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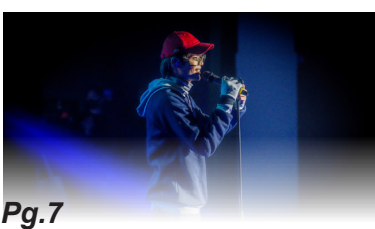
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20th EDITION VOLUME XVI



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BANDILA SA PARADA

Story by Kevin Jake

Photos by Al Gamilla and Jean Anonuevo



The Flag of the Philippines has been waved at the Calgary Stampede Main Parade once again. The Fiesta Filipino Contingent made a historical human flag formation at the parade. Led by Filipino leaders, influencers and celebrities, members of the community – all ages, all genders – wore blue, red, and white t-shirts and formed an image of the Philippine Flag while walking in the streets of Calgary Downtown.

With a very short time to prepare, the organizers of this participation have pulled off another successful event. From gathering the contingent to practicing the flag formation.

This year, they brought live music that made the spectators dance. YYC-PH Drumbeaters created such beautiful noise that echoed through the concrete jungle of Calgary Downtown. Each time the contingent of the Philippines was passing through, the crowd could not help it but dance to the beat they were making.

The contingent also showcased different indigenous tribes of the northern Philippines. This representation goes back to the roots of the Filipino people. They also showcased some Tagalog costumes that represent the time when the Spaniards colonized the country. And Finally the extravagant Festival costume that represents the current Christian and cultural practice of the Philippines where different harvest festivals are celebrated was exhibited.

Fiesta Filipino has been recognized as an official community partner of Calgary Stampede for a few years now and this is the 2nd year that our community has become a part of the Main Parade. This means that our community has created big contributions to the City of Calgary.

More photos on Page 4



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Photos by Al Gamilla and Jean Anonuevo

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ARTHUR NERY SERENADES CALGARY

Story by Kevin Jake

Photos by: Al Gamilla, John Gabriel and Jean Anonuevo



Filipino music has evolved so much in the last decade - from manila sound to the music of Millennials and Gen Zs. Bringing Arthur Nery to Calgary is such a good treat to the young Filipino community.

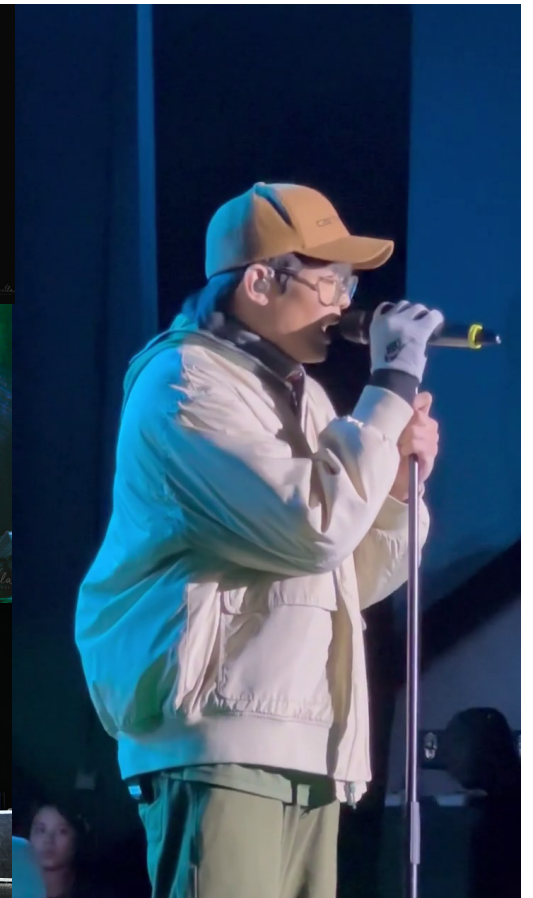
The concert started with front acts with local artists and Alex Diaz. They certainly warmed up the audience and the appearance of Alex Diaz immediately started the screaming of the ladies, including the LGBT fans.

Nery's music is one of a kind – the soothing and relaxing sound he makes gives such an eargasm. The artist also effortlessly showed off his vocal skills – from hitting falsettos (while being jostled by screaming fans to take photos) to going down low on the notes.

He performed his own music – Isa Lang, Higa, Binhi, Happy w u, Take All The Love, and more. And when he sang one of his most streamed songs on Spotify, Pagsamo, the Audience totally missed the cue to the infamous audience mash-up of this song with Marian Rivera's Itaas ang Kamay. Which is a total bummer. He also performed some of his famous covers – Yakap sa Dilim and How Deep Is Your Love.

All throughout the concert Arthur engaged with the audience and got off the stage (so much) to sing to the audience up close. And this obviously drove them crazy. This again is such a good treat to his fans.

Having a new generation singer-songwriter visit and perform was certainly a breath of fresh air for the City. Kudos to Great Solutions Entertainment and their supporters for this successful event. Calgary will for sure see more of these youthful events in the future.





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A community Rooted in Bayanihan

Story by Roxanne Singlot

Mount Royal University (MRU) student club that was officially ratified on May 30, 2022, with over 150 members and is also part of the Filipino Canadian Student Association (FILCASA).

According to the co-founders John Jerry (Jayjay) Solana (21), Keanna Cruz (20), and Sophia Bugayong (21), MRFSA was born out of the acknowledgment of the barriers Filipino/a/x- Canadian youth encounter and the need for a space to be recognized, belong and united. Keanna adds that as someone born and raised in Calgary, MRFSA is her way “to connect back to culture, to [her] roots, to feel united – [and] to bring joy in helping people.”

Jayjay states that the club seeks to create diversity and representation within MRU by addressing and bridging gaps brought on by differences (e.g., race and generation) through fostering connections and community. Similarly, Sophia adds that language barriers are one of the gaps they hope to close through this club.

Despite being new, MRFSA has gone a long way, and its excellent work has not gone unnoticed. In fact, at FILCASA’s 2023 Summit in Toronto, MRFSA was nominated in all eight categories and won the Breakout category—a testament to the club’s essential and exceptional work.

MRFSA conducts events and gatherings such as meet and greet, cultural mixers, and volunteering. These events allow its members to appreciate their culture, network and support each other relationally and academically. For Jayjay, Sophia, and Keanna, establishing MRFSA has been challenging but rewarding. During the club’s founding, all three were in their first year of nursing and working simultaneously while keeping up with their club responsibilities. Despite the difficulties, they all recognize that their journey has built resilience and nurtured personal growth. Additionally, leading the club taught them to work together despite having different visions, making them learn more about themselves.

These three promising youth leaders aspire for MRFSA to endure long. They hope the club remains a space and community for learning, joy, and friendships. Above all, they wish for the club to stay embedded in the spirit of Bayanihan.

To learn more about the club, please visit them on Instagram at mtroyalfsa.

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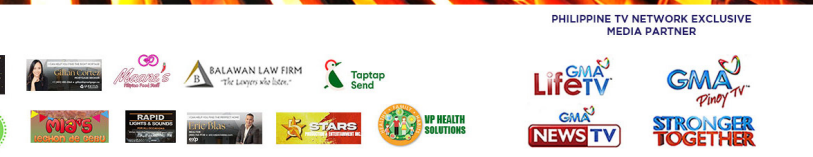
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SILENT SANCTUARY AND JEFF BOLIVAR OF SOAPDISH LIVE IN CALGARY

Story by Michael Juarez

Photos by Jean Anonuevo



The concert began with the talented musician Jeff Bolivar, who hails from the Filipino band Soap Dish. He performed with energy and liveliness, setting the perfect mood for the night's festivities. His music was so infectious that the audience couldn't help but sway and sing along. His rendition of "Tensionado" was particularly captivating, receiving an enthusiastic response from the crowd. Jeff Bolivar's dynamic and engaging performance set the tone for an unforgettable evening and was an excellent precursor to the upcoming acts.

The Silent Sanctuary concert was an unforgettable experience that left a lasting impression on me. From the moment they took the stage, their unique sound and captivating presence had the entire audience hooked. The venue was packed with eager fans, anticipating the band's classic hits and new songs from their latest album.

What made the concert truly special was the band's personal interaction with the audience. It felt like an intimate experience, and the energy in the room was electric. The crowd sang along to every song, creating an enchanting atmosphere that left me feeling inspired and elated.

One of the most memorable moments of the concert was when the band played their hit song, "Pasensya Ka Na." The entire audience sang along at the top of their lungs, creating an unforgettable moment.

This was a remarkable event, made possible by the collaborative efforts of PLL Maple Entertainment Productions and YY Entertainment Productions. The concert was an unforgettable experience. The attendees were treated to a night of exceptional music, lively energy, and an incredible atmosphere. Everyone was dancing and singing along to their favourite tunes. It was evident that PLL Maple Entertainment Productions and YY Entertainment Productions had put in a lot of hard work to make this event a success, and their efforts undoubtedly paid off. All in all, it was a

night to cherish, and I am eagerly looking forward to attending more events organized by these two companies in the future.

It's clear that Soapdish and Silent Sanctuary have a passionate and devoted fan base, and their music has touched the hearts of many Filipinos. The concert was a celebration of that connection, and I am eagerly awaiting what Silent Sanctuary will do next.

"Maraming maraming salamat sa support ng opm talaga dito sa Canada, mas Malaki ung gig nayon! At saka ung nag supporta noon and nayon maraming maraming salamat talaga sap ag suporta ng Silent Sancutuary! Thank you so much!" – Silent Sanctuary

"Thank you its my first time (performing in Calgary/Canada?) it was really overwhelming, naka luha!" – Jeff Bolivar, Soapdish

"(The music scene here in Calgary) Very nice kasi uniti unti bumabalik ulit mga events sa atin at sagana na ulit sa mga gigs and opportunities kaya napasaya sa inyo and its always a pleasure to perform sa mga kababayan natin!" – Richard Gomez





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AN INSIDER'S PERSPECTIVE: K8 MOUNTAINEERING CLUB OF ALBERTA SAFEGUARDS FIESTA FILIPINO'S VIBRANT PARADE AT CALGARY STAMPEDE.

Story Ivan Josef Gonzales



(From left) Raymond Silva, Eric Ortega, Levi Ramos, Cyrene Magpale, Leonard Maglalang, Ray Tejana, Riden Aguilar, Ivan Gonzales, Marlon Quiambao and Darell Silva

Calgary, AB - The Calgary Stampede Parade, widely known as the “Greatest Outdoor Show on Earth,” kicked off with a burst of energy and colours. As an insider in this year’s parade and proud member of the K8 Mountaineering Club of Alberta, I had the incredible opportunity to serve as a safety marshal for the Philippine Contingent led by the Fiesta Filipino Organization, experiencing firsthand the joy and pride of this remarkable celebration of Western heritage from a unique perspective.

It was a fun and memorable experience for the 10 members of K8, most of whom were participating in the parade as safety marshals for the first time. As early as five in the morning, we gathered and prepared our gears with meticulous attention to detail. Our bags were packed with essential supplies, such as several first aid kits, water bottles, candies and ice, ensuring that we were well-equipped to address any potential medical needs. Drawing from the lessons learned in the previous parades, we were determined to be fully prepared.

Prior to the start of the parade, the members of K8 performed a comprehensive briefing on the safety protocols and the chain of commands in the event of an incident. Clear communication and a thorough

understanding of our roles and responsibilities were paramount to ensuring the safety of all participants and their volunteers.

Upon the arrival on the parade holding ground, the air resonated with the festive beats of drums and resounding cheers of “Mabuhay” and “Hep Hep Hooray.” The vibrant traditional clothes, captivating folk dances, and the proud display of the Philippine flag filled the atmosphere with an infectious energy. As a Filipino immigrant, I felt an overwhelming sense of pride as we marched behind the Philippine flag, symbolizing our unity and heritage.

During the parade, an unexpected challenge arose when one of the drummers’ platform wheels gave way. However, the strength of the K8 Mountaineering Club was evident as we rallied together, ensuring that the parade continued without any interruption. Drawing on our collective strengths and resourcefulness, we swiftly came to the aid of our fellow participants, demonstrating the camaraderie and solidarity that define our club.

The parade provided us with valuable lessons and insights. It served as a reminder of the importance of adaptability and teamwork in the face of unexpected situations. We quickly identified potential

Continued at Page 17



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hazards and issues along the route, proactively working with the Fiesta Filipino volunteers to address them. Our commitment to safety and preparedness was unwavering as we strived to provide a seamless and secure parade experience for everyone.

As the parade concluded, a sense of fulfillment and gratitude filled our hearts. The experience of participating in the Calgary Stampede Parade as safety marshals for the Fiesta Filipino organization and the Philippine Contingent was truly rewarding. The opportunity to contribute to such a cherished community event, while showcasing our Filipino heritage, was a testament to the values of the K8 Mountaineering Club of Alberta.

The K8 Mountaineering Club of Alberta remains thankful for the privilege of participating in the Calgary Stampede Parade and supporting Fiesta Filipino. As an organization deeply rooted in community service, we are grateful for every opportunity to give back and make a positive impact. The parade served as a reminder of our shared values, strength of our bonds, and the power of collective efforts.



 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**



Photos by Leonard Maglalang

Spoons of Spices

PHILLY STEAK BENEDICT

By Allan Dela Cruz



Ingredients:

½ WAFFLE
5 OZ. PHILLY STEAK
1 PC. POTATO RUSSET (FOR HASHBROWN)
ASSORTED FRUITS
SALT AND PEPPER
2 POACHED EGGS
2 OZ HOLLANDAISE SAUCE

Waffle Ingredients:

3 LARGE EGGS
60 ML CORN OIL
275 PANCAKE FLOUR
250 ML EVAPORATED MILK

Philly Steak Ingredients:

5 OZ. SLICED BEEF
1 TBSP. ALFREDO SAUCE
10 GR. PARMESAN CHEESE
15 GR. WHITE ONION
20 GR. RED PEPPER
20 GR. SLICED MUSHROOMS
5 TSP OREGANO
SALT AND PEPPER

Procedure:

A. Philly Steak

1. Sauté thinly sliced onion, red pepper and mushrooms in canola oil over medium-low heat. You want to avoid browning the peppers and onions so if they do begin to brown, reduce the heat under the pan a bit. When they are nice and tender, transfer them to a large dish and set aside.
2. Add additional oil to the pan and then add the sliced beef to the hot pan. Season with Parmesan cheese, salt and pepper, oregano and Alfredo sauce. Cook and stir until browned and add the cooked vegetables and set aside

B. Hashbrown **for best quality prepare a day before

1. Peeled potato and cut them into cubes, half inch in size
2. Boiled them until soft. Drain them and put them in the freezer overnight.
3. Deep fried them from frozen. Season with salt, oregano and parsley.

C. Waffle

1. Separate egg yolk and egg white. Mix together the egg yolks, corn oil, evaporated milk and pancake flour in a large bowl. Using a wooden spoon, mix them until it is smooth with no large lumps.
2. Using a mixer, beat egg whites in full speed until stiff peaks.
3. Pour four ounces of batter in waffle iron and cook them for 4 minutes.

Assemble

1. Put half waffle in the plate and placed Philly steak on the top of the waffle. Top with two poached eggs and 2 ounces of hollandaise sauce. Garnish it with parsley and dust it with paprika.
2. Add a bowl of fruits and hashbrown. Served hot.



Allan Dela Cruz
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