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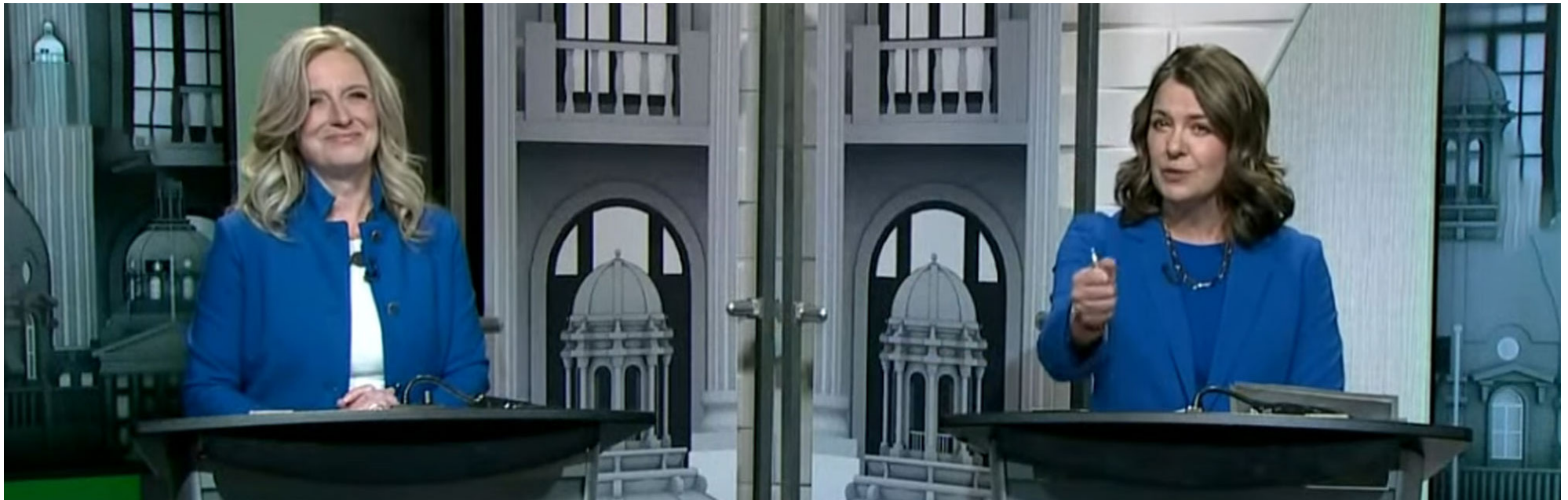
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ALBERTA ELECTION FEVER HEATS UP

Smith ... Notley Who will be Alberta's next Premier?

By Michael Juarez



With the writ dropped on May 1st 2023 Albertans were subjected to the campaigns of the front-runner parties – Alberta's New Democratic Party (NDP) and the United Conservative Party (UCP). the month of May until the voting stations close on May 29th both parties have been neck and neck throughout this campaign period with Calgary becoming the battleground. Calgary, a city that historically has been majority conservative this election will be the turning point of the province with inflations set at all-time highs throughout the country. Some feel that the future of their livelihoods and their children may be determined by the leader that secures and forms government after May 29, 2023.

When the NDP secured a historical majority government back in 2015, it showed a province that wanted a change. However, when the UCP formed their party by combining the two conservative parties of Alberta in July of 2017 they had a landslide victory for the conservatives in the 2019 provincial elections. This election saw the NDP get booted after forming the government just four years prior. But now in its first term at forming a government the UCP had to deal with one of the most profound and unexpected events in Modern Civilization with the world stopping due to the pandemic caused by Covid-19. The pandemic created a lot of division among Albertans, there was not a one-way blanket solution to deal with the rising concerns of Albertans throughout the province. Some feel this caused the UCP party and its memberships to call for a special ballot which saw it's leader at that time, Jason Kenny, only win a mere 51% of party support as the leader. This resulted in Kenny stepping down and the party calling for a leadership race just months away from a provincial general election. To replace Kenny is the UCP's current party leader, Danielle Smith. Since becoming elected as the leader of the UCP Party and forming her own cabinet there have been a lot of concerns with the current leader of the UCP as a lot of them only knew her from her time as a Radio host and the leader of the Wild Rose party. But since then she has done a lot of work connecting with people in rural and urban communities across Alberta. While the NDP has focused on smear campaigns across social media platforms regarding the most significant issue this election on Health Care. UCP on the other hand continues to drive home tax cuts, job creation and a better plan towards sustainable and reliable energy production.

The recent provincial election debate that happened on May 18, 2023 may have helped return the confidence of conservative supporters who were on the fence about Danielle Smith. The debate highlighted and showed that both party leaders have different visions and ideas for the Province moving forward while still focusing on many key issues that Albertans are concerned with coming into election day on May 29, 2023. There is something that both party leaders both agreed on and said on live television is that should any of their parties win enough seats in this election that no Albertan will have to pay to see a family doctor. Furthermore, with the recent announcement of Calgary's New arena deal and provincial funding hinging on the results of this provincial election just days prior to the writ being released and the start of the campaigning for both parties. Would all of that be enough to entice voters in Calgary to see the much-needed arena come to fruition?

As of writing this article it still seems to be a close election for Alberta and the result may come down to voter participation and voter turnout as Calgary has been pegged as the battleground for this 2023 Provincial Election. The questions remain: have both parties done enough to secure their lead in this election? Based on past experiences since both parties have recently formed government the NDP in 2015-2019 and the UCP in 2019-present have both parties done enough in the past to help them form government again after May 29?

"If elected the UCP will continue to make life more affordable by cutting your personal income taxes and extending the fuel tax holiday we'll crack down on criminals with more officers on the ground and ankle bracelet monitoring of violent offenders out on bail and we will continue to invest on healthcare and mental health addiction treatment while ensuring now Albertan ever has to pay out of pocket to see a family doctor!" -Danielle Smith (UCP Leader).

"I want to talk about a better future for Alberta where we fix healthcare, lower household costs, and create jobs, I will work everyday to be the premier you deserve creating jobs and diversifying for the future, I won't raise your taxes, I will cap your bills!" - Rachel Notley (NDP Leader).

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HIRAYA



In Celebration of Philippine Heritage Month, 5 Episodes on Filipino Canadian Artists in Calgary to be Screened.

Artists in Calgary to be Screened [CALGARY, AB] - Five short episodes about Filipino Canadian artists will have an early screening on June 4, 2023 at Globe Cinema in Downtown Calgary in celebration of the Philippine Heritage Month.

Hiraya a Docuseries on Filipino Canadian Artists in Calgary

Hiraya is a documentary series about Filipino Canadian artists' dreams, hopes and aspirations in Calgary. Featuring stories of their art, struggles and triumphs as immigrants on their journeys in finding the fruits of their dreams.

The series chronicles the art and lives of Harvey (multi-disciplinary artist), Nina (musician/singer), Lionel (photographer), Gladzy (visual artist/musician) and Maliyah (fashion designer).

Produced, written and co-directed by Paolo Oliveros and filmed and edited and co-directed by Jomarie Anza. The pair was inspired by the unique stories of the artists. Their collaboration was brought by their passion for shedding

light on Filipino Canadian artists. Hiraya was produced with the support of TELUS STORYHIVE.

“These artists represent our community and our culture. They all have unique and interesting stories that need to be told,” Oliveros shared. “Like Harvey, who was literally saved by art off the streets. Despite living with cerebral palsy, Lionel has shown the beauty of humans and places through his lenses. Nina, a very talented singer and musician used her talents to give back to her community and share the power of music. Gladzy uses her art to bring her community together and educate everyone with her art. Maliyah through her art and fashion to overcome a dark past and empowers herself and the 2SLGBTQIA+ community.”

The series also hopes to inspire aspiring artists to follow their dreams. An original song was written and sung by Niña Arny as the soundtrack of the series. A music video will also be released.

“Art is such a powerful tool in ensuring diversity and multiculturalism in our society. It can be used to bind us together or divide us. And these talented young artists decided to use their art to benefit communities.” Oliveros added.



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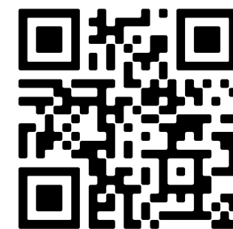
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THE UCFSA SPRING FORMAL

Story by Ayra Bukhari, VP External

Photos by Jean Añonuevo



On May 3rd, 2023, the University of Calgary's Filipino Students' Association hosted their first ever Spring Formal. The UCFSA prides itself in bridging not only the university Filipino community seen in Calgary as a whole. They value recognizing the importance of connecting with their Filipino roots, as just like their club motto, "Ang hindi marunong lumingon sa pinanggalingan ay hindi makararating sa paroroonan". It was a memorable night that celebrated the club's 30th anniversary, recognizing the past, the present and the future of the club. The program consisted of authentic Filipino food, dancing and lots of laughter.



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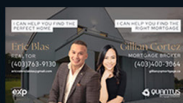
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SCALING NEW HEIGHTS: WILL GADD'S INSPIRATIONAL TALK SPARKS CULTURE OF SAFETY AND ADVENTURE

Story Ivan Josef Gonzales

K8 MOUNTAINEERING CLUB OF ALBERTA

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(From Left) Jayjay Dales, Ivan Gonzales, Cyrene Astoveza, Jang Baguio, Dan Pelayo, Roweneil Ramos, Leonard Maglalang, Manuel Rizare, Riden Aguilar, Wilmarc Roxas, Eric Ortega, Will Gadd, Alvin Saco, Levi Ramos, Lem Delim, Angelito De Jesus, Marlon Quiambao, Ray Tejana, Mike Pangilinan, Aiden Andoy, Adrian Andoy, Ronna Diaz, JR Barrios, Gary Tubice, Allen Alabat, And Christine Abit.

Calgary, Alberta - Last Saturday, the K8 Mountaineering Club of Alberta had the honour of hosting the world-renowned adventurer and speaker, Will Gadd, for an unforgettable evening of inspiration and motivation. The event held at Sheraton Cavalier Calgary Hotel drew a diverse audience of outdoor enthusiasts and mountaineers who were eager to hear from the legendary athlete and learn from his wealth of adventure-fueled experiences.

As Will Gadd took on the stage, there was definitely an undeniable air of excitement, as if everyone was about to witness a TED Talk event unfold before their eyes.

With his charismatic and engaging speaking style, Gadd effortlessly connected with the audience, using vivid storytelling to transport them to the most breathtaking peaks and treacherous terrains around the globe. His ability to blend humor, frankness and deep wisdom created an atmosphere of inspiration.

The audience was moved by his vulnerability and willingness to share both triumphs and failures, realizing that even the most experienced mountaineers face moments of uncertainty and doubt.

During his captivating talk, Will Gadd delved into several crucial safety topics, but three key points stood out and resonated deeply with the writer: 'the power of negative thinking,' 'it only takes one person to call it a day,' and his humorous 'life-long risk management system.'

One of the concepts that Gadd emphasized that can save your life when trying out a new mountain activity was a thought-provoking topic on the 'Positive Power of Negativity.' Drawing from his vast experience as an athlete and explorer, Gadd believed that focusing exclusively on the mantra of "think positively and the universe will reward you" might be useful when going out on a first date and low-consequence situations, but it is useless, and most likely, lethal in the mountains.

During mountaineering activities, understanding risks and preparing for the worst-case scenarios are paramount, says Gadd. By acknowledging potential dangers and learning proper safety protocols, climbers can significantly enhance their ability to navigate challenging situations and ensure their well-being. This mindset of

Continued at page 17



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anticipating and preparing for the negative outcomes serves as a crucial foundation for successful and safe adventures.

During his presentation, Will Gadd also shared a profound message, “It only takes one person to call it a day.” This simple yet powerful statement encapsulated the essence of acknowledging responsible decision-making in the face of potential risks. He suggests a flat group with no hierarchy, meaning that everyone can contribute in the decision-making.

Gadd emphasized the significance of recognizing a single individual’s judgment within a group as equally important as that of the collective’s goal. He emphasized that regardless of the group’s size or external pressures, it ultimately comes down to the personal responsibility of one person to assess the situation and make the call to pause or abandon the endeavor if necessary.

Gadd emphasized that recognizing warning signs, listening to intuition, and respecting one’s limits are essential components of a safety-first mindset. He encouraged the audience to embrace the idea that prioritizing personal safety and well-being is never a sign of weakness or failure but rather a testament to wisdom and self-preservation.

The last concept that Gadd shared was a humorous and relatable anecdote about his three-tier hazard recognition system which he uses to teach his daughters about risk recognition and mitigation. With a touch of wit, he explained how he guides them through different levels of potential dangers and asks his daughters how they can fix it.

The first tier, as Will described it, is the realm of “bumps and bruises.” These are the everyday risks that might result in minor injuries, but nothing too serious.

Moving up to the second tier, he mentioned the concept of “hospital terrain.” This level involves scenarios where the risks are more significant, such as encountering drop-offs during mountain excursions. To illustrate the point, Will might ask his daughters what would happen if they were to fall off a Lake Louise trail and down the drop off. Their response? “All right, Dad, definitely we’re in the ‘hospital terrain’ now.” It’s a humorous way to convey the idea that the risks have escalated and that they need to exercise caution.

Lastly, Will introduced the third tier, which he cheekily referred to as the “death zone.” This level represents the highest level of risk, akin to a busy intersection with fast-moving cars in downtown Calgary. To drive the point home, he playfully asked his daughters what would happen if they were to run into the street without looking. Their response, without missing a beat, was, “Death, and we need to make sure to look left and right.”



In essence, Gadd’s three-tier hazard recognition system serves as a tool for self-reflection and risk assessment. It encourages individuals to recognize their own limitations, engage with the environment responsibly, and proactively address potential hazards. By understanding oneself, identifying strengths and weaknesses, and navigating risks with a mindful approach, individuals gain the freedom to embrace new experiences while ensuring their own well-being.

The event also provided a platform for the attendees to participate in a lively Q&A session with Gadd. The audience eagerly posed thought-provoking questions, seeking advice on various mountaineering topics, personal and familial challenges, and Gadd’s own experiences as an adventurer. Gadd was thoughtful and candid with his responses, and he made it clear that he didn’t have all the answers. Instead, he encouraged a collaborative atmosphere where participants could share their own experiences and insights, fostering a sense of palpable camaraderie amongst the audience of mountaineers and outdoor enthusiasts.

As the event drew to a close, there was an air of anticipation as the K8 organizers prepared to honour Will Gadd for his exceptional contribution to the evening. With a sense of admiration and gratitude, the officers took the stage, carrying a beautifully crafted plaque and a collection of memorabilia symbolizing the significance of the event.

One by one, the attendees approached Will, beaming with joy, as they posed for photographs and exchanged words of admiration. Additionally, Will graciously offered his autograph, adding a personal touch to the mementos of the evening. The crowd eagerly extended their memorabilia, whether it was a book, a poster, or even a cherished piece of gear, to be adorned with his signature.

The K8 Mountaineering Club of Alberta’s event with Will Gadd was a remarkable milestone. It united its members and other outdoor enthusiasts in empowering them to pursue their passions with knowledge, confidence, and a deep appreciation for the mountains. As the club continues its journey of exploration and growth, events like this will undoubtedly play a crucial role in shaping the future of mountaineering and outdoor adventure in our community.



Photos by Leonard Maglalang



Interested in joining the K8 Mountaineering Club of Alberta?
You can add or send a request on our Facebook Page at
K8 MOUNTAINEERING CLUB OF ALBERTA

Spoons of Spices

SINANTA NI CIRILO

A 2-Noodle Dish from Tuguegarao

By Malou Perez-Nievera



Sinanta is another favorite noodle dish in Tuguegarao. It is usually served during merienda (midday snack) or on special occasions such as birthdays and even padasal (communal novena prayer).

Ingredients: Yields 5-6 servings

- 1 pound neck bones (for richer broth)
- 1 pound pork, boiled and diced
- 1 pound chicken breast, boiled and diced
- 6 cups clams (tulya or mussels)
- 250 grams or one pack of Sotanghon (bean thread noodles)
- 250 grams or half a package of Miki or Flat Noodles
(I used extra wide flat egg noodles found in the pasta section)
- 4 tbsp annatto powder
- ½ cup Hibi (dried shrimp) soaked in water (I used fresh shrimp as my own adaption)
- 2 tbsp cooking oil
- 3 tbsp Patis (fish sauce)
- 1 tbsp chopped garlic
- 1 small onion, chopped
- 3 cloves garlic, minced
- 3 tbsp cooking oil
- 1 stalk of green onion, chopped (for garnishing)

Preparation:

Prepare the broth by boiling together neck bones, pork, and chicken in 10 cups water in a stockpot. (You should have 10 to 12 cups of broth including the clam broth). Remove the scum that settles on top of the stockpot.

Boil clams in 2 cups water in another smaller stockpot. Remove shells from clams. Add clam broth to your meat broth.

In a pan, sauté garlic and onion in cooking oil. Add the chicken, pork, clams and hibi (dried shrimp). Season with patis. Add the broth. Allow a few minutes to boil.

When it is rapidly boiling, add the sotanghon and miki. Serve immediately as the noodles absorb the soup quickly. Season with salt and pepper. Garnish with chopped green onion. Serve hot.



MALOU PEREZ-NIEVERA
 Author, *Connecting the Pots* (on AMAZON)
 YT Host, *STM Cooking with a Filipino Accent*
 Curator, STM events

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