

Canada's 31st Governor General: Renowned Jurist Louise Arbour Set for Historic June Installation



**A TRAILBLAZER'S NEW PATH:** Prime Minister Mark Carney alongside incoming Governor General Louise Arbour, pictured here during a previous press event in Ottawa.(Photo Credit: THE CANADIAN PRESS / Sean Kilpatrick)

Gilmore College Goes Non-Profit: A new era in education to meet the manpower shortage in Canada

SPECIAL EVENT: Free Screening of Stolen Time with Director Helene Kloda

Stolen Time with Director Helene Klodawsky in Attendance

After nearly four decades of personal financial sacrifice to provide affordable immigrant education, former high school teacher Zenaida Kharroubi (née Ferry) is executing a bold final strategy to preserve her legacy. Gilmore College, which she sustained single-handedly through her own mortgage equity since November 1989, is officially restructuring into a non-profit institution called The Gilmore Academy of Arts and Social Sciences. This strategic shift responds directly to a 2017 regulatory change requiring specific education permits for a Designated Learning Institution (DLI) number to host international students, which eliminated the college's main revenue source. Refusing to allow the school's massive infrastructure to



**A Decadal Milestone of Intercultural Academic Excellence:** The historical first cohort of Attestation d'études collégiales (AEC) graduates of Gilmore Business Institute (original name), celebrated during the institution's 10th anniversary gala at the prestigious Queen Elizabeth Hotel on October 29, 1999. Joining the ceremony to assist with the formal presentation of diplomas was his Excellency, the former Philippine Ambassador Francisco L. Benedicto, alongside College Founder and Director-General Zenaida Kharroubi (née Ferry) and College Registrar Chantal Harvey. Reflecting the school's core mission of accessible, global integration, the landmark graduating class represented a vibrant mosaic of diverse nationalities, including Filipino, Greek, Romanian, and Ghanaian scholars.(Photo: John Martinez)

(OTTAWA — Canada is preparing for a significant constitutional transition as the Honourable Louise Arbour is scheduled to be officially installed as the nation's 31st Governor General on June 8, 2026. The landmark announcement was made by Prime Minister Mark Carney following formal approval from His Majesty King Charles III.

Arbour will make history as the first Governor General of Canada to be appointed by King Charles III since his accession to the throne.

At 79 years old, Arbour is one of Canada's most highly decorated and globally respected jurists. Born in Montreal, her historic career spans more than five decades of public and international service:

**Supreme Court Justice:** Served on the Supreme Court of Canada from 1999 to 2004.

**International War Crimes Prosecutor:** Served as chief prosecutor for the UN International Criminal Tribunals, famously securing the first-ever indictment of a sitting head of state (Slobodan Milošević) and prosecuting sexual violence as a crime against humanity.

**UN High Commissioner:** Directed global human rights mechanisms as the United Nations High Commissioner

for Human Rights from 2004 to 2008.

**Military Culture Reformer:** Led the critical 2021–2022 independent review into sexual misconduct within the Canadian Armed Forces, acting as a direct catalyst for systemic institutional culture change.

Prime Minister Carney lauded Arbour's appointment, calling her a "guardian of our constitutional order" who brings invaluable moral clarity to Rideau Hall. Accepting the role, Arbour stated she steps into the vice-regal position with a "deep sense of duty" and total enthusiasm.

**Addressing the Bilingualism Debate**

Arbour's appointment directly addresses a long-standing political conversation regarding official languages at Rideau Hall. Her predecessor, outgoing Governor General Mary Simon, made history as Canada's first Indigenous Governor General and won widespread praise for her advocacy of Inuit rights and reconciliation. However, Simon faced sustained public criticism because she spoke English and Inuktitut but was not fluent in French.

As a native of Montreal, Arbour

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dissolve into a "garage sale," the founder is shifting models to overcome capital-related hurdles, opening doors for community board leadership, public donations, and philanthropic



partnerships to secure accreditation.

The transition represents a fierce stand for minority entrepreneurs led by a Filipino immigrant woman in

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# FROM THE PUBLISHER'S DESK

## The Cost of a Dream and the Weight of a Mission

**Zenaida Ferry-Kharroubi**  
Graduate of UP, McGill & Concordia Universities

In the world of diplomacy, May 5th marked a historic turning point for Canada with the appointment of Louise Arbour as our 31st Governor General. She is a visionary who has spent her life resurrecting justice where it had been declared dead. For our community, Arbour is more than a jurist; she is a proud daughter of Montreal who proved that a girl from a modest, French-speaking household could eventually shatter glass ceilings and hold the most powerful to account at the United Nations and The Hague.

I understand that relentless drive. It is the exact same impulse that led me, in 1997, to rescue this very newspaper from silence. When the previous publisher was forced to close due to mounting debt, I did not just buy a name; I willingly took on the liabilities, the struggle, and the profound responsibility of keeping our community's heartbeat alive. I kept the founder's name out of deep respect, but I used my own home's equity to ensure the ink never stopped flowing.

The double life of an immigrant community builder is a heavy one. Since 1989, I have been fighting a parallel, uphill battle in Quebec's educational sector. While I was reviving this paper, I was also training the unsung heroes of our healthcare system—the Personal Support Workers (PSWs) who are the focus of the groundbreaking documentary *Stolen Time*. I hired retired nurses to teach groups as small as three people because I steadfastly refused to let

academic quality be sacrificed for corporate profit.

Yet, for over 36 years, I have lived a grueling cycle: every five years, I must return to the financial institutions to mortgage my own home just to pay for the overhead of a school that the bureaucracy refuses to properly accredit—not because I lack the elite academic credentials of my UP, McGill, and Concordia degrees, but simply because I lack the arbitrary institutional "capital" required by the state.

I am tired. I am overworked. But I am not finished.

To the leaders, the politicians, the academics, and the wealthy members of our diaspora: I see you at the galas. I see the champagne, the elegance of our gatherings, and the socialization. But today, I am calling for substance over socialization. It is a tragedy of modern Montreal that an academic holding four university degrees must repeatedly risk the very roof over her head to train the frontline workers who care for your aging parents, while millions of dollars sit completely idle in community foundations. Money is a tool—and when it is not actively weaponized for the common good, it is a tragic, wasted resource. Warmth and handshakes do not pay for the world-class curriculum our ethnic youth deserve, nor do they fix the systemic educational gaps that keep our children from reaching the Supreme Court or the United Nations.

Louise Arbour famously

admitted she felt "completely unqualified" for every monumental job she ever held, but she accepted them because they were absolutely necessary. I felt that exact same terrifying weight when I signed away my personal financial security to keep our school's doors open. I did not wait for a foundation grant or a government subsidy to act; I bet my life on the unlimited potential of our students. This wasn't a business decision; it was a singular cause. It was a declaration that if the institutions designed to protect us are slow to move, then we must become the institutions ourselves.

To the MPs, MNAs, and scholars reading this today: our communities need more than social clubs; we need collaboration with real substance. If the new Governor General represents the "load-bearing wall" of our nation, then let this school be its foundation. On May 29th, at the historic launching of the Gilmore Academy of Arts and Social Sciences, we officially move from merely surviving to boldly leading. We invite you to move past the casual handshake and join us in the hard work of building a legacy that—like Arbour's—will stand the test of time.

### EDITOR'S NOTE

By Zenaida Ferry-Kharroubi  
B.A. Eng. Lit., Diploma in Education,  
TESL, M.A. Educational Studies

### A Valedictory Message: A Mission Beyond Time

I arrived in Montreal on November 20, 1965, after traveling 10,000 miles by boat and train from Manila. For sixty years, I have proudly called Canada my home. I arrived here in my youth with a heart overflowing with dreams and an unwavering belief in the "Power of the Word." For decades, I have been content to work in the quiet shadows of the classroom, building

Gilmore College International from the equity of my own life and the sweat of my own brow. I never sought the limelight; I sought only to see my immigrant students succeed.

But today, I find myself in a different, more reflective season of life. As I look around, many of the dear friends, colleagues, and relatives who walked this long journey with me have already gone to their eternal rest. Yet, I am still here. I believe, with every fiber of my being, that my life has been spared for a singular reason: a final, sacred mission to fulfill before the sun sets on my life's work.

No single person lives forever, but a mission can. I am stepping forward into the light now—not for recognition, but to issue an urgent, final invitation to our community. I am transforming my entire life's work into the Gilmore Academy of Arts and Social Sciences, a non-profit legacy structure that belongs entirely to you, to our newcomers, and to the "Modern Heroes" who will care for us when we are at our most vulnerable.

I am completely donating my infrastructure, my resources, and my remaining physical strength to ensure this school becomes a permanent "University with a Heart." But I cannot carry this cross alone. The need for mentorship and leadership in our healthcare and educational systems has reached a critical crisis point. We can no longer wait for "someday."

I am calling on our prominent political and community leaders—Frank Baylis, Anthony Housefather, Marvin Rotrand, our sitting MNAs, our academics, and my fellow citizens—to join this bandwagon immediately. Help me secure this bridge for the next generation. Let us transform our fractured world into one cohesive Family of Nations while there is still time.

My dream is my final gift to the country that adopted me. Please, walk with me as I finish this work. #



First gala event to celebrate the 3rd anniversary of Gilmore Business Institute held at the Victoria Hall, Westmount, QC, Nov. 3, 1992.



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Quebec, highlighting the systemic inequities faced by solo, grassroots educators compared to corporate investor groups backed by massive capital.

From the school's inception, the founder's mission was entirely altruistic: helping highly educated immigrants who were trapped in survival jobs acquire the precise skills needed for meaningful Canadian employment. In the 1990s, the institution became a lifeline for Filipino caregivers who desperately needed French courses to secure Permanent Residency (PR) status. However, a systemic disappointment persisted; once students obtained their PR status, many did not progress past introductory French Levels 1 and 2, because they had to immediately work two or three jobs to support their families back home.

Historically, Gilmore Business Institute was a proud holder of a Quebec education permit from October 1996 to June 2001, graduating its first historic cohort in Office Systems Technology, International Trade, and Accounting and Automation. While the permit was not renewed because the school could initially receive international students seamlessly under previous rules, Gilmore continued its mission by offering rock-bottom rates of \$5 per hour for credit programs and \$7 to \$8 per hour for international students, while competitor institutions charged triple or quadruple. This grassroots model allowed diverse students from Greek, Romanian, Ghanaian, Jamaican and Filipino backgrounds to benefit from bursaries and loans without the school generating a single penny of profit, as all funds went directly to paying qualified instructors and covering overhead.

Despite this impeccable track record, the institution faced insurmountable bureaucratic obstacles when applying for permit renewals in 2016, 2017, and 2019. During the final application process, Ministère de l'Éducation du Québec (MEQ) officials conducted an intensive review, including a two-hour conference with the school's retired nursing instructors followed by a two-hour facility tour of Château Westmount, Gilmore's long-standing practicum partner. Even though the Human Resources Director at Château Westmount explicitly testified to the bureaucrats that Gilmore graduates were their absolute best employees—as they had hired at least five of its graduates at a time—the MEQ weaponized minor physical compliance issues. The bureaucrat called the founder to demand the installation of an adapted bathroom, a specialized lab, and costly additional equipment. Flabbergasted by these endless shifting targets, which ignored a vetted \$300,000 investment offer from a local businessman, the founder decided this was the final straw and refused to continue wasting time under biased corporate guidelines.

Just months ago, facing an

uphill battle and a lease expiring on September 30, 2026, she posted a furniture clearance ad in her community newspaper and Facebook Marketplace, selling student desks at bargain prices and donating copying machines and computers to a charity in Ghana. In a beautiful twist of fate, this sale revealed a hidden legacy: a former student who had taken French Levels 1 and 2 many years prior responded to the ad to buy a set of 7 classroom chairs and desks at a fraction of their cost. The founder discovered that this



**Gilmore College International campus since Sept. 15, 2015 in preparation for its application for accreditation in 2016, 2017, and 2019 which were all rejected in spite of the 3,000 sq. feet facility equipped with a library, cafeteria, computer lab, and sufficient washroom facilities supported by a prospective investment of a local businessman subject to the approval of the permit for a Designated Learning Institution number to resume acceptance of international students.**

alumna had established her own thriving local branch of a globally recognized mathematics tutoring franchise—a model celebrated worldwide for training young children's brains—and was expanding her school to accommodate more students, now employing five teachers. Inspired by this success, the founder plans to visit the tutoring school and has extended an official invitation to this proud alumna to attend the upcoming non-

immigrant teachers. Former French instructors used Gilmore to gain their first Canadian teaching experience before ascending to stellar academic careers, including Mme Djaoïda Kadri, now with UQAM, and Mme Petra Sentès, who later taught at Dawson College and is now a head teacher at Collège Marie de France. The school's student impact encompasses families like two sisters who reached French Level 3; one went on to become a nurse and, thanks to Gilmore's rigorous preparation, was the only student in her

CEGEP integration cohort completely exempted from further French testing, moving immediately into a vital healthcare role at the Montreal General Hospital. Other graduates broke through systemic barriers to become prominent business owners and philanthropists. One PAB graduate established a non-profit organization and provides school supplies to needy school children as well as feeding programs for both children and

completed a law degree and now specializes in immigration law. Other graduates launched successful travel agency franchises and financial investment companies.

Most famously, a Filipino immigrant who invested in a one-year French program at Gilmore to secure his residency hit a historic streak exactly ten years later, winning a record-breaking \$80 million Lotto Max jackpot on May 15, 2025, after relocating to Vancouver. While the real winner fondly remembered the founder as a "nice teacher" in media circles, the massive public profile of his historic win quickly exposed Gilmore College to the modern realities of digital fraud. Impostors posing as the lottery winner targeted the founder with a sophisticated phishing scam, promising an \$80,000 charity donation through fraudulent bank accounts. Recognizing this encounter as part of a multi-billion-dollar global crisis of cybercrime—which routinely utilizes fake order confirmations, fraudulent PayPal notices, phishing shipments, and predatory spoof calls—the founder used her platform to warn other community businesses. Rather than being deterred by these corporate and digital hurdles, the experience only solidified the founder's resolve to safely transition into a transparent, fortified non-profit structure. This deep legacy was nearly cut short until an invitation to be a guest speaker at a Filipino Diaspora conference organized by McGill University, which was held at the Université de Montréal campus on April 11, 2026, changed everything. The profound recognition from McGill professors and non-profit leaders sparked a definitive turning point: the founder refused to give up, choosing instead a non-profit transformation to directly counter the institutional barriers and inherent biases that undervalue minority, non-French-named women entrepreneurs in Quebec.

To celebrate this monumental transition to a non-profit structure, Gilmore College, to be renamed Gilmore Academy of Arts and Social Sciences, will host an exclusive, free community screening of the National Film Board Documentary *Stolen Time* on Friday, May 29, 2026, from 6:00 PM to 9:00 PM at the College's campus at 7159 Ch. de la Côte-des-Neiges, Montreal. The film exposes the critical shortage of properly trained personal support workers (PABs) and the commercialized focus of corporate nursing care, contrasting sharply with Gilmore's community-driven mission.

A light supper will be served, and formal invitations are currently being sent to the CEOs of major foundations that support immigrant-led enterprises. Attendance targets 50 guests, and an RSVP is strictly required by May 26, 2026, for catering purposes. Guests are asked to specify any dietary requirements or allergies upon registration.

All alumni and former teachers are also invited on a first come, first served basis. RSVP by May 26th to [filipinostar2@gmail.com](mailto:filipinostar2@gmail.com) or telephone 514-485-7861.



**Making up for the missing photograph of the November 1, 1989 opening of Gilmore Business Institute on Girouard Avenue, Zenaïda Kharroubi held a blessing and opening of Gilmore on Decarie Boulevard where the school moved to its second location, in April 1996, presided by the late Rev. Fr. Pereira of St. Kevin Church.**

profit launch.

This is just one of countless generation-spanning success stories from Gilmore, which also served as a vital launchpad for newly arrived

seniors. Another student who studied accounting founded a successful placement agency, utilizing her business success to sponsor her family to Canada, resulting in a son who



# Miscellaneous news briefs

The United States has restricted incoming travel from several Ebola-affected nations following an accelerating outbreak in the Democratic Republic of the Congo (DRC). The emergency policy took effect immediately, sending ripples through international aviation and casting a shadow over early preparations for next month's 2026 FIFA World Cup.

## Global Containment Efforts Intensify

The World Health Organization (WHO) recently raised the alarm over the "scale and speed" of the current Ebola outbreak, which is driven by a rare strain of the virus. Health authorities in Geneva have officially reported nearly 600 suspected cases and 148 deaths. However, WHO officials warned that the true figures are likely much higher, comparing the visible data to the "top of an iceberg".

In response to the escalating crisis, international governments are moving aggressively to contain the pathogen. India, South Korea, and Thailand have implemented strict travel alerts. Meanwhile, Uganda has completely suspended flights to and from the DRC. In Washington, the Department of Homeland Security (DHS) enacted a sweeping policy overnight requiring all inbound passengers from impacted regions to undergo enhanced screening or face entry denials. The administration also paused standard deportation flights to the DRC to prevent cross-border transmission.

**Transatlantic Flight Diverted to Canada**  
The reality of the strict new air-travel protocols hit close to home when an Air France flight bound for Detroit was abruptly diverted to Montreal, Canada. The diversion occurred after a passenger exhibited severe symptoms mirroring the virus.

Canadian health officials quickly deployed specialized medical teams to the tarmac to evaluate the individual and decontaminate nearby cabin areas. Local authorities urged calm, reassuring the public that the global risk of a wider domestic outbreak remains low. The remaining passengers were held for extensive screening before being cleared to continue their journeys.

## World Cup Preparations Complicated

The timing of the travel restrictions poses an unexpected logistical headache for World Cup organizers. With the tournament set to be co-hosted across Canada, the United States, and Mexico, transit networks are already under heavy pressure.

A report from Canada's Parliamentary Budget Officer (PBO) revealed that hosting the event will cost Canadian taxpayers over \$1 billion. Combined with soaring hotel prices and stricter border enforcement, sports analysts worry the travel bans could depress international fan attendance and diminish the expected economic benefits of the tournament.

## Global Cyberattack Targets Banking

## Systems

A sophisticated ransomware attack has disrupted banking operations across Europe and North America, locking out millions of customers. The cyber assault, attributed to a notorious decentralized hacking collective, targeted core transaction routing software rather than individual bank databases. Several major financial institutions reported temporary ATM outages and frozen digital banking applications. Cybersecurity agencies have advised affected institutions against paying the multi-million dollar digital currency ransoms. Retail operations are slowly recovering as technical teams deploy backup servers, but experts warn complete system restorations will take days.

## Historic Heatwave Sparks Early Wildfires

An unprecedented spring heatwave has broken century-old temperature records across Western Canada and the Pacific Northwest, triggering an unseasonably early start to the wildfire season. Fire crews are battling several out-of-control blazes that have forced immediate evacuation orders for thousands of rural residents. The dry conditions and high winds have complicated containment efforts, prompting local governments to declare states of emergency. Environmental scientists report that regional reservoirs are at historic lows, intensifying fears of a prolonged and severe fire season ahead.

## Tech Giant Launches Next-Gen AI

## Assistant

The world's leading technology firm unveiled its highly anticipated, next-generation artificial intelligence interface at its annual developers' conference. The upgraded assistant boasts advanced reasoning capabilities, real-time multilingual translation, and the ability to operate across multiple devices seamlessly. Industry analysts project the software will revolutionize daily workplace productivity, though the launch has reignited intense public debate surrounding data privacy laws. Corporate executives promised strict user encryption measures during the keynote presentation.

## Deep-Sea Expedition Discovers Lost Vessel

Marine archaeologists have successfully located the wreckage of a historic 19th-century merchant vessel missing for nearly 160 years. Utilizing advanced autonomous underwater vehicles and sonar imaging, the research team found the hull remarkably intact at a depth of 2,400 metres in the Atlantic Ocean. Preliminary footage revealed well-preserved cargo artifacts, offering historians unprecedented insights into industrial-era maritime trade. Plans are underway to digitally map the site for an upcoming museum exhibit.

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From Page 1 Historic Installation

is fluently bilingual in French and English, fulfilling Prime Minister Carney's explicit pledge to restore full bilingualism to Canada's highest vice-regal office.

## Constitutional Continuity

Despite predictable pushback against the monarchy from some political factions like the Bloc Québécois, political leaders from across the aisle have expressed profound personal respect for Arbour's integrity and legal acumen.

As the King's representative, Arbour will take on vital constitutional and ceremonial responsibilities, including summoning Parliament, giving Royal Assent to bills, and serving as the Commander-in-Chief of the Canadian Armed Forces—the very institution she recently held to account.

The formal installation ceremony on June 8 will mark the official conclusion of Mary Simon's five-year tenure. More updates can be tracked on the Official Website of the Governor General or via the Government of Canada Campaign

Attribution of sources:

**Prime Minister's Office (PMO):**

Verified Prime Minister Mark



**The Honourable Louise Arbour, Governor General-designate of Canada. (Photo: MS Anne-Marie Brisson, Rideau Hall © OSGG, 2026)** Carney's official quote, the formal announcement date, Louise Arbour's educational background, and her extensive career accomplishments (including her 42 honorary doctorates

Arbour Official Backgrounder.

•Department of Canadian Heritage:

Confirmed that King Charles III formally approved the appointment, that Arbour will serve as the 31st Governor General since Confederation, and that the official installation date is strictly set for June 8, 2026. These specific details are tracked on the government's Governor General Designate Campaign Page.

## Independent Journalistic Coverage

•BBC News: Confirmed Arbour's exact age (79), her residency/ties to Montreal, and her background as a fluently bilingual jurist. The BBC's analysis also contextualized the long-standing political pressure faced by Prime Minister Carney to appoint a bilingual representative following the linguistic criticisms directed at outgoing Governor General Mary Simon. These findings are sourced from BBC News (Canada Bureau).

•CBC News: Corroborated the timing of the transition and the scheduled June 8 parliamentary installation details via political analysis on CBC News Politics.

•The Guardian: Direct quotes from Louise Arbour regarding her "deep sense of duty" toward Canada's constitutional arrangements, as well as the historical context regarding Mary Simon's focus on Indigenous reconciliation and her previous hosting duties for King Charles III and Pope Francis.



# Balita sa wikang Pilipino

## TAGALOG NEWS

Narito ang komprehensibong buod ng mga pinakamalalaking balita sa Pilipinas ngayong Mayo 2026. Sakop ng pahinang ito ang nagbabagang krisis sa politika, mga kautusan mula sa Malacañang, lagay ng ekonomiya, at matinding paalala ukol sa panahon at kalusugan.

□ **Politika at Hustisya:** Pag-aresto kay Sen. Bato dela Rosa at Impeachment Trial ni VP Sara Pag-aresto kay Sen. Bato dela Rosa, Iniutos ng DOJ

Opisyal nang iniutos ni Justice Secretary Frederick Vida sa lahat ng ahensya ng batas ang pagtugis at pag-aresto kay Senator Ronald "Bato" dela Rosa. Ito ay matapos ibasura ng Korte Suprema ang hiling niyang Temporary Restraining Order (TRO) laban sa arrest warrant na inisyu ng International Criminal Court (ICC). Kinumpirma ng Department of Justice (DOJ) na maituturing nang "fugitive mula sa batas" ang senador dahil sa mga kasong crimes against humanity na nag-ugat sa nakaraang anti-drug war. Nagbabala rin ang pamahalaan na mananagot ang sinumang magkakanlong o tutulong sa pagtatago ng mambabatas. Samantala, lumabas sa imbestigasyon at CCTV footage na huling nakita ang senador na lisanin ang bakuran ng Senado gamit ang sasakyan ni Sen. Robin Padilla matapos ang isang tensyonadong insidente ng pamamaril sa pagitan ng mga tauhan ng Senado at National Bureau of Investigation (NBI) noong kalagitnaan ng buwan.

Impeachment Court Para kay VP Sara Duterte, Pormal Nang Nagpulong

litisin si Vice President Sara Duterte. Kasunod ito ng makasaysayang boto sa Kamara (257-25) na nag-akyat sa mga artikulo ng impeachment laban sa Pangalawang Pangulo dahil sa mga akusasyon ng maling paggamit ng confidential funds, hindi maipaliwanag na yaman, at umano'y pagbabanta sa buhay ng Pangulo at Unang Ginang. Binigyan ng Senado si VP Duterte ng 10 araw upang magsumite ng kanyang opisyal na sagot. Todo-tanggi naman ang Pangalawang Pangulo sa mga paratang at sinabing ang mga isyu, kabilang ang mga kumakalat na balita sa social media, ay bahagi lamang ng maruming propaganda at disinformation campaign ng kanyang mga kalabang politikal.

□ **Kautusan mula sa Malacañang:** Regular Holiday sa Mayo 27

Opisyal nang idineklara ni Pangulong Ferdinand "Bongbong" Marcos Jr. ang Mayo 27, 2026 (araw ng Miyerkoles) bilang isang regular holiday sa buong bansa bilang pakikiisa sa pagdiriwang ng Eid'l Adha o Feast of Sacrifice ng mga kapatid nating Muslim. Inilabas ng Malacañang ang proklamasyon upang bigyan ang buong sambayanan ng pagkakataon na gunitain ang banal na kapistahan nang may sapat na panahon para sa pamilya at pananampalataya. Nagpaalala ang Department of Labor and Employment (DOLE) sa mga pribadong sektor ukol sa tamang pagpapasahod para sa mga empleyadong papasok sa nasabing araw, kung saan makatatanggap sila ng 200% ng kanilang regular na sahod.



Kasabay ng krisis na ito, pormal nang nag-convene ang Senado bilang isang Impeachment Court sa pamumuno ni Senate President Alan Peter Cayetano upang

□ **Ekonomiya at Kalakalan:** Banta ng Stagflation at Solusyon sa Bigas Babala ni PBBM sa 'Stagflation' at Pagbagsak ng Piso

Nagpahayag ng matinding

pagkabahala si Pangulong Marcos Jr. hinggil sa banta ng stagflation sa Pilipinas. Ang stagflation ay isang mapanganib na sitwasyon kung saan mabagal ang paglago ng ekonomiya ngunit patuloy na mabilis ang pagtaas ng presyo ng mga bilihin at inflation. Ramdam ang epektong ito sa pagsubsob ng halaga ng piso na pumalo sa

□ 61.60 laban sa US Dollar, habang ang Philippine Stock Exchange index (PSEi) ay nakaranas din ng sunod-sunod na araw na pagbaba bago bahagyang nakabawi ngayong linggo. Isinisasi ng mga eksperto ang krisis na ito sa patuloy na kaguluhan sa Middle East na nagpapamahala sa pandaigdigang supply ng langis at enerhiya.

Supply ng Bigas mula sa Vietnam,

Babala sa Extreme Heat Alert ng PAGASA

Patuloy na nagbabala ang PAGASA sa publiko dahil sa mapanganib na antas ng heat index na nararanasan sa iba't ibang dako ng Pilipinas. Naitala sa Dagupan City, Pangasinan ang pinakamataas na temperatura na umabot sa 44°C, habang marami pang lugar tulad ng Cavite, Iloilo, at Palawan ang nasa ilalim ng "danger category" na naglalaro mula 42°C hanggang 51°C. Nagbabala ang mga eksperto na ang ganitong katindi na init ay madaling magdulot ng heat cramps, heat exhaustion, at nakamamatay na heat stroke. Pinapayuhan ang lahat na uminom ng maraming tubig at iwasan ang direktang sikat ng araw.

Pagbabantay sa 'Silent Killer' o



Siniguro

Sa gitna ng banta ng inflation sa pagkain, nagdala ng magandang balita ang nagdaang ASEAN Summit. Matagumpay na naseguro ng Pilipinas ang isang long-term rice trade agreement kasama ang bansang Vietnam. Ang kasunduang ito ay inaasahang magpapatatag sa suplay ng bigas sa bansa at magpapababa sa presyo nito sa lokal na merkado upang maibsan ang pasanin ng mga ordinaryong pamilyang Pilipino sa harap ng nararanasang krisis sa ekonomiya.

□ **Panahon at Kalusugan:** Mapanganib na Heat Index at Hypertension

Hypertension

Kaugnay ng matinding init ng panahon, naglabas ng paalala ang mga eksperto sa kalusugan laban sa tinatawag na "silent killer" o ang hypertension (mataas na presyon ng dugo). Ayon sa Department of Health (DOH), ang biglaang pagtaas ng temperatura ay nagiging sanhi ng dehydration na nagpapataas din ng presyon ng dugo. Pinatututukan ng mga doktor ang regular na pag-tsek ng blood pressure, tamang diyeta, at sapat na pahinga, lalo na para sa mga nakatatanda at may dati nang karamdaman sa puso upang maiwasan ang atake o stroke ngayong tag-init. #

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**Tony A. San Juan, OCT**

## ONTARIO COMMUNITY NEWS

### Philippine Independence Day Council Holds Officers Induction

Ontario's quintessential Filipino Canadian community organization, the Philippine Independence Day Council (PIDC), had its induction of officers and directors on April 17, 2026 at the Philippine Consulate in Toronto, Ontario. PIDC, a 37-year-old not-for-profit, volunteer-run entity in Ontario, Canada. The Philippine Consul General in Toronto, Kristine Leilani R. Salle administered the oath of office to the 16 executive

Santiago. PIDC Advisers: Agnes Pasaporte Miranda, PIDC Past President and Tony A. San Juan, PIDC Correspondent.

PIDC, with its popular flagship program, the annual Mabuhay Philippines Festival, has been developing and delivering meaningful community-based projects and activities with a focus in promoting and propagating Filipino heritage, arts, and culture in the province. In meeting its



**All Smiles: PIDC Officers and Directors, with Inducting Officer, Philippine Consul General Kristine Leilani R. Salle**

officers and five board directors.

Sworn in for the 2026-2027 term, the executive directorate is composed of Tom Tan, President, Karen Pascual-Binaday, Executive Vice-President, Genevieve Elamparo, Vice-President-Internal, Aurora Ticzon Elefano, Vice-President-External, Carlos Cabaneros, Vice-President Special Projects, Chyrell Samson Ronquillo, Executive Secretary, Malou Lamang, Assistant Secretary, Meriel Corpuz Lumbao, Treasurer, Mary Jean Ilisan, Assistant Treasurer, Ben Corpuz, Auditor, Suzy Llanera, PRO, Danny Almodal Orbillo, PRO, Justin Bella, Business Manager, Cynthia Miranda, Business Manager, Baby K Jimenez, Community Liaison Officer, and Melinda Manlapaz, Community Liaison Officer. The Board Directors: are Leonor Abad, Sonia Balinas, Helen Lao, Jeffrey Mesina, and Ofelia

mission and mandate, PIDC collaboratively partners with community stakeholders and Philippine-based talents & resources including professionals, student groups, business entities, public colleges and other interested players in offering significant events and worthwhile endeavours. For operational advice, the umbrella organization is highly supported by its Council of Leaders.

In proud collaboration with the Philippine Consulate General and other community organizations is inviting everyone to its first event celebrating Filipino Heritage Month, "Salu-Salo Sa Earl Bales Park". This community event will be held on Saturday, June 6, 2026 at Earl Bales Park from 9am to 3pm, on Bathurst Street, Toronto, Ontario. See you there!

### Philippine Park Association- Mississauga Celebrates First Anniversary and Induction Event

A new, dedicated and determined player in the Mississauga Filipino-Canadian community is on the rise. The Philippine Park Association-Mississauga conducted its "Induction and First Anniversary Gala" on May 8, 2026 (Saturday) at the Pearson Convention Centre in Brampton, Ontario. With its theme: "A Night of Celebration, Unity, and Pride", PPA welcomed more than 200 guests and dignitaries to its first formal and successful social event.

Among the distinguished guests who graced the occasion and delivered greetings were Mississauga Mayor Carolyn Parrish; Ward 5 Councillor Natalie Hart; Philippine Ambassador to Canada Jose Victor V. Chan-Gonzaga; Philippine Consul General in Toronto Kristine Leilani R. Salle; Minister for Women and Gender Equality and Member of Parliament for Mississauga-Streetsville Rechie Valdez; and other government and community dignitaries. Also in attendance were officers and leaders of several Filipino-Canadian organizations across the Greater Toronto Area (GTA).

The members of the PPA Executive Officers inducted during the ceremony for the 2025-2028 term were Rick G. Falco, Chairman; Earl Francis O. Dacara, Vice Chairman – Internal and Treasurer; Dr. Solon S. Guzman, Vice Chairman – External; Lerma S. Valdez, Secretary; Marilou Banate, Assistant Secretary; Clemente Cabillan, Business Manager; Maria Chona Pascual, Assistant Business Manager; Lani T. Whigan-Tamayo, Executive Assistant; and Kenneth Yanto, Youth Coordinator. Also inducted were members of the Board of Directors, namely Enrique S. Torres, Dr. Annette Simbulan, Dr. Ma. Christina Gamo, Maria Cabillan-Marasco, Melissa Cabillan-Brooks, and Philip

Mendoza, together with members of the Board of Advisers, composed of Maureen Ahmad, Lapulapu Cana, and Agnes Miranda

The Philippine Park Association (PPA) is a registered non-profit and community-led organisation "dedicated to building the first Philippine-themed park in Canada as well as celebrating Filipino culture, heritage, and unity through meaningful projects and partnerships" in the City of Mississauga, Ontario.

Historically, to honour the growing Filipino community in the City of Mississauga, Ontario, the Philippine Park, previously known as Max Ward Park and located at 2380 Matheson Boulevard East, was officially unveiled to the public at a milestone ceremony attended by City of Mississauga officials, leaders and members of the community in June 2025. In support and appreciation of the City's action, the Philippine Park Association (PPA) was established with a "mission of partnership, stewardship, and cultural legacy by working with the City of Mississauga to shape Philippine Park as a lasting space of heritage, recognition, and community pride for generations to come".

On June 6, 2026, the Philippine Park Association-Mississauga will hold its "Inauguration of Philippine Park: Barrio Pista" event, in collaboration with community partners, at 2380 Matheson Boulevard East, Mississauga, Ontario, from 8:00 am to 7:00 pm. The event will feature the official inauguration ceremonies, cultural performances, live entertainment, community presentations, food vendors, family activities, and other Filipino cultural showcases. The public is warmly invited to attend this historic community celebration. Everyone is welcomed!

### Baricuatro daughter receives City of Pickering Youth Leadership Award

A Filipino-Canadian student shines again! Gloriane Therese Baricuatro, proud daughter of Sheila Neverida and Julian Baricuatro of the Philippine Canadian Chamber of Commerce, receives the "Youth Leadership Award" from the City of Pickering. The award was presented by Mayor Kevin Ashe and Councillor David Pickles during the Pickering Civic Award Day ceremonies held on May 12, 2026, at the City of Pickering Hall.

The City of Pickering, in recognising Gloriane Baricuatro, stated that "she exemplifies the youth leadership Pickering values: many years of service, meaningful content that elevates peers, achievements that inspire, and deep commitment to her community. Her performance exemplifies youth leadership through



consistent service, academic excellence, and achievements that inspire pride in Pickering. Her two-year volunteer service with the Pickering

See Page 7 opposite Baricuatro



From Page 6

Baricuatro

Reading Club and an active role on the All Saints School Student Council highlight her dedication to her community and peers.

Since 2018, Gloriane has served as a talk show host for Epic Gen Table Talk, a youth-led platform that empowers teens to discuss, produce, and create content on critical topics such as life skills, media literacy, mental health, youth empowerment, and community issues. As a Pickering Reading Club volunteer for two years, Gloriane has helped foster literacy and

school decision-making, and helped shape the student experience. Through her two years of extracurricular service, she has consistently demonstrated qualities of leadership, responsibility, and a commitment to serving others. Her 2024 Outstanding Filipino-Canadian Student Graduate Award, given by the Filipino Centre Toronto(FCT), recognised her academic performance and influence as a cultural ambassador, celebrating diversity and building connections.

Glorianne was also a recipient of several recognitions and accolades.

city's youth can compete and excel on the global stage. Presently a student at the All Saints Secondary School, Gloriane aspires to become a successful biomedical engineer.

Notably, at an age when many young people focus solely on personal achievement, Gloriane has committed herself to years of service, from her talk show platform since 2018 to her current volunteer roles. Her leadership stance is not about seeking recognition but about making meaningful contributions that uplift others - the very essence of what the Youth Leadership Award represents. "Maligayang bati sa iyang natamong tagumpay at karangalan," Gloriane!!! ( Tony A. San Juan, OCT.)

"Ina ng Bayan Award", which aims to celebrate and honour extraordinary Filipino women in Ontario who participate, nurture, and uplift their "communities of hope." It's also a fundraising event that supports GK-Gawad Kalinga Canada's community programs and initiatives, making it a meaningful way to recognise and empower women while giving back to the community.

Five "Proud Mamas" were nominated and joined the friendly competition. Amongst the nominees were Diana Gamboa, Dr. Teresita Maquiso, Kathleen Mae Ranjo, Valentina Salas, and Ophelia Santiago. Declared the winner and named the very first Gawad Kalinga Ina Ng Bayan



Mayor Kevin Ashe & Councillor David Pickles presented the Leadership Award to Gloriane Baricuatro

a love of reading among young community members. In 2024, Gloriane received the prestigious Literary Titans Silver Award for her book "Yuletide Harmony," becoming a published author while still in her youth.

As an officer of the All Saints School Student Council, Gloriane has represented her peers, contributed to

In 2023, she earned the E.J. Finan Award for academic excellence, along with a "Certificate of Distinction and won multiple medals from the University of Waterloo's prestigious Cayley and Galois mathematics contests. Her first-place victory at the AllStars International Competition in 2021 brought international recognition to Pickering, demonstrating that the

## Gawad Kalinga Holds “Ina ng Bayan” Award 2026

In a motherly, love-hearted event, Gawad Kalinga Canada presents its maiden "Ina Ng Bayan Award 2026" ( Mother of the Nation) event on May 16, 2026, at the Novotel

2026 recipient was Valentina Salas. Valentina was cited for her "dedication, leadership, compassion, and commitment to serving the community, truly embodying the spirit of an “Ina ng



GK Canada Ina Ng Bayan 2026 Awardee Valentina Salas.

Hotel North York, 3 Park Home Avenue, Toronto. Proudly, it was a special evening of recognising and honouring inspiring "Pinay Nanays" who inspire, lead, and help build stronger communities.

The event was highly significant because it was the first-ever

Bayan.”

Likewise, the GK Canada team and supporters extended their heartfelt congratulations and appreciation to all of the five outstanding nominees. The four contestants were lauded as

See Page 9

Gawad Kalinga



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# OTTAWA AND ALBERTA SIGN HISTORIC ENERGY PACT TO DOUBLE THE POWER GRID AND BREAK PIPELINE GRIDLOCK

OTTAWA — In a political realignment that has stunned the nation and fundamentally reshaped the country's economic landscape, Prime Minister Mark Carney and Alberta Premier Danielle Smith have signed a sweeping energy agreement and memorandum of understanding. The landmark deal effectively ends years of toxic federal-provincial gridlock, clearing the path for an ambitious multi-billion-dollar infrastructure boom while entirely rewriting Canada's near-term climate and industrial strategies.

The centerpiece of the bilateral pact is a dual-track strategy to insulate Canada from severe economic shocks—primarily fueled by aggressive tariff measures implemented by U.S. President Donald Trump and mounting global energy instability.

## A Trillion-Dollar Grid Expansion

At the heart of the federal government's long-term planning is a newly unveiled national electricity strategy aimed at doubling the total capacity of Canada's electrical grid by 2050. Driven by a massive surge in demand from rapid industrial expansion, widespread domestic electrification, and an explosion of AI data centres and cloud computing



**Prime Minister Mark Carney participates in a signing ceremony with Alberta Premier Danielle Smith in Calgary on Friday, May 15, 2026. THE CANADIAN PRESS/Jeff McIntosh**

hubs, the expansion is estimated to cost a staggering \$1 trillion.

In a notable departure from previous iterations of federal climate policies, the new strategy embraces a pragmatism over purity model. While the deal incorporates massive additions of wind, solar, nuclear, and geothermal baseload energy, it explicitly relies on an increased use of natural gas across the grid to maintain

energy stability and keep consumer electricity bills affordable.

## The Pipeline Path to the West Coast

To secure Alberta's cooperation, the Carney government made significant concessions that rolled back major pieces of previous environmental legislation. Under the new agreement, Ottawa has completely scrapped the controversial

oil and gas production cap and removed restrictive clean electricity regulations. Furthermore, Alberta's provincial industrial carbon tax will be capped at \$130 per ton by 2040—well below the originally mandated federal target of \$170—saving the energy sector an estimated \$250 billion in compliance costs.

In return, the province has agreed to proceed as a joint proponent on a massive new low-carbon oil pipeline designed to cross British Columbia to the Pacific coast. The federal government has committed to officially designating the pipeline as being "in the national interest" by October. This status will streamline the regulatory process, with environmental permitting slated for completion by September 2027 and full construction projected to begin shortly after.

The pipeline is expected to trace the existing Trans Mountain corridor. However, the project already faces fierce pushback. Environmental groups and a powerful alliance of coastal First Nations have vowed to launch rigorous legal challenges to stop the expansion of fossil fuel production in court.

# Pentagon Pauses North American Joint Board on Defense Citing Canadian Military Spending Complacency

WASHINGTON / OTTAWA — Continental security relations have plunged to their lowest point in decades following the Pentagon's abrupt decision to freeze its participation in the U.S.-Canada Permanent Joint Board on Defense. The unprecedented move, which effectively sidelines a historic senior advisory body established in 1940, underscores deep-seated American frustration with Ottawa's persistent defense shortfalls.

## A "Pausing" of Continental Co-operation

Senior U.S. defense officials confirmed the suspension was prompted by growing alarm that Canada is failing to take tangible steps to become a "credible" military partner. Washington is demanding that Ottawa present a fully resourced, concrete blueprint to elevate its defense spending from its current level to 3.5% of its GDP by 2035.

Compounding the tension is Canada's ongoing delay in finalizing its comprehensive procurement review of the F-35 fighter jet acquisition, a critical cornerstone of shared North American Aerospace Defense Command (NORAD) operations.

"Canada has yet to make the hard decisions and tradeoffs needed to put it on track to become a credible



**The Pentagon is 'pausing' participation in the Permanent Joint Board on Defence, which works on Canada-U.S. initiatives. (Carolyn Kaster/The Associated Press)**

partner in the mutual defense of our continent," a Pentagon official stated on Thursday under condition of anonymity.

## Arctic Sovereignty Regroup

As geopolitical friction freezes joint defense talks, Canada is simultaneously grappling with severe logistical setbacks in its own backyard. The Department of National Defence (DND) announced it is officially transitioning the Nanisivik Naval Facility out of operational use. Intended to serve as a critical Arctic

refueling station, the Nanisivik site has been plagued by repeated construction delays, massive reductions in scope, costly jetty repairs, and an incredibly narrow seasonal access window that rendered it no longer fit for purpose.

To offset the loss of Nanisivik and project sovereignty in an increasingly contested Arctic region, the Canadian Armed Forces are shifting resources. The military is pivoting toward a \$32-billion infrastructure upgrade spread across

three primary Forward Operating Locations—Yellowknife, Inuvik, and Iqaluit—alongside enhancements at Deployed Operating Base 5 Wing Goose Bay.

While Canadian defense officials maintain that these upgrades will adequately protect the northern frontier, the sudden diplomatic rift with Washington leaves the broader, long-term architecture of continental defense highly uncertain.

The Pentagon has frozen its participation in the U.S.-Canada Permanent Joint Board on Defense following rising tensions between President Trump and Prime Minister Carney, particularly over Carney's call for "middle powers" to act independently of superpowers. This move is significantly exacerbated by disputes over defense procurement, with U.S. officials warning of structural consequences for NORAD if Canada proceeds with a split fighter jet acquisition, potentially favoring Swedish Saab Gripen jets over a full F-35 order. This suspension signals a deep, unprecedented rift in a long-standing defense partnership, with U.S. officials, including Ambassador Pete Hoekstra, openly criticizing Ottawa's defense spending and strategic alignment.

Files from CBC News, Global News



# Preserving Memory, Building Legacy: Filipino Community Newspapers Find a Home at BAnQ

By Kimberly Gultia

Last May 1, 2026, the Filipino Heritage Society of Montreal (FHSM) reached a major milestone in its Newspaper Collection and Preservation Project with the formal deposit of Filipino community newspapers at Bibliothèque et Archives nationales du Québec (BAnQ).

Longtime community members and donors Ricardo Ribaya and Paul Imperial generously donated their personal collections of Filipino community newspapers that they had carefully preserved through the years. Among the publications included in the deposit are Bulalakaw, The Tamaraw Times, The Forum, and The Filipino Star—important records of the history, voices, achievements, and everyday lives of Filipinos in Montreal.

Accompanied by yours truly as head of the Newspaper Collection and Preservation Project (NCP), Ribaya and Imperial formally handed over the collections to Amélie Brault, Acquisitions and Donations Librarian at BAnQ. The moment was both meaningful and emotional, marking the beginning of a new chapter in the preservation and accessibility of Filipino community history in Quebec.

Once the necessary technical and copyright processes are



**The deposit of Filipino newspapers - From left to right: Paul Imperial, Ricardo Ribaya, Amélie Brault, and Kimberly Gultia. Photo taken on May 1, 2026 at Bibliothèque nationale (site Rosemont)**

completed, the deposited materials may eventually be digitized and become accessible online through the BAnQ website, allowing researchers,

students, community members, and future generations to consult these invaluable materials more widely.

and Preservation Committee is currently preparing for the next stages of the project to allow for possible digitization and open-access publication. Committee members include Ricardo Ribaya, Paul Imperial, Editha Fedalizo, Jeannette Perignon, Al Abdon, and myself. Together, the committee continues to safeguard important records of Filipino community memory and heritage in Quebec.

This milestone would not have been possible without the commitment and encouragement of the BAnQ team, particularly Lisa Miniaci (Director of Conservation and Digitization), Mireille Laforce (Director of Legal Deposit and Acquisitions), Marie-France Leclerc (Librarian, Research and Collections Dissemination Division), and Amélie Brault (Librarian, Acquisitions and Donations), whose support and guidance have been instrumental throughout the process.

What began in 2021 as a vision to preserve fragile and often-overlooked community newspapers has now taken a significant step forward. More than simply protecting old papers, this initiative carries forward stories, identities, and the collective memory of the Filipino community for generations to come.

From Page 7 Gawad Kalinga

having "inspired us through their service, generosity, and impact in the community. They are all winners in their own ways, and we are deeply grateful for their contributions and fundraising efforts in support of GK

transform lives. And together, we "continue to transform and build stronger communities through the spirit of Filipino compassion, volunteerism, and bayanihan."

Formed on October 6, 2019, Gawad Kalinga Canada (GKC) is a federally incorporated not-for-profit



**The GK Canada Board of Directors with PDCG Kerwin Tate, Minister, MP Rechie Valdez and MP Vince Gasparro.**

Canada."

The GK Canada officers and staff graciously mentioned the 5 contestants' unequivocal support for the GK programs. Adding that with high hopes and expectations, the outcome of the evening event will help benefit the proven and meaningful projects of Gawad Kalinga Canada, such as Building Homes, Aral Program, Seed Program, Kusina ng Kalinga and many more community initiatives that uplift families and

corporation with charitable registration. The Executive Board is composed of Alfredo Pacis, Chairman; Jose L. Qurubin, Vice Chairman; Monique Fabregas, Secretary; Alice Herrera, Treasurer; and Aurora Elefano, Joel Licuanan, Agnes Manasan, Gizele Mirasol, Gene Pardo-Elamparo, and Ester Toribio, Board Members. (Tony A. San Juan, OCT.)



**The 4 GK Canada Ina Ng Bayan 2026 Nominees.**



**GK Canada "Ina Ng Bayan Award dedicated to Elvira Tan and Family: Photos: Courtesy of Gizele Mirasol - CNE, ABR, SRS Real Estate Broker**



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## Ethnic cuisine recipes



### BROCCOLI STIR FRY

•Prep time: 15 minutes | Cook time: 10 minutes | Servings: 4

•Ingredients: 1 lb flank steak (sliced thin), 2 cups broccoli florets, 3 tbsp soy sauce, 1 tbsp oyster sauce, 1 tbsp brown sugar, 2 cloves garlic (minced), 1 tsp minced ginger, 1 tbsp cornstarch, 2 tbsp vegetable oil.

•Instructions:

Whisk soy sauce, oyster sauce, brown sugar, garlic, ginger, cornstarch, and 1/4 cup water in a small bowl.

Heat 1 tbsp oil in a large skillet over high heat; sear the beef slices for 2-3 minutes until browned, then remove. Add remaining oil and broccoli to the skillet; toss with 2 tbsp water, cover, and steam for 3 minutes until tender-crisp.

Return beef to the pan, pour over the sauce, and toss over medium heat for 2 minutes until the glaze thickens.

Serve hot over jasmine rice. Prep time:



### Chicken Curry

15 minutes | Cook time: 20 minutes | Servings: 4

Ingredients: 1 lb boneless chicken thighs (cubed), 3 tbsp Thai green curry paste, 1 can (400ml) coconut milk, 1 cup bamboo shoots, 1 red bell pepper (sliced), 1 tbsp fish sauce, 1 tbsp palm sugar, 1/2 cup fresh Thai basil leaves.

Instructions:

Heat 2 tbsp of the thick coconut cream from the top of the can in a pot over medium-high heat until it starts to

separate.

Add the green curry paste and stir continuously for 2-3 minutes until intensely fragrant.

Stir in the chicken cubes and cook for 4 minutes until the outsides turn opaque.

Pour in the remaining coconut milk, bamboo shoots, and bell peppers; bring to a gentle simmer for 10 minutes.

Stir in the fish sauce and palm sugar. Remove from heat, fold in the fresh Thai basil leaves, and serve with lime wedges.



### Japanese Crispy Pork

•Prep time: 25 minutes | Cook time: 25 minutes | Servings: 4

•Ingredients: 4 pork chops (pounded thin), 1/2 cup flour, 2 beaten eggs, 1.5 cups panko breadcrumbs, oil for frying. Curry: 1 onion (sliced), 1 carrot (chopped), 1 potato (cubed), 2 blocks Japanese curry roux, 2.5 cups water.

•Instructions:

Sauté the onion, carrot, and potato in a pot with 1 tbsp oil for 5 minutes.

Add water, bring to a boil, and simmer for 15 minutes.

Turn off the heat, break the curry roux blocks into the pot, and stir until completely dissolved. Simmer on low for 5 minutes until thick.

Dredge the pork chops in flour, dip into the beaten eggs, and coat thoroughly with panko breadcrumbs. Shallow-fry the pork in hot oil for 4-5 minutes per side until deeply golden and crispy. Slice into strips.

Plate a bed of steamed white rice, rest the crispy pork katsu on top, and ladle the rich curry sauce over half the meat.

Prep time: 25 minutes | Cook time: 0 minutes | Servings: 4 (8 rolls)

Ingredients: 8 rice paper wrappers, 16



### Fresh Vietnamese Rice Paper Shrimp Rolls

cooked shrimp (halved lengthwise), 1 cup cooked vermicelli rice noodles, 1 cup shredded carrots, 1 cup sliced cucumber, 1/2 cup fresh mint and cilantro leaves. Sauce: 4 tbsp peanut butter, 1 tbsp hoisin sauce, 1 tsp soy sauce, warm water.

Instructions:

Prepare the dipping sauce by whisking peanut butter, hoisin sauce, soy sauce, and 2-3 tbsp warm water together until smooth.

Dip one rice paper sheet into a shallow bowl of warm water for 5 seconds until slightly softened, then lay flat on a clean surface.

Place 3 shrimp halves in a row across the middle of the wrapper, vibrant skin-side down.

Layer a small handful of vermicelli noodles, carrots, cucumbers, mint, and cilantro just below the shrimp row.

Fold the bottom edge tightly over the filling, tuck in both the left and right sides, and roll upward tightly to seal. Repeat for all rolls



### Korean Bulggi

•Prep time: 15 minutes (plus 1 hour marinating) | Cook time: 5 minutes | Servings: 4

•Traditional Ingredients: 1 lb ribeye steak (sliced paper-thin), 1/2 small Asian pear (grated), 1/4 cup soy sauce, 2 tbsp brown sugar, 2 tbsp toasted sesame oil, 3 cloves garlic (minced), 1 tsp minced ginger, 1 tbsp gochujang (Korean chili paste, optional for depth), 2 stalks green onions (chopped), 1 tbsp toasted sesame seeds.

•Brief Instructions:

Grate the Asian pear into a bowl. Whisk it together with the soy sauce, brown sugar, sesame oil, garlic, ginger, and green onions to create the marinade.

Toss the paper-thin ribeye slices into the mixture. Cover and refrigerate for at least 1 hour (or overnight) to let the pear tenderize the meat.

Heat a cast-iron skillet or grill pan over high heat until smoking. Flash-fry the beef in a single layer for 2 to 3 minutes until deeply caramelized and slightly charred at the edges, then garnish with sesame seeds.



### Japanese Gyoza or Pot Stickers

•Prep time: 30 minutes | Cook time: 15 minutes | Servings: 30-40 dumplings

•Ingredients: 1 lb ground pork (the fattier the better), 1.5 cups green cabbage (finely chopped), 1 cup garlic chives or green onions (chopped), 1 tbsp fresh ginger (grated), 1 clove garlic (minced), 2 tsp soy sauce, 1 tsp sesame oil, 1/2 tsp salt, 1 package round gyoza wrappers, 3 tbsp vegetable oil for frying.

•Brief Instructions:

Mix the chopped cabbage with a pinch of salt. Let it sit for 15 minutes, then wrap it in a clean cloth and wring out all excess moisture.

Combine the wrung-out cabbage with the pork, chives, ginger, garlic, soy sauce, sesame oil, and remaining salt in a large bowl. Knead until sticky.

Place a wrapper in your palm, wet the outer edge with water, and add 1 tablespoon of filling to the center. Fold in half and create 4-6 pleats along the top edge to seal tightly.

Heat 1 tablespoon of vegetable oil in a non-stick skillet over medium-high heat. Arrange the gyoza flat-side down and fry for 3 minutes until golden brown on the bottom.

Pour 1/3 cup of water into the pan and immediately cover with a tight lid. Steam for 4 minutes until the water evaporates, then remove the lid and fry for 1 more minute to re-crisp the bottoms.

### The Essential Kitchen Tip Chef's Secret: Perfectly Fluffy Rice

For perfect, non-sticky jasmine or basmati rice every time, always rinse your raw grains under cold running water at least three times before cooking. This simple step washes away excess surface starches that otherwise cause the rice to clump and turn gummy in the pot.

"Cooking is like painting or writing a poem. Just as there are only so many notes or colors, there are only so many flavors—it's how you combine them that sets you apart." Wolfgang Puck





# Social Tidbits

## Montreal Community News

Fely Rosales Cariño

Welcome to our page, my Tidbit friends! Enjoying the spring? Are you springing forward with your plans? Let's all go out and socialize. Let the young join sport clubs and dance classes. Let the retirees do all of the above. And in the spirit of socializing, I invite you to join the various Filipino organizations. It's always beneficial to make new friends. As Proverbs 27:9 tells us, "The heartfelt counsel of a friend is as sweet as perfume and incense." Well, let's see what our Filipino friends are up to.

New Leadership, FNAQ

The Induction of Officers was held at the FAMAS Center on March 28, 2026 at 4708 Van Horne, Montreal. Congratulations to Cora Abdon, newly elected president of the Filipino Nurses Association of Quebec (FNAQ). Serving with her are Vice-President Rowena Bacalzo, Secretary Timmy Costales de Luna, Treasurer Jema Monserate, and Auditor Renzie Ivan Costales. Completing the Executive Board are Directors Joyce Cotiangco, Leonardo 111, Baro Fernandez, Wynne Abdon, Jan Vincent Monserate, Noel Roy Villa, and Ex-Officio Mary Grace Ocampo. Special mention goes to the lovely Magdalena Belleza Calcetas, whose grace and elegance continue to be an asset to the FNAQ. Accompanied by her son Ted, she gave the Induction and delivered an inspiring speech; those present were appreciative of her insights.

And kudos to Cora, who'll have a lot on her plate this summer. Kowing her solid work ethic, she will feel at home in this position. And thanks to the FNAQ, the nurses' booth offers a handy refuge at the park during sporting events. And guess who was there supporting her, doing photographer duties? None other than husband Al Abdon, FHSM Chairman. A husband & wife team who both head the FHSM and FNAQ, respectively. This must be a record; what a dynamic duo!

Asiasie Festival, Downtown

Last May 7, 2026, Lydia Fielding and I attended the 3rd day of Asiasie, a Montreal-based nonprofit festival celebrating the cultures of Asia through food, markets, and presentations. The venue was at the Time Out Market Montreal Eaton Center. There was plenty to see at the second floor and one of them was the display of the Filipino Heritage Society of Montreal (FHSM). You can feast your eyes on Filipino fans, costumes, and handcrafted items. And of course, not to be missed was FHSM Chairman Al

Abdon, occupied on his cell, no doubt making deals. On hand was wife Cora, busy receiving and seating guests. The Golden Maidens, FHSM dance group, drew enthusiastic applause as they positioned themselves on the stage. FHSM Choreographer Jeannette Pérignon. introduced the dancers with their colorful and beautiful costumes. They presented Pandanggo Sa Ilaw. The audience was enthralled to see the dancers with lit candles inside a glass – perched on their heads. That was some balancing act! In addition, they were also very graceful, unfazed by what's on their heads. So kudos to dancers Vangie Ruance, Neneh Fabia, Rebecca Aguilar, Elma Bolatao, Dolly Belandres, and Jeannette Pérignon. Well done, Golden Maidens!

Spring Summer Fun, FFCAQ

On May 16, 2026 starting at noon, Van Horne Park came alive with the activities organized by the Federation of Filipino Canadian Associations of Quebec (FFCAQ). At the event dubbed as the Spring Fun Day, FFCAQ President Minda Mazzone and her team were on their feet the whole afternoon to ensure everyone had fun. They assembled the children on one side of the grounds to begin the games on their list. Outdoor games and treats such as candies, chocolates, chips, and drinks were enjoyed by the children for free. Booths galore were fun to browse. As the day progressed, an influx of people came to sample the food at each booth or simply admired or purchased the displays of Philippine dresses, blouses, costumes and crafts. By afternoon, the party was in full bloom. Marvin Rotrand, Founder and Director of United Against Hate Canada and wife Jacqui arrived and were surrounded by friends. Many wanted a picture with them and others invited them to their next events. Marvin, a local celebrity in the Filipino community, reminds us of many events not well known. He is more knowledgeable about Philippine history than most of us. How inspiring; way to go, Marvin! And thank you for bringing your sociable and outgoing wife Jacqui to our events.

Dinner and Dance, UPSQ

As a prelude to summer parties, the United Pilipino Seniors of Quebec (UPSQ) held a Dinner & Dance on May 16, 2026 at 6767 Côte-des-Neiges. Headed by UPSQ President, Sir Gerry Danzil, the evening was fun. It started with business first. The flag bearers (Sir Patrick Gatera, Sir Cheldon Cohen, and Sir Christos

Sideris) assumed their positions as the National Anthems played. I gave the Invocation and President Danzil gave his Welcome Address. Entertainment by the D'Easy dancers delighted the crowd so much that they were asked for an encore. A special moment was when birthday celebrants from January 2026 to May 2026 were called to the stage where they blew their candles and each received a special fresh rose. The blowing of candles was especially fun as the celebrants vied for a space near the one who distributed the flowers. President Danzil greeted them with a promise of more dance numbers. Then the karaoke singing started. Sir Julius Abad, with his golden voice, sang Floor Wood in the Hood. Edgar Gevero, who flew all the way from Florida to attend the party, sang Baby Blue. It was supposed to end by midnight but the crowd was not ready to leave the dance floor. The crowd wanted continuous dancing and a band of DJs, DJ Johnny Boy Moonbig JBL and DJ Elmer and their crew were bombarded with requests.

And oh boy, seniors know how to rock and roll! In between every music piece, I (as the Emcee) had to let the music stop temporarily to proceed with some items on the program. In the end, the crowd got their wish. Their dancing shoes remained vibrant till midnight. Special mention goes to Linda Danzil, the President's wife. Dressed in a baby pink dress, she was hard at work at the food table. Thanks Linda !

Planning Session, CCFAQ

On May 17, 2026, there was a wonderful get together at the home of Sir Dario Boco, President of the Canadian Council of Filipino Association of Quebec (CCFAQ). President Boco called for a board meeting to discuss the upcoming Philippine Independence celebration on June 14, 2026. The attendance was perfect and the food was perfect. Everyone was overwhelmed by the culinary skills of the President's wife,

See Page 18 Social Tidbits

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- Marvin Rotrand, Former Montreal City Councilor and Director General, United Against Hate Canada
- Sonny Moroz, City Councilor, Snowdon District, CDN-NDG Borough
- Jess Agustin, Prominent Community and Labor Leader
- Alex Bottausci, Mayor, Dollard des Ormeaux
- Professor Kazue Takamura, Senior Faculty Lecturer, Institute for the Study of International Development, McGill University
- Luzviminda Mazzone, President, Federation of Filipino-Canadian Associations of Quebec

#### BUILDING OUR FUTURE LEADERSHIP

We are actively expanding our team to finalize our federal incorporation. We extend a special welcome to prospective **licensed teachers**, our proposed **Legal Advisor** (special thanks to the lawyer and son of our former student), and our **candidate department chairs**—including **Avy Loftus** and **Michael Davantes** (our former MMTV crew host)—as they reflect on joining our new board to champion the Arts and Sciences. We also need to appoint two alumni to occupy the posts of **Secretary** and **Treasurer**.

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# FILIPINO STAR

## SHOWBIZ GOSSIP

### KC Concepcion gets real: The pain, pressure, and power of growing up between two families



**KC Concepcion**

In a rare and deeply personal revelation, KC Concepcion recently opened up about the emotional reality of growing up as a child caught between two worlds, two families, and the constant glare of the public eye.

In a candid podcast interview with Karmina Constantino, KC offered raw insight into the complexities of her situation, something many experience, but few talk about openly.

For many, being part of a blended family is already complicated. But for KC, whose parents are showbiz icons Sharon Cuneta and Gabby Concepcion, the struggle came with an added layer of pressure few can truly understand.

#### ***"It's Hard to Have Me": The pain behind the spotlight***

KC did not hold back as she described her journey toward acceptance, revealing how difficult it was to find her place in both her mother's and father's families.

"But when I accepted the reality of my position and the reality of the setup, it's like, how [it's like] structured. And I understand the side

of my step-parents that, oh my God, they're just people. It's hard to have me," she shared.

Her words struck a chord online. It proved painfully relatable to anyone who has ever felt like they didn't fully belong.

KC went further, acknowledging the emotional weight carried not just by her but by everyone around her.

"It's hard enough to take into consideration the possibilities kapag may anak and then it's not yours. 'Yung gano'n. But they've been watched this whole time," she added.

#### ***Living between two worlds***

As the only daughter of Sharon and Gabby, whose marriage began in 1984 after their hit film "Dear Heart" and ended in separation just a few years later, KC grew up navigating two completely different family dynamics.

While both her parents have since built their own families, KC found herself constantly adjusting emotionally, mentally, and even publicly.

The reality? There is no clear "place" for someone in her situation.

And that's where the real struggle lies.

#### ***From feeling like an outsider to finding peace***

Now in her 40s, KC says she has finally reached a breakthrough, one hinged on acceptance rather



than belonging.

"I'm so appreciative, and it's no longer about belonging or being an outsider or not. It's just the acceptance," she bared. "So that

realization, that acceptance and understanding of that world of mom's family, papa's family, and me and my future family was a breakthrough for me."

The shift in mindset resonated deeply with netizens who see themselves in her story.

#### ***Healing conversations with Sharon***

KC also revealed that time and maturity have helped her rebuild and strengthen her relationship with her mother.

Opening up, she said conversations that once felt impossible are now easier and more honest.

"These are things that I can talk to her about without her maybe thinking it the wrong way. I'll just tell her straight na, 'Okay, hear me out. This is my situation, but don't worry. There's no blaming,'" she shared.

Still, she admitted that some tensions are simply part of reality and not everything can be fixed.

"I'm just saying that there are things, tension here and there. Sa hangin, may mga tension diyan na hindi natin makokontrol. And I don't expect na ikontrol mo. Nandiyan lang 'yung mga lingering things na beyond our control, and it's okay."

#### ***A story that hits home for many***

Behind the fame and privilege, KC's story reflects a universal truth: growing up in a broken or blended family is never easy.

It's a constant balancing act.

But instead of letting it define her negatively, KC is choosing to embrace her unique position, going on to use it to inspire others.

"I love this unique position I've been placed in, and I hope I make it right."

In a world obsessed with picture-perfect families, KC's story sheds light on the quiet struggles of children who grow up "in between" under public scrutiny.

And perhaps that's why it resonates so strongly to many: because beyond her being a celebrity, this is a story about identity, acceptance, and finding peace, things that we all aim for in a life that is never simple to begin with. ■



## Kris Aquino tests positive for COVID-19 amid ongoing health battle



**Kris Aquino**

Kris Aquino has tested positive for COVID-19 once again after being hospitalized several days ago.

The Queen of All Media revealed that she had been suffering from fever and persistent coughing since last week while continuing her fight against multiple autoimmune diseases.

On Instagram, Kris shared a photo of her antigen test kit showing a positive COVID-19 result.

"I've been sick from the time I got out of the hospital, early Sunday. Kuya Josh on Monday started to cough and sneeze last night.

chemotherapy treatment, which was later followed by fever symptoms.

Kris also mentioned checking on her friend, fashion designer JC Buendia, who had reportedly undergone COVID-19 testing during a recent hospitalization.

Soon after, Kris took an antigen test herself and confirmed she had contracted the virus again.

"I said sleeping is a lost luxury because of my neverending fits of evening coughing," she added.

Another photo posted on her Instagram showed a staff



"I didn't want him to feel unwelcome and he was wearing his mask so I slept with him," Kris wrote in the caption of her post.

According to the TV host-actress, she began feeling weak again a day after taking her Methotrexate injectable

member administering medication while she rested in bed.

Despite the latest setback, Kris assured supporters that she remains determined and refuses to give up amid the challenges she continues to face. ■

## Dingdong Dantes breaks silence on political plans



**Dingdong Dantes**

Actor Dingdong Dantes has again ruled out entering politics, saying his focus remains on acting and his work in the entertainment industry.

In an interview in Kapuso Mo, Jessica Soho, Dingdong was asked if

he had plans to seek public office.

"Malinaw po sa akin na ang focus ko talaga ay dito sa industriyang ito, dito sa pagiging aktor," he said.

Asked directly if he had political plans, the actor answered, "Wala po."

In a January vlog by Janno Gibbs and Bing Loyzaga, Dingdong also said he had no interest in public office, stressing that service can be done in different ways.

Aside from acting, Dingdong serves as chairman of Aktor PH, or the League of Filipino Actors, a group formed during the pandemic to address concerns in the industry.

"It was a collective effort of a group of actors," he said, recalling how the organization began during a period of uncertainty for performers.

Dingdong said the group continues to work with other organizations to support the entertainment community.

"Ang sarap lang ng pakiramdam na kabilang ka sa isang community ng mga taong nagmamalasakit," he shared. ■

## Actress Sue Prado passes away at 44



Actress Sue Prado has passed away. She was 44.

Her death was confirmed by her sister, May Shereen, in a Facebook post on Apr. 15. The cause of her death was not revealed.

The post read:

"Our dearest Sue M. Prado has become a constant star in the night sky.

It is with profound pain that we share Sue's passing. Sue brought light to anyone's path throughout her life. A life lived for others, for the craft she nourished, and for those whom she loved most. Please celebrate her in any way you know how, and honor her memory

through kindness."

Some of the projects Sue has done include "Barber's Tales," "Oro," "Area," "Himpapawid," "Dagsin," "Thelma," "Ilustrado," and "Madrasta."

She also appeared in "FPJ's Ang Probinsyano."

Apart from that, she was also part of the series "Gameboys," "Abot Kamay na Pangarap," "Prinsesa ng City Jail," and "My Father's Wife."

The actress was also part of the jury for the 3rd Sharm El Sheikh Asian Film Festival (SAFF) in 2019.

The actress was supposed to celebrate her 45th birthday on May 18. ■



**Showbiz Gossip** *Continued from p.15***BINI returns to the Philippines after LA trip****BINI**

Members of BINI have returned to the Philippines following their trip to Los Angeles, where they successfully showcased Filipino talent at the Coachella Valley Music and Arts Festival and the Grammy Museum, and received recognition at the Billboard Women in Music.

The group expressed happiness about being back in the Philippines and seeing their fellow Filipinos again. They also said they are still in disbelief over the experiences

and achievements they received during the trip.

Overall, the group described their U.S. visit as “productive” and “jampacked.”

BINI is set to take a short break, but fans can expect more upcoming events.

The group also shared that they will head to Japan to perform at Summer Sonic 2026 on August 14 and 16.

**James Reid, Daniel Padilla trend after rare appearance****Daniel Padilla (left) and James Reid share the stage at an event**

This generation’s matinee idols, James Reid and Daniel Padilla, drew attention after appearing at the same event on May 19.

The sighting at Juan365 immediately sparked interest among fans and attendees, as both actors have long built separate careers and distinct fan bases in Philippine pop culture.

The program included a live performance, fan interactions, and a contract signing segment.

Fans and guests filled the venue, taking photos and videos as the stars appeared in the same space. The moment quickly circulated online, fueling discussion among entertainment followers who rarely see the two figures at the same event. ■

**Barbie Forteza recalls walking out of guest appearance over alleged favoritism**

Barbie Forteza opened up about a tense moment early in her career, revealing that she once walked out of a guest appearance after allegedly experiencing unfair treatment behind the scenes.

Speaking on GMA Network’s TRGGRD, Barbie recalled arriving at a scheduled guesting in Pasay despite coming straight from a late-night taping and barely getting any rest.

“Parang puyat ako noon, galing taping,” Barbie said.

The actress shared that she arrived around 11 a.m. but ended up waiting for hours without updates about her segment. She later learned that another guest had been prioritized ahead of her.

“Malaman lamang namin ni mama, may inunang guest na hindi naman bigger star,” she recalled.

Barbie said she believed the decision stemmed from personal connections rather than professional scheduling.

“Parang mas close lang kasi dun sa director,” she added.

Feeling frustrated, Barbie and her mother decided to leave before her segment even began. Shortly after, the production team reportedly called them and asked them to return.

“After, tumatawag yung production. Ay, kayo na po, kayo na po,” she said.

The actress said the staff and even the host eventually apologized.

“Nag-sorry naman silang lahat.”

Looking back, Barbie said the experience reinforced one lesson she still values today: “Respeto. Mutual respect tayo sa lahat.” ■



## Andi Eigenmann calls for protection of Siargao locals



**Andi Eigenmann**

Andi Eigenmann called on authorities to protect Siargao locals following reports of disrespectful behavior and alleged assault involving foreign tourists on the island.

On Wednesday, May 13, Andi raised the issue took to her Instagram, resharing posts about Israeli tourists allegedly vandalizing a cafe and assaulting its owners.

"This is why it breaks my heart seeing locals get pushed aside in their own home, by people who arrive here for their own pleasure, thinking paradise means freedom from accountability," she wrote.

Andi also said some visitors treat the island as if it were free from accountability.

"Behaving recklessly, disrespecting the community, and now even intentionally hurting or humiliating locals without

consequence," Andi continued.

Andi, who has been living in Siargao with partner Philmar Alipayo and their children, said Siargao is not a playground but a home, livelihood, culture and land for its residents.

"The locals have welcomed us so warmly on their land, and the least they deserve is some respect. They deserve actual protection," she added.

She urged officials to listen to residents, enforce rules and address "disrespect, environmental abuse" and unchecked behavior before it is too late.

Philmar, a Siargao native, also echoed Andi's statement on Instagram.

The appeal came after Israel Ambassador Dana Kursh and Consul Moti Cohen met with General Luna officials amid complaints about the behavior of some Israeli visitors. ■

## Queenie Pacquiao enjoys thrift shopping, earns praise from netizens



**Queenie Pacquiao**

Queenie Pacquiao, businesswoman Jinkee Pacquiao, daughter of billionaire pugilist Manny Pacquiao and is gaining positive attention online after being spotted enjoying a thrift

shopping trip in Tagaytay City.

A video shared by content creator Edgar D. Polinar showed Queenie happily browsing through items at a local ukay-ukay store.



The clip quickly circulated on social media, with many netizens praising her for her down-

to-earth attitude despite coming from a well-off and high-profile family.

As the shopping continued, Queenie spotted a bag she liked. "Kuya, may nakita ako. Cute man siya na bag. Cute pero mahal," she said.

*["Big bro, I saw something. It's a cute bag. It's cute, but it's expensive."]*

In Another video Queenie was seen carrying a basket filled with her thrift finds. The caption read: "Ukay-ukay is life."

*["Thrift is life."]*

The videos received overwhelmingly positive reactions from netizens, with many commending Queenie for being relatable and grounded. Social media users noted that she does not appear to flaunt her privileged background, instead showing appreciation for simple and practical shopping experiences. ■



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# QUEBEC LOCAL NEWS BRIEFS, MAY 2026

## Provincial Politics: A Tighter Three-Way Race Takes Shape

The political landscape in Quebec has shifted into a highly competitive three-way race ahead of the October provincial election, according to the latest Léger Québec polling data.

**The Standings:** The Parti Québécois (PQ), led by Paul St-Pierre Plamondon, maintains a slim lead with 30% of voting intentions. The Quebec Liberal Party (PLQ) follows closely behind at 28%.



**Parti Québécois Leader Paul St-Pierre Plamondon, Coalition Avenir Québec Leader Christine Fréchette and Quebec Liberal Party Leader Charles Milliard. (Allen McInnis, John Mahoney and Dave Sidaway / Montreal Gazette)**

**The "Fréchette Effect":** The governing Coalition Avenir Québec (CAQ) has experienced a significant rebound, climbing 9 points over the last month to 22%. This resurgence is being credited to the party's leadership transition to Premier Christine Fréchette, with 47% of Quebecers now expressing satisfaction with her government's performance. Analysts note that with roughly half of voters still undecided, the upcoming campaign remains completely wide open.

## Economy: U.S. Tariff Relief Enacted for Local Manufacturers

Quebec's industrial sectors

are receiving substantial financial cushions to combat ongoing international trade pressures.

**The Funding:** The Government of Canada announced a \$1.48 million non-repayable contribution to AluQuébec, the province's aluminum industrial cluster.

**The Context:** This cash injection is part of a broader \$1.5 billion national tariff response initiative rolled out this month by the federal government. The emergency measures—which include direct

financing programs through the Business Development Bank of Canada—aim to protect small and medium-sized enterprises (SMEs) against sudden U.S. import tariffs hitting Canadian steel, aluminum, and copper.

**The Infrastructure Warning:** On a separate economic front, municipal leaders are warning that local roads and water treatment networks across the province are deteriorating at an unsustainable rate, projecting that tens of billions of dollars will be required for structural replacements.

## Education: Bill 101 Expansion Sparks Anglophone Concerns

And a big reveal will be happening on May 29, 2026. Save this date for Zeny Kharroubi, owner of the North American Filipino Star. The topic will be Legacy Education. Zeny is like a tiger on a prowl and she is after something big, and I mean big. Invited guests will not be disappointed.

April isn't only for showers, May too. Yes, sunny days are more enjoyable but let's be reminded that God created the showers also. And He says in Deuteronomy 32:2, "Let My teaching drop as the rain, My speech distill as the dew, as raindrops on the tender herb, and as showers on the grass." May His teaching rain on your soul and revive you. And my prayer for us is, "Let us know; let us press on to know the LORD; His going out is sure as the dawn; He will come to us as the showers, as the spring rains that water the earth." (Hosea 6:3).

Until the next issue. God Bless!

GLOBAL SKILL DEVELOPMENT NEWS

## Quebec Targets Adult Vocational Education Courses

Proposed Bill 101 expansion to adult and vocational education sparks debate over language access, immigrant inclusion, and labour shortages.

LANGUAGE POLICY. WORKFORCE IMPACT. STRONGER QUEBEC.

Source: Global News | May 14, 2026

A new legislative push by the Fréchette government is drawing sharp criticism from the province's English-language school boards.

**The Policy change:** French-language Minister Jean-François Roberge confirmed that Quebec intends to expand the French Language Charter (Bill 101) to adult education and vocational training programs. Under current regulations, adult and vocational programs are exempt from the standard French-eligibility rules that govern elementary and high schools.

## The Community Impact:

The Ministry estimates that up to 27,000 students could be forced to migrate from English vocational hubs to the French network. Organizations like the English Montreal School Board (EMSB) have raised immediate alarms, noting that school board funding is directly tied to student enrollment, and this policy could result in severe budget cuts for Anglophone institutional frameworks.

## Energy: Churchill Falls Deal Negotiations Forge Ahead

Quebec and Newfoundland & Labrador officials are signaling strong optimism regarding a brand new multi-billion dollar energy deal.

**The Update:** Top elected officials from both provinces stated they are highly confident about finalizing a mutually

beneficial contract regarding the massive Churchill Falls hydroelectric plant.

**The Stakes:** This agreement will replace the historic and deeply controversial 1969 contract, which is set to expire soon. Securing a stable, long-term clean energy pipeline from Labrador is considered a crucial milestone for Hydro-Québec, which is currently executing a \$200 billion infrastructure plan to triple wind production and modernize the provincial grid by 2035.

## Health & Community: New Dietary Profile Released

A new comprehensive report published by Canadian Press highlights shifting dietary habits among Quebec adults, prompting calls for grass-roots public health actions.

**The Data:** According to the health profile, only 36% of Quebec adults are hitting the government target of consuming at least five servings of fruit and vegetables per day.

**The Concerns:** Conversely, 60% of adults exceeded the World Health Organization's recommended threshold for free sugars, maintaining a diet heavy in added sugars, processed items, sodium, and cheese. Health agencies plan to use this data to reform local community nutrition and dental cavity prevention initiatives.

From Page 13 Social Tidbits

Claire, who prepared several dishes of home cooked recipes. Sarap, sarap (delicious)! Claire did her best to satisfy our sensitive palates while Sir Dario also prepared the 'pulutan.' Sodas and hard drinks were served. The desert table was full of Filipino treats. Sarap sarap talaga (really delicious)! After the meeting, we all did a Sharon (picked our takeouts to go) to our heart's content. A big thank you to our magnanimous and kind hearted hosts, Sir Dario and Claire.

## Upcoming Events

Watch out for the second part of the Discussions on Hepatitis-C for the Filipino community on March 23, 2026 at the FAMAS Center from 1-4pm on 4708 Van Horne. This will be an informative and interesting session. It would be nice for seniors to attend. Refreshments will be served.

**Calling all Gilmore Alumni to register in the FREE SCREENING EVENT**  
**STOLEN TIME, May 29, 2026 - 6 PM**  
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# World News in Brief: Rising Tensions on Four Fronts

## •Front 1: The Strait of Hormuz Mideast Shipping Crisis Disrupts Global Energy Supply

The ongoing U.S.-led military campaign against Iran has officially triggered an energy crisis, with the Strait of Hormuz effectively gridlocked. As the world's most critical chokepoint for oil transport faces daily skirmishes, commercial shipping lines have suspended passage. Major energy suppliers like Saudi Aramco have issued formal warnings regarding severe global fuel and food supply shocks if the stalemates persist.

Compounding the crisis is a historic rift within Western alliances. U.S. Secretary of State Antony Blinken and the Trump administration have

## Indictment

Geopolitical tensions have reached a fever pitch just 90 miles off the coast of Florida following the U.S. Department of Justice's formal criminal murder indictment against Cuba's 94-year-old former leader, Raúl Castro. The legal escalation coincides with aggressive talk from Washington, where President Trump and senior administration officials have openly raised the possibility of a direct U.S. military intervention to force a regime change on the island.

To enforce maximum economic pressure, the U.S. has instituted a strict fuel blockade. The embargo has effectively emptied Cuba's domestic diesel and fuel oil

zation (WHO) has declared a global health emergency following the rapid, uncontained spread of a rare and highly lethal strain of the Ebola virus. Primarily concentrated in the

## Exercises

In a blunt show of force aimed directly at Western powers, Russia and Belarus have launched unannounced, massive strategic nuclear drills along



**Smoke rises from the Thai bulk carrier Mayuree Naree near the Strait of Hormuz after it was hit by a projectile on Wednesday. As part of its retaliation against U.S. and Israeli airstrikes, Iran is choking traffic through the Strait of Hormuz, a critical water-way for a range of Gulf exports. (Royal Thai Navy/AFP/Getty Images)**

publicly questioned America's commitment to NATO, threatening to pull back defense funding after European allies refused to back the military offensive. In an unprecedented move, Washington has already

reserves, plunging the nation into widespread blackouts and crippling public transport. The aggressive maneuvers have drawn sharp international blowback, with both Russia and China issuing swift



**Photo that appeared in the Florida News and NBC News aired on May 20, 2026.**

delayed troop deployments to Poland and ordered 5,000 active personnel out of Germany, leaving European leadership scrambling to secure their own Eastern borders.

## Front 2: The Caribbean U.S. Moves Against Cuba with Blockade and Criminal

condemnations, warning the U.S. against inciting an unnecessary regional war.

## Front 3: Central Africa WHO Declares Global Emergency Over Rapid Ebola Outbreak

The World Health Organi-



**Belarusian President Alexander Lukashenko visits a missile brigade of the Armed Forces during joint Russian-Belarusian nuclear exercises, in the Asipovichy district, Mogilev region, Belarus, May 21, 2026. President of the Republic of Belarus/Handout via REUTERS ATTENTION EDITORS - THIS IMAGE WAS PROVIDED BY A THIRD PARTY. MANDATORY CREDIT.**

Democratic Republic of the Congo and Uganda, health authorities have confirmed that suspected cases have breached the 500 mark, with more than 130 documented fatalities.

The international response has been swift but chaotic. The U.S. government

the edge of NATO territory. The military maneuvers involve over 64,000 active troops, alongside an array of nuclear-capable submarines, long-range bombers, and mobile missile launchers. Tensions escalated further when Moscow verified that actual



**A woman cries as Red Cross workers carry the coffin of a person who died of Ebola from a health center in Rwampara, Congo, Wednesday, May 20, 2026. (AP Photo/Moses Sawasawa)**

implemented an immediate entry ban on foreign nationals traveling from the affected African nations. This has sparked disruption across global transit hubs, highlighted by a commercial flight to Detroit that was forced into a mid-air diversion to Montreal, Canada due to changing screening protocols. The sports world has also felt the immediate impact, with major international events and World Cup training camps in Africa being abruptly cancelled.

## Front 4: Eastern Europe Russia and Belarus Launch Surprise Border Nuclear

nuclear munitions had been transferred directly to field storage bunkers in Belarus.

The timing of the war games aligns seamlessly with a high-profile state visit by Vladimir Putin to Beijing. Following a series of closed-door summits, Chinese President Xi Jinping signed comprehensive strategic unity pacts with Russia. In a public address, Xi warned that Western geopolitical overreach and unilateral sanctions risk fracturing international stability entirely, threatening to drag global diplomacy back to what he labeled "the law of the jungle."



# THE NORTH AMERICAN FILIPINO STAR

Montreal, Quebec, Canada

## MAY 2026 PICTORIAL NEWS



A group photo of the Filipino-Canadian community leaders who attended the business forum organized by the Philippine Trade and Investment Centre in Toronto in cooperation with the QCPCBT headed by Remedios Monteagudo, held at the 800 Victoria Square, Suite 3500, Montréal, QC on April 27, 2026 (Photo credit: Cristy Hunter)



Workers help prepare SpaceX's Starship rocket for a test flight from Starbase, Texas, on May 20. SpaceX plans to launch its 12th test flight for the Starship rocket on Thursday, but some things will be different this time around. The latest version of SpaceX's giant rocket is dubbed V3, short for version three. (Eric Gay/AP)



The Philippine Ambassador, His Excellency Jose Victor Chan-Gonzaga (back row, 5th from the right) with the Philippine business delegates and organizers. April 27, 2026

**A brief lookback over the years - from 1972 to 1989 founding of the 1st private school by a Filipino-Canadian immigrant**



Foreign affairs minister summons Israeli ambassador for 'deplorable' treatment of flotilla activists. Foreign Affairs Minister Anita Anand says she's directed her officials to summon Israeli Ambassador Iddo Moed after the "mistreatment of civilians" aboard a Gaza-bound flotilla. (Excerpts from Global News)



Zenaida Ferry-Kharroubi's first year typing class in 1972 at the Jean Talon High School - part of the two-year vocational education at the end of which students go directly to work.



First students' Christmas party held at the Girouard Building where the Gilmore Business Institute was originally located that started on November 1, 1989, and moved to other locations in April 1996 until it moved to the current location on Sept. 15, 2015.