, and the wisdom they bring.

By valuing its senior citizens and celebrating their achievements, the Philippines is setting an example for other countries to follow, creating a society that embraces the wisdom and experience of its older generations. (PIA)



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- **SAFETY:** protecting our streets and building trust

Sam Nestico is a successful executive who grew up in, raised his family, works and lives in York Centre. His immigrant parents knew that education is the key to success, and they encouraged him to earn his B.A., M.B.A., C.P.A., and most recently his C.DIR.

After a successful accounting career, Sam served Ontario for nearly 15 years as a Justice of the Peace and as the President of their association for another 6 years. Sam is currently the Chief Investment Officer for a company which develops, manages and builds residential and commercial properties across the GTA.

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ELECTION DAY

FEBRUARY 27

Filipino voters in the USA vs Canada: A comparison...

(Continued from page 5)

Challenges to Participation:

Language Barriers: A significant portion of the Filipino community in Canada speaks Filipino languages such as Tagalog, Cebuano, and Ilocano. While many are fluent in English, language barriers can still impact their access to election materials and information. For those who are not fully fluent, understanding political platforms or navigating the voting process can be daunting.

Limited Civic Education: Unlike in the U.S., where civic education is a more prominent part of the school curriculum, Canadian schools and community organizations have less emphasis on political education for immigrant populations. As a result, many Filipinos may lack the knowledge about the electoral system, voting process, or the importance of their participation.

Lack of Trust in the System: Many Filipino immigrants who have recently arrived in Canada may also carry skepticism or a lack of trust in the political system, often based

on their experiences in the Philippines. Some may feel disconnected from the political system or feel that their vote will not make a difference in the larger political landscape.

Temporary Status: A large portion of Filipinos in Canada are still permanent residents and not yet citizens. Permanent residents are not eligible to vote in federal or provincial elections, which limits their participation in the democratic process. Additionally, the lengthy naturalization process means that some Filipinos are unable to vote even after they have lived in the country for years.

Key Reasons Why Filipinos in Canada Do Not Vote

Permanent Residency Status: Many Filipinos are still in the process of obtaining citizenship, and thus, they are not eligible to vote. According to statistics, there is a significant portion of the Filipino community that holds permanent residency status but has not yet pursued full citizenship. This group is excluded from voting in federal and provincial elections.

Newcomer Challenges: Many Filipinos in Canada are recent immigrants, and the transition to Canadian life comes with challenges, including settling into a new

country, finding employment, and navigating the social system. In this context, the importance of voting may not be a top priority, and some may not see the immediate relevance of participating in elections.

Limited Access to Information: There is also a lack of resources tailored to informing the Filipino community about the electoral process. While some Filipino-Canadian organizations work to address this, access to voting information and services in Filipino languages is still limited, which may contribute to lower voter turnout.

Cultural and Socioeconomic Factors: The Filipino community in Canada is diverse in terms of education, socioeconomic status, and political awareness. A substantial portion of the population may not have had extensive political engagement in the Philippines, and these habits can carry over into their new lives in Canada. Moreover, the pressure of day-to-day life and financial struggles may lead many to prioritize other concerns over participating in elections.

Lack of Support for Filipino Candidates in Canada

One key factor that may further discourage Filipino participation in Canadian poli-

tics is the lack of strong support from the major political parties. In my opinion, Filipino candidates face challenges in gaining visibility and backing from established political parties, which affects their ability to run for office. The underrepresentation of Filipino-Canadians in elected positions can make it harder for the community to see themselves in the political process. Without the encouragement of mainstream political parties or the visibility of highly-regarded Filipino candidates, many aspiring Filipino politicians may feel disheartened or unsupported in their pursuit of office.

Political parties in Canada may not fully recognize the political potential of the Filipino community, or they may not prioritize outreach to this group. While Filipinos make up a large portion of certain urban populations, their influence is still growing, and political parties may focus on more established ethnic groups with longer histories of political involvement. This lack of engagement with Filipino candidates or issues could explain why many Filipino-Canadians feel alienated from the political system and, as a result, may be less inclined to vote or run for office themselves.

Conclusion: A Call to Action for Filipino Voters in Canada

In the U.S., the focus on civic education has nurtured a culture of participation, teaching the value of voting and political engagement from a young age. Filipino-Americans, empowered by this foundation, continue to push for change, understanding that the future is not a passive gift but an active pursuit. But in Canada, too many Filipino-Canadians remain in the shadows of the democratic process, disconnected from the very system that should represent them.

The lesson is clear: democracy thrives when every voice is heard. It is not enough to hope for change. It is not enough to simply exist within the system. We must actively engage, learn, and participate. Whether it's through better political education or creating space for competent Filipino candidates to rise, change begins with us.

Let us step forward, not only as voters but as leaders, advocates, and active participants in the political processes that shape our future and those of our children's. Our votes matter. Our voices matter. To vote is a fundamental right of every eligible citizen. ■

TRIVIA

The Difference Between Filipino and Pilipino

The terms "Filipino" and "Pilipino" are often used interchangeably, yet they possess distinct meanings rooted in the history and linguistic evolution of the Philippines. To fully appreciate the differences, it is essential to delve into the historical, cultural, and linguistic contexts that shaped these terms.

The Philippines, an archipelago in Southeast Asia, has a rich and diverse history marked by various waves of colonization, migration, and cultural exchange. The Spanish colonization, which began in the 16th century and lasted for over 300 years, significantly influenced the country's language, culture, and identity. During this period, the name "Filipinas" was derived from King Philip II of Spain. Consequently, "Filipino" became the term used to refer to the people of the Philippines.

Spanish Influence and the Term "Filipino"

Under Spanish rule, the term "Filipino" initially referred to Spaniards born in the Philippines. The native inhabitants were referred to as "indios." Over time, however, "Filipino" gradually came to encompass all people born in the Philippines, regardless of their ethnic background. This shift in meaning was part of a broader process of identity formation and national consciousness that

emerged during the 19th century.

American Colonization and the Development of the Term "Pilipino"

The end of Spanish colonization in 1898 marked the beginning of American rule. The United States introduced significant changes in the educational system, governance, and language. English became the medium of instruction, and a new wave of linguistic evolution began. The term "Pilipino" emerged as a response to the American influence and the growing sense of national identity among the people.

The key difference between "Filipino" and "Pilipino" lies in their linguistic roots and usage.

Filipino: The National Language

"Filipino" is the official national language of the Philippines, as declared in the 1987 Constitution. It is based on Tagalog, one of the many languages spoken in the archipelago, but has

incorporated elements from other Philippine languages and foreign languages such as Spanish and English. The adoption of "Filipino" as the national language aimed to promote unity and foster a sense of national identity among the diverse linguistic groups in the country.

Pilipino: The Tagalog-Based Language

"Pilipino" refers specifically to the Tagalog-based language that was officially recognized as the national language in the 1937 Constitution. The term "Pilipino" was used to distinguish the language from the people. However, with the ratification of the 1987 Constitution, the term "Filipino" replaced "Pilipino" as the designation for the national language, reflecting the broader inclusivity of the language's development.

The terms "Filipino" and "Pilipino" also carry cultural connotations that reflect the complex identity of the people.

Filipino Identity

"Filipino" represents a broader and more inclusive identity that encompasses the diverse ethnic, linguistic, and cultural groups within the Philippines. It signifies the unity of the people despite their differences and highlights the shared history and experiences that bind them together. The term "Filipino" is a symbol of national pride and resilience, embodying the collective spirit of the nation.

Pilipino Identity

"Pilipino," on the other hand, is more closely associated with the Tagalog-speaking population and the cultural heritage of the Tagalog region. It emphasizes the linguistic and cultural contributions of the Tagalog people to the national identity. While "Pilipino" is less commonly used today, it remains an important part of the historical and cultural landscape of the Philippines.

In contemporary usage,

"Filipino" is the preferred term for both the national language and the people of the Philippines. It is widely accepted and recognized in official documents, educational materials, and everyday communication. "Pilipino" is largely considered an archaic term, though it may still be used in certain contexts to refer to the Tagalog-based language or to evoke a sense of historical or regional identity.

Understanding the difference between "Filipino" and "Pilipino" requires an appreciation of the historical, linguistic, and cultural nuances that have shaped these terms over time. While "Filipino" has become the standard term for the national language and identity, "Pilipino" retains its significance as a marker of the Tagalog heritage and the evolution of the Filipino identity. Together, these terms reflect the rich and dynamic history of the Philippines and the enduring spirit of its people. ■

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Transcript of Trudeau's response to U.S. tariffs...

(Continued from page 5)

from Canada.

But hearing concerns from both Canadians and Americans, including the American president himself, we're taking action. We launched a \$1.3 billion border plan that is already showing results, because we, too, are devastated by the scourge that is fentanyl, a drug that has torn apart communities and caused so much pain and torment for countless families across Canada, just like in the United States.

A drug that we too want to see wiped from the face of this earth. A drug whose traffickers must be punished as neighbours,

we must work collaboratively to fix this.

Unfortunately, the actions taken today by the White House split us apart instead of bringing us together.

Tonight, I am announcing Canada will be responding to the U.S. trade action with 25 per cent tariffs against a \$155 billion worth of American goods. This will include immediate tariffs on \$30 billion worth of goods as of Tuesday, followed by further tariffs on \$125 billion worth of American products in 21 days time to allow Canadian companies and supply chains to seek to find alternatives.

[IN FRENCH]

Like the American tariffs, our response will also be far reaching and include everyday items such as American beer, wine and

bourbon, fruits and fruit juices, including orange juice, along with vegetables, perfume, clothing and shoes.

It'll include major consumer products like household appliances, furniture and sports equipment, and materials like lumber and plastics, along with much, much more.

And as part of our response, we are considering with the provinces and territories, several non-tariff measures, including some relating to critical minerals, energy procurement and other partnerships.

We will stand strong for Canada. We will stand strong to ensure our countries continue to be the best neighbours in the world.

With all that said, I also want to speak directly to

Canadians in this moment.

I'm sure many of you are anxious, but I want you to know we are all in this together. The Canadian government, Canadian businesses, Canadian organized labour, Canadian civil society, Canada's premiers, and tens of millions of Canadians from coast to coast to coast are aligned and united.

This is Team Canada at its best.

[IN FRENCH]

And now is also the time to choose Canada.

[IN FRENCH]

It might mean doing all of these things or finding your own way to stand up for Canada. In this moment, we must pull together because we love this country. We pride ourselves on braving the cold during the long win-

ter months. We don't like to beat our chests, but we're always out there waving the maple leaf loudly and proudly to celebrate an Olympic gold medal.

[IN FRENCH]

Canada is home to bountiful resources, breathtaking beauty, and a proud people who've come from every corner of the globe to forge a nation with a unique identity worth embracing and celebrating. We don't pretend to be perfect, but Canada is the best country on earth.

There's nowhere else that I, in our 41 million strong family, would rather be.

And we will get through this challenge just as we've done countless times before together.

Thank you. Merci. Vive le Canada! ■

COMMUNITY



Teamwork in Action! MPP Candidate for York Centre Sam Nestico and the incredible campaign team are hitting the ground running for a stronger community. Let's make it happen!



Manny Gutierrez of Dignity Memorial (2nd from left) joins the Filipino community supporters in celebrating PC candidate Michelle Cooper's Campaign Office Opening and Super Canvass at Lawrence Plaza

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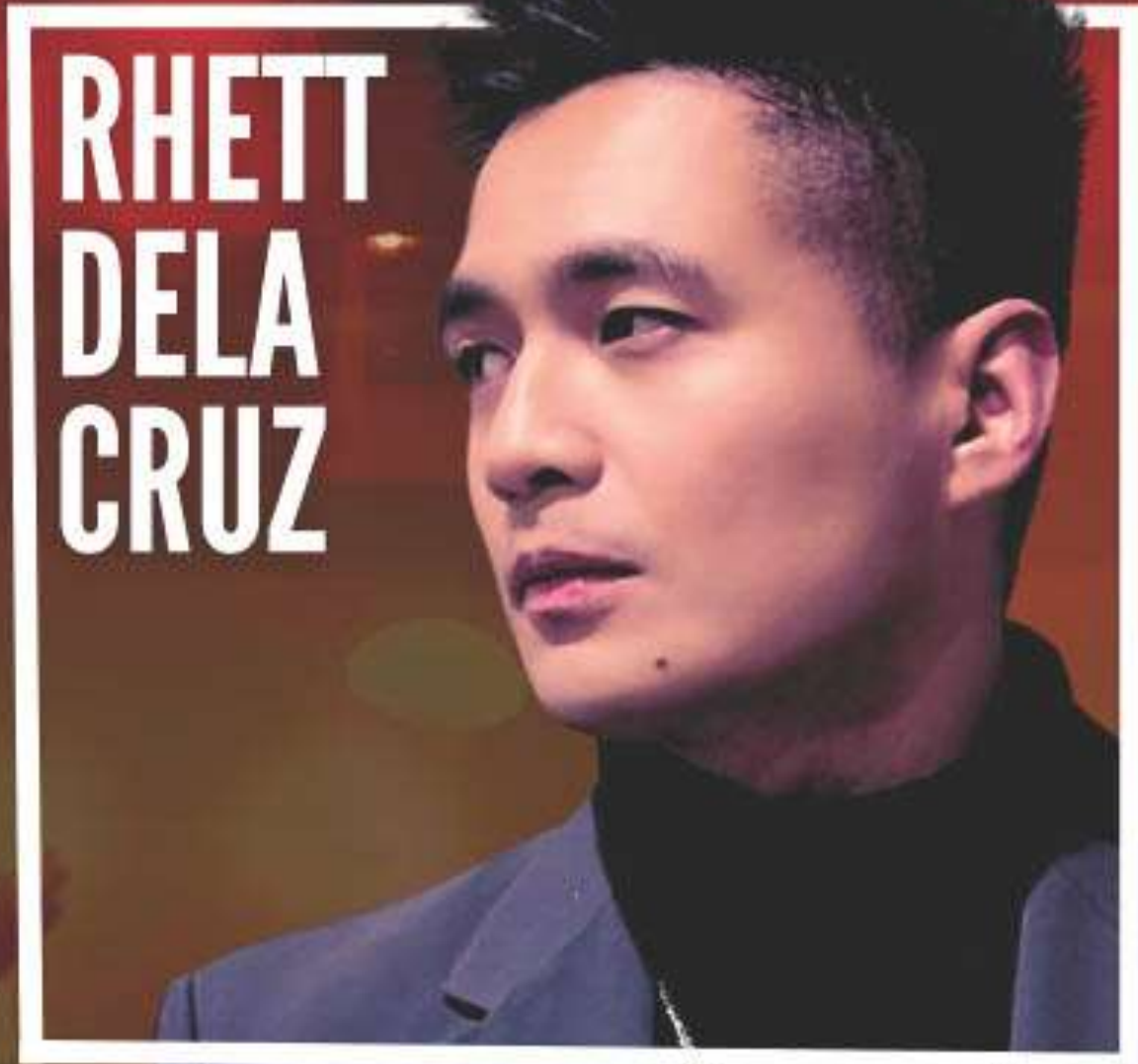
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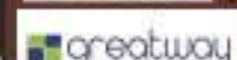
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A Milestone in Philippine Music History

The 50th Anniversary of Hotdog Band's "Unang Kagat" Record Album

The first will always hold a special place, etched in memory as the one that started it all and set the stage for everything that followed.

In the early days of January 1975, Filipinos took the first bite of Hotdog, the band. Though the group came out with its first single in late 1974 with "Ikaw Ang Miss Universe ng Buhay Ko", it was their first long playing album (LP) titled, "Unang Kagat," that started a music revolution.

In the annals of Philippine music history, few albums have achieved the legendary status of Hotdog Band's "Unang Kagat" (First Bite).

As we celebrate the 50th anniversary of this iconic album, it is a moment to reflect on its profound impact and enduring legacy.

"Unang Kagat" marked a revolutionary moment in the Filipino music scene. At a time when Western music dominated the airwaves, the original members of Hotdog Band (brothers Rene and Dennis Garcia, Lorrie Ilustre, Mon Torralba, Jess Garcia and Ella Del Rosario) dared to create something distinctly local, blending Filipino sensibilities with pop-rock influences. This unique sound came to be known as the Manila Sound, a genre that would define an era and inspire countless artists.

The album featured a collection of tracks that resonated deeply with audiences. Songs like "Pers Lab," "Ikaw ang Miss Universe ng Buhay Ko." And "Bitin Sa Yo" became anthems of youth and romance, cap-

turing the spirit of the times with catchy melodies and heartfelt lyrics written in colloquial language.

Pers Lab (First Love)

In the rich tapestry of Original Pinoy Music (OPM), few songs stand out as vividly as *Pers Lab* by Hotdog. Released during the 1970s, when the *Manila Sound* was at its peak, this iconic track perfectly captured the essence of youthful infatuation. Its playful melody, relatable lyrics, and unmistakable Filipino vibe made it an enduring anthem of teenage love.

The title *Pers Lab* is a playful colloquial twist on the phrase "First Love," reflecting the whimsical and candid nature of Filipino youth. Composed by Ramon Torralba with lyrics contributed by the late Dennis Garcia, the song is a heartfelt ode to the innocence and excitement of falling in love for the first time.

Hotdog, known for its unique blend of catchy rhythms, Tagalog and Taglish lyrics, and clever storytelling, infused *Pers Lab* with the same formula that had made them pioneers of the *Manila Sound*. The result was a song that resonated with Filipinos of all ages, bringing youthful experiences in a language and style that felt authentic and personal.

The lyrics of *Pers Lab* are simple yet evocative, telling the story of a



Mon Torralba

MUSIC STAND



young person hopelessly smitten with their first crush. The use of *Taglish* (short for Tagalog-English) makes the song approachable and modern, a language that mirrors the natural conversations of the youth during that time.

The upbeat tempo and singable melody ensured its popularity in school events, jeepney rides, and house parties, where the song became a favorite for sing-alongs. Its lighthearted charm made it a comforting soundtrack for those navigating the awkward yet magical journey of first love.

Beyond its catchy tune, *Pers Lab* cemented Hotdog's legacy as the architects of a uniquely Filipino sound. It was a time when local artists were overshadowed by Western music, yet Hotdog dared to create songs that spoke directly to Filipino hearts.

The track also became a cultural

marker, evoking memories of a simpler era. For many, it's a nostalgic trip back to the 1970s—a time of bell-bottoms, jukeboxes, and romantic serenades. Its enduring appeal has led to numerous covers by contemporary artists, keeping the song alive for new generations to enjoy.

Decades after its release, *Pers Lab* remains a beloved classic. Its charm lies in its universality: the emotions it captures—puppy love, unspoken feelings, and the sweet naivety of youth—are timeless. Over the years, the song continues to bring smiles and memories to anyone who hears it.

In the pantheon of Filipino music, *Pers Lab* is more than just a song; it's a cultural touchstone, a reminder of the beauty of first love, and a testament to Hotdog's unparalleled contribution to the Philippine music industry ■

Pinoys listen to music 126 minutes a day, longest globally

Paul Icamina,
The Philippine Star

MANILA, Philippines — Filipinos not only spend the most time on the internet and on social media, they listen to music the longest anywhere on the planet.

The time spent by Filipinos listening to music, at an average of 126 minutes or a little over two hours a day, is the longest in the world, according to a study conducted by the National Research Council of the Philippines (NRCP).

"Music is more than a means of entertainment – it is the people's way to communicate feelings, resonate their stories and build on their emotions," says Dr. Maria Alexan-



The time spent by Filipinos listening to music, at an average of 126 minutes or a little over two hours a day, is the longest in the world.

dra Chua, a professor at the University of Sto. Tomas Conservatory of Music who leads NRCP's Musika Pilipinas project.

And yet, as important as music is in these islands, more than half of Filipinos in the industry earn less than P20,000 a month, the NRCP study found.

The meager earnings are a little over the minimum wage in Metro Manila, says Chua, who is also with the UST Research Center for Culture, Arts and the Humanities.

This is reflected in the small share of music in creative revenues.

The gross value added of the coun-

(Continued on page 15)

HEALTH AND LIFESTYLE

Rising Influenza Cases: Prevention and Protection Tips

How to Shield Yourself and Your Loved Ones During Flu Season

The Public Health Agency of Canada (PHAC) has reported an increase in influenza cases in recent weeks. As of February 1, 21.2% of tests have returned positive for influenza, compared to 16.91% the previous week. As flu season brings its annual challenge, it is crucial to understand the best practices for preventing the spread of the virus and managing symptoms effectively.

Understanding Influenza and Its Symptoms

Influenza, commonly known as the flu, is a contagious respiratory illness caused by influenza viruses. It can lead to mild to severe illness, and at times, can result in death. Flu symptoms typically include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Some individuals may also experience vomiting and diarrhea, though this is more common in children than adults.

Managing Flu Symptoms at Home

For most individuals, flu symptoms can be managed at home with simple remedies. The Public Health Agency of Canada (PHAC) recommends the following methods to alleviate symptoms and promote recovery:

- Rest: Ensure plenty of rest to help your body fight off the infection.
- Hydration: Stay hydrated with fluids like water, herbal teas, and broths to prevent dehydration.



- Over-the-Counter Medication: Use over-the-counter medication to reduce fever and body aches. However, it is important to consult with a healthcare provider before giving any medication to children.
- Chest pain
- Confusion
- Persistent dizziness
- Severe dehydration
- High fever that won't go down

Most people recover from the flu within seven to ten days. However, in some cases, a healthcare provider may prescribe antiviral medication, especially if you have severe symptoms or are at higher risk for complications.

While most flu cases can be managed at home, certain symptoms warrant immediate medical attention. PHAC advises going to the emergency room if flu symptoms become severe. For adults, warning signs include:

- Difficulty breathing

For children, watch for the following signs:

- Fast or troubled breathing
- Bluish skin or lips
- Extreme drowsiness or irritability
- Fever with a rash
- Signs of dehydration, such as dry mouth and no urination for several hours

Babies under three months should be seen by a healthcare provider if they

have any fever, trouble feeding, difficulty breathing, or unusual sleepiness.

Preventing Influenza: The First Line of Defence

The most effective way to prevent influenza is through vaccination. Dr. Labos emphasizes that with cases on the rise, it is not too late to get the flu shot. Vaccination not only protects you but also helps to reduce the spread of the virus in the community.

- Besides getting vaccinated, there are several other measures you can take to protect yourself and others from the flu:
- Wearing a Mask: If you are going to be in a high-risk situation, such as public transport or crowded places, wearing a mask can help reduce

the risk of transmission.

- Hand Hygiene: Washing your hands frequently with soap and water is one of the best ways to prevent the spread of germs. Use alcohol-based hand sanitizer if soap and water are not available.
- Avoiding Close Contact: Try to avoid close contact with sick individuals. If you are sick, stay home to prevent spreading the virus to others.
- Covering Coughs and Sneezes: Always cover your mouth and nose with a tissue or your elbow when coughing or sneezing. Dispose of tissues properly and wash your hands immediately.
- Cleaning and Disinfecting: Regularly clean and disinfect frequently-touched surfaces, such as doorknobs, light switches, and counter-tops.

As influenza cases continue to rise, it is essential to stay vigilant and take proactive steps to protect yourself and your loved ones. By understanding the symptoms, managing them effectively, and taking preventive measures, we can collectively reduce the impact of the flu season. Remember, the flu shot remains the cornerstone of prevention, and it's never too late to get vaccinated. Stay safe, stay healthy, and let's work together to prevent the spread of influenza. ■

Pinoys listen to music 126 minute a day...

(Continued from page 14)

try's creative industry expanded from P1.61 trillion in 2022 to P1.72 trillion in 2023, according to the Philippine Statistics Authority. Music's contribution is only P18.1 billion or 8.8 percent of the creative total.

The NRCP Musika Pilipinas project is designed to remedy this, defining the scope of the music ecosystem from publishing, recording and live music to the industry value chain. It will identify and assess market capital of music goods, particularly in the pivotal transformation

to digital platforms, and determine growth prospects.

The NRCP study covered 700 industry players, and data was gathered from focus group discussions with artists, music company executives and organizations.

The study found that 61.1 percent of Filipinos involved in music creation, production, distribution and consumption were college degree holders; majority of them were freelance artists.

Most of the respondents said that to support their living expenses, they earned income not related to the music industry.

"Local artists would always have to go through what we normally identify as sariling sikap, that is, without any

government intervention and support in music training, marketing and promotion," says Chua.

Despite having the Philippine Creative Industries Development Act which promotes the development of Philippine creative industries, music is not a stand-alone sector in the creative industries council.

The music industry is subsumed under performing arts and audiovisuals, says Chua, who graduated at UST, magna cum laude, with a major in Piano.

There are problems of representation for music industry members in policy discussions, as well as in identifying music's economic contribution as an important

part of the Philippine creative economy, she points out.

A music coordinating council responsible for handling the dynamics, concerns, development and challenges faced by the industry is about time, recommends the NRCP study.

A centralized music coordinating council will handle the dynamics, concerns, strategic development plan and challenges faced by the industry, Chua says.

"The lack of effective protection of intellectual property rights of local artists is another crucial issue that needs to be addressed," she says.

"The Philippine music industry should be understood as

individuals, groups, institutions, companies and stakeholders who engage in the entire process of the creation, production, distribution and consumption of music within the Philippines," Chua explains.

"To put it simply, they are creating, producing, reproducing, distributing or consuming music within the Philippines or producing music while representing the Philippines and from whose activities the Philippine economy benefits, including overseas Filipino musicians who send remittances," Chua says.

NRCP, founded in 1933, is the oldest research council in Asia. ■

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Pope Francis to U.S. bishops amid mass deportations: Dignity of migrants comes first



By Hannah Brockhaus

Pope Francis addressed the bishops of the United States on Tuesday about the country's ongoing mass deportation of unauthorized immigrants, urging Catholics to consider the justness of laws and policies in light of the dignity and rights of people.

In a letter published Feb. 11, the pope — while supporting a nation's right to defend itself from people who have committed violent or serious crimes — said a "rightly formed conscience" would disagree with associating the illegal status of some migrants with criminality.

"The act of deporting people who in many cases have left their own land for reasons of extreme poverty, insecurity, exploitation, persecution,

or serious deterioration of the environment damages the dignity of many men and women, and of entire families, and places them in a state of particular vulnerability and defenselessness," he said.

"All the Christian faithful and people of goodwill," the pontiff continued, "are called upon to consider the legitimacy of norms and public policies in the light of the dignity of the person and his or her fundamental rights, not vice versa."

'Respectful of the dignity of all'

Pope Francis penned the letter to U.S. bishops amid changes to U.S. immigration policy under President Donald Trump's administration, including the increased de-

portation of migrants, which numerous bishops have criticized.

The pope's letter recognized the "valuable efforts" of the U.S. bishops in their work with migrants and refugees and invoked God's reward for their "protection and defense of those who are considered less valuable, less important, or less human!"

Asking Our Lady of Guadalupe to protect all those living in fear or pain due to immigration and deportation, he prayed for a society that is more "fraternal, inclusive, and respectful of the dignity of all" and exhorted Catholics and other people of goodwill "not to give in to narratives that discriminate against and cause unnecessary suffering to our migrant and refugee brothers and sisters."

Francis emphasized that immigration laws and policies should be subordinated to the dignified treatment of people, especially the most vulnerable.

"This is not a minor issue: An authentic rule of law is verified precisely in the dignified treatment that all people deserve, especially the poorest and most marginalized," he underlined. "The true common good is promoted when society and government, with creativity and strict respect for the rights of all — as I have affirmed on numerous occa-

sions — welcomes, protects, promotes, and integrates the most fragile, unprotected, and vulnerable."

He said the just treatment of immigrants does not impede the development of policies to regulate orderly and legal migration, but "what is built on the basis of force and not on the truth about the equal dignity of every human being begins badly and will end badly."

The 'ordo amoris'

In his letter, Pope Francis also weighed in on the Catholic concept of "ordo amoris" — "rightly ordered love" — which was recently invoked by Vice President JD Vance in the ongoing debate over immigration policy.

"Christian love," the pope wrote, "is not a concentric expansion of interests that little by little extend to other persons and groups. In other words: The human person is not a mere individual, relatively expansive, with some philanthropic feelings!"

"The human person is a subject with dignity who, through the constitutive relationship with all, especially with the poorest, can gradually mature in his identity and vocation," he continued.

"The true ordo amoris that must be promoted," the pontiff wrote, "is that which we discover by meditating constantly on the parable of the 'good Samaritan,' that is, by

meditating on the love that builds a fraternity open to all, without exception."

Jesus the refugee

"The Son of God, in becoming man, also chose to live the drama of immigration," the pope wrote.

Francis pointed out the social doctrine of the Church, that even Jesus Christ experienced the difficulty of leaving his own land because of a risk to his life and of taking refuge in a foreign society and culture.

Calling it the "Magna Carta" of the Church's thinking on migration, Francis cited a passage from Pope Pius XII's apostolic constitution on the care of migrants, *Exsul Familia Nazarethana*, which says: "The family of Nazareth in exile, Jesus, Mary, and Joseph, emigrants in Egypt and refugees there to escape the wrath of an ungodly king, are the model, the example, and the consolation of emigrants and pilgrims of every age and country, of all refugees of every condition who, beset by persecution or necessity, are forced to leave their homeland, beloved family, and dear friends for foreign lands."

"Likewise," Pope Francis commented, "Jesus Christ, loving everyone with a universal love, educates us in the permanent recognition of the dignity of every human being, without exception." - Catholic News Agency

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ENTERTAINMENT

Marvin & Jolina's Epic Rom-Com Comeback After 26 Years!

Ex Ex Lovers Hits Theaters in the US & Canada on February 21!

San Francisco, CA, February 7, 2025, Calling all '90s kids and MarJo fans abroad! The ultimate kilig-filled reunion of Marvin Agustin and Jolina Magdangal is finally coming to theaters near you. *Ex Ex Lovers*, a heartwarming romantic comedy from Project 8 Projects, is set to premiere in the US and Canada on February 21, 2024.

A Love Rekindled?

Filmed partially in breathtaking Malta, *Ex Ex Lovers* explores whether past love can find a second chance. The story follows Joy (Magdangal), who is asked by her daughter SC (Loisa Andalio) to bring her estranged father Ced (Agustin) home from Europe for her wedding. As Joy travels to Malta, old wounds resurface, but so do old feelings. Amid the family drama, romance, and comedic twists, Joy finds herself reconnecting with Ced—while also scheming against her daughter's wedding!

For the Fans, Across Generations

MarJo's comeback is a nostalgic treat for longtime fans while also offering fresh romance through the



chemistry of Loisa Andalio and JK Labajo, in this heart-tugging story. Director JP Habac (*I'm Drunk, I Love You*) brings his signature touch to the film, ensuring a heartfelt experience perfect for the Valentine's season.

Initially planned for streaming, *Ex Ex Lovers* made its way to cinemas after Marvin, Jolina, and the producers felt that their much-awaited



reunion deserved the big-screen experience. "It's a once-in-a-lifetime moment for us, and we want to share it with our audience in the best way possible," the production team, led by Antoinette Jadaone, shares.

As the exclusive distributor of *Ex Ex Lovers* in North America, ABS-CBN Global continues its mission of bringing high-quality Filipino films

to audiences worldwide. By making this much-anticipated rom-com available in US and Canadian theaters, ABS-CBN Global reaffirms its commitment to promoting Filipino stories and artists on the international stage, ensuring that Filipinos abroad can stay connected to the homegrown entertainment they love.

Catch *Ex Ex Lovers* in Theaters Near You!

Filipino audiences abroad rarely get the chance to witness homegrown romantic comedies in cinemas, making this release even more special. Marvin and Jolina promise to deliver a story filled with laughter, love, and the heartwarming essence of Filipino values.

Experience the magic of *Ex Ex Lovers* in theaters across the US and Canada starting February 21, 2024, brought to you by Project 8 Projects and Cornerstone Entertainment.

Follow TFC Kapamilya on social media and visit myTFC.com for a list of theaters. ■

'It's difficult to confront pain': Ely Buendia opens up about Eraserheads' past in documentary



Ganiel Krishnan, ABS-CBN News

The legendary Filipino rock band Eraserheads is set to bring their much-awaited documentary, "Eraserheads: Combo on the Run," to cinemas nationwide from March 21 to 23.

The film, directed by Diane Ventura, offers an intimate look into the band's journey — its rise, struggles, and legacy.

For frontman Ely Buendia, revisiting the past was both eye-opening and therapeutic.

"Well, it is difficult to confront pain, and most of the memories the band

had were associated with struggles," he admitted. "Not that we don't think about the joyful experiences, which we also appreciate, but I think it's the pain that hasn't been expressed and confronted that made it hard for the band to kind of gel in the end."

Despite the challenges, he hopes the documentary allows them to express themselves fully and be more honest about their journey. "Hopefully, it shines through the movie," he added.

Buendia assured fans that the documentary isn't just about hardships — it's a celebration of the band's

music and creative process.

"Fans will enjoy the nostalgia of seeing the history of the band from the beginning. They will have a better understanding of how our music works and how our different personalities collaborated," he explained.

He also found the filmmaking experience rewarding. "I wouldn't say it was difficult because I was just sitting down and talking. I would describe it as an eye-opener — it was very therapeutic, and I came to respect the filmmaking process even more, especially since I have a passion for film. All in all, it was pretty enjoyable naman."

Reflecting on the band's past, Buendia noted how they have changed over the years.

"We were very guarded before. We were notorious for deflecting questions and not taking things seriously, but that was our defense mechanism," he shared. "With age, there comes a time where you have to be honest and sincere."

Despite the passage of time, Eraserheads' music remains timeless. Buendia attributes this to their songwriting style.

"We've always tried to write music that is timeless, not just topical. We have themes that are relatable for

whatever era or age, so I'm not that surprised that people still enjoy our music," he said.

Director Diane Ventura hopes the audience will gain a deeper understanding of the band's journey.

"I hope that when people see this film, they learn the same things I did while making it," she shared. "It's a film about growth and redemption. It highlights the importance of communication and vulnerability. This is a version of the Eraserheads like you've never seen before — raw and honest. And that kind of honesty is vital to relationships and connections."

Apart from the limited three-day screening, Eraserheads is set to give fans a special surprise performance during the theatrical release.

Lucky cinema-goers will get the rare chance to witness the band perform live — a treat for those who have followed their journey from the start. The band will visit an unsuspecting cinema and perform during the weekend run.

With "Eraserheads: Combo on the Run," the iconic band is set to take audiences on an emotional, nostalgic, and revealing ride — one that brings closure to the past while celebrating the legacy of their music. ■

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