

# New Pastor Installed at Notre Dame des Philippines Catholic Mission of Montreal

By Alvin Dahan Veloso  
(Montreal, July 9, 2023) Father Jamilcar Rommel T. Cruz, M.S.P., was installed as the new pastor of Notre Dame des Philippines Catholic Mission on July 9, 2023 by Father Pierangelo Paternieri, C.S. Episcopal Vicar, Director, Cultural Communities and Ritual on behalf of His Excellency, Archbishop Christian Lépine of the Archdiocese of Montreal, to replace the late Father Roberto Ruben Elago MSP, who passed away on January 29, 2023 .

The Installation Ceremony at Notre Dame des Philippines was concelebrated by Father Francisco Alvarez, PME, the previous pastor for 25 years, in the presence of Filipino devotees and guests.

With humility, Father Cruz accepted the responsibility, cognizant of the enormous responsibility and challenges, and prayed with the faithful for God’s blessings, for the intercession of the Blessed Mother and the Filipino martyrs, San Lorenzo Ruiz, and San Pedro Calungsod , for help in the evangelization apostolate.

He will be assisted by an elected administrative team in the management of Notre Dame des



**Father Jamilcar Rommel T. Cruz poses in front of the Notre Dame des Philippines Catholic Mission Church (Courtesy: Dante Tabamo)**

Philippines with the pastoral council in ministering to the spiritual, religious and moral needs of the faith community and with the various committees which admittedly will be a test and a challenge to his

administrative and pastoral experiences from abroad and in the Philippines. The consultations, group meetings and the on-going visits to homes should help create meaningful dialogues toward a harmonious and

fruitful ministry.  
Notre Dame des Philippines has survived 34 years because of the unwavering support and loyalty of church members, but has also experienced problems with attendance, revenue just like other church institutions because of the pandemic.  
The Catholic Mission has always been providentially blessed and served by exemplary pastors. The arrival of Fr. Jamilcar Rommel Cruz, MSP, has sparked interest with his brand of pastoral leadership attuned to the changes in the Catholic Church and by empathizing with the concerns of the faithful.  
Metaphorically, Father Cruz will be the biblical Moses to lead the Catholic mission to the “promised land” which is, a successful and fruitful evangelization of peoples (ad gentes) and sanctification of its members.

Past traditions and customs are good, but their observance need to consider the realities of contemporary society whose values tend to be more materialistic and have less regard for spirituality. Many of the liturgical celebrations, namely, long masses,

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# 5th Golden Balangay Award winners

On July 1, 2023, coinciding with Canada Day celebration, the Golden Balangay Award Foundation held its 5th awards night at the River Cree Resort and Casino in Edmonton, Alberta where a red carpet reception of nominees and past award winners were welcomed by the founders, Ronnie de la Gana and Jovy Favila with the help and support of GBA winners from Alberta – Annie Chua (2017 Manggagawang Pilipino of the Year), Jamie JT Balmores (2019 Entrepreneur of the Year), Ellwood Daycare owners Aurelio & Virginia Sumalinog (2019 Business Excellence Award), Jojo & Ida Lucila (2019 Excellence Award in Arts and Culture), Michael Siervo (2019 Community Service Award and Executive of the Year), Rhose Quipse (2019 Manggagawang Pilipino of the Year), Great Smile Family Dental owner Dr. Rod Montano (2021 Business Excellence Award) and Dr. Josephine Pallard (2021 Senior Achievement Award).

From a list of the different categories which have a number of



**The Golden Balangay Award Foundation trophy winners who attended the ceremony at the Cree Resort & Casino in Edmonton Alberta are photographed with the founders and their guests, July 1, 2023.**

nominees ranging from three to 10, the following are the winners of the trophy:  
Business Excellence Award:  
Premium Healthcare Providers, Etobicoke, ON  
Community Service Award:  
Marjorie Newman, Edmonton, AB

Post Secondary Educational Excellence: Leo Macawile, North York ON  
Educator of the Year: Jimmy Cigante Buena, Edmonton, AB  
Entrepreneur of the Year: Limuel Villela and Alvin Francia,

Calgary, AB  
Excellence Awards in Arts & Culture: Mila Bongco Philipzig, Edmonton, AB  
Excellence Awards in Music and Entertainment: Hazel Wallace, Winnipeg, MB  
Executive of the Year: Jerry Caingcoy, Calgary, AB  
Manggagawang Pilipino Award: Rodolfo Lastimosa, Jr., North York, ON  
Most Influential Community Organization of the Year: Filipino-Canadian Saranay Association of Alberta  
Senior Achievement Award: Zenaida Kharroubi  
Young Leader of the Year: Ira Mamis, Whitehorse, YT  
Pinoy of the Year: Antonio Flores, Edmonton, AB

Perhaps, by this time, many Filipino-Canadians have already heard of this prestigious organization that recognizes achievers and leaders in the different fields of human endeavors across Canada but there are important

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FROM THE PUBLISHER'S DESK

## Coping with change and passage of time

Zenaïda Ferry Kharroubi

It's almost the end of July which appears to be the peak of the summer season. But as we reflect on how fast time flies, we may realize that a lot of things have changed in our life.

As everyone knows, change is inevitable - both physically, mentally, and emotionally. But there are people who seem to be more adept in coping with change as they have acquired a positive attitude and optimism which permeate into every part of their being. It is a kind of faith in the natural order and cycle of life - from being born into this world, from childhood to adulthood, and then retiring to wait for the end of one's days. During the retirement years, growing older and weaker, seem to be a normal pattern. But it does not have to be this way if we can remain active and alert, engaged in living a full life until our last breath.

Although advanced medical science has improved human longevity, no one lives forever. We all have specific number of years on earth, depending on different factors that affect our health, both mentally and physically. It is therefore important to be aware of our own limitations but also appreciate the achievements of

our goals and to keep on dreaming that the best things are yet to come. It is through our acceptance of the limits of human existence that we can enjoy the beauty of nature and feel grateful for each day that gives us the opportunity to make a difference no matter how small it may be - a kind word, a smile, giving a hand to someone in need and showing love to our family, friends and neighbors.

On the other hand, it is just human nature that we may feel sad when we think of past hurts, loss of loved ones and drastic changes that inflict emotional scars. We are not immune to feel negative emotions from time to time, but we must know how to manage stress and find ways to distract our attention and focus on more pleasant things such as listening to music, watching our favorite soap opera, reading a favorite book, or talking to a friend. It may surprise us to find that our experiences acquired from living have some values that we can share with others who will certainly feel grateful for giving them our insights and philosophy of life.

Indeed, change is part of life and we must accept it to find inner peace, personal comfort and joy.

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# Climate change and its impacts on society



The Donnie Creek wildfire burns in an area between Fort Nelson and Fort St. John, B.C. in this undated handout photo provided by the BC Wildfire Service. THE CANADIAN PRESS/HO-BC Wildfire Service

Climate change is caused mainly by human activity subsequent to the Industrial Revolution, a major part due to fossil fuel use, and secondly due to changes in land use. The effects of changing global climatic conditions on human health are significant, say experts, and the rate of change at present is the fastest it has been in a thousand years.

Global warming refers to the

structured our day-to-day lives around historical and current climate conditions. We are accustomed to a normal range of conditions and may be sensitive to extremes that fall outside of this range.

Climate change could affect our society through impacts on a number of different social, cultural, and natural resources. For example, climate change could affect human health,



Submerged houses in Cagayan province, north of Manila, on November 14, 2020, days after Typhoon Vamco hit parts of the country bringing heavy rain and flooding.

warming of surface air and sea surface temperatures worldwide over a period of three decades, due to human activity. Scientists say the earth's mean surface temperature will rise by 1.5 °C above pre-industrial levels, at the current rate of 0.2°C per decade. Such an increase has already been observed in many regions, housing up to 40% of the global population, in one or more seasons.

The Intergovernmental Panel on Climate Change (IPCC) shows that the effects include rising temperatures, altered patterns of rainfall, a greater number of more severe extreme weather events, altered vector and pest habitat ranges, increased spread of vector-borne diseases, and a rise in the sea level as well as coastal erosion. In response to these changes, there will be changes in the pattern of food and water availability, the air quality will change, heat-related complications and deaths will occur, as well as disease and death due to malnutrition and malaria.

As a society, we have

infrastructure, and transportation systems, as well as energy, food, and water supplies.

Some groups of people will likely face greater challenges than others. Climate change may especially impact people who live in areas that are vulnerable to coastal storms, drought, and sea level rise or people who live in poverty, older adults, and immigrant communities. Similarly, some types of professions and industries may face considerable challenges from climate change. Professions that are closely linked to weather and climate, such as outdoor tourism, commerce, and agriculture, will likely be especially affected.

The greatest impact will be on those who are least responsible for this change, that is, people living in developing countries, though high-income countries are also at significant risk for poor health. These are also those with the least reserve, unable to prevent their slide into deeper poverty.

References: EPA, Nature Conservancy



**ALVIN DAHAN VELOSO, M.ED.**  
**FAMAS President, 1971-72**  
**2018 Retired Teacher, U.S.A.,**  
**Canada, Manila**

The establishment of a community center for use by Filipinos was undoubtedly a precious legacy that the 1978-1979; 1993-1994 F.A.M.A.S. leaderships have bequeathed - a showcase of Filipino ingenuity, a tangible proof of the ability and resilience of the people to work for the common good. The facility has served as the nerve centre for operation and coordination of socio-cultural activities and as a meeting place for members.

Over the span of 60 years, the Filipino Association of Montreal and Suburbs was always blessed with dedicated hardworking leaders who

## Reimagining the Filipino Association of Montreal & Suburbs for the Future

prized success, honor, and dignity over personal vested interests; a commitment that guided early and present leaders to do good for the people. Membership is a badge of honor, a trademark, where service and sacrifice are virtues, not servility as espoused by others.

At the 125th Philippine Independence Anniversary, the FAMAS leadership of 2021-2023 gallantly awarded past community leaders, both the living and the dead, for their sacrifices and heroism embodying respect, resilience, success and excellence. Without shreds of a doubt, those legacies will be immortalized and inscribed in the history records of the Filipino Association of Montreal and Suburbs for the future generation to emulate.

The Filipino youths have a vital stake in the future and relevance of FAMAS. They represent a sector of society with leadership skills and visions, training acquired as products of Canadian and possibly the American system as well. Regardless of motives and circumstances, the young adults deserve a place for apprenticeship or leading roles defined by qualifications and needs.

The inability to hold an election in August because of lagging interest and absence of candidates is a



**Souvenir photo with Her Excellency, Maria Andrelita Austria (7th from the left) during her Philippine Community Center visit.** stark warning of the dark days ahead that would require solutions before it erodes the trust and confidence of the Filipino community.

Reimagining the F.A.M.A.S. association requires a major overhaul of the By-Laws, goals and objectives and a re-evaluation of the activities for their relevance to the real needs of an evolving community. The proposed initiatives would require a creation of a body by the present leadership to be composed of past leaders, members of the community at large and the

current executive board. The consultative body will be headed by a chairperson appointed by the current executive board who will preside and coordinate the agenda for change.

The Filipino Association of Montreal and Suburbs is a community-based association established to be an advocate for our rights and privileges as citizens of Canada and residents of intercultural Quebec. If we love and care to preserve our Filipino-Canadian identity, then we cannot stay idle and remain indifferent. #

## Injured road worker speaks out about hit-and-run that killed his colleague



**Fabrizio Altieri is one of two construction workers injured by a vehicle at a Montreal roadwork site on July 12, 2023. (CTV News)**

(CTV News, July 19, 2023)

One of the road workers injured in a hit-and-run at a Montreal construction site last week says he's had enough.

Fabrizio Altieri, 39, wants drivers to know how dangerous it is when they try to cut corners around work sites.

"I understand the frustration of anyone that is driving who finds the street blocked so you cannot go where you have to go. But I would love to make everybody understand that we are working, we are not playing," he told CTV News nearly a week after the

incident, still recovering from the event.

Altieri reports he suffered a concussion and bruising on his upper body -- but his coworker, also a 39-year-old flagman, was much more severely injured, dying of his injuries in hospital on Monday.

**DRIVER TURNS HIMSELF IN**

Last Wednesday night, Altieri and his coworker were installing traffic cones at a paving site near Industriel and Saint-Jean-Baptiste Boulevards in the Pointe-Aux-Trembles borough.

Altieri says a driver tried cutting through the closed street, and when they tried stopping the car, it

allegedly accelerated with the two workers on the hood.

He said the driver then swerved, throwing them off, before fleeing the scene.

According to police, a 68-year-old man turned himself in the following day. The investigation is ongoing, but no charges have been laid.

**A DANGEROUS JOB**

Altieri says he's been hurt by a driver twice in his 25-year career, with both incident occurring within the last month.

Drivers have become more aggressive in recent years, he says, noting that his family is increasingly worried for his safety.

"My wife, she's scared every day that I go to work. She lost the security," he said. "She's always scared that something [will] happen; she calls me 10 times a day. And I cannot blame her."

He's urging drivers to exercise caution around those telltale orange cones. #



## Two-week Quebec's construction holidays



**Construction work stops July 21 to August 6, 2023**

Quebec's "construction holiday" kicks off Friday, the most popular time for summer vacations in the province. In 1970, Quebec legislated an annual holiday for the construction industry that begins on the second to last Sunday of July and lasts two weeks.

The holiday officially came into effect in the summer of 1971.

Many Quebecers outside the construction industry also take their holidays during this time.

It's also one of the deadliest times for road accidents and fatalities when it comes to waterways in the province.

"The Sûreté du Québec (SQ) would like to encourage all users of the road and recreational tourism networks to be careful," said provincial police in a press release.

The SQ "will be stepping up its interventions to encourage caution, on the road network as well as on bodies of water and trails." #

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homilies, choir singing, mass attendance, financial support and other issues need revisiting for modification and improvement in areas where it is mostly warranted.

Father Cruz would like to invite Filipino Catholics to attend liturgical services and celebrate major festivities like the Sinulog, the Philippine Independence mass among others at the Notre Dame des Philippines, being the mother church of Filipino Catholics in the Montreal region. He is not keen in celebrating the mass at the park or elsewhere because it takes away the solemnity and respect for the Holy Eucharist. Unfortunately, the message of church celebration does not filter well with the community, which

unintentionally causes misunderstanding and alarm. A good messaging and explanatory letter to the membership might help avoid the impasse.

In the meantime, as per Fr. Elago's endeared counsel, "Happy Lang," and relax, enjoy the summer while you can. The Catholic Mission will be counting on your presence, and please come back with an open mind to share. Let's heed St. Francis' advice to be instruments of peace; to prioritize love versus hatred; pardon against injury; faith against doubt; hope against despair; light against darkness, and joy against sadness.

Thanks to the Mission Society of the Philippines for sending Father Rommel Cruz MSP to Montreal, Quebec.

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details to be highlighted in order to distinguish it from other groups who have similarly given awards to people who have rendered community services or excelled in their chosen careers.

## The Organization:

The Golden Balangay Awards was co-founded by Ronnie Dela Gana of IKUBO Media and Jovito Favila of Awards Online Canada. After years of



**Ronnie de la Gana, Chairman**  
**Jovito Favila, Vice-Chairman**

planning, the Golden Balangay Awards was launched and nomination was opened in March 2017. The premier awards night was co-produced by IKUBO Media and Awards Online Canada. This occurred in 2017 as Canada marked the sesquicentennial of the Canadian Confederation, also known as Canada 150. A timely celebration of the success and contributions of the Filipino community to Canadian society.

On its fourth year and finding the right people to continue the mission and vision of the awards, the Golden Balangay Foundation, a non-profit organization, was founded. Having the best-of-the-best in the Filipino community at its helm, the GBA Awards program will be produced by the foundation moving forward.

## The Awards Purpose

The name "Golden Balangay" was chosen so that the future generations of Filipinos will recognize the invaluable contribution of their forefathers in shaping the country's maritime tradition and in passing on the values of solidarity, harmony, determination, courage and bravery.

The word "balangay" has a sense and representation of the following:

The first wooden watercraft

excavated in Southeast Asia

The evidence of early Filipino craftsmanship and their seamanship skills

The early migrants that settled the Philippines were on board balangay boats

Balangay or barangay = community

Aside from stirring up historical consciousness, the Golden Balangay Awards symbolize our priceless journey as migrants and carrying our people today to their cherished goals. It aims to promote excellence, hard work, higher education, entrepreneurship, public service, positive relationships and community involvement. It epitomizes our journey for success.

We believe that we should celebrate our people, our culture and our achievements through recognition and awards; and, honor the valuable/significant contributions of Filipino Canadians to our community and to Canada which we now call home.

## The Judging Process

Judging is done online. Qualified nominations are allocated to the panel of judges to review and judge according to a defined set of criterias and its weighted percentage. The judging portal is a web-based tool with embedded scoring and judging algorithm that allows judges to navigate and perform their judging/scoring tasks.

There is a panel of judges who reviews qualified nominations. The panel consists of previous winners and/or respected individuals, community leaders, professionals, etc. The panel of judges are presented to the public during the Awards Night.

Judging is done online. Qualified nominations are allocated to the panel of judges to review and judge according to a defined set of criterias and its weighted percentage. The judging portal is a web-based tool with embedded scoring and judging algorithm that allows judges to navigate and perform their judging/scoring tasks.

A detailed judging report is generated by the system. It is then validated by an affiliated accounting group, AFCA (Association of Filipino Canadian Accountants).

## Nomination Categories

1) Educational Excellence Award (Secondary)

This award recognizes a high school student who has showcased

exceptional academic achievement, extra-curricular involvement and a significant contribution to his/her community.

2) Educational Excellence Award (Post-Secondary)

This award recognizes a post-secondary student who has showcased exceptional academic achievement, extra-curricular involvement and a significant contribution to his/her community.

3) Educator of the Year Award

This award recognizes an exceptionally dedicated, knowledgeable, skilled and active educator in any Canadian province for his/her remarkable achievements and commitment to inspiring and engaging students in order to help them achieve their full academic and social potential; and, made significant contribution to the local community beyond the classroom.

4) Young Leader of the Year Award

This award recognizes a youth leader, below 30 years of age, who inspires the youth to promote just, peaceful and inclusive society; and, exemplifies the integrity and commitment towards improving the lives of others.

5) Young Entrepreneur of the Year Award

This award is given to the founder and/or owner of a small to medium business that is in operation for at least two (2) years. Must be below 30 years old. The awardee should exemplify solid financial performance, excellent leadership, personal integrity and influence, innovative and demonstrate entrepreneurial spirit.

6) Entrepreneur of the Year Award

This award is given to the founder and/or owner of a small to medium business that is in operation for at least two (2) years. Must be 30 years of age or older. The awardee should exemplify solid financial performance, excellent leadership, personal integrity and influence, innovative and demonstrate entrepreneurial spirit.

7) Executive of the Year Award

This award recognizes the outstanding achievements and exemplary contribution of a full-time senior/management employee to his/her company and the Canadian community and has demonstrated exemplary courage, leadership, vision and innovativeness.

8) Business Excellence Award

This award is given to a Filipino-Canadian company whose significant business achievements have made an important contribution to the economic and social well-being of Canada.

9) Manggagawang Pilipino of the Year Award

This award recognizes an individual who has made an outstanding impact to his/her place of work and the community; inspired other people; earned the respect, trust and confidence of his or her employer, superior(s) and co-worker(s); and, has proven his/her competence by being promoted in status or in rank, or awarded citation or recognition for distinguished and outstanding performance of his or her work duties and responsibilities, which in turn contributed to the growth or wellbeing of the work environment.

10) Excellence Award in Arts & Culture

This award recognizes an

individual who has demonstrated exemplary achievement in the promotion, understanding and acceptance of the Filipino arts & culture in their community, and whose work has made a significant impact and inspired the community.

11) Excellence Award in Sports & Fitness

This award recognizes an individual who has demonstrated exemplary contribution and dedication for the betterment of a sport or a fitness activity, and whose work has touched and enriched the lives of others.

12) Excellence Award in Media

This award recognizes an individual who has demonstrated outstanding achievements in the field of mass media; continues to demonstrate an ongoing commitment to pursuing excellence; and, whose work has made a significant impact and inspired the community.

13) Excellence Award in Music & Entertainment

This award recognizes the performing artist who displayed an impressive competence in various aspects of the entertainment field and has demonstrated an ongoing commitment to pursuing excellence. Consideration is given to recorded and live performance, public acceptance, attitude, leadership, and over-all contribution to the entertainment industry within and/or beyond the Filipino Canadian community.

14) Senior Achievement Award

This award recognizes a citizen, 60 years of age and above, who has made an outstanding contribution to his/her community by making their community a better place to live. He/she must not hold a political office and achievements must not be related to a political service.

15) Most Influential Community Organization of the Year Award

This award recognizes a registered organization – non-government and non-profit Canadian organization – for demonstrating outstanding service to the community, and, has implemented, improved, supported, or assisted a local established project or program that has been operating for a minimum 12 months.

16) Community Service Award

This award recognizes an individual who is making a significant contribution to their community through their time, actions, talents and dedication in their volunteer activities; demonstrates qualities of compassion, and service to either one organization or a variety of volunteer activities; and serves as a role model for compassion, dedication and service.

17) Pinoy of the Year Award

This award recognizes a Filipino Canadian who has made the most significant impact to the community through his/her contribution in his/her chosen field of endeavor.

18) Golden Balangay Lifetime Achievement Award

The lifetime achievement award honors an individual who has made a major impact to the Canadian community during his/her lifetime. #

# Storm and tornado warnings aftermath

As fears of a tornado in the Montreal area subsided Thursday afternoon and the dramatic rainfall abated, the city began wading through some of its aftermath, with flooded homes and underpasses, and closed roads.



Roads and underpasses were closed in Montreal as a torrential downpour caused flooding and sewers to overflow in several areas. (Ivanoh Demers/Radio-Canada)

Environment and Climate Change Canada reported that between 50 and 100 millimetres of rain fell over the city in the space of a couple hours, calling it a torrential downpour in an assessment of the storm published after 7 p.m.

While Mirabel was confirmed to have experienced a tornado and the federal agency said a funnel cloud was reported in Vaudreuil-Dorion, the city appears to have been spared.

Montreal Mayor Valérie Plante acknowledged the storm's intensity, saying city crews were working to make sure roads are safe and responding to requests for help.

"Montreal faced another difficult climatic episode," Plante wrote in a statement on Twitter in the evening. "There are significant accumulations of water in certain streets and arteries, as well as in Metro stations."

She encouraged residents to call 311 to report issues and to contact 911 in case of emergency.

The heavy rainfall lasted throughout rush hour and flooding

closed several roadways in Montreal, including a portion of Highway 15 — a busy downtown expressway also known as the Décarie — at the height of Jean-Talon Street.

Residents watched, some through their car windshields, as walls of

firefighters were deployed to pump water out from some homes and buildings.

The storm also caused some sewers to overflow. Last year, the city said it would be investing \$300 million over the next decade to build infrastructure capable of draining water and redirecting it from its sewers.

"No city in the world has the infrastructure to handle that much rain," he said.

The city says it wants to create more green spaces that can act as sponges, so water gets absorbed into the ground rather than drained into sewers during rain deluges.

Sabourin said the city typically gets 90 millimetres of rain in July — meaning Montreal received almost as much rain it usually sees in July in the span of two hours. The city's sewers simply don't have the capacity to hold that much water, he said, explaining the floods. The area south of the downtown core was most affected.

About 130 homes were flooded, and the city's 311 line received over 1,300 calls. About 300 trees and branches fell, and blue collar workers will be on cleanup duty Friday, said Sabourin.

"We have enough manpower today, it's nothing compared to the ice storm we saw in April," he said.

Sabourin says it's important to follow Environment Canada warnings,

especially as intense weather events become more common due to climate change. He stresses homeowners should ensure their check valves, which help water flow, are in working order.

Over 200,000 Hydro-Québec customers were still without power as of 7 a.m. Friday, including a trade school, the Gordon Robertson Beauty Academy, in Beaconsfield, Que., which had to close for the day. As of 6 p.m., about 45,000 customers were still without power.

In the hours leading up to the storm, half a million Hydro-Québec customers across the province lost power as forest fires in the James Bay region triggered grid protection mechanisms. Just as power was beginning to be restored, the numbers shot up again as the storm swept through.

Environment and Climate Change Canada (ECCC) said the storm front that hit the Montreal area on Thursday afternoon caused two tornadoes to touch down — one in Ottawa and one in Mirabel, Que. — as torrential rains fell and strong winds blew.

Though the tornado in Ottawa damaged 125 homes, Mirabel was left without damage.

The heavy winds as fast as 98 kilometres broke trees and damaged Hydro-Québec equipment. (Sources: Various news reports)

## Confusion in applying the provisions of Bill 96 related to health care

A Montreal woman is speaking out about her recent experience with Quebec's health insurance board after she said a public servant hung up on her because she spoke to him in English.

"I was so angry. So humiliated, frustrated and angry that it took me a couple of days to digest it," said 75-year-old Susan Starkey, who believes Quebec's new language law, Bill 96, is the reason why he ended the call.

Starkey spoke to CTV News on the condition of using her maiden name to protect her husband's privacy.

Her 82-year-old husband has had several health complications in recent years and now must use a feeding tube connected to his stomach.

When she called the Régie de l'assurance maladie du Québec (RAMQ) in early July she was inquiring about the ISO-Pro formula, her spouse's only source of nourishment.

When she called RAMQ to

inquire, she said the person who answered the phone refused to help her.

"He told me to speak French, and I said, 'I'm sorry, my French isn't good enough for you to understand [me] or for me to understand you because this is complicated.' And he said, 'I don't have to speak to you in English.' I said, 'I'm afraid I can't do it in French,' and he said, 'Go and find somebody,'" she recalled, adding that she told him there was no one around who could do so.

"I understood from the CAQ that in situations to do with hospitalization or illness or whatever, we were allowed to be served in English. At that point, I said, 'If you can't talk to me, can you put me onto somebody who can speak English?' And he hung up on me."

The public servant "spoke English perfectly" and that she was perplexed by the whole interaction. #Abridged version of CTV news report.

Join us for an engaging virtual discussion with community leaders on

## THE STATUS AND FUTURE DIRECTION OF BILL 96

Tuesday, August 1st at 7 pm EDT

Virtual Event

### SPEAKERS

**MITCH BROWNSTEIN**  
Mayor  
City of Cote St Luc

**JULIUS GREY**  
Constitutional Lawyer  
Grey Casgrain s.e.n.c.

**ANDREW CADDELL**  
President  
Task Force on Linguistic Policy

**JOE ORTONA**  
Chairman  
English Montreal School Board

**MARVIN ROTRAND**  
National Director  
League for Human Rights,  
B'nai Brith Canada

The link is required to join:

<https://www.bnaibrith.ca/eventssa/bill-96-meeting-aug-1-2023/>  
Quebec Bill 96 Meeting Aug. 1, 2023 | Réunion concernant la Loi 96 au Québec 1er août 2023 - B'nai Brith Canada



## ONTARIO Community News

By Tony A. San Juan  
OCT-Retired

### Philippine Consulate General in Toronto Hosts Financial Literacy Session

The Philippine Bureau of the Treasury (BTr.) conducted a financial literacy session on the "National Government's Retail Instruments" at the Philippine Consulate General in Toronto office, Toronto, Ontario on July 14, 2023. The 2-hour event, hosted by the Philippine Consulate General in Toronto, was undertaken for Overseas Filipinos, especially Filipino Canadians.



**Philippine Consul General in Toronto Angelica C. Escalona**

Her Excellency, Philippine Ambassador to Canada Maria Andrelita Austria, and Philippine Consul General in Toronto, Angelica C. Escalona graced the occasion and warmly greeted all the participants and attendees of the successful financial investment information seminar.

Attended by over 100 guests,

community leaders, and association heads, the "RDB 2 Invest & Manifest" information session was a great opportunity to learn about participating in "Philippine nation-building and personal financial empowerment programs". Specifically, the drive is part of the Philippine Government's savings mobilization program of making government securities available to retail investors", especially individuals and other institutions.

Philippine Consul Mary Grace V. Villamayor aptly served as emcee and introduced the session's guest speakers and presenters. Philippine Undersecretary of Finance and Chief Economic Counselor Zeno Ronald R. Abenoja presented the topic "Philippine Economy: Continuing a Strong Recovery amid Economic Headwinds". Two other senior executive members of the Philippine delegation explained the aims, merits, and process of the Philippine Retail Instruments Investment program, particularly the Retail Onshore Dollar Bonds (RDBs). The Philippine Government retail bond offerings on medium- to long-term debt securities, according to the presenters, are issued by the Republic of the Philippines to buyers/investors at a fixed rate of interest for a set period of time, after which capital and interest will be repaid in full to the buyers/investors.

Among the aims of the RDBs, as listed, are to 1)"raise funds to



**Her Excellency, Philippine Ambassador to Canada Maria Andrelita Austria.**



**Philippine Finance Undersecretary Zeno Ronald Abenoja**

finance the National Government's priority projects 2) diversify the government's funding sources, and 3) make government securities affordable and accessible to retail investors." The benefits to investors include "low-risk investment instruments, higher yields, frequent cash flows in quarterly interest payments, affordable minimum placement of only US\$ 200, and tax

assumption feature". Placements are in US Dollars and Philippine Pesos through the Overseas Filipino Bank, and Land Bank of the Philippines. For online investment purchases and additional information, visit [www.treasury.gov.ph](http://www.treasury.gov.ph). (Tony A. San Juan, OCT.)

## Ontario family offering two years' rent in advance, can't find a home in the GTA

Forced to move out of their rental home in Aurora, Ont., the Eliesen family have been struggling for months to find a new place to live in the town. Their offer of two years' rent up front, or "nearly \$100,000 cash," according to David Eliesen, has been declined multiple times.

"(We) put in an offer of \$200 a month over the asking price," David's wife, Kayla, told CTV National News. On top of that, they've tried offering other deal-sweeteners, such as \$2000 damage deposits, but nothing seems to be working. Each of their multiple offers to rent a family home in the area north of Toronto have been declined.

In June, thanks in part to the recent surge in immigration, the country's population surpassed 40 million. While a growing population is being touted as essential to Canada's economy, real estate experts believe

the country has forgotten an important piece of the equation.

"Government really should have tried to solve how to build more homes first before increasing our population growth, because the side effect of that is skyrocketing home prices," John Pasalis, president of Realosophy Realty, told CTV National News.

When it comes to housing affordability in the Greater Toronto Area (GTA) and the rest of the country, Pasalis believes "the weight of this crisis quite frankly is felt by renters, because they're seeing their rents surge and they're not benefiting the way home owners are from rising home prices."

The Eliesen family have lived in the same home for the last eight years, but their landlord has family immigrating to Canada from Ukraine,



**Photo provided by the Eliesen family**

and now the landlord needs to move into the home.

The family's rent had been a manageable \$1900 dollars per month, but due to current market demands, a similar three- to four-bedroom home in

Aurora is going to cost the young Eliesen family roughly \$4,000 per month, maybe more.

They said they're willing and

See Page 19 Ontario family



## Literary Corner



Contemporary Senryu  
by Pedro Guidote

{Senryu, also called human haiku, is a three-line Japanese poetic form structurally similar to haiku (5-7-5 syllables) But focuses on aspects of human nature and its foibles in often cynical and darkly humorous vein.}

Our conversations  
mostly challenge, purge, inspire  
concepts from the past.

Misunderstanding:  
the eternal companion  
of relationships.

Two books on my lap:  
one to read in bed tonight  
the other to trash.

Relics of past thoughts  
surprise us with new insights:  
there's warmth in one's life.

Great things all are done  
By small deeds brought together.  
Find or make a way.

Poetry is when an  
emotion has found its  
thought and the  
thought has found  
words.

Robert Frost

# Premiers Focused on Actions to Support Economic Growth and Opportunities

WINNIPEG, July 12, 2023 – Canada's Premiers concluded their annual summer meeting with a discussion of key economic priorities to support future growth and prosperity.

Seizing the economic opportunities of the future is a focus for all Premiers. This includes supporting environmental stewardship along with economic growth and competitiveness to sustainably build the economy now, and for the next generations.

Key priorities discussed today by Premiers include:

- competitiveness, Canada-United States relations and trade;
- strategic infrastructure;
- energy security and critical minerals; and sustainable development and climate action.

Premiers are addressing these issues in cooperation with key partners. Premiers call upon the Prime Minister to convene a First Ministers' Meeting dedicated to the linked priorities of competitiveness and strategic infrastructure.

At the conclusion of the meeting, Nova Scotia Premier Tim Houston assumed the Chair of the Council of the Federation. Nova Scotia will host the summer meeting of Canada's Premiers on July 15–17, 2024.

- Competitiveness and Strategic Infrastructure
- Supporting Canada's strategic infrastructure and our ongoing competitiveness in the global economy, while increasing international trade opportunities, is critical for the economic prosperity of all provinces and territories. Strategic infrastructure includes

community, economic, and competitive infrastructure.

Trade corridor infrastructure is critical to enhance and secure the vital supply chains, transportation networks, and market access needed to maximize our economic potential and prosperity. Premiers endorse the principles set out in the Canada Trade Infrastructure Plan proposed by a coalition including the Business Council of Canada, Canadian Chamber of Commerce, Canada West Foundation, Canadian Construction Association, Canadian Manufacturers and Exporters, Civil Infrastructure Council Corporation, and the Western Canada Roadbuilders and Heavy Construction Association.

Premiers are committed to ongoing coordinated efforts to achieve Canada's full economic potential, including:

- a regulatory environment favourable to attracting increased foreign investment;
- continued efforts to maximize opportunities for open and fair internal and international trade through existing trade mechanisms, such as Canadian Free Trade Agreement, Canada-U.S.-Mexico Agreement, and Canada's other free trade agreements; and
- increased diversification of international markets for Canada's goods and services, including expanding opportunities in the Indo-Pacific region and Europe, building on Canada's economic, cultural, education, and tourism ties to the regions.

Premiers discussed the United States' Inflation Reduction Act (IRA), including its potential adverse impact on Canada's clean technology sectors.

Premiers urged the federal government to continue its efforts to ensure the United States treats Canadian goods and services as equal and equivalent to those from the United States. They also called for close work with provinces and territories to define the terms and conditions of federal financial incentives to mitigate potential negative impacts, secure future opportunities, ensure businesses remain competitive, and avoid putting investments at risk, particularly related to emissions reduction and clean

technologies.

Premiers recognize that strong, integrated supply chains are the best way to enhance competitiveness across North America. Provinces and territories remain concerned about trade-limiting actions in the United States. Premiers discussed ongoing concerns with unwarranted duties on Canadian softwood lumber exports to the United States, and the need to resolve this long-standing dispute, as well as concerns regarding the expansion of protectionist Buy America provisions in all forms.

Premiers also discussed the urgent need to boost productivity and competitiveness, and develop policies that support business investment to encourage economic growth across Canada.

Provinces and territories are investing in strategic infrastructure to power economic development, facilitate market access for goods and resources, maintain secure and efficient supply chains, connect Canadians to the digital economy, build strong communities, and support climate-resilience.

Premiers reiterated their call on the federal government to adhere to the following principles for the next phase of federal infrastructure funding to best serve people and communities across our diverse country:

- maximize both flexibility and predictability by delivering funding on a base plus per capita basis to support provincial and territorial priorities and their ability to plan for the long term;
- provide support to provincial and territorial governments in addressing the full spectrum of infrastructure challenges unique to their jurisdiction;
- ensure enough flexibility in federal funding that flows through provinces and territories rather than municipalities so that provinces and territories are able to balance investment priorities between the restoration, repair and maintenance of existing infrastructure and future growth projects, including any new investments in housing;
- work with provinces and territories to support development of trade

See Page 19 Premiers Meeting

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# My Experience as a Summer Student at the Filipino Heritage Society of Montreal

The Filipino community takes pride in their heritage, and growing up being half Filipino and Guatemalan I am lucky enough to experience both cultures. However, over the years I have slowly stopped engaging in the Filipino community. While growing up, my grandparents would take me to various events hosted by different Filipino associations. Whether it be Christmas parties, fundraisers, or celebrating Filipino Independence Day at Mackenzie Park, I've made many fond memories surrounded by people from the community. This year, I decided to get more involved and what better way to do that than join the Filipino Heritage Society of Montreal (FHSM).

When I first got word of the summer student position with the Filipino Heritage Society of Montreal, I took this as an opportunity to reconnect with my Filipino culture and learn more about it. Since starting my role as a summer student, I have learnt a great number of skills. One of them is videography and how to use a camera to its full potential thanks to Chairman Al Abdon. My coworker, Audrey Tougas, and I often work behind the scenes to capture every momentous event. Along with videography, we help set up different activities and promote multiple

C'est par l'intermédiaire de mon amie Jeannette Perignon, secrétaire dévouée du Filipino Heritage Society of Montreal (FHSM), que j'ai été informée de l'existence de cet emploi d'été pour



**FHSM banner in the Canada Day Parade, July 1, 2023**

étudiants. J'étais anxieuse car, en tant que jeune Canadienne d'origine philippine qui n'a pas appris le tagalog ni beaucoup de traditions philippines pendant son enfance, je ne me sentais pas suffisamment "Pinoy" pour ce poste.

Mais c'est aussi la raison pour laquelle j'ai postulé : j'avais devant moi l'occasion d'en apprendre davantage sur mon ascendance philippine. Depuis, j'ai beaucoup appris de ce groupe de personnes sympathiques qui, malgré mes réticences initiales, ne m'ont jamais fait sentir que je n'étais pas à ma place.

Le premier événement auquel j'ai participé était le Time Out Market, Asiasie, où j'ai été chargée d'aider à la gestion et à l'installation du stand philippin et où j'ai pu rencontrer l'équipe assidue du FHSM.

Ils m'avaient appris quelques mots tagalog, à jouer de la sungka et à porter une filipiniana. C'était aussi la



**On the left is Audrey Tougas who wrote the French article and on the right is Rina Villate Abdon who wrote the English article.**

events by putting up fliers around Victoria Street, known for having a high number of Filipino residents.

In addition, the fliers my coworker and I set up are for events we attend as well. The first event I attended as an official summer student of FHSM was the Asiasie Market located at Time Out Market. As part of Asian Heritage Month, diverse products from different

première fois que je voyais des danses folkloriques philippines, exécutées par les éblouissantes Golden Maidens.

La prochaine excursion du FHSM était le Tianggehan, un marché

philippin, où Rina, ma collègue, et moi-même avons eu l'occasion de participer à la mise en place des installations, ainsi que de filmer et contrôler l'audio pour les discours ainsi que pour la musique.

Dans la soirée, nous avons rejoint les Golden Maidens à l'Université Concordia pour les aider à se préparer en vue de leur spectacle pour le SHOWPAO, une célébration de la culture philippine qui a été créée et animée par de jeunes artistes filipinos doués.

Rina et moi avons couvert de nombreux événements en tant que journalistes et vidéastes, et ce grâce au président Al Abdon, qui nous a appris comment faire pendant son temps libre. Ces événements comprennent le spectacle de variétés à la Maison de la culture, la cérémonie The Knights of Rizal, ainsi que la messe à l'Oratoire St-Joseph.

Nous avons eu l'occasion de

Asian countries were sold in a beautiful market layout. I was a bit nervous on my first day because I did not know what to expect, but everyone welcomed my coworker and me with open arms. Everyone worked together to set up our Philippines display which included Filipiniana, Sungka, and numerous pamphlets with information about distinct parts of the Philippines. It was a

rencontrer des personnes fantastiques lors de tous ces événements, qui avaient une mine de connaissances à transmettre au sujet de leur savoir. Par exemple, au cours du spectacle de variétés, l'artiste Verona Sorensen avait souligné la valeur de l'apprentissage de sa propre généalogie et la possibilité



**Rina and Audrey at the Sari-Sari Store booth during the Tiangge event of FHSM at 6767 Cote des Neiges held on June 3, 2023**

d'inspiration qui peut en découler.

De plus, nous avons également participé à des défilés et aidé au montage et au démontage des kiosques de la FHSM à l'occasion de la Journée de l'indépendance philippine et de la Fête du Canada.

Dans l'ensemble, je dirais que

great experience and certainly not the last.

Throughout June we had other Filipino events such as Tianggehan, an indoor Filipino market, mimicking a traditional marketplace you'd see in the Philippines. Present were multiple Filipino vendors who sold food, clothes, makeup and jewelry. The Filipino Heritage Society of Montreal also showcased for the first time the Sari Sari store in which many people enjoyed taking photos in. Later that same night my colleague and I, along with the Golden Maidens dance troop, attended Showpao a show featuring traditional Filipino folk dances, singers, and more, at Concordia University. Furthermore, the Variety Show in la Maison de la Culture, the Knights of Rizal ceremony, Filipino Independence Day, as well as the Saint Joseph Oratory Mass are some but not all of the events we have gone to. In addition, every activity, event, or outing with the FHSM makes me feel more and more connected to Filipino culture, and it's been an amazing experience so far. I am very grateful to be a part of a community that is welcoming and loving, along with the Filipino Heritage Society of Montreal for giving me this opportunity.

travailler avec le FHSM a été ma meilleure expérience dans le domaine de l'emploi à ce jour. Ce n'est pas seulement la cuisine délicieuse que j'ai l'occasion de déguster, les personnes amusantes que je rencontre, ou les activités divertissantes qui sont organisées, qui font que c'est ainsi. Mais

surtout, je me sens davantage liée à mon patrimoine, dont je suis désormais mieux informée aujourd'hui et désireuse d'en savoir plus. Aujourd'hui encore, je suis immensément reconnaissante qu'on m'ait proposé ce poste.



## Nais kong buhayin ang ating sariling wika

Ang pagsusulat sa Tagalog ay mahirap gawin pagkatapos ng maraming taon na puro Inglis ang ating ginagamit sa araw-araw. Ngunit kung pipilitin nating masanay na gamitin ang wikang Tagalog kahit tayo'y nakatira sa ibang bansa, at kung gugustuhin nating ipakita ang kahalagahan ng paggamit ng sariling wika sa pag-iisip ng mga iba't ibang bagay, masasanay natin ang sariling maka-alala sa mga salitang nakalimutan na dahil sa hindi paggamit ng mga ito.

Matagal na akong nakatira rito sa Montreal. Pagkalipas ng mahabang panahon at nang mag-umpisa akong magturo ng Tagalog, natuklasan ko na hindi ko pa nakalimutan ang mga bokabularyong natutuhan ko noon sa aking kabataan. Bagama't wala akong kausap ng Tagalog sa aking pamilya at laging Inglis at Pranse ang aking naririnig at nababasa sa mga diaryo, nagkaroon ako ng malaking hangad na palaliman ko ang aking karunungan upang maibahagi ko ito sa mga estudyanteng mag-aaral ng wikang ito, lalo't lalo na dito sa Montreal na marami na ngayong kabataan na ipinanganak na may kahalang ibang lahi at hindi marunong magsalita ng Tagalog. Kung sila'y pupunta o bibisita sa Pilipinas, hindi nila makakausap ng husto ang kanilang mga ninuno (lolo at lola).

saliksikin ng matagal ang pinakawastong kahulugan at kagamitan ng isang kataga o bokabularyong Tagalog. Maraming libro sa Tagalog ang nailathala na nguni't wala akong makitang librong kamukha ng Bescherelle sa Pranse, o kaya Thesaurus sa Ingles. Kung sakali at magkakaroon ako ng pagkakataon at panahon, balak kong ituloy ang pangarap kong paunlarin ang wikang Tagalog sa pamamagitan ng paggawa ng isang Tagalog Bescherelle o Thesaurus. Kaya lang, sa aking palagay, kailangan kong malaman kung maaari kong gamitin ang salitang Bescherelle o Thesaurus na hindi lalabag sa batas ng copyright. Hindi ko pa matiyak kung may katumbas sa Tagalog ang "conjugations" sa Ingles.

Sa aking pagmumunimuni, may iba't ibang pamagat ang naiisip ko sa wikang Ingles dahil ang librong ito ay kailangan ng mga taong hindi pa nakakapagsalitang mabuti ng Tagalog. How to conjugate in the Filipino Language (Tagalog), A Practical Dictionary of the Filipino Language, Understanding the Nature of the Filipino Language, etc.

Kung maraming estudyante ang mag-aaral ng Tagalog, magkakaroon ako ng inspirasyon sa pagpapatuloy ko sa paggawa ng isang librong makakatulong sa kanila.

Mayroon ba kayong kamag-



**Si Richryan Sabroso, siyam na taong gulang, ay nag-aral ng 30 oras sa unang baytong ng kursong Tagalog bago siya pumuntang nagbakasyon sa Pilipinas**

Nang magturo ako ng Tagalog sa isang estudyanteng Pilipino na marunong magsalita ngunit gusto niyang matutuhan pang lalo ang wikang ito, bigla kong natuklasan na marami pa palang salitang Tagalog na bihirang gamitin ngunit mahigít na mabisang gamitin sa pagsusulat. Ito ang naging dahilan sa aking pagbabalak na sumulat ng isang librong tungkol sa balarilang Pilipino. Kahit maaaring gumamit ng Google upang tingnan ang kahulugan ng isang salita, hindi lahat na ibinibigay sa Internet ay tama. Kailangan pa ring

anak na lumaki sa Montreal o ibang lugar sa Canada na gustong mag-aral ng Tagalog? Ikatutuwa kong tumanggap ng inyong rekomandasyon na mag-aral sila sa Gilmore College International. Sisikapin kong gawin ang lahat upang ang inyong rekomandasyon at pagtangkilik sa unang paaralang itinayo sa Quebec ng isang Pilipino ay magkaroon ng magandang bunga at makatulong din sa inyong mga kamag-anak na matutong magsalita ng ating sariling wika. #

## 66-anyos tricycle driver sa Mindoro, nagtapos ng elementarya



**Nakapagtapos ng elementarya noong ika-17 ng Hulyo 2023 ang isang 66-anyos na lalaki mula sa Occidental Mindoro na namamasada bilang tricycle driver. : Dennis Datu, ABS-CBN News**

Dennis Datu, ABS-CBN News

Posted at Jul 21 2023 02:29 AM | Updated as of Jul 21 2023 02:51 AM

Pinatunayan ng isang 66-anyos na tricycle driver sa Occidental Mindoro na hindi hadlang ang kaniyang edad para makakuha ng pormal na edukasyon.

Nagtapos ng elementary sa ilalim ng Alternative Learning System (ALS) ng Department of Education si Arturo Fernandez ng Poblacion sa Sablayan, Occidental Mindoro, nitong Lunes, ika-18 ng Hulyo.

Kwento ni Fernandez, Grade 2 lamang ang natapos niya noon dahil naging abala na siya sa pagtulong sa kaniyang pamilya. Aniya, tumutulong siya sa pagtatrabaho sa bukid dahil sa hirap ng buhay.

Si Fernandez ang panganay at nag-iisang lalaki sa limang magkakapatid.

Nang magkaroon ng sariling pamilya, nagkaroon naman siya ng iba't ibang trabaho gaya ng pagiging makinista sa mga bangkang pangisda.

Nang maging operator siya ng makina sa isang ice plant, dito na siya nagkaroon ng problema matapos

siyang hanapan ng kaniyang supervisor ng certificate na nakapagtapos siya sa Technical Education and Skills Development Authority o TESDA.

Bunsod ito, naisipan niyang pumasok sa ALS habang siya ay nagta-tricycle driver.

Mula alas-8 ng umaga hanggang alas-4 ng hapon ang kaniyang pasok sa ALS. Pagkatapos nito ay direktso naman siya sa pamamasada ng tricycle.

Ayon kay Fernandez, ipagpapatuloy niya rin ang pag-aaral sa high school at kalaunan, sa TESDA.

"Kung makatapos ako ng high school, ako ay mag-reenroll ng TESDA (course). At kung ako ay palarin sa TESDA, mayroon akong sertipikasyon, [madadalang] na po akong matanggap kapag ako ay nag-apply ng trabaho," aniya.

Ipinagpapasalamat ni Fernandez na ginabayan siya ng kaniyang mga kaklase na itinuring siyang parang kanila ring ama.

"Medyo nahirapan din po lalo

Tingnan ang Page 12 - Nagtapos

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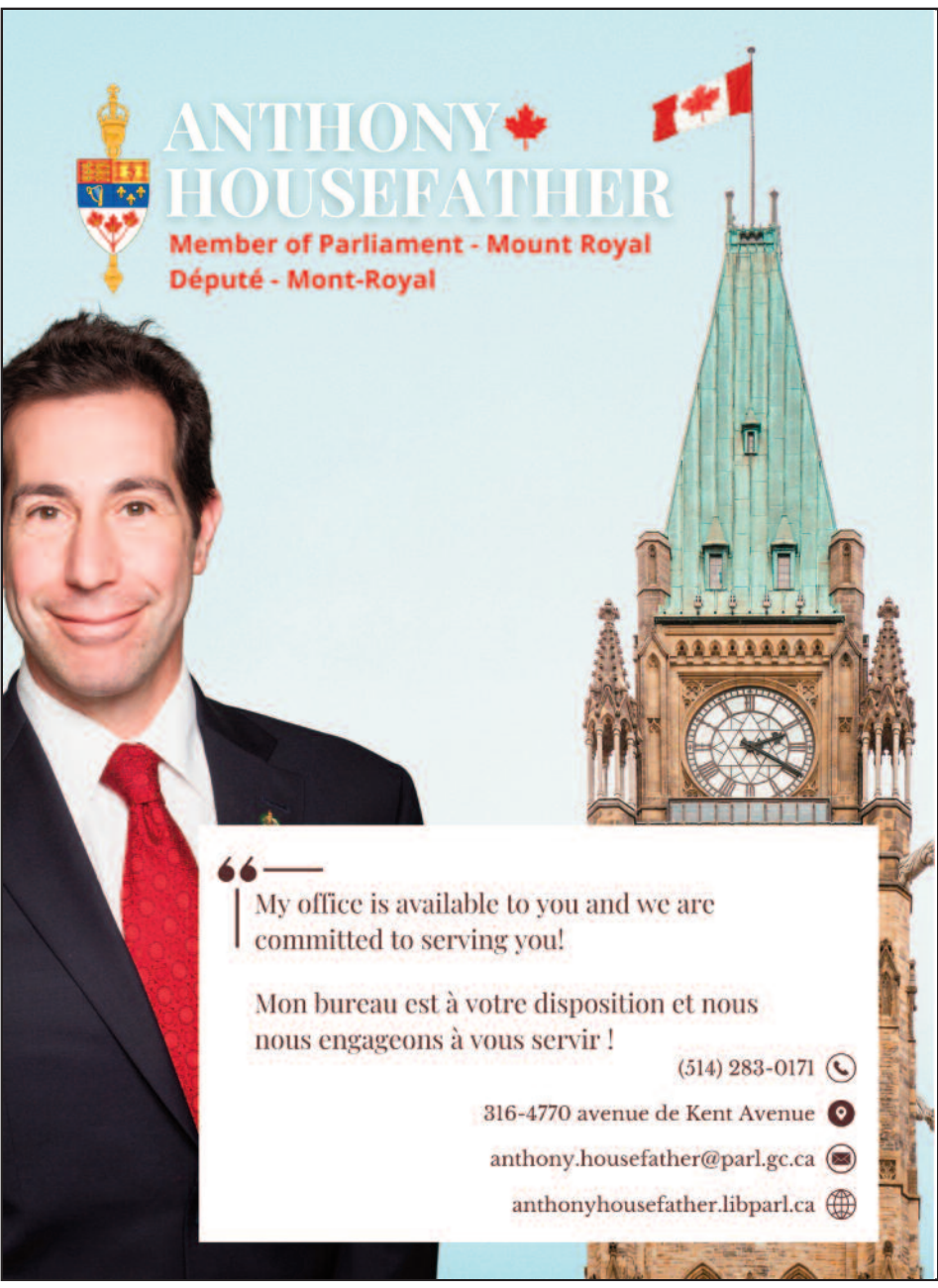
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## Cooking with love provides food for the soul.

### Quick and Easy Pinoy Merienda Favorites



#### HALO-HALO

Halo-halo' is a Tagalog word that means mixed, as that is what this is basically. A concoction of various sweet treats that are put together to culminate into one great cold treat. A colorful medley that is sure to cheer you up even on the hottest and most humid of days.

#### INGREDIENTS

1 cup crushed or shaved ice  
 ¼ cup milk fresh or evaporated  
 1 teaspoon sugar if needed  
 1 teaspoon sweetened saba or plantain bananas  
 1 teaspoon sweetened sweet potatoes  
 1 teaspoon sweetened red munggo  
 1 teaspoon sweetened garbanzos (chickpeas) or beans  
 1 teaspoon fresh of sweetened langka jack fruit  
 1 teaspoon coconut strips or sweetened macapuno  
 1 teaspoon nata de coco coconut gel  
 1 teaspoon sago or tapioca pearls or jelly cut into cubes  
 1 tablespoon leche flan topping  
 1 tablespoon ube jam or 1 scoop of ube ice cream topping

#### INSTRUCTIONS

•In a tall glass, add a teaspoon of each of your selected ingredients.  
 •Add sugar if you like. Personally, I find that the other ingredients are sweet enough so I do not any more sugar.  
 •Fill the glass with shaved ice up to the brim. Push it down and add some more.

Drizzle with milk.  
 Add the toppings of choice.  
 Serve with a long spoon for mixing



#### CHICKEN EMPANADA

#### Filling Ingredients:

1 1/2 lbs chicken breast cut into cubes  
 1 Knorr chicken cube  
 1 cup potato diced  
 1 cup carrot diced  
 1 cup green peas  
 1/4 cup raisins  
 1 onion minced  
 1 tablespoon garlic minced  
 2 tablespoons oyster sauce  
 2 tablespoons soy sauce  
 1 teaspoon sugar  
 Salt and ground black pepper to taste

#### Dough Ingredients:

3 cups flour  
 4 tablespoons sugar  
 1 cup butter  
 1/2 teaspoon baking powder  
 6 tablespoon water cold  
 1 egg

#### Equipment

1 pastry blender

#### Instructions

•Start cooking the filling by heating the cooking oil in a pan.  
 •Once the oil is hot, saute the garlic and onion.  
 •Add the chicken breast then cook until color turns light brown (about 5 minutes)  
 •Add oyster sauce, soy sauce, and Knorr chicken cube. Stir and cover the pot. Cook for 5 minutes.  
 •Put-in carrots and potatoes. Cook for another 5 minutes  
 •Add the green peas, raisins, and sugar then simmer for 3 minutes  
 •Season with salt and ground black pepper. Turn off the heat, drain the excess liquid, and set aside.

- Make the dough by combining the dry ingredients in a mixing bowl starting with the all-purpose flour, sugar, baking powder, and salt. Mix well using a wire whisk.
- Cut the butter into small thin pieces place in the mixing bowl with the dry ingredients.(the butter should be cold and solid before doing this)
- Add water gradually and mix all the ingredients thoroughly until a dough is formed. You may use a pastry blender to ease the process.
- Divide the dough into individual pieces by grabbing a piece from the whole mixture and rolling it in your hand until a spherical shape is formed. Do this until all the dough is consumed. Set aside in a cool place for at least 20 minutes
- Flatten the spherical dough by pressing it with your palm against a flat surface. Use a rolling pin to flatten it fully while creating a round shape.
- Arrange about a quarter to half a cup of filling (the chicken that you cooked in the first few steps) at the middle of the flattened dough. Fold the dough so that opposite ends meet (you should have formed a half moon shaped dough)then press the edges and seal. (refer to the video for the technique)
- After all the fillings are consumed, crack the egg and separate the white from the yolk. Beat the egg white lightly and mix a little water.Glaze the crust by brushing the egg wash.
- Put a wax paper on top of a baking tray or grease the baking tray then arranged the sealed doughs.
- Pre-heat oven at 400 degrees Fahrenheit for 10 minutes. Bake the sealed doughs for 25 minutes at the same temperature.
- Remove from the oven.
- Serve hot. Share and Enjoy!!



#### BANANA TURON

#### INGREDIENTS:

Ripe jackfruit (fresh or canned)  
 Saba banana: Saba bananas are one of the most popular varieties of banana available in the Philippines and are commonly referred to as a "cooking banana." They are shorter

and thicker than regular bananas and taste like sweet potatoes. We buy saba bananas at our local Asian grocery market, but if necessary, opt for using regular bananas.

Lumpia or spring roll wrappers: We used lumpia wrappers found in the frozen section of our local Asian market. We like wrappers that say "extra crispy" on the package. Wonton wrappers will also work but are slightly different.

Sugar: Turon is made with dark brown sugar in the filling and white sugar for the caramel coating. Use certified-organic sugar to ensure it's vegan-friendly.

Oil: Neutral, high-heat oil is necessary for frying Turon until crispy. If you would like to use less oil, try our air frying method.

equipment needed

Baking Sheet to rest the turon on while rolling

Paper towel-lined plate or wire rack to drain off excess oil

Large Skillet for frying

How to make turon

•Prepare the banana and jackfruit. Peel the saba banana and cut each banana into 2 even slices lengthwise. If using frozen, allow them to thaw until they can be safely cut. Slice the ripe jackfruit into strips.

•Set up your workstation. Pour the brown sugar into a shallow plate or bowl, have the lumpia wrappers handy, and finally place a small water bowl next to the wrappers for sealing.

•Fill and roll the turon. Coat the banana in brown sugar, then place it on the wrapper about two inches from the bottom center. Roll until you have about 1 inch left, then brush the top corner with water and seal. Repeat with the rest of the turon.

•Heat your frying oil. In a pan wide enough to fit the width of your turon, fill with about 1-inch oil and heat to 350 °F.  
 •Pan-fry until golden brown. Sprinkle sugar into the hot oil. Place the wrapped banana in the pan, flip immediately to coat in oil, then sprinkle additional sugar ovetop. Fry until the wrapper turns golden brown and the extra sugar sticks.

•Enjoy. Once golden and crispy, remove the turon from the hot oil using a slotted spoon and place it on a paper towel-lined plate or wire rack to drain excess oil. Enjoy immediately while hot as a dessert or sweet snack.#

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Mula sa Page 9 - Natapos

sa pag-iisip kung ano ang dapat isagot sa mga ginagawa. Ako po amg pinakamatanda. Tawag nilang lahat sa akin ay Tatay. Kapag tinatawag akong Tatay ng mga classmate ko, parang mga anak ko po sila... Lumuluwag ang

aking dibdib, natutuwa ako. Sila ay mababait at 'yung aking pag-aaral ay tinutulungan nila," kuwento niya.

Lubos ang pagmamalaki ng pamilya ni Fernandez sa kaniya, lalo't nakatanggap siya ng dalawang medalya, kabilang ang para sa pagiging "Ulrang Mag-aaral".#



## Social Tidbits

# Montreal Community News

**Fely Rosales Cariño**

Now that we're under the mercy of the sweltering heat wave, anyone longing for the sub-zero temperature of winter? Either it's too hot or too cold, that's Montreal for you. Let's just take it in stride and enjoy the AC, the pool, or a cold, refreshing drink. In the midst of summer let's delve into an onslaught of activities by many popular organizations.

Let's start with July 1, 2023, Canada Day. Despite the inclement weather, the annual parade went on as planned in downtown Montreal. The Filipino contingent was described by one bystander as energetic and vibrant. They walked, they danced, they played music. They were all resplendent in their Filipiniana outfits. Among the prominent marchers were led by Minda Mazzone, President of the Federation of Filipino Canadian Association of Quebec (FFCAQ). Also distinguished were Pinoy Pa Rin's Tenne Rose Dayandante, Michael Davantes, and Oyie Olivar. Though it was raining on and off, it seemed that the spirit of Canada Day was alive and well. After the parade, everyone went to their own tents at MacKenzie Park where their sumptuous potlucks awaited them.

Next is the liturgical service

West Island and Suburbs (SWIS), and Elsa Montealegre from the Quebec Association of Canadian Filipino Teachers (QACFT).

On July 8, 2023 a picnic lunch was held by the parishioners of the Filipino Catholic Mission of Montreal at MacKenzie King Park. This was to honor the installation of Pastor Rommel Cruz (MSP) as the new Pastor. The event started with a mass celebrated in Tagalog by Pastor Cruz. Everyone praised the youthful Pastor (and good looking too!). The picnic that followed was also a chance to see and greet friends with "Long time no see!" as many have lost touch during the pandemic. At lunch, the Pastor made an announcement for the elderly to remain seated and for the younger ones to bring food to them. But guess what? Most elderly went ahead of everyone to the buffet. You can't beat them! Then the young ones brought them tea or coffee, dessert, and halo-halo. While finishing up the dessert, emcee Monette began the program. Most kids participated in games such as pop the balloon, touch me not, egg race and other games. The elderly were shy to engage in the games, opting to enjoy their halo-halo instead. Pastor Cruz participated in all the games.

set of officers namely Ruben Mendoza (President), Precy Andal (Vice President Internal), William Fabia (Vice President External), Amy San Juan (Secretary), Suzette Olivares (Treasurer), Neneh Fabia (Asst. Treasurer), Marilyn Amaro (Auditor), Norma Carbon (Business Manager), Erlinda Lopez (Press Relations Officer), Estelita Tolio (Assistant, PRO), Tess Delormonte (PRO2), Rose de la Rosa (Asst. Press Officer), Felimon Delormonte (Deputy Peace Officer), Elvie Maximo and Dory Francisco (Advisers). Counsellor Stephanie Valenzuela, in a pretty summer dress, inducted them into office. The ceremony was filled with dancing. Every time the music started, the dancing floor was already filled up. However, dancers had a chance to rest to enjoy the interesting intermissions. These were the Easy Dance Group led by Sir Cipriano Boy Galang, Subli dance performed by AFSM officers, a number from the Golden Maidens of the FHSM, and the Ladies of the Move (LOTM). Delicious food prepared by Pancitan Restaurant awaited them.

After Ruben Mendoza gave his presidential address, William Fabia traced the early beginnings of the AFSM. In his words, AFSM was formed in 2015 and services included visiting the members at their homes. They always delivered food and flowers which brought bright smiles and happy faces. They felt loved as they shared fun memories. They were also driving them to their vaccination and hospital appointments. AFSM believes that it is important to stay socially connected to avoid feeling isolated. Way to go, AFSM!

My friends at Pinoy Pa Rin's Tenne Rose Dayandante and Michael Davantes invited everyone (and also served as hosts) last July 14, 2023 to a star-studded concert live in Montreal starring Sheryn Regis at Theater Plaza on Friday @ 7pm at 6565 rue St Hubert, Montreal. The featured artists were Kristianne Joy Mesina and Dashle.

Now onto birthdays. Adoree Silva, Cleo Cookman, Cesa Gladych and Fely Carino enjoyed the birthday of Hans Wilgehof who celebrated at Peking Gardens in DDO. We all enjoyed the get-together, especially catching up on recent events that matter to us. Another birthday celebrant was

Maria Kuersteimer's 94th birthday at Au Vieux Duluth Restaurant in Dollard des Ormeaux. I recommend this place that offers seafood at its best. Then we all drove to Maria's house for drinks and dessert. Guests were Father Lawrence, June D'Silva, Carlito &

Thelma Arlegui with son Charles, Attilio Martinez and mom.

Did you know that in this issue there is now a section called "Did You Know?" Well here it is. First off, did you know that some organizations like FAMAS are organizing trips for seniors free of charge? Did you know that FFCAQ President Minda Mazzone and her officers are organizing a trip to one of Montreal's casino? Did you know that SWIS has a very reliable party decorator? Yes, it's Elvie Maximo. She has decorations for all occasions. She even brings her own step and hammer complete with nails and ladder to use. Anybody wants to take advantage of her talents? (Contact ex-chairman Connie Fabro who continues to be generous with her advice).

Did you know that the Filipino Chess Club of Montreal (FCCM) are attracting many kids to learn how to play chess? Already in its sixth session, the attendance is growing. Thanks to FCCM President Manny Lagasca for giving the kids a very interesting and very educational platform.

Did you know that Gerry Danzil will stage a first aid and CPR training on August 13, 2023 at the Community Center on 6767 Côte-des-Neiges? Look for Rooms 692 and 693. Come for this valuable experience. You never know when you might be needed to save a life.

Did you know that the famous De La Paz husband and wife team (James & Rose) has a good lesson to teach everyone? They know how to invest their money. As of now they have real estate properties in British Columbia and the Philippines.

Did you know that SWIS has one of the most efficient secretaries this side of the West Island? She is Evangeline Salvador.

Did you know that every Wednesday from 4-5pm there is a Zumba exercise at 260 Spring Garden? Come and get your groove on with Nola Manuel, certified gold instructor!

Lastly, I wish to encourage you with a bible verse, "Delight yourself in the Lord and He will give you the desires of your heart! Psalm 37:4.

See you next issue and God bless!



**Souvenir photo with Councilor Stephanie Valenzuela (2nd from left) at the St. Joseph's Oratory Liturgical mass, June 29, 2023.**

that happened on July 6, 2023. It was an event undertaken by the Saint Joseph Oratory group (coordinated by Melle Lugod) and joined by the Filipino Heritage Society of Montreal (FHSM) under the leadership of its chairman Alfonso Abdon. Many organizations were present. Some of them in the processional from the Filipino Association of Montreal and Suburbs (FAMAS) were Romeo Remigio, Dante & Julie Tabamo, and Debbie Resurrection. Also participating were Marlene Birao from the Sto. Nino group, Lolita Odulio from the Seniors of

There were great prizes including big luggages. Other surprise gifts were awarded to winners in different categories. What a fun picnic!

On the same date in the evening was the 8th year Anniversary of the Association of Filipino Seniors of Montreal (AFSM) held at the Community Center at 6767 Côte-des-Neiges from 5-10pm. The ladies led by Neneh Fabia looked lovely in the purple gowns topped with glittering white blouses. The men led by William Fabia looked good in their stiff formals. This event was also the Induction of the new



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# FILIPINO STAR

## SHOWBIZ GOSSIP

### Julia Barretto plans to pursue college studies before turning 30



**Julia Barretto is 'grateful for the life' that she lives. She says, 'If I need space, if I need privacy and quiet, it's so easy to leave and find that elsewhere. But I like this life.'**

Julia Barretto is "loving the life" that she has now. At 26, she is able to maintain a work-life balance. She also plans to pursue higher education before she reaches 30.

The actress acknowledged living a not-so-ordinary life that's why she "loves traveling to new and faraway places" because she gets her personal space. "You get your privacy. Your personal space is respected, (it) is given to you. The time for yourself is unlimited when you're on vacation," she pointed out during a press conference for her upcoming film *Will You Be My Ex?* opposite Diego Loyzaga. She just came back from a trip to Venice, Italy.

"But, you know, I love my life. I don't mind na hindi ordinary yung life ko," she declared. She is "grateful for the life that I live."

"If I need space, if I need privacy and quiet, madali lang namang umalis and find that elsewhere but I like this life. I like that I get to talk to you, guys. I like that I get to do this. I like that I get to sing my recorded songs in mall shows (laughs).

"I like that in my younger years, I was able to dance as if I'm a

dancer, alam mo yun parang I feel so blessed. It's like no complaints. I'm grateful somebody still wants a photo with me. I'm grateful that you still wanna ask me questions.

"I love this life. If I just need quiet, I just go to my room, happy na ako. Ang recharge ko naman 'pag eight hours nakuha ko na, I'm happy. That's it. And my coffee, happy na ako."

One of the themes in the movie *Will You Be My Ex?* is reconnecting with "the past." So when asked if there's something from her past that she wants to revisit and change, she told *The STAR*, "None much really. I think grateful ako sa mga pangyayari sa past because it brought me to where I am today. So nothing much really. I don't want to change anything and wala naman akong gustong balikan. Just moving forward."

She was proud to say that she has work-life balance amid her hectic schedule. She gets to spend time with her loved ones and with herself, and at the same time, manages her business and continues to do acting.

"Honestly, I'm grateful also to

Viva because when I asked for time to rest or to go out of the country like they really give it to me and they adjust my work schedule to it. So, it's not a challenge for me now but I really love to work so feeling ko, whenever I'm on vacation and I need to come back home (after that), I immediately start working. But I think right now at 26, my work-life balance is OK."

Julia, likewise, expressed her earnest intention to go back to school and pursue either Psychology, drama or any business-related courses. "I really wanna go back to school. Gustong-gusto, gusto ko talaga mag-college. I really wanna study," she reiterated.

"I think that's what I really want to do right now. And if I can find a perfect way to do it at the same time, shooting and schooling, everything will be perfect, 'Thank you Lord!'" She vowed to make it her "goal" to achieve it.

She also hopes to study abroad and attend school physically where she can meet new college friends and professors. "Ang saya pakinggan ng mga stories nila ng mga kapatid ko... So naririnig ko yung college stories nila and I'm just dreaming of the day to also experience the same."



**Julia is set to star in the Viva romantic-comedy *Will You Be My Ex?* opposite Diego Loyzaga. It was released on June 21.**

Her sister Claudia just finished college last year from Ateneo de Manila University, while her brother Leon is in third year college taking up a marketing course at University of Asia and the Pacific.

She aims to enroll at a university before she turns 30. "Kahit nga short course lang eh happy na ako. Even if it's just three months. So

let's continue filming para habang lumalabas yun (film), I'm also studying (at the same time)," she said with a laugh.

The flick *Will You Be My Ex?* is "a romantic movie about ex-lovers who meet once again and have the chance to rekindle their past and choose to either be friends or give their love a second try." It is helmed by Real Florido, co-produced by Studio Viva and Firestarters production, and presented by Viva Films. It also stars Bea Binene and will be shown in cinemas starting tomorrow, June 21.

*Will You Be My Ex?* is sort of a "reunion project" of the lead stars Julia and Diego, who earlier worked together in *Wansapanataym's* episode *Petrang Paminta* in 2013 and *Mirabella* in 2014.

"The point is I've known him for quite a while (so) there was no awkwardness or anything like that," she said of Diego. "It was always a safe space on set. Masaya lang. It was such a fun set. Everybody was just working happily."

She was also "proud" of her co-star and she would always tell him that. "Nakaka-proud siya dito kasi iba yung binigay niya in this film but nakitaan ko siya ng maraming heart and vulnerability and he showed that to us all," she said.

"I'm so glad that we did this movie at such a good time in his life. Diego is such a wonderful person and he showed me so much kindness all throughout filming."

She said that she regards Diego as "now my friend." "And I'm excited na makausap niyo siya because he is in a really good place like ang refreshing niyang kausap and yeah soon, I hope you guys could also talk to him."

The actor recently posted on his social media accounts a photo of him cradling a baby with the caption: "The best birthday gift ever." The post sparked speculations of him becoming a first-time dad.

Meanwhile, Julia was queried if she indeed replaced Bea Alonzo as Alden Richards' leading lady in the Philippine adaptation of the South Korean hit film *A Moment to Remember*.

"I don't know if I can comment on that yet. But we can talk about it when we get there. When we get there, we can have a chat about it. We can have a discussion. We can chat (laughs)... when we get there," she reacted. ■

# Carlo Aquino admits to almost giving up on showbiz



**Carlo Aquino stars in the sixpart series, *Kung Hindi Lang Tayo Sumuko*, directed by Carlo Enciso Catu. It will stream exclusively on Viva One soon.**

There would have been no more Carlo Aquino in the acting scene today had he totally turned his back on showbiz due to unrelenting stress, coupled with doubts on his ability as an actor.

The 37-year-old actor, whose acting career began when he was seven, revealed that he wanted to give up on being an actor at one point of his life.

"I (had) already (given) up on work before," Carlo recently shared in a virtual media conference for his forthcoming six-part series, *Kung Hindi Lang Tayo Sumuko*, based on the bestselling book of poems by Marcelo Santos III, under the helm of Carlo Enciso Catu.

"Perhaps, it's because I started as a child star that I already felt burnout aside from (the fact that I was) doubting myself, my ability. I got scared."

In fact, Carlo had turned down several projects for films and TV after he decided to lay low and stay away from the madding crowd.

"Mga two years 'yun kasi nga takot na takot ako at hindi na ako naniniwala sa sarili ko. It even crossed my mind to go to the US. I was planning to migrate and ask my uncle to adopt me," he recalled.

But fate had other plans for him. It didn't allow him to do such a drastic move because

after a two-year showbiz hiatus, Carlo had a change of heart.

"It was a good thing that I didn't push through with my plan. I realized (while taking a break) that I truly love what I do. Sometimes, we really need to experience such phase in our life, 'yung mapapag-isip tayo maigi kung gusto ba talaga natin iwan 'yung trabaho natin. I'm thankful that I was able to assess things without having to regret my decision later on," he remarked.

Asked if he still had plans of migrating to the US, Carlo assured that he completely erased the idea from his mind. "I promised myself that I will always do my best. Magagandang bagay na 'yung mangyayari sa mga susunod na taon."

Carlo recently starred as the male lead character in the first Summer Metro Manila Film Festival entry, *Love You Long Time*, opposite Eisel Serrano, last April.

By now, Carlo must have been busy shooting for *Kung Hindi Lang Tayo Sumuko* that is set to stream on Viva One soon.

Carlo and his co-stars Coleen Garcia, Rhen Escano, Ryza Cenon, Jerome Ponce and Kiko Estrada expressed excitement over the start of their shooting. They initially had a "look-test" to see if their pairing was perfect.

Carlo has Coleen as leading lady. The two first worked together in 2018 via the romantic drama *Exes Baggage*, directed by Dan Villegas but they were only seen in one scene, given that Coleen's character Dwein in the movie was the ex-girlfriend of Carlo's Nix.

This time around, Carlo and Coleen will be paired in a full-length story of *Kung Hindi Lang Tayo Sumuko*.

In the series, Carlo is Benedict, who works as a chef in an establishment near Allie's (Coleen) workplace. The two often see each other outside of their respective workplaces during breaks, and their connection begins. They become friends and eventually fall in love with each other.

Years later, Benedict proposes to Allie, and the two look forward to the years of spending life together.

But as they prepare for their wedding, they begin to

rethink about and reconsider their decision since arguments and problems start to arise, not to mention the unpleasant stories and situations they learn from other couples.

Will Benedict and Allie stick to their plan of exchanging "I do's" or will they decide to part ways and go on with their respective lives?

Asked if he is the type of person who can give up on love when faced with problems, Carlo said, "They say that in every relationship, it should be 50/50 (effort). But it's not always the case because sometimes all you can give is 20 (percent). But I'm not saying that your partner must exert an effort. But you should both fill up the 80 percent. You have to give and take."

The actor has a two-year-old daughter with former partner Trina Candaza. At present, Carlo is reportedly having a smooth-sailing relationship with Charlie Dizon.. ■

## 'Never cease to grow': Karla Estrada graduates from college



TV host Karla Estrada graduated from college at the age of 48.

She finished Bachelor of Science in Office Administration from the Philippine Christian University.

In her Instagram account, Karla posted photos of her wearing her graduation toga.

"To GOD be the Glory. Develop a passion in learning, You will never cease to grow," she captioned the post.

The "Face To Face" host thanked the Expanded Tertiary Equivalency and Accreditation Program for making her dreams

come true.

"Thank you ETEEAP sa napakagandang pagkakataon na ito na maisakatuparan ang pangarap ng katulad ko at ng nakararami na makapag tapos ng kolehiyo!" she said.

"Congratulations sa lahat ng aking mga nakasabayan sa pagtatapos sa kursong Bachelor of Science in Office Administration," she added.

Celebrities such as Vhong Navarro, Jhong Hilario, Sunshine Cruz and Vina Morales, to name a few, congratulated Karla on her new milestone. ■

## Showbiz Gossip *Continued from p.15*

### Sunshine Cruz looks stunning at 46



**Sunshine Cruz**

Actress Sunshine Cruz is celebrating her 46th birthday on Tuesday, July 18.

On Instagram, Cruz uploaded her photos stunning photos wearing a custom terno gown.

"Nothing but gratitude as I turn 46 today," Cruz captioned her post.

On social media, Cruz's fans and fellow celebrities also shared their birthday greetings for

the actress.

"Happy Birthday Ate Shine," Jodi Sta. Maria wrote.

"Happy Birthday Ate Shine!!!! always so beautiful!!!," Gabbi Garcia wrote.

Nikki Valdez wrote: "Happy Birthday, Ate Shine!! Love you!"

Cruz's daughters Angelina and Sam also turned to social media to share their heartwarming birthday greetings for their mom. .

### AC Bonifacio featured on Times Square billboard



"My face is on Times Square? WHAAT This is insane - definitely a dream come true," she captioned her post as she thanked Spotify, Star Magic and Tarsier Records.

"Thank you to EVERYONE who's been here with me on my journey," she added.

"4 Myself," which is about "embracing your individuality," is available on various music streaming platforms, while its official lyric video is on Tarsier

Records' official YouTube channel.

Bonifacio released her debut single "Fool No Mo!" under Star Magic Records back in 2021. AC Bonifacio expressed her joy as she marked another milestone in her life as an artist.

Bonifacio turned to social media on Thursday night to share that she appeared on the iconic Times Tower billboard in New York City's Time Square.

### Belle Mariano trends on social media after solo concert



Belle Mariano's concert made a remarkable impact on social media over the weekend, with at least five hashtags related to the event becoming top trending topics on Twitter Philippines.

The highly anticipated event finally happened on Saturday as the actress graced the stage of the New Frontier Theater for her spectacular "Beloved" concert.

The online buzz surrounding the event was palpable among her fans as they eagerly shared on social media their admiration for Mariano's performances.

Aside from Mariano's versatility as an artist, fans also raved about the moment she shared with Donny Pangilinan on stage.

As seen in the photos, Pangilinan surprised Mariano with

a bouquet of flowers, much to the delight of their avid followers.

Prior to her concert, Mariano released her album "Somber," the first of her two-part sophomore album that was released last month.

According to music label StarPop, the second part of Mariano's album titled "Solemn" will come out next year. ■

# Celeste Cortesi reacts to body shaming

Miss Universe PH 2022 titleholder Celeste Cortesi was among personalities who made a huge splash at this year's GMA Gala.

The Filipino-Italian stunner turned heads wearing a seductive number from fashion designer Anthony Ramirez, which highlighted her strategically-placed tattoo.

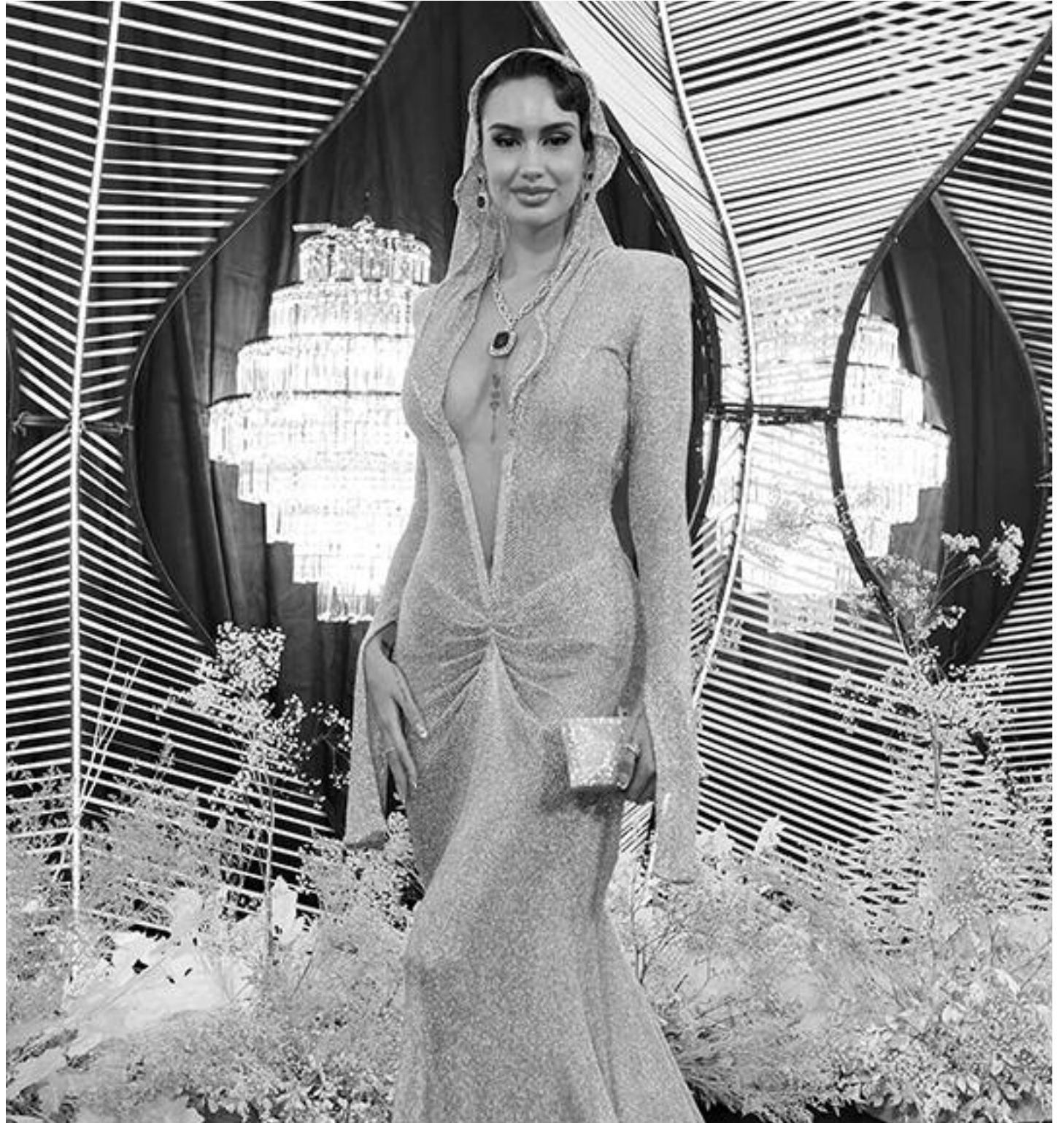
But not everyone was happy about it.

Said one critic, "Just sad how she doesn't see her beauty. Those ugly tattoos on her skin, maybe one reason di siya nakapasok sa 50 man lang, now the fillers. Indeed it's her life but she is posting her photos in public, she is giving us the right to comment."

Obviously hurt, Celeste responded, "Grabe talaga. Because I post my photos in public I am giving you the right to comment? Maybe I am giving you the right of having an opinion. I may not be liked by everyone and that's totally okay. But by posting my photos and being a public figure I am not giving you the right to be mean and to judge what you don't know."

She added, "What I have been standing for during Miss Universe continues after my reign and I will never get tired of telling you people to be more kind! Not just to me but to everyone here!"

"Kindness goes a long way. And maybe if we all learn to be more sensitive and kind, we can all be happier," she ended. ■



Celeste Cortesi at the GMA Gala 2023.

## Marco Gumabao says Cristine Reyes is 'the one'



Marco & Cristine

Actor Marco Gumabao believed that he and girlfriend Cristine Reyes will be together forever.

In his interview with the media during the recent press conference of his upcoming TV5 series "Minsan Pa Nating Hagkan ang Nakaraan," Marco said that Cristine is the one.

"Oo naman, of course!" he said.

"Ako nakikita ko. Hindi naman ako magsasayang ng oras kung hindi ko nakikita ang tao for the end game," he added.

Marco said that he's waiting for the right one until Cristine came.

"Ilang taon na akong

single, 'di ba? At laging tinatanong sa akin ng press kung 'bakit ka pa single?' 'Bakit ayaw mong mag-girlfriend?' Eh kasi, hinihintay ko 'yung right one para sa akin. And I think and I feel it's Cristine," he said.

TV5 pays homage and breathes new life into the '80s classic love story "Minsan Pa Nating Hagkan ang Nakaraan" that starred showbiz legends, Vilma Santos, Christopher de Leon, and Eddie Garcia.

This highly anticipated remake by TV5, produced by Sari Sari Network Inc. in partnership with VIVA Entertainment, is led by no-less than this generation's hottest stars and real-life couple,

Cristine and Marco who are no strangers to the Kapatid audience, having made their marks in previous TV5 productions "Encounter" and "Di Na Muli."

Kapatids will be hooked to the thrilling story of Helen, portrayed by Cristine, as she finds herself torn between two loves: Rod, her old flame (Marco), who mysteriously leaves her confused and heartbroken; and Cenon (Cesar Montano), an older gentleman who will make her fall in love again. Plot twists of romance and redemption will leave viewers wondering and will root for their favorite characters. Ultimately, they will have to decide: whose love will triumph in the end? ■

# New book explains how human brains are predisposed to believe conspiracy theories and political lies

Daniel Otis  
CTVNews.ca Writer

A new book explores how human brains are predisposed to believe conspiracy theories and political lies.

"I studied the words of big liars throughout contemporary history, from Hitler to Trump and found common patterns," University of Toronto linguist Marcel Danesi told CTVNews.ca. "As Cicero and other ancient rhetoricians knew, who controls the language controls thought."

In his new book *Politics, Lies and Conspiracy Theories: A Cognitive Linguistic Perspective*, Danesi dissects the speech of prominent liars, dictators and hate groups and finds common threads, like the use of visually evocative and dehumanizing metaphors.

"Using such coded language reinforces the mind control that autocrats aim to exercise," Danesi said. "Calling a group 'dogs' or 'parasites,' over and over, eventually becomes accepted as true." Danesi points to the Nazi regime, which described its targets as "pests" and "parasites" – terms that have been echoed more recently by white supremacists in the U.S. and



**Rioters loyal to former U.S. President Donald Trump rally at the U.S. Capitol in Washington in this Jan. 6, 2021 file photo. (AP Photo/Jose Luis Magana)**

elsewhere. "Research shows that central metaphors 'switch on' existing circuits in the brain by linking together images and ideas, as for example linking a certain group to pests," the semiotics and linguistic anthropology professor explained. "The more these circuits are activated the more hardwired they become."

Danesi says our brains appear to be "predisposed" to these kind of

thought formulas, which also allow us to accept conspiracy theories.

"When we are exposed to systemic lies, such as those of dictators and mind manipulators, repeated over and over, the brain seems to create a false memory code for them," Danesi said. "Conspiracy theories resist counter-argumentation because they cannot be disproved—only believed or disbelieved."

Another common thread

between the "big liars" Danesi studied was the belief that a "deep state" or "cabal" secretly controls the world. Once someone is deeply entrenched in a conspiracy theory like this, Danesi notes they will often twist contradictory evidence to fit their own beliefs. A government denial, for example, could be seen as evidence of a cover-up.

"People will seek out information that confirms their own attitudes and views of the world, or else reinforces aspects of conditioned behavior, avoiding information that is likely to be in conflict with their worldview," Danesi added. "For this reason, it is unlikely that people with strong convictions will ever change their mind about anything."

With the internet-fuelled rise in disinformation and extremist vitriol, Danesi says it's important to remember how this kind of rhetoric can result in instability and violence.

"The believability of a conspiracy theory is reinforced by what psychologists call apophenia, defined as the proclivity to perceive meaningful connections among unrelated things," Danesi said. "History shows that violence against others is often related to the power of this effect."

# James Cameron calls Titan sub tragedy 'extreme outlier' after half-century of safe dives

Daniel Otis  
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EDT

James Cameron described the Titan submersible tragedy as an "extreme outlier" after more than 50 years of safe deep sea exploration.

"I think it's really important for people to remember that we have over a half-century of a perfect safety record," the Canadian filmmaker and explorer told reporters in Ottawa on Tuesday ahead of a CTV News worldwide exclusive event. "This is an extreme outlier of a data point that that in a sense proves the rule, and the rule is we've been safe for half a century... Half a century is a long time to not have killed anybody."

Cameron was in Ottawa to launch a Canadian Geographic exhibit about his feats of deep-sea exploration, which have included 33 dives to the Titanic wreck on three expeditions. The first involved shooting footage for his Oscar-winning 1997 film about the infamous ship, which sunk in 1912.

"I wasn't worried about the engineering," Cameron said of his undersea expeditions. "I certainly wasn't worried about imploding because we had tested everything. That's how it should be."

Cameron says he uses the safety testing at NASA as his model.



**Explorer and filmmaker James Cameron is seen in front of a capsule, part of the 'Pressure' exhibit at the Royal Canadian Geographic society, Tuesday, July 18, 2023 in Ottawa. (THE CANADIAN PRESS/Adrian Wyld)**

"NASA knows how to manage risk, and they also know that there will be failures," Cameron explained. "It's our responsibility as engineers to test, test, test: don't just guess that it's going to work. The ocean is a very, very unforgiving environment."

Operated by OceanGate, the Titan submersible lost contact with the surface less than two hours after it plunged into the ocean on the morning of June 18. Following an international air and sea search effort, the sub's imploded remnants were discovered near the Titanic on June 22 by a remotely operated underwater vehicle.

Experts say the Titan's

experimental design and carbon-fibre hull made it unable to withstand the immense pressure of the deep ocean where the Titanic rests at 3,800 metres below sea level. All five people aboard the Titan were killed in the "catastrophic implosion," including French explorer and Titanic expert Paul-Henri "P.H." Nargeolet, who Cameron described as a "good friend" and a "legendary submersible pilot."

Cameron said news of the deep-sea disaster was like a "gut punch."

"You don't expect it because you don't expect an implosion to happen, because that's what you

spend all your time and all your finite element analysis and your computer simulations and everything else to prevent," Cameron recalled. "But they obviously didn't do that. They didn't approach it with that same rigour and discipline, unfortunately."

While Cameron expects the Titan tragedy will result in new regulatory efforts, he hopes they treat deep-sea submersibles like other passenger vessels.

"People could easily go out and spend more sitting around talking about a bunch of rules that we don't need, spend more money doing that than we actually have as funding to explore the deep ocean," he said. "This is not the most dangerous thing for the human race to be worried about right now."

The incident also hasn't dampened Cameron's passion for exploration, which has seen him pilot a submersible to Challenger Deep, the deepest known point on earth at nearly 11,000 metres.

"Curiosity is not a bucket list: you're born with it, I had it as a little kid," Cameron said. "I think it's absolutely critical for explorers to be the sort of tip of the spear for all of humanity, and to bring that singular experience back and share it the best way they know how... Otherwise, send a robot."#

# Russia comes under pressure at UN to avoid global food crisis and revive Ukrainian grain shipments

Edith M. Lederer The Associated Press Staff, July 21, 2023

UNITED NATIONS - Russia came under pressure at the UN Security Council on Friday from its ally China and developing countries as well as Western nations to avert a global food crisis and quickly revive Ukrainian grain

already led to a rise in wheat prices.

Gabon's U.N. Ambassador Michel Biang said the grain deal had avoided a spark in grain prices and calmed the risk of food insecurity in the drought-affected Horn of Africa and other regions. He urged talks "to break the current deadlock" and avoid a



**Russian Deputy Foreign Minister Sergey Vershinin speaks to the media at a briefing in Russian Foreign Ministry in Moscow, Russia, Friday, July 21, 2023. (AP Photo/Alexander Zemlianichenko, Pool)**

shipments.

Moscow was also criticized by the UN and council members for attacking Ukrainian ports after pulling out of the year-old grain deal and destroying port infrastructure -- a violation of international humanitarian law banning attacks on civilian infrastructure.

In response to Russia declaring wide areas in the Black Sea dangerous for shipping, the U.N. warned that a military incident in the sea could have "catastrophic consequences."

Russia said it suspended the Black Sea Grain Initiative because the U.N. had failed to overcome obstacles to shipping its food and fertilizer to global markets, the other half of the Ukraine grain deal. The Kremlin said it would consider resuming Ukrainian shipments if progress is made in overcoming the obstacles, including in banking arrangements.

China's deputy U.N. ambassador Geng Shuang noted U.N. Secretary-General Antonio Guterres' commitment to make every effort to ensure that both Ukrainian grain and Russian food and fertilizer get to world markets. He expressed hope that Russia and the U.N. will work together to resume exports from both countries "at an early date" in the interest of "maintaining international food security and alleviating the food crisis in developing countries in particular."

U.S. Ambassador Linda Thomas-Greenfield accused Russia of using the Black Sea as "blackmail" and playing political games, pointing to Moscow's export of more grain than ever before at higher prices. She called on the Security Council and all 193 U.N. member nations to come together and urge Russia to resume negotiations in good faith.

Several developing countries warned of the impact of the cutoff in Ukrainian grain shipments, which has

humanitarian crisis.

Mozambique's U.N. Ambassador Pedro Afonso said Russia's action is certain "to amplify global socio-economic stresses in a world already grappling with a perfect storm of conflict, climate change" and a loss of confidence in multilateral solutions.

Russia's deputy U.N. ambassador Dmitry Polyansky said Russia stands ready to consider rejoining the deal if seven principles from the Russia-U.N. memorandum are implemented. He listed them as "the real not theoretical" lifting of Western sanctions on Russian grain and fertilizer exports, and the lifting of obstacles to Russian banks that service exports, including the immediate connection to the SWIFT global banking system.

Russia also wants the delivery of spare parts for agricultural production to resume, a resolution to issues related to chartering vessels for Russian exports including insurance, the war-damaged ammonia pipeline from Russia to Ukraine to be fixed and other fertilizer issues resolved, Russian assets linked to agricultural production unfrozen, and "the resumption of the initial humanitarian nature of the grain deal," he said.

Under the deal, Ukraine was given a green light to ship grain from three Black Sea ports, but following Monday's withdrawal Russia said it will consider a ship traveling to Ukrainian ports as being laden with weapons and will treat the country of its flag as a participant in the conflict on Kyiv's side. Ukraine announced that it will also treat ships traveling to Russian Black Sea ports as military targets.

Thomas-Greenfield told the council the United States has information that Russia laid additional sea mines in the approaches to Ukrainian ports and that Russia's military may attack civilian shipping in the Black Sea "and lay blame on Ukraine for these

attacks."

U.N. political chief Rosemary DiCarlo strongly condemned Russian attacks on Ukraine's Black Sea ports and urged Moscow to stop them immediately. She said threats to target civilian vessels "are unacceptable" and warned that sea mines can endanger civilian navigation.

"We strongly urge restraint from any further rhetoric or action that could deteriorate the already dangerous situation," she said. "Any risk of conflict spillover as a result of a military incident in the Black Sea -- whether intentional or by accident -- must be avoided at all costs, as this could result in potentially catastrophic consequences to us all."

China's Geng called on the parties "to remain calm and exercise restraint," abide by international humanitarian law and refrain from attacking civilian infrastructure, "and make every effort to curb the expansion of the conflict to prevent a larger scale

humanitarian crisis."

U.N. humanitarian chief Martin Griffiths told the council that a record 362 million people in 69 countries need assistance, "a number that has never been reached anywhere before," requiring an unprecedented \$55 billion. He said the cutoff of Ukrainian grain shipments has already brought not only killings and injuries to civilians and damage to port infrastructure but a 9% spike in wheat prices on Wednesday, the largest since Russia's February 2022 invasion of Ukraine.

The "humanitarian catastrophe" in Ukraine continues to reverberate around the world, Griffiths said, and for many of the 362 million people who need help, a cutoff in critical Ukrainian and Russian grain threatens the future of their families. "Some will go hungry, some will starve, many may die as a result of these decisions," he said. #

increase over the past two years.

Urbanation's president, Shaun Hildebrand, points to multiple factors forcing the price of rental properties in Canada up.

"Rents are now being driven to new highs on interest rates hitting their highest level in 22 years, the population increasing by a record pace, near record-low unemployment and scarce supply," Hildebrand told CTV National News.

Toronto's former chief city planner Jennifer Keesmaat says she sat down with the federal government multiple times over the past several years and proposed housing solutions for Canada's rising population. She claims that the federal ministers she's spoken with have remained "willfully ignorant" of the problem.

"We need to start acting like we're in a crisis if we're going to respond to the magnitude of the need. Every month that we don't build we get farther and farther behind," Keesmaat told CTV National News. #

Shortened version of report by Adrian Ghobrial, Correspondent, CTV National News

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Premiers expressed concern about the federal government's proposal to add further conditions, reporting and red tape to the renewed Canada Community-Building Fund (formerly the Gas Tax Fund). Premiers agree that the CCBF must be flexible, enable provinces and territories to fund their diverse priorities, and be free from burdensome approval and reporting requirements. (Partially abridged due to space limitations.)

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## From Page 6 Ontario family

able to handle the rent increase, but many landlords want a tenant whose monthly salary is triple the monthly rent. The Eliesens don't earn more than \$12,000 a month, so to put potential landlords at ease, a wealthy family member is co-signing their rental applications, and even that appears to be insufficient.

"We still can't get a home," notes the worried mother. The family is now considering moving to Atlanta where they have additional family and where homes are comparatively much more affordable.

Kayla says she never thought a lack of housing would lead them to feel "forced to move (out of the country), we always thought it would be by our own choice."

According to Pasalis, "Landlords can sit back and wait because they're getting multiple applications."

The Eliesens aren't the only family being squeezed out of a hyper-competitive housing market. According to market research firm Urbanation, rental costs for GTA condos continue to climb and are at an average of about \$2,800 a month— a nearly 32 per cent

## From Page 7 Premiers meeting

corridors and strategic trade-enabling infrastructure;  
• immediately address the unacceptable gaps in the level of infrastructure available in Arctic and northern regions;  
• minimize administrative redundancies, duplicative processes related to governance, and red tape related to approvals, claims and reporting; and  
• support provincial and territorial efforts to address potential climate impacts.

The most effective way to achieve these goals is through block infrastructure transfers, which will allow provinces and territories to make efficient and strategic use of funding and create opportunities for long-term capital planning to build the infrastructure that Canada needs.

# PICTORIAL JULY NEWS STORIES



A group of Cree got SOPFEU training in auxiliary forest fire fighting in Mont Tremblant this past weekend. Another 30 people are being trained in Chisasibi this week. Officials from both SOPFEU and the Cree Nation Government say they hope to expand the training and collaboration in the years ahead. (Grand Council of the Crees)



More than three million hectares of forest have burned in the northern regions of Quebec, including Cree territory, according to SOPFEU, Quebec's fire prevention agency. (SOPFEU) See article Climate Change and Its Impacts on Society, page 2.



Manitoba Premier Heather Stefanson hosted Canada's Premiers and their delegations for the 2023 Summer Meeting of Canada's Premiers. This meeting took place in Winnipeg, July 10-12, 2023. See report on page 7.



Storm clouds looking southwest over Montreal on Thursday July 13, 2023. PHOTO BY DAVE SIDAWAY /Montreal Gazette. See article "Storm and Tornado Warnings Aftermath," page 5.



The British royal family stepped out in style to celebrate King Charles III's official Scotland coronation ceremony service held at St. Giles' Cathedral in Edinburgh. Wednesday, July 5, 2023. Source: Hello Royal Newsletter.