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Protests against ICE and for regime change in Iran continue as more casualties reported

(Montreal, January 21, 2026 -

By Z.F. Kharroubi) - Protests against U.S. Immigration and Customs Enforcement (ICE) have intensified across the United States, primarily centered in Minneapolis

Recent Major Events

Minneapolis Unrest: Protests have entered their third week in the Twin Cities. Tensions spiked after an ICE agent fatally shot 37-year-old Renee Good on January 7, 2026.

Court Rulings: On January 21, 2026, a U.S. appeals court lifted a lower court's injunction, now allowing federal agents in Minneapolis to arrest or use pepper spray/tear gas on peaceful protesters.

Church Disruption: The DOJ is investigating activists who disrupted a Sunday service at a St. Paul church where a local ICE official serves as a pastor.

Economic Blackout: Activists in Minnesota have planned an "economic blackout day" to protest the surge in federal enforcement.

National Movement Trends

"Weekend of Action": Progressive groups coordinated over 1,000 "ICE Out For Good" events across the U.S. to demand accountability and justice for Renee Good.

Corporate Pressure: Protests have led to significant wins for activists, including Avelo Airlines ending deportation charter flights in early January and Spotify halting ICE recruitment ads.

Local Resistance: In cities like Wells, Maine, and York, Pennsylvania, hundreds have gathered to denounce potential new ICE operations and aggressive tactics.

Tactical Shifts: Neighborhood networks in various cities are using "cat-and-mouse" tactics, such as recording agents with phones and using car horns to disrupt enforcement activities.

Government & Legal Response

DOJ Crackdown: The Department of Justice is subpoenaing Minnesota Democrats, including Governor Tim Walz, for allegedly impeding federal efforts.

Surge of Agents: The Trump administration has deployed approximately 2,000-3,000 federal agents to the Minneapolis area for what is described as a large-scale immigration operation.

Prosecutor Resignations: Six federal prosecutors in Minnesota



Abolish ICE: Tens of thousands in Minneapolis, across US, protest killing. Protesters demand justice for Renee Nicole Good, a mother of three shot dead by an ICE agent in Minneapolis, January 7, 2026. Video photo published The Australian website, photo by Al Jazeera. 1,280 x 720



Thousands of Iranians took to the streets across Europe over the weekend, showing their disdain for the Iranian regime, whose violent crackdown on anti-government protests in the country has reportedly killed thousands in recent weeks.

resigned this week in protest of the DOJ's push to investigate activists while declining to investigate the agent that killed the woman.

As of January 21, 2026, Iran is navigating the 25th consecutive day of a nationwide uprising characterized by extreme state violence and a persistent near-total internet blackout.

Casualties and Human Rights

Official Death Toll:

On Wednesday, Iranian state

media released its first official death toll, reporting 3,117 people killed during the crackdown, including 2,427 identified as "civilians and security forces." Alternative Estimates: Human rights organizations and activists provide significantly higher figures. The US-based Human Rights Activists News Agency (HRANA) reported 4,519 deaths as of January 20, while some activist groups and medical sources suggest the toll could range between

12,000 and 20,000.

Arrests and Executions: Nearly 26,500 people have been arrested. Judiciary Chief Gholamhossein Mohseni Eje'i has demanded "swift and decisive" sentences without leniency, heightening fears of a massive wave of judicial executions. At least 345 executions were reportedly carried out in the past month alone.

See Page 2 Protests continue

Quebec Premier François Legault resigns ahead of fall provincial elections

Legault faced scrutiny amid controversial legislation, steep competition ahead of fall elections

Quebec Premier François Legault has announced he is stepping down, putting an end to a dominant run in provincial politics that saw him lead the party he founded to two majority governments.

Legault said he will remain in place until his party elects a new leader. He made the announcement at a news conference Wednesday morning.

"I can see that, right now, a lot of Quebecers want change first and foremost, and among other things, a change in premier," said Legault, flanked by his wife and top aide.

The resignation comes after months of turbulence, falling poll results and ministers leaving the party.

"Of course, there were a few failures — we have talked about them a lot — but there was a lot of success above all," he said.

The Coalition Avenir Québec (CAQ), will have just months to choose a new leader ahead of the vote scheduled for Oct. 5, 2026.

Legault has been Quebec's premier since 2018 and the leader of the CAQ since 2011.

Before the legislative session broke for the holidays in December, the premier had vowed again to stay on as the party's leader — a promise he had made several times over the last year, despite friction within the party and speculation that some MNAs wanted him to step down.

Over the course of the fall, the



At the press conference in the hall of the National Assembly, January 14, 2026, François Legault announced he is stepping down as premier of Quebec. Photo: La Presse canadienne / Jacques Boissinot RCI

premier lost both Lionel Carmant as social services minister, and Christian Dubé, as health minister, over disagreements with the way the government had handled changes in the remuneration of specialists and family doctors.

Several MNAs also left or were kicked out of the CAQ in recent months, some for reportedly looking to transition to other parties.

The latest Pallas Data poll, which surveyed more than 1,100 Quebecers between Jan. 9 and 10, placed the premier and his party at just 10 per cent in voter intentions. More than 50 per cent of respondents chose "very unfavorable" when asked for their opinion of Legault.

The Parti Québécois (PQ), which has promised to hold a referendum if they win, has been leading in the polls for months — with the party

snatching three seats away from the CAQ in three successive by-elections since 2023.

Politicians react, highlighting Legault's contributions

Politicians of all levels of government took to social media to react to the premier's announcement Wednesday, with some highlighting his contributions to the province during the pandemic.

In a post on X, Prime Minister Mark Carney highlighted Legault's public service and business contributions and wished him continued success.

"From startups in business and politics, François Legault has demonstrated the value of thinking big, taking risks and working hard," wrote Carney.

PQ Leader Paul St-Pierre Plamondon, says the premier should be

recognized for having served the public for more than 25 years.

"Despite our profound disagreements on the reasons behind our current collective difficulties and on the future of Quebec, François Legault has always been sincere in his desire to improve the fate of the Quebec nation," St-Pierre Plamondon wrote.

Interim Liberal Leader Marc Tanguay said it's not the time to criticize the premier.

"Regardless of our differences in opinion, politics comes with its share of sacrifices, especially for the family," he wrote. "I wish him all the best."

The premier's departure came as a blow to some of his cabinet ministers.

"He succeeded at what many considered to be impossible: to break the alternation of two old parties that, for too long, kept Quebec immobile," wrote government house leader and Quebec Justice Minister Simon Jolin-Barrette.

But the province's unions, which were often at opposing ends of public conflicts with the premier, had a different opinion of Legault's legacy.

In a statement, Quebec's largest nurse's union, the FIQ, said the premier left the public health system in a critical situation.

"Overcrowded emergency rooms, exhausted staff and dilapidated infrastructure were not accidents, but the result of reactive management and an absence of consistent planning," the union's president Julie Bouchard said in a statement.

Some Indigenous leaders were relieved to see the premier go, after years of his government refusing to recognize the existence of systemic racism in Quebec.

Abridged files from Franca G. Mignacca, Benjamin Shingler, CBC News, Jan. 14, 2026

From Page 1 Protests continue

Protests and Suppression

Field Conditions: While the government claims the "sedition" is over, reports of "urban warfare" continue in cities like Tehran, Isfahan, and Kermanshah. Women are reportedly leading frontline resistance in Tehran's District 5.

Internet Blackout: A nation-

wide blackout has exceeded 300 hours, severely isolating the population and disrupting the economy. Authorities are reportedly transitioning to a closed state-run intranet, similar to North Korea's model.

Military Involvement: Military convoys and armored vehicles have been deployed in multiple cities. There are reports of snipers targeting civilians and the use of heavy machine



A still from the newly published video filmed by an ICE officer shows Renee Nicole Good behind the wheel of her SUV in Minneapolis, just seconds before she was fatally shot. (Alpha News)

guns in Tehran streets.

International and Diaspora Response

Global Solidarity: Iranians abroad have held at least 168 protests across 73 cities worldwide, including massive rallies in Toronto, London, and Cologne.

Diplomatic Tensions: U.S. President Donald Trump has warned that "all options are on the table" and that "help is on the way" for protesters. In response, Iran's foreign minister has threatened "no restraint" in retaliating against any military attack.

Sanctions: The UK and EU are planning new sanctions targeting

industries supporting the regime's nuclear program and internal repression.

Growth of diaspora mobilization

Large-scale mobilization among Iranians abroad is not unprecedented. Over the past 45 years, more than five million Iranians have fled the country as refugees, with an estimated additional two to four million emigrating for other reasons. By these estimates, roughly one in every 15 Iranians now lives outside the country.

With files from various news sources



Iran's Supreme Leader Ayatollah Ali Khamenei waves during the 36th anniversary of the death of the leader of Iran's 1979 Islamic Revolution, Ayatollah Ruhollah Khomeini, at Khomeini's shrine in southern Tehran, Iran, June 4, 2025. Office Of The Iranian Supreme Leader via Reuters



FROM THE PUBLISHER'S DESK

Will the loss of innocent lives at the hands of ICE agents serve as lessons for restraint?

Zenaida Kharroubi

As I watch television news and see the protests against the recent tragic event of a woman who was killed by an ICE agent in Minneapolis, I feel so sad and concerned that this recklessness in using a gun is causing the loss of innocent lives. Who is to blame for this type of crime? How do we make sure that true accountability is clearly established in order to find the right solutions that we urgently need now?

There are many criticisms against the U.S. administration's quick decision to defend the ICE agent by saying it is in self-defense that he used his gun as he felt threatened but the videos do not clearly show this threat to his life nor of anyone else. It is too early to know at this point if the full truth can be revealed and justice rendered to the victim's family.

According to news reports, the Federal Agency has excluded the local state investigation authorities. Access to documents about this tragedy will therefore be limited to the Federal authorities which will make it more difficult for the State to carry out their own investigation.

The extreme political polarization has led to divisions weakening the foundation of a democratic country. Consequently, not only more innocent people will be hurt or killed, but violence and conflicts will result from the presence of ICE agents. Will the protests result in any positive changes?

It will be important to learn a brief historical background about ICE

to understand how it began.

U.S. Immigration and Customs Enforcement (ICE) was established in March 2003 as a direct response to the September 11, 2001, terrorist attacks. It was created as part of the Homeland Security Act of 2002, which initiated the largest government reorganization since the creation of the Department of Defense.

Rationale for Establishment

Following 9/11, the U.S. government identified critical gaps in national security and interdepartmental communication. The rationale for creating ICE included:

- **Consolidation of Agencies:** To address vulnerabilities, the investigative and interior enforcement elements of the former U.S. Customs Service (Treasury Department) and the Immigration and Naturalization Service (Justice Department) were merged.

- **National Security Focus:** The primary goal was to create a specialized agency focused on preventing terrorism and protecting public safety by enforcing federal laws governing border control, customs, trade, and immigration.

- **Interior Enforcement:** While U.S. Customs and Border Protection (CBP) was tasked with border security, ICE was designed to focus on enforcement within the U.S. interior, investigating transnational crime and deporting individuals who violated immigration laws.

Structure and Function

ICE was placed under the Department of Homeland Security

(DHS). It is composed of three main operational directorates:

- **Homeland Security Investigations (HSI):** Focuses on transnational crime, including trafficking, smuggling, and terrorism.

- **Enforcement and Removal Operations (ERO):** Responsible for the apprehension, detention, and removal of unauthorized immigrants.

- **Office of the Principal Legal Advisor (OPLA):** Handles legal proceedings.

Evolution and Impact

Since its inception, ICE has grown into an agency with over 20,000 employees and a budget of roughly \$8 billion. Its focus has shifted significantly toward interior immigration enforcement, becoming the primary agency responsible for the detention and removal of undocumented immigrants. Over the years, this has led to increased controversy regarding its enforcement tactics and role in immigration policy.

With this background information, and the recent tragic event of the killing of the woman from Minneapolis which led to the numerous protests in many U.S. and Canadian cities, it will remain a controversial topic. Vivid images of the brutality of treatment of people suspected of being illegal immigrants are shocking to most observers which appear to be more common during the second term of President Donald Trump who has stated, along with his slogan of America First, to make America safe again. In his second term (beginning 2025), Donald Trump has acted as the primary architect and driver of a radical shift in U.S. Immigration and Customs Enforcement (ICE) operations, transforming the agency into a central tool for mass deportations, often described as an "unprecedented, cross-agency" effort. Trump's role in shaping this image involved shifting from targeting criminals to indiscriminate, "all-inclusive" targeting of all undocumented immigrants, utilizing aggressive tactics in schools and hospitals, and significantly increasing funding for detentions.

Key Aspects of Trump's Role in Radicalizing ICE (2025-2026)

- **"Mass Deportation" Mandate:** Trump has directed ICE to execute what he terms the largest domestic

deportation operation in U.S. history, aiming for massive increases in annual deportations.

- **"Unchaining" and Funding Agency:** Trump "took the handcuffs off" agents, providing \$75 billion for ICE in his first-year budget to expand detention facilities and, with the "One Big Beautiful Bill Act," increasing the detention budget by 308%.

- **Ending "Sensitive Areas" Protection:** Trump rescinded policies that restricted enforcement in sensitive areas, allowing ICE to conduct raids in churches, schools, and hospitals.

- **Warrantless Arrests and Aggressive Tactics:** ICE, under this administration, has expanded its use of "warrantless arrests" in public spaces and initiated operations using masks and full-body armor.

- **Weaponization of Bureaucracy:** The administration has targeted legal, humanitarian programs (TPS) and used "paper-based" changes to speed up removals, including using the 1798 Alien Enemies Act to deport individuals without court hearings.

- **Targeting Activism:** Reports indicate that ICE has been used to target undocumented individuals participating in protests, such as pro-Palestinian demonstrations, and to detain legal residents.

- **"Political Football" Strategy:** Critics and former officials argue Trump has used ICE as a "political football" to divide the country, with agents reportedly shooting a U.S. citizen in Minneapolis during a 2026 raid.

- **By early 2026,** the administration reported over 622,000 deportations, alongside 1.9 million "self-deportations," indicating a total transformation of ICE from a targeted enforcement agency into a high-volume, rapid-removal machine.

As we watch television broadcasts and read daily news reports, we are seeing many more disturbing images of violent clashes between protesters and armed soldiers or ICE agents, specially since President Trump has been sending the National Guard to cities under Democratic leaders on the pretext of clearing up street crimes, homelessness and other anomalies.

Will the escalation of civil unrests create any desired changes?

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Dollard-des-Ormeaux, QC — One of Montreal's most recognizable coffee institutions has officially expanded to the West Island. Café Gentile, a family-run business with roots dating back more than 60 years, has opened a new location in Dollard-des-Ormeaux (DDO), marking a significant milestone for both the brand and local coffee lovers.

Founded in 1958, Café Gentile is

Montreal, QC — An updated revitalization plan for the historic Entrepôt Van Horne in the Mile End neighbourhood has won broad public approval following a city-led consultation process, signaling strong community support for the proposed mixed-use redevelopment of the century-old industrial landmark.



L'entrepôt Van Horne located on 1, ave Van Horne - Photo: Heritage Montreal

The Office de consultation publique de Montréal (OCPM) released its report this month after analysing hundreds of contributions from residents and stakeholders collected during a consultation held last autumn. The

A Montreal legend lands in the West Island - Café Gentile is now open in Dollard-des-Ormeaux

widely known for its Italian-style espresso, in-house coffee roasting, and long-standing presence in Montreal's café culture. The new DDO location brings the company's signature blends, espresso drinks, and café staples to a growing suburban market, offering West Island residents easier access to a brand traditionally associated with central Montreal neighbourhoods.

According to the company, the decision to open in Dollard-des-Ormeaux reflects increased demand from customers in the West Island and the area's evolving food and beverage scene. The new café features a modern layout while maintaining the traditional elements Café Gentile is known for, including its emphasis on quality roasting and classic Italian coffee preparation.

Local officials and business community members have welcomed the opening, noting that the arrival of a well-established Montreal brand strengthens the city's commercial landscape and adds to the diversity of



Photo shows the interior look of Café Gentile (Photo: from its website)

local dining and café options. The new location is also expected to create jobs and contribute to increased foot traffic in the surrounding area.

With its expansion into DDO, Café Gentile continues a gradual growth strategy while maintaining its identity as a family-owned business rooted in tradition. The West Island opening

represents both a geographic expansion and a symbolic passing of a Montreal coffee legacy to a new community.

The café is now open to the public, serving its full menu and welcoming customers from across Dollard-des-Ormeaux and the wider West Island. #

Updated revitalization plan for Entrepôt Van Horne wins public approval

report concludes that the revised proposal — which reimagines the iconic building at 1 avenue Van Horne,

Entrepôt Van Horne is a seven-storey industrial building long considered a landmark of Montreal's urban fabric. The updated plan, led by developer Rester Management, aims to transform the site into a vibrant multi-use complex that blends cultural, commercial, and hospitality functions. Proposed features include affordable artist and artisan studios, creative spaces, street-level shops and eateries, and a 120-room hotel, as well as a publicly accessible rooftop terrace and greenhouse that showcase views of the city and the building's restored water tower.

The evolution of the project reflects efforts to respond to community feedback. Earlier proposals for the site drew criticism over concerns of gentrification and the lack of community-focused space, prompting revisions that expanded cultural amenities and public access. According to OCPM president Philippe Bourke, the inclusion of artist studios and enhanced heritage safeguards were among the factors that

helped secure broader support.

While the consultation process — which gathered 331 written contributions and engaged nearly 900 participants through sessions and submissions — revealed some lingering concerns about long-term affordability and the absence of dedicated community organisation space, the overall sentiment was positive. The OCPM report recommends adopting the enabling bylaw, granting heritage status to the building, and formalizing commitments to ensure public access and energy-efficient design.

City planners have highlighted the project as an opportunity to preserve a key piece of Montreal's architectural heritage while injecting new life into the Mile End area. The proposal now moves forward to municipal decision-making stages, with final approvals and implementation expected in the coming months. #

West Island Assistance Fund acquires former Canada Post site for community hub

Montreal, QC — The West Island Assistance Fund (WIAF) has officially acquired the former Canada Post site at 6 Rue du Centre-Commercial in Roxboro-Pierrefonds to establish a new community hub aimed at expanding its services for vulnerable residents across Montreal's West Island. The acquisition marks a major milestone for the long-standing local charity as it launches Project CASA — standing for Community Anchor, Solidarity and Assistance — a comprehensive space designed to foster connection, dignity, and support for people in need.



The site, previously used as a Canada Post facility, will be transformed into a multifaceted hub that goes far beyond a traditional food

bank. WIAF plans to consolidate and expand its existing programs — including its food bank, community kitchen, and thrift store — while adding

new services that promote inclusion and empowerment. Among the envisioned features are a strengthened community food hub, a social bistro, collective cooking spaces, garden areas, and shared workspaces for partner organizations.

"Project CASA is not about bricks and walls, it's about people," said Gregory Orleski, President of the WIAF Board of Directors. "It's about creating a place where dignity lives and where everyone, no matter their situation, feels they belong." With requests for food assistance having increased significantly in recent years — including a notable rise in demand across the West Island — WIAF leaders say the new site will give the

See opposite page West Island

Carney says old world order 'is not coming back'

Canadian Prime Minister Mark Carney said the "old order is not coming back" and urged fellow middle powers to come together in a speech at the World Economic Forum in Davos, Switzerland.

"Middle powers must act together because if we're not at the table, we're on the menu," Carney said on Tuesday, adding that he believed powerful nations were using economic coercion to get what they want.

He also affirmed Canada's support for Greenland, Denmark and the Nato alliance, drawing applause.

Carney did not mention Donald Trump by name, but some of his remarks seemed aimed at the US president, who is threatening to tariff European allies and the UK unless Greenland is surrendered to the US.

"Great powers" are often defined as countries with permanent seats on United Nations Security Council - China, France, Russia, the United Kingdom and the United States - which shows their economic and military dominance in the world.

Middle powers, such as Canada, Australia, Argentina, South Korea and Brazil, are nations that still exert large influence in global politics, even though their economies are smaller.

In his speech, Carney said the world is "in the midst of a rupture, not a transition".

"Great powers have begun using economic integration as weapons, tariffs as leverage, financial infrastructure as coercion, supply chains as vulnerabilities to be exploited," he said.

He also said "Canada was amongst the first to hear the wake-up call" that geography and historic alliances no longer guaranteed security or prosperity.

When Trump returned to office, he frequently referred to Canada as the "51st state" and threatened to join Canada and the US through "economic force." The US then hit its northern neighbour and major trading partner with steep tariffs.

From Page 4

West Island

organization the capacity to better meet evolving community needs.

The acquisition comes as part of a broader effort to respond to social and economic pressures facing local residents. More than 24,000 West Islanders are estimated to live below the poverty line, with children and families disproportionately represented among those seeking support. WIAF's current services — ranging from emergency food aid to its Garden of Hope urban agriculture project — have been a critical safety net for decades, and this expansion positions the charity to serve even more individuals and families.

Plans for the redevelopment are now underway, with immediate work beginning on essential repairs and renovations. WIAF is also preparing to launch a major fundraising campaign



Prime Minister Mark Carney affirmed Canada's commitment to Greenland and urged world leaders to reject economic coercion from "great powers"

Canada's deal with China signals it is serious about shift from US

From surge in patriotism to fewer US trips - Trump's impact on Canada. Recently, Trump added Canada to his push to take control of the partly sovereign territory of Greenland, which has grown stronger and more overt in recent days, by posting on social media a map of the US, Canada and Greenland with an image of the American flag laid over it.

As a member of the North Atlantic Treaty Organisation (Nato), Canada stands firmly with Greenland and Denmark and supports "their unique right to determine Greenland's future," Carney said in his speech.

"Our commitment to Article Five is unwavering," the prime minister added, referring to a clause in the Nato agreement that states an attack against one member state is considered an attack on all.

Canadian media outlets reported earlier this week that Canada was considering sending a small contingent of troops to Greenland to join Danish and other European troops for military exercises in the region.

Asked about it in Davos, Canadian Foreign Minister Anita Anand said "we regularly participate in Nato exercises, and we participate in exercises that the Canadian Armed Forces itself leads." She added that the

inviting local residents, businesses, and foundations to help bring Project CASA to life. Supporters and volunteers will be key to ensuring the hub's long-term success as a vibrant centre for community engagement and mutual aid.

WIAF has served the West Island since 1966, offering food assistance, affordable thrift goods, and community programmes as part of its mission to combat food insecurity and social isolation. With Project CASA, the organization aims to deepen its impact and create a lasting resource that strengthens social ties and improves quality of life for future generations. Construction and phased openings for the new community hub are expected to roll out over the coming months, positioning the site as a lively, people-centred destination in the heart of Roxboro-Pierrefonds.#

Minister of National Defence and the chief of defence staff make decisions on future deployments.

The BBC has reached out to the Canada's Department of National Defence for comment.

Carney said in his speech that to adapt to shifting geopolitics, Canada is now focused on engaging with other countries and building "different coalitions for different issues based on common values and interests".

The prime minister pitched Canada as a "stable and reliable" partner, and noted recent trade and investment deals that were struck with China and Qatar, as well as a defence procurement pact Canada signed with the EU earlier last year.

Carney is among several world leaders at the World Economic Forum this week. Trump is scheduled to deliver his own speech on Wednesday.

With files from Nadine Yousif Senior Canada reporter, BBC News

Full text of Speech

Thank you very much, Larry. I'm going to start in French, and then I'll switch back to English.

[The following is translated from French]

Thank you, Larry. It is both a pleasure, and a duty, to be with you tonight in this pivotal moment that Canada and the world are going through.

Today I will talk about a rupture in the world order, the end of a pleasant

fiction and the beginning of a harsh reality, where geopolitics, where the large, main power, geopolitics, is submitted to no limits, no constraints.

On the other hand, I would like to tell you that the other countries, especially intermediate powers like Canada, are not powerless. They have the capacity to build a new order that encompasses our values, such as respect for human rights, sustainable development, solidarity, sovereignty and territorial integrity of the various states.

The power of the less power starts with honesty.

[Carney returns to speaking in English]

It seems that every day we're reminded that we live in an era of great power rivalry, that the rules based order is fading, that the strong can do what they can, and the weak must suffer what they must.

And this aphorism of Thucydides is presented as inevitable, as the natural logic of international relations reasserting itself.

And faced with this logic, there is a strong tendency for countries to go along to get along, to accommodate, to avoid trouble, to hope that compliance will buy safety.

Well, it won't.

So, what are our options?

In 1978, the Czech dissident Václav Havel, later president, wrote an essay called The Power of the Powerless, and in it, he asked a simple question: how did the communist system sustain itself?

And his answer began with a green grocer.

Every morning, this shopkeeper places a sign in his window: 'Workers of the world unite'. He doesn't believe it, no-one does, but he places a sign anyway to avoid trouble, to signal compliance, to get along. And because every shopkeeper on every street does the same, the system persists – not through violence alone, but through the participation of ordinary people in rituals they privately know to be false.

Havel called this "living within a lie".

The system's power comes not
See page 18 Carney's speech

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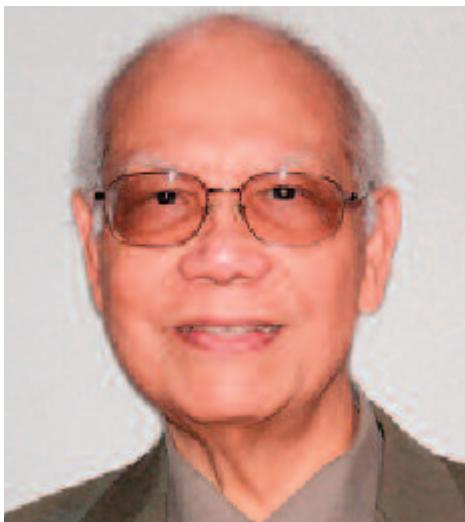
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Filipino-Canadian Community News

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Filipino-Canadian wins international beauty title

An epitome of beauty and brain, Filipino-Canadian, Miss Kiana Crystal Craig, wins the "Miss Glamour Look International" crown on Nov. 28, 2025, at the SkyDome, SM North EDSA Quezon City, Philippines. From Burlington, Ontario and proudly representing Canada as "Miss Glamour Look - Canada", Kiana Craig, bested other beauty candidates from 16 countries, including the Philippines.

What the judges and guests "loved most was the glamorous and glitzy competition, but no less gorgeous to behold," according to news reports. The statuesque beauty standing tall at 5'7", stood tall and amazing among the contestants. The prestigious international pageant is owned by Derek Primo Gusi, a global pageant director based in Australia.



Miss Kiana Crystal Craig, wins the "Miss Glamour Look International" crown on November 28, 2025, at the SkyDome, SM North EDSA Quezon City, Philippines.

Besides winning the prestigious "Miss Glamour Look International 2025" title, Miss Craig garnered 7 additional awards like Miss Photogenic, Best in Camera, Miss Popularity, Miss People's Choice, Body Beautiful, Best Arrival Attire, and Miss Fashionista. Having represented Canada on an international stage, Kiana is a Women's Empowerment Advocate and publicly spoke for advocacy and global issues. As a HOY Maharlika "Miss Maharlika Toronto," she continuously supports academic achievers in the Philippines.

Placemakers group, initiating and coordinating two free community events for Hamilton residents in low-income neighbourhoods within two months, 3) Co-authored the report "Getting Hamilton's LRT on the Right Track" for a local NGO, the Hamilton Community Benefits Network and presented findings to Hamilton City Council and staff, 4) Project Executive-Zero Waste McMaster, and 5) Welcome Week Representative, Economics Liaison- McMaster Social Science Society.

Active in community engage-

ments, Kiana's involvement includes:1) Alliance of the Ladies of the Knights of Rizal (ALKOR)-Head of Youth Delegate Canada Chapter 2025, 2) Carabram Events 2011/2012/2013/2025 - Canadian Pavilion & Indian-Chinese Pavilion - Volunteer and performer, 3) Taste of Philippines Event 2025 - Muse, performer, volunteer, 4) HamOnt Placemakers - Founder, event coordinator, community communications, 5) Santa 5K 2015 -Participant and supported tourism and CHCH Toy Drive and Hamilton Food Share, 6) Clean Water for Africa 2014 - Volunteer and performer, 7) Karate Chops Cancer 2014 - Donated 10" of hair and raised money for cancer research, 8) Let it Shine Fundraiser for Typhoon Yolanda Victims 2013 - Volunteer, performer, 9) ANCOP Walk 2012 - Raised funds for impoverished Filipinos through the Philippine Canadian Charitable Foundation, and 10) Brampton Santa Claus Parades 2009/2010/2011- Participant, volunteer for CAW Local 1285.

Presently, Kiana works at the Ontario Ministry of Environment, Conservation and Parks as an Environmental Resource Planner and Environmental Assessment Coordinator.

In 2024, during her university internship, she was a Policy and Programs Assistant, Divisional Training and Registrar Section and Powered by People Research and Grants Coordinator. She previously worked as a The Burnt Tongue Server, SportChek Footwear Associate, Famous Footwear Sales Associate, and Fortinos Cashier

Kiana professed to be "a natural leader, passionate community advocate, balances a dynamic career and education with community involvement and interests in running, event planning, and singing." Her future outlook includes blending interests in economic development, planning, and sustainability into a meaningful and impactful career.

A proud Filipina Irish-Canadian, Kiana was born in Brampton, Ontario, Canada. She is the only child of Ian Craig, from Carrickfergus, Northern Ireland, and Christine Craig, from Quezon City, Philippines. Kiana's beauty title-winning milestone and her advocacy and achievements is a great beacon of pride, inspiration, and honour for Filipinos and Filipino Canadians throughout the world.

Filipino Canadian Educators Group conducts officers' induction

In faithful affirmation, "I solemnly pledge and promise to perform the duties and responsibilities of my position as.....", thirteen Executive Officers and 9 Board Directors of the Philippine Teachers Association of Canada (PTAC) vowed to serve and fulfill their obligations of purposefully pursuing the mandate and mission of the remarkable Filipino-Canadian socio-professional organization.

The 20-year-old Philippine Teachers Association of Canada, a registered not-for-profit and volunteer-run outfit, held a swearing-in-ceremony during its "Annual Christmas Party" on

Secretary Mary Ann Santos, Asst. Secretary Jean Rose Reloba, Treasurer Marcial Singson, Asst. Treasurer Aisha Gomez, Auditor Grace De La Reyna, Asst. Auditor Donna Scutariu, PRO Joy Caliva, Asst. PRO Aileen Rendoque, Business Mgr. Mary Doris Redondo, and Asst. Bus. Mgr. Marie Ann Guiang. The Board of Directors consists of Veberly Belo, Marissa Ciacico, Robylie Gorospe, Rosalie Santiago Piga, Zenaida Ramos, Donnabel Reid, Rowena Sagun, Aniedel Singson, and Mary Anne Celine Villa. Retired Toronto Educator and Past PTAC President, Tony A. San Juan, presided over the induction of the 22-member



Executive Officers, Directors and members pose for souvenir of the induction and Christmas party held on Dec. 21, 2025.

December 21, 2025 at Edithvale Community Centre in North York, Toronto, Ontario. PTAC, established in May 2006, is mainly composed of former teachers and educators from the Philippines who are professionally certified by the Ontario College of Teachers (OCT), and are currently engaged as practicing teachers in various English school boards and educational institutions in Ontario.

Led by 4-terminer President, Cielito "Maharlika" Drapeza, among those inducted for the 2025-2027 term were Vice-President Maria Bernasor, Vice-President Richard Vinluan,

Executive Directorate.

The hardworking "mga punong abala na" party organizers, program participants, and volunteers consist of Mary Alaiza, France Ampioco, Maria & Manuel "Jun" Bernasor, Joy Caliva, Marissa Ciacico, Lex Gabrito, Aisha Gomez, Mariz Madarang, Roelle Perez, Jean Reloba, Aileen Rendoque, Gigi Reyes & daughter, Mary Ann Santos, Donna Scutariu, Marcial & Aniedel Singson, Celine Villa, Richard & Tess Vinluan, and other members. Sumptuous Pinoy festive favourites and potluck

From Page 6 Educators Group

dishes served were lechon, pancit, arroz caldo, chicken wings, embutido, fried rice, menudo, palabok, Bbqs, sisig, salads, "at mga kakanin, biko, buchi, prutas, puto, suman, pampalamig, atbp."

Guests and participants admirably characterized the holiday celebration-cum-induction event for its

distinctive fun-filled merriment, food sharing, gift-giving, challenging contests, musical entertainment, and heartwarming displays of professional love, respectful togetherness and collaboration in an aura of family-focused gathering..... the true essence of Christian tradition and unequivocal spirit of "Paskong Pilipino."

PIDC Elects New Executive Officers and Board of Directors

In a General Meeting at the Toronto City Hall on January 10, 2026, the membership of the Philippine Independence Day Council (PIDC) elected its new set of Executive Officers and Board Directors for the 2026-2028 term. Registered long-serving officers and new members of the association attended the significant event.

Among those named to the PIDC Executive Board are President - Tom Tan, Executive Vice President-

prominent organisation. Immediate Past President Agnes P. Miranda was appointed PIDC Adviser. The designated members of the PIDC Council of Leaders are Randy Bucao, Margie Doce, Aris Elefano, Jose Guiyab, Grant Karwacki, Maria Sherry Tan Lacson, Mrs Tan-Lacson, Rommel Lumbao, Charmaine Ramirez, David Ramirez, Camilo Tayag, Jacqueline Tayag, Yana Teves, and Nanding Ticzon.

The general election was



The 2026-2028 PIDC Executive Officers and Board Directors

Karen Pascual Binaday, Vice President for External Affairs - Aurora Elefano, Vice President for Internal Affairs - Gene Elamparo, Vice President for Special Projects - Carlos Cabañeros, Secretary - Chyrell Ronquillo, Assistant Secretary - Malou Lamang, Treasurer - Meriel Lumbao, Assistant Treasurer - Mary Jean Senador, Auditor - Ben Corpuz, Press Relations Officers - Suzy Llanera and Danny Orbillo, Business Managers - Cynthia Miranda and Justin Bella, Community Liaison Officers - Melinda Manlapaz and Bk Jimenez and Directors: Leonor Abad, Sonia Balinas, Helen Pico Lao, Jeff Mesina, and Ofelia Santiago.

Tom Tan will be serving his second term as head honcho of the

conducted by the Committee of Election (Comelec), chaired by Tony A. San Juan, a retired Toronto educator, was assisted by Maria Antonio, Association of Filipino Canadian Accountants (AFCA) Vice President. Aleli Andrada Fahigal, AFCA President and AFCA senior officer Emma Villanueva served as official election tabulators.

PIDC is a registered non-profit, community-based and volunteer-run organisation in Ontario for over 35 years. Its flagship program is the yearly-held Mabuhay Philippines Festival (MPF), proudly serving to promote and preserve Filipino heritage, history and culture in the province.



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BALITA SA WIKANG Tagalog

Pinas, hindi kasama sa visa suspension list ng US



Ang pahayag ay ginawa ni Romualdez kasunod ng ulat na simula sa Enero 21 ay ititigil muna ng US State Department ang lahat ng visa processing para sa mga bisita mula sa 75 bansa.

Mer Layson - Pilipino Star Ngayon

(16 Enero 2026)

MANILA, Philippines — Nilinaw kahapon ni Philippine Ambassador Jose Manuel Romualdez na hindi kasama ang Pilipinas sa listahan ng mga bansa na suspendido ang pagproseso ng US visa.

Ang pahayag ay ginawa ni Romualdez kasunod ng ulat na simula sa Enero 21 ay ititigil muna ng US State Department ang lahat ng visa processing para sa mga bisita mula sa 75 bansa.

"Philippines is not included," pagtiyak naman ni Romualdez, sa isang text message sa media.

Mga global experts tatalakayin ang Obesity at Diabetes Crisis sa Maynila

Doris Franche-Borja - Pilipino Star Ngayon Enero 16, 2026 | 12:00am

MANILA, Philippines — Tatlong world experts sa larangan ng medisina ang magbabahagi ng kanilang kaalaman sa endocrinology at diabetes sa gaganapting scientific event sa Pilipinas upang talakayin ang lumalalang krisis ng obesity at diabetes sa bansa.

Ayon sa Zuellig Pharma, isang nangungunang healthcare solutions company sa Asya, ang event na

pinamagatang "Twice as Bold: Breakthrough in Obesity and Leading-Edge in Diabetes" ay gaganapin sa Enero 26, 2026, ganap na alas-5:00 ng hapon sa SMX Convention Center.

Layon nitong ipakita ang pinakabagong siyentipikong kaalaman at mga makabagong estratehiya sa pamamahala ng obesity at Type 2 diabetes, dalawang kondisyon na

See Page 16 Global experts

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Albert Maganaka
Ph.D. Candidate, Educational Studies, Faculty of Education, McGill University

The Alpha Phi Omega Montreal Ottawa Alumni Association (APOMOAA) celebrated its Centennial Anniversary and formally inducted its 2025-2027 officers at Restaurant Olympia Grille in Saint Jean, Dollard des Ormeaux, on December 19, 2025. Members, alumni, and guests gathered for the milestone event, which highlighted the organization's continued commitment to leadership and community service.

Outgoing President Marcelita Legaspi-Lok opened the program by encouraging members to reflect on their journey, appreciate their achievements, and look ahead with optimism—continuing to inspire, motivate, and uplift one another. “We honor the trials we’ve overcome, the triumphs we’ve shared, and the bonds that unite us. Our strength comes not only from individual achievements but from our collective spirit, shared values, and commitment to a common purpose,” she said.

Montreal immigration lawyer Renz Ciron Grospe was the guest speaker. Specializing in economic immigration, family reunification,

Centennial Celebration Showcases APO Alumni's Community Work

inadmissibility, and humanitarian and compassionate (H&C) applications, he discussed how justice—a core value of APO—aligns with the principles guiding Canada’s immigration system. He emphasized fairness, transparency, and respect for human dignity as shared commitments between APO’s mission and Canada’s approach to welcoming newcomers.

The induction of APOMOAA’s 2025-2027 officers highlighted the celebration. Liberty Manzano-Frondoza took her oath as incoming president, together with the newly elected executive board and committee leaders. The new administration plans to strengthen APOMOAA’s programs and expand service efforts. Liberty thanked the officers and volunteers, noting the



Atty. Renz Ciron Grospe
Guest Speaker

group’s collective progress and pledging to foster unity, broaden outreach, and carry forward the legacy of past leaders.

Alpha Phi Omega (ΑΦΩ),

Golden Years in Montreal: Stories of Filipino Seniors

Perla, 70, came to Montreal in 1986 and is now a retired caregiver. “Life is short,” she says with a gentle smile. “Even though I stay home, I have time for myself and enjoy it. It’s time to rest. We only have one life to live; you can’t bring a single cent to your grave.” Her words echo the wisdom of aging—a theme that resonates deeply within Montreal’s Filipino community, where seniors navigate cultural values, migration histories, and Canada’s social support systems.

Canada remains among the world’s longevity leaders. Statistics Canada reported that life expectancy rose to 81.7 years in 2023—79.5 for men and 83.9 for women. About 7.6 million Canadians were aged 65 and older, representing 18.9% of the population. In Montreal, Direction régionale de santé publique de Montréal (DRSP, 2016) reported that nearly 130,000 seniors are immigrants. Filipino seniors are part of this group, contributing to the city’s diverse aging population.

For many Filipino seniors, the

journey to Canada was filled with hope—but also sacrifice. Most arrived decades ago as caregivers or skilled workers, determined to support families back home. “It wasn’t easy,” recalls Nenita, 69, who came to Montreal in 1988. “I left my two-year-old son in the Philippines and worked long hours here. I cried many nights, but faith kept me strong—God is my guide and strength. I don’t have any relatives here.” These stories reveal the resilience behind their sense of belonging—a pride earned through years of hard work, cultural adaptation, and unwavering commitment to family.

Despite sacrifices, many seniors find pride in their contributions—not only to their families but to their adopted country. Perla beams when talking about civic engagement: “As a Canadian citizen, I’m proud to exercise my right to vote. I supported our kababayan, Stephanie Valenzuela, who made history as the first Filipino Canadian elected borough mayor of Côte-des-Neiges–Notre-Dame-de-Grâce—a milestone for Montreal’s



Outgoing President Marcelita Legaspi-Lok welcomes the participants to the Centennial event.

commonly known as APO, is an international service fraternity and sorority founded by Frank Reed Horton on December 16, 1925, at Lafayette College in the United States. Guided by the motto “Be a Leader, Be a Friend, Be of Service,” APO also upholds the Scouting inspired call to “Do a Good Turn Daily.” In the Philippines, APO was established on March 2, 1950, at Far Eastern University in Manila and has since grown into one of the country’s most active and respected service oriented organizations.

During its general assembly in Montreal on December 15, 2024, APOMOAA’s 27 active members voted to rebrand the association as APOMO Alumni Association, reflecting the strengthened unity and shared commitment of alumni from both cities. The group also announced that the next APO Alumni Convention will take place in September 2027 in Toronto, with 34 alumni associations from

Filipino community.”

After decades of hard work, these seniors now reflect on their choices and dreams. Looking back on her younger years in Canada, Perla shared a candid regret: “If I could go back, I wouldn’t have done ‘hala bira’—grabbing every job opportunity and working endless hours just to send money to the Philippines.” Ramon, 70, who came to Montreal in 1990 and graduated with a BA in Fine Arts in Advertising from the University of the East, expressed a similar reflection: he regrets not studying French. “French opens doors to opportunities, especially for government jobs,” he says. For her part, Nenita, who also worked as a caregiver before retiring, shared her own reflection: “I should have studied nursing here in Montreal. It was my ambition. But I had to prioritize my son, whom I sponsored, and pay the bills, rent, and food.” Despite these challenges, Nenita eventually completed her Préposé aux bénéficiaires training and worked in a public hospital. “I’m benefiting from my three pensions now,” she says with pride. On second thought, she adds,

“As I have time for myself now, I’m thinking of studying nursing to

across North America expected to attend.

Beyond its annual celebrations including Independence Day, Fiesta sa Nayon, and the APO founding anniversary, the association remains deeply engaged in community service. Its ongoing and upcoming initiatives include a monthly feeding program in the Philippines, Christmas gift giving activities, blood donation drives with the Ottawa and Montreal Red Cross, food preparation support for homeless communities at the Ottawa Mission, and regular park cleanups and flower distribution efforts. It also organizes community building and fundraising activities such as poker or bingo socials, a lechon project, bike and garage sales for a cause, and a bazaar held in coordination with the Filipino Association of Montreal and Suburbs (FAMAS) Community Center.

exercise my brain cells. But French is a prerequisite.” These personal reflections align with findings from DRSP (2016), which reported that among immigrant seniors, one in five (20%) holds a university degree—a proportion comparable to that of Canadian-born seniors (22%).

Even in their golden years, they have found creative ways to keep busy, stay healthy, and stay connected. After retiring from his job as an electrical wiring staff member, Ramon now helps his wife clean a residential building. “It’s good for my health because I get daily exercise,” he explains. “Better than wandering around Van Horne, where Filipino seniors often gather.” Nenita stays active in church and occasionally provides private care, while Perla learns and enjoys using social media to keep in touch with loved ones in the Philippines.

After years of sacrifice, many seniors rely on Canada’s social safety net. The threshold for “senior” status typically aligns with eligibility for Old Age Security at age 65, with additional supports like the Guaranteed Income Supplement for low-income seniors. The Canada Pension Plan can start as

See Opposite Page 9 Golden Years

Retiring In The Philippines? Things you need to know

Dreaming about retiring in the Philippines? With its welcoming locals, slow-paced life, and stunning beaches, it's hard not to. These are some key things to keep in mind before you do.

If you want to spend your retirement in year-round warmth with the backdrop of rain forests and beaches, the Philippines may be your ideal option. The cost of living in the Philippines is significantly lower than in the U.S. and the government takes steps to make it especially welcoming to expats. But there are some pitfalls related to this move that you'll want to avoid. Before you decide to settle down and retire in the Philippines, it may be beneficial to speak with a financial advisor.

Foreign retirees in the Philippines have several housing options, but legal restrictions limit direct land ownership. While foreigners cannot own land, they can purchase

condominiums, as long as foreign ownership in a building does not exceed 40%. Another option is leasing land through long-term contracts, which can extend up to 50 years with a 25-year renewal.

For those interested in homeownership, one solution is buying property through a Philippine spouse or corporation. Marrying a local citizen allows joint ownership of a house, though the land must remain in the spouse's name. Alternatively, retirees can establish a domestic corporation, where at least 60% of shares are owned by Filipino citizens, enabling the entity to purchase land.

Those using an SRRV Classic visa can apply their deposit toward a property purchase, provided it meets the Philippine Retirement Authority's guidelines.

That said, it's important to

From Page 8 Golden Years
early as 60 (with reductions) or be deferred to 70 for higher benefits, according to the Government of Canada.

Perla expresses her gratitude: "It is God's given gift I'm here in Canada, given the opportunity to have free health services. It's a big help." Yet, health concerns remain a challenge for many. Nenita shared that at her age, managing her health has become more difficult—especially without a family doctor. "I had a family doctor before, but he retired and cannot refer me to another doctor, as it's not allowed. There's a database, but it's not easy—you get referred from one doctor to another. Sometimes, it takes four to five months to see a specialist." Her experience reflects a growing issue among seniors: access to consistent primary care in Quebec.

Biblically speaking, the Holy Scriptures honor aged people: "Is not wisdom found among the aged? Does not long-life bring understanding?" (Job 12:12). This verse reminds us of the value of learning from their insight. When asked what advice he would give to young Filipinos, Ramon encouraged: "Go back to school, learn French, master English, and upgrade your profession from the Philippines." His advice resonates with findings from DRSP (2016), which reported that 14% of immigrant seniors do not speak either English or French—a barrier that limits opportunities and access to services. Echoing this theme of perseverance, Nenita adds, "Kung gusto mong umangat, tiyaga lang" (If you want to succeed, just sacrifice or be patient). She also reminds, "Save money for your old age." Perla emphasizes, "Maintain balance in life—avoid overworking, and keep faith in God at the center of everything."

Filipino seniors in Montreal have built lives of resilience, faith, and hard work. As the Bible exhorts: "Stand up in the presence of the elderly and show respect for the aged. Fear your God. I am the Lord." (Leviticus 19:32).

This command underscores the cultural and spiritual importance of honoring older individuals and valuing their wisdom. The stories of Filipino seniors in Montreal remind us that aging is not merely about growing old—it is about growing in wisdom, strength, and grace. Their journeys reflect decades of sacrifice, perseverance, and unwavering faith, shaping lives that bridge two cultures and inspire future generations. From Perla's call to "live with balance—avoid overwork and keep God at the center" to Ramon's practical advice to "learn French and upgrade your profession," these voices echo a shared commitment to resilience and self-improvement.

The three testimonies shared here are just a glimpse of the many stories among Filipino senior citizens in Montreal—and across Quebec. Capturing their voices through formal research is essential, not only to preserve their narratives but to inform policies and programs that support aging immigrants. As Montreal's Filipino community continues to thrive, let us honor these elders—not only with words, but through action: by listening to their stories, valuing their contributions, and ensuring they have the support and spaces they deserve. In doing so, we strengthen the bonds of community and uphold the timeless wisdom that aging brings—a gift that enriches us all.

oo

Editor's Note

Pseudonyms are used for the three participants to protect their privacy and confidentiality. The stories shared reflect their lived experiences as Filipino seniors in Montreal—offering valuable lessons and insights for readers everywhere.

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Panoramic view of El Nido Bay from Tataw Cliff (getty)

research a potential location with laser focus. Some areas in the Philippines lack sufficient infrastructure. This means power outages and water stoppages can become the norm in some places. You're also going to want to have easy access to healthcare, banks and entertainment.

Access to Healthcare in the Philippines

Obtaining healthcare may be a challenge in the Philippines depending on where you stay. If you live in the capital, Manila, it's very easy to get access to healthcare. However, other areas lack sufficient healthcare facilities. This can pose a serious issue for those with chronic conditions or expats who require frequent medical attention.

But if you have easy access to hospitals, healthcare costs significantly lower than it does in the U.S. or Canada and you can easily sign up for a local health insurance plan. You can also apply for the government healthcare program PhilHealth. Unfortunately, however, hospitals in the Philippines don't accept traditional Medicare. Plus, many hospitals require payment at the point of service.

But if you're in the military, you may be able to access local VA clinics

Taxes for Retired Expats in the Philippines

The tax code in the Philippines is particularly friendly to expats. Resident aliens are taxed only on income they get from sources within the Philippines. Foreign-sourced income, including Social Security, pensions, and investment earnings, is not taxed as long as it is not remitted through a Philippine employer or business.

The taxes that you may have to

pay will depend on the type of income you receive. Compensation is basically paycheck income, which is taxed at a rate ranging from 0% to 35%.

Passive income is typically subject to what's known as final tax in the Philippines. The final tax has a flat rate of 20% for residents and 25% for non-residents. Again, this applies only if you work or generate passive income in the Philippines. If you plan to take a full retirement, the Philippines government won't tax the income you receive from a pension, 401(k), individual retirement account (IRA) or other type of retirement plan.

Safety in the Philippines

Despite its scenic beauty, the Philippines can get dangerous in some areas. One of the latest travel advisories issued by the U.S. State Department in May 2024 warned Americans to exercise "increased caution due to crime, terrorism, civil unrest and kidnapping."

The note particularly advised people to avoid travel to the following areas:

Sulu Archipelago, including the southern Sulu Sea

Marawi City in Mindanao

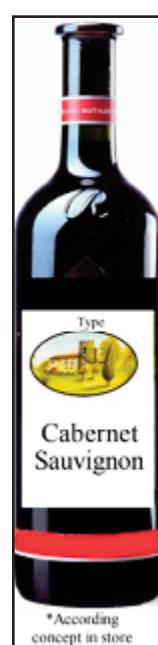
Other areas of Mindanao

In any case, you should review the Crime and Safety Report for the Philippines that the State Department issued.

Bottom Line

Retiring in the Philippines can be a great escape when done right. Overall, you're going to notice goods and services are cheaper than they are in the U.S. You can also find affordable

See Page 12 Retiring in the Phil.



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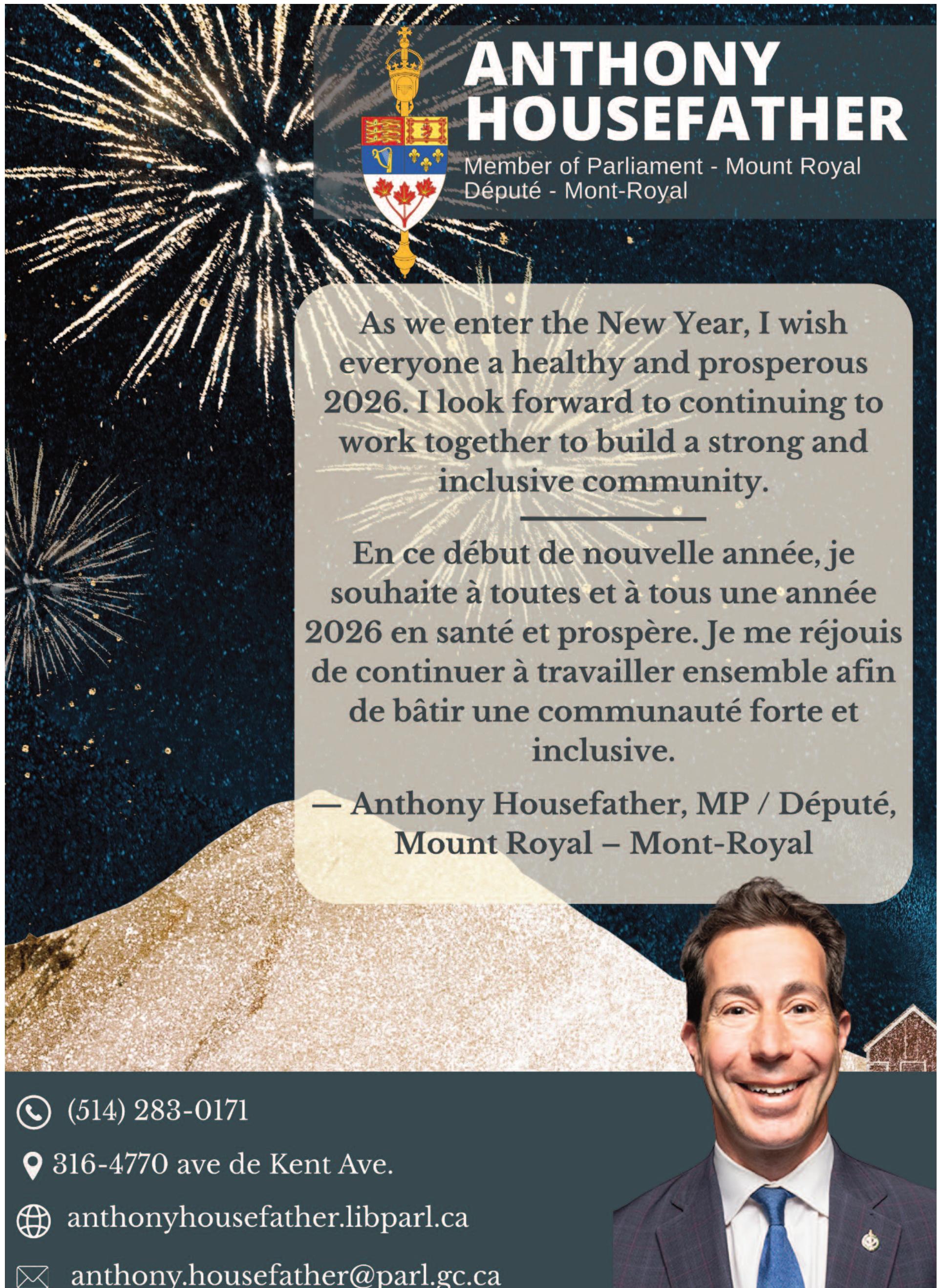
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As we enter the New Year, I wish everyone a healthy and prosperous 2026. I look forward to continuing to work together to build a strong and inclusive community.

En ce début de nouvelle année, je souhaite à toutes et à tous une année 2026 en santé et prospère. Je me réjouis de continuer à travailler ensemble afin de bâtir une communauté forte et inclusive.

**— Anthony Housefather, MP / Député,
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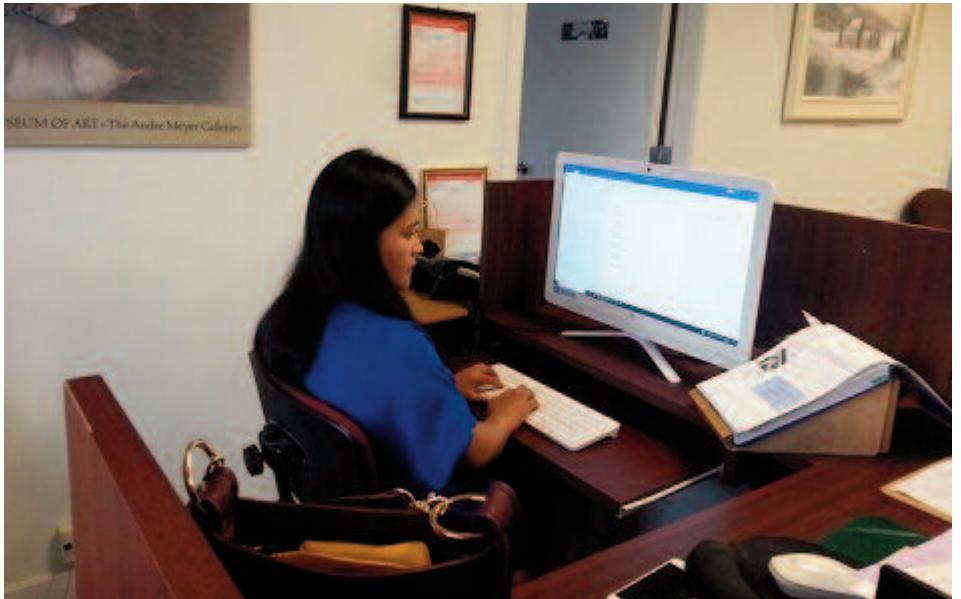
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PAB BATCH 8 graduates with their instructors: Terry White, Amy Manon-og, Director-General Z. Kharroubi, Edith Fedalizo, and Sophie Toledo. Photo taken on October 7, 2012 at La Cucina.



Presentation of proficiency certificates in French 1 & 2, 2019 Sunday class - L to R: Yuri Ynion, Lyka Ynion, Dalia Beleno, Director-General Zenaida Kharroubi, Maricris Monis, Joan Mendoza, and Randy Agno.



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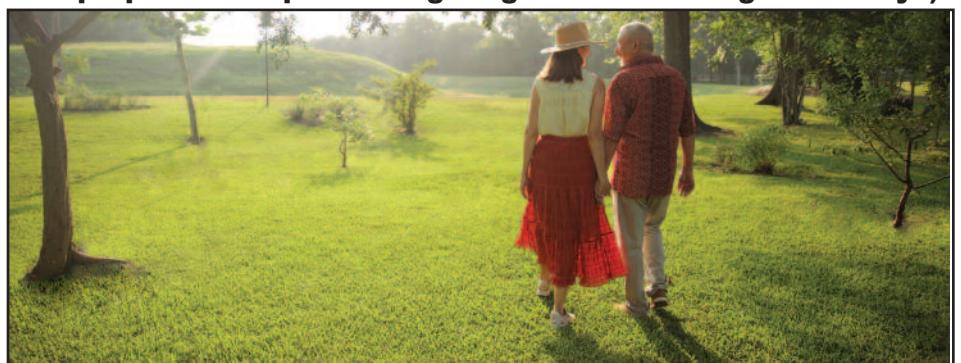
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Chicken Pesto Pasta

Ingredients
2 Tbsp. extra-virgin olive oil
2 (8-oz.) boneless, skinless chicken breasts, cut into 1" pieces
Kosher salt
4 garlic cloves, finely chopped
1/4 tsp. crushed red pepper flakes
1 3/4 cups water
3/4 cup heavy cream
8 oz. penne
1 oz. Parmesan, finely grated (about 1/2 cup)
2/3 cup store-bought or homemade pesto
Fresh basil, for serving (optional)

Directions
Step 1
In a medium skillet over medium heat, heat oil. Add chicken; season with 3/4 tsp. salt. Cook, stirring occasionally, until browned and an instant-read thermometer registers 160°, 4 to 5 minutes total. Transfer to a plate.

Step 2
In same skillet over medium heat, cook garlic and red pepper flakes, stirring, until fragrant, about 30 seconds. Add water, cream, and 1/2 tsp. salt and bring to a simmer. Add penne and cook, stirring occasionally, until pasta is al dente and liquid is reduced to a sauce that coats the pasta, 8 to 10 minutes.

Step 3
Stir in Parmesan and chicken and toss until cheese is melted and chicken is warmed through, about 2 minutes. Remove from heat and fold in pesto; if sauce feels dry, add water, 1 Tbsp. at a time, until a creamy sauce forms. Season with more salt, if needed. Top with basil (if using).



One-Pan Chimichurri Shrimp

Ingredients
3/4 tsp. coriander seeds
3/4 tsp. cumin seeds
1 lemon, zested, quartered

3/4 tsp. chili powder
5 Tbsp. extra-virgin olive oil, divided
1 1/4 tsp. plus a pinch of kosher salt, divided
1 lb. large shrimp, peeled, deveined
1/4 cup packed fresh cilantro
1/4 cup packed fresh parsley
2 Tbsp. packed fresh oregano
2 garlic cloves, finely chopped
2 Tbsp. red wine vinegar
1/2 tsp. crushed red pepper flakes
1 shallot, finely chopped
2 cups low-sodium vegetable or fish stock
Toasted crusty bread, for serving

Directions
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Step 1
In a large skillet over medium heat, toast coriander and cumin, stirring frequently, until fragrant and slightly darkened, 3 to 4 minutes. Let cool slightly. Transfer to a spice mill or mortar and pestle and grind into a powder. Wipe out skillet.

Step 2
Transfer ground spices to a medium bowl. Add lemon zest, chili powder, 1 Tbsp. oil, and 1 tsp. salt, then add shrimp. Toss to coat and let marinate at room temperature for 10 minutes.

Step 3
Meanwhile, finely chop cilantro, parsley, and oregano and transfer to a medium bowl. Add garlic, vinegar, red pepper flakes, 3 Tbsp. oil, and 3/4 tsp. salt and stir to combine.

Step 4
In same skillet over medium heat, swirl remaining 1 Tbsp. oil to coat pan. Add shallot and remaining pinch of salt and cook, stirring occasionally, until shallots start to brown around the edges, 3 to 4 minutes. Add shrimp and any remaining marinade to pan in a single layer. Cook, undisturbed, 2 minutes, then turn shrimp. Add stock and bring to a simmer. Cook, stirring occasionally, until shrimp is pink and cooked through, 1 to 2 minutes more.

Step 5
Top with chimichurri. Serve with lemon wedges and bread alongside.



Marry Me Gnocchi

Ingredients
2 Tbsp. extra-virgin olive oil, divided
3/4 cup finely chopped sun-dried tomatoes in oil

4 garlic cloves, finely chopped
1 Tbsp. fresh thyme
1/2 tsp. crushed red pepper flakes
1 (17-oz.) pkg. gnocchi
1 1/4 cups low-sodium chicken or vegetable broth
1/2 cup heavy cream
1/2 cup shredded Parmesan
2 Tbsp. fresh torn basil

Directions

bookmarks

Step 1

In a large skillet over medium heat, heat 1 Tbsp. oil. Add tomatoes and cook, stirring occasionally, until just starting to brown, 2 to 3 minutes. Add garlic, thyme, and red pepper flakes and cook, stirring, until fragrant, 1 to 2 minutes more.

Step 2

Push tomato mixture to edges of skillet and pour remaining 1 Tbsp. oil into the center. Add gnocchi and toss to coat in oil. Cook, undisturbed, 2 minutes, then stir in broth and cream to combine with tomato mixture. Bring to a simmer and cook, stirring occasionally, until gnocchi is tender and sauce is slightly reduced, 4 to 5 minutes.

Step 3

Stir in Parmesan. Top with basil.

pieces and fry until golden brown and cooked through, about 5-7 minutes. Remove from the pan and set aside. Make the Sauce: In the same pan, add the orange juice, sugar, and soy sauce. Stir and bring to a simmer.

Thicken the Sauce: Mix the cornstarch and water to create a slurry, then add it to the sauce. Stir until it thickens to your desired consistency.

Coat the Chicken: Return the chicken to the pan, tossing it in the sauce until well coated. Add the orange zest for that extra zing!

Serve: Dish it out over rice or your favorite grain, and enjoy this delicious homemade meal!



Kielbasa Black Bean Skillet

Equipment

skillet

Ingredients

1 14-ounce kielbasa sausage
1 14.5-ounce can fire-roasted diced tomatoes
1 15.5-ounce can black beans drained and rinsed
1/4 teaspoon pepper
1/4 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 cup beef broth
1/2 teaspoon kosher salt
rice, cooked for serving (see notes)
fried eggs for serving (optional)

Instructions

Slice kielbasa in 1/4" rounds. Heat a large skillet over medium heat.

Add kielbasa and sauté until lightly browned, about 5 minutes. If you're using a sausage with a higher fat content, feel free to drain excess fat at this point. Add tomatoes and rinsed beans, stirring to combine.

Add pepper, garlic powder, onion powder, and broth. Stir.

Bring to a low simmer for about 5 minutes, stirring occasionally, until sauce thickens slightly. Tip: As it's simmering, use a flexible spatula or wooden spoon to smash some of the beans-like pancakes. The smashed beans will thicken the mixture.

Remove from heat and serve over hot rice. If desired, you can throw a fried egg on each

Easy Orange Chicken

Ingredients:

1 pound boneless chicken breasts, cut into bite-sized pieces
3/4 cup all-purpose flour
2 large eggs, beaten
1/2 teaspoon salt
1/4 teaspoon black pepper

For the Sauce:

1 cup orange juice
1/2 cup sugar
2 tablespoons soy sauce
1 tablespoon cornstarch and 2 tablespoons water to thicken
Zest of 1 orange for added flavor

Instructions

Prepare the Chicken: Start by seasoning your chicken pieces with salt and pepper. Dredge each piece in flour, shaking off the excess, then dip them in the beaten eggs.

Fry the Chicken: Heat oil in a pan over medium heat. Once hot, add the chicken

From Page 9 Retiring in the Phil.

healthcare as long as you retire in a location close to hospitals. However, certain parts lack infrastructure and investment. Therefore, you're not likely to find easy access to healthcare in these places. Some areas are undergoing high crime rates that include terrorism threats. So be sure to review the location you want to stay in to make sure it's safe. But if you can find the right location, you can enjoy the beauty that the Philippines has to offer, from sandy beaches to vibrant rural areas where you can really relax.

Take Advantage of Convenient Residency Options

The Philippines offers several competitive retirement programs through its Philippine Retirement Authority. Most expat retirees opt for the Special Resident Retiree's Visa. You qualify if you're at least 50 years old and receive a pension worth

at least \$800 per month for an individual or \$1,000 per month for a couple. In addition, you'll be required to deposit \$10,000 into a Philippine bank. You can also qualify without a monthly pension by depositing \$20,000 in a local bank. This amount can be put toward a long-term lease or the purchase of a condo or townhouse valued at more than \$50,000.

In addition to granting you the ability to stay in the Philippines long term, a Special Resident Retiree's Visa also entitles you to PhilHealth, the government health care program, exemption from certain taxes and access to special Philippine Retirement Authority benefits, including its "Greet and Assist Program," where you're met on arrival at the airport.

With files from Kathleen Peddicord, May 28, 2025, Forbes website) and US News website.



Happy New Year to my faithful readers, my Tidbits friends, my Socialites! Anyone watched the numerous countdowns on TV on New Year's eve? Have you made your New Year's Resolution yet? No worries, you have all the time. Christmas has come and gone, the tinsel decorations neatly put away, and now let's savor the memorable times: children joyfully opening their gifts, teens celebrating with friends, some adults going on vacation, perhaps visiting our beloved Philippines. For some seniors, our common refrain is to talk about our various ailments at get togethers, all the while dancing (the Macarena, etc) at parties. So what do we look forward to in the New Year? Well, more parties of course. And the Filipino community does not disappoint. Its social calendar is already starting to get full. But let's also acknowledge some Christmas parties celebrated recently.

Nostalgia Party - Gilmore

December 13, 2025 was the date chosen by the Gilmore College International to hold their Christmas party. It was held at 7159 Côte-des-Neiges, Montréal. Former students faithfully attended this annual gathering. No doubt this is due to the warm esteem reserved for its owner and founder, Zeny Kharroubi. Her pioneering spirit and dogged determination made an incalculable contribution to the lives of those who passed its doors. This lady may be small in stature but she is big-hearted, even laboring to make her famous turkey, complete with all the trimmings. We hope that one day she will share her secret as to how she manages to do it all.

While awaiting for dinner to be served, some ladies even started to dance. Enjoying a meal together at Gilmore is more than celebrating Christmas. There was a lot of food and thus plenty of takeaways. The intimate setting was just right for me. At our table, my daughter Joy and I had the pleasure of chatting with power couple Cristy & Robin (a great storyteller!) Hunter. I think Robin's entertaining stories are quickly becoming a tradition to look forward to every Christmas. Thank you for a beautiful evening, Zeny!

Lunch With the Beauties - UPSQ

On December 20, 2025, the United Pilipino Seniors of Quebec (UPSQ), under the leadership of President Sir Gerry Danzil, assembled at 6767 Côte-des-Neiges on the 6th floor for a fun Christmas lunch. The opening ceremony was led by flag bearers Sir Patrick Gotera (Philippines), Sir Sheldon Cohen (Canada), and Sir Stephane Morin (Quebec). Yours truly was the emcee for the day from 11am to 4pm; it was another exciting task for me. I gave the Invocation, followed by the welcome address by President Gerry Danzil. An important Christmas message was delivered by Sir Al Abdon (Chairman, Filipino Heritage Society of Montreal, FHS). The presentation of the results of the UPSQ beauties were as follows: Queen Arianne

Social Tidbits

Montreal

Community

News

Fely Rosales Cariño

Palconi, First Princess Gabrielle Idio (Miss Teen UPSQ), and Second Princess Zairie Perew. After dinner, the crowd was entertained by a slew of musical extravaganza led by Miss Idio singing Merry Christmas. The Karaoke entertainers included Sir Gerry Danzil, Sir Patrick Gotera, Neil Balansi and many others. The dance floor was invaded by Merle Valiente, Espie Balansi, Remi Lopez, Margie Marcelo, and Sheldon Cohen among others. DJ Dance Music ensured that the audience maintained their dancing groove. The President's wife, Linda Danzil was also hard at work. In fact, one could say that she held two titles: First Lady and Most Hardworking member of the UPSQ. A lady in constant motion, she tended to the food preparations and coordinated the food donations until the closing of the festivities. And thank you to the ladies who gave a helping hand.

Christmas Party - CCFAQ

On the same day, December 20, 2025, there was another Christmas party in the evening in the same venue – 6767 Côte-des-Neiges. This time, the Council of Canadian Filipino Association of Quebec (CCFAQ) met in the Grand Salon reception area. The emcee for the evening was yours truly (again) and I thoroughly enjoyed it (again). Madam Alona Amano gave the Invocation and CCFAQ President, Sir Dario Boco (KGCR, Past Regional Commander) welcomed the guests. Two special dance numbers were performed to the delight of the crowd: Lady Cherry Palmos led D'Easy Dance Group while Madam Alma Tablada led the Mommies Dance Group! No matter what age, we Filipinos just love to dance. And we also love to sing. Those giving their best rendition were natural crooners Lady Eden Grace Balansi, Sir Julius Abad (KGOR, Area 2 Commander), and last but not least, Sir James de la Paz, KGCR, ECR Chancellor, CCFAQ Administrator, and (let's not forget) CCFAQ Founder. CCFAQ Vice President Sir Gerry Danzil (KGCR, Deputy Regional Commander) delivered the Christmas message of the evening. Lady Claire Boco supervised the giving of Christmas gifts to children. And to finish the program, Sir James de la Paz gave the Closing Remarks. See you next Christmas!

KOR Martyrdom Event

December 27, 2025 -The Knights of Rizal (KOR) Martyrdom event was held at the St. Kevin Parish Hall at 5600 Côte-des-Neiges. Sir Fred Espinosa, the emcee of the evening, made the event outstanding by his meticulous tending to changes and rearrangement of items in the program. And it was just mind boggling to see KOR members in their uniforms with medals flaunting their ranks. Madame Michelle Setlakwe (MNA, Mont-Royal, Outremont) was the Guest of Honor. In her speech, she acknowledged KOR efforts in organizing such significant events. The event was full of line dancers refusing to sit down because they wanted to dance the night away. Well, boys in uniform, we salute your unfailing endeavor to honor the

Philippines' greatest hero, Dr. Jose Rizal. The program started with the Awarding Ceremony. The Elevation to the 2nd Degree (Knight Officer Rizal) went to Sir Aries Varilla, KR and Sir Aristotle Cayabyab, KR (certificate only). The next award, the Exaltation to the 3rd degree (Knight Commander of Rizal) went to Sir Edgar Gevero (KOR) and Sir Jeffrey Buenafe, KOR. After the above presentation, Sir Hadjal Gatoc, KGOR, LM performed the Invocation. Flag bearers Sir Stephane Morin (Philippines), Sir Francis Bernabe (Canada), and Sir Ismael Calaunan (Quebec) stood on guard as the national anthems Lupang Hinirang and O Canada played. Sir Julius Abad (KGOR, LM) recited the Rizal Pledge and Sir Felix de Luna (KGOR, LM) narrated Rizal's "Mi Ultimo Adios (Huling Paalam, My Final Farewell). The laying of the wreaths were tasked to Sir Dario Boco (CCFAQ President, KGCR, Past Regional Commander, RC), Sir Rey Balansi (KGCR, Regional Commander, Eastern Canada, RC), Sir Gerry Danzil (Deputy RC), Sir James de la Paz (Chancellor), and Sir Felix de Luna (Regional Adviser). They were followed by KPR, ECR Executive Council, Chapter Commander and brother Knights, Kababaihang Rizalista, LKOR and other guests.

The second part of the program was kicked off by Sir Rey Balansi (KGCR, Regional Commander, Eastern Canada) as he delivered the Welcome Address. There were inspiring messages by MNA Madam Michelle Setlakwe, Sir Dario Boco and Sir Al Abdon. Special entertainers were D'Easy Line Dance Group, Momshies Dance Group, and Eden Grace Balansi.

Fireside Chat - Teachers

The members of the Quebec Association of Filipino Canadian teachers (QAFCT) held a special dinner at the Fireside Grill on Côte-Vertu last December 28, 2025. The menu was quite pricey but the company was priceless. In attendance were President Bing Estopa and husband Kennedy, Espie Balansi, Jeannette Pérignon, Joseph Gonzales and family, Elsa Montealegre & hubby, and some members of the QAFCT. Bing has made known her plans for the summer and fall seasons. Stay tuned.

Appreciation Night - SWIS

The first event of the New Year was organized by the Seniors of West Island and Suburbs (SWIS) on January 7, 2026. This was a red letter date for all the

hardworking members of the association. Chairwoman Lolita Odilio and the Executive Board decided to call the outing an "appreciation" event, in appreciation of the efforts of the group in making their past Christmas party a success. It was held at the Kamshing Restaurant at CDN Plaza on 6700 Côte-des-Neiges. Everyone enjoyed the food, from soup to dessert. Thank you Lolit and the Executive Board. Remember, we appreciate you and we are behind you when you call us to 'work'!

GALA - FILGA

On January 10, 2026, the Filipino Golden Agers (FILGA) gathered to celebrate Christmas at the Olympia Social Hall at 3855 St. Jean Boulevard. There was a lot of snow that night but this did not deter senior party goers. FILGA President Roland Salvador saw to it that the food was great and that the music was hot. And that's a check on both counts. People enjoyed the food and DJ Dennis Mayuga delivered fantastic tunes. DJ Dennis knows how to play to his clientele. He played many of the 50s, 60s, and 70s music. And sure enough, most of those present said they couldn't sit down; they were drawn to the dance floor. The music was just so good; hot, hot hot, in fact! Thank you, Dennis!

And emcee Dolly Belandres did her best and started the program early as the place was already full to capacity at 6pm. The national anthems were played, President Roland Salvador welcomed the guests, and Josefa Nicolas offered a prayer. After dinner, the Executive Board led the dancing! What a nice intro that was. And kudos to FILGA and its organizers. This was one party I've attended where the dance floor was full whether the music was rock and roll, cha cha, waltz, or line dancing. Can't wait for the next party; I'll be prepared with my dancing shoes.

In closing, let me encourage you this new year with a passage from the bible found in Job 11:14-18, "If iniquity is in your hand, put it far away, and let not injustice dwell in your tents. Surely then you will lift up your face without blemish; you will be secure and will not fear. You will forget your misery; you will remember it as waters that have passed away. And your life will be brighter than the noonday; its darkness will be like the morning. And you will feel secure, because there is hope; you will look around and take your rest in security."

See you next issue and God Bless!



A souvenir photo of Gilmore's Christmas potluck & fellowship party, 12/13/25.

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FILIPINO STAR

SHOWBIZ GOSSIP

Heart Evangelista gears up for 2026 events



Heart Evangelista

The ever-inspiring style icon is stepping boldly into 2026, her calendar already brimming with exciting opportunities. Heart Evangelista — artist, entrepreneur, and philanthropist — returns to her passion and purpose after a well-deserved holiday, reminding us all that every new year is a chance to chase our dreams anew.

Brands and creative collaborators are eagerly anticipating her next moves, especially as the upcoming fashion and lifestyle events set to define the year approach. Her presence continues to ignite excitement and creativity in everyone she works with.

Observers agree: when

Heart Evangelista graces the runways of Europe's fashion weeks, the energy shifts and the atmosphere sparkles with new possibilities.

Over the past year, Heart has opened doors and conquered fashion weeks that once seemed out of reach for Filipino and other Asian artists—proving that ambition and authenticity can break barriers.

Based on Favikon's study, Heart is ranked 8th in the "Top 20 Instagram Influencers in the Philippines in 2026" by reach, growth, and engagement.

Year of the Horse

Heart's birthday, Feb. 14, 1985, falls under the Year of the Ox. And the forecast for those born in the Year of the Ox, in the Year

of the Horse for 2026, is good. People born in the Year of the Ox are said to be consistently hardworking and have a strong sense of responsibility.

Oxen are said to have great courage when it's time to step up and overcome any difficulty, which makes them strong. They are also said to be intelligent and reliable, but never ask for praise.

It's no wonder that resilience is the Ox's greatest strength—resourceful, courageous, and steadfast, giving up is never an option. This spirit defines Heart herself, whose journey inspires us all to rise above challenges and embrace each new year with hope and determination. ■

John Lloyd Cruz, Isabel Santos spark split rumors after Instagram unfollowing



John Lloyd Cruz and Isabel Santos

Chronically online Filipino fans were quick to notice that actor John Lloyd Cruz no longer follows his girlfriend Isabel Santos and vice versa, prompting talks that the two may have split.

A quick look at each other's Instagram profiles — [johnlloydcruz83](#) for John Lloyd and [isabelreyesantos](#) for Isabel — shows that neither individual is on the other's followers list.

Isabel, a descendant of the late Mauro "Malang" Santos and John Lloyd, started dating in 2022. But their relationship was publicized until the actor confirmed it in October 2023.

The couple continued to keep their relationship private, rarely posting pictures of themselves or of the other person.

John Lloyd has a co-parenting set-up with ex-partner Ellen Adarna for their son Elias. Ellen herself is in the middle of break-up talks with husband Derek Ramsay.

Ellen, John Lloyd and Isabel were all present for a piano recital featuring Elias last month. ■

Kris Aquino gets new haircut amid recovery following surgery



Kris Aquino and Jonathan Velasco

Kris Aquino received a much-needed glam boost through a fresh haircut while recovering from her minor operation that briefly "stopped her breathing."

Hair and makeup artist Jonathan Velasco took to Instagram on Friday, Jan. 16, to share snaps of his visit to the Queen of All Media at St. Luke's Medical Center-BGC, where Aquino is currently staying while on recovery.

The post includes a clip of Velasco giving Aquino a sleek bob cut while she is in her hospital gown. The actress-host is all smiles while posing for photos with her longtime hairstylist.

"New hair, same brave spirit. Madam [@krisaquino] is on the mend! Please continue to

keep her in your thoughts and prayers as she gets stronger every day," wrote Velasco in his caption.

In the comments section, Aquino wrote, "I am literally so grateful to be breathing." Fans also left comments to express their gladness upon seeing the actress in high spirits amid her condition.

The former "Kris TV" host, who continues to battle several autoimmune diseases over the past years, earlier revealed that she underwent a minor PICC line procedure, which "stopped her breathing" for nearly two minutes.

Following the surgery, actor-turned-politician Robin Padilla, among others, appealed to the public to pray for Aquino. ■

Ogie Alcasid laments paying taxes while 'not knowing' where contributions go



Ogie Alcasid

Ogie Alcasid admitted that paying taxes can be "emotionally exhausting," especially when taxpayers don't

know whether their contributions are being properly safeguarded.

Alcasid took to social

media on Thursday, Jan. 22, to reflect on his upcoming tax deadline as he emphasized that Filipinos deserve an "honest government."

"This morning after my prayers and devotion, my accountant alerted me that taxes will be paid again and [the] deadline is on Monday. It can take a toll on us when we see how much we part with the hard work we put in and not knowing if our contributions are safeguarded," he wrote.

"Perhaps God wanted me to pray harder for this country. We Filipinos deserve an honest government. Lord, please help the Philippines," the

singer-host concluded his post.

Since last year, celebrities have been expressing their frustrations about the misuse of Filipinos' taxes amid corruption and the anomalous flood-control projects.

Alcasid's wife, Regine Velasquez, earlier expressed her dismay toward the Philippine government as she stressed how Filipino taxpayers do not deserve the poor public service they experience.

Dennis Trillo also previously said that taxpayers could have put their money to better use by giving it to charities instead.

Anne Curtis reflects on grief, expresses longing for late dad James



Anne Curtis and her late dad James Curtis-Smith

Anne Curtis got candid about how grief "comes in waves," as she left Australia where her late dad James Curtis-Smith was laid to rest.

The actress-TV host remembered her father by compiling their treasured moments from when she was a kid to when she got married, through her Instagram page on Friday, Jan. 16.

"Left Australia with a heavy heart, yet in my memories, we'll never part dad," she said in the caption. "I'll see you when I see you, my huckleberry friend, my gentle giant, my father dearest — always, until then."

"The grief comes in waves. The pain may pass

(occasionally popping in to say hi) but remembering the special little moments I had with Dad is something I'll always do," she stated.

Anne expressed her gratitude to those who have comforted their family in this time of grief. She also assured fans of her return to the noontime program "It's Showtime" soon.

"Need me some of that endless laughter," the show host concluded her post.

Celebrity friends including her fellow show hosts Vhong Navarro, Ogie Alcasid and Ryan Bang then sent prayers and well-wishes to Anne via the comments section.

Showbiz Gossip *Continued from p.15*

Joseph Marco earns praise after feeding homeless cat



Joseph Marco feeding a stray cat outside of a gym.

Joseph Marco is earning online praise after he was spotted feeding a stray cat in Pangasinan.

Marco's generous act was captured by Alshan Ehrin, who shared the photo in a Facebook group for cat lovers. The encounter took place outside a fitness gym in Dagupan City, Pangasinan.

The photo went viral on social media, with netizens praising the actor for his good deed toward animals.

In 2023, Marco was praised

by Sharon Cuneta, who called him a "saint" for saving a wounded cat that he chanced upon in the street in Makati.

The 37-year-old actor began his career through TV commercials before he transitioned to acting in 2007 appearing in the shows "La Vendetta" and "Dyesebel."

He also appeared in the ABS-CBN's shows "Sabel," "Honesto," "Pasión de Amor" and "Wildflower." ■

Catriona Gray to make acting debut in 'The Loved One'



Catriona Gray in a scene from "The Loved One."

"The Loved One" marks Catriona Gray's highly anticipated acting debut, adding to her impressive list of accomplishments. Since her Miss Universe 2018 win, Catriona has consistently proven herself as a multi-talented artist. With the trailer keeping details under wraps, fans are eagerly speculating about how Catriona will portray her character and how she will fit into

the film's intricate storyline. With acclaimed writer-director Irene Emma Villamor, known for her thought-provoking storytelling, at the helm, audiences can expect Catriona to bring a unique dimension to the film. Catch "The Loved One" in cinemas starting Feb. 11, produced by Cornerstone Studios and Viva Films.

Richard Gutierrez, Barbie Imperial confirm relationship: 'We weren't hiding'



Barbie Imperial and Richard Gutierrez

After two years of being hounded by romance rumors, Richard Gutierrez and Barbie Imperial have finally set the record straight on their relationship and confirmed that they're dating.

Gutierrez and Imperial

went public with their relationship in an exclusive interview with ABS-CBN News on Monday, January 19, during a promo event for their upcoming drama "Blood vs Duty."

The actress reiterated

that they never hid their relationship from the public, saying that it was their decision to keep their romance private.

"Can I just say that we weren't hiding. We just chose to have a private relationship talaga [because] we know na ayaw namin ng... What people don't know they can't ruin," she said.

Meanwhile, Gutierrez said keeping their romance private has been a decision they've agreed with from the beginning.

"I agree. From the beginning, gan'un talaga. We

From Page 7 Global Experts

ngayon ay magkakaugnay at bumubuo ng isang seryosong cardiometabolic crisis sa Pilipinas.

Sa kasalukuyan, milyun-milyong Pilipino ang apektado ng labis na timbang at metabolic dysfunction. Ang patuloy na pagtaas ng obesity at diabetes

want to keep things private. Mas relaxed 'yung ganun, mas gusto namin 'yung ganun (It's more relaxed this way. We prefer it)," he said.

Before confirming their relationship, Gutierrez and Imperial have long kept mum about their status despite being seen together on multiple occasions, as well as appearing together in events.

They have also skillfully dodged questions about the real score between them.

ay nagdudulot ng libu-libong maiwasang pagkamatay at nagpapabigat sa sistemang pangkalusugan ng bansa.

Kabilang sa mga magsasalita sina Luc Van Gaal, sa obesity at metabolic disorders; David Cummings, gut hormones at energy regulation; at si Roger Chen, beteranong endocrinologist at akademiko mula Australia

A volatile political atmosphere prevails in Quebec with two leaderless parties to hold a leadership race

(Montreal, January 21, 2026 - By Z.F.Kharroubi) - The political atmosphere in Quebec is highly volatile due to the recent resignation of Premier François Legault and the upcoming leadership races for the two main parties. The political landscape is in flux, with the Parti Québécois (PQ) currently leading in opinion polls ahead of the general election scheduled for October 5, 2026.

Premier Legault resigned on January 14, 2026, due to declining support after over seven years in power. He will stay on until the Coalition Avenir Québec (CAQ) chooses a new leader.

The CAQ is establishing rules for its first leadership contest to replace Legault. Some prominent ministers have declined to run.

The PQ, led by Paul St-Pierre Plamondon, is ahead in polls and intends to hold a sovereignty referendum if elected. Legault has expressed concerns about the potential economic impact of the PQ's plan.

On the other hand, the Liberal Party is also holding a leadership race following Pablo Rodriguez's resignation in December 2025 amidst scandal and internal issues. Marc Tanguay is the interim leader, with the new leader expected on March 14, 2026.

Québec Solidaire is performing poorly in polls, and Conservative Party leader Éric Duhaime is seeking a seat in the National Assembly.

The main issues currently being discussed are:

Economy: A significant majority of Quebecers (59%) no longer trust the CAQ government on economic matters.

French Language: The protection of the French language is a major concern, particularly in Montreal.

Sovereignty: The PQ's focus on independence has reignited the sovereignty debate, although public support for sovereignty remains around 35 per cent.

Electoral Map Changes: New electoral boundaries have been finalized, adding two ridings and altering 51 of the province's 125 electoral districts for the upcoming election.

CAQ members who may replace Legault

Simon Jolin-Barrette - Currently, the Justice Minister and has been the CAQ parliamentary leader since October 2018.

Christine Fréchette - Energy Minister, will announce her decision soon. Fréchette entered provincial politics with the CAQ, winning the riding of Sanguinet during the October 2022 provincial election. Considered a high-profile candidate, she was immediately named immigration and French-language minister by Legault. On Sept. 5, 2024, Fréchette was



Marc Tanguay, left, will once again become the interim leader of the Quebec Liberal Party following the resignation of Pablo Rodriguez, who is standing to his right in this photo. (Ivanoh Demers/Radio-Canada - image credit)

tapped to replace Pierre Fitzgibbon as economy, innovation and energy minister.

Bernard Drainville - A star

and work with the other provinces to address the threats. So, that's what I'm thinking right now," Drainville told reporters on Jan. 21, adding he has



Quebec Liberal Party leadership candidate Charles Milliard, pictured during the party leadership debate in Laval on Saturday, May 3, 2025. THE CANADIAN PRESS/Christopher Katsarov Christopher Katsarov

candidate during the 2022 provincial election, Drainville won the Quebec City-area riding of Lévis, and served as education minister until September 2025, when he was moved to the environment portfolio. "I think we need to rely on experience, and I think we need to unite Quebecers, not bicker,

the green light from his family to run but is waiting to see the rules of the leadership race.

François Bonnardel - Member for the riding of Granby, in the Eastern Townships. After winning in 2018, he was named transport minister under Legault's first government. In 2022,



Quebec government House Leader Simon Jolin-Barrette responds to the Opposition during question period Friday, June 14, 2019 at the legislature in Quebec City. François Legault, right, looks on. THE CANADIAN PRESS/Jacques Boissinot

during the party's second mandate, he held the role of public security minister until he was shuffled out of cabinet in September 2025. That shuffle coincided with the fallout from the \$500-million cost-overrun scandal at the province's auto insurance board, over which he oversaw during his time as transport minister. Bonnardel later told a public inquiry he was kept in the dark about the rising costs with the project for a new online platform at the auto board. He said he was extremely disappointed with being forced from cabinet, but remained in caucus.

"It's much too early to ask me that question," Bonnardel told Paul Larocque of TVA following Legault's announcement, saying that before making a decision on running for party leader, he would need to know the rules of the leadership race.

Jean-François Simard - Simard was first elected to the legislature with the Parti Québécois in 1998 in the Quebec City-area riding of Montmorency, serving until 2003, when he was defeated by the Liberal candidate. He returned to provincial politics in 2018, winning the riding while running for the CAQ. He was re-elected in 2022 and in September 2025 he was named natural resources minister and minister for the Quebec City region during a major cabinet shuffle.

"The upcoming leadership race must be centred on ideas. I intend to contribute actively to it in one way or another. Whatever happens, the (Quebec City region) must continue to shine and remain fully involved in the major decisions to come," Simard said Monday on social media.

As of January 2026, the Liberal Party of Quebec (PLQ) is conducting a leadership race to replace Pablo Rodriguez, who resigned in December 2025 following a campaign financing scandal. The new leader will be elected on March 14, 2026.

LPQ Declared Candidates

Charles Milliard: The current frontrunner and first to officially enter the race. A businessman, pharmacist, and former head of the Quebec Federation of Chambers of Commerce, Milliard finished second in the 2025 leadership race. He holds the support of nearly the entire Liberal caucus.

Mario Roy: A farmer and economist from Beauce who also ran in 2025, finishing fifth. He has declared his intention to run but faces requirements to raise significant funds and signatures by the February 13 deadline.

Registration Deadline: Candidates have until February 13, 2026, to submit their official candidacy.

Requirements: Hopefuls must collect 750 signatures from members in good standing and pay a \$30,000 deposit. #

From Page 5 Carney's speech

from its truth, but from everyone's willingness to perform as if it were true, and its fragility comes from the same source. When even one person stops performing, when the green grocer removes his sign, the illusion begins to crack. Friends, it is time for companies and countries to take their signs down.

For decades, countries like Canada prospered under what we called the rules-based international order. We joined its institutions, we praised its principles, we benefited from its predictability. And because of that, we could pursue values-based foreign policies under its protection.

We knew the story of the international rules-based order was partially false that the strongest would exempt themselves when convenient, that trade rules were enforced asymmetrically. And we knew that international law applied with varying rigour depending on the identity of the accused or the victim.

This fiction was useful, and American hegemony, in particular, helped provide public goods, open sea lanes, a stable financial system, collective security and support for frameworks for resolving disputes.

So, we placed the sign in the window. We participated in the rituals, and we largely avoided calling out the gaps between rhetoric and reality.

This bargain no longer works. Let me be direct. We are in the midst of a rupture, not a transition.

Over the past two decades, a series of crises in finance, health, energy and geopolitics have laid bare the risks of extreme global integration. But more recently, great powers have begun using economic integration as weapons, tariffs as leverage, financial infrastructure as coercion, supply chains as vulnerabilities to be exploited.

You cannot live within the lie of mutual benefit through integration, when integration becomes the source of your subordination.

The multilateral institutions on which the middle powers have relied – the WTO, the UN, the COP – the architecture, the very architecture of collective problem solving are under threat. And as a result, many countries are drawing the same conclusions that they must develop greater strategic autonomy, in energy, food, critical minerals, in finance and supply chains.

And this impulse is understandable. A country that can't feed itself, fuel itself or defend itself, has few options. When the rules no longer protect you, you must protect yourself.

But let's be clear eyed about where this leads.

A world of fortresses will be poorer, more fragile and less sustainable. And there is another truth. If great powers abandon even the pretense of rules and values for the unhindered pursuit of their power and interests, the gains from transactionalism will become harder to replicate.

Hegemons cannot continually monetize their relationships.

Allies will diversify to hedge against uncertainty.

They'll buy insurance, increase options in order to rebuild sovereignty – sovereignty that was once grounded in rules, but will increasingly be anchored in the ability to withstand pressure.

The North American Filipino Star

This room knows this is classic risk management. Risk management comes at a price, but that cost of strategic autonomy, of sovereignty can also be shared.

Collective investments in resilience are cheaper than everyone building their own fortresses. Shared standards reduce fragmentations. Complementarities are positive sum. And the question for middle powers like Canada is not whether to adapt to the new reality – we must. The question is whether we adapt by simply building higher walls, or whether we can do something more ambitious.

Now Canada was amongst the first to hear the wake-up call, leading us to fundamentally shift our strategic posture.

Canadians know that our old comfortable assumptions that our geography and alliance memberships automatically conferred prosperity and security – that assumption is no longer valid. And our new approach rests on what Alexander Stubb, the President of Finland, has termed "value-based realism".

Or, to put another way, we aim to be both principled and pragmatic – principled in our commitment to fundamental values, sovereignty, territorial integrity, the prohibition of the use of force, except when consistent with the UN Charter, and respect for human rights, and pragmatic and recognizing that progress is often incremental, that interests diverge, that not every partner will share all of our values.

So, we're engaging broadly, strategically with open eyes. We actively take on the world as it is, not wait around for a world we wish to be.

We are calibrating our relationships, so their depth reflects our values, and we're prioritizing broad engagement to maximize our influence, given and given the fluidity of the world at the moment, the risks that this poses and the stakes for what comes next.

And we are no longer just relying on the strength of our values, but also the value of our strength.

We are building that strength at home.

Since my government took office, we have cut taxes on incomes, on capital gains and business investment. We have removed all federal barriers to interprovincial trade. We are fast tracking a trillion dollars of investments in energy, AI, critical minerals, new trade corridors and beyond. We're doubling our defence spending by the end of this decade, and we're doing so in ways that build our domestic industries.

And we are rapidly diversifying abroad. We have agreed a comprehensive strategic partnership with the EU, including joining SAFE, the European defence procurement arrangements. We have signed 12 other trade and security deals on four continents in six months. The past few days, we've concluded new strategic partnerships with China and Qatar. We're negotiating free trade pacts with India, ASEAN, Thailand, Philippines and Mercosur.

We're doing something else. To help solve global problems, we're pursuing variable geometry, in other words, different coalitions for different issues based on common values and interests. So, on Ukraine, we're a core member of the Coalition of the Willing

and one of the largest per capita contributors to its defence and security.

On Arctic sovereignty, we stand firmly with Greenland and Denmark, and fully support their unique right to determine Greenland's future.

Our commitment to NATO's Article 5 is unwavering, so we're working with our NATO allies, including the Nordic Baltic Gate, to further secure the alliance's northern and western flanks, including through Canada's unprecedented investments in over-the-horizon radar, in submarines, in aircraft and boots on the ground, boots on the ice.

Canada strongly opposes tariffs over Greenland and calls for focused talks to achieve our shared objectives of security and prosperity in the Arctic.

On plurilateral trade, we're championing efforts to build a bridge between the Trans Pacific Partnership and the European Union, which would create a new trading bloc of 1.5 billion people. On critical minerals, we're forming buyers' clubs anchored in the G7 so the world can diversify away from concentrated supply. And on AI, we're cooperating with like-minded democracies to ensure that we won't ultimately be forced to choose between hegemons and hyper-scalers.

This is not naive multilateralism, nor is it relying on their institutions. It's building coalitions that work – issues by issue, with partners who share enough common ground to act together.

In some cases, this will be the vast majority of nations.

What it's doing is creating a dense web of connections across trade, investment, culture, on which we can draw for future challenges and opportunities.

Argue, the middle powers must act together, because if we're not at the table, we're on the menu.

But I'd also say that great powers, great powers can afford for now to go it alone. They have the market size, the military capacity and the leverage to dictate terms. Middle powers do not.

But when we only negotiate bilaterally with a hegemon, we negotiate from weakness. We accept what's offered. We compete with each other to be the most accommodating.

This is not sovereignty. It's the performance of sovereignty while accepting subordination. In a world of great power rivalry, the countries in between have a choice – compete with each other for favour, or to combine to create a third path with impact.

We shouldn't allow the rise of hard power to blind us to the fact that the power of legitimacy, integrity and rules will remain strong, if we choose to wield them together – which brings me back to Havel.

What does it mean for middle powers to live the truth?

First, it means naming reality. Stop invoking rules-based international order as though it still functions as advertised. Call it what it is – a system of intensifying great power rivalry, where the most powerful pursue their interests, using economic integration as coercion.

It means acting consistently, applying the same standards to allies and rivals. When middle powers criticize economic intimidation from one direction, but stay silent when it comes from another, we are keeping the sign in the window.

It means building what we claim

to believe in, rather than waiting for the old order to be restored. It means creating institutions and agreements that function as described. And it means reducing the leverage that enables coercion – that's building a strong domestic economy. It should be every government's immediate priority.

And diversification internationally is not just economic prudence, it's a material foundation for honest foreign policy, because countries earn the right to principled stands by reducing their vulnerability to retaliation.

So Canada. Canada has what the world wants. We are an energy superpower. We hold vast reserves of critical minerals. We have the most educated population in the world. Our pension funds are amongst the world's largest and most sophisticated investors. In other words, we have capital, talent... we also have a government with immense fiscal capacity to act decisively. And we have the values to which many others aspire.

Canada is a pluralistic society that works. Our public square is loud, diverse and free. Canadians remain committed to sustainability. We are a stable and reliable partner in a world that is anything but.. A partner that builds and values relationships for the long term.

And we have something else. We have a recognition of what's happening and a determination to act accordingly. We understand that this rupture calls for more than adaptation. It calls for honesty about the world as it is.

We are taking the sign out of the window. We know the old order is not coming back. We shouldn't mourn it. Nostalgia is not a strategy, but we believe that from the fracture, we can build something bigger, better, stronger, more just. This is the task of the middle powers, the countries that have the most to lose from a world of fortresses and most to gain from genuine cooperation.

The powerful have their power.

But we have something too – the capacity to stop pretending, to name reality, to build our strength at home and to act together.

That is Canada's path. We choose it openly and confidently, and it is a path wide open to any country willing to take it with us. Thank you very much.

Source: World Economic Forum blog

INVITATION TO FILIPINO-CANADIAN FAMILIES TO A CHESS TOURNAMENT

Homeschool families are invited to a beginner-friendly over-the-board chess tournament in Dorval, QC (West Island) on **Sunday, January 25**. The event serves as a Qualifier for the Défi Échiquéen du Québec 2026 and the 2026 Canadian Youth Chess Championships (CYCC), with sections for all age categories and school grades. First-time players are welcome – we provide guidance on sections and tournament etiquette. Children may use any language they wish during play; our staff and volunteers support families in French, English, and Spanish (and additional languages when available).

Full info / registration:

<https://fqecheqs.qc.ca/vue/clubs/content.php?Id=16089> - Submitted by:Diana Tsypina
Vice-présidente, Fédération québécoise des échecs (FQE) - International Arbiter, World Chess Federation
https://ratings.fide.com/profile/2631717/arbiter_organizer

Brief international news updates

As of January 16, 2026, the Gaza peace plan—officially known as the Comprehensive Plan to End the Gaza Conflict—has entered its second phase. This transitional stage aims to shift from a fragile ceasefire to long-term governance and security arrangements.



GAZA CITY, Palestinian Territories, Jan 17, 2026 (BSS/AFP) - From his tent in Gaza City, Mahmoud Abdel Aal said residents were frustrated and worried because nothing had changed in the Palestinian territory since the start of the US-brokered ceasefire's second phase.

1. Governance and Oversight

The plan establishes a two-tiered structure to manage Gaza during the

transition:

- National Committee for the Administration of Gaza (NCAG): This is a 15-member interim technocratic government led by Ali Shaath, a former Palestinian Authority official. It held its first meeting in Cairo on January 16, 2026, to discuss daily

administration and the delivery of public services.

- Board of Peace (BoP): An

As of January 16-17, 2026, the war in Ukraine is characterized by a severe winter energy crisis, continued Russian territorial advances in the Donbas, and intense diplomatic maneuvering led by the United States.

Current Military Situation

- Territorial Shifts: Russian forces captured five settlements in the Zaporizhzhia and Donetsk regions this week, including Zakotnoye and Zhovtnevoe. Russia claims to have seized over 300 square kilometers of territory in the first half of January 2026.

- Intense Frontline Fighting: Heavy clashes continue near the strategic logistics hub of Pokrovsk and around Kharkiv, where Ukrainian forces reportedly destroyed a unit of 70 Russian soldiers during a recent assault.

- New Weaponry: Russia has recently deployed a new, more resilient type of Shahed-type drone and has utilized the Oreshnik hypersonic ballistic missile in strikes against Ukrainian infrastructure.

- Casualties: The UN reports that 2025 was the deadliest year for Ukrainian civilians since the start of the

full-scale invasion, with over 2,500 conflict-related deaths.

The Energy Crisis

- "Weaponization of Winter": Sustained Russian missile and drone attacks have crippled Ukraine's power grid. President Zelenskyy declared a state of emergency in the energy sector on January 14, 2026, noting that the system can currently only meet 60% of the country's electricity needs.

- Humanitarian Impact: In Kyiv and other major cities, residents are facing sub-zero temperatures (dropping to -19°C) without consistent heat, water, or power. Over one million people were left without basic utilities following a single wave of strikes in early January.

Diplomatic and Political Developments

- Trump Peace Proposals: U.S. President Donald Trump is actively pushing a 20-point draft peace deal. While the Kremlin has voiced support for Trump's framework, President Zelenskyy has expressed concern that it may require unacceptable territorial concessions and lacks sufficient security guarantees.

- International Support:

international oversight panel chaired by U.S. President Donald Trump. It includes members such as Marco Rubio, Jared Kushner, Tony Blair, and Mark Carney. Bulgarian diplomat Nickolay Mladenov serves as its director-general and representative on the ground.

2. Security and Demilitarization

- Hamas Disarmament: Phase two explicitly calls for the "decommissioning of Hamas' weapons" and the destruction of all offensive infrastructure. While Hamas has expressed willingness to hand over governmental functions, its commitment to full disarmament remains a major obstacle.

- International Stabilization Force (ISF): A temporary multinational force is planned to replace the Israel Defense Forces (IDF) as they progressively withdraw. While countries like Indonesia, Morocco, and Turkey have been discussed as contributors, the formal composition of the force remains unconfirmed.

3. Humanitarian and Reconstruction Efforts

- Aid and Infrastructure: The

France and the UK have signed a declaration of intent to deploy troops to Ukraine to help maintain a potential peace deal.

The European Union recently

plan targets a massive reopening of humanitarian aid, with the UN reporting that basic food needs are currently being met, though winter conditions remain catastrophic.

- Economic Redevelopment: A large-scale reconstruction effort, estimated to cost over \$50 billion, is planned under BoP oversight. This includes the creation of a special economic zone with preferred tariffs to attract investment.

4. Current Status and Challenges

- Hostages: The start of phase two was marked by a final demand for the return of the body of the last deceased Israeli hostage, Ran Gvili. Ceasefire Violations: Despite the transition to phase two, intermittent violence continues, with reports of over 1,100 ceasefire violations by early January.

- Political Pathway: The plan envisions a two-year transitional period, after which control may be ceded to a reformed Palestinian Authority, potentially creating a pathway to Palestinian statehood.

defense systems.

- Internal Governance: In a major leadership reshuffle, Zelenskyy appointed Kyrylo Budanov as the new Head of the Presidential Administration



Ukrainian paramedics rush to the scene as smoke and flames rise from a car after being hit by a Russian drone in Druzhkivka, Ukraine, on January 13, 2026 [Diego Herrera Carcedo/Anadolu]

approved a €90 billion loan for Ukraine, partially funded by future interest from frozen Russian assets.

Czech Republic and Finland have announced "accelerated" defense packages, including fighter jets and air

and Mykhailo Fedorov as Defense Minister, focused on modernizing military technology.

McCaul: US invading Greenland would mean 'war with NATO itself'

by Ashleigh Fields - 01/18/26 6:13 PM ET

GOP Rep. Michael McCaul (Texas) said Sunday that the United States's invasion of Greenland would mean "war" with NATO.

"The fact is, the president has full military access to Greenland to protect us from any threat. So if he wants to purchase Greenland, that's one thing," McCaul said during a Sunday appearance on ABC's "This



GOP Rep. Michael McCaul (Texas) Week."

"But for him to militarily invade would turn Article 5 of NATO on its very head and, in essence, press a war with NATO itself. It would end up abolishing NATO as we know it," he added.

Article 5 of the North Atlantic Treaty states an armed attack against one NATO member shall be

considered an attack against all members, and triggers an obligation for each member to come to its assistance, according to the alliance.

President Trump's push to acquire Greenland for "national security purposes" has been lambasted by lawmakers who have harshly rebuked a military invasion of the self-autonomous territory.

"If we want to put more military in there, we can. We don't have to invade it. If he wants to buy it, that's fine. But I don't see a willing seller right now," McCaul said Sunday.

Sen. Chris Van Hollen (D-Md.) called the White House campaign to take over Greenland a "land grab."

"This is not about security," Van Hollen said Sunday on ABC's "This Week."

"Donald Trump wants to get his hands on the minerals and other resources of Greenland, just like the real reason he went into Venezuela had nothing to do with stopping drugs from coming," he continued.

The Maryland senator urged his Republican colleagues to support the war powers resolution to take action against the president's foreign military measures.

On Wednesday, senators defeated a war powers resolution to block Trump from using military force "within or against" Venezuela. #

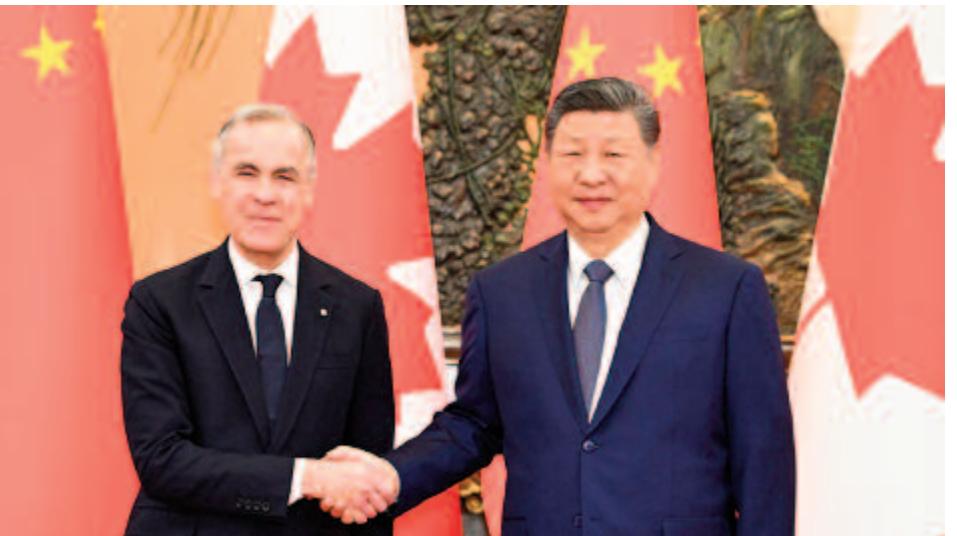
THE NORTH AMERICAN FILIPINO STAR

Montreal, Quebec, Canada

JANUARY 2026 PICTORIAL NEWS



Prime Minister Mark Carney, second from right, and his delegation meets with Chinese President Xi Jinping, far left, and his delegation in the Great Hall of the People in Beijing, China, on Friday, Jan. 16, 2025 (Sean Kilpatrick/The Canadian Press)



Chinese President Xi Jinping (R) shakes hands with Canadian Prime Minister Mark Carney in Beijing, China, January 16, 2026. /Xinhua (Canada-China trade deal received a mixed review by political observers and the Conservative party leader).



Saskatchewan Premier Scott Moe, third from right, sits beside Prime Minister Mark Carney, as they take part in a bilateral meeting with Chinese Premier Li Qiang at the Great Hall of the People in Beijing, China, on Thursday, Jan. 15, 2025 (Sean Kilpatrick/The Canadian Press)



Saint Kevin's Parish hosted the Festival of the Fiesta del Señor Santo Niño, Sunday, January 18, 2025. Mount Royal MP Anthony Housefather and Snowdon Councilor Sonny Moroz pose for souvenir with members of the community and the Parish Priest.



Venezuela's Corina Maria Machado presents Nobel Peace prize to Trump, who calls it a 'Great Honor.' Trump confirmed later on social media that Machado had left the medal for him to keep, and he said it was an honor to meet her. Machado said she had done so "as a recognition for his unique commitment with our freedom." Source: Ahmedabad Mirror



Carney met with Qatar's Amir Sheikh Tamim bin Hamad Al Thani to boost trade, investment, defence, and energy cooperation, with talks also focusing on AI, aerospace, and major infrastructure investments in Canada. (Canadian Press)