

# Gilmore College International plans to downsize its operations after 36 years



**Gilmore College moved into this building from the previous location on Queen Mary Road near Coolbrook where it stayed from July 2011 until Sept.15, 2015, having rented from the same landlady for over 14 years. The College has moved six times from its original location on 4246 Girouard from where it started in November 1989.**

Personal news story by Zenaida Ferry-Kharroubi

Montreal, August 15, 2025 - A number of old Canadian business enterprises have ceased operations such as Sears, Simpsons, Eaton's, etc. Most recently, the Hudson's Bay Company founded on May 2, 1670 sadly became defunct in June 2025. I therefore surmise to say that every-

thing seems to have a limited life span and nothing remains the same forever.

Ne-Ri-Fe Enterprises, Inc. that operates under the trading name of Gilmore College International is not as old nor as large as these businesses that were wellknown for many decades or centuries. It is therefore not a surprise that after 36 years, a small private corporation like mine will have to adopt to the changing condi-tions of modern life.



**About 80 guests attended the triple celebrations held on October 5, 2015 - open house, Gilmore's 26th anniversary, and 2nd anniversary of MMTV. Our MP of Mount Royal, Anthony Housefather, was the guest of honor. It was a joyous occasion with the support of many community leaders.**

I chose to incorporate federally to be able to branch out into other major cities in Canada but things that happened in both my professional and personal life did not allow me to achieve my original plans. I now realize that being a sole share0holder and having started with a shoestring budget from the equity of a mortgage would be impossible to realize an ambitious project. Besides

the inevitable speed of time and aging, my resources are limited and I must find a better way to continue my commitment to the value of education in the creation of an ideal society we all want by adapting new technology.

It is now well-known that AI (artificial intelligence) will greatly affect the future of work. In this modern

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Gilmore College

# Ensemble Montreal selects 1st Filipino-Canadian elected councilor Stephanie Valenzuela for Mayor of CDN-NDG Borough with a strong diverse team

By John Leo Lete, Local Journalism Initiative

Montréal, August 18, 2025 – Ensemble Montréal leader and mayoral candidate Soraya Martinez Ferrada unveiled her team for Côte-des-Neiges–Notre-Dame-de-Grâce (CDN-NDG) on Monday, announcing current city councillor Stephanie Valenzuela as the party's candidate for borough mayor.

Valenzuela, a lifelong resident of Darlington and current councillor, enters the race determined to renew CDN-NDG after what she and her team call nearly a decade of neglect.

" As someone who grew up here, my main goal is to ensure residents feel safe and have the infrastructure and services they deserve. I want CDN-NDG to thrive again," Valenzuela said at the launch.



**1st Filipino-Canadian elected councilor for Darlington district Stephanie Valenzuela (center) being interviewed by Pinoy Pa Rin TV hosts, Tenne Rose Dayandante and Michael Davantes, at the Van Horn Park where the Ensemble Montreal held a rally, Aug. 18, 2025 (Photo: FB post byTenne Rose Dayandante)**

## A Borough in Need of Renewal

Côte-des-Neiges–Notre-Dame-de-Grâce is Montréal's largest and most diverse borough, home to over 160,000 residents from a wide variety of cultural and socio-economic back-grounds. It faces pressing challenges, including aging housing stock, flood-ing, mobility issues, and public safety concerns.

Valenzuela and her team argue that the current borough leadership has failed to address these problems. They cite deteriorating streets, poorly maintained housing, insufficient flood protections, and what they describe as a general decline in cleanliness and quality of life.

"Our borough deserves leadership that will act decisively for a safer, more welcoming, and

See Page 2

Ensemble Montreal



From Page 1 Ensemble Montreal thriving CDN-NDG. Residents are tired of being ignored—change and renewal are our priorities,” Valenzuela said.

### A Team of Fresh Faces and Deep Roots

Alongside Valenzuela, Ensemble Montréal is presenting what it calls a strong, dynamic team rooted in the borough’s communities and bringing expertise from diverse fields:

- Milany Thiagarajah (Darlington) – deeply involved in local sports and cultural organizations, aiming to strengthen community connections.

- Yvonne Nguyen (Côte-des-Neiges) – an immigration lawyer and Vice-President of External Affairs for the Vietnamese community in Canada, representing the resilience and contributions of immigrant families.

- Peter Shatilla (Notre-Dame-de-Grâce) – a veteran entrepreneur and merchant with 45 years of experience in NDG, focused on defending small businesses and community needs.

- Alexandre Teodoresco (Loyola) – a professional in innovation and digital transformation, running for office for the first time with a vision of using technology to improve city services.

- Sonny Moroz (Snowdon) – currently a sitting councillor seeking re-election, known for his active involvement in community groups and his advocacy for local residents.

Martinez Ferrada highlighted the strength of the team: “Côte-des-Neiges-Notre-Dame-de-Grâce is a borough rich in diversity and its many communities. I am pleased to present a team that knows the area and will work with the population. What we are proposing is not just a program: it is a sincere commitment to improving the daily lives of citizens.”

### Key Commitments for CDN-NDG

At the campaign launch, Valenzuela and Ensemble Montréal outlined several concrete priorities

for the borough:

- Accelerating Affordable Housing – including new projects at the Namur-Hippodrome site and the former YMCA in NDG, in response to the city’s housing crisis.

Recreation Infrastructure – building a multisport center in Côte-des-Neiges and adding outdoor facilities across the borough to promote healthy living.

- Strengthening Flood



**L-R: Peter Shatilla (Notre-Dame de Grace), Alexandre Teodoresco (Loyola), Soraya Martinez Ferrada (Ensemble Montreal leader and mayoral candidate), Stephanie Valenzuela, (CDN-NDG Borough mayoral candidate) Yvonne Ngyuen (Cote des Neiges), Milany Thiagarajah (Darlington), and Sonny Moroz (Snowdon).**



**A huge crowd of supporters gather around the Ensemble Montreal candidates for the CDN-NDG Borough at Van Horne Park (Courtesy photo: Felix Lacerte Gauthier)**

- Improving Safety and Preventing Crime – with increased investment in crime prevention programs and closer collaboration with community organizations.

- Expanding Sports and

Protections and Infrastructure – upgrading systems to better protect neighborhoods that have suffered repeated water damage in recent years.

- Restoring Cleanliness and

Green Spaces – improving basic municipal services such as snow removal, garbage collection, and maintenance of parks and public spaces.

Valenzuela argued that these measures are critical to ensuring residents feel safe and supported: “People should not have to worry about unsafe housing, flooding in their basements, or neglected parks. CDN-NDG deserves services and infrastructure worthy of a major urban borough.”

### Criticism of the Current Administration

Throughout her announcement, Valenzuela pointed to what she views as the failures of the current borough administration over the past eight years. According to her, streets have become less safe, housing has become more unsanitary, and essential infrastructure projects have stalled.

She framed her candidacy as a chance for residents to choose leaders with strong local ties and the determination to bring meaningful change. “We are not career politicians parachuted into the borough. Every member of our team has lived the realities of CDN-NDG and understands what residents are going through,” she said.

### Looking Ahead to November

As the election campaign heats up, Valenzuela and her team will continue announcing new local commitments. They emphasize renewal as their core message: restoring dignity, safety, and pride to a borough that is both dynamic and challenged.

“Our vision is simple,” Valenzuela concluded. “We want to restore Côte-des-Neiges-Notre-Dame-de-Grâce as a place where people feel proud to live, work, and raise their families. With the right leadership, this borough can once again become a model of diversity, vitality, and opportunity for all.”#

# New approaches needed for Canada to prepare for, combat wildfires: experts

Julia Wong · CBC News · Posted: Aug 20, 2025 4:00 AM EDT | Last Updated: August 20

As Canada endures another challenging wildfire season, calls are growing for the country to change how it prepares for, reacts and responds to the natural disasters.

Experts say Ottawa needs to rethink how it deals with wildfires, especially in the midst of a season that has seen thousands of Canadians from different parts of the country be forced to leave their homes.

As of Aug. 18, 7.8 million hectares have burned in Canada this year, according to the Canadian

Interagency Forest Fire Centre.

A national wildland fire situation report states that, as of Aug. 13, the area burned is substantially greater than the 10-year average. Ken McMullen, the president of the Canadian Association of Fire Chiefs, which represents municipal firefighters, has been calling for the creation of a national fire administration.

“We need that coordinating body at the federal level to work on the coordination, the response, the training, the equipment needed in order to most effectively put those resources around our provinces and

territories,” McMullen said in an interview.

When asked by CBC News if the federal government will create a new entity or program to improve wildfire response, federal Emergency Management Minister Eleanor Olszewski said it is one idea under consideration.

Olszewski said she was looking at every opportunity and option to do things better so the same difficulties don’t emerge next wildfire season.

### More focus on mitigation needed, experts say

While suppression is critical,

Yolanda Clatworthy, the interim director of the Mitigating Wildfire Initiative, argues that it does not address the root cause of the wildfire crisis.

Clatworthy said there needs to be greater focus on prevention and mitigation. She said it is important for Canadians to discuss what it means if “unprecedented” wildfire seasons occur year after year.

“Spending upfront on mitigation and prevention actually is an enabling factor that amplifies response as well on the ground, and makes it





FROM THE PUBLISHER'S DESK

The revival of the two-state solution for peace between Israel and Palestine

Zenaida Kharroubi

There are quite a number of opinions about the best way to have peace in the Middle East and put an end to the devastation of human life and untold sufferings in the Gaza strip. After a prolonged military seige of the Gaza strip, it has become more urgent to find a way to restore peace and security in this part of the world which appears to be the full implementation of the two-state solution subject to certain conditions that shall be negotiated by all parties concerned.

A statement on Gaza and the viability of the two-state solution dated August 9, 2025 has been issued by Global Affairs Canada. This demonstrates that there is a clear commitment towards the two-state solution more than ever before:

"The Foreign Ministers of Australia, Austria, Canada, France, Germany, Italy, New Zealand, Norway, the United Kingdom and the High Representative of the European Union strongly reject the decision of the Israeli Security Cabinet on August 8 to launch an additional large-scale military operation in Gaza. It will aggravate the catastrophic humanitarian situation, endanger the lives of the hostages, and further risk the mass displacement of civilians. The plans that the Government of Israel has announced risk violating international law. Any attempts at annexation or of settlement extension violate international law.

"We urge the parties and the international community to make all efforts to finally bring this terrible conflict to an end now, through an immediate and permanent ceasefire that enables the provision of a massive, immediate

and unimpeded humanitarian assistance, as the worst-case scenario of a famine is unfolding in Gaza. Hamas must release all hostages without further delay or precondition and must ensure they are humanely treated and not subject to cruelty and humiliation.

"The humanitarian situation in Gaza remains catastrophic. We call on the Government of Israel to urgently find solutions to amend its recent registration system of international humanitarian organisations, to ensure these vital actors of humanitarian aid can continue their essential work again in line with humanitarian principles to reach the civilians in need in Gaza. Their exclusion would be an egregious signal.

"We are united in our commitment to the implementation of a negotiated two-state solution as the only way to guarantee that both Israelis and Palestinians can live side by side in peace, security, and dignity. A political resolution based on a negotiated two-state solution requires the total demilitarisation of Hamas and its complete exclusion from any form of governance in the Gaza Strip, where the Palestinian Authority must have a central role."

More than a year ago, speeches delivered during a day long debate about the two-state solution were all in favor. The UN Secretary General Antono Guterrez urged all members of the Security Council to implement the two-state solution but both Israel and the United States were the stumbling blocks.

France, Britain, Canada, Australia, and Malta all say they are preparing to recognize a state of Palestine at the upcoming United

Nations General Assembly in September. They would join another 147 UN countries that already do so. In some senses, the move is symbolic: It will not change the realities on the ground in the Middle East, at least not in the short term. But it is a major step nonetheless. The remaining issue is whether the United States will veto Palestine's third application for UN membership or abstain.

It seems clear that the UK and France are paving the path for a collective act of recognition by Western liberal democracies by acting in concert and as a bloc. Whatever happens in September, one thing is clear: whether

Palestine becomes a UN member or not, it will have been recognised as a state by nearly all UN members. Such a collective act of recognition will amount to a massive endorsement of Palestinian rights and hopefully go a long way toward ending the tired debate as to whether Palestine is a state. The international community appears to be reaching a political tipping point on the two-state solution.

But for the next month or more, it's still a big question whether or not the two-state solution is viable and possible while Israel's Prime Minister is still in power.#

From Page 2 Wildfires

easier for firefighters and front-line folks to be able to anchor in and action a fire to protect communities," Clatworthy said.

She said mitigation and prevention work can include choosing where homes are built, how com-

firefighting force, Robert Gray, a wildland fire ecologist based in B.C., said a year-round contingent would be more effective.

"Once the snow is gone, you're out there doing cultural and prescribed burning, fuels work, fire season comes along and you've got an extra resource now for firefighting," he said.



B.C. Wildfire Service crews are seen performing mop-up activities on the Wesley Ridge fire northwest of Nanaimo on Aug. 9, 2025. (B.C. Wildfire Service)

munities are protected, how forests are managed, as well as supporting Indigenous fire stewardship and moving away from fossil fuel expansion.

there has been some discussion of creating a national

"And then in the fall, they're either doing post-burn restoration or they're back to doing fuels work.

"That will enable us to kind of bend the curve on the amount of area

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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.*

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From Page 1    Gilmore College

world, we need to cope with changes that must be made in order to stay relevant to the needs of modern life. For this reason, I have decided to downsize the operations of Gilmore College International because the big space no longer serves its purpose for which it was rented. But first, let me give you a brief historical background of the first Filipino-Canadian owned private school in Quebec. Perhaps by raising awareness about how it began and where it might be going might generate more interest among my fellow citizens and former students

I was a former high school teacher of the Montreal Catholic School Commission, English sector, which is now known as the English Montreal School Board for 25 years. I did two full time teaching jobs for eight years after establishing Gilmore Business Institute in November 1989 before I pre-retired in June 1997 when the Quebec government encouraged senior teachers to leave without penalty if they meet the factor 80 requirement which means having a combined teaching experience and age that equals 80. However, as soon as I retired, I was recruited to be an officer of various community association and my school became the meeting place of at least four of these non-profit organizations for four years. It was too late for me to realize that there would be some consequences for being too busy and doing too many things at the same time. I was late in fulfilling the bureaucratic procedures of managing a private college which would have required a staff of ten employees while I had only one secretary.

When I started my own school in 1989, I did not want to offer the government credit programs and designed my own curriculum instead for which I was given a special permit given for personal improvement courses called "Formation d'appoint." But many people who called me always asked if there would be student loans and bursaries. For this reason, I had to apply for an education permit in September 1995. I prepared myself to face a committee of 12 bureaucrats at the MEQ office on Fullum Street in April 1996 and was interviewed about my objectives in opening my own school. I was happy to receive approval of my application but the permit was granted in October 1996 which was too late for the beginning of the school year. I therefore only began the credit programs for Office Systems Technology, International Trade and Accounting in January 1997. I hired teachers from different ethnic backgrounds that also reflected a multi-cultural enrollment of students. At this time, I already moved to my second location on Decarie Boulevard from the first location of Gilmore Business Institute on 4246 Girouard Avenue in Notre Dame De Grace in April 1996.

In order to make the name of the school easier when translated into French, and due to international

students that increased, I decided to change Gilmore Business Institute to Gilmore College International in English and translated into French as College International Gilmore in October 2000.

At the beginning, I started with a few students from different countries



**After teaching one Cambodian student, others also registered in English & French courses. This photo is at the 4th location of Gilmore College at 5450 Cote des Neiges where it stayed from July 2009 to July 2011.**

such as Japan, France, Venezuela, Cambodia, Ireland and Korea but more came from Tunisia when a Tunisian businessman got involved in recruiting students and invited me to visit Tunisia to participate in the Canadian Embassy education show in October 2001.

In November 1997, the late Bert Abiera (who recently passed away last November) stopped publishing the

cut and paste method. When he decided to take a holiday in November 1998, I was obliged to do the paper myself using the same tedious cut and paste method. I became extremely busy doing two full time jobs – managing the school and publishing the paper. In my rush to get some

materials needed for the November 1998 issue, I fell down 16 steps of the office building and had to be brought to the Montreal General Hospital by ambulance. All students had left at the time of the accident but fortunately, I did not have any concussion but stayed in the hospital from 3:00 to 9:30 p.m. without any supper and went home by taxi. No one from my family knew where I was as I thought I would



**MMTV Crew meeting - Seated from left to right: Al Abdon, Zenaida Kharroubi, Jovy Narvas, Rey Faustino, a guest, Michael Davantes, Derwin Collantes, Cristy Hunter, Fely Rosales Carino and Amy Manon-og. Standing: Fred Narvas and another guest.**

Filipino Star. Being one of his advertisers, I was sad to see it close down. When he asked me to help him get people to form a company to become shareholders, I was able to convince 15 people but eventually they changed their minds and I ended being alone as the only shareholder of Filcan Publications, Inc. I published the first issue of the paper under a slightly revised name by adding North American to the original name of Filipino Star. From the first month of publishing in April 1998 until October 1998, I paid Bert Abiera a monthly salary to produce the paper using the

be brought to the Jewish General Hospital but for some reasons I was brought to the Montreal General Hospital.

It seemed as if being busy with the newspaper was not enough as another task was added when Col. Camilo Tiqui came to my office in July 2003 as he proposed that since I was already in education, it would be an extension into the Scouting movement to which I agreed and became Scouts Canada's Group Commissioner of the first Filipino Scout group named Laging Handa for seven years until September 2010. This was followed by

my attempt to save a bankrupt cooperative with my personal line of credit and loans from June 2006 to October 2011. One of the students I was teaching French was the Coop's treasurer who sought my help and I agreed. I gave some money to pay for some merchandise but this did not end with this loan that was never paid. I became fully involved in managing the cooperative when she asked me to take over her treasurer position. Without thinking too hard, I agreed and that was the beginning of my endless worries in my fruitless efforts of saving a cooperative because of my ardent desire to promote unity and cooperation in the community. I thought my fellow citizens would patronize their own Coop.

In 2005, a Chinese businessman, James Ma, offered to recruit students to enroll in a new program known as Personal Support Worker (PSW) everywhere in Canada but known as PAB (Préposé aux bénéficiaires) in Quebec. I was able to have 13 batches of PAB graduates from May 2005 until July 2017. All these graduates are successfully employed in Montreal, Calgary, Vancouver and Toronto. They were properly trained by retired nurses who taught the program. James Ma who owns a travel agency, Concord Tours, also invited me to seek partnerships with Chinese universities and arranged my travel to China in February 2001. However, due to the expiration of the education permit in June 2001, the projected partnership with Chinese schools and universities did not materialize.

In September 2013, the owner of ICI Television, Mr. Mohamed Norouzi, came to my office on Queen Mary near Coolbrook to promote his ethnic television station and suggested the idea of producing a community television show in view of my experience in newspaper publishing. I accepted his offer to become one of the ethnic producers. on the newly organized television channel. I recruited first Al Abdon as he had the experience in video production. Subsequently, some names were proposed to be the hosts namely, Derwin Collantes and Tenne Rose Dayandante as well as Michael Davantes. Over a short period of time, more members of the TV crew were added but there was a lack of sales people to sell advertising so within two years I decided to end the show on January 30, 2016, after producing 59 episodes that are still viewable on Youtube.

When the bureaucratic procedures of immigration changed in June 2017, an education permit to be a designated learning institution became necessary to continue accepting international students. An education consultant advised me about the rigid requirements in obtaining an education permit. The school's location on Queen Mary Road with 1500 square feet space was not

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# Monthly News

## By John Leo Lete

### Local Journalism Initiative

National Ethnic Press & Media Council of Canada

# Roxboro Completes Permanent Dike to Prevent Floods

August 15, 2025 Roxboro, QC – In a landmark step toward climate resilience, the City of Montreal has officially completed a permanent dike in Roxboro, providing lasting protection for hundreds of residents living along the vulnerable shores of the Rivière des Prairies.

plantings will help integrate the structure into the neighborhood while providing habitat for pollinators and small wildlife.

**Residents Welcome Relief**

For longtime resident André Bouchard, who has lived just two blocks from the water for 25 years, the



**Roxboro City Hall — officials announce the completion of a permanent dike to protect the neighborhood from future floods. Photo by Ville De Montreal**

The \$12 million project, which broke ground in the spring of last year, marks the culmination of years of community advocacy and municipal planning following two devastating flood seasons in 2017 and 2019. Those events inundated streets, damaged dozens of homes, and dis-placed families for weeks. Temporary sandbag walls and modular flood barriers had been the only defense against rising waters until now.

“This dike isn’t just an engineering project’s peace of mind,” said Montreal Mayor Valérie Plante during the ribbon-cutting ceremony. “We’re building for the future, understanding that extreme weather events are no longer rare. With this permanent structure, Roxboro residents will be better protected for generations to come.”

**A Design Built for the Future**

The new barrier spans approximately 600 meters along the waterfront and stands at a height capable of holding back floodwaters significantly above historic peaks. Built with a reinforced earth core, geotextile membranes, and a protective stone slope, the dike is designed to withstand both strong currents and ice pressure in spring thaw conditions. In addition to protection, the city incorporated community-friendly features into the project. A pedestrian path runs along the top of the dike, connecting green spaces and offering panoramic views of the river. Decorative landscaping and native

river ecosystem. Measures include carefully sloped banks to reduce erosion and the planting of - to stabilize soil and provide shade for aquatic species.

“Human safety and environmental health can go hand in hand,” said Marie-Eve Lapointe, a spokesperson for the Quebec Environmental Alliance. “By including green design elements, the city is showing that climate resilience doesn’t have to come at nature’s expense.”

**A Symbol of Preparedness**

For many in Roxboro, the dike

# Île-aux-Tourtes Bridge Construction Nears Completion

Montreal, QC – Work on the new Île-aux-Tourtes Bridge is accelerating, with crews making significant progress toward replacing one of the region’s most critical transportation links between Montreal’s West Island and Vaudreuil-Dorion.

The \$2.3 billion project, launched in 2022, aims to replace the aging 1965 structure, which has long suffered from structural deterioration and capacity issues. The bridge carries more than 87,000 vehicles daily along Highway 40, making it one of the busiest routes in Quebec.

has become more than just a flood barrier; it’s a visible symbol of preparedness in an era where climate change is increasingly shaping local life.

“The floods were traumatic for our community,” Mayor Plante reflected. “But today, standing on this dike, we can see what’s possible when government and citizens work together. This is protection, yes, but it’s also hope.”

To keep traffic moving during construction, temporary lanes have been set up on the existing bridge, with speed limits reduced for safety. While some commuters have voiced frustration over congestion, many say they see the long-term benefits.

“It’s inconvenient now, but it’s worth it,” said Vaudreuil resident Marie-Claude Bouchard, who uses the bridge daily. “The old bridge felt like it was falling apart. This new one is an investment in our safety.”

**Environmental Considerations**

Construction teams have implemented measures to limit



**Steady progress on the Île-aux-Tourtes Bridge construction as crews push forward toward the project’s completion milestone.**

According to Quebec’s Ministry of Transport and Sustainable Mobility, recent months have seen the installation of major structural supports, concrete deck sections, and safety barriers on several spans. “We are entering one of the most visible phases of the project,” said Transport Minister Geneviève Guilbault during a press briefing on Friday. “Drivers will notice the rapid progress, and we remain committed to delivering a safer, more resilient bridge.”

**Design for the Future**

The new Île-aux-Tourtes Bridge will feature three lanes in each direction, wider shoulders for emergency use, and a multi-use path for pedestrians and cyclists first for the crossing. Built with modern seismic standards and corrosion-resistant materials, the structure is designed to withstand extreme weather events and heavy traffic for decades to come.

**Minimizing Disruption**

impacts on the Ottawa River, including sediment control systems and careful scheduling of in-water work to protect fish habitats. Noise barriers and dust suppression systems are also in place to reduce disturbance to nearby communities.

**Looking Ahead**

The project is on track for substantial completion by late 2026, with full opening to traffic expected in early 2027. Once operational, the existing bridge will be dismantled. Officials say the new crossing will not only improve safety and capacity but also encourage more sustainable travel with its pedestrian and cycling infrastructure.

“This bridge is more than just concrete and steel, a lifeline for thousands of families, businesses, and communities,” Minister Guilbault said. “We are building something that will serve Quebecers for the next 75 years.”#





## ONTARIO Filipino-Canadian Community News

**Tony A. San Juan, OCT**

### Fil-Can Beauty Titleist and former OFW writes a Picture Book

A former overseas Filipino worker (OFW) who worked as a caregiver and personal support worker (PSW) in Canada and a mother of five adult children, aged 29 to 46 years old, has remarkably joined a growing list of Filipino-Canadian writers and publishers, significantly contributing to the enrichment of Filipino heritage-focused literature in Canada.

Maria Sherry Lacson Tan authored a book for children with her youngest daughter, Rachel Marie Lacson Tan. The book titled "Seeds of Hope Pinakbet Family Superheroes" is a groundbreaking first Filipino vegetable picture book. It introduces young readers to the "legendary Pinakbet family-vegetable-themed superheroes on a mission to protect our country, culture, history, and provide hope." The Pinakbet Superheroes originated in the northern part of the Philippines.

According to the authors, "Pinakbet," which means to shrivel, is a popular dish that originated in the Ilocos Region and refers to cooking mixed vegetables such as eggplant, squash, string beans, and tomatoes in a seasoning of fish paste and vinegar. The pinakbet dish has been popular and common to Filipino households globally.

Tan said that "My Pinakbet Family Super Heroes was born out of my community advocacy - Seeds of



**Maria Sherry Lacson Tan, Filipino-Canadian writer, community advocate and founder-president of Harbest Seeds of Hope Pinakbet International Inc.**

and encouraged her to write the book. Tan describes the book as being specially designed and written for children and adults alike.

Before co-writing the book, Tan has a pedigree of admirable proportions. A beauty title holder, Tan is a former PIDC Mrs. Philippine Ambassador 2022 to 2024, and worked as a banker at one of the biggest financial Institutions in Toronto. She is the founder and president of Seeds of Hope Pinakbet International Inc., a registered non-profit organization, "dedicated to promoting food security, organic vegetable

adaptable, practical, and high-quality solutions for the enhancement of agricultural productivity in the Philippines." An advocate for caregivers, food security, and sustainability, she was the vice-president of Intercede Caregivers Inc. from 1993-1994 and one of the pillars of FilCore Support Group in the province. As a community grassroots worker, she volunteered at Kingston-

owners, gardeners, and urban farmers to compete for the "Best Pinakbet Dish Competition," the "Best Pinakbet Vegetables Garden Produce," the "Best Pinakbet Vegetables Basket Arrangement" and the "Best Creative Stone Arts for the Garden" contests.

The co-authors proudly said that "This book is more than just a fun superhero tale--it's a celebration of



**Front and back covers of Tan's book "Seeds of Hope Pinakbet Family Superheroes" published on April 22, 2025.**

Galloway Orton Park Community in Scarborough, Toronto, Ontario.

Maria Sherry Lacson Tan is now working on a book series with four more Pinakbet Family Superheroes children's books. She is also organizing the "1st Pinakbet Pinoy Ratatouille and Harvest Festival" in Canada this coming September 13, 2025 at the Malvern Family Resource Centre, Scarborough, Toronto. She's inviting all communities to participate, most especially, Filipino restaurants,

Filipino identity, resilience and pride." Published on April 22, 2025, by Connecting All Nations to Marvellous Publishing House Ltd, the 52-page book, ISBN 978-978-778-468-6, is included in the ROCAGEC-Royal Castle Edutainment book conference in the Philippines. It is available through Amazon-Kindle Store or eCommerce website [www.seedsofhopepinakbetintl.com](http://www.seedsofhopepinakbetintl.com) and [Connectingallnations2marvellous.com](http://Connectingallnations2marvellous.com) or [mariasherrytan@gmail.com](mailto:mariasherrytan@gmail.com). #

### PIDC to hold Mabuhay Philippines Festival in Toronto

In meaningful celebration of its 37th anniversary, the Philippine Independence Day Council (PIDC), a leading and prominent community-centred and culture-focused organization in the GTHA, will offer and conduct several community-wide events in Toronto. The not-for-profit umbrella entity promised to deliver its flagship summer program, the "2025 Mabuhay Philippines Festival-MPF," with an unforgettable array of vibrant cultural and social activities.

The PIDC Board of Directors and Executive Officers led by President Tomas Tan and the executive officers, directors, and members of the PIDC Council of Leaders, are presenting three major activities to celebrate also MPF's 27th anniversary. The opening day ceremony will begin at 11:30 am on August 23rd at the Centre Stage of the City of Toronto's Nathan Phillips Square with Filipino and Canadian dignitaries, sponsors, business owners, and notable personalities invited to attend.

With its theme "Bayanihan" (Community Spirit), amongst the upcoming festive events covering three days are:

1. Gala Night. To be held on August 21, (Thursday) at the Toronto City Hall Rotunda Foyer, this event will have cocktails and the personal appearance of Internationally-acclaimed fashion designer Francis Libiran as well as the participation of the PIDC Miss/Little Miss Philippines 2025 pageant

winners.

2. Pinoy Food Booths. During the 2-day festival, from 9:00 am to 10:00 pm., there will be participation of different food vendors selling favourite Pinoy culinary delights as well as community organizations, and business sponsors who will exhibit, promote and sell their products, and services.

3. Cultural-and-Entertainment Show. Live performances featuring Filipino artist Maris Racal and local talents including the Francis Libiran fashion show starting at 6:00 pm..

4. Mabuhay Parade and SantaCruzan to be undertaken on August 24 (Sunday) from 10:30 am to 12:30 pm.) Several Filipino-Canadian associations, dignitaries, special guests, pageant beauty winners, faith-based devotees, marching bands, and the general public were invited. Special awards will be given to the winners of different contest categories

The PIDC officers directly in-charge are Suzy Llanera (Chair), and Rory Elefano (Co-chair). It is expected that interested Canadians and Filipinos together with their families, friends, guests, visitors and volunteers will collegially welcome, support, visit, engage, and enjoy the fun, food, fellowship, entertainment, and memorable activities that PIDC is proudly offering during the summer-time festivities this year. Tara na at Makisaya sa Mabuhay Philippines Festival!!!

o0o



**Maria Sherry Lacson Tan showing her "Grow & Sow Your Veggies Now" poster, with her book's six Pinakbet vegetable superheroes.**

Hope Pinakbet Pack, vegetable gardening for healthy eating lifestyle and from Seeds of Hope Pinakbet International Inc." She proudly cited that her three Child Ambassadors, winners of the "1st Pinakbet Family Cartoon Characters Contest," inspired

gardening, and sustainability" on October 14, 2020.

Tan was also chosen as Seeds of Hope Ambassador of Goodwill by Harbest Agribusiness Corporation, an established distributor of high-quality hybrid seeds with a vision "to find



# BALITA SA WIKANG Tagalog

ni Zenaida Ferry-Kharroubi

## Pagkatapos ng 23 taon sa U.S.A., dinakip ng ICE sa kanyang pagbabalik ng bakasyon

Los Angeles - Isang Pilipino ang na-aresto ng U.S. Customs and Border Protection (CBP) noong Hulyo 28 sa Charlotte Douglas International Airport sa Charlotte, North Carolina, pagkagaling niya sa bakasyon sa Bahamas, ayon sa kanyang mga kamag-anak na ininterbiyo ng Newsweek.

Si Sonny Lasquite ay na-aresto dahil sa isang kaso niya noong 2012 tungkol sa pagtitinda ng narcotics. Nakita ng Newsweek sa record na siya ay pinigil at inilagay siya sa Stewart Detention Center sa Stewart County, Georgia.

### Ang mga nakalipas na dapat malaman

Si Sonny Lasquite ay nakatira sa Estados Unidos ng 23 taon at nagtatrabaho siya bilang banquet server sa Las Vegas. Mula ng Desiyembre 2010 hanggang Agosto 2012, si Lasquite ay nag-imbak, nagbalak na mag-kalakal ng Schedule IV narcotics, kasama na rito ang diazepam, alprazolam, zolpidem at carisoprodol, ayon sa nakatala sa korte ng Southern District ng New York na sinuri ng Newsweek.

Nguni't ayon din sa inpormasyon sa korte, siya'y nagkusang umamin ng kanyang responsibilidad at nakisamang tumulong sa mga autoridad ng gobyernong federal sa pagtuturo kung sino ang kanyang mga kasama na "co-conspirators." Sa isang memorandum ng isang husgado noong 2014 na si U.S. Attorney Preet Bharara, si Lasquite ay tumulong sa pagtigil ng pagkakalakal ng narcotics at sa pagkahuli sa iba pang mga taong may responsibilidad sa bagay na ito.

Ang pagkapigil kay Lasquite ay nagpapakita ng mga nangyayari na kahit mga taong sumusunod na sa batas ay maari pa ring malagay sa ganitong kalagayan kapag mayroong kaso kahit matagal ng panahon ang nakaraan, sila'y maari pa ring hulihin sa pagpasok ng Estados Unidos. Ito ay nagbibigay ng maraming katanungan sa "humanitarian impact" sa kanilang mga kamag-anak.

"Ikaw lang (ayon sa gobyerno) ang defendant na nagbigay ng ko-operasyon," sinabi ni Bharara noong Septiyembre 9, 2014. "Ginawa mong tumulong sa paghulii sa ibang may kinalaman sa kaso kahit may panganib ito sa iyo. Dapat kilalanin ito sa pagbigay ng ukol na parusa sa iyo at sa ibang kaama mo. Ako'y may paniwalang hindi ka na gagawa ulit ng krimen na ito sa darating na panahon, at ako'y kasama sa gobyernong na may hangad na itong masamang nangyari ay ililagay mo sa nakalipas at magbabagong buhay ka na." (I feel pretty confident that you're not going to commit any crimes in the future, and I join the government in wishing you well and hopefully being able to put this

behind you.)

Pagkatapos niya sa korte, binigyan siya ng sentensyang



Sonny Lasquite at ang kanyang ina

nasilbihan na niya at pinagbayad lang siya ng \$200 na multa.

Nagbagong buhay ng talaga si Lasquite ayon sa mga kamag-anak niyang gumawa ng kampanya sa GoFundMe para magpundar ng perang gagamitin sa pagtatanggol sa kanya upang makasama niyang muli sila at makabalik sa kanyang pamilya.

Nitong Lunes, Agosto 18, may \$11,600 na ang naipong donasyon sa Go Fund Me. Si Vivian Hirano, ng Las Vegas, taga-pundar ng GoFundMe, ay sumulat ng kanyang testimonial na si Lasquite ay "wala ng mga problema sa batas at siya'y naging masunuring mamamayan at tumutulong na miembro ng sosyedad mula pa noong 2012."

Ang Newsweek ay nanghingi ng opinyon ni Hirano sa pamamagitan ng pahina ng GoFundMe. Ito ang sinabi niya: "Si Sonny Lasquite ay mahigit pa sa kanyang pangalan dahil siya'y isang anak, kapatid, amain at kaibigan na may kabaitang tumutulong sa maraming taong hindi na mabilang. Sa mga dekadang nakaraan, si Sonny ay matahimik na nakatira sa U.S.A., masipag na nagtatrabahong palagi, nag-aalaga ng kanyang inang matanda na at laging iniisip ang iba bago ang kanyang sarili. Siya'y isang taong hindi nag-aatubiling tumulong, bumati sa iyo na naka-ngiti at magbigay ng tulong kapag kailangan mo."

Bukod sa masamang epekto ng pagkakulong kay Lasquite sa kalusugan ng kanyang ina, siya rin ay nagkaroon ng problema dahil hindi siya maka-inom sa oras ng gamot na kailangan niya dahil sa kanyang alta presyon at lagnat sa kasalukuyan ayon kay Hirono.

### Mga sinabi ng mga tao

Isang Immigration attorney na si Rosanna Berardi ang nagsabi sa Newsweek nitong Lunes na maraming mga kasong kagaya nito ay hind bago at talagang nangayayari mula pa ng mga maraming dekadang nakaraan. Dahil dito, ipinapayo niya sa lahat na mag-apply ng "citizenship" hangga't maari. Ang sabi niya: "Sa ilalim ng batas, mga "lawful permanent residents"—kahit 'yong mga nakatira rito sa buong buhay nila ay posibleng alisin at laging may panganib na matanggal sila kung mayroon silang mga nakaraang "drug offenses." Ito'y

totoo kahit gaano katagal na nangyari ang kanilang "drug conviction," maari pa ring matanggal sila.

"Dahil dito, pinapayo naming mahigpitan sa lahat na mag-apply sila ng citizenship agad upang maiwasan

ang problemang ito dahil ang mga "naturalized citizens" ay hindi na maaring tanggalin. Kaya't rekomendasyon namin sa lahat ng aming mga kliente na mag-apply ng "citizenship" kapag "eligible" na sila. #

From Page 4 Gilmore College

enough to accommodate a cafeteria, library and executive offices. For this reason, I leased another office building owned by the same landlady on Cote des Neiges corner Jean Talon West on Sept. 15, 2015. The moving costs were very expensive which turned out to be a waste of money because my three attempts to obtain an education permit in 2016, 2018, and 2019 were not successful for lack of financial and human resources. according to the Ministry of Education bureaucrats although I had presented a signed memorandum of agreement with James Ma, a Chinese businessman willing to invest \$300,000 in the school.

Realizing that the school could no longer accept international students which could have been the best source of revenue, I felt quite devastated as I was afraid that this would be the end of my dream of building a school to promote the values of education in the creation of an ideal society. Furthermore, the covid pandemic that adversely affected all businesses between 2019-2020 also interrupted my school's operations.

At the end of the pandemic, things have changed for many different reasons as students seem to prefer going to the government schools and non-profit language centers more than ever before. Even the truck drivers on temporary worker permits who previously enrolled at Gilmore have also been provided with free French lessons at their work places. Even though all tuition fees paid to Gilmore are all income tax deductible, students do not seem to be interested. It appears that free French courses which are readily available to newcomers are hard to beat. Moreover there are many Filipino-Canadians living in Quebec for many years who do not speak French but they do not show any interest in learning the language. The young generation of Filipinos born in Canada do not need the French courses I offer as they are

already bilingual because of being obliged to attend French schools.

The international student market could have been the only area that Gilmore could have competed successfully with other schools because it had always charged the lowest rates in Montreal but charging the lowest rates was probably not a good idea and could be considered a missed opportunity to build up the school's finances. However, this decision was based on my desire to help students from third world countries specially those from the Philippines as most parents have to sacrifice a lot in order to send their children to study abroad. Gilmore was the only private school that charged very low tuition fees of \$8 per hour or \$7,200 for a year of studies while both private and government schools usually charge between \$20,000 to \$30,000 a year. One of my former international students from the Philippines, Justin Simporios who moved to Vancouver six years ago, recently won \$80 million from a Lotto Max draw last May. He paid his tuition fees of \$7,200 in May 2015 which was a coincidence because he became a record holder of being the only single winner of a big jackpot in the same month of his arrival in my school. It was a surreal experience for me to have made a difference in someone's life.

As the saying goes, everything happens for a reason. Perhaps, with the changes that I am contemplating to do, I may have a better result than before, from working too hard over the past 36 years. I believe that I should still continue my mission as a teacher for I believe in the value of education in making a difference.

The lease of Gilmore College International expires on Sept. 30, 2025 and all office furniture and equipment must be sold during the sale dates on August 25-Sept. 25, 2025.

Calling all Gilmore Alumni and former teachers to see if they can help with this moving sale. #

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## Gaza takeover plan only pleases Netanyahu himself



**Israel's Prime Minister Benjamin Netanyahu's latest plan pleases neither his coalition partners nor Israel's military leadership. Gil Cohen-Magen/AFP/Getty Images.**

(CNN) Analysis by Tal Shalev Tel Aviv - August 8, 2025 - Nearly two years into the war in Gaza, the Israeli security cabinet voted for yet another military expansion: the proposed takeover of Gaza City. The plan, which was initiated and pushed by Israeli Prime Minister Benjamin Netanyahu himself, arguably reveals more about his domestic political maneuvering than evidence of any well-thought-out military strategy.

The plan was adopted despite the Israeli military leadership's fierce objection and grave warnings it could both deepen the humanitarian crisis and endanger the remaining 50 hostages in Gaza. The major expansion of the war also comes against the backdrop of a fundamental erosion of support for Israel around the world, and a decline in internal public backing for the continuation of the war.

And yet, Netanyahu pushed his plan forward, as it has at least one unstated benefit: it gives him time to fight for his political survival. And with his current far-right coalition partners, that means prolonging the war. Time and again, Netanyahu's allies, Itamar Ben Gvir and Bezalel Smotrich, have thwarted and aborted progress in ceasefire negotiations by threatening to collapse his government if the war were to end.

Netanyahu's plan to besiege Gaza City actually falls short of what his coalition partners demand: Ben Gvir and Smotrich are pushing for a full occupation of the embattled enclave as a first step for rebuilding the Jewish settlements in Gaza and ultimately annexing the territory. It is also less than what Netanyahu himself had been selling ahead of the meeting.

In an interview on Thursday, Netanyahu told Fox News that Israel intends to take control of all of Gaza, as if he had made up his mind to fully occupy the territory.

Instead, the Israeli leader chose to promote a phased plan, focusing only on Gaza City for the time

being, without taking over other camps nearby, where many of the 20 remaining Israeli hostages are believed to be held captive, also intentionally set a relatively loose deadline for the beginning of the operation - in two months - leaving the door open for another diplomatic push for a ceasefire hostage deal to reemerge and call the whole thing off.

Now, his right-wing partners are fuming at the decision, charging that the plan isn't enough and that only escalating the war will suffice.

A source close to Smotrich said, "The proposal led by Netanyahu and approved by the cabinet may sound good, but it is actually just more of the same. This decision is neither moral, nor ethical, nor Zionist."

Netanyahu's latest plan pleases neither his coalition partners nor Israel's military leadership. During the marathon 10-hour cabinet meeting, Israeli military Chief of Staff Eyal Zamir presented the army's stark opposition to the government's reoccupation plans. Israel's top general warned that a renewed military excursion would endanger both the remaining hostages and Israeli soldiers, cautioning that Gaza would become a trap that would further exhaust IDF forces already worn down by almost two years of continuous fighting, and deepen the Palestinian humanitarian crisis. #

### MOVING OUT SALE

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From Page 3

Wildfires

that's burning. If we don't start to do more mitigation work, then we're just chasing fires."

### Size of Canada is a challenge: expert

McGillivray, the managing director of the Institute for Catastrophic Loss Reduction and an adjunct professor of the disaster and emergency management program at York University, is to create a federal ground force made up of Indigenous people.

"They have millennia-long knowledge in the use of fire and the use of controlled burning and cultural burning," he said.

McGillivray added that the time is ripe for Canada to re-evaluate wildfire seasons, especially with a warming climate.

"We need to really start thinking differently about this fire problem," he said. "We continue to think in the same ways — and it's obviously not working."

However, there is a recognition that ultimately there are circumstances outside of Canada's control, including the country's sheer size.

"It's a massive country — the second largest in the world ... and almost 60 per cent of it is boreal forest," McGillivray said, adding that large swaths of Canada are remote and difficult to get to.

"The idea that we're going to be able to knock down fire and keep it down across the country is kind of a pipe dream. ... I think we really have to be realistic that, again, there's no easy fixes to this thing." #

## Road closures over the weekend



**Road closure signs seen in downtown Montreal on May 14, 2025. Mobilité Montréal announced that there are 44 major roadwork projects that could affect motorists. (Gareth Madoc-Jones, CityNews)**

By News Staff

Posted August 21, 2025

Various closures are expected to cause delays to motorists over the weekend in Montreal.

Road closures are expected for the Honoré-Mercier Bridge, Sainte-Croix Avenue, Côte-de-Liesse Road West, eastbound Saint-Jacques Street, and Côte-Saint-Luc Road, as well as service disruptions for the Réseau Express Métropolitain (REM).

### Honoré-Mercier Bridge

The Honoré-Mercier Bridge will be reduced to one lane in each direction between 11 p.m. on Friday, Aug. 22, and 5 a.m. on Monday, Aug. 25.

Officials say a detour will be in place via Lafleur Avenue and Clément Street. For the reserved lane, detour via Avenue du Trésor-Caché, Boulevard Lasalle, Rue des Oblats, Rue Airlie and follow detour via Avenue Lafleur and Rue Clément.



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# What does recognising a Palestinian state mean?

Prime Minister Sir Keir Starmer has announced the UK will recognise a Palestinian state in September unless Israel meets certain conditions, including agreeing to a ceasefire in Gaza and reviving the prospect of a two-state solution.

Israeli Prime Minister Benjamin Netanyahu reacted furiously to the announcement, saying the decision rewarded " Hamas's monstrous terrorism".

What would it mean if recognition does go ahead, and what difference would it make?

It has a large degree of international recognition, diplomatic



**PM: UK will recognise Palestinian state unless conditions met**

missions abroad and teams that compete in sporting competitions, including the Olympics.

But due to the Palestinians' long-running dispute with Israel, it has no internationally agreed boundaries, no capital and no army. Due to Israel's military occupation, in the West Bank, the Palestinian authority, set up in the wake of peace agreements in the 1990s, is not in full control of its land or people. Gaza, where Israel is also the occupying power, is in the midst of a devastating war.

Given its status as a kind of quasi-state, recognition is inevitably somewhat symbolic. It will represent a



**The UK and France seem to be paving the way for a collective act of recognition by Western liberal democracies — in September, whether Palestine becomes a member of the UN or not, it will have been recognised by nearly all UN members states. (Photo by Kena Betancur / VIEWpress)**

strong moral and political statement but change little on the ground.

But the symbolism is strong. As Foreign Secretary David Lammy pointed out during his speech at the UN on Tuesday, " Britain bears a special burden of responsibility to support the two-state solution".

He went on to cite the 1917 Balfour Declaration - signed by his predecessor as foreign secretary Arthur Balfour - which first expressed Britain's support for " the establishment in Palestine of a national home for the Jewish people".

But that declaration, Lammy said, came with a solemn promise " that nothing shall be done which may prejudice the civil and religious rights of existing non-Jewish communities in Palestine".

Supporters of Israel have often pointed out that Lord Balfour did not refer explicitly to the Palestinians or say

anything about their national rights.

But the territory previously known as Palestine, which Britain ruled through a League of Nations mandate from 1922 to 1948, has long been regarded as unfinished international business.

Israel came into being in 1948, but efforts to create a parallel state of Palestine have foundered, for a multitude of reasons.

As Lammy said, politicians " have become accustomed to uttering the words ' a two-state solution'".

The phrase refers to the creation of a Palestinian state, alongside Israel, in the West Bank, including East Jerusalem and the Gaza Strip, broadly along the lines that existed prior to the 1967 Arab-Israeli war.

But international efforts to bring about a two-state solution have come to nothing and Israel's

colonisation of large parts of the West Bank, illegal under international law, has turned the concept into a largely empty slogan.

**Who recognises Palestine as a state?**

The State of Palestine is currently recognised by 147 of the UN's 193 member states.

At the UN, it has the status of a " permanent observer state", allowing participation but no voting rights.

Australia has become the latest country to say it will recognise Palestinian Statehood at the next UN General Assembly in September - after similar announcements from France, Japan, Canada and the UK, on some conditions.

New Zealand said it would consider its position on recognition of a Palestinian state in August, ahead of a formal consideration of the issue in September.

If the UK and France do recognise a Palestinian state next month, Palestine would have the support of four of the UN Security Council's five permanent members - the other two being China and Russia.

This will leave the US, Israel's strongest ally by far, in a minority of one.

US Vice-President JD Vance has reiterated the US has no plans to recognise a Palestinian state, citing a lack of functional government.

Washington has recognised the Palestinian Authority, currently headed by Mahmoud Abbas, since the mid-1990s but has stopped short of recognising an actual state.

Several US presidents have

See Page 12 Palestinian state



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Gilmore’s Anniversary Souvenirs



The last 30th anniversary gala held at Ruby Foo’s Hotel, December 14, 2019 Standing from left to right: Gilmore’s French language students: Divina Grospe, a guest, Erminia Hermano, Zenaida Kharroubi (director-general), Joan Mendoza, Reyna Reginio, Adelia Silverio and Marcelle Hodge. Seated left to right: French language students - Walter Tayong, Romulo Grospe, a guest, Braulio Soriano, and another guest. Other Gilmore alumni were also present who are not in this photo. It was a buffet dinner attended by 80 guests approximately.



This photo is a souvenir of the most well attended anniversary gala - Silver Masquerade Ball that was exactly held on the same day as Gilmore’s foundation day on November 1, 2014 at the Hellenic Community Center where over 230 people were in attendance and dignitaries graced the occasion headed by the Philippine Ambassador Petronila Garcia.



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# Light Dinner Recipes



## Teriyaki Tofu

Ingredients:  
1 tbsp olive oil  
400g firm tofu  
cut into bite-sized cubes  
1 large head of broccoli  
cut into florets, stalks peeled and thinly sliced  
1 bunch of spring onions  
separated into white and green parts and thinly sliced  
8-10 tbsp teriyaki sauce  
cooked rice  
or noodles, to serve

Method  
step 1  
Heat the oil in a pan over a medium heat and fry the tofu for about 8 mins until crisp and golden. Remove from the pan and set aside.  
step 2  
In the same pan, add the broccoli florets and white parts of the spring onions and cook for around 4 mins until tender, but not completely cooked through. Stir in the teriyaki sauce and season well.

step 3  
Add the cooked tofu back to the pan with the broccoli and stir well to coat. Cook for an additional 1-2 mins for the flavours to meld together. Sprinkle over the reserved green parts of the spring onions, remove from the heat and serve with cooked rice or noodles.



## Chilli salmon & teriyaki noodles

Ingredients:  
2 skin-on salmon fillets  
(about 125g/41/2oz each)  
1 small red chilli  
deseeded and finely chopped  
1 tbsp mirin  
1 tbsp soy sauce  
½ thumb-sized piece ginger  
peeled and finely grated  
½ small pack coriander  
chopped  
140g mangetout  
2 tbsp teriyaki sauce  
300g straight-to-wok noodles

Method  
step 1  
Heat the oven to 190C/170C fan/gas 5 or preheat the air fryer to 180C for 4

mins. Line a baking tray with parchment for the oven method. Place the salmon, skin-side down, in the oven or the air fryer for both methods. Mix together the chilli, mirin, soy, ginger, and coriander, and spoon this mixture over the salmon. For the oven method, roast the salmon in the oven for 12-15 mins until it's just cooked. For the air fryer method, cook the salmon in the air fryer for 8-10 mins until it's just cooked.  
step 2  
Heat a large frying pan or wok and cook the mangetout with 1 tbsp water for 2 mins until tender but still with some bite. Stir in the teriyaki sauce and noodles to heat through. Divide between 2 plates and top with the salmon.  
4 tablespoons olive oil, divided



## Zucchini noodles marinara

Ingredients:  
6 cloves garlic, minced  
1 (28 ounces) can whole peeled tomatoes  
1 teaspoon kosher salt  
½ teaspoon red pepper flakes  
¼ teaspoon dried oregano  
1 large sprig of basil  
2 pounds zucchini\*  
optional - ½ cup grated Parmesan cheese or chopped fresh herbs

Instructions:  
Heat 2 tablespoons of olive oil in a large pot or dutch oven over medium-high heat. When hot, add the garlic and let it cook till it sizzles. Before the garlic browns, add the peeled tomatoes, salt, red pepper flakes, and oregano along with 1 cup of water. Bring to a low boil and reduce heat. Simmer for 15 minutes. Stir occasionally and use a spoon to break apart the larger pieces of

tomato.  
In the last 3 minutes of cooking the sauce, add the sprig of basil, leaving the end sticking out of the sauce so you can pull it out and discard it when the pasta is done cooking. Meanwhile, spiralize the zucchini or ribbon it using a spiralizer or vegetable peeler. Heat a tablespoon of olive oil in a large skillet and when hot add half the zucchini noodles. Toss them to coat them in oil and allow them to cook for 2 minutes. Remove and set aside. Heat the remaining tablespoon of oil and repeat cooking the remaining zucchini noodles. Serve the zucchini noodles topped with tomato sauce. Top with optional fresh herbs or a sprinkle of parmesan cheese



## Herbed Chicken Sliders

Ingredients:  
1 ½ pound ground chicken or turkey  
2 Tbsp. chopped fresh basil  
2 Tbsp. chopped fresh parsley  
2 tablespoon grated Parmesan cheese  
1 garlic clove, minced  
4 slices provolone cheese, cut into quarters  
½ cup marinara sauce, warmed  
8 ciabatta rolls, split and grilled or toasted

Instructions:  
Make Chicken Patties  
In a medium bowl combine chicken, basil, parsley, Parmesan, garlic, and 1/2 tsp. salt. Use your hands to mix evenly. Form into eight patties. Drizzle with 1 Tbsp. olive oil and turn to coat.  
Grill Patties  
On a grill or greased grill pan, cook patties over medium 5 to 6 minutes per side or until cooked through (165°F). Top each patty with two pieces of provolone; cover grill and cook 1 minute more or until cheese melts.  
Add to Rolls and Serve  
Transfer sliders to rolls. Top each with 1 Tbsp. marinara sauce, basil leaves, and additional Parmesan. #

From Page 9    Palestinian state

expressed their support for the eventual creation of a Palestinian state. But Donald Trump is not one of them. Under his two administrations, US policy has leaned heavily in favour of Israel. Without the backing of Israel's closest and most powerful ally, it is impossible to see a peace process leading to an eventual two-state solution.

**Why is the UK doing it now?**  
Successive British governments have talked about recognising a Palestinian state, but only as part of a peace process, ideally in conjunction with other Western allies and "at the moment of maximum impact".  
To do it simply as a gesture, the

governments believed, would be a mistake. It might make people feel virtuous, but it would not actually change anything on the ground.  
But events have clearly forced the current government's hand.  
The scenes of creeping starvation in Gaza, mounting anger over Israel's military campaign and a major shift in British public opinion - all of these have influenced government thinking.  
The clamour, among MPs and even the cabinet front bench, has become deafening.  
At a Commons debate last week, Lammy was bombarded from all sides by questions asking why the UK was still not recognising a Palestinian state.

Health Secretary Wes Streeting summed up the views of many MPs when he urged the government to recognise Palestine "while there is still a state of Palestine left to recognise".  
But the UK has not simply followed the lead set by France's Emmanuel Macron last week or the governments of Ireland, Spain and Norway last year.  
Sir Keir has chosen to make his pledge conditional: Britain will act unless the government of Israel takes decisive steps to end the suffering in Gaza, reach a ceasefire, refrain from annexing territory in the West Bank - a move symbolically threatened by Israel's parliament the Knesset last week - and commit to a peace process that results in a two-state solution.

Downing Street knows there is virtually no chance of Netanyahu committing himself in the next six weeks to that kind of peace process. He has repeatedly ruled out the creation of a Palestinian state.  
So British recognition of Palestine is certainly coming.  
For all Netanyahu's implacable opposition, Sir Keir is hoping this is indeed a "moment of maximum impact".  
But the Britain in 2025 is not the Britain of 1917 when the Balfour Declaration was signed. Its ability to bend others to its will is limited. It is hard to know, right now, what the impact will actually be.  
Written by Paul Adams, BBC  
Published August 10, 2025





# Social Tidbits

## Montreal Community News

Fely Rosales Cariño

Greetings to my loyal Social Tidbits readers! We're in the middle of summer and it is glorious! Ok, right now it is 37 degrees as I write; can you believe it? I know, it's easy to complain. But just think of it this way, in a few weeks, we may have snow, storm etc.... who knows? And we'll miss this sweltering heat. I know I will. (Anything but cold and winter!).

### Kultura Montreal

On June 28, 2025 at Decarie Theater, the Filipino Canadian Artists Association of Quebec (FCAAQ) proudly presented Kultura Montreal, an evening showcasing skilled Filipino artists in singing, dancing, and playing instruments. Hosted by Dom Brillantes and narrated by Lorra, the evening opened with Panday Tinig with Edith Fedaliza on piano and Paul Imperial conducting. FCAAQ President Michelle Vargas Lao joined them (her dream come true!) and sang Ang Bayan Ko. The crowd was then treated to a guitar rendition of 'Anak' with Butching at Ukay. Next was Pamana ng Luzviminda who gave a historical presentation through the agile movements of their dancers. They performed the Tribal Suite, the Muslim Suite, Maria Clara Suite and the Rural Suite with excellent narration. The Banga Dance was watched intently, hoping the banga won't fall, and it didn't. The ladies smiled throughout 'Aray' in their Maria Claras and abanikos (fans) while the men with tambourines danced alongside them. A moment of hilarity was observed in the dance where 3 men vied for the attention of a women in a parasol. Sagayan represented the different ethnic groups of Mindanao and signaled the arrival of European influence. The ever popular Tinikling looked as exuberant as ever, the movements became faster and difficult towards the end. The dancers didn't even look down at their feet! Every time I see Tinikling, a more modern and

sophisticated version come alive and this was no exception.

After the intermission, Dominic presented the Original Pilipino Music (OPM). What came next was most welcome: audience participation. A contest was held where Stephanie and Vince led the dance steps and the volunteers tried to emulate them. Dom happily announced that the prizes were: a rice cooker with blue tooth and a one-way ticket to the Philippines. Four winners battled it at the end: Nicole, Ike, Mary Ann, and Orin. Though they didn't get the announced prizes, they got cash prizes instead, still a win-win. Final presenters were Les Carls, a talented 6-member band who amused the audience with their musicality and easy rapport. Anytime Kultura is on, please save your spot!

### Hawaiian Evening

The resurrected Filipino Golden Agers (FILGA)made their first event on July 4, 2025 at the Olympia Social Hall on 3855 St. Jean Boulevard. The members were excited to be back under the leadership of President Roland Salvador and his executive board. They chose a Hawaiian inspired theme and came in a variety of costumes. Many ladies adorned their hair with flowers, some even attached a grass skirt over their dress, and a few men even wore leis over their barong. The scenery looked very colorful and you could feel a tropical ambience. Among the Filipino community leaders present were President Nida Quirapas (Filipino Association of Montreal and Suburbs, FAMAS), Chairman Al Abdon (Filipino Heritage Society of Montreal, FHSM), President Josefa Nicolas (Philippine Benevolent and Scholarship Society of Quebec, PBSSQ), President Jeannette Pérignon (Kahirup Association of Quebec, KAHQ), Julie Parado and Angie Ogerio (former presidents, FAMAS). Many spent the night swaying their hips

to the tune of Hawaiian melodies. DJ Dennis Mayuga's enticing music proved irresistible as many flocked to the dance floor. He also played a crowd favorite, Elvis Presley's Hawaiian Wedding Song. Dolly Belandres, well dressed as usual, performed her emcee duties well. I wish there were more Hula evenings like this. It was a lot of fun!

### Mrs. Paz Vilorio

On a more somber note, family and friends of Mrs. Euphrasia (Paz) Vilorio attended her funeral on August 7, 2025 at St. Luke's Parish Church on 106 Rue Anselme-Lavigne, DDO. Many attendees were from the Seniors of West Island and Suburbs (SWIS), of which Paz was a member. Her only son, James, quietly stood by her casket. Officiating priest was Father Christophe Guillet. Those who gave words of tribute to Paz were Magnus Gorgensen (grandson), Aimee Antonio (niece), and Roger Ajero (former SWIS President, adviser). Connie Fabro (former SWIS President) made an announcement after the mass and invited everyone to proceed to Oui & Oui Restaurant Buffet on 3500 Côte Vertu, Saint-Laurent. Paz and her husband Dr. Juan Vilorio (worked in Montreal General, who predeceased her) were SWIS advisers. In the words of

many, Paz, a retired nurse (Jewish General), was a kind and caring person. It was a privilege to know her; we used to bowl together. I pray that those she left behind will remember her fondly.

I also remember my brother-in-law, Carmelo Bobila, who passed away recently in Calgary. Attending funeral services is a stark reminder that eventually, we will all taste death. The Bible states that "it is appointed for men to die once, and after that comes judgment" (Hebrews 9:27). I pray that our Maker makes it clear to us how to find favor in His sight come judgment day. And He does make it clear: "For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord" (Romans 6:23) Since it is a gift, it needs to be received. It's simple yet easy to miss. Friends, have you heard of God's plan of salvation? According to the Bible, we are all sinners (Romans 3:23) , but God showed His love for us that while we were yet sinners, Christ died for us (Romans 5:8), and that by believing in the Lord Jesus Christ, we will be saved (Acts 16:31). I pray that God will help us understand and receive His most wonderful gift.

Until next issue and God Bless!



**KAIBIGAN, A cultural pageantry by the Panday Tinig Choral Ensemble at the Segal Centre for Performing Arts, Sunday, August 17, 2025 highlighting the humanitarian gesture of the Philippine Commonwealth President Manuel L. Quezon in accepting 1200 Jewish immigrants, saving them from persecution during the Holocaust in Europe. "Wind Beneath My Wings" is one of the songs that Panday Tinig performed with elegance and dignity appreciated by a full house audience. Conductor: Paul Imperial, Pianist & Coordinator: Editha Fedaizo (Photo: Zenaida Ferry-Kharroubi).**

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# FILIPINO STAR

## SHOWBIZ GOSSIP

### Belle Mariano on her showbiz career: 'Humility is key to longevity'



**Belle Mariano during her contract signing event with ABS-CBN and Star Magic.**

As Belle Mariano marked her 14th year in the entertainment industry, she spoke about the importance of being humble, noting it as the "key to longevity."

Mariano renewed her contract with ABS-CBN and its talent management arm, Star Magic, on Monday, August 18, where she reflected on her beginnings as a child star.

Also present at the "Kapamilya Forever" contract renewal ceremony were ABS-CBN chairman Mark Lopez, President and CEO Carlo Katigbak, COO for Broadcast Cory Vidanes, Star Magic head Laurenti Dyogi, CFO Rick Tan, and the actress' manager



Edith Fariñas.

"What I really learned the most is that humility is the key to longevity. Ayun ang mga natutunan ko sa mga taong nakatrabaho ko and the veteran actors I look up to. They're all so humble. Ang galing nila makasama," she said during her contract signing ceremony.

*(What I really learned the most is that humility is the key to longevity. This is what I learned from the people I worked with and the veteran actors I look up to. They're all so humble. They interact with people well.)*

Mariano, who became emotional at some point during her contract renewal, said "growth" has always been important for her in her entertainment career.

"There are times na mahirap, there are times na you'll fall, and may times na paghihinaan ka ng loob, but you'll rise above it and you'll be stronger. I think those experiences molded me into who I am today," she said.

"Don't be afraid to learn. Don't think na magaling ka na, because if you think na magaling ka na, hindi ka na maggrow. There's always room for growth in this industry," she continued.

*(There are tough times. There are times you'll fall. There are times you'll lose hope. But you'll rise above it and be stronger. I think those experiences molded me into who I am today. Don't be afraid to learn. Don't think of yourself as being good enough. If you think you're already good enough, you won't grow. There's always room for growth in this industry.)*

As the actress marked a new chapter in her journey, she expressed her hunger to "learn more" and do more.

"Ang dami ko pang tatahakin. Ang dami ko pang gustong matutunan (*I have a long way to go. I want to learn a lot of new things*). I've never done anything na bida-kontrabida, horror, I won't limit myself... I want to challenge myself," she said.

Among Mariano's upcoming activities are a new album, an upcoming concert, and the film "Meet, Greet, Bye," which also stars Piolo Pascual, JK Labajo, Joshua Garcia, and Maricel Soriano. ■



# Liza Soberano opens up about traumatic childhood



**Liza Soberano talks about her childhood trauma in a podcast uploaded on YouTube.**

The nation has long adored Liza Soberano for her beauty, talent, and grace. But behind the star's radiant smile lies a harrowing childhood story she has carried in silence for years. In her newly released interview in Sarah Bahbah's YouTube vlog "Can I Come In," the 26-year-old actress opened up about the

she revealed, was only the beginning of years of cruelty. Placed under the guardianship of a woman named Melissa — who was supposed to be her mother's high school friend — Liza was subjected to degrading and inhumane treatment. She recalled being mocked as "the family dog" and forced to sit inside a



unimaginable abuse she endured as a child in America — a story so raw that the video has already amassed 2.1 million views in just a few days.

For the first time, Soberano described in detail the violence and neglect she suffered, not only from her mother's boyfriend but also from a foster guardian entrusted with her care.

"I was only two years old," Liza recalled, "when my mom's boyfriend, Michael, stole a van and kept us inside. I remember trying to escape from my car seat. When he caught me, he told me to bash my baby brother's head with it. When I refused, he hit me in the head with the butt of a gun."

The incident ended with her mother being hospitalized and imprisoned, leaving Liza and her younger brother in foster care. That,

cardboard box during family movie nights.

The abuse escalated in ways that would leave lifelong scars. "One day their dog pooped on the carpet," Liza said, her voice trembling. "I went to get a brush, but Melissa stopped me. She grabbed the back of my head and forced me to lick it. That's when I realized she didn't see me as a child — she saw me as less than human."

Soberano also recounted nights when she was locked in the garage without food, and threatened that her little brother would be stuffed in the freezer if she made noise. She described the manipulation that kept her silent: "Whenever the social worker was about to visit, she'd suddenly be kind. She'd give me candy, tell me she loved me. So when asked, I'd lie and say everything was fine."

But the truth eventually surfaced. During one surprise visit, the social worker found Liza malnourished, her stomach bloated from days without food, her body marked by bruises. "That's when I stopped lying to protect her," Liza said.

Reflecting on her early life, the actress admitted that the abuse left deep psychological imprints. "I developed this habit of making myself small out of fear of being a burden," she explained. "I tolerated disrespect and abuse because I was afraid of losing people who were never afraid of losing me."

Despite the trauma, Soberano credits her grandparents in California for eventually rescuing her and her brother, providing them with stability before they were sent to live with their father in the Philippines. Still, she says

the scars of childhood made her vulnerable even in her later relationships and career.

The courage to finally speak came, she said, from a desire to release herself from shame. "I never feel like anybody actually listens to me, even when I'm crying for help," she confessed. "But I want people to know: don't tolerate abuse. Don't stay silent because you're afraid of rocking the boat. Love yourself first."

Her story has since sparked an outpouring of support online, with fans and fellow celebrities praising her bravery for breaking the silence. By revisiting the darkest chapters of her past, Liza Soberano has turned personal pain into a powerful reminder: even stars can carry invisible wounds, and speaking out can be the first step toward healing. ■

## Kris Aquino hospitalized anew after 'alarming' blood test results



**Kris Aquino**

Kris Aquino revealed she has been confined at a hospital to undergo several tests due to her "alarming" blood panel results.

Through her Instagram page on Tuesday, Aug. 19, Aquino showed herself lying in the hospital bed, speaking to a medical staff while her youngest son Bimby was sleeping in a bed beside her.

"I came in for the second dose of my Rituximab. I was prepared in the sense that we already knew all the protocols we would all need to follow. I have to give a big shoutout to [Dr. Geraldine Zamora] because she saw something in my blood panel results that she found alarming," she said.

"She convinced me to have an ultrasound done yesterday; with all my hospitalizations, I can already tell that I should be worried when the senior technician comes in," she continued.

Aside from undergoing an ultrasound and other medical tests, Aquino—who has been diagnosed with 11 autoimmune diseases—had seen three specialists who explained "how important it was to not delay because I would be endangering my life further."

"Doctor NC told me that he doesn't do procedures unless they are necessary but this is something all my

doctors discussed—why does Kris Aquino get these difficult to detect possible health time bombs not once but twice in her lifetime and because of the first, we now all know she's allergic to all blood thinners," she stated.

"I had the non-invasive option explained to me, but I chose to literally trust Filipino doctors with my life rather than take medicine that I am unsure of especially because I just finished a big dose of a strong immunosuppressant and I am continuing with two immunosuppressants and so much more supplements, antihistamines, and important vitamins," she added.

Aquino then appealed for prayers for her and the medical staff who have been caring for her.

"Wag sana kayo4 sumuko sa pagdasal dahil kumukuha ako ng lakas galing sa kabutihang loob ninyo," she concluded. *(Please don't give up on praying for me because I draw strength from your kindness.)*

Aquino earlier shared that she would undergo preventive isolation for six months due to her medications. She also revealed that she is now based at her family's compound in Tarlac, after her two-month stay at private beach property owned by a "kind and generous family." ■



## Showbiz Gossip *Continued from p.15*

### Vina Morales explores the beauty of New York City



**“A quick snap at The Vessel , always good to be back in this iconic spot” Vina posted on her Instagram.**

Vina Morales is having a great time in New York City.

In an Instagram post, the actress-singer spent some quality time with her beloved friends by visiting beautiful spots in the city and dined at restaurants.

She expressed her love and gratitude to her friends saying, “My heart is full and still jet lagged hehehe, happy to see you all last night , I am grateful to you all. Friends for decades. love love to all.”

Vina also shared a photo of her at The Vessel, which is located in the Hudson Yards of Manhattan.

“A quick snap at The Vessel , always good to be back in this iconic spot,” she wrote.

Aside from this, the Cruz vs. Cruz star conquered her fear of heights by visiting The Edge before heading back to the Philippines.

Prior to this, Vina delivered a show-stopping performance to fellow Pinoys at the recent 32nd Pistahan Parade and Festival 2025 in San Francisco.

Vina Morales currently stars as Felma in the GMA Afternoon Prime series Cruz vs. Cruz. ■

### Marian Rivera marks 20th showbiz anniversary with blind students



**Marian Rivera spent a day with the students of the Philippine National School for the Blind to mark her 20th anniversary in showbiz.**

Kapuso Primetime Queen Marian Rivera marked her 20th year in the entertainment industry by celebrating in a meaningful way, through giving back.

On Facebook, the actress shared a reel from her visit to the students of the Philippine National School for the Blind, where she handed out loot bags and spent time bonding with the children as part of her anniversary celebration.

“Today, I celebrate 20 years in this industry filled with gratitude and reflection. In honor of this journey, I'm giving back to the Philippine National

School for the Blind. Thank you for your inspiration. Together, let's spread love and light,” Marian wrote in her caption.

Marian first entered showbiz in 2005 through the series Kung Mamahalin Mo Lang Ako and has since starred in numerous iconic television dramas and films, including her breakout role in Marimar, cementing her status as one of the country's most beloved actresses.

Earlier this week, Marian turned 41 and held a birthday celebration with her family and close friends. ■

## KC Concepcion returns as UN World Food Programme goodwill ambassador



**KC Concepcion returns as UN World Food Programme Goodwill Ambassador**

KC Concepcion has officially returned to her role as the National Ambassador Against Hunger for the United Nations World Food Programme (WFP).

Concepcion reaffirmed her advocacy work in raising awareness about hunger and mobilizing support for food security, as seen in the photos

posted by WFP Philippines on Tuesday, August 19.

“#WorldHumanitarianDay, @kristinaconcepcion officially returns as WFP Goodwill Ambassador, reaffirming her commitment to champion school meals,” read the caption.

Concepcion initially assumed her role as WFP's

National Ambassador Against Hunger in 2008, becoming the first Filipino to hold this distinction.

When Concepcion took the post in 2008, she promoted fundraising and visibility for WFP in the Philippines, leveraging her influence across platforms with over 4 million followers.

Concepcion also participated in field visits and campaigns, including operations in Nepal and relief efforts following Typhoon Haiyan (2013) and the Nepal Earthquake (2015).

The actress also engaged in feeding programs and public awareness campaigns to support vulnerable communities during disasters.

After her reappointment, Concepcion's mother, Sharon Cuneta, took to Instagram to express how proud she was of her daughter. KC is Cuneta's only daughter with actor Gabby Concepcion.

“My children and my

husband are the only people I truly live for. Thank You, Jesus, for giving me a husband and kids who love me to the moon and back and make me so proud!” the megastar captioned as she reposted WFP's latest post on Concepcion.

The World Food Programme is the food assistance branch of the United Nations and is considered a global leader in fighting hunger and improving food security.

In 2020, the WFP was awarded the Nobel Peace Prize for its efforts in combating hunger amid conflict-affected areas, serving over 97 million people in 88 countries in 2019 alone.

WFP also works with celebrities and public figures worldwide as Goodwill Ambassadors, who help boost the organization's visibility and humanitarian outreach. ■



# How Rhian Ramos savored the sweet taste of her first showbiz paycheck



**Rhian Ramos**

Kapuso actress Rhian Ramos reminisced about her early days in show business, recalling the excitement of receiving her first paycheck two decades ago.

The excitement of her first earnings, a tangible reward for her hard work and passion, still brings joy to her heart. Each paycheck symbolized the fulfillment of her dreams and marked the beginning of an incredible journey in the entertainment industry.

"There were two purchases that I remember. With my first paycheck from the fast food commercial, I bought a drum set immediately. And then from my first paycheck from Captain Barbel, I bought a jacket from Armani

Exchange that I still have. It still fits me. I still wear it," said Rhian when asked about his first paycheck from showbiz during the renewal of her contract with GMA Network recently.

Now 34, Rhian fondly recalled the moment she first stepped onto the grounds of the Kapuso Network. There was a mix of excitement and ambition.

"I auditioned for Captain Barbel. I remember the waiting room on the 7th floor and meeting Camille Prats in the same room. I remember trying super hard to remember my lines, and I couldn't because it was in Tagalog. But I understand the context," she said.

After two decades navigating the vibrant and often tumultuous

world of showbiz, Rhian has come to realize that the roles she embodies in films and television series have evolved into increasingly formidable challenges.

Each character she portrays demands a deeper emotional connection and a more nuanced performance, pushing the boundaries of her talent and creativity.

"It's been 20 years, but lately, the characters I'm getting are becoming more challenging. It's a testament to the trust the network gives me each time. Since it's just starting, there's so much more that we will do together for many years," Rhian said.

If given the opportunity, Rhian expressed her desire to collaborate once more with the talented actor Jason Abalos, whose captivating performances always leave a lasting impression.

"I would love to work with Jason Abalos again. When I had the opportunity to work with him in T.O.T.G.A., there was an unexpected and natural exchange between us. When you are in a scene, it's like a game to me. That's how I feel about it. It's like you're playing. It was natural," she said.

After spending several years immersed in the industry, Rhian eagerly offered insights gleaned from her journey, sharing the invaluable lessons she had learned along the way.

"One of my most important learnings in the industry is the importance of staying humble and grounded, holding on to your family and friends who truly love you, and holding on to your faith.

"I have a tattoo on the hip, which is a triangle, which I learned from car racing. It's a spoiler. Its purpose is that when the car moves forward, the air hits it and it keeps the car grounded. It's a reminder that as I move forward, I have to stay grounded," the actress said.

Rhian expressed her deep loyalty to being a Kapuso. She passionately shared the reasons behind her unwavering commitment to the network, highlighting the heartfelt connections and captivating stories that resonate with viewers.

"You know, I was given the opportunity at such a young age. I didn't know it was work, and I didn't know what acting was. I couldn't even speak the language. And they changed my life. I didn't have any artistic goals in the beginning. I just want to earn a living and have a business.

"It's different in what excites me now. I don't need to look at my paychecks. That 'why' was my whole life before. Now my 'why' is I want the Philippine free TV to be at the same level as what people expect from cinemas. When people turn on the TV, they are not expecting it. I want them to feel excited. You can watch art on TV," an emotional Rhian added. ■

## Pinoy films takes flight: PH's Oscar quest



**An Oscar statue at the 88th Academy Awards Nominees Luncheon on Feb. 8.**

Every year, as the Academy Awards loom, the same question hovers over Philippine cinema: when will the country finally land its first Oscar nomination for Best International Feature?

This year, seven films are in contention to be our official

entry: "Magellan," "Sunshine," "Food Delivery: Fresh from the West Philippine Sea," "Green Bones," "Hello, Love, Again," "Some Nights I Feel Like Walking," and "Song of the Fireflies."

The winner will be unveiled at the Philippine Film

Industry Month Gala Night on September 11.

But beyond the glitz of that announcement lies a much heavier burden—what is truly at stake?

For decades, the Philippines has produced masterful works—raw, inventive, deeply Filipino. Yet the Oscars remain elusive. Lav Diaz's "Magellan," fresh from a Cannes standing ovation, is perhaps the strongest contender abroad. Still, at over four hours long, its accessibility to Academy voters is in question.

Meanwhile, "Sunshine" and "Hello, Love, Again" boast mainstream appeal, and the documentary "Food Delivery" carries urgent political relevance. A nomination would mean far more than prestige. It would affirm that Philippine cinema

belongs on the world stage. It could spark international collaborations, attract funding, and reinvigorate our struggling industry. For local producers, it could even mean survival.

Yet as FDCP Chair Joey Reyes reminds us, the Oscars are not only about artistry. Campaigns, visibility, and strategy are just as critical. Recognition often favors films with strong festival presence and sustained promotion, which, of course, means hard work, funding. Tons of it.

So, we ask again: When will the Philippines finally claim its Oscar moment? Perhaps the answer lies not only in the films we create but in how we choose to champion them. Until then, our long-standing dream remains both within reach—and painfully out of grasp. ■



# Carney, Trump talk 'new' trade and security relationship

By Luca Caruso-Moro August 21, 2025 at 7:06PM EDT

Prime Minister Mark Carney and U.S. President Donald Trump had a "productive and wide-ranging conversation" on Thursday, according to a readout from the Prime Minister's Office.

The two discussed trade and "a new economic and security relationship." They also spoke about "long-term peace" in Ukraine and Europe and agreed to meet again soon.

Senior government sources tell CTV News that Carney was the one who initiated the call and described the conversation as "lengthy" and "substantive."

The conversation comes amid an ongoing and protracted trade war between Canada and the United States, and three weeks after the two countries blew past a self-imposed deadline to reach a new economic and security deal.

Trump launched the trade war in February with an initial slate of sweeping tariffs, which he said was in response to border concerns, accusing Canada of allowing fentanyl to cross into the United States.

On Aug. 1, when Carney and Trump failed to reach a new deal, the U.S. president increased levies to 35 per cent tariffs on Canadian goods. Most products are, however, exempt from the levies because of the free trade deal between the two countries.

Trump has also imposed global sectoral tariffs on steel, aluminum, copper and automobiles, to which Canadian goods are subject without carve-outs.

Canada also has a series of



countertariffs in place, as well as their counterparts in recent months. **Canada's Prime Minister Mark Carney, listens as President Donald Trump speaks during a group photo at the G7 Summit, Monday, June 16, 2025, in Kananaskis, Canada. (AP Photo/Mark Schiefelbein)**

measures to support the industries most affected by the trade dispute, with the federal government working to diversify its export markets to help insulate the Canadian economy from an over-reliance on the United States.

Several provinces, meanwhile, have removed U.S. alcohol from liquor store shelves, and Canadians en masse have reduced travel south of the border. Trump and his team have criticized those actions, according to U.S. Ambassador to Canada Pete Hoekstra, calling the country "nasty" to deal with.

Thursday's discussion between Trump and Carney is the latest in ongoing negotiations between the two countries in the hopes of inking a new economic and security deal, with several Canadian lawmakers making the trip to Washington to meet with

The free trade agreement between Canada, the U.S., and Mexico, is also up for review in 2026.

## Anand meets with Rubio

Canada's Foreign Affairs Minister Anita Anand, meanwhile, met with her U.S. counterpart, Secretary of State Marco Rubio on Thursday.

Anand and Rubio's meeting covered negotiations to end the Russia-Ukraine war, as well as Haiti's security and overcoming "Hamas's ongoing obstruction of peace in Gaza," according to a summary from the U.S. Department of State.

Also on Thursday, Anand joined 20 other foreign ministers from Europe, Australia, Japan and the United Kingdom to condemn Israel for approving a settlement project in the occupied West Bank.

A joint letter from the foreign

cases, hearing aids may be covered by RAMQ, and the clinics handle the evaluation to determine if a patient is eligible.

Just as eyeglasses help us see clearly, hearing aids help us hear clearly. They reduce isolation, strengthen connections, and make communication easier. For older adults especially, hearing aids are essential tools that support independence, emotional wellbeing, and quality of life by keeping them engaged with the people and world around them.

After ten successful years at their flagship office in Décarie Square, Cliniques MEYER Audition is proud to celebrate the opening of a second location in the Côte St-Luc Shopping

ministers said it will "make a two-state solution impossible."

With files from CTV News' Judy Trinh

## Air Canada strike ends after tentative deal reached with flight attendants' union

TORONTO — Air Canada says it plans to operate more than half of its scheduled flights Tuesday after reaching a tentative deal with the union representing its flight attendants to end a strike that began Saturday morning.

The airline said it will gradually restart its operations Tuesday, with the first of its mainline aircraft resuming takeoffs around 4 p.m. ET.

By the end of the day, it plans to complete 53 per cent of scheduled flights — under the Air Canada, Air Canada Rouge and Air Canada Express banners — with a focus on international outbounds. The ramp-up will begin "in earnest" Wednesday morning for mainline North American routes, said Air Canada executive vice-president and chief operations officer Mark Nasr in an interview.

"We are deeply apologetic to our customers and right now we're focused on making it right and getting them on their way," said Nasr.

"When customers buy a ticket on Air Canada, they rely on the brand. We're making a promise and we failed to live up to that promise, plain and simple. We're going to re-earn that trust and it's going to start right now ... by getting the planes back in the sky."

The airline has cautioned that a return to full, regular service would take seven to 10 days as aircraft and

Centre. "It's a fantastic, central location with plenty of free parking and easy access right on the main floor," says Joanna Meyer.

What truly sets the clinics apart is their transparency and commitment. "From the beginning, our focus has always been on the patient. People know us as trustworthy and caring," Joanna adds. "Our goal is simple: to help people hear better, stay connected, and live life fully."

**To schedule an appointment, call 514-735-1234 (Décarie Square) or 514-369-1212 (Côte St-Luc), or visit [www.cliniqueaudition.ca](http://www.cliniqueaudition.ca).**

## Because Hearing Well Means Living Well

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"At Cliniques MEYER Audition, patients can receive a free hearing

screening," explains owner Joanna Meyer. "For a complete evaluation, a private consultation with an audiologist is available, and during the same visit, patients will also meet with an audio prosthetist. If necessary, we can provide referrals to ENT specialists."

The clinics offer a full spectrum of services: hearing aid, fittings, cleanings, and repairs, as well as custom products such as earplugs for musicians and sleep plugs designed to improve rest. In some

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crew are out of position. Some flights will continue to be cancelled until the schedule is stabilized.

Nasr said Air Canada is working to "restart everything from the ground up" after its entire fleet — not including Air Canada Express flights operating under the Jazz and PAL banners — were grounded early Saturday morning. Air Canada estimated Monday that some 500,000 customers' flights had been cancelled since the strike began.



**Passengers walk in front of demonstrators holding placards, at Vancouver International Airport in Richmond, British Columbia, Canada, August 17, 2025. CHRIS HELGREN / REUTERS**

"Because we were shut down for so long, there is incremental maintenance," said Nasr.

He added the airline had brought back its crews from international locations, which will further slow down the restart process. For example, after a scheduled 17-hour flight from Vancouver to Sydney, Australia, lands, the company will have to wait 24 hours to bring the airplane back in order to meet rest requirements for that same crew, since a second team isn't available to

rebook with other airlines through Air Canada's website or mobile app for up to seven days, compared with its usual policy of three days.

"In terms of prioritization, I mean, everybody's important. Everybody needs to get to where we promised we would take them," he said.

"Our focus is on how do we run a stable operation to reintroduce as many seats as quickly and as safely as possible."

The airline said only customers with confirmed bookings, whose flights are shown as operating, should go to the airport.

Air Canada and the flight attendants' union met through the night with a federal mediator before reaching a tentative agreement. The deal will be brought to more than 10,000 members of the Air Canada component of the Canadian Union of Public Employees for a vote.

In a statement, the union said the tentative deal would end the



**Air Canada flight attendants during a demonstration at Toronto Pearson International Airport Arlyn McAdorey/Bloomberg/Getty Images**

staff the return flight.

In the meantime, Nasr said Air Canada has scaled up its customer support team as droves of passengers try to get through to an agent.

He said 5,000 employees are working to help customers with cancelled flights navigate their options, which includes a full refund or credit for future travel. Air Canada said it will also offer to rebook customers on up to 120 airlines, including competitors, where possible.

Nasr said more flexibility would be added to other customer policies. That includes allowing passengers to

practice of unpaid work by flight attendants when airplanes aren't in the air. It added the agreement also achieves "transformational change for our industry after a historic fight to affirm our charter rights."

"Your right to vote on your wages was preserved," the union said in a post on its website announcing the end of the strike.

The union advised members to "fully co-operate with resumption of operations."

**An investment in knowledge pays the best interest.**  
**Benjamin Franklin**

## Quebec short more than 4,000 teachers as school year set to begin

10% of teachers unqualified, but minister says half of those have a bachelor's degree



**Quebec Education Minister Bernard Drainville said he was reassured that 96 per cent of classrooms will have a teacher at the beginning of the school year. (Sylvain Roy Roussel/Radio-Canada)**

Quebec Education Minister Bernard Drainville says there are still 4,115 teaching positions to be filled in the province's schools, with just a little over two weeks before the new school year begins.

"So 96 per cent of classrooms have a teacher," Drainville said, adding the French school service centres and the English-language school boards were working on recruiting the remaining four per cent.

At the same time last year, around 6,000 teachers were still missing. That's compared to 8,500 the year before that.

"It's good news, first for the students, then the parents and obviously for the school teams and teachers," Drainville told reporters on Thursday.

The minister credits an agreement that was reached with the unions two years ago, requiring teachers be assigned to a classroom at an earlier date, for the year-over-year improvements.

"Things are getting better," Drainville said, adding one of the government's objectives was to work on making the system more efficient.

He pointed to other improvements in recent years including higher salaries for teachers, having a second adult assigned to half the primary school classrooms to help out with students with challenges, and the creation of fast-track teacher certification programs.

While underlining certain successes, Drainville acknowledged the education system in Quebec still faces several challenges, although he didn't elaborate further.

When asked about the number of unqualified teachers being hired for the upcoming year, Drainville said around 10 per cent did not have a teaching diploma, but at least half of those did have a bachelor's degree in one of the subjects taught in school, such as French, English, history, chemistry or math. 1 in 10 teachers 'not a teacher'

Heidi Yetman, president of the

Quebec Provincial Association of Teachers, said that is a concern.

"One in 10 teachers in Quebec is not a teacher," she said, "And we shouldn't be calling them teachers. They are unqualified personnel."

While Yetman applauds them for stepping up and walking into the classroom, saying they are desperately needed, having unqualified staff adds extra pressure on qualified teachers who need to support them.

She also noted that student learning is impacted, because unqualified personnel don't know pedagogy.

"They don't know how to teach reading and writing, for example," Yetman said.

She also said that while the number of open teaching positions needing to be filled may have dropped this year, more context is needed, such as how many total positions there are this year compared to last.

What is known, Yetman said, is that the number of vacant positions this year is "still concerning."

She referred to the situation not as a teacher shortage, but rather a "retention and recruitment crisis."

"There are teachers out there who have decided not to teach," she said, adding that 20 to 30 per cent of teachers entering the profession leave within the first five years.

"So we shouldn't really be talking about a shortage of teachers. We should be talking about a shortage of good working conditions, a shortage of resources for students, a shortage of respect for the profession."

Yetman says an example of that disrespect is the Quebec government announcing \$570 million in cuts to the province's education system, blaming school boards and school service centres for going over budget.

"Blaming education for the deficit in Quebec is a really big error," she said. The government has since added \$540 million to the budget, but with conditions.

In terms of support staff, such as special education technicians and professionals, including speech therapists, school psychologists and others, the number of positions to be filled remains unknown at this time.

Drainville said recruitment for those positions is ongoing and that data will be released at the end of August.

By Annabelle Olivier digital journalist at CBC Montreal. Posted Aug. 14, 2025

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# FILIPINO STAR

## AUGUST 2025 Pictorial News



Trump and Zelenskyy's meeting with European leaders marks a historic moment

**WASHINGTON** — Seven European leaders joined Ukrainian President Volodymyr Zelenskyy in Washington on Monday in a rare display of trans-Atlantic unity. The gathering marked the first time in decades that such a broad delegation of allies had assembled at the White House under such pressing circumstances. Shortly after noon, one by one, the heads of state and NATO partners passed the White House gates, where they were met by President Donald Trump's chief of protocol, and in Zelenskyy's case, by Trump himself.

With files from ABC News, August 19, 2025



Conservative Party Leader Pierre Poilievre, right, shown with his wife Anaida Poilievre, celebrates his win in the Battle River-Crowfoot by-election in Camrose, Alta., on Monday. (Jason Franson/The Canadian Press)

Poilievre's by-election win sets the table for his return to Parliament this fall. Conservative leader's attention now turns to fall sitting of Parliament and upcoming leadership review

The Tory leader will represent the sprawling rural riding of Battle River-Crowfoot, in the province's eastern region, after winning a by-election on Monday. Poilievre spent weeks this summer meeting constituents, attending events and stopping by local businesses in his new riding.

With files from Sarah Ritchie • The Canadian Press -  
Posted August 19, 2025 9:45 AM EDT



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