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US Supreme Court rejects Trump's Tariffs



U.S. President Donald Trump holds a signed executive order on tariffs, in the Rose Garden at the White House in Washington, D.C., U.S. File | Photo Credit: Reuters

On February 20, 2026, the U.S. Supreme Court delivered a major rebuke to the Trump administration by striking down its broad global tariffs in a 6-3 decision. The ruling effectively invalidated the "reciprocal" tariffs and "fentanyl" duties that had been a cornerstone of the president's second-term economic agenda.

Chief Justice John Roberts, writing for the majority, ruled that the International Emergency Economic

Powers Act (IEEPA) of 1977 does not authorize the president to unilaterally impose tariffs. The Court reaffirmed that the power to tax and impose tariffs belongs to Congress under Article I of the Constitution. The decision noted that reading IEEPA to allow unlimited tariffs would grant the president a "birth-right power to tax," which the Framers specifically did not intend.

Justices Thomas, Kavanaugh, and Alito dissented, arguing that the



Members of the U.S. Supreme Court sit for a new group portrait following the addition of Justice Ketanji Brown Jackson, at the court building in Washington, Oct. 7, 2022. On Feb. 20, 2026, the court ruled 6-3 to strike down President Donald Trump's broad tariff policies, ruling that they were not authorized by the federal statute that he cited for them. J. Scott Applewhite/AP

president should have the authority to use tariffs as a tool during declared national emergencies.

Within hours of the ruling, President Trump announced a new 10% global tariff using Section 122 of the 1974 Trade Act. By the following day, he increased this proposed rate to 15%.

The ruling opened the door for

importers to seek refunds for an estimated \$100 billion to \$200 billion in collected duties. However, the Court did not provide a specific mechanism for these refunds, leading to what Justice Kavanaugh described as a looming "mess" of litigation.

Duties imposed under other

See Page 2 US Supreme Court

Canadian teams bring home 21 medals



Team Canada reacts after losing to the United States during overtime of the women's gold medal hockey game at the 2026 Winter Olympics, in Milan, Thursday, Feb. 19, 2026. THE CANADIAN PRESS/Darryl Dyck

(February 22, 2026) - The XXV Winter Olympic Games, held from February 6 to February 22, 2026, concluded today in Italy. Norway finished at the top of the medal table for the fourth consecutive Winter Olympics, setting a new record with 18 gold medals and 41 total medals. The

Games were notable for being the most spread-out in history, covering over 22,000 square kilometres across northern Italy, and for achieving a record 47% female athlete participation.

The 2026 Milano Cortina Winter Olympics concluded with a



Players with team Canada react after losing to the United States in the men's ice hockey gold medal game at the 2026 Winter Olympics, in Milan, Italy, Sunday, Feb. 22, 2026. THE CANADIAN PRESS

dramatic, albeit heartbreaking, end for Canadian hockey fans, while showcasing a strong, young, and resilient Team Canada that delivered significant performances in freestyle skiing, speed skating, and curling. The Games were marked by a high-stakes North American rivalry, the long-

awaited return of NHL players to the ice, and a challenging, spread-out venue structure.

The most significant storyline for many Canadians was the men's and women's hockey finals, both of which resulted in 2-1 overtime losses

See Page 2 Cortina-Milano Italy

From Page 1 US Supreme Court

laws—such as Section 232 "national security" tariffs on steel, aluminum, and lumber—remain in place as they were not part of this specific legal challenge.

Based on the visibly simmering anger that U.S. President Donald Trump barely managed to suppress throughout his news conference on the Supreme Court's tariff decision, it's a fair bet that Friday was the worst day so far of his second term.

Today's SCOTUS decision means Trump does not have the power to impose tariffs through the International Emergency Economic Powers Act (IEEPA), which he had attempted to use as the foundation of his tariff-fuelled trade war on the rest of the world.

With that foundation now shattered, Trump is trying to shrug it off and lay another one. He started with a new 10 per cent levy worldwide under a different piece of legislation, claiming his Plan B could bring even more tariff revenue into the treasury than Plan A did.

He's charging ahead with that plan, despite the ruling having leaned on a section of the U.S. Constitution that says only Congress has the power to levy tariffs unless lawmakers delegate that power to the president (which hasn't happened).

It all puts the world's trading nations — including Canada — once again into the position of wondering what the economic impact of Trump's next move will be.

"The numbers could be far greater than the hundreds of billions we've already taken in," he said, without providing evidence.

That prompts the question: If these alternative ways of imposing tariffs are bigger and better than the one struck down by the Supreme Court, why didn't Trump go with Plan B first?

The fine print of Trump's new 10 per cent temporary import duty gives some hints of why it was the backup rather than Plan A. The tariff lasts for 150 days, at which point it falls to Congress to extend it.

Despite calling it a global tariff, Trump has given exemptions to a litany of items, including passenger vehicles, energy products, pharmaceuticals, fertilizers, beef, tomatoes, oranges and some electronics.

Also exempt: Canadian goods that comply with the Canada-U.S.-Mexico Agreement, which covers the vast majority of Canadian exports south of the border.

'Unpatriotic and disloyal'

Trump's reaction to the ruling could be seen as the latest example of a pattern of being unwilling to admit that he has lost, the 2020 presidential election being the biggest.

Consider the combative, defiant and unrepentant language he used in Friday's news conference, revealing just how badly he wanted to stick with Plan A.

He slammed the Supreme Court justices who ruled against him as "fools and lapdogs" and "unpatriotic and disloyal." He claimed the court has

been "swayed by foreign interests."

He called the people who brought the tariff lawsuits "sleazebags" and "slimeballs."

He expressed disbelief that the court could have interpreted the law any way but in his favour.

Kelly Ann Shaw, who was a senior trade adviser to Trump in his first term says there's no way her former boss would be happy being forced to pivot this way.

"I'm sure the president was not in a good mood when he got the news of the Supreme Court's decision," Shaw told CBC News Network on Friday.

Can 'cobble together' other tariffs

Even before Trump announced his Plan B, Shaw was predicting it would come.

"What I expect to see is the administration attempt to largely recreate the tariff program as it exists now," she said. "There are a lot of options that the president can cobble together."

Eric Miller, founder of Rideau Potomac Strategy Group, specializing in Canada-U.S. trade policy, says the ruling will not alter the "high-tariff world" that Trump has created, nor will it shake his profound belief in the power of tariffs.

"He won't see this as a tactical loss," Miller told Radio-Canada in Washington.

"His overall strategy of putting high tariffs in hopes of driving back manufacturing and other production to the United States very much remains

unchanged."

Even if you accept Trump's claim that the court ruling "doesn't matter" because he has other ways to impose tariffs, it's hard to see how the ruling cannot matter politically.

Trump's approval ratings on the economy are already down in the dumps, with many swing-voting Americans upset that he hasn't fulfilled his promises to rein in the cost of living. Tariffs haven't helped.

That has fed growing Republican discontent with tariffs, leading to last week's vote in the House of Representatives where six Republican members sided with Democrats to vote for the first time against Trump's "fentanyl emergency" tariffs on Canadian products.

And now Trump has been handed a conservative legal rebuke over his attempt to stretch his presidential powers. The justices' ruling leans on Article I of the U.S. Constitution, which says only Congress has the power to levy taxes (and therefore tariffs) unless it explicitly delegates that power to the president.

Despite all that, Trump is signalling he will charge ahead with his Plan B.

That puts the world's trading nations — including Canada, for which the most painful tariffs remain in place — once again into the position of wondering what the economic impact of Trump's next move will be.

With files from Holland and Knight, and Mike Crawley's analysis published by CBC News, Feb. 21, 2026

From Page 1 Canadian Teams

to the United States.

Despite dominating play with a 42-28 shot advantage, Canada fell 2-1 in overtime in the final game of the Olympics, with USA's Jack Hughes scoring the winner. Connor McDavid set a single-tournament scoring record (13 points), but the team was left to rue missed opportunities.

Women's Hockey: The US also defeated Canada 2-1 in overtime, marking a "double gut-punch" for fans, notes The Canadian Press.

Key Takeaway: The 2026 Games solidified that the US-Canada rivalry has shifted, with the Americans holding a razor-thin edge in high-stakes, 3-on-3 overtime situations.

Some final thoughts on the Milano-Cortina Games

(Excerpts from Jesse Campigotto · CBC Sports · Posted: Feb 22, 2026)

Well, that was not quite the Olympics we hoped for. And definitely not the ending we dreamed of.

After 2½ weeks of triumphs and tears for Canada at the Milano-Cortina Games, the men's hockey team did everything in their power to deliver the victory that mattered most to their country. But, despite Canada's NHL stars outplaying the United States' for most of another classic Olympic final between the rival nations, American Jack Hughes scored the

golden goal in 3-on-3 overtime to give the U.S. a thrilling 2-1 win and its first Olympic men's hockey title since 1980.

As it happens, today is the 46th anniversary of the United States' Miracle On Ice upset of the Soviet Union in Lake Placid. And it was borderline miraculous that the Americans won this game.

Even without injured captain



Canada's Mikael Kingsbury celebrates his gold medal in the men's freestyle skiing dual moguls at the 2026 Winter Olympics, in Livigno, Italy, Sunday, Feb. 15, 2026. (Sean Kilpatrick/THE CANADIAN PRESS)

Sidney Crosby, Canada outshot the U.S. 42-28 and had several golden opportunities to pot the go-ahead goal in the third period after American Matt Boldy opened the scoring in the first and Cale Makar tied it late in the second. But U.S. goalie Connor Hellebuyck absolutely robbed Devon Toews in front of a wide-open net with a desperate paddle save and, later,



Canada's speed skating "Madames" thrilled us with another gold-medal victory in the women's team pursuit. (Getty Images)

Canadian star Nathan MacKinnon inexplicably missed another yawning cage from point-blank range.

In OT, Hughes — his front teeth shattered from a high stick by Sam Bennett that drew a four-minute penalty in the third — made the play of his life. The 24-year-old forward poked the puck past a pinching Makar to create an odd-man situation, found open space in the slot and converted a feed from Zach Werenski to become the modern-day Mike Eruzione. During their post-game celebrations, the Americans held up a USA jersey bearing the number and last name of Johnny Gaudreau, who was set to be part of this team until he and his brother were killed by a suspected drunk driver two summers ago.

For Canada, there's no two ways around it: that was a heartbreaker. And a tough one to swallow. Especially when coupled with the Canadian women's hockey team's overtime loss to the Americans in their gold-medal game on Thursday. And especially at this particular moment in Canada-U.S. "relations."

The silver lining (apart from the actual silver medals) is we won't have to wait another 12 years for a game like this. The NHL, after passing on the last two Olympics, has committed to sending players to the 2030 Games in the French Alps, and an eight-team World Cup of Hockey is coming in just two years. #



FROM THE PUBLISHER'S DESK

How do we prepare to face the challenges of 2026?

Zenaida Kharroubi

Like everything in life, nothing remains the same, and we must always be prepared to face whatever comes our way. A good Scout motto is: Be prepared. I believe it is a good guide to follow in order to live comfortably as well as being able to help improve the world we live in.

In 2026, navigating a landscape of complex global conflicts and systemic pressures requires a shift from passive concern to active, tiered preparedness. Experts suggest focusing on personal resilience, practical resources, and community connections rather than just tracking international events.

Preparing for the challenges and conflicts of 2026—characterized by high geopolitical volatility, economic uncertainty, rapid AI integration, and environmental stressors—requires a combination of strategic, personal, and operational resilience. The core approach involves accepting that uncertainty is the new "normal" and building adaptability, rather than seeking a return to past stability. Here are the best ways to prepare for the challenges of 2026:

1. Build Personal and Organizational Resilience

Embrace "Anti-Fragility": Instead of just trying to "bounce back" (resilience), aim to become "anti-fragile"—adapting and growing stronger from disruptions.

Cultivate "Micro-Resilience": Develop small daily habits like mindfulness, deep breathing, and structured reflection to maintain calm and avoid burnout.

Develop Emotional Capacity: Leaders

and individuals must focus on self-awareness, emotional regulation, and nurturing courage to act even when fearful.

Build Strong Support Networks: Strengthen relationships with people who can provide support, as connecting with others is a primary factor in resilience.

2. Strengthen Strategic Discipline

Set Clear Priorities: In a volatile environment, it is crucial to identify 2-3 key priorities rather than a long list. Discipline is required to focus on what matters most.

Implement "Before Action Reviews": Test plans against potential disruptions (e.g., economic shifts, trade policy changes) to build realistic buffers.

Practice Active Decision-Making: Move from static, once-a-year planning to flexible, "re-decision" points, where you actively re-evaluate assumptions based on new data.

Communicate Consistently: Over-communicate core priorities to ensure alignment, as uncertainty causes teams to lose focus.

3. Master New Skills for a Transformed Landscape

AI and Data Literacy: AI, machine learning, and data-driven decision-making are top-demand skills, as AI integration continues to disrupt industries.

Human "Soft" Skills: Despite the rise of AI, human skills like creativity, empathy, critical thinking, and complex problem-solving are becoming more valuable and harder to find.

Adaptability and Lifelong Learning: The

ability to learn and pivot quickly is essential, as traditional career paths and business models are being upended. Digital Hygiene: Protect your digital identity and agency as AI-driven misinformation and identity theft become more sophisticated.

4. Enhance Economic and Operational Stability

Build Financial Buffers: Aim to hold 3-6 months of living expenses in an emergency fund to cushion against potential recessions, high inflation, or job loss.

Diversify Revenue/Income Streams: If you are a business, diversify your market reach. If an individual, look for additional skill streams or gig opportunities.

Suggested subjects for a fuller life

1. Mental Fitness and Psychological Resilience

As the world becomes more volatile, proactive mental health management is essential.

Stress Management: Learning techniques like mindfulness, meditation, and breathwork to manage daily pressures.

Cognitive Strengthening: Engaging in "mental gyms," such as brain-boosting games or neurofeedback to maintain focus and memory.

Building Optimism: Cultivating a growth mindset that treats failures as feedback and maintains a positive

2. "Slow" Physical Wellness

Fitness in 2026 is moving toward sustainability rather than intense, punishing, all-out effort.

Slow Fitness: Prioritizing mobility, Pilates-style precision, controlled strength, and restorative movement.

Longevity-Focused Nutrition: Using at-home testing and microbiome analysis for personalized eating plans, focusing on gut health.

Sleep Optimization: Treating sleep as a "status symbol" by using technology to create "sleep sanctuaries" for deeper, more restorative rest.

3. AI Literacy and Digital Agency

Instead of letting technology control attention, 2026 will require mastering it as a tool for efficiency.

Prompt Engineering: Learning how to ask AI tools the right questions to get better results.

Digital Detox/Boundaries: Developing the habit of "single-tasking" to regain attention and protecting time from constant connectivity.

Cyber Hygiene: Understanding personal data protection, managing digital footprints, and recognizing deepfakes or phishing.

4. Human-Centric "Power Skills"

Secure Supply Chains: For businesses, map out and diversify suppliers to mitigate risks from geopolitical tensions.

5. Adapt to a Fragmented World

Prepare for Localized Impact: Global conflicts (e.g., in Sudan, Myanmar, the DRC, and tensions in the Middle East) are likely to create ripple effects in trade and resources.

Act Locally: When global issues feel overwhelming, focus on your sphere of influence, such as community resilience and local economic stability.

In 2026, success will depend on staying grounded, fostering trust, and leading with empathy while adapting to a constantly shifting, often volatile, environment. #

As AI takes over routine technical tasks, uniquely human abilities are becoming more valuable.

Emotional Intelligence (EQ): Building empathy, self-awareness, and the ability to manage emotions, which are crucial for navigating hybrid work.

Creative Thinking & Innovation:

Approaching problems from novel perspectives, which AI cannot fully replicate.

Complex Problem-Solving: Learning to analyze situations from multiple angles to identify root causes, rather than accepting surface-level solutions.

5. Intentional Living and Purpose

A fuller life requires intentionality in how time and energy are spent.

Creating a Life Plan: Defining a personal mission statement that connects daily actions to a larger purpose, rather than just "getting things done".

Building Community: Actively rebuilding social connections through neighborhood groups, hobbies, and in-person experiences to counteract loneliness.

Financial Literacy: Understanding how to manage personal finances to build stability in uncertain times.

Summary of Daily Actions for 2026 Practice "Idea Gardening": Give ideas time to simmer rather than demanding immediate results.

Embrace "Exercise Snacking": Incorporate short, 30-minute movements or walks throughout the day.

Use "Digital Friction": Add small barriers to social media apps to reduce mindless scrolling.

Editor's Note: The above ideas are based on surfing various websites to gather experts' suggestions on how to live a fuller life. It is our goal to provide some ideas to our readers to help them succeed in their various endeavors as well as to develop a deeper love for learning.



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Premier Tech becomes a Main Partner of the UCI Road World Championships in Montréal 2026

Montréal, February 9, 2026 — The Organizing Committee of the UCI Road World Championships Montréal 2026 is pleased to announce a major partnership with Premier Tech, which is becoming a Main Partner of this world-class sporting event taking place from September 20 to 27, 2026. The Championships will bring together the world's best road cycling athletes in Montréal.

The UCI Road World Championships Montréal 2026 marks the return of a major international sporting event to Canada. For eight days, the city will pulse to the rhythm of cycling, hosting 13 separate events and welcoming more than 1,000 male and female athletes from over 80 countries, in front of hundreds of thousands of spectators and nearly 200 million television viewers worldwide. It will be the largest sporting event held in Montréal since the 1976 Olympic Games.

A natural and lasting commitment to cycling

Involved in cycling for more than 30 years, Premier Tech sees this partnership as a natural extension of its commitment to the development of the sport, the athletes, and the communities. Active at every level of cycling—from development teams to the highest levels of professional competition for both men and women—the company plays a key role in the growth of cycling in Québec, Canada, and internationally.

As part of this partnership, Premier Tech will notably serve as presenting partner of the Championships' volunteer force, a vital pillar of the event's success that will require the mobilization of nearly 2,000 volunteers. The company will also be the presenting partner of the UCI Gala, a highlight event celebrating athletes and key stakeholders in the global cycling community.

"We have been driven by a passion for cycling for more than 30

years. It was only natural that such a historic event as the UCI Road World

vision of leaving a strong sporting, human, and collective legacy for



From left to right : Antoine Duchesne, former professional cyclist and Montréal 2026 ambassador, Jean Bélanger, President and Chief Executive Officer of Premier Tech, Sébastien Arsenault, President - UCI Road World Championships Montréal 2026 Organizing Committee, Joseph Limare, General Manager - UCI Road World Championships Montréal 2026 Organizing Committee

Championships Montréal 2026 would take place with the support of Premier Tech. By becoming a Main Partner of the event, we are once again affirming our desire to inspire the next generation, strengthen cycling culture in Québec, and build bridges to help athletes from here and around the world shine," said Jean Bélanger, President and Chief Executive Officer of Premier Tech.

A key partner for a historic event

The Organizing Committee is delighted to be able to rely on a major partner with deep roots in Québec and a worldwide reputation for long-term commitment to cycling.

"We are extremely proud to welcome Premier Tech as a Main Partner of the UCI Road World Championships Montréal 2026. Its authentic and enduring commitment to cycling at every level is perfectly aligned with our

Montréal, Québec, and Canada," said Sébastien Arsenault, President of the UCI Road World Championships Montréal 2026 Organizing Committee. The UCI Road World Championships Montréal 2026 – by the numbers

- 8 days of competition | September 20 to 27, 2026
- 13 events: time trials, mixed relay, and road races
- More than 80 countries represented
- Over 1,000 athletes, women and men, from Junior to Elite
- 5,000 team members, officials, UCI staff, and guests
- More than 800 media representatives
- Broadcast in 140 countries on 95 channels
- Cumulative audience of 200 million viewers
- More than 500,000 national and international visitors expected

•The largest sporting event in Montréal since 1976

About the UCI Road World Championships Montréal 2026

The UCI Road World Championships Montréal 2026 are organized by the UCI and the Montréal 2026 Organizing Committee, with the support and financial and technical assistance of the City of Montréal, the governments of Québec and Canada, Tourisme Montréal, and Tourisme Montérégie.

About Montréal 2026

Montréal 2026 is the Organizing Committee for the UCI Road World Championships. Building on the experience gained since 2010 through the organization of the Grands Prix Cyclistes de Québec et de Montréal—the only UCI WorldTour events in America—the committee brings its expertise to the delivery of an event of international stature. It is also responsible for television production and the world feed for these competitions, thereby contributing to the global visibility of cycling and of Montréal. montreal2026.org

About Premier Tech

At Premier Tech, we are all about making a difference by connecting People and Technologies — for over 100 years. Premier Tech is active in horticulture, agriculture, packaging equipment and technologies, wastewater treatment systems, digital solutions and life sciences. Our offers help improve crop yields as well as the health and wellbeing of humans and animals, protect water resources, and increase productivity in manufacturing. Premier Tech generates more than one billion dollars in annual sales, driven by some 6 000 team members across 31 countries.

For more information about Premier Tech, visit www.premiertech.com.

Associations denounce Quebec's selective collection reform

Associations in the agri-food sector are denouncing the Legault government's selective collection reform, arguing that "the costs far exceed the ability of most businesses to pay."

They claim that this reform has increased their bills by between 75 and 350 per cent.

"Many Quebec businesses currently cannot afford to pay the bills because they were unable to budget for them. The government promised us increases of \$26 million, but now we're looking at a total of \$810 million. It doesn't make sense!" said Sylvie Cloutier, CEO of the Quebec Food Processing Council, at a press conference on Monday in Quebec City.

"Some businesses are going to close," she added.

Although consumers have been spared for now, businesses will have no choice but to pass on part of

the bill to them, Cloutier feels.

"This unprecedented pressure directly threatens their viability, will inevitably affect the price of groceries and even compromises the achievement of the initial environmental objectives," the news release states.

These associations argue that the government wanted to act too quickly and should have opted for a gradual transition instead.

"The government has imposed a transformation in five years that other jurisdictions are spreading out over 15 to 20 years," they say.

They are therefore calling for the regulatory framework to be amended by June 20 at the latest.

Eight associations joined forces to make this announcement on Monday. They include the Conseil de la transformation alimentaire du Québec (CTAQ), the Retail Council of Canada (RCC) and the Union des producteurs



Overflowing recycling bins are shown in Montreal, Wednesday, Jan. 1, 2025, on the day when new recycling rules are implemented by the province. (Graham Hughes/The Canadian Press)

agricoles (UPA).

The selective collection reform came into effect on Jan. 1, 2025 and extends the collection of recyclable materials to include all "containers", "packaging" and "printed matter" throughout Quebec.

It also makes companies responsible for their products from the moment they are placed on the market

until they are recycled.

"We are now 100 per cent responsible for selective collection. And when I say 'we,' I mean all companies that market packaging, containers and, of course, printed matter. (...) We have become responsible for recycling in Quebec," said Cloutier.

This report by The Canadian Press was first published in French on Feb. 23, 026.

Balita sa wikang Pilipino TAGALOG NEWS ni Zenaida Ferry-Kharroubi

Bago dumating ang pagharap ni Duterte sa Corte ng ICC, may ayon at laban sa kanyang pagkakulong sa Hague

Mga "Rally" Laban kay Duterte

(Metro Manila): Mga aktibista at pamilya ng mga biktima ng "drug war" ang nagtipon sa 11th World Scout Jamboree Memorial Rotonda (Boy Scout Circle). Sa pamumuno ng mga grupo gaya ng Akbayan Partylist at SIKLAB, ang protesta na tinatawag na "People Power vs. Duterte's EJK," ang nagdeklarang managot si Duterte sa

Confederation, nagbigay ng isang petisyon na may isang milyong pirma na uma-amuki sa Corte Suprema na palayain si Duterte. Ang mga grupong Pro-Duterte ay gumawa ng "prayer rally" na naghandog ng 100 baka na pinatay bilang sakripisyo laban sa korapsyon at "injustice" sa Hague (Netherlands): Ang mga "die hard" supporters ay nagtipon sa labas ng ICC detention centre at korte at



mga "extrajudicial killings." Sa Hague (Netherlands): May demonstrasyon na nangyari sa labas ng ICC para sa suporta sa mga biktima ng "drug war." Mga demonstrasyon sa iba't

nagpatugtog ng mga musikang Pilipino at nagyagyag ng mga bandila upang mag-protesta sa hindi makatarungang pag-aresto kay Duterte.. Sa siyudad ng Cebu - May

sa mga husgado pero ang hearing laban sa kanya ay mangyayari pa rin sa loob ng apat na araw.

Pagkatapos ng paglilitis (hearing) ng mga ebidensiya, may 60 araw ang lilipas bago magawa ang desisyon na nakasulat.

Ang Human Rights Watch sa Estados Unidos ang nagsabing napakahalaga ang "hearing" na gagawin ng ICC upang magkaroon ng katarungan para sa mga biktima ng "drug wars." Ang mga pamilya ng biktima ay nagsabing ang "hearing" ay isang paraan na matuklasan ang katotohanan.

Si Llore Pasco, ina ng dalawang lalaki na pinatay ng mga hindi kilalang namaslang noong 2017 ang nagsabi sa Al Jazeera na importanteng mapanagot ang lahat na mga responsable sa pagpatay sa kanyang mga anak, at kasama dito ang dating pangulo na si Duterte. Si Luzviminda Siapo, na may isang anak na pinatay din noong 2017 ay nagsabi na magsigla siya na may progreso sa kaso laban kay Duterte na tinawag niyang "utak" sa pagpatay (killings) (Balita sa wikang Ingles na isinalin sa Tagalog) Referencia: Al Jazeera at Inquirer.net)

Ikalawang pag-impeach kay Sara Duterte ng Kongreso



The referral triggered the one-year bar period, which means that the next impeachment proceedings against VP Duterte can only be initiated a year after. PHOTO: PHILIPPINE DAILY INQUIRER

MANILA, Philippines - Ang impeachment proceedings laban kay Vice President Sara Duterte ay inumpisahan ng komite ng House of Representatives nitong Lunes, 23 Pebrero na tungkol sa apat na reklamo (raps) laban sa kanya.

Sa session ng Kongreso nitong Lunes, ang apat na reklamo ay inilagay sa Official Order of Business.

Pagkatapos ng hakbang na ito, ang Deputy Speaker na si Ferjenel Biron, na namuno sa House Session, ang nagbigay sa Justice Committee ng apat na reklamong kontra kay Sara.

Ang referral ng reklamo ang nagumpisa ng bar period, ibig sabihin, ang impeachment proceedings laban

Kay Sara ay maari lang na mag-umpisa pagkatapos ng isang taon.

Dahil sa pagkapadala ng mga reklamo sa Justice Committee, ang mga miembro ang magtatalakay kung sapat ang mga ebidensiya sa forma at katibayan ng mga reklamo.

Sa isang pahayag ng Chairperson ng Justice Committee na representante ng Batangas na si Gerville Luistro, aaksyonan niya agad ang referral ng House Committee.

Ayon kay Luistro ang mga reklamo laban kay Sara ay parehong tatatohin kaparis nang pagtrato sa reklamo ng impeachment laban kay Presidente Bongbong Marcos.#



ibang rehiyon sa Pilipinas: Sa siyudad ng Cebu (Fuente Osmeña Circle), siyudad ng Iloilo, siyudad ng Baguio (mahigit na 5,000 tao), at marami pang ibang siyudad kasama na rin ang siyudad ng Cagayan de Oro at Dumaguete.

Mga Rally na Pro-Duterte

Sa isang banda, mayroon din na demonstrasyon na sumusuporta kay Duterte (Pro-Duterte/Anti-ICC) Supreme Court (Manila): Mga grupong kagaya ng DDS Sara All

isang grupo ng pro-Duterte rally sa Plaza Independencia na gustong tanggalin si pangulong Bongbong Marcos

Ang apat na araw ng hearing (Pebrero 23-24 at Pebrero 26-27) ang magsusubok kung si Duterte ay dapat mahabla sa tatlong krimen na tinatawag na "crimes against humanity."

Ang 80-taong dating pangulong Duterte ay ayaw humarap

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Tony A. San Juan, OCT

The Year That Was in the Philippines: 2025 in Review

2025, the so-called Chinese "Year of the Snake", just ended. Welcome 2026, the "Year of the Horse". Now we look forward to the "Bagong Taon" to be much better for our bayang sinilangan! But what can we tell our kapwa Filipino at mga kababayan, about the past year, 2025? Or better, what will Filipinos generally remember about 2025, that is, anything good, bad, or ugly?

Last year, for many Filipinos living and working in the Philippines and perhaps in other parts sa buong mundo, was a turbulent and trying time. It's the year when the whole nation was shaken not just by natural calamities but also by huge political and social crises. Unwelcome occurrences of "never-ending" natural disasters, typhoons, floods and other calamities occurred and wreaked havoc on the country, impacting life, livelihood, homes, schools, agriculture, and infrastructure. Social confusion connected with the flood-control corruption, legislative inquiries, judicial investigations, social media, and fake news disrupted the political landscape. In a brief passing review, 2025 was the year that:

1. The escalation of conflict between President Ferdinand Marcos, Jr. and Vice President Sara Duterte rose to a fever pitch. On January 3, Marcos, Jr. stripped Veep Sara of her membership in the National Security Council (NSC). "Her presence in the NSC was feared to compromise national security due to the Duterte pro-China and anti-US stance."

2. On February 5, VP Sara Duterte became the first vice president to be impeached after 215 members of the House of Representatives approved the articles of impeachment.

3. Former President Rodrigo Duterte was "arrested and delivered", on March 11, to the International Criminal Court (ICC) in The Hague by the Philippine government, and is currently detained and facing charges of crimes against humanity related to his controversial war on drugs.

4. Marcos, Jr. signed into law RA 1218 on March 24, upgrading the facilities and services of the Philippine Institute of Volcanology and Seismology.

5. On April 27, the Chinese Coast Guard claimed that China had

captured the Sand Cay, which was claimed by the Philippines a long time ago.

6. Cebu's first woman governor, Gwendolyn Garcia, lost to first-time candidate, political neophyte and former flight attendant Pamela Baricuatro, who garnered 1.1 million votes over Garcia's 800,000 in the May 2025 midterm elections.

7. The May 12 midterm elections resulted in an 80.20% turnout with 57,350,968 out of 69,673,653 registered voters casting their votes. Bong Go led the senatorial polls with 27,121,073 votes, while Bam Aquino placed second with 20,971,899, closely followed by Bato de la Rosa with 20,773,946 votes.

8. On June 20, the Philippine Supreme Court rejected the practice of proclaiming the second-placer once the election winner is disqualified.

9. China, on July 1, imposed sanctions on former Senator Francis Tolentino for "egregious conduct on China-related issues." The Philippine Department of Foreign Affairs summoned the Chinese ambassador over the sanctions.

10. On July 16, the President issued Proclamation 973 declaring that the official number of Filipinos per the 2024 census is 112,729,484.

11. President Marcos, Jr., on August 4, signed RA 12231, which authorizes the President to abolish, merge, and reorganize government agencies to optimize government effectiveness.

12. On September 5, the President signed RA 12254, otherwise known as the E-Governance Act.

13. Leadership change in the Upper Chamber of Congress happened when Senator Francis Escudero was ousted as Senate President on September 8 amid "controversies surrounding flood control projects" and succeeded by Senator Tito Sotto.

14. Marcos, Jr., on September 11, signed EO No. 94, which created the Independent Commission for Infrastructure (ICI), a 5-member ad hoc fact-finding body tasked with investigating flood control and other infrastructure projects implemented from 2015 onwards.

15. RA 12287, the Act that governs the declaration of certain areas

under a state of calamity and the implications thereof, was signed into law on September 12.

16. Leyte Representative Martin Romualdez, on September 17, resigned as House Speaker of the 20th Congress, as "allegations of flood control corruption and budget insertions plagued the chamber under his leadership" and was replaced by Representative Bojie Dy of Isabela.

17. Twenty-six typhoons hit the Philippines in 2025, according to PAGASA. including the strongest, Super Typhoon Ragasa (Nando) on September 18. Typhoon Tino (Kalmaegi) is the deadliest tropical cyclone of the year, causing 269 deaths on November 2, followed by Super Typhoon Uwan on November 7.

19. On September 21, the anniversary of Martial Law, the massive Trillion-Peso March was held. Two people were killed, and 205 were injured in riots.

20. Ako Bicol Partylist Representative Rizaldy "Zaldy" Co resigned on September 29 from his House membership while travelling incognito abroad. Additionally, a 6.9-magnitude earthquake hit Cebu.

21. On October 10, twin earthquakes hit Manay, Davao Oriental, killing 10 people and resulting in a

Ontario's Filipino Bulletin newspaper ceases publication

The Filipino Bulletin, a remarkable, well-read and well-admired monthly English newspaper in Ontario's Filipino-Canadian community, published by Carlos Unas announced on December 30, 2025, that Filipino Bulletin, after 30 long years as a reliable source of stories, news and information mostly from the Philippines and in and around Canada, "will cease publication at the end of 2025."

In an email, "That's All Folks", Carlos Unas stated, "The business environment has changed significantly. Like many others in the industry, we have found that maintaining a newspaper is no longer a viable proposition. As a result, the Filipino Bulletin has run its well-deserved course. We regret to inform you that we will cease publication at the end of this year." Unas thanked the advertisers, writers, and readers for their unwavering support and encouragement over the past three decades.

Notably, the broadsheet joins other Filipino-owned or operated community newspapers, circulated in the Greater Toronto and Hamilton Area (GTHA), that have shuttered their operations. It will now be in the company of other well-known printed tabloids which, for one reason or another, have decided to stop publishing before, during and after the COVID pandemic. With due respect, historically, among the erstwhile Pinoy monthly or bi-weekly issued papers were Filipiniana, Likha, Manila Media Monitor, Pahayagan, Philippine Courier, Philippine Times, Pinoy News, Planet Philippines, The Philippine

tsunami in Surigao.

22. The President signed Proclamation 1077 on November 5, placing the whole country under a state of calamity for a whole year.

23. On November 25, the Commission on Elections issued Resolution No 11181 setting the Bangsamoro parliamentary elections on March 30, 2026.

24. The House, on December 1, suspended Cavite 4th District Representative Francisco "Kiko" Barzaga for 60 days, due to his social media posts. Batangas Congressman Leandro Leviste delivered a stinging rebuke against those who voted to suspend Barzaga.

The rest is history. Ganoon pa man, ang mga Filipino sa lahat ng dako sa buong mundo, including Filipino expatriates in Canada, ay masaya at maluwalhating sinalubong ang bagong taon! Opo, mga kababayan at mga kabayan, ngayon ay isang Bagong Taon, Bagong Hamon at Bagong Pag-asa na haharapin sa mga pagsubok sa takbo sa buhay! For 2026, however, political scientists and analysts predict a problematic political point this coming mid-term elections and toward the national elections in 2028. Let us pray and hope for the best, always. Masaganang Bagong 2026 sa lahat!

Reporter, and VisMin Herald. Other Ontario-based newspapers that are still in current robust circulation are Atin Ito, Balita, Filipinos Making Waves, and Taliba.

Readers will surely miss the national news and celebrity reports from the Philippines, as well as the local columns and articles of volunteer writers such as Pastor Teck Uy, "Pathway to Success," Norma Bernal, "New Immigrants and the Workplace," and Tony A. San Juan, "From the Educator's Desk" & "Perspective and Perception: Glimpses at Significant Developments in the Philippines" and other guest writers.

Before the introduction of digital printing technology, the Filipino Bulletin commenced producing its copies using the traditional stencil-and mimeograph copying system back in July 1975. Carlos Unas, before entering the newspaper business, began learning the basics of computer applications after migrating to Canada in the early 1970s.

asked, Carlos proudly said that "He will devote more of his free time to visual art painting, teaching and playing the ukulele, and joining health and wellness activities of his amigos at amigas and fellow seniors. Presently, he is an active member of the Filipino Centre Toronto's Seniors Art Painting (SAP) group and the USA-based Villamor High School Alumni International Association.

Have a great and well-deserved retirement, Carlos! God bless always.

FHSM Hosts a Landmark “Community Leaders Forum” to Strengthen Filipino-Canadian Presence in Quebec

Montréal, QC — The Filipino Heritage Society of Montreal (FHSM) successfully hosted its inaugural Community Leaders Forum, a groundbreaking gathering that united Filipino-Canadian community leaders from Montréal and surrounding suburbs.

With the theme “From Heritage to Progress: Strengthening Filipino-Canadian Presence in Quebec,” the forum aims to build a stronger collaboration, improve communication, among organizations and enhance engagement with government and private-sector partners.

The event brought together representatives from cultural associations, senior groups, youth organizations, and service providers—reflecting the diversity and vitality of the Filipino-Canadian community in Quebec.

The event was called to order by Lolita Sideris, OIC (Officer-in-

Charge) of the event followed by opening remarks from Al Abdon, Chairman of FHSM, outlining the purpose of the gathering and acknowledging community leaders, organizations, and guests.

A Community Invocation and Reflection was delivered by Kimberly Gultia, offering an interfaith message centered on unity, progress, and shared responsibility.

Setting the stage was a keynote power point presentation providing an overview of:

- A practical workshop on Understanding Funding Opportunities including guides for application procedures
- Federal, provincial, and municipal grant programs
- Private foundations and corporate sponsorships
- Key criteria that funders look for
- Common mistakes Filipino organizations make when applying

The forum was honored by the



A general view of the meeting showing the community leaders and Al Abdon, FHSM Chairman (seated in front) listening to the two ladies presenting their reports.

presence of key public officials who served as resource persons. They were:

- Elisabeth Prass, MNA for D’Arcy McGee
- Milany Thiagarajah, City Councillor for Darlington
- Sumaya Hassan, representing MP Anthony Housefather

Their participation underscored the importance of civic engagement and the growing visibility of the Filipino-Canadian community in Quebec’s social and political landscape. The Community Leaders Forum marks a significant step toward building a unified and well-represented front in Greater Montréal. With the request of those who attended, FHSM plans to continue this initiative through

on-going capacity building workshops and forums.

The next CLF (Community Leaders Forum) will be held on: March 14 Saturday at 1:30 PM at PROMIS 3333, chemin de la Côte Ste-Catherine corner Decelles Ave. Montréal (Québec) H3T 1C8

Community leaders will receive a formal invitation as soon as possible.

“This gathering is more than a meeting—it is a movement,” FHSM leadership emphasized.

“By sharing knowledge and working together, we strengthen our collective voice and ensure that the Filipino-Canadian presence in Quebec continues to grow with pride and purpose.”



Quebec stores to be allowed to stay open later starting March 11

Starting March 11, retail businesses in Quebec will have the option to stay open late on weekends as part of a one-year pilot project.

The Quebec government is allowing eligible businesses, including clothing stores, boutiques and hardware stores, to open every day from 6 a.m. to 9 p.m., except on public holidays.

Currently, commercial establishments must close at 5 p.m. on Saturdays and Sundays.

The pilot project is the result of a previous trial conducted in three cities — Gatineau, Laval and Saint-Georges — where businesses were allowed to open until 8 p.m. on Saturdays and Sundays voluntarily, except on public holidays.

Food stores and pharmacies, which are already exempt from restrictions on opening hours, are not affected by the proposed changes.

Quebec is also conducting another pilot project to allow adult stores to remain open until 11 p.m. every

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This report by The Canadian Press was first published in French on Feb. 23.#

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A Message from Marvin Rotrand, Director-General, United Against Hate Canada, Celebrating Black History Month, February 1, 2026

February 1, 2026

Dear Friends,

Let us join Canada's diverse Black community today in celebrating the launch of Black History Month 2026.

Black History Month has been nationally recognized in Canada since the adoption of a motion in Parliament in 1995. Every February since, Canadians from coast to coast celebrate the contributions of their co-citizens of African descent allowing the culture and achievements of African Canadians to take centre stage.

This month is important in combating racism and stereotypes. It educates the public to the Black experience in Canada and honours and provides recognition to important figures in the Black community whose accomplishments have helped transform society.

It does not sugar coat slavery or a history of discrimination. It portrays the struggle toward equality.

Black History Month is an important conduit transmitting the lived experience of the Black community to a young generation of Black Canadians. The importance of the month cannot be understated, and it has received prominent support from all three levels of government for decades.

In 2021, Canada's Black population reached 1.5 million, accounting for 4.3% of the total

population and 16.1% of the racialized population. The Black population continues to grow and is expected to reach more than 3.0 million by 2041, according to population projections from Statistics Canada.

While Black Canadians contribute positively to every aspect of national life, they face many challenges that others do not. According to Statistics Canada, in 2020, the median income of Black individuals with a bachelor's degree or higher was \$50,000, compared to \$70,000 for the non-racialized population.

Data from Statistics Canada also shows that while poverty rates among racialized groups generally decrease from one generation to the next, the Black population consistently experiences higher poverty rates than the non-racialized population across all generations. Among the Black population who belongs to the third generation or more, the poverty rate (12.1%) is more than double of that of their counterparts who were part of the non-racialized population (6%).

Black History Month can aid us understand and address that inequality and promote opportunity. It will provide a means for Black communities and organizations in every province to share their experiences, their struggles and their successes. It will allow the Canadian public to learn about Canada's long and shameful history of



Marvin Rotrand
Director-General,
United Against Hate, Canada

discrimination that included obstacles to Black immigration and barriers to many types of employment and a closed door to job advancement.

Today's Canada has Viola Desmond on its \$10 bill. We honour Lincoln Alexander and respect the long record of Anne Cools as a Senator. In 2021 Parliament voted unanimously to recognize August 1 as Emancipation Day across Canada. In Quebec, the National Assembly and Montreal Council take note every August of the International Day of Recognition of the Transatlantic Slave Trade and its

Abolition.

These are all positive steps but far more needs to be done. A national ZOOM call convened by United Against Hate Canada last September to discuss the history of the Underground Railway and Harriett Tubman's time in Canada revealed how weak Canadians own grasp of their collective history is when it comes to slavery.

The call helped launch a movement to heighten public knowledge of Emancipation Day and improve the teaching of Black history in our schools. Several provinces responded to our letters, and we have hopes that we will see a significant strengthening of teaching of Black history in Canada in our high schools.

Black History Month must continue to be the valuable tool driving public education and social change.

I invite all readers of this memo to actively participate in Black History Month events. Most importantly, Black History Month, reminds us all how much work remains to be done to combat systemic racism and build a true egalitarian society.

Yours truly,

Marvin Rotrand
Director General
United Against Hate Canada
marvinrottrand2@hotmail.com

A Tribute to Alberto S. Ellson, Sr.

A CARD OF THANKS



With heavy hearts, we share the passing of our beloved father, Alberto S. Ellson, Sr., who died peacefully on Jan. 20, 2026, in Montreal.

We are deeply grateful to his devoted care team and to everyone who surrounded him with prayers, love and comfort throughout his beautiful 87 years.

Born July 8, 1938, in Manila, Philippines, our dad lived a life marked by curiosity, humour and music — always joking, always humming, always singing in that voice so many loved and often compared to Kenny Rogers.

He earned degrees in psychology and electrical engineering from the University of Santo Tomas and went on to shape young minds as a professor at the University of the Philippines, Samson College of Science and Technology, and EARN



ALBERTO S. ELLSON, SR.
July 8, 1938 – Jan. 20, 2026



Institute of Technology.

His career also took him abroad, where he served as head of the maintenance and engineering department at Dhahran International Airport in Saudi Arabia and at the Sheraton Hotel Abu Dhabi. In 1996, he made Canada his home, later retiring from Sanmina Corp., leaving behind a legacy of dedication and professionalism wherever he worked.

Above all, he was a loving father and grandfather whose warmth filled every room. We will forever miss your beautiful smile, your gentle humour and your golden voice, Daddy — gifts that brought so much joy to everyone who knew you. Rest peacefully with Mommy now, Daddy.

If you are able, we kindly ask for your prayers and masses in his memory.

The Ellson Family

International Mother Language Day, February 21 - historical background and significance

Mr. Marvin Rotrand who is the Director-General of United Against Hate Canada, celebrating its second anniversary this year, has always been active in highlighting important events, specially promoting multi-cultural understanding. He sent a message about the background of International Mother Language Day. We are publishing his entire message as it explains the background and significance of this day:

February 17, 2026

Dear Friends,

This coming Saturday, February 21, the world will celebrate International Mother Language Day. During the time I served as a Montreal City Councillor, I promoted linguistic diversity including celebrating every February 21. In my current role as Director General of United Against Hate Canada, I have continued the work to alert Canadians to the importance of this day.

At the behest of Bangladesh and a group of Bangladeshi Canadians who lobbied for it, UNESCO in 1998 recognized International Mother Language Day as a significant part of humanity's intangible cultural heritage stating that the day's goal is to foster tolerance and promote the preservation and protection of all languages.

UNESCO urged governments and local administration to support International Mother Language Day as a way to foster respect for linguistic and cultural diversity and to cherish multilingualism. That objective also has been enshrined by two United Nations General Assembly resolutions.

The day is particularly important to persons of Bangladeshi origin and heritage as it reminds us of all of the struggle for the recognition of the Bengali language when what is now Bangladesh was part of Pakistan. Over 60% of the then country population spoke Bengali which was not granted official recognition. Student demonstrations were met by violence on February 21, 1952, and many were killed.

This tragedy was one of the

causes that ultimately gave birth to Bangladesh as a nation in 1971. The day is a holiday in Bangladesh and respect for linguistic pluralism is a founding principle of the country.

It is also a value all of us should support. The diverse languages large and small are part of shaping human culture. Language is a fundamental part of how humans define themselves and every language contributes to our unique experiences as cultures.

The Borough of Côte-des-Neiges – Notre-Dame-de-Grâce in which I served as a Councillor first recognized International Mother Language Day in 2011 and on February 2, 2021, the 10th anniversary, of the original motion, reaffirmed its support for the principles of linguistic diversity and the values of tolerance and cooperation that underpin multilingualism.

These are values that United Against Hate Canada believes will help build a better Canada and a more harmonious and peaceful world.

Please join us in celebrating International Language Day and the openness, tolerance and cooperation it represents.

Best regards,

Marvin Rotrand
Director General
United Against Hate Canada
marvinrottrand2@hotmail.com

In our efforts to promote bilingualism in Canada, Gilmore College International also offers Tagalog courses to people who are interested in traveling to the Philippines or to those children born of mixed parentage in Canada. Although some community organizations offer Heritage Classes, they do not last longer than a few months. Obviously, the students are given some basic knowledge but will not be sufficient to acquire the fluency that is most desirable for one's future career that may involve the knowledge of several languages.

Over the past 37 years, we



have had the pleasure of teaching Canadians who are married to Filipinos as well as some who are from mixed parentage. But once, to our great surprise, we had a 9-year old student whose parents are both Filipinos but did not know how to speak the language. As they are in a rush to visit the Philippines, they enrolled their son in a 30-hour program to get him started speaking Tagalog. We hope that he is

now fluent in the language. We had the great pleasure of seeing him learn so much in a short time.

If you or your children need to learn Tagalog, please call Gilmore at 514-485-7861 to make an appointment to enroll. We also offer other career programs which are greatly in demand in the current job market.

Zenaida Ferry-Kharroubi
Founder & Director-General

Tagalog greetings 

Hello - Kumusta!
How are you? - Kumusta ka? or Kumusta kayo?
Good morning - Magandang umaga
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Good evening - Magandang gabi

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— Anthony Housefather, MP for Mount Royal,
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Cambodian students enrolled in English and French courses pose with the Director-General, Zenaida Ferry-Kharroubi



Souvenir photo of PAB students, Batch 4 at St. Margaret CHSLD with Amy Manon-og (left), Hermie Atienza (right), Nursing Instructors and Director-General, Zenaida Ferry-Kharroubi (3rd from the right).



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Easy Recipes for Busy People



Honey Garlic Chicken

Ingredients

500g / 1 lb chicken breast, boneless and skinless (2 pieces)

Salt and pepper

1/4 cup flour (Note 1)

3 1/2 tbsp (50g) unsalted butter (or 2 1/2 tbsp olive oil)

2 garlic cloves, minced

1 1/2 tbsp apple cider vinegar (or white or other clear vinegar)

1 tbsp soy sauce, light or all purpose (Note 2)

1/3 cup honey (or maple syrup)

Instructions:

1. Cut the breasts in half horizontally to create 4 steaks in total. Sprinkle each side with salt and pepper.
2. Place flour in a shallow dish. Coat chicken in flour and shake off excess.
3. Melt most of the butter in a large skillet over high heat – hold back about 1 tsp for later.
4. Place chicken in skillet and cook for 2 – 3 minutes until golden. Turn and cook the other side for 1 minute.
5. Turn heat down slightly to medium high.
6. Make a bit of room in the pan and add garlic and top with remaining dab of butter. Stir garlic briefly once butter melts.
7. Add vinegar, soy sauce and honey. Stir / shake pan to combine. Bring sauce to simmer, then simmer for 1 minute or until slightly thickened.
8. Turn chicken to coat in sauce. If the sauce gets too thick, add a touch of water and stir.
9. Remove from stove immediately.
10. Place chicken on plates and drizzle over remaining sauce.

Recipe Notes:

1. Gluten free – use cornflour / cornstarch instead. It won't brown quite as evenly but once covered in sauce, you won't know the difference.
2. Soy Sauce – Light or all purpose

soy sauce is suitable for this recipe. I don't recommend using Dark Soy Sauce (flavour will dominate, bottle label will say if it is Dark Soy Sauce).

3. Other proteins: This sauce is ideal to use for any protein that is suitable for searing in a pan. Use chops, steaks, cutlets! Follow the recipe as written, including dusting the protein with flour. Just adjust the cook time – the trick is to add the garlic and other sauce ingredients before it is fully cooked through, so the meat finishes cooking as the sauce reduces down into a syrupy consistency.

Tofu – Use FIRM tofu. Cut “steaks” about 0.75cm / 1/4” thick. Pat dry, spray or rub with oil, sprinkle with salt and pepper, THEN lightly coat with flour. Coat base of skillet with oil over medium high heat, then cook tofu 1 min each side until crispy, then remove onto paper towels. Then make the sauce in a small saucepan or skillet using just 2 tbsp (30g) butter (instead of 3.5 tbsp), following recipe from Step 5. Serve with crispy tofu!

Prawns/shrimp – use large prawns (thaw, drain well and pat dry if using frozen). Lightly coat prawns with flour per recipe and sear for 1 minute on the first side, then just 30 seconds on the other side before proceeding with Step 5.

Fish – cook per recipe for chicken breast. This sauce is very, very good with fish! This is a good sauce for economical fish because it's a strong flavoured sauce. For expensive fish, I think it's better to let the flavour of the fish come through and serve with an elegant sauce like this Lemon Butter Sauce.



Beef Stir Fry

Ingredients

Velveting the beef (tenderising)
7 oz / 200 g beef rump steak or flank, or any other quick cooking

steak cut (Note 1)

1/2 tsp baking soda / bi-carbonate soda, for velveting (Note 2)

Sauce (Note 3)

2 tbsp soy sauce, light or all-purpose NOT dark soy (Note 4)

1 tbsp oyster sauce

2 tbsp Chinese cooking wine OR Mirin (Note 5)

1 tsp white sugar

1/2 tsp sesame oil, toasted (brown) not untoasted (yellow)

Pinch white pepper, substitute with black pepper

Sauce thickener

3 tsp cornstarch / corn flour

1/2 cup water, separated

Stir Fry

1 1/2 tbsp peanut oil

1 garlic clove, finely minced with a knife

1/2 small onion, sliced (yellow, brown or white)

1/2 red capsicum / bell pepper, sliced into 7mm / 1/3” thick slices

1 small carrot, peeled, halved lengthwise and sliced thinly on the diagonal

2 bok choy, cut leaves from stems, cut thick stems lengthways to make them all roughly the same width

2 green onion, cut into 1.5"/3cm pieces, firm white end separated from soft green parts

To Serve

Steamed white rice

Sesame seeds (optional)

Tenderise beef 20 minutes, rinse, toss with 1.5 tbsp sauce. Mix in cornflour then water into Sauce. Stir fry in this order: onion + garlic > beef > carrot + capsicum + bok choy stems + green onion stems > sauce > wilt bok choy leaves + green onion. Serve!

FULL RECIPE

Velvet beef (tenderise)

Velvet beef – Place the beef in a bowl. Sprinkle the baking soda over then use your fingers to toss the beef to coat as evenly as possible. Set aside for 20 minutes (no longer).

Rinse the beef under tap water in a colander to remove baking soda. Shake and pat off excess water (doesn't need to dry fully, just don't want it soaking). Put in a bowl.

Cook stir fry

Sauce – Mix ingredients together. Measure out 1 1/2 tablespoons and use it to coat the beef. To the remaining sauce, mix in the cornflour until lump-free, then add the water. Cook aromatics – Heat the oil in a large non-stick pan or wok over high heat. Add the onion and garlic, cook for 10 seconds.

Add the beef and cook until it changes colour from red to light brown but not cooked through.

Vegetables #1 – Add the capsicum, carrots, bok choy stems and white part of the green onions. Stir fry for 1 minute

Add Sauce, then stir until it starts to bubble (it will thicken quickly)

Leafy vegetables – Add the bok choy leaves and green part of the green onions. Toss for another 30 seconds to 1 minute until they are just wilted,

the sauce thickens and becomes glossy, coating everything nicely. Serve immediately with rice – or for a low carb, low cal option, try Cauliflower Rice! Garnish with sesame seeds, if desired.

Recipe Notes:

1. Beef – Scotch fillet (boneless rib eye) or porterhouse/sirloin (US: New York strip) can also be used, or any other cut of steak that you'd cook as steak.

I like to get rump roast (also called rump cap, sirloin cap, picanha or coulotte) – better value than steak and you can slice it into larger, restaurant-style pieces instead of thin strips. I cut the roast into smaller portions and freeze.

Slow cooking cuts – like chuck, oyster blade, gravy beef – use a slightly heaped 1/2 teaspoon and leave for 35 minutes, then rinse and proceed with recipe. Blade and bolar blade need 40 minutes, only cut I don't use is brisket (just doesn't seem to tenderise).

Other proteins – Chicken works perfectly (thigh is my preference, if using breast, tenderise it), pork and lamb work too – see ingredients section for more information on cuts and tenderising them.

2. Baking soda – Use for tenderising the beef the Chinese restaurant way (velveting). See here for more information about it.

3. Sauce shortcut – Instead of making this Sauce for this recipe, you can use 5 1/2 tablespoons of my Homemade All Purpose Stir Fry Sauce. (i.e. Skip all the Sauce ingredients AND cornflour. Use 1 1/2 tbsp for the beef, 4 tbsp for the stir fry). Add the same quantity of water specified in this recipe and follow all other directions in this recipe.

4. Soy sauce – Please use light or regular all purpose soy sauce for this. Do not use dark soy sauce (way too strong).

5. Chinese cooking wine is an essential ingredient for real stir fry sauces. The alcohol cooks out. Best substitutes: mirin, cooking sake or dry sherry. If you cannot get it or can't consume alcohol, substitute this and half the water with low sodium chicken stock.

LEFTOVERS will keep for 3 to 4 days, however, the sauce does get thinner when reheated (this is what happens with cornflour thickened sauces). If intentionally making ahead (fridge or freezing), substitute cornflour with arrowroot which won't go thin when reheated.



Vegetables for Stir Fry

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Social Tidbits Montreal Community News Fely Rosales Cariño

Happy love month, my dearest socialites! I trust you had a wonderful Valentine's Day not just on the 14th of the month, but for all time. Let's keep the love burning for your loved ones, family, and friends. This might be a tall order; sometimes it's hard to love. When that's the case, perhaps we can be kind to one another. You never know, receiving kindness might just be somebody else's love language. Spreading kindness could be your superpower! Now let's see what our fellow kababayans are up to.

Seminar, FHSM

Sponsored by the Filipino Heritage Society of Montreal, FHSM Chairman Al Abdon, the Seminar on Hepatitis C took place on January 17, 2026 at the FAMAS Center, Bert Abiera Hall on 4708 Van Horne Avenue, Montreal. This was a public health service led by Amy Manon-og, the Officer In Charge (OIC). She oversaw this event to make it a success. Among the community leaders present were President Minda Mazzone (Federation of Filipino Canadian Associations of Quebec, FFCAQ), President Jeannette Pérignon (Kahirup Hiligaynon), and Cora Abdon, & Amy Manon-og (former Presidents, Filipino Nurses Association of Quebec, FNAQ) and of course, Chairman Al Abdon. Others who attended were Sir Rey Balansi, Espie Manaog, Dolly Blandres, Christos & Lolita Sideris, Elma Bolatao, Rebecca Aguilar, and Sir Ricardo Ribaya. Jeannette introduced the lecturer who distributed a pamphlet on Hepatitis C, an inflammation of the liver. It discussed areas such as symptoms, risk factors, transmission, cure, prognosis, etc. In Quebec, the treatment is covered by RAMQ and the IFHP. A questionnaire was handed out, and the audience participated in a question-and-answer segment. At the end of the lecture, feedback was administered and the results were good. Refreshments were provided courtesy of the lecturer (how refreshing). And thank you, Al and Amy for a wonderful collaboration!

Memorial Service, PBSSQ

On January 31, 2026, The Philippine Benevolent and Scholarship Society of Quebec (PBSSQ) headed by its President Mrs. Epang Nicolas held a group memorial mass to honor many of our beloved deceased. It was held at St. Malachy Church, 5330 Clanranald St. Montreal. Considering the uncooperative weather that night, it was still a well-attended service. A highlight of the event was the Candle Processional, the Offering of Roses, the Offertory Basket, and the Fellowship. After the mass there was a simple meal downstairs before heading home into the cold of the night. It was an impressive undertaking, Epang. Thanks to you and your Executive Board for making the memorial mass a night to remember.

Fundraising – KOR

Last January 31, 2026, many members of the Knights of Rizal (KOR) staged a fundraising evening at Our Lady of Anunciation Parish on 75 Roosevelt Avenue in the Town of Mount Royal (TMR). Though it was

a slow start at first, guests then continued to arrive and swelled in number. There was a lot of dancing to the sounds of the twist, rock & roll, tango, etc. There was also a group of Hawaiian dancers who performed to "Pearly Shells" and entertained the crowd. Among those present were Sir Gerry Danzil, Sir Dario Boco, Sir Rey Balansi, Fredo Erquiza, Ruben Mendoza (President, Filipino Association of Montreal, FAM) and others.

Sir Juliu, well known for his golden voice, sang "When You Are In Love, It's the Loveliest Time of the Year", dedicated to the guests and to the Candon Association's First Lady, Luz Abad. What a rich voice! He also delivered an excellent speech, humble yet powerful. As the outgoing Area 2 Commander (Eastern Canada Region), Sir Julius has shown that he has earned the trust accorded to him. He stressed the clear goal of its fundraising: "to help prepare and support our incoming area executives as they assume their responsibilities." Furthermore, he reiterated a commitment to "cooperation, respect for our Regional leadership, and fidelity to the ideals of the Knights of Rizal" to serve the community better. Thank you, Sir Julius! You have made an indelible impression on your brethren.

Golden Anniversary

A shoutout goes to the Couple of the year, Al & Cora Abdon, who celebrated their 50th Wedding Anniversary on January 31, 2026. Can we now call you "the Golden Couple?" One might say that getting to fifty years is a daily challenge; well, you have overcome it! This is a great example of your resilience and allegiance to your vows to love each other till death do you part. After fifty, the rest should come easy. Enjoy and congratulations!

New Kid on the Bloc, SLAC

Let's welcome Samar Leyte Association of Canada (SLAC) under its President Emmanuel Cea. In only its second year of existence, SLAC has made tremendous progress. They celebrated their Valentine's party on February 13, 2026 at 6767 Côte-des-Neiges, Montreal and it was a fun evening with great attendance. President Emmanuel gave the Welcome Address to start the party. He was busy everywhere, either at the food area or at the door greeting guests and ensuring their comfort. Meanwhile, the crowd enjoyed listening to the services of a live band called the No Strings Band and some vocal solos. Marilyn, Owner of Chez Titas, also entertained and sang heartily. On my table were friends Ciony Nueva, Irma Pamplona, Lolita Rimbao, and Fely Bisares. Seen enjoying themselves were Michael Davantes (SLAC officer), Sir Al Abdon (FHSM Chairman), Sir Rey Balansi (KOR Commander), Espie Manaog (Kababaihang Rizalista President), Sir Dario Boco (CCFAQ President), Sir Gerry Danzil (UPS President), Sir Julius Abad (Candonian President) and many others. Looking forward to SLAC's coming activities.

Celebration of Life

Family, friends, and loved ones

gathered at the Belvedere Funeral Complex on 22025 TransCanada Highway. For Maggie Calcetas and sons Ted and Pete, February 14, 2026 was a very significant date. This was the day they said their loving goodbye to husband/father Bienvenido "Benjie" Calcetas. Benjie's friendly nature, accommodating personality, and helpful nature endeared him to so many and gained him many friends. Once upon a time, some twenty years ago, Benjie and I formed the Filipino Canadian Friendship Society of Quebec (FCFSQ). Those were the good old days.

The Order of the Service started with the Visitation where a Guest Book was signed. A photo/video booth was reserved for picture taking and for those who wanted to make a video tribute. The Ceremony Program commenced with the Welcome Address and Family Tributes by loving wife Magdalena Delfinado Belleza Calcetas. This was followed by sons Peter Mole Belleza Calcetas (with Latifa El Ayachi) and Theodore Leo Belleza Calcetas. Tributes to the Calcetas clan were delivered by Al & Cora Abdon, Benny & Lita Bote, Cresilda & Randy Guerzon, Mierfe Morales & Joy Borja. A musical tribute "Ebb Tide" was rendered.

Other tributes came from the health profession. First was from the Jewish General Hospital, Rowena Bacalzo (Benjie's ICU nurse) and the Filipino Nurses Association of Quebec, FNAQ: Mary Grace Ocampo (President), Noel Roy Villa (Director Cont. Ed), and Advisors Fruan Tabamo and Patty O'Connor. We also heard from more friends: Reverend & Dr. Ernest Dagohoy (CPU President), Lee Plagata (CPUFOAA President), and Amelia Manon-Og (CPUAAMC). Closing Remarks was given by son Ted and the crowd was led to the Reception area for refreshments and food. I would like to recognize Al & Cora Abdon for helping out and being the most hardworking couple, tending to guests and to everyone's comfort.

I would like to mention a very moving poem by Clare Harner that was printed at the back of the program, entitled "Immortality" which goes like this. Do not stand at my grave and weep, I am not there, I do not sleep. I am a thousand winds that blow; I am the diamond glints in snow. I am the sunlight on ripened grain; I am the gentle autumn rain. When you awaken in the morning's hush, I am the swift uplifting rush of quiet birds in circled flight. I am the day transcending night. Do not stand at my grave and cry. I am not there; I did not die.

Thank you for being a friend, Benjie. I cherish remembering our FCFSQ days. I prefer not to say goodbye. I will remember you as the kindest person, ever ready to help those in need. Thank you for blessing us with your life.

Valentine's Party, FCAWI

The Filipino Canadian Association of the West Island (FCAWI) held their Valentine's Day on February 14, 2026 at 12011 De Salaberry in the Dollard des Ormeaux Civic Center Banquet Hall. The wonderful weather that evening may have put many people in a good mood, which may explain the robust attendance. FCAWI President Lorna Mangaser gave her Welcome Address and Mr. Alwyn D'Sylvia gave the Invocation. President Lorna

had a tight rein in assigning tasks to the members of the Executive Board. Well, their efforts paid off as the party ran extremely well. Honored guest speakers were DDO Councilors Pulkit Kantawala (Ward 7) and Anastacia Assimakopoulos (Ward 8). Some attendees were Connie Fabro and Myrna Rosello (representing Seniors of West Island and Suburbs, SWIS), Corazon Butao, Elvie Butao, Evelyn Altaras and Liza Ocampo. For entertainment, three groups made special presentations: Zumba Stars, Golden Ladies, and Blend Dancers. And thanks to the Emcee, Mr. Jing Pablo, whose efforts made for a great evening. And the yummy food? That's catered by Poulet Rouge Restaurant, introduced by Chez Titas. The evening was also a fundraiser for the sports program for kids 6-16 years old. And from my vantage point, when the music played, every table became empty as everyone tried to find space to dance. Kudos to DJ Dennis Mayuga who played his magic and when people heard the cha cha, tango, rock & roll, line dancing etc., the crowd was drawn to the dance floor. His enticing tunes seem to unleash their energy. What a nonstop dancing shindig.

And something unique happened – the draw for Miss Valentine. At the door, ladies were given half of a heart cutout with their names on it. The other half of the cutout was placed in a basket where the draw was made. What a spontaneous and fun way to choose a Miss Valentine - and the winner was a lady called Christie. Her bouquet was donated and presented by Mr. Romy & April Ilagan. She acknowledged her win by parading around the dance floor and was serenaded with two love songs by Philip Ramirez. FCAWI knows how to party. Next year, save the date, and come prepared for more intense dancing!

Happy Birthday

Special greetings to a special friend, Ciony Nueva, who celebrated her birthday on February 15, 2026. Ciony, immacu-lately well-dressed and well-mannered, is a lady who knows how to care of herself. She is at home in any gathering or situation. A classy lady! Happy Birthday, Ciony.

In closing this Valentine issue, I would like to quote from 1 Corinthians 13: 1-7 the meaning of true love: If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing. Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.

See you next issue and God Bless !

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FILIPINO STAR

SHOWBIZ GOSSIP

Bela Padilla recalls experience living in the UK



Bela Padilla

Bela Padilla shared her experience of moving to the United Kingdom, recalling the challenges of adapting to a new environment far from home. The actress lived in the UK for some years starting in 2021 before returning to the Philippines full-time in 2025.

In an interview with Luis Manzano on his YouTube vlog, Bela revealed that relocating overseas required her to relearn even the most basic daily routines.

"[It was] very different in a sense na... pati paglalakad I had to relearn kasi di ba we are walking on a different side of the road. Even just crossing the street, kailangan mo mag-isip pagtawid, ay dito pala ako dapat tumingin, dito nanggagaling ang kotse na dito [sa Pilipinas], you don't have to think about it. Kahit tunog lang ng kotse alam mo, ay may parating, hindi ako tatawid... Even basic stuff like that, so I felt like a child, like I needed to relearn everything," she shared.

Bela also shared that while many warned her about experiencing seasonal depression or "winter blues," she did not feel its effects.

"Everybody warned me, 'You're gonna get depressed especially on your first winter. It's a thing, seasonal depression, winter blues,' so I prepared myself for it... Winter came and went, wala, walang nangyari," she said.

The actress quipped: "Sabi ko it's because I'm Filipino. I'm resilient. Sabi ng lahat ng gobyerno namin, I'm resilient."

However, the emotional toll surfaced later on. "I think the sadness kicked in nung year 2 or year 3 kasi na-realize ko na it's so quiet, it was so quiet," Bela shared.

She recalled: "It started getting really quiet for me and I'm someone who enjoys silence. I'm someone who is very comfortable being alone but it was too quiet. I would go to the grocery sometimes just so I could remember the sound of my voice."

The Rekonek star also reflected on the similarities and differences between Filipinos and British people. "There were a lot of things that were actually I would say parang similar sa kanila. [Filipinos] are family-oriented, they are too. They like traditions, 'yun they are very tradition oriented."

As for the differences, Bela shared: "I guess kasi because they are used to their country being efficient, mas maiksi 'yung patience nila for certain things. Tayo mapag-pasensya kasi sanay tayo na eh ganito eh, kailangan nating intindihin na ganito lang talaga, which we shouldn't kasi we pay for taxes anyway. But 'yun nga, they are used to things working so they complain, we don't. I think that's the difference."

She concluded by noting a difference in communication style. "The British are very straightforward. Tayo we tiptoe, masasabi mo na lahat kaysa dun sa gusto mo talagang sabihin huwag lang masaktan 'yung kausap mo. Ito naman sasabihin na sa'yo agad para tapos na... para maayos na natin, di ba? Para ma-resolve agad," she explained.

Back in December 2021, Bela shared that the reason she moved to London was not solely to be near her boyfriend at that time, Norman Bay, who is from Switzerland. The actress explained that there were a number of reasons she left the Philippines to live in the UK.

"There are many reasons why I moved here. One of them is because I feel like the world stopped during [the] pandemic and I have been looking for something new to do in my life. I feel like at this point, I will be more productive here. It just makes more sense for me to live here," she explained at that time on her YouTube vlog.

Bela also has family in the UK. She is the daughter of Meg Cariño of the Padilla showbiz clan and Cornelio Sullivan, who is British.

It was in January this year when Bela shared that she would be coming back to the Philippines. "I am temporarily closing this chapter [in the UK] as I prepare to work full-time again," she announced. ■

Michelle Yeoh cements legacy on Hollywood Walk of Fame



Chronically online Filipino Malaysian actress Michelle Yeoh has been honored with a star on the Hollywood Walk of Fame, recognizing her decades-long contributions to international cinema.

The 64-year-old attended the ceremony in Los Angeles on Wednesday, Feb. 18, in a striking yellow gown with understated accessories, receiving applause from her Hollywood peers, including Jon M. Chu, director of the 2018 hit *Crazy Rich Asians* and the two-part adaptation of *Wicked*, for her trailblazing achievements.

Taking the stage, Yeoh reflected on her journey in the entertainment industry, saying: "The path from Malaysia to here wasn't a straight line. There were moments that I wondered if I belonged.

"But I was fortunate to be part of stories that crossed borders and languages. Stories that reminded us how deeply connected we all are."

She highlighted that the honor reflected the support of many people who have been part of her career, which has spanned over four decades in the film industry.

"Thank you all for surrounding me with love, for being my safe harbor and for helping me stay true to my own North Star," she said.

"The star may carry one name, but it represents so many people who made this journey possible. I hope it also reminds someone, somewhere, that it is possible that where you begin does not define where you can go," she added.

The Walk of Fame recognition adds to a string of milestones in Yeoh's career. ■

Rhian Ramos breaks silence on assault allegations: 'The truth will set us free'



Rhian Ramos

Actress Rhian Ramos finally broke her silence on the assault allegations she has been embroiled in this year. In a brief interview with entertainment reporter Aubrey Carampel, she shared what she's been feeling the past few weeks and maintained how the truth will set them all free.

Rhian, alongside Michelle Dee and Samantha Panlilio, was accused of illegally detaining her former driver last month.

"Well honestly, siyempre sino ba naman ang matutuwa. I can say yes it's in a way stressful pero I'm also quite confident na the truth will set us free," Rhian expressed.



The Kapuso star maintained that she can't divulge any more details due to legal reasons, but she is hopeful that the truth will come out at the end of it all.

"I just can't give so much details about everything because we might be waiting for a possible case or whatever. So, I can't give too many details but in the end, the truth will set us free," she ended.

Last January, the former driver of Rhian filed a complaint before the National Bureau of Investigation (NBI) accusing her, Michelle, and Samantha of physical assault, torture, and serious illegal detention which allegedly happened inside a condominium unit in Makati City.

Michelle has since spoken up about the issue and denied any allegations thrown against her. A member of her legal team asserted that the beauty queen wasn't in Makati City at the time of the alleged illegal detention.

"We find this physically impossible and also incredible kasi based on the allegation of the driver, nangyari raw yung alleged mauling and illegal detention, January 17 to 19. However, records would show na si Michelle Dee was in Iloilo ng buong araw ng January 17, and she was able to go back to Manila only on January 18," Attorney Maggie Abraham-Garduque shared.

Rhian's mother also came to her defense on social media and questioned the Volunteers Against Crime and Corruption (VACC) on their support for the driver who allegedly stole from her daughter.

"It has helped fuel this social media frenzy, leaving the ones stolen from and betrayed to be victimized even more by depraved imaginations with stories morphing like cancer," Rhian's mom previously stated. ■

Anne Curtis, Jericho Rosales' reunion movie 'The Loved One' earns P160 million



Anne Curtis and Jericho Rosales' heartbreaking portrayal of the end of a long-term relationship brought audiences to the cinemas, as "The Loved One" earned P160-million in global box office sales.

The film tells the story of Ellie (Curtis) and Eric (Rosales), whose attraction, which, according to Ellie, came from them being a Gemini and a Leo, respectively, blossomed into a long-term relationship.

As they passed the honeymoon stage, Ellie and Eric found themselves constantly fighting

over what they truly wanted in their relationship, which eventually led to their breakup. They meet again several years later, with Ellie saying that they had "just been too much for each other," which was why they didn't work out.

The film also stars Catriona Gray, Jackie Lou Blanco, Luis Alandy, and Max Eigenmann.

Aside from the Philippines, "The Loved One" is also showing in the US and the UAE. It will also hit cinemas in Canada, Taiwan, New Zealand, and Australia soon. ■

Claudine Barretto recovering after taping accident



Actress Claudine Barretto revealed that she was rushed to the hospital after hitting her head during taping.

"I hit my head, back and hips really hard," Claudine said on her Instagram post.

The actress was rushed to a hospital in Bonifacio Global City. She is now recovering and back to shooting the TV5 series "Totoy Bato."

"Now I am trying to recuperate," she added.

Claudine expressed her gratitude to her loyal fans who showed support on social

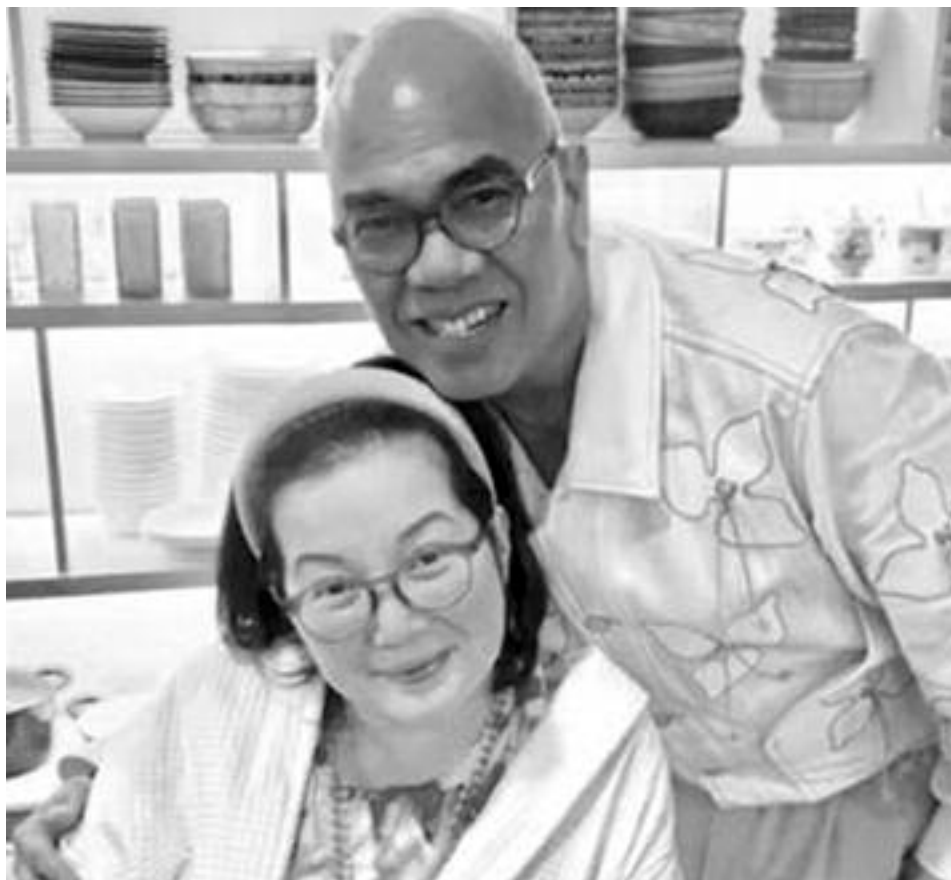


media.

"Thank you for all your love, concerns, and prayers. We are still waiting for the results and I will keep you posted," she said.

"Though I am in so much pain, your love, support, and prayers strengthens me. Thank you and mahal ko po kayong lahat," she ended.

Claudine and her siblings, fellow actors Gretchen and Marjorie, are mourning the death of their mother Inday. The Barretto matriarch died on January 29 at the age of 89. ■

Showbiz Gossip *Continued from p.15***Boy Abunda hopes to reunite on a talk show with Kris Aquino soon**

Boy Abunda is excited about the possibility of reuniting with Kris Aquino on a talk show soon, and he's happy to see her getting better. Abunda opened up about

celebrating Aquino's 55th birthday party in the Feb. 18 episode of "Fast Talk with Boy Abunda," saying they were able to enjoy a nice chat over a good meal.

Regine Velasquez admits struggle with stage anxiety after singing with Josh Groban**Regine Velasquez**

Regine Velasquez admitted that she has been dealing with anxiety in recent performances, including her guest appearance on Josh Groban's concert, which was a heartbreaking moment for her.

Velasquez opened up about her battle with anxiety on X (formerly Twitter) on Thursday, Feb. 19, saying that while it was an "honor" to perform with Groban, she was so nervous that she was

unable to eat.

The Asia's Songbird, Martin Nievera, and Julie Anne San Jose were the special guests of the Manila leg of Groban's "GEMS" world tour last Feb. 18 at the Mall of Asia Arena.

"It was wonderful and an honor to sing with Josh Groban last night but I was so nervous. I was so anxious the whole day [that] I forgot to eat," she said.

Kathryn Bernardo is thankful for fans who allow her to 'make mistakes'**Kathryn Bernardo**

After two years of being hounAsia's Superstar Kathryn Bernardo expressed how grateful she is for her loyal fans who continue to support her and the things she's been doing. During an event of a local bank she endorses earlier this week, the Kapamilya actress shared how she's been

valuing and protecting the trust her fans have been giving her throughout the years.

Kathryn has millions of followers on social media and is considered one of the most influential celebrities in the country.

Even if they don't always meet eye to eye, she shared how

her fans have consistently been supporting her in whatever she does— both in her career and personal life.

"They trust me with the projects that I do, the way of how I want to present myself, and even the decisions I make— even if we don't always agree," she told fellow Star Magic talent Aiyana Perlas at the event.

The Asia's Superstar added that it's the mutual respect they have with each other which she appreciates the most, noting how her fans allow her to make mistakes and still be by her side whatever happens.

"I think doon na pumapasok 'yung respeto, 'di ba? If you really trust me, you have to allow me to grow. You have to allow me to make mistakes and learn from my mistakes. Na-appreciate ko 'yung fans ko na binibigay sa akin 'yung tiwala, also the brands na nakakatrabaho ko,"

she said.

"They don't try to change me. Parang they just give you the support you need and they let you fly," she added.

Kathryn maintained that she's just grateful for those who've stuck it out with her even at the "not so good times", saying she values and protects that trust that's been given to her by her loyal fans.

"I'm just really grateful. and 'yun 'yung trust na talagang vina-value ko and prino-protectahan ko more than anything. I'm just grateful for my fans na nagstay with me through the good times, especially at the not so good times," she ended.

Meanwhile, Kathryn is set to make a television comeback alongside James Reid and Maja Salvador in the upcoming series, Someone Someday. They've already begun taping for the highly-awaited series which will be out this year. ■

Breaking barriers: Fil-Am Autumn Durald Arkapaw makes history as first woman of color nominated for Best Cinematography at the 98th Oscars



Filipino-American cinematographer Autumn Durald Arkapaw

Filipino-American cinematographer Autumn Durald Arkapaw made history as the first woman of color nominated for Best Cinematography for the critically acclaimed film "Sinners" at the 98th Academy Awards, scheduled for March 16.

In the history of the category, no woman has ever won the Oscar for cinematography, and only three women have ever been nominated: Rachel Morrison in 2018 for

"Mudbound," Ari Wegner in 2021 for "The Power of the Dog," and Mandy Walker in 2022 for "Elvis," according to Variety.

Autumn was nominated alongside Adolpho Veloso ("Train Dreams"), Michael Bauman ("One Battle After Another, Dan Laustsen ("Frankenstein"), and Darius Khondji ("Marty Supreme").

According to Variety, after her historic nomination, Autumn said she wasn't sure if the moment

had fully sunk in yet.

"You're rooting on the sidelines for your family that you made the film with that meant so much to you, and you can only hope that people are recognized, but it's not your main goal.

"To have other people, like young girls and boys see you out there, speaking about what you do and showing them that it matters, that's been really fun," she said.

Autumn added, "I thought how special it would be for in the future someone to look up this nomination, because I'm the fourth woman. And I know the ones that came before me."

She praised director Ryan Coogler for elevating women in his films. In "Sinners," Hannah Beachler served as production designer and Ruth E. Carter designed the costumes.

"I'm honored that it's happening with Ryan and for this particular film, and what this story is, because it's not just for me, it's not just getting a nomination, it's what was it for, and who was it with, and so that's so special to me, it's very suited that it is Ryan, because that's how he is. He believes in you so much and on the highest level, with or without accolades," Autumn said. Autumn said that she's looking forward to bringing her young son to

the ceremony. "My son can go because he's that age. So that's going to be fun for me, just seeing his reaction to all of this, and just seeing his little face react to all of this stuff. Because, you know, when we make these films, I have to be away. And I think for him to see what that culminates to is really special."

"Sinners," which grossed \$368 million worldwide, now holds the record for the most Oscar nominations at 16.

Born in Oxnard, California, to a Filipino mom and an African-American Creole father, Autumn grew up in the San Francisco Bay Area.

Autumn attended Loyola Marymount University and took up art history. Later, she graduated from the AFI Conservatory's cinematography program in 2009. Following her graduation, she worked in advertising and then as a camera assistant on films. In 2022, she became a member of the American Society of Cinematographers.

Autumn, 46, debuted as a cinematographer in the TV series "On the Road in America" in 2007. Her recent notable works include "The Last Showgirl," "The Kick of Destiny," "Black Panther: Wakanda Forever," "Nike: Play New," and Rihanna's music video "Lift Me Up."

Derek Ramsay admits hurt in split with Ellen Adarna



Model and wellness advocate Kirk BActor Derek Ramsay remained silent but admitted that he was hurt by his separation from wife Ellen Adarna.

In his interview with Morly Alinio, Derek was asked for his

reaction to the public viewing him as the villain in the controversy.

"No comment ako diyan. Out of respect for everyone that is involved in that situation. Ang sagot ko sa iyo ay no comment na ako diyan. I said

I'm at peace," he said.

When asked if he was hurt, Derek said: "Of course. I think everyone knows that and everyone sees that. That's why nagpapasalamat talaga ako na nakapunta kami ng UK kasama ang anak ko, kasama ang mommy at dad

"It was a very good time to reflect, take a breather, and start the new year right. Talagang nasaktan ako. Sobra," he added.

Derek said that his faith in God gives him strength.

"Syempre my support system has always been there. But really going back to your faith. I've always been a man of faith. May takot ako sa Diyos but I think lahat naman tayo guilty na masarap ang buhay mo, everything is great, masaya ka minsan nakakalimutan mo magpasalamat. Pinalaki ako ng mommy ko na to have

faith," he said.

"Siguro during the times na I was so focused with my family and everything is going well in my life nakalimutan ko Siya. Nakalimutan ko magpasalamat. So with my good friends and family ko they help me get back to my faith. Para siyang reminder, kumatok sa pinto si Lord 'uy nandito ako.' I just turn my focus to Him kahit anong ingay kahit anong problema ibinigay ko na lahat sa Kanya. 'Yun talaga ang nakatulong sa akin," added the actor, who admitted that he also made wrong decisions, including allowing his emotions to take over.

"Siguro kasi ngayon parang na-reset ko na 'yung sarili ko. Like I said ibinigay ko na sa Lord. Ayaw ko na balikan 'yung oras na pinagdaanan ko during that time. Talagang lubog ako noon. Parang wala akong gana sa buhay noong time na 'yon." ■

Mexico sends thousands of soldiers to stop violence after death of drug lord

Mexico has deployed thousands of soldiers to bolster security after a wave of violence erupted following the death of a powerful drug lord, the country's security minister has said.

Defence Secretary Ricardo Trevilla said an extra 2,500 soldiers had been sent to western Mexico on Monday, with the government saying about 9,500 troops have been deployed overall since Sunday.

At least 20 states have seen unrest since Nemesio Oseguera Cervantes - better known as "El Mencho" - died in custody on Sunday shortly after being captured by Mexican special forces in Jalisco state.

The Jalisco New Generation Cartel (CJNG) is one of Mexico's most feared criminal organisations and its leader was the country's most wanted man.

At least 25 members of Mexico's National Guard have died in Jalisco state since the violence erupted, the country's security minister said.

El Mencho was captured after forces tracked down a romantic partner he was meeting, according to Defence Secretary Trevilla.

The drug lord was seriously injured in a firefight between his bodyguards and the military commandos deployed to capture him, and he died while the military was transporting him from the town of Tapalpa to the capital, Mexico City.

At least six of El Mencho's security guards were also killed in the operation, while three members of the



A member of Mexico's National Guard stands near the charred wreckage of a bus that appears to have been set on fire by organised crime groups in Jalisco state on Sunday

Mexican military were injured, the defence ministry said.

Security Secretary Omar Garcia Harfuch said a prison guard, a member of the state prosecutor's office, and 30 members of El Mencho's criminal organisation had been killed in the unrest since his death, according to the AFP news agency.

Mexico President Claudia Sheinbaum has praised the army's operation that led to El Mencho's death and said her priority is to guarantee peace and security across the country.

"There is calm, there is government, there are armed forces, and there is a lot of co-ordination," Sheinbaum said.

As news of El Mencho's death spread, members of his cartel launched attacks in many towns and

cities where the CJNG is active.

In some towns, they blocked roads by throwing spikes and nails onto the tarmac - in others, they commandeered buses and other vehicles then torched them in the middle of the road.

Sheinbaum said that the road blocks had been cleared by Monday morning.

However, dozens of banks and local businesses have been damaged after they were set alight by cartel members.

Videos shared on social media, and authenticated by BBC Verify, show tourists watching from a pool as a military helicopter flies low over their hotel and smoke rising from buildings in Jalisco state's city of Puerto Vallarta.

In many towns, streets were deserted on Sunday as local authorities told residents to seek shelter in their homes.

BBC Verify has also authenticated videos of clashes between cartel members and Mexico's National Guard in the town of San Isidro, just north of Jalisco state's capital city Guadalajara, on Sunday.

One video shows an armed person firing towards several cars, while other images show at least four bodies slumped by a car.

CCTV from a nearby restaurant shows a vehicle ramming a National Guard truck while cartel members shoot at it about 11:00 local time (05:00 GMT).

The National Guard has not released any details about the incident.

The US State Department had offered a \$15m (£11.1m) reward for information leading to El Mencho's capture.

The Mexican Ministry of Defence said the raid aimed at capturing El Mencho had been carried out by the Mexican army, supported by the country's National Guard and the Air Force.

It added that "complementary information" provided by the US had helped seize the drug lord, but Mexico confirmed on Monday that no US forces were involved in his killing, according to the AFP news agency.

Report published by BBC News written by Jack Burgess, February 23, 2026.

What to know about the Mexico travel warning as violence rocks the country

There's a shelter-in-place order in Puerto Vallarta, a popular vacation area

Violence erupted in Mexico on Sunday, with gunmen blocking highways and setting cars ablaze in several cities, citizens in a popular beachside resort town being advised to shelter in place and Canadian airlines cancelling flights to and from the region.

Global Affairs Canada is advising people to exercise a high degree of caution if they are in Mexico and avoid non-essential travel in several states, saying that the security situation "could deteriorate rapidly" across the country.

"The safety and security of Canadians abroad remains our top priority," Foreign Affairs Minister Anita Anand said in a news conference Monday.

But what happened? Which areas are the most dangerous? And what about the thousands of Canadians currently stranded in Puerto Vallarta? What happened?

Yesterday, one of Mexico's most notorious drug lords, Nemesio Oseguera Cervantes, or "El Mencho," was killed in a military raid. His death promptly sparked widespread retaliatory violence.

After reports of the 59-year-old leader's death, cartel henchmen

blockaded highways with burning cars and torched businesses in more than a half a dozen states, paralyzing parts of the country, reports The Associated Press.

In all, at least 73 people were dead, according to a body count taken by security officials after the operation and the ensuing violence. That figure includes security forces, suspected cartel members and others, the AP reports.

"El Mencho" was known to be the mastermind of a powerful group — the Jalisco New Generation Cartel. The group is notorious for trafficking fentanyl, methamphetamine and cocaine to the United States and staging brazen attacks against government officials who challenged it, notes AP.

What is Global Affairs Canada saying?

Right now, Global Affairs Canada (GAC) is warning Canadians to exercise a high degree of caution in Mexico "due to high levels of criminal activity and kidnapping."

Canadians in Mexico are being told to avoid all non-essential travel to numerous states "due to high levels of violence and organized crime," with GAC warning the security situation "could deteriorate rapidly" across the country.

GAC notes there are shelter-in-place orders in Jalisco (including



During a press conference Monday to address the security situation in Mexico where Puerto Vallarta, in the state of Jalisco, is under a shelter in place order, Minister of Foreign Affairs Anita Anand said that as of 7 a.m. this morning, 26,305 Canadians in Mexico registered with Global Affairs Canada, but the actual number is likely much higher.

Guadalajara and Puerto Vallarta) and Nayarit, and warn that "similar instructions, including curfews, may be issued on short notice in other areas of the country."

Canadians in Mexico are being urged to keep a low profile, follow the advice of local authorities and keep an eye on the news, since the situation is rapidly evolving.

"All Canadians in affected regions should heed the direction of local authorities and only travel ... when it is safe to do so," Anand said.

Are some areas more dangerous?

The violence began in Jalisco

state, where there's a shelter-in-place order, which includes the popular beach resort Puerto Vallarta.

In Puerto Vallarta, frightened tourists posted on social media, describing the area as a "war zone" as plumes of dark smoke rose into the sky from around the bay. Canadians in the region have described a scary situation on the ground, saying they're hearing explosions and have scant information.

GAC also warned there have been "security incidents" in other areas in the county, especially: Guerrero, including Acapulco; Michoacán; Sinaloa, including Mazatlán; Quintana Roo, including Cancun; Baja California, including Tijuana and Tecate; and Nayarit.

How many Canadians are in Mexico?

Anand said Monday that 26,305 Canadians in Mexico have registered with GAC. But those numbers are estimates, based on a voluntary registry of Canadians abroad.

"We know the actual number of Canadians in Mexico is likely much higher," she said.

Anand urged all Canadians in Mexico to register with GAC.

The phone number to call to register if you're a Canadian in Mexico is: 613-996-8885.

Abridged Report written by Natalie Stechyson · CBC News · Posted: Feb 23, 2026

OpenAI safety reps called to Ottawa after Tumbler Ridge, B.C., mass shooting: minister

ChatGPT developer banned shooter's account but didn't inform police about content

The Canadian Press · Posted: Feb 23, 2026 6:28 PM EST Artificial

Intelligence Minister Evan Solomon has called representatives of OpenAI to Ottawa to discuss safety concerns after learning the killer in the mass shooting in Tumbler Ridge, B.C., was banned from using the company's ChatGPT platform months before the murders.

The company banned Jesse Van Rootselaar's account in June but said the activities on the account didn't meet the threshold for informing law enforcement at the time because it didn't identify credible or imminent planning.

The Wall Street Journal reported Friday that Van Rootselaar's account was banned after it was flagged for troubling posts, including some that included scenarios of gun violence.

OpenAI said it contacted the RCMP after the shooting on Feb. 10 when Van Rootselaar killed her mother and half-brother before going to the local secondary school to kill

Kate McKenna · CBC News · Posted: Feb 23, 2026 6:13 PM EST

The federal Liberals have accepted amendments to the most controversial section of the Carney government's omnibus budget bill, effectively putting guardrails on new proposed powers that would allow the government to grant corporations the ability to bypass existing laws and regulations.

The House of Commons finance committee voted in favour of four Conservative amendments on Monday during a clause-by-clause review of C-15, the Budget Implementation Act.

The bill as tabled granted any cabinet minister the ability create "regulatory sandboxes," temporarily exempting individuals or businesses from any federal law with the exception of the Criminal Code.

"This is an immense concentration of power and what is clear is that this concern has been widespread and consistent," said Ontario Conservative MP Sandra Cobena.

Canada is not the only country to propose this type of power — an OECD report shows that sandboxes are increasingly being deployed as a limited form of regulatory waiver or flexibility in order to spur competitive innovation in a digital age, where business models are shifting rapidly.

The report notes that sandboxes exist in countries including the United States, France, Germany and the U.K.

However, different countries employ different levels of safeguards around the exemptions.

The Conservative amendments create a mandatory 30-day public consultation prior to making



Minister of Artificial Intelligence and Digital Innovation Evan Solomon speaks about interactions with OpenAI regarding the use of ChatGPT by the shooter in the Tumbler Ridge, B.C., mass shooting on Monday. (Justin Tang/The Canadian Press)

five students, an educational assistant and then herself.

Solomon told reporters Monday that he is deeply disturbed by the reports and he contacted the American company over the weekend to get more information and to arrange a meeting with its "senior safety team" on Tuesday.

"We will have a sit-down

meeting to have an explanation of their safety protocols and their thresholds of escalation to police so we have a better understanding of what's happening and what they do," he said.

Solomon would not say whether the federal government intends to regulate AI chatbots like ChatGPT but added that all options

are on the table.

A spokesperson for the company confirmed that representatives will be going to Ottawa to meet with Canadian officials.

"Senior leaders from our team are travelling to Ottawa to meet in person with government officials to discuss our overall approach to safety, safeguards we have in place and how we continuously work to strengthen them," the spokesperson said in a statement.

Alan Mackworth, a professor emeritus with the University of British Columbia's department of computer science who focuses on AI safety and ethics, said in a statement that many professionals, such as teachers and doctors, have a "duty to report" any suspected case of harm to or abuse of a minor.

"These obligations are enshrined in law and/or professional ethics. Similar obligations should be placed on social media and AI companies," he said.

Liberals accept Conservative proposals to limit 'immense' cabinet powers in budget bill

Vote on Budget Implementation Act could come this week



Conservative MP Andrew Scheer said Monday he was pleased the government has accepted his party's amendments. (Justin Tang/The Canadian Press)

exemptions. They require dual approval from both a cabinet minister and the president of the Treasury Board.

They also apply equal rules to all participants within the sector, not just hand-picked companies, as well as a full report to Parliament within 90 days explaining the rationale for the decision and assessing whether permanent legislation is warranted.

The amendments also add clear limits on what can never be exempted, including the Conflict of Interest Act, Auditor General Act and other core accountability, safety and national interest laws.

Conservative House leader Andrew Scheer told reporters on Parliament Hill

that he is "very pleased" the amendments were accepted.

"We are here to scrutinize, dispassionately, every decision this government makes to ensure Canadians' interests are served and their tax dollars are treated with respect," he said.

A spokesperson for the finance minister said the regulatory sandbox provisions proposed by the government in the bill were informed by industry leaders, innovators and international comparators.

"These regulations, as initially drawn up, were not broadly supported by the opposition and were holding up consensus on a very important bill that

advances Canadian competitiveness and innovation," said the spokesperson, John Fragos, in a statement.

"That's why, in keeping with the government's commitment to working with the opposition parties to deliver results, earlier today we adopted the proposed amendments in committee."

For weeks, there have been discussions between the Liberals and Conservatives about how to get the key legislation through. The vote on the Budget Implementation Act is expected to be a confidence vote.

Scheer wouldn't say whether these changes would result in Conservative support for the bill, which is set to return to the House on Wednesday.

No amendments on segments impacting veterans Veterans and their advocates are calling to amend sections of the budget bill to remove language they say covers up a longstanding federal error and prevents them from being reimbursed.

In December, Canada's Veterans Ombud wrote to the minister saying that passing the bill as written would "effectively legitimize its past overcharges to veterans and nullify ongoing litigation aimed at securing reimbursement for affected veterans."

Conservatives have been critical of the move, but didn't seek to remove it from the legislation at committee.

THE NORTH AMERICAN
FILIPINO STAR
 Montreal, Quebec, Canada

FEBRUARY 2026 PICTORIAL NEWS



Mark Carney has convened a meeting with Canada's premiers in Ottawa this week (Jan.30, 2026) to discuss the economy, affordability, and trade ahead of upcoming CUSMA discussions. At a moment of renewed trade pressure, Canadians expect governments to work together and deliver results — and that's exactly what we're focused on. Source: FB post of MP Anthony Housefather



The International Criminal Court Pre-Trial Chamber I judges. Screen grab from ICC livestream. The International Criminal Court Pre-Trial Chamber I on Monday (Feb. 23, 2026) concluded the first day of the pre-trial or confirmation of charges hearings into the crimes against humanity case of former President Rodrigo Duterte. The four-day proceedings will determine whether Duterte's case will be brought to a full trial. (ABS/CBN) published Feb. 24, 2026.



A journalist looks at newspaper front pages in London on Friday, after Andrew Mountbatten-Windsor was arrested and held for hours by British police on suspicion of misconduct in public office related to his links to Jeffrey Epstein. (Kin Cheung/The Associated Press)



The global transportation and postal company FedEx has filed a lawsuit for a "full refund" for US President Donald Trump's emergency tariffs. FedEx did not say in its suit what value of a refund it was seeking. It named US Customs and Border Protection (CBP), the agency's commissioner Rodney Scott, and the US as defendants. (Getty Images)



A civilian volunteer searcher inspects a culvert while searching for clues in the disappearance of Nancy Guthrie, the 84-year-old mother of U.S. journalist and television host Savannah Guthrie, who went missing from her home, in Tucson, US. Credit: //www.deccanherald.com/india/news-in-pics-february-23-2026-best-photos-from-around-the-world



Premier Danielle Smith speaks at a news conference in Edmonton on Nov. 27, 2025, after Alberta and the federal government signed a bilateral energy agreement. She announced that Alberta will release the budget on February 26, 2026 as well as a referendum on immigration in October 2026.