

Biden holds trilateral meeting in response to China's provocations



U.S. President Joe Biden escorts Philippines President Ferdinand Marcos Jr. and Japan Prime Minister Fumio Kishida to their trilateral summit at the White House in Washington, U.S., April 11, 2024. Photo by Kevin Lamarque/Reuters

WASHINGTON (AP) — Thursday in the midst of growing concern about provocative Chinese military action in the Indo-Pacific. President Joe Biden said Thursday that U.S. defense commitment to Pacific allies was "ironclad" as he gathered Philippine President Ferdinand Marcos Jr. and Japanese Prime Minister Fumio Kishida at the White House on

See Page 4 Biden holds trilateral

New St. Joseph Chapel Installed at Notre Dame des Philippines Church



Blessing ceremony of the newly installed St. Joseph Chapel

By Alvin D. Veloso - On Easter Sunday, 31 March, after the Mass, Father Pierangelo Paternieri from the Cultural office of the Archdiocese of Montreal blessed the chapel named after Saint Joseph, the Patron of the Universal Church,

workers and travelers. Saint Joseph is revered for his exceptional virtues of silent prayer, obedience, fidelity, patience humility, simplicity and as protector of the

See Page 2 St. Joseph Chapel

Federal government plans to lease public lands for new housing strategy



Prime Minister Justin Trudeau speaks about new housing solutions at the CCAT training centre in Woodbridge, Ont., on Friday, April 12, 2024. (Nathan Denette/The Canadian Press)

Housing Minister Sean Fraser has announced what he's calling an ambitious strategy to tackle Canada's housing crisis.

Fraser said Friday the strategy

— Canada's Housing Plan — will build more homes, make renting or buying a home easier and do more to

See Page 4 Canada's Housing

Amazing photos of the total solar eclipse from across the continent



Doug Mackenzie of St. Augustine, Florida, captured totality over the Old Cape Girardeau Court House in Jackson, Missouri. "I was emotionally touched with a sense of joy and utter gratitude," he said. (Credit: CNN)

(CNN) - The total solar eclipse that delighted spectators across Mexico, the United States and

Canada on Monday was a celestial experience not to be missed.

See Page 5 Total solar eclipse



ALVIN D. VELOSO, M. Ed.
FAMAS President, 1971-72
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Guided by the pillars of Faith, Hope and Charity, akin to the powerful - Hoc Signo Vinces - By This Sign Thy Will Conquer - that propelled Emperor Constantine to victory in 312, the Family Life Ministry at Notre Dame des Philippines embarks on evangelization to prepare unmarried couples for the Sacrament of Matrimony. They also are engaged in other related activities as part of the pastoral team.

To model an ideal Christian family is undeniably challenging amidst an ever-evolving society, consumed by multiple issues of materialism, secularism, intercultural complexities and divergent creeds, among others. They have in fact become a litmus test for our resolve, perseverance and unwavering confidence.

Notwithstanding adversities, the dynamics of faith, hope and charity would hopefully energize the ministry to move forward, strengthened and comforted by the assurance of our Lord when he said: "Come to me, all you

Family Life Ministry, Pathway to Christian Living

who labor and are burdened and I will give you rest." Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy and my burden light." (Matthew 11: 28-30.)

Under the leadership of Nelson Alejandro, the Family Life Ministry comprising of more than a dozen dedicated member couples, carries forward a rich legacy built upon unwavering commitment and tireless efforts of past leaders including Jun Serape, Henry Umali, Felimon Tadeo, Alice Panado, Julie Tabamo, Edith Valenzuela, Lina Lagasca, Fely Mangubat and perhaps many more who were inadvertently overlooked.

At their pre-Valentine social party on Feb. 10, 2024 at the parish



Members of Family Life Ministry at Notre Dame des Philippines Catholic Mission underscored the reasons for failure.

Ray and Ohda Foz, the animators, masterfully articulated the presentations with humor and laughter that resonated well with the members

They are part of the journey, who will eventually transform the world with Christ, the Leader, the Church and the family of believers, who in some cultures include the extended family of grandparents, aunts, uncles and relatives who are determined to transform the world "This is how all will know that you are my disciples, if you have love for one another." says the Lord. (John 13:35)

Families are mirrors of Christian Living. "You are the salt of the earth and light of the world." (Matthew 5:13 - 14) As a domestic church, the home is a place where spouses live the bond; where parents teach children to know, love and serve God, and learn moral values.

The late Patrick Peyton of Ireland, C.S.C., noted for his Rosary Crusade, had urged people to pray saying: "The Family that Prays Together, Stays Together." "For as the family goes," according to Saint Jean Paul II, "so goes the nation, and the world in which we live."#



Pre-Valentine social party, Feb. 10, 2024

social hall, they gave a glimpse of their goals and objectives by highlighting through video clips and role play the issues that plague present family relationships. Love obviously was the focus, but the conversation also

by becoming proactive in the process.

Perfect marriages rarely exist, but those who put their faith and trust in the power of love have survived.

From Page 1 St. Joseph's chapel

Church and the Holy Family and serves as model for all.

The new chapel has replaced the former Knights of Columbus room



Saint Joseph, Patron of the Universal Church

and will be accessed on the right-side door adjacent to the parking lot.

According to Father Rommel Cruz, M.S.P., the facility will be available on Mondays, Tuesdays, Thursdays, Saturdays, and Fridays except on a first Friday when the Mass will be celebrated at the main church.

The Saint Joseph chapel will be ideal for small gatherings, private prayers, meditation, devotions and reflection in the presence of the Blessed Sacrament. Just as Jesus said: When you pray, go to your inner room, close the door, and pray to your Father in secret, and your Father will repay you. (Matthew 6:6)

Everybody is encouraged to use the chapel before and after the mass for private prayers and reflections especially on Sundays.

For any questions, please e-mail (fcm12989@yahoo.ca) or call the parish office of Notre Dame des Philippines Catholic Mission.#

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Quebec successfully pushes back against rise in measles cases

CBC News · Posted: Apr 18, 2024

Quebec appears to be winning its battle against the rising tide of measles after 45 cases were confirmed province-wide this year.

"We've had no locally transmitted measles cases since March 25, so that's good news," said Dr. Paul Le Guerrier, responsible for immunization for Montreal Public Health.

There are 17 patients with measles in Quebec currently, and the most recent case is somebody who was infected while abroad, he said.

But it was no small task to get to this point.

Le Guerrier said once local transmission was detected, news was spread fast among health centres to ensure proper protocols were followed — such as not letting potentially infected people sit in waiting rooms for hours on end.

Then about 90 staffers were put to work, tracking down those who were in contact with positive cases and are not properly vaccinated. They were given post-exposure prophylaxis, which

prevents disease, said Le Guerrier.

From there, a vaccination campaign was launched, especially in daycares, schools and neighbourhoods with low inoculation rates. There was an effort to convince parents to get their children vaccinated.

Vaccination in schools boosted Some schools, mostly in Montreal, had vaccination rates as low as 30 or 40 per cent.

"Vaccination was well accepted and parents responded well," said Le Guerrier. "Some schools went from very low to as high as 85 to 90 per cent vaccination coverage."

But it's not only children who aren't properly vaccinated. Le Guerrier said people need two doses after age one to be fully inoculated, and he encouraged people to check their status.

Source: Shortened version due to space limitations

With files from Steve Rukavina



FROM THE PUBLISHER'S DESK

Little things each one can do may create the change the world needs

Zenaida Ferry Kharroubi

Can we imagine how many things are within our power to do if only we are aware that we can do them? It will also be helpful to know that it only takes one person to take the first step to start a movement for a good cause Gandhi's famous words remind us that it is within each one of us to change what needs to be changed: "We need to be the change we wish to see in the world." He led the Salt March that eventually made people demand independence from Great Britain in 1930.

So how do we make the world a better place? Big change starts with small acts. The world needs people who show up daily, for the long-term, recognizing that lasting improvement takes time. We need people who care about relationships—to our environment, communities and the wider world.

Here are some ideas to ignite your passion and bring about change

in the world. Find the one that connects with you and start making this world a better place. Suggested ways to create an impact and make a difference are within anyone's reach such as: reduce your waste, volunteer in an organization you believe is doing something worthwhile for the community, become a conscious consumer, sponsor a child or donate to a charity that benefits children, be informed about social issues and participate in electing political leaders, plant a tree, connect grandparents with grandkids, speak up in creating a better world, know your neighbors and maintain good relations with your co-workers and associates.

As we seek to create a more just world, know that your voice holds power. Here are a few examples of people using their voice—and backing it up with their actions—to build a better world:

Greta Thunburg—A climate

activist who inspired a generation of young people to protest climate change.

Malala Yousafzai is a courageous young woman fighting for the education of girls around the world. The Malala Fund is breaking down barriers to help girls get into school.

Desmond Tutu—A prominent activist against apartheid in South Africa. His messages of reconciliation after the ending of segregation earned praise, even being described as the

moral conscience of South Africa.

The most overwhelming personal challenge is that we often struggle to see how we could be part of the solutions. Hopefully, we can all find our individual ways of making a difference to make this world a better place. It is within all of us to take the first step and be part of the solution to the world's problems. It is a common saying that nothing is impossible and there is always a way when there is a will to do do it.#

Kahnawake Mohawks Secure Stake in Hydro-Québec's Power Line

By Audrey Tougas, Local Journalism Initiative

The Mohawks Council of Kahnawake has confirmed its partnership with Hydro-Québec regarding the exportation of electricity to the state of New York as of April 18, 2024. This marks the first time that Hydro Quebec has concluded a co-propriety deal of an active transport line with an indigenous community. Previously in 2021, a partnership began with the Mohawks Council of Kahnawake to compensate for the usage of their ancestral lands for the transport lines, yet the details had not

silhouette de New York; aujourd'hui, Kahnawàke contribue de nouveau à la vie des New-Yorkais en transportant de l'énergie renouvelable qui illuminera cette même silhouette bâtie avec l'aide des Mohawks »

The Mohawks of Kahnawake would hold a minority stake of 10% of the interconnection Hertel-New York line, which although not yet decided, could increase up to 49%. The community expects an 8% return from their shares, money that will be used to aid their community through services such as housing, language, and culture. Depending on the



The Great Kahnawake Chief, Kahsennenhawe Sky-Deer, is flanked by Ian Lafrenière (left), minister responsible for Relations with the First Nations and the Inuits, and Michael Sabia, President and Director-General of Hydro-Québec. PHOTO RYAN REMIORZ, LA PRESSE CANADIENNE

been shared.

The agreements were signed in Kahnawake, attended by Kahsennenhawe Sky-Deer, Michael Sabia (CEO of Hydro-Québec), and Ian Lafrenière, the minister responsible for relations with First Nations and Inuit communities.

Sky-Deer traced back the Mohawk communities historical ties with New York, stating that their community's ironworkers once aided in the construction of the New York skyline, and that once more, they will be contributing to the life of New Yorkers yet this time through renewable energy, «Les monteurs de charpentes métalliques Kanien'keháka ont participé à la construction de la

community's participation, their investment could be valued between 10 to 50 million dollars.

The Hertel-New York service line is expected to be in service as of 2026, with an exportation contract of 10.4 Terrawatt hours of electricity annually to New York, over 25 years, a contract valued at 20 billion dollars. It is estimated that once all the construction work is finished by the end of 2025, 20% of all electricity consummated by New Yorkers will be provided by Québec. Additionally, considering that the line is bidirectional, Hydro-Quebec could import electricity in the future. #

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Filcan Publications, Inc. Established since 1998 e-mail: marketing.org

Canada Funded by the Government of Canada

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The opinions expressed by the writers and columnists do not necessarily reflect that of the management of the North American Filipino Star nor its editors.

From Page 1 Biden holds trilateral

more than 70 years. Biden's forceful reinforcement of the American commitment comes in the midst of persistent skirmishes between the Philippine and Chinese coast guards in the disputed South China Sea.

"The United States defense commitments to Japan and to the Philippines are ironclad. They're ironclad," Biden said as he began three-way talks at the White House with Kishida and Marcos. "As I said before, any attack on Philippine aircraft, vessels or armed forces in the South China Sea would invoke our mutual defense treaty."

Relations between China and the Philippines have been repeatedly tested by skirmishes involving the two nations' coast guard vessels in the disputed South China Sea. Chinese coast guard ships also regularly approach disputed Japanese-controlled East China Sea islands near Taiwan.

The so-called "gray-zone" harassment by China has included shining military-grade lasers at the Philippine Coast Guard, firing water cannons at vessels and ramming into Philippine ships near the Second Thomas Shoal, which both Manila and Beijing claim. In 1999, Manila intentionally ran the World War II-era ship aground on the shoal, establishing a permanent military

presence there.

Biden, in a wide-ranging phone call with Chinese President Xi Jinping last week, raised concerns about China's operations in the South China Sea, including efforts to impede the Philippines, which the U.S. is treaty-obligated to defend, from resupplying its forces on the Second Thomas Shoal.

Chinese officials have bristled at criticism over their action in the South China Sea and blamed the U.S. for exacerbating tensions.

"No one should violate China's territorial sovereignty and maritime rights and interests, and China remains steadfast in safeguarding our lawful rights," Chinese Foreign Ministry spokeswoman Mao Ning said Thursday.

The White House billed the summit comes a day after Biden held one-on-one talks with Kishida and feted the Japanese premier with a glitzy state dinner at the White House, a diplomatic honor meant to recognize Tokyo's growing clout on the global stage. It was also designed to send a clear signal that the Democratic administration remains determined to build what it calls a "latticework" of alliances in the Indo-Pacific even as it grapples with the Israel-Hamas war and Russia's ongoing invasion of Ukraine. Biden also hosted Marcos for a private meeting at the White House ahead of the scheduled three-way

talks.

"Today's summit is an opportunity to define the future that we want, and how we intend to achieve it together," Marcos said.

Thursday's three-way summit will also have a large economic component with several major U.S.-based companies — including Meta, UPS and Greenbrier Energy — announcing investments in the Philippines, administration officials said. The new deals come after Commerce Secretary Gina Raimondo visited Manila last month to announce more than \$1 billion in new investment by American companies in the Philippines.

Biden also announced that the three nations were launching a new economic corridor in the Philippines as part of the G7 Partnership for Global Infrastructure Investment that would help develop clean energy, port, agriculture and other projects in the country. Biden said the leaders were forging a "new era" and predicted "a great deal of history in our world will be written in the Indo-Pacific in the coming years."

Biden has made improving relations with the Philippines a priority since Marcos became the country's president in June 2022. The relationship has had ups and downs over the years and was in a difficult place when Marcos took office. Human rights groups said Marcos'

predecessor, Rodrigo Duterte's "war on drugs" resulted in thousands of extrajudicial killings.

Marcos, the son and namesake of the country's former dictator, as a candidate said he would look to pursue closer ties with China. But he's increasingly drifted toward Washington amid concerns about China's coercive action.

Biden hosted him for talks at the White House last year, the first Washington visit by a Philippine president in more than a decade. Biden also met him on the sidelines of the U.N. General Assembly soon after Marcos took first-ever trilateral summit with Japan and the Philippines as a potent response to China's attempts at "intimidation" and sending a message that China is "the outlier in the neighborhood," according to an administration official.

The leaders are also expected to announce that their coast guards will hold a joint patrol in the Indo-Pacific this year, a follow-up on law enforcement drills carried out last year by the allies in waters near the disputed South China Sea. The U.S. Coast Guard will also welcome Filipino and Japanese coast guard members onto a U.S. Coast Guard vessel during the patrol for training, according to senior Biden administration officials who insisted on anonymity to preview the talks. #

From Page 1 Canada's housing

support those who can't afford a place to live.

This is the Trudeau government's second national housing strategy. In 2017, it launched a 10-year housing plan aimed at building 100,000 affordable housing units and repairing 300,000 affordable housing units. Fraser said the new measures will supplement the 2017 plan.

At a news conference in Vaughan, Ont. on Friday, Prime Minister Justin Trudeau said his government's latest effort is the "most comprehensive and ambitious housing plan ever seen in Canada."

Housing Minister Sean Fraser has announced what he's calling an ambitious strategy to tackle Canada's housing crisis.

Fraser said Friday the strategy — Canada's Housing Plan — will build more homes, make renting or buying a home easier and do more to support those who can't afford a place to live.

Canada would need to build 3.1 million homes by 2030 to close the housing gap, according to a report by the parliamentary budget officer published Thursday.

Highlights of the new strategy include plans for the federal government to lease and build on underused public lands to make housing more available and affordable.

The strategy also promises a new mapping tool to track the inventory of public lands.

"Where the public interest demands maintaining ownership of public land, the federal government will

maintain ownership but make land available through long-term leases to ensure that land can be used for housing," Fraser said.

Details of the government's plans for public lands will be unveiled in Budget 2024 on April 16.

The government's latest strategy also includes a new Canada Secondary Suite Loan Program to give homeowners access to low-interest loans of up to \$40,000 to allow them to add secondary suites to their homes.

To prevent speculation and ensure that houses are being used as residences for Canadians, the government will be extending its ban on ownership of residential properties by foreign investors until Jan. 1, 2027.

The government intends to increase the capital cost allowance rate for apartments from four to 10 per cent, which will boost the amount builders can write off on their taxes.

It's also extending the GST exemption on rentals to student residences built by public universities, colleges and school authorities. The measure will apply to new student residences that started construction on or after Sept. 14, 2023, and before 2031, so long as they are built before 2036.

Several initiatives listed in Canada's Housing Plan are projects the government has already announced, such as the elimination of income tax deductions for expenses incurred for short-term rentals that contravene provincial or municipal regulations.

The Canadian Home Builders' Association welcomed the government's plan Friday, particularly

its extension of the mortgage amortization limit to 30 years for first-time home buyers.

The association said in a news release that attaching housing conditions to transit funding and seeking to change the National Building Code to speed up construction of housing units show the government "recognized that a comprehensive approach is needed to address Canada's housing affordability crisis."

In a statement to CBC News on Friday, Conservative critic Scott Aitchison criticized the government's record on housing and the effectiveness of their proposed solutions.

"While Trudeau's ministers admit their photo op fund won't build even a single new home, common sense Conservatives will build the homes by punishing gatekeepers that block home building and rewarding those who get homes built."

On April 4, Trudeau previewed some of the housing commitments in Budget 2024, saying \$1.5 billion would go toward helping non-profit organizations acquire rental units and keep them affordable. That funding is part of the Co-operative Housing Development Program that will start this summer.

Another \$15 billion will be allocated for the Apartment Construction Loan Program, bringing available funding to \$55 billion. The program is meant to build 30,000 new rental apartments in big cities, towns and rural communities.

New Democrat critic for

housing Alexandre Boulerice expressed frustration with the announcement, saying Trudeau "disappointed Canadians by delaying measures to keep housing affordable" during his eight years as government.

"They're facing sky-high grocery prices and rent. They're seeing rich CEOs get richer off their backs while they scrimp and save," Boulerice said in a news release Friday. "People can't seem to get ahead."

The Liberals' housing strategy depends in part on co-operation from provinces and territories, some of which have already pushed back on the federal government over what they argue is jurisdictional overreach.

In addition to setting aside \$1 billion over four years for the Reaching Home program — a federal homelessness initiative — the government will allocate \$250 million to help end encampments and transition people into housing. It is calling on provinces and territories to match that amount.



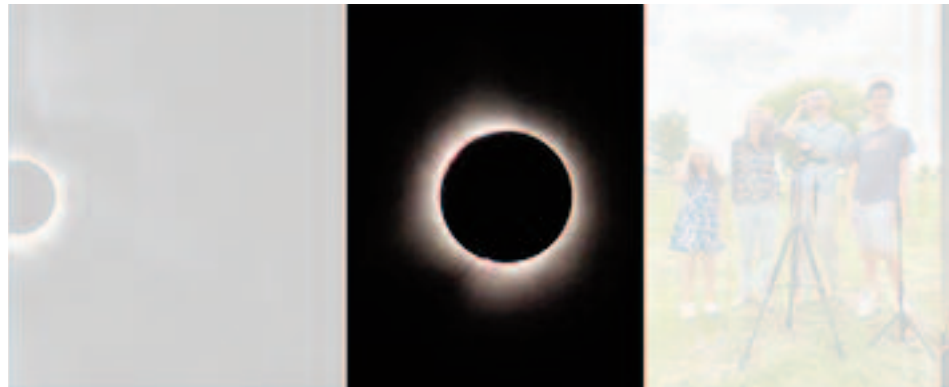
From Page 1 Total solar eclipse

Millions were in the path of totality to watch as the moon moved between Earth and the sun. Readers shared their images of the eerie sight and stories that illustrate the excitement of the once-in-a-lifetime event, such as Daniel McCartney, who captured an image of the eclipse over Big Moose Lake in the Adirondack Mountains in upstate New York.

Together with Brady Sonshine and Michael "Misha" Vishnever, the boys have a space group called Star Galactic, and they designed an experiment they called Project Eclipse.

After launching the balloon, the quartet traveled to Burlington, Ontario, to be in the path of totality, where Goldstein snapped images of the eclipse with a Lumix FZ80 camera.

"The eclipse was amazing," Kagedan said via email. "Ever since I



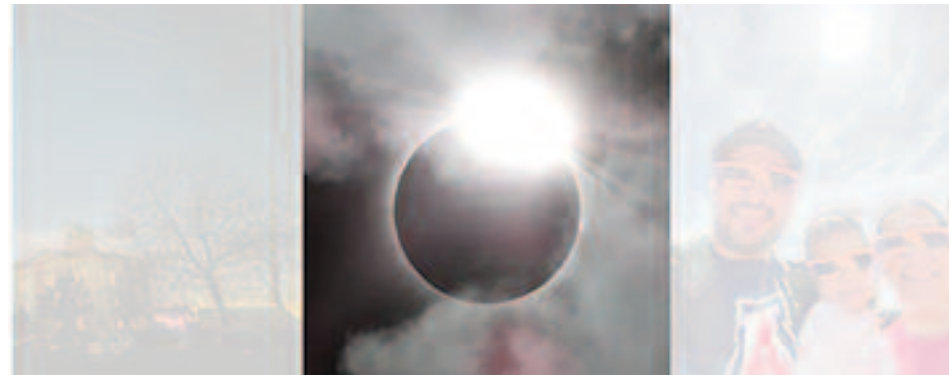
Mariel Williams of Royal Oak, Michigan, traveled to her family's hometown of Dayton, Ohio, to witness the total solar eclipse. "The whole neighborhood was outside with their glasses, saying their 'ooh's' and 'ahh's' as the moon creeped in," she said.

"Such an incredible experience," said McCartney of Syracuse, New York.

Mariel Williams took a series of images of the eclipse after traveling to her family's hometown in Dayton, Ohio, "to see the whole show."

was 1 years old I was very interested in space and space events. The solar eclipse was one of my favorites and in 2017 I got to witness it on my birthday and I was so happy when I saw it again on April 8th."

The team released the weather balloon, carrying a payload with two



Michael Goldstein, 12, of Toronto experienced the celestial event with family and friends in Burlington, Ontario.

"If it weren't for my parents hassling me to take these photos, I probably would have been too amazed to move!" said Williams, who now resides in Royal Oak, Michigan.

Juan M. Soto Peña watched the eclipse with his wife, Fabiola, and their daughter, Luciana, from their home in Tucson, Arizona. He and his wife observed a partial solar eclipse together in December 2000 in the Mexican state of Sonora, but Monday's event was the first time they could share the cosmic experience with their daughter.

"After 20 years (of) not seeing an eclipse we got to experience it again," he said via email. "And a first timer thrilled to see the Sun and Moon together. Great experience!"

Young citizen scientists

And in Toronto, 12-year-old Michael Goldstein and his friends made the perfect plan to watch the eclipse and also launch a weather balloon 100,000 feet (30,480 meters) into the air.

Goldstein and Ilan Kagedan hatched the idea for the science project, as they had done it before.

cameras and two trackers, from Concord in the city of Vaughan, Ontario, just slightly north of Toronto. The balloon traveled 552 miles (888 kilometers) before landing in Green Hills Preserve in North Conway, New Hampshire, according to Goldstein.

Vishnever's mother and father reached out to local businesses in New Hampshire for help retrieving the balloon, and Cynthia Gilmore of Center Conway, New Hampshire, and her son, Joshua, helped track it down.

When Goldstein gets the payload back from the Gilmores, he's hoping to learn the altitude the balloon was ultimately able to reach and assess how the space group can improve future launches, he told CNN.

"Project eclipse has been an enjoyable and memorable experience where we all worked together and accomplished something that I never dreamed of," Vishnever said.

Source: By Ashley Strickland, CNN Published April 12, 2024

Today Is Earth Day: "Leg Day" – Bet on Active and Public Transport to Reduce GHG Emissions



Laval Mayor Stéphane Boyer and Valérie Mallamo, Executive Director of Earth Day Canada arrived by bicycle at the annual event, symbolizing sustainable mobility and the importance of active transport

Laval, April 22, 2024 – This morning, the organization Earth Day Canada kicked off Earth Day celebrations with a tree planting ceremony, attended by Mayor Stéphane Boyer and Valérie Mallamo, Executive Director of Earth Day Canada. Both arrived by bicycle at the annual event, symbolizing sustainable mobility and the importance of active transport. This tradition underscores Laval's commitment to combating climate change and to active and

public transport, the theme of Earth Day 2024. During the ceremony, the importance of sustainable mobility as a solution to the climate crisis was highlighted, supported by recent data showing that 76% of workers already prefer these modes of transport to solo driving. The data emphasizes the need for collective action to develop sustainable alternatives across Canada.

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Earth Day



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ONTARIO Community News

By Tony A. San Juan
OCT-Retired

Hamilton Fil-Can organization acquires its new community centre

The Hamilton Filipino Community Centre (HFCC), a quintessential community-based organization in the City of Hamilton proudly announced the recent acquisition of an estate property for its community centre. The 26-acre property which includes a huge mansion will be the new home and office of the three decades old service-focused organization in the Greater Toronto and Hamilton Area (GTHA) in Ontario. A great milestone, indeed!

(PCA) which was established in 1975. For its mandate, HFCC will "actively work with the supporting organizations, clubs and the public to build partnerships in promoting, supporting, encouraging and diversifying Filipino culture and customs for easy integration into Canadian society." To achieve its goal, the Centre auspiciously desires to 1) "establish and operate a community centre in the City of Hamilton for providing workshops, programs, athletics, art, drama, music,



Proudly, HFCC will inaugurate an open house and blessing of its \$3 million cash-purchased facility on April 27, 2024 (Saturday), at 340 Golf Club Road, Hamilton, Ontario. The mansion, built in 2014, has 3900 square feet of floor space with five living and function rooms, two meeting areas, a 4000 sq. ft. social hall, and amenities including three special-purpose adjacent structures.

To be led by the longest-serving HFCC President and CEO Bonner Villabroza, together with the Board of Directors and Executive Officers, the Saturday affair will celebrate and introduce to the general public its new site with a ceremony befitting its structure and space as a part of the meaningful pursuit of its established mission and mandate for better service and support to its members and community clients.

Commencing at 9:30 am, the day's program includes a blessing by Fr. Andrew of the Our Lady of the Assumption at 10:00 am., ribbon-cutting rites at noon, followed by a salo-salo and guided tours from 1:00 to 4:00 pm. Dignitaries, public officials, and special guests have been invited to attend and grace the event.

HFCC is a registered not-for-profit, volunteer-run umbrella organization composed of nine Filipino-Canadian associations such as ATO-ATO, BIBAK, FAB, FILCRAH, HFC, NOVO ECIJANO, PBA, PICAH, and PMBL, each of which "supports, collaborates and coordinates with each other for the common good of the community." It was formed from the erstwhile Pilipino-Canadian Association

handicrafts, hobbies and recreation for the benefit of the general public and 2) promote, support, and empower the Filipino community by carrying out activities, programs and events that contribute to the wholeness of the community."

Currently, the HFCC Executive Directorate is composed of Bonner Villabroza, President & CEO; Dr. Floridicante Cabilan, Vice President; Ben Baliat, Treasurer; Nunila Tallara, Auditor & Adviser; Vina Sibayan, Director of Social and Special Projects; Cris Aberilla, Rep Zamboanga Hermosa Canada; Mrs. Beatriz Albay, Rep, Philippine Islanders Assoc. of Hamilton; Rey Pitao, Rep and Director of Filipino Community Band; Gaspar Aberilla, Webmaster, Social Media Content Manager; Rey Viquera, Custodian and Booking Director; and Arni Suarez, Assistant to Social and Special Projects.

Historically, according to Prexy B. Villabroza, the "dream of establishing a Community Centre goes as far back to the over 49 years ago when the first Constituted Organization in Hamilton, the Pilipino Canadian Association (PCA), etched in their Constitution and By-laws, "to save enough money to start a community centre". Meeting the challenge and with full determination and sheer fundraising efforts by HFCC senior executive officers Bonner Villabroza, Domingo Nuesca, and Ben Baliat together with their hardworking Hamilton's kababayan purchased in 1993 a downtown building located at 1275 King Street East, Hamilton. For 30 years, it was their home and office until the two-story property was expropriated

SINE Institute holds first Filipino Film Festival in Toronto

The Sine Institute, a cinema and creative organization in Canada conducted its first Filipino International Film Festival in Toronto, Ontario. Dubbed Sine Film Fest, the inaugural festival and industry conference was held from April 12 to 14, 2024 at Hotel X Toronto, a downtown premier hotel at 111 Princes' Boulevard, Toronto, Ontario. This was a part of Sine Institute's contribution to celebrating 75 years of Philippines and Canada Bilateral Relations. It was an event considered by film professionals and enthusiasts proudly pioneering and trailblazing developments in the history of the Filipino diaspora in Canada.

Envisioned by Agnes Miranda, a prominent Filipino-Canadian leader and business executive, the Sine Institute was formed and launched on September 12, 2023, by Filipino filmmakers,



Sine Institute Management Team with Fil-Can media members (Photo by Joey Baking)

producers and actors based in Canada's largest city. The Sine Institute is a not-for-profit outfit serving as a collaborative platform for people in the film and art industry. It aims "to build and lead a community of Philippine excellence in creative endeavours", according to its co-founder and president Michael Masangkay. As a creative platform, it is offered for Filipino talents who are searching and seeking to realize their skills and potential in the art, science

by Ontario's Metrolinx. Thus, the decision to look for and buy a new location and eventually the recent ownership.

With solid vision, strong support, and determined engagement, the FHCC will purposefully continue to

and business of acting, producing, and directing on film projects.

The Filipino creative outfit's vision is to become a leading organization for present and future Filipino actors, filmmakers, and producers in the creative world through contemporary and strategic movie-making, theatre arts, film production, marketing, promotion, and distribution.

See opposite page Sine Institute

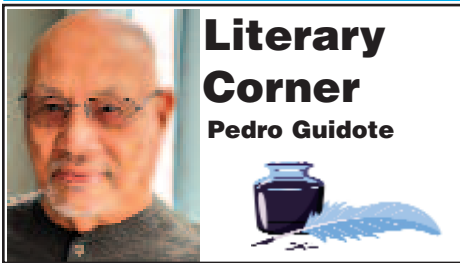
lead and achieve its desirable aims for which it stands for, that is, service, unity, involvement, and progress among Filipinos and other community stakeholders in Canada's 10th largest city.#

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Literary Corner
Pedro Guidote



Contemporary Senryus (A senryu is a 17-syllable poem in three lines and each line is in 5-7-5-syllable count form.)

Chaos theory yields solutions whose outcomes lead to confusion.

Sworn statements made oft with an eye to the future are hard to believe.

Tyrants rarely send get-well cards, handwritten notes granting forgiveness.

Man must, Auden urged, love one another or face annihilation.

Fair analysis history's central problem: who's responsible?

From Page 6 Sine Institute

In pursuance of its laudable initiative, Sine Institute invites people to appreciate the Filipino culture and explore business and employment opportunities for many kababayans and Filipino Canadians in this part of the world.

The three-day event included feature movies, short films and documentary screening time, a red carpet walk, an awards ceremony, a gala and banquet, film industry seminars, press conferences, and city sightseeing tours. Among the Filipino movies exhibited at the festival are "Gomburza", "Firefly", "Topakk", "Blue Room", "Hello, Love, Goodbye", "Where is the Lie", "Your Mom's Son", "Islands", and "Kahel."

The Institute's visionary and leadership team is composed of Agnes Miranda as Chairman & Co-founder; Michaelangelo Masangkay as President & Co-founder; Rosary Escano as Vice President as well as Board Directors Rhia Alcantara, BK Jimenez, Ed Joaquin, Danny Orbillo, Francis Rementilla, Karen Pascual-Binaday and Kim Villafuerte.

Critics and clients alike considered the first film festival an enviable success. The Institute's organizers, sponsors, and supporters wholeheartedly focused on planning and presenting the milestone event. With admirable support, encouragement and appreciation, the Sine Institute has proudly found its initial footing to notch a mark, achieve its dream, and have a meaningful place in the Canadian landscape. The festival organizers said "Sa pagpa-payaman ng ating kultura at kasaysayan, sana ay madalas at maka-ugalian ng ating mga kababayan na itangkilik at manood palagi ng mga pelikulang Filipino." #

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Unveiling a Fair Future for Every Generation - Canada's 2024 Budget and Its Impact on the Filipino Canadian Community

The following highlights of the budget 2024 are described in the following summaries sent by Jerica Gelle Mariano. Senior Advisor, Outreach, Diversity, and Inclusion, Liberal Research Bureau:

In celebration of our cultural and ethnic diversity, we are delighted to announce that Budget 2024 will contribute to building a new Filipino cultural centre. This will be a space for the Filipino community to come together and celebrate our rich culture and heritage!

not just standing by, we're taking action. Our Budget 2024 will be investing in school food programs to give more children access to healthy meals. By providing \$1 billion over five years, this program aims to feed an additional 400,000 children across the country each year. This could boost children's health and school performance, benefiting Filipino Canadian families with school-aged kids.

In the vibrant tapestry of Canada, unity and acceptance are our

diversity of our nation. We're investing \$25 million to support Anti-Hate programming to promote intercultural ties and community-based activities. Together, we can build bridges and create a tapestry of unity, resilience, and hope.

Budget 2024 enhances the Security Infrastructure Program (SIP) and making it a permanent fixture in our community safety strategy. With an additional \$32 million in funding, we aim to cut through the red tape and make it easier for community organizations to access the support they need.

In the close-knit world of Filipino-Canadian families, caregivers are the heroes. They hold the wisdom of elderly parents, the joy of grandparents, and the hopes of their children. They face the challenges of long-term care with steadfast commitment. That is why our government is starting consultations to create a National Caregiving Strategy take action to better support the care economy. To further protect our foreign workers, we are investing \$41 million in the Migrant Worker Support Program. This will enable community-based organizations to better support vulnerable foreign workers.

For our internationally educated healthcare professionals, we are investing \$77.1 million to help integrate their skills into Canada's health workforce. This includes creating specific training positions, increasing assessment capacity, and providing support to navigate credential recognition systems.

Lastly, the Federal government is investing \$52 million in Canadian Heritage and the Royal Canadian Mounted Police to create a Digital Safety Commission and Ombudsperson. An additional \$2.5 million to Public Safety Canada to combat online child sexual exploitation.#



Prime Minister Justin Trudeau, Deputy Prime Minister and Minister of Finance Chrystia Freeland and cabinet ministers pose for a photo before the tabling of the federal budget on Parliament Hill in Ottawa, on Tuesday, April 16, 2024. THE CANADIAN PRESS/Justin Tang

Budget 2024 promises to transform the housing landscape for our vibrant Filipino Canadian community. Imagine towns and cities cutting red tape, paving the way for affordable homes with our \$400 million investment into the Housing Accelerator Fund. Our nation's future lies in sturdy foundations, guided by the \$6 billion Canada Housing Infrastructure Fund. Our government also rolled out innovative housing solutions like never before with \$600 million for Housing Design Catalogue, swift prefabricated housing, and versatile modular housing. Existing rentals are safeguarded, and new affordable options will be developed with the \$1.5 billion Canada Rental Protection Fund. We are increasing the Home Buyers' Plan, strengthening the Canadian Mortgage Charter, and providing support for struggling homeowners.

And to all homeowners out there, we've got news for you! Need extra space? Our government's low-interest loans of up to \$40,000 through the New Secondary Suite Loan Program are your golden ticket. Friends, this is our moment! Let's build homes, weave dreams, and create a legacy that sings "Bahay Kubo" under the maple leaves.

Recent data from Statistics Canada, showed that over a quarter (29.2%) of Filipino Canadians experienced food insecurity in 2022. This is alarming, but rest assured, we're

threads. But when hate rears its ugly head, we stand firm. Our government is investing \$273.6 million in Canada's Action Plan on Combatting Hate, a resolute commitment to fostering safer communities for all. We're arming our police colleges with resources to tackle hate crimes head-on. Enhanced training means better preparedness. We're providing \$28 million into the Federal Victims Strategy to ensure victims of hate-motivated crimes receive the care they deserve. Our Hate Crimes Task Force is getting the backing it needs to dismantle hate networks. The Changing Narratives Fund receives an increase, ensuring our arts and culture reflect the rich

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Quebec Government set to Investigate Urgences Santé's Operations

By Audrey Tougas
Local Journalism Initiative

The Minister of Health Christian Dubé will appoint an independent auditor to review the work organization and budget use of pre-hospital services in the Laval and Montreal regions, particularly those of Urgences Santé.

On April 16, 2024, Health Minister Christian Dubé sent a letter to François Charpentier, the President-General Director of Urgences santé, pointing out a significant gap between the authorized and delivered service hours. Whereas most ambulance companies in the province are delivering 99-100% of their authorized hours, Urgence Santé delivers only 80%. Notably, between January 26 and April 19, 2024, there were 111,913 hours of "service interruption" which represents 20% of the total authorized hours that were not delivered.

Additionally, Dubé questioned

some of the actions taken by Urgences Santé, particularly its decision to increase its managerial staff by almost 50% and to decrease its emergency medical dispatchers by around 20% between April 2019 and December 2023. An accountability agreement is to be signed no later than April 30 regarding service delays and reaching the maximum amount of authorized service hours.

The Ministry of Health and Social Services (MSSS) emphasized the importance of prioritizing the efficient usage of tax-payers money, and hence the importance of corrections being made. They stated, «quand il s'agit de l'argent des contribuables, il n'y a pas de compromis à faire. Ce qui nous importe, c'est le service aux patients. S'il y a des correctifs à faire, on les fera.»

In response, the president-



The public prehospital services in the regions of Montreal and Laval. Paul Chiasson Archives La Presse.

general director of Urgences santé, François Charpentier stated that he would collaborate fully with the MSSS and that his organization would be transparent about its financial and human resources to better serve the population.

Previously in January, François Charpentier had suggested

nationalizing prehospital services. Yet, he received backlash from La Corporation des services d'ambulances du Québec (CSAQ) who stated that Charpentier is attempting to compensate for the lack of labor, the poor management, or the use of resources in the regions of Montreal and Laval.#

Quebec Proposes Fines of up to \$1500 for Intimidating Elected Officials

By Audrey Tougas, Local Journalism Initiative

On April 10th, Minister of Municipal Affairs, Andrée Laforest, proposed the implementation of Bill 57. This bill aims to protect elected municipal officials and deputies from the National Assembly against intimidation, incivility, harassment, and violence.

Notably, the deputies

or any meetings and councils they are involved in, as well as cease communication with them.

Most notably, the bill could give power to the police to determine harassers; sanctions, with an option of contestation. These sanctions could be 500\$ to 1500\$ fines for threatening an elected official's security or integrity, and 50\$ to 500\$ fines for disorderly conduct

freedom of expression yet would attempt to halt violent and threatening conduct.

The bill would also introduce broader municipal measures, such as allowing the remote attendance of meetings in cases of illness, maternity leave or pregnancy, ill weather, and other circumstances. Additionally, it would pose modifications to the Charte de la Ville de Québec, imposing fines ranging from \$10,000 to \$250,000 for the unauthorized demolition of a building.

Valérie Plante supported the project, stating that debates exempt of violence are essential in a democracy and that elected officials shouldn't have to worry about their security when working. She stated, « Je salue les mesures du gouvernement du Québec pour protéger les élu(-es) dans l'exercice de leurs fonctions. Les élu(-es) devraient pouvoir travailler sans craindre pour leur sécurité. En démocratie, les débats sont essentiels, mais ils doivent être exempts d'intimidation et de violence. »

Other elected officials commended the project, such as Martin Damphousse, the president of l'Union des Municipalités du Québec, stating that the rise in harassment and intimidation against MPs had to stop. Furthermore, Jackie Smith, a municipal councilor from Limoilou (Quebec), welcomed the project, highlighting its benefits for pregnant officials and those with children thanks to the possibility of remote attendance.

disturbing the progress of council meetings. This project was put forth following a 10% resignation of elected municipal officials since the 2021 elections. Since the last municipal elections, nearly 750 municipal officials resigned from their functions because of intimidation and threats they received.

Minister Laforest expressed that this bill would not prevent the

Montreal's REM light-rail project delayed again, with no end in sight

The saga continues: the completion of Montreal's Réseau express métropolitain (REM) has been postponed once again.

Project managers are blaming "highly complex" work in the Mont-Royal tunnel for the delay, saying the Deux-Montagnes and Anse-à-l'Orme branches will not open by the end of the year as planned.

Those branches, which would connect Montreal's North Shore and West Island to downtown, were originally expected in 2023 before being pushed back to 2024. Radio-Canada sources say the commissioning of those branches is now not planned before summer 2025.

In an update published Wednesday, project managers said crews are still working to modernize the tunnel built in 1912 that runs through the mountain. The discovery of century-old explosives caused further delays at the heart of the future electric train network.

Since coming under fire for missing deadlines and breaking promises, the REM's developer CDPQ Infra has not announced a new timetable for the \$8-billion project.

"Obviously, we have a plan. But giving a date today does nothing," REM project manager Julien Hurel said in an interview with Radio-Canada. "Our commitment is to provide a safe and reliable rail system as quickly as possible."

Technical tests are set to take place in the next few weeks between the Deux-Montagnes and Sainte-Dorothée stations and will gradually be extended to the entire network over the summer. (Shortened report from CBC, April 24, 2024)



La ministre des Affaires municipales Andrée Laforest delivering a speech deploring the harassment experienced by elected officials. PHOTO EDOUARD PLANTE-FRÉCHETTE, ARCHIVES LA PRESSE.

experiencing comments or gestures that hinder their work performance or violate their privacy would be able to receive an injunction from the Supreme Court.

The bill would permit the Supreme Court to put forth restrictive measures against aggressors and intimidators. For instance, they could mandate the harasser to refrain from attending the MP's constituency office

SA WIKANG TAGALOG ni Zenaida F. Kharroubi

Araw ng pagdiriwang ng pamilya at kabataan sa Martin Luther Park



Mula sa kaliwa, Al Abdon, Chairman ng Filipino Heritage Society of Montreal; MNA Michelle Setlakwe ng Mount Royal-Outremont; Minda Mazzone, Presidente ng Federation of Filipino Canadian Associations of Quebec; Zenaida Kharroubi, Editor ng North American Filipino Star, at MNA Elisabeth Prass ng D'Arcy McGee. Ito ay kuha noong Sabado, 14 Abril 2024 sa Martin Luther King Park (dating Kent Park) sa pagganap ng Easter Fun Day para sa mga bata at ng kanilang pamilya.

Noong 14 ng Abril 2024, ginanap ulit ang Easter Fun Day na para sa mga bata na sumali sa Easter egg hunt at iba pang mga laro na inihanda ng mga miembro ng FFCAQ (Federation of Filipino Canadian Associations of Quebec). Naglagay sila ng iba-t ibang dekorasyon na nagbibigay kulay ng isang fiesta na ukol sa kasiyahan ng lahat nang pumunta sa Martin Luther King Park. Mayroon ding mga inihandang pagkain ang mga volunteers at kanilang inihandog sa kahit sinong

may gustong tumikim ng kanilang pagkain.

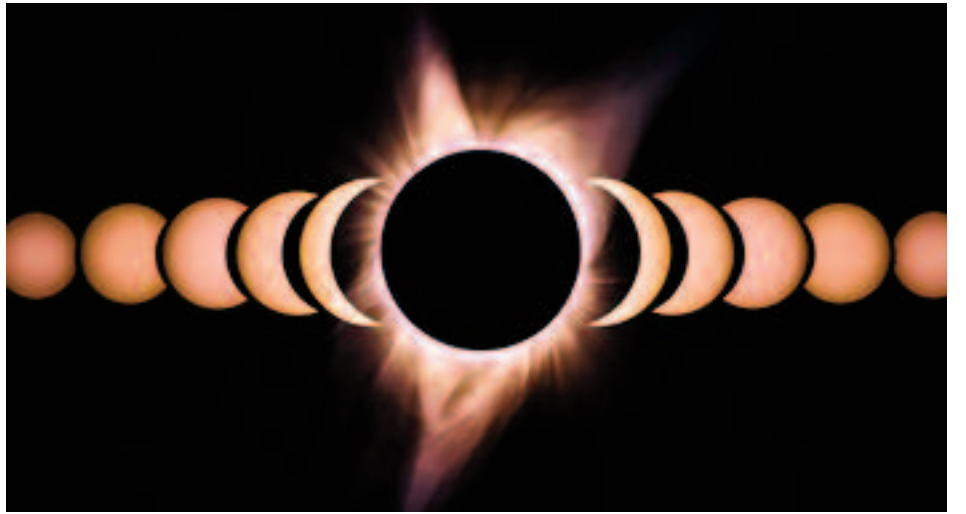
Matagumpay ang proyektong ito ng FFCAQ dahil ito ay isang mahusay na paraan upang magkaroon ng pagkakataon na makisalamuha sa kapwa at makilala ang ating mga kapitbahay. Hanggang sa susunod na taon, sa buan ng Abril. Harinawang magpatuloy ang ksayahang ito. Salamat kay Cristy Hunter, sekretarya ng FFCAQ sa kanyang pag-anyaya sa North American Filipino Star.#

Ang pagtaklob ng buan sa araw - solar eclipse

Noong 8 Abril 2024, lahat ng mga tao ay naghandang manood ng pambihirang pangyayari - ang solar eclipse na naranasan sa tatlong parte ng mundo - Estados Unidos, Mexico, at Canada. Maraming mga balita ang nalathala bago ito mangyari, at laging nababanggit ito sa telebisyon, radyo at sa mga pag-uusap ng kahit sino sa daan, tindahan, opisina at iba pang lugar. Kanya-kanyang kuento at litrato

ng bawa't isa ang nailagay sa diaryo, Facebook, at iba pang paraan upang ipakita sa kapwa ang nasaksihan ng bawa't isa - bata at matanda ay naging masugid sa pag-aabang ng pangyayaring ito.

Makikita natin sa iba't ibang larawan ng solar eclipse na ang buan ay mas maliit kaysa araw, at ang hugis nito ay hindi bilog kundi habilog o hugis itlog (oval). Ang pagtaklob ng araw ay humigit kumulang na mula sa



45 segundo hanggang sa apat na minuto at ilang segundo.

Bakit importanteng pag-aralan ng mga siyentifiko ang solar eclipse? Ayon sa NASA, ang solar eclipse ay magbibigay ng maraming inormasyon kagaya ng epekto nito sa ating kapaligiran lalo na sa mga sistema ng komunikasyon kagaya ng GPS, at mga

nakaka-apekto sa mga hayop dahil sa solar eclipse.

Si Andrew Farnsworth, isang mananaliksik ng ornithology (pag-aaral ng tungkol sa mga ibon) sa Cornell University sa New York, ay nag-aaral ng tungkol sa epekto ng solar eclipse sa mga ibon sa pamamagitan ng weather surveillance radar upang



satellite. Ang total solar eclipse ay magbibigay ng paraan sa mga siyentifiko na pag-aralan ang tinatawag na "ionosphere" dahil may epekto ito sa radio waves at navigation.

Ang total eclipse ay magbibigay din ng paraan upang mapag-aralan ang pagbabago sa ating mundo at epekto hindi lamang sa mga tao kundi pati sa mga hayop.

May tatlong rockets ng NASA ang inihanda at inilunsad para pag-aralan ang solar eclipse bago mangyari ito, habang nangyayari at pagkatapos mangyari mula sa Virginia upang sukatin ang mga pagbabago mula sa solar eclipse..

Ang pagkabawas ng sinag ng araw na dahil sa solar eclipse na higit na mabilis at napuruhan ang isang pook ay hindi kamukha ng pangkaraniwang lubog ng araw. Ito ay magbibigay ng paliwang sa mga siyentifiko upang matutuhan kung ano ang epekto ng araw sa ionosphere upang mapagbuti nila ang pagbibigay ng mga babala kung mayroong mga pagbabago ng panahon na makakapinsala sa atin.

Na-obsorbahan ng mga siyentipiko na may nakakagulat na reaksyon ang mga hayop sa solar eclipse kagaya ng mga giraf na nagsipaglundagan at ang mga manok na tandang ay nagtilaokan at ang mga kuliglig ay nagsipag-ingayan na higit sa kanilang dating ingay.

Sa kabila ng pagbaba ng ilaw ng araw, ang temperatura at hangin ay nagbago ng bilis — mga kondisyong

mapagmatyagan ang mga ibong lumilipad,

Noong nakaraang solar eclipse na nangyari sa Estados Unidos ng Agosto 2017, na-obsorbahan ng mga siyentipiko na nabawasan ang mga ibong lumilipad ayon kay Farnsworth. ngunit hindi naka-apekto sa mga ibong panggabi, at ngayon naman, na-apektuhan ang mga ibon sa kanilang paglipad at paglipat dahil sa nangyari ang eclipse sa buan ng Abril.

Ang sabi ni Farnsworth: "These kinds of patterns—they're important for understanding the ways animals perceive their worlds."

Ang sabi ni Bill Nelson, NASA Administrator: "Eclipses have a special power. They move people to feel a kind of reverence for the beauty of our universe."

Pinag-aralan ng mga mananaliksik ang paghanga ng tatlong milyong tao na gumagamit ng Twitter, na ngayon ay tinatawag na X.

Ang mga taong nakatira sa lugar ng "path of totality" na ang buan ay tumaklob ng husto sa araw, ay gumamit ng salitang "tayo" sa halip na "ako" at nag-alala sa kapakanan ng iba ayon sa sang propesor ng psychology:

"What we're finding is that experiences that bring about awe... seem to attune people and connect us to one another, to connect us to entities that are larger than ourselves," Piff said.

Sa ating nasaksihang solar eclipse, maaring ituring ito na isang magandang paraang makapagbuklod ng katauhan sa mundo.#



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Favorite Pinoy meat dishes



Beef Paris

BEEF PARES INGREDIENTS:

1/2 kilo beef brisket

Marinade:

1/4 cup soy sauce

1 tsp black pepper

1/4 cup sugar

Sauce:

2 tbsp ginger

1 clove garlic crushed

1 medium size onion chopped

4 cups beef broth

2 pieces star anise

sesame seeds or oil (optional)

1 – tsp flour (optional)

sliced fried garlic as toppings (optional)

sliced scallions

BEEF PARES COOKING

INSTRUCTIONS:

Boil Beef brisket until tender about 1 1/2 hour depending on the thickness of the meat...preferably slow cooked, reserve the broth.

Marinate the tender beef brisket on the marinade ingredients for 30 mins.

Then saute ginger, garlic and onion .. while doing this ... drain the meat from its marinade... and saute for 5 to 10 minutes... put the beef broth and let simmer.

Put the remaining marinade and simmer for another 5 mins. Put the star anise... when the meat is very tender dissolve the flour in 1/4 cup water then mix this gradually to beef while stirring to avoid forming lumps. Do this only if you want it a bit more sticky sauce.

Let simmer until flour taste is gone. Season according to your taste. If you want it to be more sweet you can always add additional sugar . Garnish with sliced fried garlic and scallions then serve with sinangag or garlic fried rice



Bicol Express

Ingredients

2 tbsp rapeseed (canola) or coconut oil

1 large onion, finely chopped

6 cloves garlic, finely minced

1 thumb sized piece ginger, finely chopped

1 kg (2 lbs) pork belly, cut into bite sized pieces

2 tbsp ginisang bagoong shrimp paste

400ml (1 1/2 cups) thick coconut milk

250ml (1 cup) water

5 red bird's eye chillies, finely chopped

5 green chillies cut into rings

150g block coconut

salt and pepper to taste

Instructions

Heat the oil in a large frying pan over medium high heat. When visibly hot, stir in the chopped onion and fry for about five minutes or until soft and translucent. Stir in the minced garlic and ginger and fry for another 30 seconds.

Now add the pork and fry with the onion mixture until lightly browned. This should take about 3 minutes. Stir in the ginisang bagoong and fry for a further couple of minutes, stirring regularly.

Add the water and coconut milk and bring to a simmer. Stir in the chopped red chillies and simmer covered for about 20 minutes. Remove the lid and add the block coconut and continue simmering for another 20 minutes or until the pork is really tender and the sauce has thickened. The block coconut will melt into the sauce as you do. Add a drop more water if the sauce is looking dry.

Add the sliced green chillies and continue simmering until you have a nice thick sauce. Season with salt and pepper to taste to serve.



Beef Bulalo

Ingredients

3 pounds bone-in beef shanks

cold water

1 large onion, peeled and quartered

2 tablespoons fish sauce

1 tablespoon peppercorns

2 corn, husked and cut into halves

1 bunch pechay, leaves separated

2 green onions, stemmed and cut into halves

salt to taste

Dipping Sauce

fish sauce to taste

calamansi juice to taste

Thai chili peppers, chopped

US Customary

Metric

Instructions

In a large pot, combine beef shanks and enough cold water to cover. Bring to a boil.

Drain beef and rinse under cold water to remove impurities. Discard the liquid and rinse the pot.

In the pot, return meat and enough cold water to cover. Bring to a boil, skimming scum that accumulates on top.

When the broth has cleared, add onions, fish sauce, and peppercorns. Lower heat, cover, and cook at a bare simmer for about 1 1/2 to 2 hours or until meat is fork-tender but not falling apart.

Add corn and simmer for 10 to 15 minutes or until corn is tender.

Add the pechay and green onions and cook for about 2 to 3 minutes or until vegetables are tender.

Season with salt to taste. Serve hot with fish sauce and calamansi.

Notes

Start with cold water. The higher initial temperature of hot water draws more protein from the meat and bones, creating a cloudy broth. Hot water also has more dissolved minerals from the pipes, which can add an off taste to the soup.



Pork Kare-kare

Ingredients

1 kilo pork belly (washed and cut in cubes approx. 2 inches)

1/2 cup peanut butter

1 1/2 tbsp annatto powder

2 tbsp cooking oil

3 cloves garlic (crushed)

1 medium onion (sliced)

1 cup string beans

1 aubergine/eggplant

1 bunch bok choy

4 cups water (add more if needed)

1 tbsp salt

Instructions

In a pot, boil water with salt and add the cut pork bellies until half-way tender. Remove meat from water and set aside.

1 kilo pork belly, 4 cups water, 1 tbsp salt

Save the stock where the meat was boiled and set aside.

Separately boil the string beans and aubergine until soft then remove from the water and set aside.

1 cup string beans, 1

aubergine/eggplant

In the same pot where the vegetables were cooked, blanch the bok choy until it turns bright green and slightly tender, approx. 40 seconds.

1 bunch bok choy

In another cooking pot. Saute garlic and onion until translucent. Lower heat and add peanut butter stir for 5

seconds then add the annatto powder and stir until incorporated.

1/2 cup peanut butter, 2 tbsp cooking oil, 3 cloves garlic, 1 medium onion, 1 1/2

tbsp annatto powder

Add the pork belly cubes and mix until the meat absorbs the sauce.

Pour in the stock and cover the pot.

After 10 minutes check that the meat is fully cooked.

Add the vegetables and mix until coated with sauce. Serve with shrimp paste as condiment and rice. Bon Appetit!



Pork sisig

Ingredients

2 pounds pig face (snouts, ears, and jowls)

1 cup vinegar

1/4 cup soy sauce

1 head garlic, peeled and crushed

1 teaspoon whole peppercorns

2 bay leaves

1 tablespoon salt

water

1 large onion, peeled and diced

6 Thai chili peppers, stemmed and minced

1/2 cup calamansi juice

1 tablespoon Liquid seasoning Maggi

1/2 cup liver spread

pepper to taste

See opposite page Pork Sisig



Social Tidbits

Montreal Community News

Fely Rosales Cariño

As I am doing this write-up, I am being interrupted by noises from outside. Looking out the window, I saw several men smoking and several women walking their dogs. So I put on a light jacket and went out to join the group. I asked one lady what was happening and she said, 'The sun is shining in its glorious splendor. It's just a sin to stay indoors!' Then, after an hour or so, many went home to await the much anticipated phenomenon, the total solar eclipse on TV. Indeed, on April 8, 2024 the most anticipated appearance of the eclipse has driven many to purchase special glasses to view the moment when the moon blocks out the sun. In certain areas of Montreal, the eclipse occurred from 2-3 minutes, yielding momentary darkness. Now that's cool. Do you remember where you were at this time?

Let's leave celestial objects for a while and delve into my earthly social calendar. What's the latest with the Filipino community? Last March 26, 2024 on Club Atwater on 3505 Atwater, there was a Fireside Chat with Minister Rechie Valdez. Who is she? Born and raised in Zambia, she immigrated to Canada with her family in 1989. She is married and has two children. She is the first Filipino-Canadian woman elected as MP in 2021 representing Mississauga—Streetsville, Ontario. She is Minister of Small Business. Before she entered politics, Minister Valdez owned and operated a small business. Prior to this, she worked in corporate banking for 15 years. Her background as a Canadian entrepreneur, television personality, and community advocate serves her well in her current office. Discussions centered on how to own a business and have access to platforms necessary for such endeavors.

During this Fireside Chat event, the Filipino Heritage Society of Montreal (FHSM) was represented by FHSM delegates led by VP Bert Abiera.

With him were Nida Quirapas, Cesar Manuel, Edith Fedalizo, Paul Imperial, Dolly Belandres, Cora Remigio, Racquel Trinidad, Raffy Lacaden, Minda & Nico Mazzone, Paolo & Caterina Catania, Cristy Hunter, Jonathan del Pilar and yours truly.

Party of the year goes to Panday Tinig Choral Ensemble (PTCE) as they celebrated their 39th Anniversary on April 6, 2024 at Ruby Rouge Restaurant on 1008 Clark Street in downtown Montreal. Panday Tinig, famous for its Philippine musical repertoire, is well-known not only in Montreal but also in other cities such as Toronto, Ottawa and New York.

The main event was the recognition of members in appreciation of being in the PCTE for many years. Diligent rehearsal is a trademark of Panday, which has survived for 39 years! This is without equal in the history of Filipino organizations in Montreal. Over and above the members' loyalty to the choral ensemble are the invaluable services of the two pillars of the Panday – Edith Fedalizo (pianist) and Paul Imperial (conductor). With them at the helm, Panday has achieved unparalleled success.

Here are now the 2024 Loyalty Awardees:

Anita Lo (member since 1992) joined the group because she wanted to stop smoking and singing seemed to be the perfect outlet as it stopped her smoking. She is endearingly called 'Ninang' because every Christmas or birthday occasions, she distributes gifts to the members.

Willie Gomez (member since 1996), having arrived from the Philippines in October 1995, was invited to a Panday Concert. When he heard them sing Lupang Hinirang, he became emotional and yearned for the homeland. This made him join Panday.

Theresa Pasiolan (member

crisp and slightly charred. Or arrange in a single layer on a baking sheet and broil in a 450 F oven for about 4 to 5 minutes or until nicely charred. Remove from heat, allow to cool to touch, and chop meat. In a large bowl, combine chopped meat, onions, chili peppers, calamansi juice., and liquid seasoning. Add liver spread and gently stir to combine. Season with salt and pepper to taste. To serve, transfer to sizzling hot plates.#

since 1997) is fully dedicated and tries her hardest not to miss any Panday performance. Fully dedicated, she goes to the extent of arranging her work schedules to clear her for the shows.

Marina Ocumen (member since 1997) was discovered when she sang a sweet solo at church. Marina also doubles as a photographer during performances. Members are grateful for this extra talent.

Jessie Pascual (member since 2000) is gifted with the ability to reach high notes. This becomes most evident in the performances of the 'Kundiman.' He enjoys the rehearsals because of the jokes and laughter.

He is fond of the happy atmosphere and plans to sing with the group for as long as he can.

Magnolia Camat (member since 2000) is a soprano and eventually became the soloist. She is also the group's very efficient treasurer.

Panday waited 10 years for her to join but Edith said the long wait was worth it.

Edison Taguba (member since 2013) loves choral singing especially with Panday who he considers his second family. He credits Panday with boosting his self-esteem and giving him endless joy. Indeed, he finds singing with them "my stress reliever."

Mayet Taguba Danao (member since 2013) remembers her Filipino culture with pride whenever she puts on the national costumes during performances. When asked why she remains with the group, she answers that it is through Panday that "we perform social responsibilities in our society and through our music, we could attain multicultural understanding." What a lovely thought.

This evening also highlighted Jeannette Perignon as the PTCE's Community Role Model for the 39th anniversary issue of the Tambuli, the group's newsletter. Jeannette, the woman with big dreams, was Personality of the Month of the North American Filipino Star, March edition where you can glean more of her life story. Elegant, multi-talented and admired by her peers, she is an asset to organizations where she performs her duties to perfection and beyond.

Jeannette wears many hats: Secretary of the Filipino Heritage Society (FHSM), President of Kahirup (Hiligaynon) Association of Quebec, Vice President of the Philippine Benevolent and Scholarship Society of Quebec (PBSSQ), one of the Directors & Spokesperson of the Seniors of West Island & Suburbs (SWIS), part of the Bereavement Committee of the Filipino Nurses Association of Quebec (FNAQ), and is the Public Relations Officer of the

Canadian Filipino Teachers Association of Quebec. In addition, she still finds time to volunteer at the Baie-D'Urfé library. And let no one forget, she is also choreographer of the Golden Maidens, the dance group of FHSM. At FHSM events, look out for their dance numbers! How does she manage this dizzying array of responsibilities? Her two-word reply: 'Time Management!'

Perhaps the secret of her strength can be derived from her focus in life: her faith in God. She attributes her strong faith in helping her navigate through trials and hardships before meeting the love of her life. Her church involvement include: Lector and Eucharistic Minister at St. Edmund of Canterbury Parish (Beaconsfield) and at Cathedral of Mary (downtown Montreal) and an active member of the Catholic Women's League (CWL).

Her love story with husband Jacques is also highlighted in Tambuli and has the feel of a romance novel. A secretary falling in love with her boss is the stuff of many movies and Jeannette and Jacques fit this time-honored tradition. They are now happily married with 3 children (Richard, Marianne and Gaudéric), 2 sons from Jacques' previous marriage (Jean-Luc and Yvan, deceased) and 5 grandchildren. They will be celebrating their 43rd wedding anniversary this June 2024. Advanced congratulations, Jeannette & Jacques!

And what's up with SWIS lately? They had their first outing of the year on April 11, 2024 at St. Eustache for a cabanes à sucre party. Members first met at the parking lot of the Coolbrook Chalet on Spring Gardens, DDO. Just waiting for everybody to arrive began our happy togetherness. We started by taking different routes but arrived at the same time at our destination. As we entered the building, line dancing music was blaring in our ears. As we sat down at our tables waiting for lunch to be served, we were immensely entertained watching the oldies (80-plus years old) Judging by their steps, they must all be in a line dancing class. Our groups' representatives on the dance floor were Connie Fabro, Jeannette Perignon, Nora Arcalas, Emmy Bayan, Nene Isada, Nilo & Edith Valenzuela, Benny & Lita Bote, Andy & Lolit Odulio and Perla Castillo. Happy spectators were Elvie Maximo, Evie Magajes, Fe Blaise, Eddie Isada, Jo Villamor and yours truly. After feasting on a big lunch, we again continued watching the line dancing. Well, dancing, eating and laughing - what more could you ask for in an afternoon?

Until next issue and God bless!#

From Page 12 Pork Sisig

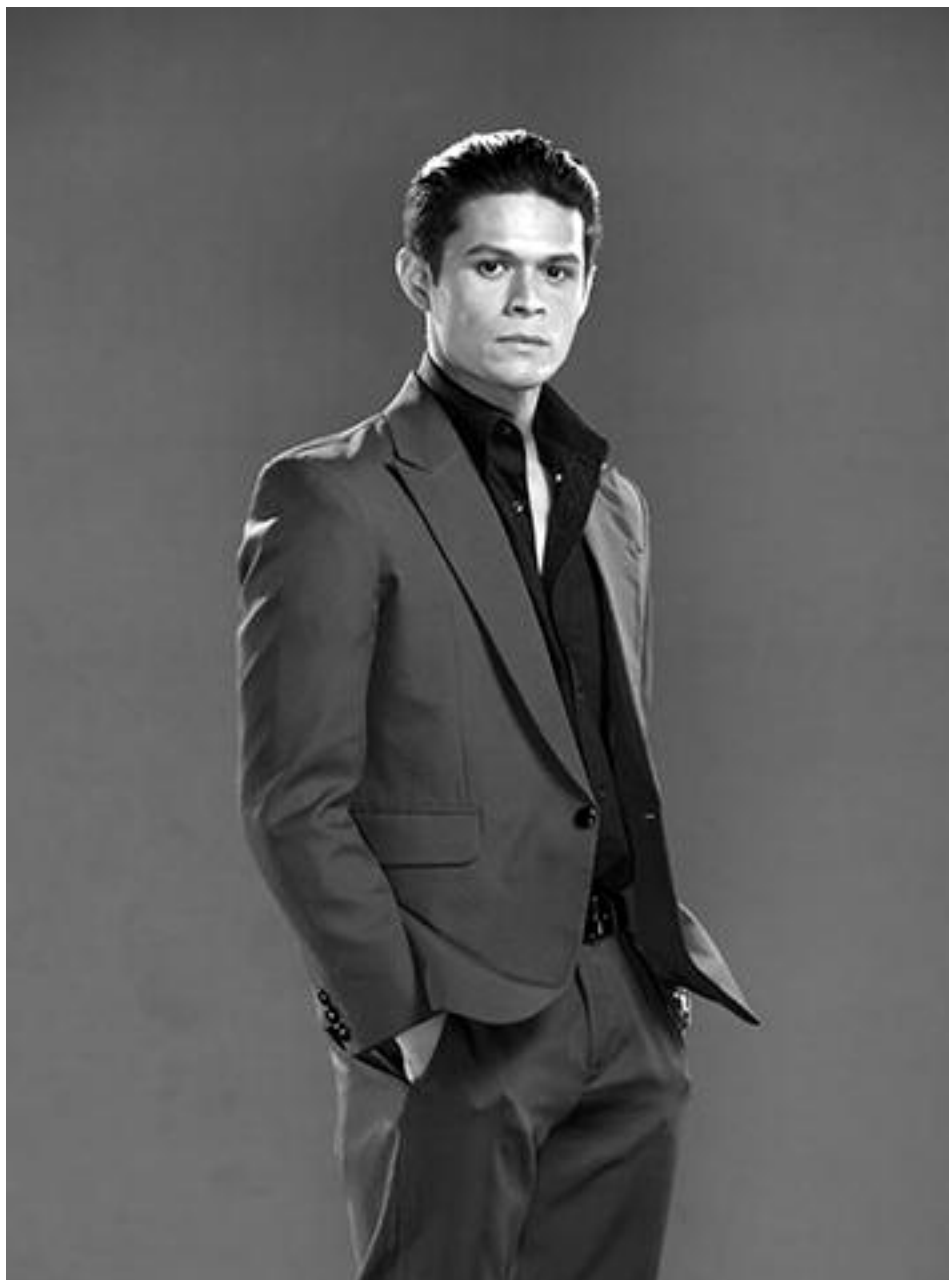
Instructions
In a large pot, combine pig face, vinegar, soy sauce, garlic, peppercorns, bay leaves, about 1 tablespoon salt, and enough water to completely cover pork. Bring to a boil, skimming scum that floats on top. Lower heat, cover, and simmer for about 50 minutes to 1 hour or until meat is tender. Remove from heat and drain well, discarding liquid. Over a hot grill, grill pork for about 7 to 10 minutes on each side or until

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FILIPINO STAR

SHOWBIZ GOSSIP

Jon Lucas: Primetime TV's bad boy has heart of gold



Due to his exceptional performance as a villain, Jon has faced a barrage of hate messages from "Black Rider" fans.

Talented Kapuso actor Jon Lucas brilliantly portrayed Calvin Magallanes in the popular primetime series "Black Rider" on GMA Network. He masterfully played an unlikable character, leaving audiences with a lasting impression.

Due to his exceptional performance as a villain, Jon has faced a barrage of hate messages from "Black Rider" fans.

"Nakakatanggap ako ng mga hate messages from our viewers. Naiinis sila at nagagalit. Pero for me naman nakakatuwa kapag may mga ganung comments kasi isa yun sa mga senyales na effective ka sa ginagawa mong role," said Jon during an interview with Kuya Kim Atienza in "Talk To Kuya" portion of "Dapat Alam

Mo!" recently.

(I receive hate messages from our viewers. They get annoyed and angry. But for me, it's funny when there are comments like that because it's one of the signs that you're effective in your role.)

Jon reassured fans that he has a good heart despite playing a villain. He may not be perfect, but he tries to be kind to everyone.

"Hindi naman ako sobrang good boy. Hindi naman ako sa nagmamalinis. Pero nandoon ako sa process na nagsusumikap na magpakabait para sa pamilya natin at sa mga katrabaho," the actor said. (I'm not a very good boy. But I'm in the process of trying to be kind to my family and coworkers.)

Jon doesn't hide his bad boy image from his children, though he has to explain it to them whenever they see him on TV.

"Gusto ko nakikita rin ng anak ko yung ginagawa ko para malaman nila kung ano ang trabaho ko. Lagi kong pinapaliwanag na hindi tayo ganun sa totoong buhay.

(I want my son to see what I do so they know my job. I always explain that we are not like that in real life.)

"Halimbawa may nakikita silang eksena na may inaaway ako or mas matanda sa akin, kahit kailan hindi ko ipapakita sa kanila na nanakit ako ng babae, na may sinisigawan ako na matanda.

(For example, if they see a scene where I am fighting with someone older than me, I will never show them in real life that I hurt a woman or that I am shouting at an old person.)

captivating on-stage presence."Hindi talaga ako nagda-diet. Hindi talaga ako marunong ng proper diet. So inayos ko ang pagkain kasi kailangan sa role na medyo fit and skinny kasi yun ang hinihingi ng role. So dapat yung galaw natin mabilis din. Binawasan ko yung pagkain ng pork and chicken skin. Mga fatty and oily food," he said.

(I don't go on a diet. I need to learn a proper diet. So, I adjusted the food because the role required me to be a bit fit and skinny. So we should move quickly as well. I reduced the food to pork and chicken skin, which is fatty and oily.)

Jon said he would still love to play the role of a hero if given the opportunity. He's grateful to GMA Public Affairs for the opportunity of a lifetime, which is portraying a villain on primetime television.

"Malaking pagbabago sa akin ng role na ito dahil marami na ang



"Lalo na yung eldest ko na panganay baka maka-adopt niya. Yung mga lines namin sa Black Rider minsan ginagaya nila. Kaya nakakatuwa rin. Anak, dapat alam mo!" said Jon.

(The eldest, especially, might be able to adapt. Our lines in Black Rider are sometimes imitated, which is why they're also funny. Son, you should know!)

Jon's remarkable physical performance in "Black Rider" was no coincidence. He had spent countless hours preparing himself to embody the role to perfection.

In his own words, Jon stated that his physical preparation was just as necessary as his mental preparation, which showed in his

nakakakilala sa akin sa pagganap bilang kontrabida. Nakikita nila at na-appreciate nila yung trabaho na ginagawa mo. Ang sarap sa puso. Kaya maraming salamat sa GMA Public Affairs for this opportunity," he said. "Gusto ko pa rin gumanap ng good boy pero ine-embrace ko talaga ngayon ang pagiging kontrabida."

(This role is a significant change because many people know me from playing the villain. They see and appreciate the work you do. It's heartwarming. So thank you very much to GMA Public Affairs for this opportunity.) ■

Kris Aquino looks 'healthier' in new video



Kris Aquino looks 'healthier' in new video

"Queen of All Media" Kris Aquino brought relief to her fans after she was recently spotted looking much healthier in a new video amid her battle with autoimmune diseases.

In the TikTok video uploaded by Mayor Vilma Caluag of San Fernando, Pampanga, Aquino was captured smiling and enthusiastically talking about her sweater that says, "You deserve to be happy," as they celebrated her youngest son Bimby's 17th birthday in the United States, where the actress-host is now based.

In the video, Aquino also discussed how she and Caluag met, which was almost a year ago.

"We're very, very happy with our friend. Ten months ago, nakilala namin si Mayor Vilma," she said.

In the comment section, fans expressed their relief to see Aquino looking so much better than the last time when she disclosed her seemingly worsening medical condition.

"Parang much better na siya tignan now; feel ko gagaling na siya," said one netizen. (She looks much better now; I feel that she will get

better in time.)

"It looks like Ms. Kris is recovering. Praying na magtuloy tuloy na paggaling niya," wrote another fan. (It looks like Ms. Kris is recovering. Praying that her recovery continues.)

On April 19, Friday, Aquino penned an emotional birthday message to Bimby, admitting that she cried non-stop as she feared that she wouldn't reach her son's 18th birthday due to her declining health.

"I'm sorry for showing weakness yesterday when I cried nonstop because of my fear that I may not be around to be with you on your 18th birthday," she said. "No matter how much physical pain I endure daily, my heart overflows with love because of your caring, selfless, unconditional love."

On her previous birthday, February 14, Aquino opened up that the next 6 months would be crucial for her as she has a "very strong chance of having cardiac arrest" anytime as she's set to undergo hospitalization for a new treatment. ■

Megan Young denies alleged pregnancy



Megan Young has come out to deny speculations about her supposedly being pregnant.

It all started with fans noticing how she has seemingly gained a few pounds as seen in a recent Instagram post.

Some zeroed in on her tummy, maintaining the former beauty queen is displaying a baby bump.

Some of the comments:

"Tumaba na siya. For sure she is preggy."

"Congratulations Megan and Mikael. Waiting for the official announcement!"

"Finally! A baby for our favorite couple!"

Then again, there are those

who were only too quick to denounce such comments, deeming these "inappropriate."

Said one, "My gosh! it's 2024 na. So cringe naman the comments on a lady's body! Mahiya kayo!"

Added another, "Lumaki lang tiyan buntis na? Advance magisip ang mga marites dito!"

"Pangunahan daw ba ang magasawa???"

In any case, Megan finally ended speculation by commenting this on a thread: "Busog lang."

Megan is married to actor Mikael Daez.

The couple tied the knot twice in 2020: First in Batangas then a few days later in Subic ■

Rhian Ramos back home after sleeping in Dubai airport floor for 2 days



The "It's Showtime" hosts are all Kapuso actress Rhian Ramos is finally home after getting stranded in Dubai airport due to heavy flooding.

In her X account, Rhian reposted a photo showing her with her friend Michelle Dee as support for Autism Society PH's Walk For Autism 2024 in SM Mall of Asia Arena, Pasay City.

Last April 19, Rhian posted on her X account that she was stranded in Dubai International Airport.

"Is there anyone from Emirates in Dubai that can help us? We need to rebook please," she wrote.

In her Instagram Stories, Rhian shared her photos while stranded in the airport, including her blankets on the floor, a bruised ankle, and long lines of fellow stranded passengers.

After finally getting a flight home, Rhian tweeted, "Hallelujah thank you Lord!!!"

"Grabe, super miracle yung nangyari, so happy to be coming home so excited to shower too," she wrote in another post.

The airport canceled over 1,500 flights following flooding caused by rains reported to be the heaviest in the United Arab Emirates for the last 75 years, which left several people dead, including three overseas Filipino workers (OFWs).

Showbiz Gossip *Continued from p.15*

Angelica Panganiban celebrates bridal shower with close friends



Actress Angelica Panganiban celebrated her bridal shower with close friends, looking radiant before her second wedding to businessman Gregg Homan.

Hosted by dermatologist Dr. Aivee Aguilar Teo, the bridal shower's attendees were given several treatments from her beauty clinic Aivee, which Panganiban was an endorser for.

"@iamangelicap and her girls are soaking up every moment before the big day! Laughter, love, and self-care – the ultimate pre-wedding bash! Here's to celebrating friendship and the journey to 'I do,'" the clinic said in its post on Instagram.

The bridal shower took place at The A Institute, The Aivee Clinic's branch in BGC. The venue was filled with white and green decorations which were designed by event

designer Gideon Hermosa and his wedding styling team House of Hermosa.

Teo had also previously held a bridal shower for actress Maja Salvador ten days before her wedding to Rambo Nuñez Ortega back in 2023 where she and her closest friends were also provided with skin treatments like facials, skin tightening, and skin rejuvenation.

Panganiban was first married to Homan in Los Angeles in a private wedding ceremony that was graced by a few family members and close friends last Dec 31, 2023.

Known for her acting chops in several TV series and films, Panganiban is a prominent figure in the local entertainment industry. She currently shares snippets of her life with her family on her YouTube channel called "The Homans." ■

Catriona Gray and Sam Milby get cozy in new photos



Catriona Gray and Sam Milby

After being seen together at the intimate birthday celebration of Cornerstone Entertainment's president Erickson Raymundo, it appears that things are going well between celebrity couple Catriona Gray and Sam Milby.

Sam and Catriona were among the guests during Erickson's intimate birthday celebration in Santa Rita, Pampanga. In an Instagram story uploaded by Pinky Tobiano, the two can be seen getting cozy while talking to each other.

In another Instagram story shared by Pinky, Sam is seen smiling while he places his hand on Catriona's back. Pinky also uploaded an IG Reel highlighting more sweet moments

between Catriona and Sam.

"The heat [won't] stop these sweet couple Cat & Sam, and we are all here to celebrate Erickson's bday... Erik and my food trip in Pampanga this week," she said in the caption.

The couple announced their engagement in February 2023 and plan to get married in 2024.

On Feb. 28, Cornerstone Management released an official statement regarding the status of the relationship between Catriona and Sam.

Cornerstone said: "While it is true that Sam and Catriona are facing some challenges in their relationship, they are actively working on resolving these issues together." ■

Angeline Quinto drops new song at her Quiapo Church wedding



Angeline Quinto

Kapamilya singer Angeline Quinto has tied the knot with her non-showbiz boyfriend Nonrev Daquina earlier today in Quiapo Church.

Kapamilya singer Erik Santos posted on his Insatgram story a video of Angeline walking down the aisle.

Angeline wore a traditional white wedding dress,

while Nonrev wore a Barong Tagalog.

According to reports, Vice Ganda was the man of honor, Erik was the ring bearer, while Sarah Geronimo was the flower girl at the wedding.

In a statement sent to Philstar.com, ABS-CBN said Angeline surprised fans with the drop of her new song "Salamat

Ika'y Dumating" today, April 25, which is the day of her wedding with Nonrev Daquina at Quiapo Church in Manila.

The Kapamilya artist penned the wedding song with ABS-CBN Music Creative Director Jonathan Manalo, who also handled its production under the record label Star Music. ■

Lovi Poe enjoys Manila and Hollywood hustles



Actress Lovi Poe is set to star in films 'Guilty Pleasure' and 'The Untamed'

Actress Lovi Poe is excited about the latest projects that she is about to shoot under Regal Entertainment. The first is Guilty Pleasure and the other one is called The Untamed.

The first one is to be directed by Connie Macatuno while the other is to be helmed by Richard Somes.

In Guilty Pleasure, breathe life into the role of a lawyer. She shares stellar billing with JM De Guzman and Jameson Blake. Meanwhile, The Untamed is an action-drama and requires physical preparation for the intense action scenes.

"Not only that, I also have another new project. It's something new for me as well. I know that this will be another challenging assignment. So, you see, I'll be very busy in the coming days doing these exciting materials," she said.

She has already done three movies in Hollywood. What's the difference between doing a film locally and abroad?

"Honestly, I exert almost the same effort regardless of filming locally or abroad. Philippine showbiz versus Hollywood isn't a factor; it's all about giving the project my love and effort," Lovi explained.

"For me, work is work. I will give it the same love and effort. Everything's equal to me. Of course, doing a project in Hollywood is a

brand new venture for me. It's a new phase in my career, a new experience. It's just something that I am going to enjoy as much as I enjoy filming here in our country," she carried on.

Meanwhile, the actress is grateful that her husband Monty Blencowe understands the demands of her job.

"He's very supportive. He is scheduled to fly to the Philippines just to spend time with me. There are just times when I'm the one who goes to America. It's like I'm based in between since there's work for me here and I also have work there," the 34-year-old actress shared.

Interestingly, does she still ask permission from her husband when it comes to accepting film projects?

"No, nothing like that. But we talk about it. He knows my work and trusts my decisions. There's no need for approval. He respects my job."

Can she say that she's already adjusted to her role as a wife and an actress here and in the US?

"I have a supportive husband who pushes me to do what I love and who's excited for me. It's a lot of work. It's hard to switch on and the next switch off. But then, that's part of the job and I enjoy it so much. So, I'm not complaining. In fact, I wouldn't have it any other way," ends Lovi. ■

Ivana Alawi rides on trending 'Asoka' makeup challenge



Content creator and actress Ivana Alawi surprised her fans as she took on a recent social media challenge, showcasing the beauty of Filipinas.

The "Batang Quiapo" star's latest video came after the "Asoka Makeup Video" challenge trended on TikTok, on which netizens called for a Pinoy version that highlights not just the Filipina beauty but also the culture of the Philippines.

The makeup challenge is inspired by the 2001 Bollywood film "Asoka", which starred Shah Rukh Khan and Kareena Kapoor. Engaging to the challenge, makeup artists and influencers used the movie's

soundtrack "San Sanana" by Anu Malik, Alka Yagnik, and Hema Sardesai, as they transformed into stunning Indian bridal makeup.

On the other hand, doing its Philippine counterpart, Ivana was seen doing makeup transitions and donning a blue and pink Filipiniana paired with white-beaded earrings and necklace as she danced to the music of Angeline Quinto's "Piliin Mo Ang Pilipinas". She completed her Filipina look with a traditional fan.

As of writing, the video has already gained over 14.4 million views on TikTok and over 3 million on Instagram." ■

Carla Abellana admits being starstruck by Bea Alonzo



(From left) Carla Abellana and Bea Alonzo.

Even though Carla Abellana and Bea Alonzo have already started shooting for their upcoming series "Widows' War," Abellana still hasn't gotten over being starstruck with her co-star, singing high praises for the latter's work ethic and acting prowess.

Abellana told reporters on the sidelines of an awards event that working with Alonzo was a "wish come true," saying that she's even willing to take any role as long as she could work with the her.

"My goodness! Dream ko 'yun. It's a wish of mine na nagkatotoo. Kahit ano mang role 'yan, as long as maka-work ko si Bea, more than happy na ako," she said. "But to work

alongside her, tapos 'yung characters namin ay best friends turned enemies, even more exciting. Lagi akong nasa-starstruck kapag nakaka-eksena ko siya."

"I'm also trying to be as open-minded as possible because our script is very secretive and mysterious. We don't know what's going to happen and I'm excited about it," she said.

Abellana and Alonzo's new project was announced on GMA's omnibus trailer for the year, with the story conference taking place in January 2024. A premiere date for the Zig Dulay-helmed series is yet to be announced. ■

A call for a second national summit to combat anti-semitism

(Montreal communique, April 15, 2024) With police departments across Canada indicating that there has been an unprecedented wave of hate targeting Jews over the past months, some 200 Canadians today released an Open Letter calling on the Government of Canada to urgently convene a Second National Summit to Combat Antisemitism.

Signatories of the Open Letter include, among others, the Honourable Sherry Wilson, Minister Responsible for Women's Equity, Government of New Brunswick, Chis Palmer, M.L.A. Nova Scotia, Sherry Gambin Walsh, M.H.A. Newfoundland and Labrador, Ken Boshcoff, Mayor of Thunder Bay, Jeff Leal, Mayor of Peterborough, several dozen City Councillors, School Trustees and community and spiritual leaders.

The Open Letter is supported by Senators Leo Housakos and Pierre J. Daphond who have tabled a motion to be debated in the Senate on April 17 supporting the call for such a second national summit.

Police reports from across Canada show that hate crimes and incidents are at record levels with Jews targeted by far the most.

The signatories note that since October that shots have been fired at Jewish schools and arson attempts made at Jewish religious and community buildings.

They condemn the hateful rallies seen in many cities that have openly incited violence against the Jewish community. They are also



Marvin Rotrand, Director General, United Against Hate Canada

deeply troubled that Jewish students have been assaulted at universities and that there have been calls for boycotts against businesses, simply because their owners are Jewish.

A first national summit was held in July 2021 under the auspices of the Honourable Irwin Cotler, who was at the time Canada's Special Envoy for Preserving Holocaust Remembrance and Combatting Antisemitism.

That summit led to substantial new funding for the Special Envoy's office, new money for the Security Infrastructure Program, a commitment to better train civil servants and law enforcement to recognize and react to antisemitism and a strong statement

by Canada at the Malmo International Conference held in October 2021 to fight antisemitism.

"The situation now is clearly worse," indicates Frank Baylis, former Member of Parliament for Pierrefonds-Dollard. "We need to sit all the stakeholders at the same table to quickly apply pragmatic solutions. It is clearly unacceptable for Jewish Canadians to be targeted and feel unsafe in their own communities"

The signatories note that there have been relatively few arrests and that there is a growing public perception that police do not have a strategy to cope with hateful protests, thus emboldening protesters and leading to an escalation where the safety of the entire Jewish community has been imperilled

"Today we are announcing that we are calling on the Government of Canada to convene a second national summit to combat antisemitism under the authority of Deborah Lyons, Canada's current Special Envoy for Preserving Holocaust Remembrance and Combatting Antisemitism," says Dougald Lamont, former Member of the Manitoba Legislature and leader of the Manitoba Liberal Party.

Mr. Lamont indicates that the signatories feel it is important that the Government of Canada act to create this vital forum quickly to aid repel the record level of hate targeting Jews.

"No region of the country has been immune to the wave of hate," states Marvin Rotrand, currently

Director General of United Against Hate Canada. "Vancouver police have announced a 62% jump in antisemitic incidents in 2023, Toronto police reported a 53% increase in hate crimes in 2023 with early indications that 2024 will easily exceed that number and in recent documentation Montreal police reported a whopping 39 hate crime against Jews, 36 hate crimes against Jewish property and 56 hate incidents between October 7 and January 24 alone."

The signatories observe that a quick internet search reveals many incidents targeting Jews over the past six months. Media reports indicate that reports of antisemitism also increased more than twofold in Halifax, to 18 in 2023 from seven in 2022 with most occurring after October 7.

Calgary police reported 27 antisemitic incidents in 2023, up from 15 while in Edmonton the numbers rose from 10 in 2022 to 18. In both cities most incidents occurred after October 7.

Statistics Canada reported that a shocking 67% of all police-reported hate crimes in 2022 targeted Jews, 33% all other groups combined. The signatories say preliminary data indicates that 2023 will be far worse with 2024 on track to break all records.

They say the situation is critical and a the need for a second summit truly urgent.

Further information: Marvin Rotrand <marvinrottrand2@hotmail.com>

From Page 5 Earth Day

"The future of our cities and villages relies on access to active and public transport. Their health is essential for the quality of life and vitality of our communities. On this Earth Day, a symbol of our commitment to our planet, I invite businesses, cities, municipalities, and villages across Quebec and Canada to take a step in this direction. By strategically and sustainably investing in our infrastructure, and offering targeted and attractive incentives to our citizens, we will not only generate a positive environmental impact but also stimulate our economy," – Stéphane Boyer, Mayor of Laval and national spokesperson for the 2024 Earth Day campaign.

Active and Public Transport for a Healthy Planet

The "Leg Day" campaign, created in collaboration with creative agency Sid Lee, invites Canadians to travel by active or public transport on April 22. The goal is to highlight the benefits of active and public transport, not only for the environment but also for physical and mental health. The challenge concludes today! Citizens are encouraged to try active and sustainable transport. From March 21 to April 22, those choosing green transportation options like cycling, walking, or carpooling can register at

<https://earthday.ca/legday> to win a prize. This contest has gathered nearly 40,000 participants and over 3 million km have been covered in active mobility according to Strava data.

"On this April 22, I invite all Canadians to mark Earth Day by abandoning solo driving and moving with active or public transport means. By choosing to walk, bike, or use public transport, every individual can significantly contribute to reducing greenhouse gas emissions and improving air quality. Join us to transform our approach to daily transport and make Earth Day a day of action and positive change for our planet. After all, Earth Day is D-Day!" – Valérie Mallamo, Executive Director of Earth Day Canada.

Promoting Sustainable Mobility in The Private Sector

Earth Day Canada invites employers and municipalities to promote active and public transport, both on Earth Day and throughout the year. Last month, Earth Day Canada revealed that half (49%) wish their employer would organize ride-sharing among their employees, but few do. By introducing incentives to your employees using sustainable transport means, you not only contribute to the planet's health but also reduce the prevalence of solo driving on our roads. Companies like Fruit d'Or and EY Canada are already leading by

example by adopting these practices.

"For Earth Day, as every day of the year, we encourage our employees to use sustainable transport means. Our internal carpooling program enables us to offer solid alternatives to solo driving, even in a rural setting! On this Earth Day, Fruit d'Or is proud to do its part for the planet's health." – Isabelle Gallant, Head of Sustainable Development at Fruit d'Or

"Earth Day is not a single day commitment, it's a lifetime responsibility each of us must undertake to build a sustainable planet for years to come. In recognition of Earth Day, throughout the month of April EY Canada has been participating in a month-long Sustainable Mobility Challenge, encouraging employees to embrace greener commuting options. Whether through biking, carpooling, taking public transit or the heel-toe-express, these alternate methods have helped to save one ton of greenhouse gases to date. Through initiatives like this, we hope to create awareness and inspire a lasting shift towards more sustainable habits among our people." – Laura Schlee, Corporate Responsibility Leader, EY Canada

150 Municipalities Committed to the Planet, Every Day

For the fifth consecutive year, Earth Day Canada is working closely with municipalities across the country

as part of the Committed Municipalities project. Since its launch in 2020, this project has seen the participation of over 150 municipalities, all committed to promoting environmental protection and sustainable mobility in their territories.

Source:Earth Day Canada website

About Earth Day Canada

Earth Day Canada is an environmental organization that helps individuals, municipalities and organizations reduce their impact on the environment by taking concrete action on Earth Day and every day. In addition to a large-scale awareness campaign on April 22nd, Earth Day Canada continues to roll out environmental programs and projects with proven positive impacts in areas such as waste management, food waste and sustainable mobility.#

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As Ukraine waits for US military aid, Russia makes further advances in the east

By Andrew Carey and Svitlana Vlasova, CNN Wed April 24, 2024
Kyiv, Ukraine CNN

As the US prepares to transfer significant military aid to Ukraine following the Senate passing funding legislation worth \$61 billion, reports from eastern Ukraine continue to highlight Kyiv's sliding fortunes on the battlefield.

The village of Ocheretyne remains a clear focus for Russian forces, with DeepState – a Ukrainian monitoring group – showing almost daily Russian advances westward along a stretch of high ground.

The terrain is of central importance for Ukraine's defensive line along this part of the front and has been a main target for Russian forces since they captured the industrial town of Avdiivka – about 16 kilometers (10 miles) away – in February. Ukrainian soldiers on the front lines have spoken of being badly outgunned by Russian forces. President Volodymyr Zelensky recently said the ratio was 10 to one in Russia's favor.

Russia advancing on strategic eastern town

The latest frontline mapping from DeepState shows the center of Ocheretyne, including the railway station, in Russian hands, with Ukraine also losing ground in the neighboring village of Novobakhmutivka, immediately to the south.

A Ukrainian military blogger, Bohdan Myroshnykov, wrote, "In Novobakhmutivka, the enemy made progress in the village, advancing up to 400 meters in depth. Previously, they controlled only the south-eastern part of the village, but now they control almost 3/4 of the village."

Taking a straight line south, the next two villages - Berdychi and Semenivka – are also seeing Russian troops try to push forward, reports suggest.

DeepState says an effort to advance further west along the ridge line from Ocheretyne was prevented by a successful Ukrainian counterattack by the 100th brigade but makes clear that Ukraine's armed forces need US military aid to arrive in country as soon as possible.

"The forces are not equal, the [Russian] b*****s outnumber the [Ukrainian] defence forces in infantry. This is not to mention the [aerial guided bombs] KABs, artillery and equipment," the monitoring site says.

An officer with Ukraine's Eastern Command – who asked not to be named because he is not authorized to speak on the record – told CNN last week that if Russian forces succeeded in gaining and holding Ocheretyne, it could bring vital Ukrainian logistics routes, linking three key military hubs – Kostiantynivka, Pokrovsk and Velyka Novosilka – under Russian fire control.



Officers of the Ukrainian special police forces walk past destroyed buildings and debris during the evacuation of local residents from the village of Ocheretyne. April 21, 2024. Anatolii Stepanov/AFP/Getty Images

Meanwhile, around Chasiv Yar, about 40 kilometers to the north, both Ukrainian and Russian reports suggest Ukraine has succeeded in stopping Russian advances, at least for the moment.

"In the Chasiv Yar direction, the offensive of the Russian forces 'stalled' on the eastern outskirts," a Russian military blogger, Wargonzo, reports, though fierce fighting continues, the site adds.

Ukraine's DeepState appears to concur, highlighting successes for Kyiv's forces in the nearby village of Ivanivske, while also pointing to continued Russian build-up in the city of Bakhmut, just a few kilometers to the east.

"[Ukraine's] 92nd Brigade managed to regain control over some positions south of Ivanivske. The enemy is mainly conducting infantry attacks; no significant changes have been recorded. The enemy continues to gather up reserves of personnel and equipment for temporary deployment in Bakhmut," the site says. An officer with Ukraine's Eastern Command – who asked not to be named because

and holding Ocheretyne, it could bring vital Ukrainian logistics routes, linking



A worker prepares 155 mm caliber shells for shipment at the packaging area of the Scranton Army Ammunition Plant in Scranton, Pennsylvania on April 16, 2024. Charly Triballeau/AFP/Getty Images

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Ukrainian service members fire a L119 howitzer towards Russian troops, in Donetsk region, Ukraine April 21, 2024.

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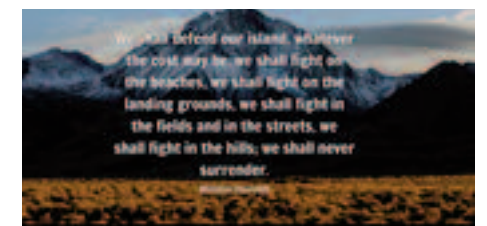
Ukraine's army chief Oleksandr Syrskiy has said he believes Vladimir Putin has ordered the capture of Chasiv Yar by May 9, the day Russia celebrates its victory over Nazi Germany in 1945.



Ukrainian service members fire a L119 howitzer towards Russian troops, in Donetsk region, Ukraine April 21, 2024. Oleksandr Ratushniak/Reuters

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April 2024 Pictorial News



Prime Minister Justin Trudeau takes in the solar eclipse from the roof of the Office of the Prime Minister and Privy Council building, Monday, April 8, 2024 in Ottawa. THE CANADIAN PRESS/Adrian Wyld



P.W.H.L. Montreal has been a part of the attendance-record-breaking experience several times, as the opposing team for the most part. At one point they held the record with 8,646 fans at Place Bell against Ottawa on Jan. 27. It only made sense that they would be the ones to set the new world record attendance record in Montreal. You may have to thank P.W.H.L. Toronto for helping attain this goal. On Feb. 16, Toronto hosted Montreal at Scotiabank arena for the "Battle on Bay Street," which set the previous attendance record of 19,285. Montreal countered with their "Duel at the Top" game at the Bell Centre on April 20, where the new attendance world record was set at 21,105.



Least 31,625,000 People Will Witness The 'Greater American Eclipse



To experience a total solar eclipse, you have to be in the right place at the right time—and that can be harder than it sounds. The path of totality, the area on Earth where it's possible to see the moon block the sun completely during an eclipse, can be thousands of miles long but less than 100 miles across. And even the longest eclipses don't last: the moon completely blocks the sun for no longer than seven and a half minutes, and in some cases only two or three minutes. Earth may be just a tiny dot in the vastness of space, but the odds of finding yourself in a place on that dot where a total solar eclipse is visible at the time when it's actually happening are even smaller. It's not surprising that most people have never seen a total solar eclipse in person—in fact, the entire continental United States hasn't seen one since 1979, so most Americans under the age of 38 haven't even had the chance to see one in their own country.(Exploratorium website)



There are about 800 derelict buildings in Montreal, and several heritage buildings are among those that sit unused. (Rowan Kennedy/CBC)



Two horses on the loose bolt through the streets of London near Aldwych on April 24, 2024. Jordan Pettitt/PA Images via Getty Images