

THE NORTH AMERICAN FILIPINO STAR

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Montreal's only Filipino-Canadian newspaper

Will Canada get a fair deal? Israel-Hamas ceasefire news



US President Donald Trump and Mark Carney, Canada's prime minister, during a meeting in the Oval Office of the White House in Washington, DC, US (Bloomberg)

OTTAWA, Oct 10 (Reuters) - The specific deals that Canada is negotiating with the U.S. in key sectors such as steel, aluminum and autos are likely to persist even if the United States-Canada-Mexico trade deal is reviewed next year, Prime Minister Mark Carney said Friday.

Carney told reporters it was unlikely that "one simple trade deal" could resolve all the issues between the two countries.

The sectors involved are the ones that Washington deems to be strategic, he said.

"We are negotiating specific sectoral deals with them, which would likely persist with a revised USMCA,"

Carney said.

Earlier this week, Carney said he had a "meeting of minds" with U.S. President Donald Trump at the White House on the future of the steel and aluminum sectors, which are currently facing U.S. tariffs. cited the "huge advantage" that Canada compared to the rest of the world, noting that 85% of goods exported to the U.S. are tariff-free. Still, damaging tariffs remain on imports of Canadian steel, aluminum and autos.

"Negotiations are tough, but we've come a long way in the last year," Carney said. "We're looking for things that other countries have not received." See Page 2 Will Canada get



A drone photo of people gathering in Hostages Square in Tel Aviv, Israel, on Saturday. Aviv Atlas/Reuters

(October 11, 2025) - Hostage families and captivity survivors addressed huge crowds in Tel Aviv's Hostages Square on Saturday, ahead of Monday's expected release. The Hostages and Missing Families Forum estimated that approximately 500,000 people attended the rally. Here are excerpts from some of the speeches: US President Donald Trump says "the war is over" in Gaza and predicts the ceasefire between Hamas and Israel "will hold" as he heads to the Middle East to celebrate the precarious peace deal.

Bulldozers begin clearing the rubble in Gaza City after two years of war as tens of thousands of forcibly

displaced Palestinians return to devastated towns and cities in northern Gaza.

'Everyone fears the war will return'

The third day of the ceasefire saw some aid trucks cross into Gaza, but residents in Khan Younis, in the south of the Strip, said that some shipments were being ransacked by starving residents in chaotic scenes, which have seen food parcels being trampled.

For Mahmud al-Muzain, a bystander, the scuffle showed that Palestinians in Gaza did not trust that

See Page 2 Israel-Hamas ceasefire

Golden Balangay Awards 2025 Celebrates Filipino Excellence with Historic Weekend in Ottawa (see p. 2)



2025 Golden Balangay Awardees, from left - Mark Anthony Gravoso, Rommel Lumbao, Regine Lura, Dr. Ruby de Guzman Formoso, Monina Serrano, Larnes Joy Nabarreti, Jennilee Austria-Bonifacio, Philippine Centre Canada, Edward Cruz, and Nora & Danny Arriola.

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according to Carney, the two sides are currently "negotiating terms" of a deal



Canada-U.S. trade negotiations are "going ahead in the right direction" and Canadian companies are repositioning themselves to lean away from overreliance on American trade, says Industry Minister Mélanie Joly.

In an interview on Rosemary Barton Live airing Sunday (Oct. 12), Joly explained her takeaways from Prime Minister Mark Carney's meeting with U.S. President Donald Trump in Washington earlier this week.

"I think you saw there was a very respectful discussion and tone between the prime minister and the president," Joly told host Rosemary Barton. The minister added that face-time with Trump is important because the president is ultimately the deal-maker.

"We know that no deal has been struck. We know that negotiations are going ahead in the right direction," Joly said.

Canada continues to hunt for a tariff deal with the U.S. government and has yet to land one even after months of bilateral engagements. But

and Canada will come out ahead. While the initial focus is on a deal related to the steel, aluminum and energy sectors, Carney said on Wednesday the two sides are "working on the modalities of an auto agreement" and some sort of solution to the punishing tariffs on the forestry sector.

Joly said the Liberal government "will fight for every single job in the auto sector. These are our jobs, these are our people, and we'll make sure that we stand with them [and] that we work with them."

"Could we win back all the business we lost under 50 per cent? No, I don't think so. Some of that business is very difficult to win back."

Latest comments from critics say that Prime Minister Mark Carney has clearly shifted away from the assertive U.S. trade stance seen on the campaign trail seven months ago to a more cautious, conciliatory approach.

As trade tensions continue,

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the US-led negotiations would lead to a long-term peace.

"Everyone fears the war will return. We stockpile food out of fear and worry that the war will come back," al-Muzain said.

Going forward, mediators still have the tricky task of securing a longer-term solution. Under the Trump plan, as Israel conducts a partial withdrawal from Gaza, it will be replaced by a multinational force coordinated by a US-led command centre in Israel.

October 11, 2025 (From CNN files):

Thousands of Israelis gathered in Tel Aviv for a huge rally at Hostages Square ahead of the expected release of hostages by Hamas.

Former hostages, US President Donald Trump's son-in-law Jared Kushner and US special envoy Steve Witkoff addressed the crowd.

During their remarks, Kushner and Witkoff – who toured Gaza today, according to the Israel Defense Forces – thanked each other and the Trump administration for their efforts in brokering the ceasefire deal. When Witkoff mentioned Trump, the crowd roared with applause. But when he brought up Israeli Prime Minister Benjamin Netanyahu, boisterous boos could be heard.

The release of the hostages "will begin on Monday morning," Israel's hostage coordinator told families of hostages in a text message Saturday night. The 72-hour deadline for the release is Monday at noon local time.

Trump is expected to arrive in Israel Monday, where he is set to address the Israeli parliament. He will

then head to Egypt, where he will hold a summit with various international leaders.

France's President Emmanuel Macron and British Prime Minister Keir Starmer will visit Egypt Monday as well to mark the ceasefire plan.

Palestinians have been returning to northern Gaza following the announcement of the deal to find their homes and possessions destroyed.

Aid has begun to flow into Gaza, according to the Israeli agency that handles the transfer of humanitarian assistance.

Six hundred aid trucks will be allowed into Gaza every day as part of the ceasefire agreement's humanitarian clause, Israeli security officials said.

The UN agency for Palestinian refugees said Saturday that it had enough food to supply the entire population of Gaza for three months, while calling for the territory's borders to be opened to humanitarian aid.

U.S. warns of 'credible reports' Hamas is planning attack on Palestinian civilians in Gaza

The U.S. State Department said Saturday that it has "credible reports" that Hamas could violate the ceasefire with an attack on Palestinian civilians in Gaza.

If the attack takes place, it "would constitute a direct and grave violation" of the agreement forged by President Donald Trump to end the two-year war between Israel and Hamas, the statement said. No further details were disclosed about the potential attack.

"Should Hamas proceed with

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Golden Balangay Awards 2025 Celebrates Filipino Excellence with Historic Weekend in Ottawa

Ottawa, ON – September 21, 2025 – The Golden Balangay Awards (GBA) Foundation proudly concluded its 2025 Awards Night on September 20 at the Sir John A. Macdonald Building in Ottawa, Ontario. The prestigious event brought together leaders, trailblazers, and change-makers from across Canada in a powerful celebration of Filipino-Canadian excellence, heritage, and service.

This year's Awards program extended beyond the gala itself. Nominees participated in a Parliamentary Tour arranged by MP Blake Richards, offering a unique opportunity to experience the heart of Canadian democracy. They were also welcomed at a Reception and "Meet Greet" hosted by His Excellency Jose Victor Chan-Gonzaga, Ambassador of the Philippines to Canada, at the Philippine Embassy. These special activities highlighted the growing role and representation of Filipinos in Canadian society.

2025 Golden Balangay Award Winners

•Lifetime Achievement Awardees: Danilo "Dan" De Castro, Dr. Ruby L. de



Donnaleigh Rey singing the national anthems of the Philippines and Canada.

Guzman Formoso, Resty del Rosario, Monina Lim-Serrano, and Nora & Danny Arriola

•Sandy Cove Pharmacy Educator of the Year: Jeffrey Ko (Ontario)

•Educational Excellence (Post-Secondary Education): Larnes Joy Nabarreti (Ontario)

•Young Leader of the Year: Regine Lura (New Brunswick)

•Entrepreneur of the Year: Rommel

Lumbao (Ontario)

•Excellence Awards in Arts and Culture: Jennilee Austria (Ontario)

•Excellence Awards in Media: Cherie Lei Mercado (Ontario)

•Excellence Awards in Sports and Fitness: Abby Albino (Ontario)

•Community Service Awards: Tomas Tan (Ontario)

•Senior Achievement Award: Bella Genezero (British Columbia)

•Most Influential Community Organization of the Year: Philippine Centre Canada (Ontario)

•Manggagawang Pilipino Award: Mark Anthony Gravoso (Ontario)

•Lemfi Pinoy of the Year: Edward Cruz (Ontario)

The Awards Night featured captivating performances by Donneleigh Rey (Ottawa), Rhett Dela Cruz (Toronto), and Scarborough Ontario Seniors Association (SOSA), inspiring tributes, and stories of triumph, reflecting this year's theme, "Bangka ng Papel"—a symbol of resilience, hope, and shared journeys.

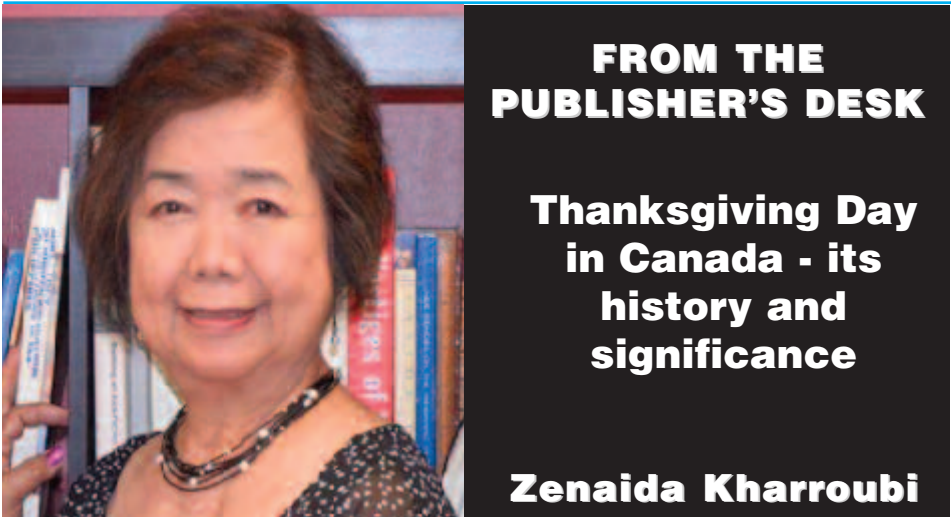
The Golden Balangay Foundation extends its congratulations to all nominees and awardees, and its profound gratitude to community partners, including Lemfi and Sandy Cove Pharmacy, as well as to the volunteers and supporters who made the historic weekend possible. Together, the Filipino-Canadian community continues to pave the way for future generations.

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Golden Balangay Awards

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Thanksgiving (In French: l'Action de grâce), is an annual Canadian holiday to give thanks at the close of the harvest season. Although the original act of Parliament references God and the holiday is celebrated in churches, the holiday is mostly celebrated in a secular manner. Thanksgiving is a statutory holiday in all provinces in Canada, except for New Brunswick and Nova Scotia. While businesses may remain open in these provinces, the holiday is nonetheless recognized and celebrated regardless of its status.

Thanksgiving has been officially celebrated as an annual holiday in Canada since November 6, 1879. While the date varied by year and was not fixed, it was commonly the second Monday in October. On January 31, 1957, the Governor General of Canada Vincent Massey issued a proclamation stating: "A Day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed – to be observed on the second Monday in October."

Most people know that when Thanksgiving weekend comes, Christmas is just around the corner. Stores start offering their specials for the holidays. It's that time of the year that we feel that another year has gone, and we will soon be facing a new one. What will be in store for us in the next year is anybody's wild guess but if we are optimistic, we keep hoping that the best things are yet to come.

As everyone knows, it has

been a very difficult time for most Canadians when U.S. President Donald Trump came back to the White House the second time around. His unprecedented tariffs on Canada and other countries have wreaked havoc on the global economy. According to the latest news, in Canada, unemployment has jumped to 7.1% and major forecasters expect growth of roughly 1.25% in 2025, compared with 1.8% predicted in January. U.S. tariffs on Canadian imports could cause less demand for those goods, which could slow economic growth in Canada and could result in layoffs and increased unemployment rates. In spite of these bad news, Thanksgiving Day is traditionally considered an important occasion to get together with friends and family which resembles Christmas Day in December.

While the actual Thanksgiving holiday is on a Monday, Canadians may gather for their Thanksgiving feast on any day during the long weekend; however, Sunday is considered the most common. Foods traditionally served at Thanksgiving include roasted turkey, roast beef, ham, stuffing, mashed potatoes with gravy, sweet potatoes, cranberry sauce, sweet corn, various autumn vegetables (including various kinds of squashes, but also Brussels sprouts), pumpkin pie, apple pie, and glazed yams.

It's up to each and everyone of us to express our gratitude for all blessings received which are too numerous to mention for we are living in a beautiful country called Canada.#

Buy Canadian should fund Canadian jobs and news, not U.S. Big Tech

A message from Canadian news publishers

To the Government of Canada,
Canada's sovereignty and economy is under threat from abroad. More than ever, Canadians must be free to decide our own country's future.

A strong, plural and free news media is an essential ingredient to our democracy: a healthy industry that serves and is beholden to Canadians, not foreign tech giants.

Our Canadian publications have always stood for a strong and independent Canada.

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Respectfully,
Canada's news publishers



SOURCES
1 Annual Report on Government of Canada Advertising Activities 2023-2024, combined with proprietary industry data.
2 Tatum Research Canada, January 2025. "Canadians 18+ in 2024: Pathways to the Truth, 2025 Survey of Online Habits, Confidence 18+, n=2020."

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John Leo Lete

**Local Journalism Initiative
National Ethnic Press &
Media Council of Canada**

The cities of Montreal and Manila marked the 20th anniversary of their friendship agreement Sunday, celebrating two decades of cultural connection and cooperation between Canada and the Philippines.

The Montreal-Manila Friendship Agreement was first ratified on October 5, 2005, to strengthen social, cultural, and economic ties between the two cities. The initiative was led by then-Montreal city councillor Marvin Rotrand and former Manila mayor Lito Atienza, who formalized the partnership through municipal motions in both cities.

Montreal's Côte-des-Neiges Notre-Dame-de-Grâce borough adopted motion CA05-170320 before the city's executive committee approved motion CE05-2003, officially endorsing the friendship pact. Manila City Council adopted Motion 64 of 2004 to establish the same commitment.

Celebration at the FAMAS

By Leo Lete, Local Journalism Initiative

Hydro Québec representatives met with residents of Elm Park on Saturday, Sept. 20, to address ongoing power outages that have affected the neighbourhood for months. Approximately 70 residents attended the meeting at City Hall, joined by MNA Brigitte Garceau, DDO Mayor Alex Bottausci, and municipal councillor Laurence Parent.

Utility Outlines Plan

Hydro Québec officials presented a plan to modernize the local electrical network, including replacing aging poles, upgrading wiring, and improving vegetation management near power lines. The utility described the upgrades as "the next phase" in reducing outages.

Mayor Bottausci pressed Hydro Québec for clear timelines and consistent communication.

"The quality of life for our residents depends on it," he said.

History of Delays

The city first raised concerns in December 2024, when Hydro Québec presented a multi-season plan extending into early 2026. Residents say outages continue to occur weekly, indicating progress has been slower than expected.

Hydro Québec had previously

Montreal-Manila agreement celebrate 20th anniversary

Community Center

Community members, city officials, and Filipino organizations gathered at the FAMAS Community Center on Van Horne Avenue to commemorate the milestone.

"This agreement stands as a symbol of unity between two vibrant cities," said Al Abdon, chair of the Filipino Heritage Society of Montreal. "It reminds us that the Filipino community is an integral part of Montreal's cultural fabric."

More than 35,000 Filipino Canadians now live in Montreal, forming one of the largest and most active Filipino communities in Quebec. Representatives from the Philippine Embassy in Ottawa and Montreal's municipal government attended the event, highlighting the long-standing people-to-people connection between the two cities.

"The friendship agreement was born from the idea that local communities can build global bridges," Abdon said. "Twenty years later, that idea remains just as important."

Reviving a Dormant Partnership

Organizers acknowledged that the agreement had seen limited activity in recent years. Community leaders stated that while the friendship pact initially led to cultural and educational exchanges, official collaboration slowed after a change in the municipal administration in 2017.

"Over the past decade, the agreement existed mostly on paper," said Rotrand, one of the agreement's



Philippine Ambassador to Canada, H.E. José Victor Chan-Gonzaga, delivered a message virtually during the 20th anniversary celebration of the Montréal-Manila Friendship Agreement, reaffirming the strong cultural and diplomatic ties between the two cities.

original architects. "With this 20th anniversary, we have an opportunity to renew its purpose and make it meaningful again."

Proposed initiatives include student exchanges, tourism partnerships, and entrepreneurship workshops to strengthen both cultural and economic cooperation.

Renewed Commitment

During the commemorative event held at FAMAS, Philippine Ambassador-designate to Canada Jose Victor V. Chan-Gonzaga delivered his message virtually from Ottawa. In his address, he highlighted the enduring significance of the partnership, describing it as a testament to the vibrant Filipino

community in Montreal and the growing people-to-people connections between the Philippines and Canada. He emphasized that the agreement is more than a symbolic gesture—it represents a shared commitment to cooperation, dialogue, and cultural exchange. Reflecting on the progress made since the agreement was first signed in 2005, the Ambassador expressed optimism for the future, noting that both cities continue to strengthen their collaboration through cultural, civic, and community initiatives that promote mutual understanding and friendship.

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Hydro Québec Meets with Elm Park Residents Over Ongoing Power Outages



A Hydro-Québec worker prepares for maintenance operations in Montreal. The provincial utility continues infrastructure upgrades across the city to ensure reliable power delivery. (Photo from Hydro Quebec)

declined invitations for public meetings in DDO, making Saturday's session a rare opportunity for dialogue.

Residents Demand Accountability

Residents requested an outage calendar, warning protocols, and clear responsibilities between Hydro Québec and the municipality. Many emphasized the need for measurable results rather than announcements.

"We want to see real

improvements, not just promises," said one resident.

Next Steps

Hydro Québec committed to follow-up updates and improved communication but did not provide a specific timeline for completion. The city said it will monitor Hydro Québec's progress, hold the utility accountable, and report to residents regularly. Officials are reviewing outage records, repair schedules, and municipal

oversight reports to assess work completed.

Efforts are underway to obtain Hydro Québec's internal repair plan, compare outage data for Elm Park over the past two years, and review municipal oversight reports to verify progress.

The meeting gave residents a direct forum to speak with Hydro Québec officials, though many said the real test will come when promised infrastructure up-grades are completed.



Thousands Join Every Child Matters March in Montreal on National Day for Truth and Reconciliation

By Leo Lete, Local Journalism Initiative

Thousands of people marched through the streets of Montreal on Tuesday, September 30, to mark the National Day for Truth and Reconciliation, honouring survivors of Canada's residential schools and the children who never made it home. The fifth annual Every Child Matters March, organized by the Native Women's Shelter of Montreal, Resilience Montreal, POP Montréal, the David Suzuki Foundation, and the Alcoa Foundation, began at the Sir George-Étienne Cartier Monument in Mount Royal Park.

Participants, many of whom were dressed in orange shirts, carried drums, banners, and signs bearing messages such as "No Reconciliation Without Truth" and "Every Child Matters."

The march proceeded along Parc Avenue, Sherbrooke Street, and Mansfield Street, ending at Place du Canada, where speakers and drummers gathered for closing ceremonies.

Calls for Action on Unfulfilled Promises

This year's event marked a decade since the release of the Truth and Reconciliation Commission's (TRC) final report, which included 94 Calls to Action aimed at addressing the ongoing impact of residential schools. Organizers noted that only about 15 of those recommendations have been fully implemented.

Na'kuset, Executive Director of the Native Women's Shelter of Montreal, said the anniversary should serve as a reminder that Canada's reconciliation process is far from complete.

"With the recent passing of Murray Sinclair, it is imperative that we honour his legacy and carry out the remaining 79 recommendations," Na'kuset said. "We call on the

Canadian businesses impacted by response to U.S. tariffs to get relief

From: Department of Finance Canada
News release

October 17, 2025 - Ottawa, Ontario - Department of Finance Canada

The Minister of Finance and National Revenue, the Honourable François-Philippe Champagne, today announced relief to support Canadian businesses affected by the countermeasures Canada has announced in response to the tariffs imposed by the United States.

In keeping with the government's approach to protect Canadian workers and their families, and to mitigate the potential adverse impacts of the surtaxes on Canada's economy—the Minister announced that:

- the current exemption for U.S. goods used in manufacturing, processing, or food and beverage packaging has been extended for an additional two months, and now



Participants march through downtown Montreal during the Every Child Matters event on Sept. 30, 2025. (Adriana Gentile, CityNews)

community, government and institutions to make this a reality."

Melissa Mollen Dupuis, an Innu filmmaker, radio host and Forest Campaign Manager with the David Suzuki Foundation, reflected on the uneven political will surrounding reconciliation.

"While Canada has officially acknowledged its wrongs against Indigenous communities, the mood of reconciliation changes with each new government," Dupuis said. "However, one thing remains strong: the commitment of citizens to ensure that what was done in their name is never allowed to happen again."

Janelle Lapointe, a Senior Advisor with the David Suzuki Foundation and member of the Stellat'en First Nation, criticized what she described as a government focus on "economic reconciliation" rather than genuine structural change.

"Our ancestors endured systemic oppression so we could live freely as Indigenous people, not as

includes goods used in agricultural production.

- the temporary exemption from tariffs on imports of U.S. goods that are used to support public health, health care, public safety and national security objectives has also been extended for an additional two months.

- In addition to these changes, further relief from Canada's tariffs on imports from the U.S. and China have now been implemented for companies that met strict conditions such as demonstrating short supply or existing contractual obligations.

Quotes

"As negotiations to reach a trade deal with the U.S. continue, Canada's new government is taking immediate action. We're focused on protecting and supporting every Canadian worker and businesses impacted by these tariffs. We're also

pseudo-corporations," Lapointe said. "Every Child Matters reminds us that we must continue to center rights, dignity and healing — not corporate profit."

Remembering the Children

Before the march began, Elders led prayers and smudging ceremonies, while Indigenous drummers and singers performed at the base of Mount Royal. Participants placed orange shirts, children's shoes, and flowers at memorials throughout the route in honour of the thousands of children who died in Canada's residential schools.

Among those attending were survivors and their families, as well as Indigenous leaders including Ellen Gabriel, Kahsennenhawe Sky-Deer, and Kevin Deer. The atmosphere was one of solemn reflection, yet infused with a spirit of unity and resolve.

"We march not only to remember, but to demand justice," said one participant. "Every year we walk, we remind this country that

making strategic investments to build big, build bold, and build the strongest economy in the G7."

- The Honourable François-Philippe Champagne, Minister of Finance and National Revenue

Quick facts

Tariffs, with the exception of steel products, are automatically waived where goods are used for specified non-commercial or commercial uses (e.g.,

reconciliation is more than words."

Ten Years After the TRC

The Truth and Reconciliation Commission of Canada, which operated from 2008 to 2015, documented the experiences of more than 6,000 residential school survivors and issued 94 Calls to Action. While some progress has been made — such as the creation of the National Day for Truth and Reconciliation and the appointment of an Indigenous Languages Commissioner — most recommendations remain incomplete. A September 2025 report from the Assembly of First Nations found that fewer than 20 percent of the TRC's Calls to Action have been fulfilled. Many of the unimplemented measures involve justice reform, Indigenous child welfare, and equitable healthcare access.

A Call for Continued Commitment

Every Child Matters March has become one of Montreal's largest annual Indigenous-led gatherings, drawing support from both Indigenous and non-Indigenous communities. Organizers said the event's purpose extends beyond remembrance — it is a call for ongoing education, accountability, and social change.

"Honouring the children who never came home means building a future where such injustices can never happen again," said a spokesperson for Resilience Montreal. "Reconciliation is not symbolic it must be lived every day."

As dusk fell over downtown Montreal, participants left orange shirts and small pairs of shoes at Place du Canada, turning the square into a powerful display of remembrance. The organizers said they plan to continue the annual march until all 94 Calls to Action are implemented.#

as inputs to boat, automobile or aircraft manufacturing), as outlined in Chapter 98 and Chapter 99 of the Customs Tariff.

Companies can apply for the Canada Border Services Agency Duties Relief Program and Duty Drawback Program to import commercial goods without paying tariffs, or receive refund for tariffs paid, where goods are eventually exported.#

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ONTARIO Filipino-Canadian Community News

Tony A. San Juan, OCT

Filipino Ontarians lead the 2025 Golden Balangay Awards and Nominations.

The Golden Balangay Foundation (GBF) presented distinguished Golden Balangay Awards during its "7th Awards Night and Gala", held at Sir John A. Macdonald Building, Parliament Hill, Ottawa, Ontario, on September 20, 2025. This year's theme was "Bangkang Papel".

The Philippine Ambassador to Canada, His Excellency Jose Victor Chan-Gonzaga, was the guest of honour and keynote speaker. Ambassador Chan-Gonzaga praised the "contributions of Filipino Canadians from healthcare and business to public service and the arts, and highlighted

Achievement"; Tomas Tan "Community Service"; and Philippine Centre Canada "Most Influential Community Organization of the Year". The other 3 winners, Young Leader of the Year Regine Lura, and Senior Achievement Awardee Bella Cenezero, are from New Brunswick and British Columbia, respectively.

Among known Ontarians, presented with "Certificates of Nominations" were Clinical Nurse Specialist Caroline Banez, Social Worker Veronica Javier, University Professor Dr Marissa Largo, Broadcast Journalist Theresa Redula, and the Scarborough Ontario Seniors



Rhett Dela Cruz opened the Awards Ceremony with his powerful rendition of 'Kay Ganda Ng Ating Musika'.

their impact on Canadian society and encouraged their continued connection to the Philippines." He also called on the community "to continue pursuing excellence and integrity, and to remain active partners in nation-building both in Canada and in the Philippines."

The 12 Ontario "kakumprobinsya" who received recognition awards in 13 categories were: Abby Albino "Excellence Award in Sports and Fitness; Jennilee Austria "Excellence Award in Arts and Culture"; Dr. Edward Cruz "Pinoy of the Year", Mark Anthony Gravoso "Manggagawang Pilipino Award"; Jeffrey Ko "Educator of the Year"; Architect Rommel Lumbao "Entrepreneur of the Year"; Cherie Lei Mercado "Excellence Awards in Media; Larnes Joy Nabarreti "Educational Excellence (Post-Secondary)"; Monina Lim Serrano and Resty Del Rosario "Lifetime

Association (SOSA). Of the 69 GBA individual and institutional candidates from across Canada, 71% or 49 Ontarians were designated category winners (12), while 37 received nominations.

Ronnie Dela Gana of IKubo Media and Jovito Favila of Awards Online Canada co-founded the Golden Balangay Foundation, a registered not-for-profit organisation. The Golden Balangay Awards, GBF's premiere program, is a Canada-wide search for outstanding Filipino Canadians in a given year. The GBA, established in 2017, celebrate the excellence and contributions of Filipino Canadians in the arts, community building, education, entrepreneurship, media, and public service. "Maligayang bati sa mga winners and nominees of GBA 2025! "Pagpalain nawa kayo ng Mahal nating Maykapal !"

Notable Ontario Multicultural Service Centre Celebrates Achievements



The guests and attendees to the Kababayan Multicultural Centre's 48th AGM.

The Kababayan Multicultural Centre (KMC), one of the longest-serving and admirable Filipino-Canadian community hubs in the Greater Toronto Area, held its 48th Annual General Meeting (AGM) on September 20, 2025. It was a meaningful gathering of officers, members, community partners, supporters, friends and volunteers in celebration of the quintessential service organization's purpose of pursuing the essence of community spirit and community building.

The event, according to its website, was an opportunity to reflect on the achievements made in 2024-2025. These include, more than ever, "strengthening partnerships, growing our presence and finding new ways to connect with more newcomers and immigrants." Those who celebrated with them in person and online caught a brief view of what the future holds for KMC and how it will continue to support its clients and the community, as well.

KMC, officially known as Kababayan Community Service Centre, Inc. (KCSC), is a not-for-profit organisation and is funded by federal, provincial, and municipal governments. It is "dedicated to helping newcomers and immigrants in Toronto successfully integrate into Canadian society." As a non-partisan and non-political entity, KMC "offers a wide range of settlement and employment services to aid individuals, especially the youth, women and seniors, as they navigate and build their lives in

Canada.

The prominent multicultural centre has thrived over the past four-and-a-half decades, beginning in 1977, initially as a resource for Filipino immigrants. Presently, it supports newcomers and immigrants from all over the world to succeed and has assisted over 70,000 clients. Operationally, KMC supports and services its clients in-house in 3 community spaces in Toronto and connects them with settlement partners, community resources and employment/ career guidance information. The services it delivers are available in English, Farsi, Hindi, Nepali, Spanish and Filipino (Tagalog-based) languages.

On its 2024-2025 annual report: "The Year of Transformations", among other items, KMC highlighted the following accomplishments: 1) 11,049 types of services were delivered, 2) 4,178 individual clients served, 3) 136 sessions conducted, and 4) 3070 group session participants. Proudly, under the leadership of Chairman of the Board, Ben S. Corpuz and Executive Director Rizza Solis, together with their professional staff and volunteers, KMC received the Golden Balangay Award (GBA) for "Most Influential Community Organization" in 2024, a recognition and reflection of the "more than 45-year journey of building a welcoming and inclusive environment, to serve newcomers and immigrants from all nationalities across Canada." Maligayang bati, KMC!!!



The Scarborough Ontario Seniors Association (SOSA) wowed the crowd with their heartfelt rendition of 'Ako ay Pilipino' with their rondallas, ukuleles and angklungs.

BALITA SA WIKANG Tagalog

ni Zenaida Ferry-Kharroubi

Dalawang malakas na lindol ang magkasunod na humampas sa Pilipinas



Maynila, 11 Oktubre 2025 (AP)

Dalawang malakas na lindol ang humampas sa parehong lugar na malayo sa pampang sa bandang timog ng Pilipinas, sa siyudad ng Davao na magkasunod na dumating sa pagitan lang ng ilang oras at may pitong taong nasawi. Ito'y naging dahilan ng babala ng "tsunami" sa paligiran ng pampang. Ang unang lindol ay may 7.4 magnitude at ang ikalawa ay may magnitude na 6.4. Itong lindol ay nangyari dahil sa paggalaw ng lupa sa Philippine "Trench fault line" na may lalim na 23 kilometro sa bayan ng Manay sa Davao, ayon sa sinabi ni Teresita Bacolcol na pinuno ng Philippine Institute of Seismology and Volcanology.

"Ang ikalawa ay hiwalay na lindol na tinatawag na "doublet quake." Pareho itong humampas sa isang lugar pero magkaiba sila ng lakas at sentro," ang paliwanag ni Bacolcol.

Ikinabahala ni Bacolcol na ang ikalawang lindol ay magkakaroon pa ng dagdag na pinsala sa mga gusaling nasira na ng unang lindol.

Ang pangulo ng Pilipinas na si Ferdinand Marcos, Jr. na nakaharap sa sakunang ito ng kalikasan at pabalik-balik na bagyo ay handang patingnan ang mga pinsalang nangyari upang makapagpadala ng tulong kapag ligtas nang pumunta sa lugar na pinangyarihan ng dalawang lindol.

Pinsala ng lindol

Ang sentro ng unang lindol sa dagat ay may 43 kilometro (27 milya) sa silangan ng bayan ng Manay ayon sa sismologo ng gobyerno.

May pitong tao ang namatay, kasama dito ay dalawang pasyente na inatake sa puso sa isang ospital na nangyari sa unang lindol at isang mamamayan (resident) ang natamaan ng mga basurang tumalsik dahil sa lindol sa siyudad ng Mati sa Davao Oriental, ayon sa sinabi ni Ednar Dayanghirang, regional director ng gobyerno ng Civil Defense sa AP news report.

May tatlong taga-barrio ang namatay at maraming tao na sinakluluhan ng Army Troops at ng mga volunteer dahil sa pagguho ng lupa (landslide) sa isang bayang minahan ng ginto sa Pantukan, sa probinsya ng Davao del Oro, malapit sa Davao Oriental, ayon din kay Dayanghirang.

Pagtatasa ng pinsala

Ayon kay Bernardo Rafaelito Alejandro IV, deputy administrator ng Civil Defense, maraming gusali ang nagkaroon ng mga sirang dingding, kasama dito ay ang International Airport sa siyudad ng Davao, pero nanatiling operasyonal ito at walang mga biyaheng na-kansel.

"Nagmamaneho ako ng aking kotse ng biglang lumindol at umindayog ang mga poste ng elektrisidad. Ang mga tao ay naglabasan na galing sa mga gusali at mga bahay, at namatay bigla ang koryente," sinabi ni Jun Saavedra, disaster-mitigation officer ng Governor Generoso ng Davao Oriental, sa AP news.

Evakuwasyon ng mga paaralan

"Nagkaroon na rin ng lindol noon, pero ito ang pinaka-malakas," ang sabi ni Saavedra, at idinagdag niya na ang lakas ng lindol ay nakasira sa mga gusali, kasama rito ay ang paaralan at 50 etudyanteng dinala ng ambulansya sa ospital dahil sa pagkahilo, pagkagalos at pagkahimatay nila dahil sa lakas ng pag-uga ng lupa na galing sa unang lindol.

Ang Governor Generoso ay isang bayan na may 100 kilometrong layo sa timog ng Manay na may paaralang kinansel ang lahat ng mga klase.

Ang mga batang na-ivakuwet ng mga paaralan ay nasa siyudad ng Davao na may 5.4 milyong populasyon

at ito ang pinakamalaking siyudad na malapit sa sentro ng lindol, may 250 kilometro (150 milya) ng layo sa kanluran ng probinsiya ng Davao Oriental.

Babala na may peligrong magkaroon ng tsunami

Ayon sa Pacific Tsunami Warning Center, ang mga maliliit na alon ang na-detekto nila sa pampang ng Pilipinas at Indonesia bago nagkaroon ng lindol may mga dalawang oras pagkatapos ng unang lindol. Sinabi rin nila na maaring magpatuloy ang pagbabago-bagu (fluctuations) sa dagat.

Ang babala ng tsunami na nagpasimula ng evakuwasyon sa anim na probinsiyang malapit sa pampang ng Davao Oriental ay tinanggal na nang nawala na ang mga malakas na alon, ang sabi ni Bacolcol.

Istorya ng lindol at bagyo

Katatapos lang ng lindol noong 30 septiembre sa Pilipinas na may 6.9 magnitude na nakapatay ng 74 tao at naka-apekto ng libo-libong tao sa sentro ng Cebu, sa siyudad ng Bogo at mga bayang malalapit.

Ang Pilipinas ay hinahampas din ng 20 bagyo at malakas na ulan bawat taon, na dahilan ng paglalagay ng tinatawag na "disaster response" na malaking responsibilidad ng gobyerno.

Lindol na may magnitude 6.0 ang yumanig sa Surigao del Norte.

Pagkatapos lang ng dalawang lindol sa Cebu at Davao may isang linggo lamang na lumipas, isang lindol na may magnitude 6.0 ang yumanig sa Surigao del Norte nitong Biyernes, 17 Oktubre 2025.

Maraming lindol sa Pilipinas dahil ito ay malapit sa "Ring of Fire" na arko ng matinding aktibidad ng seysmiko at mga bulkan.

\$650,000 na tulong ng Canada sa mga biktima ng lindol

Ayon sa Secretary of State, International Development Assistance, Honourable Randeep Sarai, \$650,000 ang ibibigay ng Canada para sa "emergency relief" ng Pilipinas - \$250,000 sa Canadian Red Cross sa Cebu, \$350,000 para sa World Vision Canada, at ang natitirang \$50,000 ay para sa Canada Fund for Local Initiatives.#

Reperensiya: AP News, Inquirer.net, BBC News



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

(October 8, 2025) Montreal, QC — In a city where French and English dominate public life, Filipino-Canadian families are navigating a complex linguistic landscape at home. Albert Maganaka, a Ph.D. candidate in Educational Studies at McGill University, recently conducted a study that sheds light on how Filipino families manage multilingualism—particularly in preserving Filipino heritage languages among Canadian-born children.

The demographic profile of the 38 parent-participants reveals a well-established and diverse Filipino-Canadian community. Most were female (84%) and Canadian citizens (82%), with a mean age of 46.9 years. A majority had lived in Canada for 5 to 14 years (42%) and held college degrees (87%). Tagalog was the most common first language (44%), followed by Ilocano (31%). Families typically had one or two children, and nearly half (47%) had at least one child born in Canada, with the average age of these children being 13 years. These characteristics reflect a community deeply rooted in both Filipino heritage and Canadian society, actively negotiating language use across generations.

“Language is more than communication—it’s about who we are,” said one parent, echoing a sentiment shared by many participants. The study found that 50% of parents rated Filipino language learning as extremely important, giving it a score of 10 out of 10. An additional 18% rated it at 8, while smaller percentages gave moderate scores of 5 to 7. Only 9% of parents

More Than Words: Filipino Parents Share Their Language Stories in Montreal

rated the importance between 1 and 3, indicating low priority. While most parents strongly value Filipino culture for identity and intergenerational connection, this ideological commitment does not always translate into consistent language use at home.

Although half of the parents rated Filipino language learning as highly important, only 24% reported that Filipino was “always” spoken at home. The most common response was “occasionally” (29%), followed by “rarely” (24%) and “often” (18%). A small number (5%) said Filipino was “never” spoken. This gap between belief and practice highlights the challenges families face in integrating heritage language into daily routines—often due to environmental pressures, limited exposure, and children’s preferences for English or French.

English was the most spoken language by children at home (53%), followed by Filipino (27%) and French (20%). This distribution reflects the linguistic realities of Montreal, where English and French dominate public life, and underscores the difficulty of maintaining Filipino in a multilingual setting.

One strategy parents used to promote Filipino language exposure was through media. However, engagement with Filipino media was limited. When asked how often their children watched Filipino movies or TV shows, 43% of parents said “rarely,” 35% said “never,” and only 8% reported daily viewing. Similarly, listening to Filipino music was infrequent: 34% said “never,” another 34% said “rarely,” and just 11% reported daily listening. These figures suggest that while media is recognized as a valuable tool for language reinforcement, its use remains inconsistent—likely due to limited access to age-appropriate content, competing interests, and the dominance of English-language entertainment.

The study used bilingual questionnaires in English and Tagalog to explore how Filipino parents in Montreal encourage heritage language use at home. Through purposive sampling, the research focused on families with

children born in Canada or Quebec. The study also highlights the role of children as active agents in shaping household language norms. Some parents adopted a child-led approach, allowing their children to choose the language they felt most comfortable with. This flexibility reflects a broader trend in Family Language Policy (FLP) research, which recognizes the evolving roles of both parents and children in multilingual households.

Quebec is home to over 44,880 individuals of Filipino ethnic origin, making it the fifth largest Filipino community in Canada in terms of total population (Statistics Canada, 2022). Yet, despite this growing population, heritage language retention remains a challenge. The study calls for culturally responsive support systems—from schools offering Filipino electives to community organizations hosting language and arts workshops.

The findings offer practical recommendations for educators, policymakers, and families. Schools can

integrate Filipino culture into curricula, while community centers can provide resources and events that celebrate Filipino heritage. Parents, meanwhile, are encouraged to create language-rich environments and seek support in navigating the emotional and cultural complexities of multi-lingual parenting.

As Canada continues to embrace multiculturalism, studies like this remind us that language is a vital thread in the fabric of identity. For Filipino-Canadian families in Montreal, the journey of multi-lingualism is not just about speaking—it is about remembering, connecting, and thriving.

(Editor’s note: Mr. Albert Maganaka is specializing in community-based English as a Second Language program in Quebec. As a certified Canadian Language Benchmark assessor, he supports newcomers in their settlement and integration into Canadian society through language assessment and community engagement.)

Prime Minister Carney’s pre-budget speech

October 22, 2025 Ottawa, Ontario - Prime Minister Mark Carney vowed Wednesday to double non-U.S. exports over the next decade while boosting domestic investment and infrastructure in the upcoming budget — and telling Canadians “sacrifices” will be needed.

Speaking in a primetime address to students at the University of Ottawa, Carney said the expansion of international trade beyond the U.S. will generate \$300 billion more in trade, which will bolster the economy in the face of U.S. President Donald Trump’s tariffs. For the past couple of weeks Prime Minister Mark Carney has been

Ottawa.

Choosing a young adult audience is possibly a harbinger of some tough things to come in the first Carney budget. Youth and young adults have already experienced financial and societal challenges for a decade or more. What’s more to come?

Carney was introduced by Ottawa-area MP Mona Fortier (Ottawa-Vanier-Gloucester), Parliamentary Secretary to the Minister of Foreign Affairs.

Carney has said in recent weeks that the budget will offer austerity as well as investment.

It’s known that defence spending will increase. And the prime



Prime Minister Mark Carney delivered pre-budget remarks to a student audience at Carleton University in Ottawa, Oct 22, 2025. [livestream]

releasing general aspects of Budget 2025.

The budget itself is scheduled for release on November 4. This evening in Ottawa the setting for his pre-budget speech was at Carleton University in

minister has now promised that social programs to help families (e.g. child care, school food programs) will not be diminished.

With files from Islands Social Trandes, Oct. 22, 2025



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Sama Sama project brings Canada, Philippines together for inclusive governance



Jennifer Ellson

For Filipino-Canadian youth watching from Montreal, a new project announced on the world stage feels closer to home than it might first appear. The Sama Sama initiative, unveiled at the United Nations by Canadian Prime Minister Mark Carney, aims to strengthen democratic participation for women and marginalized groups in the Philippines and Nepal.

The project is led by the Centre for International Studies and Cooperation (CECI), a Montreal-based international organization working toward sustainable and inclusive development. CECI has been active in the Philippines since 2010, always in partnership with local organizations.

Running until 2028, Sama Sama will involve nearly 60,000 people directly, close to 60 per cent of them women and young women. Through leadership training, micro-grants, and advocacy support, the program is designed to help women and historically excluded groups – ethnic and religious minorities, displaced populations, people with disabilities, and LGBTQI+ communities – gain a stronger presence in political spaces.

The name itself carries symbolic weight. In the Philippines, “sama” means “to join,” while in Nepal it means “equal.” Together, Sama Sama signals a shared goal: joining together as equals.

Prime Minister Carney called

the project part of Canada’s commitment to inclusive governance and resilient societies. “We have the resources the world needs and the values to which others aspire,” he said at the UN launch on Sept. 24 in New York City. “At this hinge moment in

project paves the way for equitable access to resources, opportunities, and decision-making.”

Filipino-Canadian voices

The initiative has also drawn support from Filipino students in Montreal. At Concordia University, the



CECI Montreal and CONCERN Inc. team members during a Sama-Sama project stakeholder meeting in the Philippines on October 3, 2025.

history, Canada is leading with strength – creating new opportunities for Canadian workers and investing in peace, security, and reliable global partnerships to build a safer, more resilient, and more prosperous world for all.”

According to CECI, the initiative aims to “amplify the voices of those too often unheard – ensuring they are not only listened to, but valued and empowered to lead change.” Nery Ronatay, Sama Sama regional team leader at CECI, emphasized the organization’s role in driving change.

“With Sama Sama, we are building bridges between communities and local governments, ensuring that women and marginalized groups are at the center of democratic decision-making,” Ronatay said.

CECI adds that “by tackling the structural roots of inequality, the

Filipino Organization of Concordia University Students (FOCUS) said the project shows how inclusive governance can strengthen communities. “When women are empowered to lead, families and neighborhoods thrive,” noted Vice President of Events Anne-Sophie Lisack, adding that FOCUS sees Sama Sama as an inspiring example for governments and civil society to follow.

The McGill University Filipino Asian Students’ Association (MUFASA) echoed the sentiment, saying in a statement that Filipino women are “the backbone of the community” and that Sama Sama’s success will depend on ensuring their roles are both acknowledged and amplified.

Responding to fragile civic spaces

Sama Sama comes at a time when both the Philippines and Nepal have seen mounting public frustration

over corruption, social injustice, and power inequalities. In both countries, citizens have taken to the streets demanding transparency, equity, and accountability from their leaders – signs of deeper systemic challenges that the project seeks to help address. By building alliances between civil society and local authorities, CECI and its partners hope to strengthen dialogue and improve accountability. The project will also support elected women leaders from marginalized groups by connecting them with national and international networks.

Why it matters to the diaspora

For Filipino-Canadians, initiatives like Sama Sama are more than international aid projects. They are signals of solidarity that recognize the importance of Filipino voices on the global stage.

Canada is home to nearly one million people of Filipino heritage, many of whom maintain strong ties with family and communities in the Philippines.

Beyond symbolism, the project’s practical approach – training leaders, supporting advocacy, and reinforcing transparency – speaks to the everyday realities of civic life.

When women and marginalized groups can make their voices heard, communities benefit from policies that reflect diverse needs.

For Montreal’s young Filipino leaders, the initiative is a reminder that advocacy is a shared responsibility. As Lisack noted, empowerment leads to resilience. And for CECI, it is about ensuring that inclusion becomes the norm, not the exception.

Looking ahead

With funding from Global Affairs Canada and implementation by CECI and partners, Sama Sama is set to run until March 2028. Its long-term goal is not just to train leaders but to transform systems, making inclusion the cornerstone of democracy. #

Dozens of Quebec mayors and councillors were reelected without opposition in 2025



By Stephane Giroux, CTV Journalist

(October 05, 2025) -The fate of municipal elections across Quebec was settled this weekend, as dozens of cities, big and small, elected their representatives by acclamation because they ran unopposed.

In Chateauguay south of Montreal, Mayor Éric Allard and his entire team didn’t need to put up too

many signs, as no other candidate filed their paperwork before Friday’s deadline.

Municipal elections are set for Nov. 2.

“What they’re telling me is that they’re happy with what we put in place in the last four years,” he said.

Allard’s team, from Alliance Chateauguay, are also all heading back to city hall, something they claim shows they’re in tune with the population.

According to the city, it’s the first time in history that all members of Chateauguay’s mayor and council ran unopposed.

“You know, there are 50 cities in the province [where] people are the most happy, and for the first time, Chateauguay entered that top 50,” said Allard.

Chateauguay is not the only place where the mayor was reelected by

acclamation. It happened in dozens of cities and towns, big and small, all over Quebec.

For some people, it’s not necessarily a sign of good democracy.

“Well, there could be two reasons explaining that,” said political analyst Raphael Melancon. “The first one being that the population in those cities is satisfied with the current administration, and they don’t feel the need to have any opposition running against the incumbent administration. So that’s one option. The other option is that more and more people are less interested in municipal politics than ever.”

Melancon points out that only small-town mayors used to run unopposed, but now major city officials often bypass elections.

On the Island of Montreal, Dollard-des-Ormeaux Mayor Alex Bottausci ran unopposed in the on-island suburb of just under 50,000 residents.

Neighbouring Kirkland Mayor Michel Gibson is returning to city hall for a fourth term without opposition in the 20,000-resident town.

Quebec’s 10th-largest city is Terrebonne and has a population of almost 120,000 residents. Mayor Mathieu Traversy returns to office unopposed, as does Joliette Mayor Pierre-Luc Bellerose, who represents the town of 21,000 people.

“It raises certainly a yellow flag, if not a red flag, regarding our municipal democracy across the board in the province here, not just in small cities, as we have seen in the past, but also in larger cities,” said Melancon.

Residents can search for any municipality on the Elections Quebec page to see candidates and whether polls will be open on Nov. 2.

(Montreal has five candidates running for Mayor. See page 19 CDEC town hall meeting held October 16, 2025)



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Bicol Region’s Best Recipes



Bicol Express

Bicol Express is a creamy stew that combines spice and sweetness in a well-balanced manner. The dish makes use of ginger and local seasonings resulting in a flavorful combination of meat and sauce.

Ingredients
2 lbs. pork belly sliced into strips
2 cups coconut milk
2 cups coconut cream
1/4 cup shrimp paste or salted Krill
5 cloves garlic crushed
5 pieces Thai chili pepper chopped
2 thumbs ginger minced
1 piece onion chopped
2 pieces Serrano pepper sliced
1 cup water optional
grams Maggi Magic Sarap

Instructions
Combine pork, ginger, garlic, onion, Thai chili pepper, long green pepper, and bagoong alamang, coconut milk in a pan. Mix well. Cover the pan and turn the heat to on. Let the mixture boil.
2 lbs. pork belly, 2 cups coconut milk, 1/4 cup shrimp paste, 5 cloves garlic, 5 pieces Thai chili pepper, 2 thumbs ginger, 1 piece onion, 2 pieces Serrano pepper
Stir and adjust the heat to low. Cover and simmer for 50 minutes. Note: add water as necessary
1 cup water
Add the remaining coconut cream and bagoong alamang (as needed). Season with Maggi Magic Sarap. Continue cooking in low heat until the sauce thickens (around 2 cups coconut cream, 8 grams Maggi Magic Sarap
Transfer to a serving plate and serve
Laing is a Filipino dish composed of dried taro leaves and coconut milk. It



Laing: Taro leaves

was first introduced in the province of Bicol. This dish has been very famous — it is popular within the Philippines and also outside of the country. with warm rice.

Ingredients
3.5 oz taro leaves dried
6 cups coconut milk
2 cups coconut cream
1/2 cup shrimp paste bagoong or balaw
1/2 lb. pork shoulder thinly sliced
5 to 7 pieces red chillies
1 piece onion sliced
1/2 cup sliced ginger
8 cloves garlic crushed

Instructions
Combine the coconut milk, pork, shrimp paste, ginger, onion, and garlic in a cooking pot. Heat the pot and let boil.
Once the mixture starts to boil, gently stir to mix the ingredients. Cover the pot and simmer for 15 to 20 minutes. Make sure to stir once in a while to prevent the ingredients from sticking on the bottom of the cooking pot. Add the dried taro leaves. Do not stir. Let it stay until the leaves absorb the coconut milk. This takes about 20 to 30 minutes. You can gently push the leaves down so that it can absorb more coconut milk.
Once the leaves absorb the coconut milk, stir the leaves and then continue to cook for to 10 minutes. Pour the coconut cream into the cooking pot. Add the red chillies. Stir. Cook for 10 to 12 minutes. Transfer to a serving plate. Serve. Share and enjoy!



Kandingga (Bopis)

Kandingga is essentially Bicolano-style bopis. It calls for pork offal or organ meats, such as the heart, lungs, and spleen. Bopis can be dry or saucy depending on how you cook it, while kandingga has a creamy base of coconut milk and/or cream. Both dishes are spicy, zesty, and incredibly rich. Enjoy it as ulam with freshly steamed rice or as bar chow with an ice-cold beer.

Like bopis, a well-made kandingga is a prime example of Filipinos’ mastery of nose-to-tail cooking. The dish requires more care than your average stew to neutralize the smell and tenderize the organs. But if you’re an adventurous home cook who wants to try out regional cuisine, this is a worthy challenge to take on.

Ingredients
2 pcs pork heart
300g pork lungs
500g pork neck, skin on
8 cloves garlic, minced
1 large red onion, minced
4 pcs bay leaves
1 large red capsicum, finely diced
1 1/2 cup cups cane vinegar
1/2 cup coconut cream
1 cup coconut milk
4 pcs birds eye chillies, finely chopped
2 stalks lemongrass
fish sauce
salt
freshly ground black pepper

oil

Instructions
In a pot, add pork cheeks, heart and lungs, lemongrass, 1 cup of vinegar, 1 tbsp salt and enough water to cover the meat. Bring to a boil and cook for 30-40 minutes until meat is tender but not fully cooked. Remove meat, let it cool down then dice the meat finely, set aside. In a heavy pan, heat oil and sauté garlic and onions. Add the chopped meat, birds eye chillies and bay leaves, stir fry for 10 minutes. Add capsicums, 1/2 cup of vinegar and coconut milk, bring to a boil and simmer in high heat until sauce thickens. Add more vinegar if you want it more sour. Add coconut cream then season with fish sauce and lots of freshly ground black pepper. Simmer for 2 minutes then serve.



Pinangat ng Bicol

Similar to Laing, pinangat is another dish with a coconut milk base.

Pinangat ng Bicol is the Bicolano local language for coconut meat. Another main ingredient of this

recipe is shrimp. The preparation of Pinangat starts with combining coconut meat and shrimp meat. Other spices is added after the meats are thoroughly mixed. The mixed “meats” are then put inside banana leaves and tied in banana strings then steamed. The aroma of the cooked coconut and crabs inside the leaves are aromatically mouthwatering. This delicious dish is a favorite among locals and becoming known even to tourists.

INGREDIENTS:
½ kg freshwater shrimp, peeled and seasoned with 1 ½ tbsp. salt
600g meat of young coconut (about 5 young coconuts), grated
2 onions, chopped
2 tbsp. grated ginger
6 cloves garlic
Few pieces of chilies
20 to 30 fresh taro leaves (should be intact with no holes)
kitchen string with which to tie each Pinangat
6 to 8 stalks of lemongrass (lower white portions only), smashed
3 to 4 cups Pure coconut milk
For the sauce/ topping:
2 cups thick coconut cream
5 cloves garlic, finely chopped
4 shallots, finely chopped
2 stalks lemongrass (lower white stalks), sliced
salt to taste
3 to 5 spring onions, finely chopped

INSTRUCTIONS:
Using a large knife or if you have a food processor, combine shrimp, grated young coconut, onion, ginger, garlic and chilies and chop all of these ingredients until the mixture looks like a cornmeal.
In an overlapping taro leaves (dahong gabi). Add 3 tablespoons of the mixture on the taro leaves. Wrap and tie each packet with a kitchen string or use of the stalk of the taro leaves.
Notes: (The strings are needed to keep it firm or intact at hindi kumalat, if using string, please remove it upon serving, preferably use taro stalks).
In a heavy-bottom pot, line it with the smashed lemongrass at the bottom and arrange the Pinangat pieces on top.
Pour the thin coconut milk over the Pinangat. Cover the pot and simmer over low heat, shaking it once in a while to prevent burning.
The Pinangat is cooked once the taro leaves are already soft or when almost all of the coconut milk has evaporated.
While the Pinangat is cooking, boil together in a separate saucepan the thick coconut cream, garlic, shallots and lemon grass.
Season with salt and simmer until the mixture resembles a thick creamy sauce. Sprinkle the spring onions on top and remove from heat. To serve, arrange the Pinangat in a wide platter and top with the sau

Are you interested in joining gourmet food tours? Please send your name, phone no. to: filipinostar2@gmail.com



Social Tidbits

Montreal Community News

Fely Rosales Cariño

Greetings to my loyal tidbit readers! The winds of change has come and that means I'm scrambling for my fall wardrobe. Autumn is upon us and as expected, we are seeing leaves arrayed in a variety of colors. In full splendor, they proclaim the wonder of the Creator, worthy of our praise and thanks. And let me greet you a Happy Thanksgiving! I trust you had a wonderful gathering with friends and loved ones.

I've missed a few parties and if you know me, this isn't normal. And you would be right, but I have a good reason. A few weeks ago I slid in my bathroom and fractured my ankle. It was a blessing that I was sent to St. Anne de Bellevue Hospital where I'm enjoying the rigors of physiotherapy. I will surely update you on my progress. But the party has to go on, as they say, and let me relay a few happenings as I'm able to share them.

Most Outstanding Filipinos Abroad Award

The Filipino community is blessed with two outstanding women in its midst: Jeannette Pérignon and Minda Mazzone. Both active in many Filipino organizations, they exhibit

excellence in community leadership and display a dedicated love for their fellow Filipino Montrealers. Jeannette is President of the Kahirup (Hiligaynon) Association of Quebec (KAQ) while Minda is President of the Federation of the Filipino Canadian Associations of Quebec (FFCAQ). They will be conferred with the prestigious "Most Outstanding Filipinos Abroad" award. The ceremony will be held in Mississauga, Ontario on November 1, 2025. We'll be looking to hear more from these irrepressible ladies.,

Anniversary Dinner and Ball

The KAQ held their 34th Anniversary Dinner and Ball last September 20, 2025 at Olympia Reception Hall on 3855 St. Jean Boulevard, DDO. Among the dignitaries who sent their messages were Jose Victor Chan Gonza (Philippine Ambassador to Canada), MP Anthony Housefather (Mont-Royal), MP Francis Scarpaleggia (Lac-Saint-Louis), MP Sameer Zuberi (Pierrefonds-Dollard), Frank Baylis (Executive Chairman of the Board, Baylis Medical Technologies), Marvin Rotrand (Director General, United Against Hate Canada), City Councilor

Stephanie Valenzuela (Darlington) and City Councilor Sonny Moroz (Snowdon).

The programme started with the Parade of Colors with flag bearers Martin Dorado, Richard Pérignon, and Jarred Caro. The Kahirup members were introduced and then the audience stood up for the playing of the National anthems Lupang Hinirang and O Canada. KAQ President Jeannette Perignon gave her welcome address. Next on the plate was the inspirational address of Al Abdon, Chairman of the Filipino Heritage Society of Quebec (FHSM). And what an inspiration it was. To those who don't know, he relayed what Kahirup really means: "togetherness, sweetness of love, and camaraderie." He also paid tribute to Madame Jeannette's dedication, tireless leadership, and unwavering commitment that keeps the flame of the Visayan roots to burn brightly. What a touching message, indeed.

Before the buffet was served, KAQ Vice-President Elsa Montealegre gave her Invocation. To the delight of the crowd, the Golden Maidens (Dolores Belandres, Jeannette Pérignon, and Evangeline Ruance) performed the Filipino folkdances "Pandango Sa Ilaw" and La Jota Cagayana." The emcee for the evening was Sharon Montealegre Hidalgo. The rest of the entertaining was spent on the dance floor to the enjoyable sounds of DJ Dennis Mayuga.

Local Elections

Here's a shout out to Sonny Moroz who's running for re-election as Councilor for Snowdon alongside

Stephanie Valenzuela running for borough Mayor (CDN-NDG). Under the banner of Ensemble Montreal, Sonny stresses the importance of "respect for residents, safer streets, cleaner parks, and real investments in our community spaces." I'm encouraged that he's keen to "put residents first." From his dynamic leadership and his compassion, I heartily endorse Sonny (an endearing friend to Filipinos) as well as our very own Stephanie Valenzuela! Let's go out in force on election day on November 2, 2025; advance voting is on October 26, 2025. For more information, visit electionmontreal.ca or at cdn-ndg@ensemble.org.

Philippine Earthquake

Our hearts are with our fellow Filipinos in the central Philippines who experienced the calamity of a 6.9-magnitude earthquake (Montreal Gazette, October 3, 2025). The death toll numbered 72. Hundreds were injured and thousands left homeless. Cebu Governor Pamela Buricuatro made urgent appeals for "safe drinking water, food, clothes, and temporary housing." Let's hold them up in prayer and also be reminded of our relative ease and comfort here in Montreal. Thanks be to God for our daily provisions and our very life. May He "teach us to number our days, that we may gain a heart of wisdom" (Psalm 90:1).

In closing, this is my hope for us all: "Devote yourselves to prayer, being watchful and thankful" (Colossians 4:2).

Until the next issue, God Bless You!!!

From Page 2 Israel-Hamas

this attack, measures will be taken to protect the people of Gaza and preserve the integrity of the ceasefire," the State Department said.

Trump previously warned on social media that "if Hamas continues to kill people in Gaza, which was not the Deal, we will have no choice but to go in and kill them."

The U.S. president later clarified he won't send U.S. troops into Gaza after launching the threat against Hamas.

"It's not going to be us," he told reporters. "We won't have to. There are people very close, very nearby that will go in and they'll do the trick very easily, but under our auspices."

Trump's hostile rhetoric represented a shift after initially expressing nonchalance about Hamas killings, saying they had taken out "a couple of gangs that were very bad."

Israel continues deadly attacks on Gaza, closes Rafah crossing

•The Israeli army has committed 47 violations of the ceasefire agreement since it came into force in early October, killing 38 people and wounding 143, Palestinian officials say.

•Israel says the Rafah border crossing between Gaza and Egypt will remain

closed "until further notice" as PM Benjamin Netanyahu accuses Hamas of not doing enough to retrieve the captives' bodies.

Analysis Transitional government plans for Gaza 'not clear'

It's still unclear how a transitional government for Gaza would be formed and who would run it, academic Adnan Hayajneh says, amid Hamas's long-term control of the devastated enclave.

"It's not very clear how it's going to happen, because Hamas has been controlling Gaza for the past 20 years ... they run everything," Hayajneh, professor of international relations at Qatar University, told Al Jazeera.

"Now the US ... wants to bring a new government where they're going to bring all these people to run and establish new institutions, establish a new bureaucracy to run schools, hospitals and everything else."

Hayajneh warned that those ideas were not very realistic or practical.

"In reality, you have to have an interim government dealing with Hamas or having a transition period in order to have a transfer of power. Bringing a new government will take time."

Reports suggest clashes

between Hamas fighters and Israeli forces in Rafah

Al Jazeera is reporting from Jordan because it has been banned from Israel and the occupied West Bank.

Netanyahu has left a cabinet meeting to hold security consultations about the Rafah incident.

Israeli media is reporting clashes between Hamas fighters and the Israeli military in Rafah. There are also reports about a detonation of an IED that caused damage and injured soldiers in Rafah.

The background to all of this is the presence of an armed militia that was working with the Israeli army during the war, really reviled by the Palestinians and possibly wanted by Hamas.

The accusation is that Hamas is trying to encircle that area to get them. We don't have official confirmation. What we do know is that

there are clashes and possible injuries among Israeli soldiers.

The rhetoric we are hearing from Israeli politicians at the moment is that Hamas has breached the ceasefire and that there must be a swift response by Israel.

Israel claims Hamas carried out 'multiple attacks' against its forces. As we've been reporting, Israeli attacks have been reported in southern Gaza, with the Israeli public broadcaster Kan saying air attacks were being carried out in Rafah.

While there has been no immediate comment from the Israeli military, it claimed that Hamas carried out "multiple attacks" against Israeli forces.

Palestinians are expecting another round of releases of the bodies of people who have died in Israeli prisons.

Files from Al Jazeera, BBC news.

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FILIPINO STAR

SHOWBIZ GOSSIP

Julia Barretto defines success on her own terms



Julia Barretto stresses that success should be earned through effort and consistency, not family privilege

At 24, actress Heaven PeralAs debates over “nepo babies” and privilege remain a hot topic on social media, actress and television host Julia Barretto pushed back against the idea that success can be inherited, saying it should be earned through effort rather than flaunted online.

“Anak lang ako ni Marjorie Barretto. But I worked hard for what I have. Period. And I suggest you do the same,” said Julia during the launch of her first beauty collection, Bee Bee.

The term “nepo baby,” short for “nepotism baby,” has been widely used to describe children of celebrities or public figures whose careers are believed to be shaped by family influence.

The 28-year-old actress, daughter of Marjorie Barretto, stressed that her own achievements reflect dedication and resilience.



Once a Hollywood word, “nepo baby” has taken on a broader meaning in the Philippines, where it has fueled conversations about privilege, accountability, and authenticity among children of public figures, especially government officials.

For her, who has long navigated the realities of being a second-generation celebrity, the best way to answer critics is through consistency and hard work.

That same philosophy, she said, guided her first business venture. Bee Bee, created in partnership with Viva Beauty Corporation, introduces a line of four tinted lip conditioners—Sweet Nectar, Beekeeper, Honey Drip, and Bee You. Each balm is infused with shea butter, ceramides, and tinting technology designed to adapt to natural lip tones.

“I wanted it to be easy, to be simple, and really give credit to my sisters. They really love lip balms. I became knowledgeable because of them. I learned of the shades and tints because of my sisters,” said Julia.

The Eat Bulaga host added that she was involved in every stage of development, from testing formulas to shaping the brand’s identity.

“Bee Bee is my love letter to every Filipina. It’s about owning your beauty and embracing who you are,” she explained.

Beyond business, the actress also opened up about her desire to pursue further studies, sharing that her mother and brother Leon’s recent graduations have inspired her to continue that dream.

“It’s inspiring. Now, I feel even more encouraged to continue pursuing that dream. I don’t think ever naman siya nawala. It’s always about the right time to do it and what I wanna take on,” Julia shared.

Even as she enters the beauty industry, the actress remains active in showbiz. She is set to reunite with Enrique Gil in the upcoming teleserye Hello, Heaven, more than a decade after their 2014 series Mirabella. The project will be directed by award-winning filmmaker Antoinette Jadaone, who also helmed her 2017 film Love You to the Stars and Back.

Balancing her new role as an entrepreneur with acting commitments, Julia admitted that rest has become her most valued luxury.

“Tulog talaga. Thankfully the past months I’ve been getting seven to eight hours of sleep. I really make it a point,” she stated.

Mariah Carey makes wishes come true at Manila concert



An early Christmas present came for her Filipino fans as Mariah Carey performed her Christmas anthem All I Want For Christmas Is You as an encore, along with her other massive hits, during the Manila leg of her "The Celebration Of Mimi Tour" on Tuesday at the SM Mall of Asia Arena.

Accompanied by backup singers and all-male dancers, the "Queen of Christmas" made her fans' wishes come true at the concert, which was presented by Wilbros Live, through her mere presence and by singing her extensive music catalogue during the 90-minute gig, which

started promptly at 8 p.m.

Despite less talk and movement from Mariah, the night was still heavily laced with nostalgia as the crowd sang along to the tunes that had been etched in their memories since their high school and college days. Some netizens who attended the music event expressed that they didn't mind whether she sang live or not (it was hard to tell) as long as they got to hear their favorite songs and see their beloved idol in the flesh.

The swarm of people let out a loud scream and sang their hearts out to fan favorites and videoke staples

like Hero, Emotions, We Belong Together and Always Be My Baby. The inspiring ballad Hero reminded of the old days, emotively conveying its message of hope through its lyrics: "So when you feel like hope is gone/Look inside you and be strong/And you'll finally see the truth/That a hero lies in you."

Another familiar melody came alive on stage — My All — complemented by a passionate, steamy dance act from one of her topless male dancers, reflecting the song's themes of longing, intense passion and heartache.

From black to pink sparkling gowns, the 56-year-old "Songbird Supreme" was glamorously dressed for the occasion, adorned with her long, bouncy curls that matched the flirty and sultry vibe she embodied throughout her performances. Select songs were also sprinkled with her signature whistle register.

She occasionally exited the stage for quick breaks, only to return in a new costume and continue with pop jams from the '90s — Can't Let Go, Vision of Love and Fantasy.

Mariah proved that she's a "chick" to be reckoned with when she launched into I'm That Chick, #Beautiful, Heartbreaker and Obsessed.

The powerhouse diva also indulged the concertgoers with tracks from her 10th studio album "The Emancipation Of Mimi," including It's Like That, We Belong Together, Shake

It Off, and Say Somethin'. The set turned titillating as two male dancers performed sensual moves, especially during Say Somethin', with her nickname "Mimi" flashing across the stage screen.

Mariah also made sure that her latest album, "Here For It All," was well-represented during the show.

"I wanted to play a few new songs for you tonight, if that's OK with you. I did this one with Anderson .Paak. Daniel Moore, my musical director, will be singing with me tonight," she told the audience before starting Play This Song, In Your Feelings and Sugar Sweet.

She also mounted a cover of Badfinger's classic Without You and Busta Rhymes' I Know What You Want.

Toward the end, Mariah's longtime friend and one of her vocalists, Trey Lorenz, led the group in introducing the band members one by one and thanked the Filipino fans for being "such a great audience."

Full props to the group for injecting their vocal and dancing flair into the show.

The concert ended on a jovial note with Mariah evoking the Christmas spirit in All I Want For Christmas Is You. Her dancers wore Santa hats and red shirts, a winter wonderland background played on the video screen, stage lights dazzled in festive green and red, and a confetti shower topped it all off.

Mariah last staged a concert in Manila in 2018..

Kris Aquino calls out post wishing her dead, continues isolation



Kris Aquino

Queen of All Media Kris Aquino called out a post wishing for her demise as she continues being in isolation to recover from several autoimmune diseases.

Last October 17, Kris posted a rare update on Instagram where she shared being showed for the nth time a "wishing KRIS dead post" by an "a**hole playing with her life."

"FROM THE PERSO[N] in that sick post YOU ARE A LIAR!," Kris said, explaining the post involved an AI-generated photo of her laughing at family gathering, then collapsing and fighting for her life.

The host-actress said she's been seeing her Cojuangco cousins individually but her very low immunity requires her staying in isolation.

Her sons Josh and Bimb keep her company only if they haven't been out and about, have

showered, and taken a series of tests including for COVID, RSV and the flu.

Kris clarified she isn't complaining about isolation as she's able to read more, explaining further the benefits of Rituxan, a drug for autoimmune diseases.

"My doctors (a team of 7 for this infusion) kept asking me if I was sure because while doing my test dose, my body reacted weird to the steroid I needed to take with Rituxan," Kris shared.

Four of Kris's autoimmune issues affect her lungs while six affect her heart, but two specialists gave Kris the go-signal for the doses, much to Kris' gratitude.

"I'm not yet in full remission but the red flares that felt like my face was BURNING and my all night dry cough have lessened. Let's keep praying. God is listening," Kris ended.

Showbiz Gossip *Continued from p.15***Kathryn Bernardo to get wax figure at Madame Tussauds HK**

Bernardo, who is set to become the youngest Filipino celebrity to have her wax figure, will join Manny Pacquiao, Pia

Wurtzbach, Catriona Gray, Lea Salonga, and Anne Curtis, who already have wax figures in Asia. ■

Dennis Trillo, Jennylyn Mercado 'arrest' Conan O'Brien on cop show**Conan O'Brien with Dennis Trillo and Jennylyn Mercado**

The Philippine saga of comedian Conan O'Brien isn't over after he appeared on the set of "Sanggang-Dikit FR" with celebrity couple Dennis Trillo and Jennylyn Mercado.

Conan was in the country shooting segments of his travel show "Conan O'Brien Must Go," but took a small detour for a cameo role in the police drama.

Television writer Jose Arroyo, who accompanied Conan's team, shared that the comedian will have a cameo role on "Sanggang-Dikit FR" as "an evil creep with an evil moustache."

Behind-the-scenes photos shared by Dennis show him and Jennylyn's characters apprehending Conan's character in a corner fight, resulting in an arrest. ■

'Pinoy Dream Academy' alum Davey Langit dies at 38**Davey Langit**

Singer-songwriter Davey Ryan Edward Langit has passed away, his wife Therese has confirmed. He was 38 years old.

The couple had previously shared that Davey was diagnosed with rare spinal infection last August,

affecting his back and function of his legs.

Therese announced Davey's passing in a Facebook post, saying he "fought fiercely 'til the very end" and was "so loved the past few days" and thanking everyone for filling

Davey's heart with gratitude, community and hope.

Fellow artists held benefit concerts for Davey, including one last October 15 attended by the likes of Nyoy Volante, Gian Magdangal, Lara Mague and Yumi Lacsamana.

Another benefit show was slated for October 31 helmed by singer-songwriters Ebe Dancel and Noel Cabangon.

"Davey loved life more than anyone I've ever met," Therese wrote. "He jumped off 75-meter free falls, rode the most frightening roller coasters, savored food, danced goofy, lit up every room with his warmth, his jokes, and loud laughter, and he loved LOVED music and songwriting with such fire."

Memorials for Davey will be held at the Phoenix Memorial Chapels in Santa Rosa, Laguna, from October 23-26 and at St. Peter Urdaneta from October 27-29.

"Thank you for being part of Davey's life. He loved each and every one of you," Therese ended.

Davey rose to fame on the first season of "Pinoy Dream

Academy," getting expelled on Week 13 after receiving the lowest number of fan votes. Yeng Constantino would go on to win the competition.

Some of the songs he performed on the show were James Ingram's "There is No Easy Way" and Sharon Cuneta's "Miss Kita Kung Christmas", as well collaborative performances of Sponge Cola's "Jeepney", Joey Ayala's "Karaniwang Tao", Rico J. Puno's "No Touch" and Brownman Revival's "Maling Akala".



Davey would go on to establish a career in songwriting, also releasing singles of his own like "Selfie Song", "Wedding Song", "Breaksary", "Dalawang Letra", and in collaboration with Yeng the tracks "Cool Off" and "Time In". ■

Fil-Canadian Leylah Fernandez rises to World No. 22 after Japan Open win

She reclaims the Canadian No. 1 spot from Victoria Mboko



Leylah Fernandez

After clinching her fifth career WTA title at the 2025 Japan Women's Open, Filipino Canadian tennis ace Leylah Fernandez jumped five spots to No. 22 in the PIF WTA Live Rankings.

She has reclaimed the Canadian No. 1 spot from Victoria Mboko.

In her winner's speech, Fernandez took a moment to acknowledge her opponent's efforts "Congratulations Tereza. You played amazing. Wonderful week to you, your coach, and your family. I'm sure I'm gonna see you in many more finals like this one," she told the 17-year-old Valentová, who reached her first WTA final.

Fernandez's victory comes just weeks after a tough second-round exit to Naomi Osaka at the Wuhan Open. But in Osaka, she rediscovered her rhythm, stringing together five consecutive wins – her best stretch since clinching the Washington, D.C. title in July.

Fernandez dedicated her win to her team and family, whose unwavering support, she said, carried her through every challenge on and off the court.

"Finally, I wanna thank my team. My dad who's over here who's also my coach, my hitting partner Federico... thank you so much for suffering with me this week, this past month, and past year," the 23-year-old Filipino Canadian tennis ace said.

She also gave a message to her loved ones back home. "Without

you I wouldn't be here... without everyone's sacrifices and support, I wouldn't be on this stage."

Fernandez also made sure to thank the Osaka fans, whose energy lifted her through the tournament. "I wanna thank the fans for coming and supporting us this week. Not only myself, but every player that played this tournament. Without you we wouldn't be here. Thank you so much for supporting us, motivating us, and bringing the good energy."

She took to Instagram to celebrate the milestone, posting a photo of herself with the trophy and writing how grateful she was for the week in Osaka. "Title No.5 Osaka, I love you!!!!!" she began, adding how special everything felt, "the fans, the place, the team, the facility, the food, everything was so special," she wrote.

She didn't forget those back home either, expressing that her team and family had been cheering her on from afar all week and that she "wouldn't be doing this without" them.

Fernandez also extended her congratulations to Valentová and her team, saying their future is bright. Wrapping up her post with motivation for what's next, she wrote, "To more, let's keep the work going."

Next, Fernandez will head to Tokyo for the Toray Pan Pacific Open, scheduled from Oct. 20 to 26, where she hopes to continue her upward momentum. ■

Kirk Bondad brings home Mister International title



Kirk Bondad waves the Philippine flag after winning the Mister International 2025 title in Thailand

Model and wellness advocate Kirk Bondad brought pride to the Philippines after outshining 41

contestants from across the globe to win the Mister International 2025 title Thursday in Nonthaburi, Thailand.

The 28-year-old Filipino-German model and fitness coach, who previously made the Top 20 in Mr. World 2024, became only the second Filipino to claim the Thailand-based crown, following Neil Perez's victory in 2014. Alexander Aquino earlier won the now-defunct Grasim Mr. International in 2001.

Bondad was sashed by outgoing Mister International 2024 Nwajagu Samuel and also took home the Dr. Face special award.

Lebanon's Saadedine Hneineh finished first runner-up, followed by South Korea's Seung-ho Choi, Nigeria's Bethel Mbamara, Costa Rica's Roberto Mena, and Thailand's Kanapol Treesongkiat, rounding out the Top 6.

The rest of the Top 11 included Brazil's Rodrigo Sonin, Canada's Liam Thibault, France's Axel

Pallier, Mexico's Guillermo Inurreta, and Vietnam's Công Vinh Đoàn.

Bondad's parents, Patrick and Jane Wachsmuth, flew in to witness his win. He credited his Igorot mother from Mountain Province for instilling discipline and independence, saying she always reminded him to be proud of his heritage.

During the Top 6 Q&A, Bondad was asked why critical thinking is vital for democracy amid fake news.

"Social media is acting as a double-edged thorn. It can divide but it can also unite," he said. "Critical thinking gives us the ability to see what truly matters. If we can work together as humanity, we can progress in this world with peace and progress."

In the final round, he highlighted children's rights when asked what issue he would raise at the United Nations if crowned.

"We need to protect children

and cultivate education because today's children will be tomorrow's leaders," he said.



The finals night was hosted by Mister International 2023 Thitisan Goodburn, Thai radio DJ Anusith Sangnimnuan, and Miss Universe Philippines 2025 Athisa Manalo at MCC Hall, The Mall Ngamwongwan. ■

Municipal elections in Alberta, Quebec and territorial votes in Yukon and Nunavut all needed backup plan

Mail has slowly begun moving this week as the Canadian Union of Postal Workers (CUPW) switches to rotating strikes — but it's already too late for Canada Post to deliver voter cards and mail-in ballots for multiple upcoming elections across the country.

Provinces, territories and municipalities have scrambled to get voting details and documents out to residents through other means.

But some experts say despite those efforts, the disruption could still lead to fewer people casting their ballots, since voter registration cards provide essential information during elections for which rules can be different and turnout already tends to be low.

The national postal strike was particularly disruptive to the delivery of voter registration cards in Quebec, where most voters had to make sure they were registered this week to vote in the Nov. 2 municipal elections.

Concerned with the impact on voter participation, the Communauté métropolitaine de Montréal (CMM), which represents the City of Montreal and surrounding municipalities, is calling for all election documents to be deemed "essential mail."

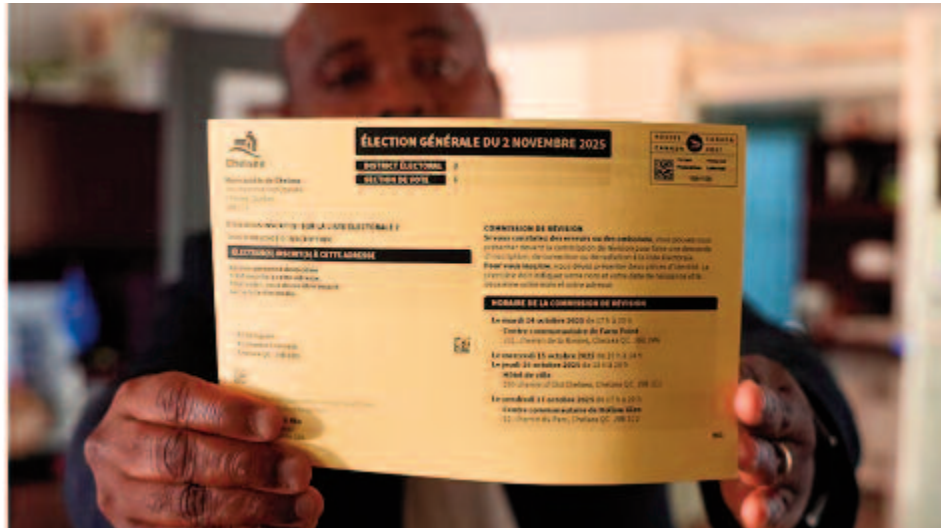
That way, voter information and mail-in ballots aren't held up in the mail during any future Canada Post labour disputes.

Most elections in Canada allow voters to register on election day at the correct polling station with proper identification. That isn't the case for provincial and municipal elections in Quebec.

In Quebec, residents have to make sure their name, address and other details are accurate on the voter list weeks before they cast their ballot — all information they would usually verify by looking at the voter card they got in the mail.

To try to get as many of the cards out as possible before this week's deadline, Elections Quebec allowed municipalities to deliver the information however they saw fit, suggesting they even use volunteer groups such as Scouts or junior

Canada Post labour dispute disrupts delivery of voter cards, mail-in ballots



Me Charles-Hervé Aka, returning officer for the western Quebec town of Chelsea, holds up one of the voter registration cards for the municipal election happening on Nov. 2. With Canada Post workers on strike, the municipality decided to pay for a last-minute courier to deliver the cards to voters. (Pierre-Paul Couture/CBC)

hockey teams to help. Some municipalities paid out of pocket for last-minute delivery through private companies.

"It's been a lot of gymnastics," said Me Charles-Hervé Aka, the returning officer for the western Quebec municipality of Chelsea, which paid a private courier to hand-deliver registration cards.

Aka said a small community like his doesn't have the same resources a larger city might have to get voter information out.

"It's challenging, but we try to do our best," he said. The nearby City of Gatineau paid a bailiff to serve voter information cards at a cost of \$3 to \$6 per door.

Other jurisdictions in Canada were also stuck troubleshooting how to get special ballots delivered to voters and sent back in time for their election days.

Special ballots, often referred to as mail-in ballots, allow someone to cast their vote outside of a regular polling location, most often through receiving and sending it back through the mail.

Rural and remote areas impacted

For upcoming territorial elections in Yukon and Nunavut, entire

logistics plans with land and air transport were set up to ensure those ballots would make it.

Special ballots play an important role in rural and remote areas. In Yukon, for example, 17 per cent of electors used the option during the last territorial election.

"We have a philosophy and approach here that everything is 'figureoutable,'" said Max Harvey, chief electoral officer for Elections Yukon.

"It all comes back to doing what we need to do so electors can have the right to vote."

Quebec electoral officer allows alternative delivery for municipal election documents

Elections Yukon also loosened the rules for in-person voting on its Nov. 3 election day, including creating a "vote anywhere" policy so people can show up at any poll in their electoral district.

"Obviously we want to make sure that we keep the integrity, the access, the services to the electors. So we put a lot of focus on that," Harvey said.

Albertans will also vote in municipal elections on Oct. 20. Edmonton and Calgary opted to courier their mail-in ballots, and requested voters return them in-person

or pay out of their own pocket to have their ballot couriered back.

Some municipalities, like Edmonton, gave up altogether on trying to send voter information cards, instead telling residents to look up their polling information online.

Elections Nunavut and Elections Yukon also made registration searchable on their websites; many Quebec municipalities, including Montreal, Quebec City and Gatineau, also did this.

Voter cards key to participation, expert says

While voter registration cards aren't essential to cast a ballot, they do play a vital role in elections, according to Holly Ann Garnett with the Electoral Integrity Project, which researches election processes around the world.

"Some research has suggested the best way, after personal contact, to get somebody to be mobilized to go to the polls is through this direct mailing information," Garnett said.

"So even though we might say that a voter information card, something mailed to your address is going to be a bit antiquated, in fact, it's how Canadians prefer to get their electoral information," she said.

The registration cards are especially important in provincial, territorial and municipal elections, Garnett said, because voters might not know an election is underway.

Plus, the rules to vote — like where to cast your ballot and what to bring with you — can all vary by jurisdiction. Voter cards help clarify all of that.

"It can really complicate the act of voting if you don't have that information at your fingertips," she said.

"Many people might choose just simply not to participate at all."

Files from report of Marina von Stackelberg · CBC News · Posted: Oct 17, 2025

From Page 2 Will Canada get

Carney has declined to impose retaliatory tariffs in response to Trump's protectionist measures. Instead, he and his government have pursued low-key ongoing negotiations, focused primarily on key Canadian sectors such as aluminium, steel and autos.

Editorials and commentators have leapt on this shift, arguing that Carney has softened and is now more "elbows down" than "elbows up."

How has Carney's stance changed?

This month, Carney announced that Canada is "not considering hitting American goods with more retaliatory tariffs," despite the U.S. maintaining heavy tariffs on

Canadian steel, aluminum, automobiles and lumber. He stated that with high-level negotiations with Washington ongoing, retaliatory measures could jeopardize any progress.

Meanwhile, Ontario Premier Doug Ford and several labor organizations have urged Carney to retaliate, arguing that job losses and slowing investment demand a firmer response to Trump. But Carney has expressed in his public comments that there is a time to hit back and a time to talk, and "now is a time to talk."

Will a shift to a more conciliatory stance pay off?

It may pay off. According to a report by Bloomberg News on Thursday, the Trump administration is poised to ease auto tariffs. The report

states the Department of Commerce is set to announce a five-year extension of an arrangement that allows American automakers to reduce what they pay in tariffs on imported car parts. Carmakers have engaged in months of lobbying for relief from Trump's tariffs.

Removal or easing of auto tariffs would reduce the cost of cross-border vehicle trade and help Canadian automakers maintain their manufacturing footprint. It could safeguard thousands of jobs and enhance Canada's position as an essential supplier within the auto supply chain.

How has dealing with Donald Trump affected Carney?

This week, Bloomberg published an interview Carney did with

Mishal Husain, editor at large for Bloomberg Weekend.

He acknowledged Trump's actions and the intensifying trade war made his federal election candidacy as prime minister "more relevant." Then he went on to underline the demands he and key ministers will face when the Canada-U.S.-Mexico free trade agreement takes over trade discussion in the coming months: "There will be a renegotiation of some elements ... because the president has signalled that desire."

In response to his shifting stance on the U.S., Carney was quick to point out that Canada was the only country, other than China, to initially impose retaliatory tariffs. Excerpts of files from the National Post, October 18, 2025

Who will be next Mayor of Montreal? Poll survey recent results favor Martinez of Ensemble Montreal

A new Segma Research poll shows Ensemble Montréal leader Soraya Martinez Ferrada ahead in the race for mayor, but with more than a third of voters still undecided, the outcome remains far from certain.

The survey, commissioned by Radio-Canada, suggests Martinez Ferrada has the support of 26 per cent of decided voters.

Projet Montréal's Luc Rabouin trails at 18 per cent, while Action Montréal's Gilbert Thibodeau sits at 8 per cent.

Transition Montréal leader Craig Sauv  follows with 5 per cent, and Futur Montréal's Jean-Fran ois Kacou holds 3 per cent.

Segma president Raynald Harvey says Martinez Ferrada's advantage stems largely from support among Anglophone and Allophone Montrealers.

While Francophone voters, who tend to turn out in higher numbers, remain more evenly split



Photo shows (top, left to right) Craig Sauv , Transition Montreal; Soraya Martinez-Ferrada, Ensemble Montreal; Luc Rabouin, Projet Montreal; (bottom photo) Jean Fran ois Kacou, Futur Montreal; and Gilbert Thibodeau, Action Montreal. (Photo: CBC news)

between her and Rabouin.

The poll found 37 per cent of respondents have yet to make up their minds.

The poll also found that 55 per

each drew 1 per cent support or less.

Advance polls are set for Oct. 26 (12 p.m. to 8 p.m.), with voting day on Nov. 2 (10 a.m. to 8 p.m.)

The Segma Research poll commissioned by Radio-Canada was conducted from October 3 to 9, 2025, via web panel and telephone, among 1,002 residents of Montreal, 504 residents of Laval, and 500 residents of Longueuil registered on the electoral list.

The portion of the sample drawn from a panel does not allow for the calculation of a margin of error, but as an indication, a probabilistic sample of the same size would have a margin of error of 3.1 per cent, 19 times out of 20. The survey results were weighted by age, gender, education, and language spoken at home according to 2021 census data in order to accurately represent the target population.

With files from CBC News

'No Kings Day' rallies draw hundreds of thousands against Trump's legislative agenda



The Donald Trump "baby blimp" which has become a common sight at protests over the years, made an appearance in Los Angeles. (Frederic Brown/AFP via Getty Images)



Thousands of protesters fill Times Square in New York City during a 'No Kings' protest on Saturday, Oct. 18, 2025 (Olga Fedorova/The Associated Press) Solidarity rallies were also held in cities around the world, including in Canada.

CDEC holds a town hall meeting with the CDN-NDG Borough's five candidates for mayor



Left to right: Marek ORSOVY, Transition Montreal; Gracia Kasoki KATAHWA, Projet Montreal; Guy McDONALD, Action Montreal; Gulnar MOUSA, Futur Montreal; and Stephanie VALENZUELA, Ensemble Montreal. They answered questions posed by residents during the meeting from 18:00-21:00 h. moderated by Mme Zahia El-Masri, Oct. 16, 2025 held at 5325 McDonald in Montreal. Photo below shows part of the audience. (Photo: Z.F.Kharroubi)



ensemble
montréal

Équipe
Soraya

Écouter
agir



Soraya Martinez Ferrada
-Candidate-
Maire de Montréal
Mayor of Montreal
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Place au changement

Time for change

VOTEZ par anticipation le 26 octobre
et le jour du vote le 2 novembre

VOTE in advance on October 26 and on election day November 2

Côte-Des-Neiges—Notre-Dame-De-Grâce



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Pierrefonds—Roxboro



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Saint-Laurent



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