

## CAQ forms majority government with more seats than previous elections

For anyone paying attention to the Quebec election campaign, the victory for the CAQ came as no real surprise.

Poll after poll projected Legault's party would clinch a sweeping electoral victory.

Legault increased his party's influence in the National Assembly with 90 seats won, up from the 74 seats he won in the 2018 election, which is the most seats any party has won in Quebec since 1989.

The Liberals trailed behind in second place with 21 seats, mostly in and around the Island of Montreal, meanwhile Quebec solidaire won in 11 ridings. The Parti Quebecois finished with just three seats and the Quebec Conservatives did not win a single seat.

At dissolution, the CAQ had 76 of the legislature's 125 seats due to by-elections, while the Liberals had 27, Quebec solidaire had 10 and the Parti Quebecois had seven. The Conservative Party of Quebec held one seat and there were four Independents.

"We were very surprised, at 8:09 p.m., a majority government," Michelle Dupont, 70, a CAQ supporter, told The Canadian Press at Legault's headquarters.



**Coalition Avenir Quebec (CAQ) Leader François Legault addressed supporters at the CAQ election night headquarters in Quebec City. He said Quebecers sent a strong message on Monday night by re-electing his government with a larger majority than in 2018. (Jacques Boissinot/The Canadian Press)**

Dupont, who attended the event with her sister, said she supports Legault because of his charisma, the humanity he showed during the COVID-19 pandemic and his team.

"It's because of the platform, their values. It's above all the values that connect with me," she said.

Prime Minister Justin Trudeau was among the Canadian political

leaders who congratulated Legault on his victory Monday evening. In a statement, Trudeau said he is looking forward to "continuing to work with Premier Legault and the Government of Quebec to address issues of importance to Quebecers and all Canadians."

The 2022 election was by all accounts a race for second place as polling suggested the status of official Opposition was up for grabs between the Quebec Liberal Party and Quebec solidaire.

CTV News declared soon after the polls closed that the Liberals will retain their status as the official Opposition in the National Assembly. ANGLADE, NADEAU-DUBOIS WIN SEATS, DUHAIME DEFEATED

Meanwhile, CTV News declared the co-spokesperson for Quebec solidaire, Gabriel Nadeau-Dubois, is keeping his seat in the Montreal riding of Gouin.

All other party leaders won their seats, with the exception of Quebec Conservative Party leader Eric Duhaime, who was defeated by the CAQ by about 6,300 votes.

See Page 18 CAQ forms

## European lawmakers call for Russia to be declared a "terrorist" regime

From CNN's Josh Pennington

An assembly of representatives drawn from 46 national parliaments across Europe voted overwhelmingly in favor on Thursday for a resolution calling on European countries to "declare the current Russian regime as a terrorist one."

A total of 99 out of 100 members of the Parliamentary Assembly of the Council of Europe (PACE) voted in support of the resolution. Only a Turkish MP from the Republican People's Party abstained.

"The continued use of long-range artillery by the Russian military to hit towns and cities across Ukraine has caused massive destruction and death," the resolution said. "With these indiscriminate attacks, Russia aims to advance its terrorist policy to suppress the will of Ukrainians to resist and defend their country and provoke maximum harm to civilians."



**Ukrainian President Volodymyr Zelensky is seen on screen as he remotely addresses a speech to the members of the political delegations of the Parliamentary Assembly of the Council of Europe, in Strasbourg, France, on October 13. (Frederick Florin/AFP/Getty Images)**

The resolution called on Russia to "completely and unconditionally withdraw its occupying forces."

PACE is a parliamentary body of the Council of Europe, an international organization separate from the European Union. It has a broader membership, including countries like Turkey, Ukraine and the United Kingdom, as well as trans-continental countries such as Azerbaijan. PACE consists of national parliamentarians drawn from its member nations.

Russia claims to have shot down rockets in its Belgorod region near Ukraine border. A Russian official on Friday morning said the country's air defenses had shot down rockets in the Belgorod region, which borders Ukraine to the north, near the Ukrainian city of Kharkiv.

See Page 4 European lawmakers



From the publisher's desk

**Thanksgiving thoughts to help us cope with uncertainties and hardships**

Zenaïda Ferry Kharroubi

As I reflect about my life in a country that I adopted more than 50 years ago, I am filled with utmost gratitude that in spite of many struggles, I have become more resilient and grateful for everything that I have. I presume that everyone has lived through difficult experiences, especially during the pandemic. Until now, we are not sure how we will keep our heads above water, but we are still alive, able to do our business freely, and think of new ways of doing things to adjust to the demands of the changes that happen everyday.

The month of October is particularly a special one as it reminds us to reflect on the blessings we have received. It is the time to be aware that there are others who are less fortunate. It is also the time to ask ourselves if we have been generous enough to share the blessings we have received and if we can give our time to others even by doing simple things like staying in touch with our friends, neighbors, former associates, and see how they are doing. By staying connected to one another, we show that we care enough to ask if they are okay, and if there is anything we can do to help.

Psychologists have made research studies that show that gratitude can help you with hard times. In fact, it was due to the pilgrims' experience of hardships when arriving in a new land

that started the tradition of thanksgiving. When recalling the crisis we have suffered, and then realizing that we have been able to continue on in spite of them, we feel grateful and perhaps even stronger so that even if there are other trials or tribulations that may come, we would be prepared to cope with them.

It has also been proven by both psychologists and scientists that the feeling of gratitude is part of our evolution and DNA. This biological nature of gratitude is quite an interesting idea as it appears to be a benefit for all human relationships. It is considered like a glue that binds us together and something that can make us happier human beings.

According to a psychologist, it may be good to know "that regular shifts toward gratitude have the ability to heal, balance, and regulate negativity from a person's life. Since life nowadays may feel without control and filled with concern, creating moments of thanks are essential to put it all in perspective."

Many studies over the past two decades have concluded "that people who practice gratitude tend to be happier and less depressed. In fact, research supports the claim that gratitude is 'the greatest virtue' and 'the mother of all other remaining virtues.'"

As an anonymous writer said: "Gratitude is the best attitude."#

**Gilmore College International's 33rd year and 50th for its founder's teaching career**



**Gilmore College International's headquarters since September 2016 that has an area of 3000 sq. feet, consisting of two classrooms, one executive office, a library, students cafeteria, computer lab, and a spacious reception hall with a capacity for 60 participants in seminars, or other private gatherings.**

It was on November 1, 1989 when Gilmore Business Institute, (renamed Gilmore College International since the year 2000), opened its doors to the public on 4246 Girouard Avenue in NDG near Monkland Avenue where it stayed until April 1996 and moved to a bigger space on 5149 Decarie Boulevard near Queen Mary in April 1996. When the Decarie building was sold in August 2003, it moved to another location which was the penthouse of 5149 Queen Mary Building opposite the Snowdon Metro where it stayed from September 2003 to July 2009. Due to the frequent flooding of the

penthouse before its repairs, the College moved to 5450 Cote des Neiges corner Edouard Montpetit where it stayed only for two years from July 2009 to July 2011 due to a heavy increase of rent in this building. The College moved to another location at 5320-A Queen Mary near Coolbrooke but when a bigger space became available owned by the same landlord, it moved to its current location on 7159 Cote des Neiges corner Jean Talon West on September 16, 2016.

The College used to celebrate its anniversary starting from the first gala event at the Victoria Community Center in



**A triple celebration held in October 2016 - inauguration of the new headquarters, 26th anniversary of Gilmore, and 2nd anniversary of Filcan TV Productions under the name of Mabuhay Montreal TV which operated for two years after producing 59 episodes from Dec. 2013 to Jan. 2016. MP Anthony Housefather was the guest of honor shown in this photo on the center at the left.**

Wesmount to celebrate the 3rd anniversary, followed by yearly celebrations until the 10th anniversary gala event held at the Queen Elizabeth Hotel on October 29, 1999, and attended by 80 guests headed by the then Philippine Ambassador Benedicto. Dance music was provided by the Huni Band and the emcees were Jennifer Ellson and Amir Billones, both former PBSSQ scholars.

Needless to say, holding gala anniversaries are not only time consuming but also costly. Hence, I decided to hold a celebration only every five years. But the 15th anniversary was slightly different from the past as it was not held in a hotel but in another private school's auditorium through the courtesy of Mrs. Ursulene Farmer who owns and operates College Prep International on Sherbrooke West. Then our 20th anniversary was celebrated simultaneously with the graduation of the 8th batch of PAB students which was held at the Hyatt Regency Hotel, with the Philippine Ambassador Jose Brillantes as guest speaker. This was followed by the 25th anniversary at the Hellenic Community Center with Philippine Ambassador Petronila Garcia as guest speaker. It was a huge success attended by over 200 guests.

The latest anniversary celebration was the 30th held at Hotel Ruby Foo's which was not as glamorous as previous anniversaries. In order to finish the souvenir program that I produced by myself, I did not sleep at all. I promise to myself that I will never do this again and should organize future anniversaries better with the help of others.

Time has passed quickly and 50 years have gone by since September 1972 when I started my teaching career with the Montreal Catholic School Commission. It seemed as if it was only yesterday. Pondering over this length of time, I cannot help but wonder if there will ever be the so called light at the end of the long tunnel. The pandemic made life harder for small businesses. Many things have changed and I realize that in spite of my optimism and passion for education, I have to find a better way to compete in this post pandemic economy. As there are many kinds of schools, both public and private, I must show that the school I founded 33 years ago has something to offer that makes a difference in a student's learning and career goals - my commitment and integrity in being a professional teacher for as long as I live.#

By: Zenaïda F. Kharroubi

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*The opinions expressed by the writers and columnists do not necessarily reflect that of the management of the North American Filipino Star nor its editors.*

# VIEWS AND PERSPECTIVES

## The journey for a better life: An educational memoir of teaching in the USA, Canada and the Philippines



**Alvin Thomas Dahan Veloso**

The saga of a profession that academically started with the study of Latin, English and Religion at the Ateneo-Xavier University in Cagayan de Oro City to prepare me for an eventual joining the Jesuits had shifted to the Spanish Dominicans, founders of the University of Santo Tomas and Colegio de San Juan de Letran, from whom I had learned to speak and write Spanish and Latin. The seemingly unsettled spiritual quest had finally found a home with the Benedictines of Manila, who own and administer San Beda University, where monks took bachelor's degrees in the evening, and studied philosophy, theology and

languages like Latin, Spanish during the day inside the cloister.

The apprenticeship as an elementary teacher of Religion at San Beda College, now a university; and the educational experiences post monastic life as instructor of philosophy at San Sebastian College, Philippine Women's University and Spanish at the University of Manila had been my North American educational adventure. With 4 years in Manila, 22 in the USA and 27 in Canada, the 53 years of service to education had finally sealed the end of a career with a well-deserved retirement in Canada in 1997 and 2018 in the USA. I was



**Student leaders with faculty advisers, Scotland, South Dakota, U.S.A.**



**Religion class at the former Laval Catholic High School in Chomecey.**

proudly happy as well to become a dual citizen of the USA and Canada. The transition, however, to teach in public schools had affected the dynamics of pedagogy, an adjustment that required a revisit of the principles of teaching, a redefining of goals and objectives, setting benchmarks and introducing technology as components.

An educator once described high school as the "place for the young and the restless"; the middle school, as the "unidentified species;" and the lower grades, as an "extension of nursery care", a rather sweeping rebuke and an unsettling concern to a foreign teacher trying to find a sense of

See Page 4 The journey



# Anthony Housefather

MP - Mount Royal / Député - Mont-Royal

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From Page 3 The journey

belonging in a new environment. However, I had the good fortune of teaching mostly in good American and Canadian schools where the environment for learning was pleasant and challenging.

My first American initiation was in Lanesboro Public School in Minnesota, in a town perched on a valley between Rochester, the birthplace of the world-famous Mayo Clinic and the legendary City of Winona. It was a good size school for students of mostly Scandinavian descents (the Vikings). They were friendly, respectful, and curiously eager to learn from the first Filipino teacher, imported directly from the Philippines to teach the art of speaking Spanish and the rudiments of the English grammar. As the new kid on the block, I was constantly under the microscope. Invitations to social functions, church activities, watching basketball games and school concerts were regular pastimes. It was a lonely place to be, but in nearby Rochester, there were Filipino exchange nurses at the Saint Mary's and Methodist hospitals with whom I had socialized on weekends.

The end of the year's contract had enabled me to join my brother's

family in the San Francisco Bay Area and took advantage of the opportunity to start a master's degree in Educational Leadership at the University of San Francisco. Though the initiative was cut short by resuming teaching in South Dakota, the studies were continued later at Saint Michael's College in nearby Vermont, after I had immigrated to Canada.

Relocating to Canada in 1970 was a make or break for my professional, social and family life. Montreal, Quebec became my professional home for 27 years teaching Religion (then known as Human Christian Development) and Spanish, at the former Laval Catholic High School in Chomedey, Laval.

Teaching was fun and rewarding. I felt proud to have a former student in my Spanish class who became the first Miss Teen Canada. Some students became prominent political leaders, priests and businessmen and graduated from Laval Catholic High School. The school curriculum was balanced and varied to address the needs of those who continued on to college, and eventually university. On the other hand, the unmotivated individuals were of course more fixated on the short-term gains to satisfy their needs. School activities such as drama plays, sports and

religious activities were entertaining and engaging. There was always something for the educational, physical and spiritual well-being of the students

My evenings were busy by alternately taking degree courses in

Saint Michael's College, originally pursued at the University of San Francisco had taken a toll on me but rewarding.

My family was proud and happy that the sacrifices had paid off.



Basketball team of Colegio Apostolico Dominicano Postulants

Spanish, French and ethical studies at Concordia University and teaching Spanish in the adult education at Montreal High School and at the Riverdale Comprehensive High School in Pierrefonds. Moreover, the extension classes and summers in Vermont to finish the master's degree program at

I graduated with a master's degree in educational leadership on Dec. 21, 1977, from St. Michael's College in Vermont. How I managed an incredible busy life was mindboggling. But as William Shakespeare had said in his play, "All is well that ends well".#

## Zelensky lays wreath in honor of service members killed in conflict



### President Volodymyr Zelensky honors the memory of the dead (CNN)

From Olga Voitovych in Kyiv

Ukrainian President Volodymyr Zelensky has laid a wreath at a memorial for the thousands of service-members killed fighting Russian and Russian-backed forces between 2014 and the full-scale invasion in February.

The wreath was laid in honor of the Day of Defenders of Ukraine, which was first celebrated in 2015.

"On Mykhailivska Square in Kyiv, in the presence of an honor guard and to the sound of surma, a wreath with flowers from the Ukrainian people was placed at the Wall of Remembrance of the Fallen Defenders of Ukraine in the Russian-Ukrainian War," the president's office said in a statement.

The ceremony comes after the bodies of 62 Ukrainian soldiers were "returned home" earlier this week following "difficult negotiations," according to the country's Ministry for Reintegration of the Temporary Occupied Territories.

"62 fallen heroes were returned home," the ministry's statement said, adding that the bodies included those of

soldiers who had been held at a prison in Olenivka in the eastern Donetsk region.

From Page 1 European lawmakers

"Our air defenses shot down rockets near Novoskolsk district this morning. The debris fell in the vicinity of the railroad. Power lines were damaged. Railway traffic has been temporarily suspended," Belgorod Gov. Vyacheslav Gladkov said in a statement on Telegram. "Emergency crews are on their way. I'm sure they'll rectify the situation very quickly and traffic will be restored. I'll keep you posted. Most importantly, there are no casualties."

Some context: Moscow and Kyiv have blamed each other for damage inflicted on a residential building in Belgorod on Thursday. Russian officials blamed Ukraine, although Ukrainian presidential adviser Mykhailo Podolyak said Russia launched a missile toward Kharkiv and missed its target.#

## Putin urges "goodwill" to resolve global conflicts, without mentioning war in Ukraine

From CNN's Anna Chernova

Russian President Vladimir Putin has urged the use of "goodwill" to settle conflicts around the world, without making a reference to the war in Ukraine.

"Everyone has goodwill, and we need to use this goodwill to the maximum" in resolving any conflicts, Putin said while speaking to the leaders at the Commonwealth of Independent States (CIS) summit.

"We must strive to find ways out of the current situation, wherever it arises," he added.

Putin also said that Russia "welcomes the mediation efforts of anyone, as long as they are directed at calming the situation, to benefit all participants in the conflicts."

"This also applies to our

partners from the US and Europe," he added.

The event in the Kazakh capital of Astana is being attended by the leaders of Azerbaijan, Armenia, Belarus, Kazakhstan, Kyrgyzstan, Russia, Turkmenistan, Tajikistan and Uzbekistan.

Since launching its invasion of Ukraine in February, the Kremlin has ruptured diplomatic ties with Kyiv and its Western allies.

Earlier this month, Ukrainian President Volodymyr Zelensky signed a decree formally ruling out potential negotiations with Putin. It came in response to Putin's announcement that he would illegally annex four regions in Ukraine, in a move widely condemned by international leaders.#



Russian President Vladimir Putin, flanked by Foreign Minister Sergei Lavrov and Kremlin spokesman Dmitry Peskov, attend the summit of leaders of the Commonwealth of Independent States (CIS) in Astana, Kazakhstan, on October 14, (Turar Kazangapov/Reuters)

# British Prime Minister Liz Truss resigns after short and chaotic tenure



**"I cannot deliver the mandate on which I was elected by the Conservative Party," British Prime Minister Liz Truss says she is stepping down just six weeks after taking office. (Screen shot of video)**

Party vote to take place within days to select 5th Conservative leader since 2016  
 CBC News · Posted: Oct 20, 2022 8:39 AM ET

British Prime Minister Liz Truss announced on Thursday she was stepping down, just over six weeks after taking the Conservative Party reins as leader.

Truss's short tenure was marked by shock over the government's mini-budget, which roiled British markets, and internal party dissension leading to cabinet departures and backbenchers expressing a lack of confidence in their new leader.

Truss said that, "given the situation, I cannot deliver the mandate on which I was elected by the Conservative Party."

Another Conservative leadership contest will take place within a week, Truss said in a short statement outside the prime minister's residence at 10 Downing Street. She will stay on until then.

It will be the fourth such contest for the party since David Cameron stepped down in the wake of a referendum that saw British voters support an exit from the European Union.

**'Tory clown car'**

The development came just a day after Truss expressed her desire to stay on after apologizing for the tumultuous start to her leadership, saying she was "a fighter and not a quitter."

Kwasi Kwarteng, the government's finance minister, resigned last week after his so-called mini-budget announcement of Sept. 23 roiled the markets for its level of government borrowing during a time of economic uncertainty. It also angered opposition parties for its tax breaks for the very wealthiest.

Jeremy Hunt replaced Kwarteng and on Monday pledged to scrap most of that mini-budget, which originally had Truss's full-throated support.

Interior minister Suella Braverman left cabinet Wednesday after a rules breach, but in her departing letter expressed "concerns about the direction of this government."

"The business of government relies upon people accepting responsibility for their mistakes," Braverman wrote.

An effort by Truss supporters to shore up her standing ahead of a fracking vote on Wednesday was seen by some MPs as heavy-handed and exacerbated the government's crisis, some MPs said.

Conservative lawmaker Charles Walker told the BBC it was "a shambles and a disgrace."

"I hope that all those people that put Liz Truss [in office], I hope it was worth it," he told the BBC. "I hope it was worth it to sit around the cabinet table, because the damage they have done to our party is extraordinary."

The party has also taken a drubbing in the press. Newspapers that usually support the Conservatives were vitriolic. An editorial in the Daily Mail was headlined, "The wheels have come off the Tory clown car."

Most Conservative Party members thought Liz Truss should resign, poll data shows

Survey question: "Do you think Liz Truss should or should not resign as party leader and Prime Minister at this time?"

Should resign	55%
Should not resign	38%
Don't know	7%

Data based on a sample size of 530 Conservative Party members between Oct. 17 - 18, 2022.

Leadership vote details to follow

Truss held a hastily arranged meeting Thursday with Graham Brady, a senior Conservative lawmaker who oversees leadership challenges through

the 1922 Committee of MPs. Brady was tasked with assessing whether the prime minister still has the support of Tory members of Parliament.

Brady promised more clarity later Thursday on yet another leadership contest.

"It's certainly not a circumstance I would wish to see," he told a scrum of reporters.

There was a "pretty broad consensus" for a greatly shortened process to determine the next leader, Brady added.

In her statement, Truss said a brief contest would "ensure that we remain on a path to deliver our fiscal plans and maintain our country's economic stability and national security."

The short-lived honeymoon for Truss effectively ended on Sept. 23, when Kwarteng's planned 45 billion pounds (\$70 billion Cdn) in unfunded tax cuts sparked turmoil on financial markets, hammering the value of the pound and increasing the cost of U.K. government borrowing. The Bank of England was forced to intervene to prevent the crisis from spreading to the wider economy and putting pension funds at risk.

See Page 13 British Prime Minister

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# FIRST PERSON STORIES

## The Filipino as a New Pathfinder

(Ang Pilipino - Tagahanap ng Bagong Landas)



**Pete Guidote**

*Nothing can match the treasure of common memories, of trials endured together, of quarrels and reconciliations and generous emotions. It is idle, having planted an acorn in the morning, to expect that afternoon to sit in the shade of the oak. (Antoine de Saint-Exupery, "Wind, Sand, and Stars.")*

In just over four thousand weeks, which is today's average person's lifetime expectancy, most of us will have left this world having attained longevity this far owing to the "shade of the oak" of "the acorns" planted by countless guardians of this planet: they who have taken us out of ignorance (the Greek philosophers); they who struggled to give their life a sense of purpose and meaning (Buddha, Confucius, Lao Tzu, the Jesus of the Gospels); they whose words and deeds we have long revered (Pythagoras, Carl Linnaeus, St. Francis of Assisi, Abraham Lincoln, Mother Teresa, Thoreau, Emerson). And more: the enlightened and compassionate individuals who lived and died working against unwarranted conflict, warfare, exploitation, and oppression (Gandhi, Nelson Mandela, Martin Luther King, Rosa Parks) and the curious investigators who advanced an understanding of the mysteries hidden in

the vast galaxies, in medicine, and in the tiny atomic particles (Galileo, Isaac Newton, Einstein, Marie Curie, Niels Bohr, Sir Alexander Fleming, Frederick Banting, to name a few).

The history of humanity is nothing but a series of obstacles and calamities confronted by courageous deeds of those who came before us. I call these countless guardians: "pathfinders."

However, the question that exists today is: In this 3rd millennia since the birth of Christ, is there still a need to keep asking about the meaning of life? One man, Victor Frankl, an Auschwitz survivor, and renowned author, wrote:

**"Ultimately, man should not ask what the meaning of life is, but rather must recognize that it is he who is asked. In a word, each man is questioned by life; and he can only answer to life by answering for his own life; to find the right answer to its problems and to fulfill the tasks which it constantly sets for each individual. To life he can only respond by being responsible."**

Many young people today are putting their sense of meaning and purpose first, e.g., Greta Thunberg, Malala Yousafzai, Thandiwe Abdullah, Xiuhtezcatl Roske-Martinez, et alii. These youthful, bold millennials are engaged in and pioneering the new "experiments" in life – experiments that are already in progress and that are becoming too big for anyone to stop.

"The new generation of prospective employees now shun working for places, corporations, whose activities conflict with their personal values," wrote Daniel Goleman, the noted psychologist. The values of the organizations they would choose to work for will rank high in these areas: compassion, reputation, career advancement, respect, fairness, open communication, creativity, reliability.

So, let each moment of the four thousand weeks that we have been given life on earth be an awakening towards responsibility. Know that every decision we make, from the smallest to the largest, is a decision "for all eternity" – that is saved from transience. As we sail

across in our lifetimes, we know we cannot know all that we would like to know about the shape of things to come. We try to look ahead, and because we are still human, many of the questions we would like to ask in 2022 or beyond are unanswerable in 2022. But let us not forget nor deny the enduring legacies of past civilizations, of those pathfinders, whose achievements we are now the inheritors. We are told no matter your age, strive to leave a world a little better than when you found it.

People are born. People suffer. People die. However, to live is to have a certain purpose in being alive. Sisyphus found his fate: punished by the underworld god Zeus, who forces him to roll a boulder up a hill for eternity.

In time, each man shall find his way or he will make one.

Pacific islanders, since time immemorial, were lured to sail beyond their surrounding blue horizon in search of youthful adventure – that sense of strangeness in which both pleasure and hope are born – determined to escape the invasive communality of an agrarian society more ruled by feelings than by principles. The Filipino is one of the many islanders who have crossed the blue waters of the Pacific to settle in this part of the world, the Western world, that has been eponymously termed "the melting pot" where we now find a host of "the other," (the stranger), in our midst. The chance to remake one's life has appealed to many islanders in times past, but has reached a critical stage at present because the demarcation between the rich and the poor has widened significantly putting pressure on poor people to take their talent with them and move elsewhere.

As for the Filipino, or the common tao, as he is genuinely referred to collectively, one question begs to be answered: Who is he? He has been described almost universally as having these notable traits: friendly, outgoing, nosy, garrulous, hospitable, generous, the easiest people to get along with. His less admirable traits have been described as follows: prone to act without inhibition, cuts the line in front of you, interrupts when you are talking, have an insatiable appetite for expensive trappings.

Along with other member citizens of the group called the Family of Man, the common tao continues to live in a world that has heard empty words and given unfulfilled promises. In

his vexing waking hours, he asks: why must the problem of living with little hope of improving my lot in life remain my main preoccupation? Unable to distance himself from his thoughts, he wishes those with wealth, power, and positions of leadership in the Family of Man to abandon the practice of taking baby-steps to rectify or perhaps to desist stonewalling many aspects of human endeavor in the area of race, gender, employment, education, leadership. In his calmer moments, he asks: why must the much-needed improvements in these areas come with the speed of spilled molasses? In this stillness, this common tao will hear his voice, and a chorus of voices mirroring his, repeating, discoursing, counselling:

**But he must not give up. He refuses to let misfortunes ruin his tomorrow because for him to live is to have a certain purpose in being alive. By himself he knows he is nothing and he must therefore give himself to something higher. A certain spirit is necessary to overcome a challenge. With the force of the spirit, he will be lifted above himself to create something lasting, not transient and ineffectual. So, this common tao, along with the Family of Man, must mold himself by invoking this spirit.**

Man's history has shown fulfillment of his purpose in life through action and sagacity, in the dignity of labor and responsibility to one's work, in the ethos of fraternity (fellowship), cooperation, and human relations.

And so, finally, who is the Filipino? The new pathfinder? He is one who has molded his being a Filipino in the embrace of these values:

pakikisama, pakikiramay, pakikipag-kapwa-tao and bayanihan. Defined as:

**Pakikisama – getting along well with others,**

**Pakikiramay – empathizing with fellow humans during critical times.**

**Pakikipagkapwa-tao – seeing the other person's humanity; recognizing oneself in the "other."**

**Bayanihan - working together as a community to achieve a common goal.**

Be one of the new path-finders. Your grandchildren will one day sit in the shade of your oak tree and will see further by standing on the shoulders of giants.#

## TAGALOG SEKSYON



**Hanna Donato**

Isang maginhawa at maaliwalas na araw ng Oktubre, nagniningning ang iba't-ibang kulay ng mga dahon ng puno, at bughaw ang kalangitan – ito ang larawan ng kali-

## Ang mga bagay na dapat nating ipagpasalamat

**Sinulat ni Hanna Donato – Estudyante ng Tagalog sa Gilmore College international**

kasan na nagbibigay sa akin ng kasiyahan.

Natapos na rin sa wakas ang ubod ng init sa mga araw ng tag-init, at hindi pa dumadating ang mga unang niyebe ng taglamig. Lumalabas na ang mga dyaket. Panahon na ng sopas at champorado. Habang lumalapit ang araw na bininyagang "Thanksgiving," pinaplano na ng mga pamilya ang kanilang pag-uwi para sa salu-salo. Lumalabas ang sari-saring kulay at uri ng mga kalabasa, pati na rin ang iba't-ibang paraan ng pagluluto nito. Kung hindi man ito gawin sa araw-araw, tuwing ikalawang Lunes ng buwan ng Oktubre ang paalala sa atin upang magpasalamat sa lahat ng biyaya na

ipinagkaloob ng buhay sa atin.

Bilang isang imigrante sa Canada, hindi ko naging kasanayan o nakaugalian na magdiwang ng araw ng pagpapasalamat sa Pilipinas. Ngunit, ito ay isang kahalagahan na naging parte ng buhay ko dito ngayon. Sa aking kabataan, hindi man ako lumaki sa pamilyang mayaman, natutuhan kong mapagpasalamat sa lahat ng mga biyayang natatanggap ko, kahit gaano kaliit. Ito ang isang kagawian na sana'y maibahagi ko sa inyo. Ngayong Oktubre, sa pagdiriwang ng pagpapasalamat, tayo'y huwag lang tumingin sa mga malalaking suwerte ng buhay. Totoo, ang mga ito ay importante at kailangang ipagdiwang din. Ngunit,

napakaikli ng buhay para pag-ukulan lang ng pansin ang kung ano-ano mang binigyan ng importansya ng iba. Huwag kalimutang magpasalamat sa araw at sa ulan, sa simoy ng hangin, sa masasarap na pagluluto, sa yakap ng ating pamilya. Huwag kalimutan ang mga kapitbahay na nangungumusta, ang mga kaibigang kahit bihirang makita ay laging maaasahan pa rin. Huwag kalimutan ang mga aktibistang lumalaban para sa ating mga karapatan, ang mga manggagawa at mga tagapamahala na parating ipinagbubuti ang ating lungsod, at ang mga "caregivers" na tinatawag nating "frontline workers" na

See Page 13 Ang mga bagay

# Facebook warns it may block news content in Canada if 'adverse' bill is passed



**Liberals introduce bill that will force web giants to pay to reuse Canadian news content - Apr 5, 2022**

By Ismail Shakil Reuters

Posted October 21, 2022 9:33 pm

Facebook warned on Friday that it may block sharing of news content on its platform in Canada over concerns about legislation that would compel digital platforms to pay news publishers.

The Online News Act, introduced in April, laid out rules to force platforms like Meta's Facebook and Alphabet's Google to negotiate commercial deals and pay news publishers for their content, in a move similar to a ground-breaking law

passed in Australia last year.

The legislation is under consideration at a parliamentary committee, to which the U.S. social media company said it has not been invited to share its concerns.

"We believe the Online News Act misrepresents the relationship between platforms and news publishers, and we call on the government to review its approach," Marc Dinsdale, head of media partnerships at Meta Canada, said in a blog post.

"In the face of adverse

legislation based on false assumptions that defy the logic of how Facebook operates, we believe it's important to be transparent about the possibility that we may be forced to reconsider allowing news content sharing in Canada," Dinsdale wrote.

Canada's Heritage Minister Pablo Rodriguez, who introduced the bill, said in a statement on Friday that the government continued to have "constructive conversations" with Facebook.

"All we're asking the tech giants like Facebook to do is negotiate fair deals with news outlets when they profit from their work," Rodriguez said in an emailed statement.

The legislation proposes that digital platforms that have a "bargaining imbalance" with news businesses - measured by metrics like

a firm's global revenue - must make fair deals that would then be assessed by a regulator.

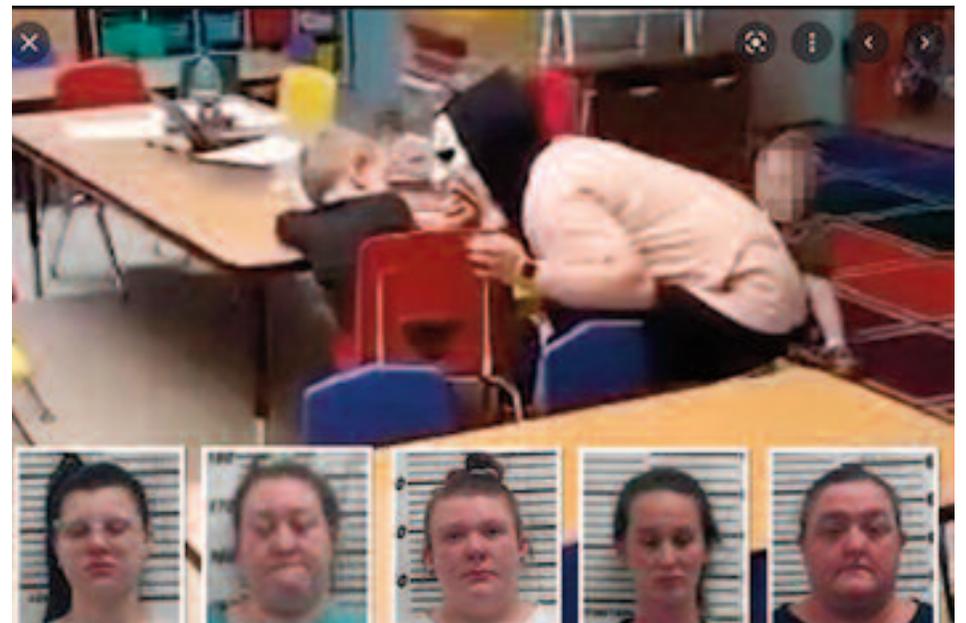
Dinsdale said news content was not a draw for Facebook users and did not bring significant revenue to the company.

When Australia, which has led global efforts to rein in the powers of tech firms, proposed legislation forcing them to pay local media for news content, Google threatened to close its Australian search engine, while Facebook cut all third-party content from Australian accounts for more than a week.

Both eventually struck deals with Australian media companies after a series of amendments to the legislation were offered.

(Reporting by Ismail Shakil in Ottawa, Editing by Rosalba O'Brien)

## Ex-daycare workers charged after scaring 'bad' children with scary mask



By Yaron Steinbuch

October 20, 2022 2:06pm Updated

Five former Mississippi daycare workers have been slapped with child-abuse charges after a viral video showed a staffer scaring a bunch of children while wearing a

"Scream"-style mask.

Workers at Lil' Blessings Child Care & Learning Center in Hamilton were trying to put a scare into some kids who they thought had been "bad."

See Page 19 Ex-daycare workers

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## ONTARIO Community News

By **Tony A. San Juan**  
OCT-Retired

### PCCT elects a new set of board of directors

The Philippine Chamber of Commerce-Toronto(PCCT) has a new set of Members on its Board of Directors. The Board election was held in Markham on October 1, 2022, (Saturday) from 10:00 am to 1:30 pm. The exercise was conducted and supervised by a 3- person Committee on Election composed of retired

participated in the election.

Incumbent PCCT President Steve Pagao congratulated the 15 directors and thanked those who attended the event in-person and/or by proxy. Pagao said: " let's continue, as ever to offer and provide the necessary support in advancing PCCT's advocacy and mission to the next



**Comelec members Fred Yuson, Al Tupe & Tony San Juan (2nd, 3rd and 8th from the right)**

Toronto educator Tony A. San Juan, and Ontario practicing accountants Fred Yuson, and Al Tupe. PCCT is a leading organization of Filipino Canadian business owners & professionals, and entrepreneurs in Ontario, Canada.

highest level possible. "

S.Pagao has scheduled the selection of the seven Executive Officers tentatively on October 28, 2022 (Friday),from 5:00-7:00 PM at 2206 Eglinton Ave. East, Suite 190, Scarborough, Toronto, Ontario. The



**The PCCT Board of Directors Election while in process.**

To serve for a 2-year term, from 2023-2024, are the newly proclaimed 15 members of the Board. Those elected are Julian Baricuatro, Philip Beloso, Lilac Cana, Nestor Von Canton, Robeco Clarete, Corie Coutts, Beethoven Crasco, Cora De La Cruz, Bernard Garcia, Rainier Macandog, Gisele Mirasol, Steve Pagao, Christine Santos, Jennifer Uy, and Kim Villafuerte. More than 80 corporate and individual members, voting once,

officers' positions to be filled are for President, three Vice- presidents, and one each for Secretary, Treasurer, and Auditor. He stressed that it will be an in-person (personal presence attendance) process of election of officers among the 15 duly-elected directors, and no- proxy voting shall be allowed. #

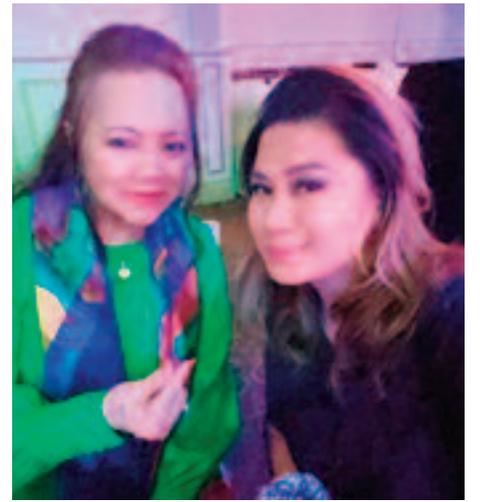
### VISDAC holds its first officers' induction and dinner dance event

The Visayas in Solidarity of Diversity, Association, and Camaraderie (VISDAC) celebrated its first induction of officers and dinner dance event on October 15, 2022, at the Rembrandt Banquet Hall in Scarborough, Toronto, Ontario. The newly-organized association is comprised of Ontario Filipino Canadian residents who hailed from the Visayan provinces in the Philippines and other individuals of Visayan heritage.

Guest of Honour & Speaker Orontes V. Castro, the Philippine Consul General to Toronto, administered the oath of office of the newly-elected officers and directors, led by Leonor Abad as President. The other executive officers inducted are Chona Stinson-Vice-President, Patrice Miranda-Secretary, Natalia Verzosa Hilse-Asst. Secretary, Judy Panerio-Treasurer, Evelyn Robertson,Auditor; Margie Gevero Doce, PRO; and the eight members of the Board of Directors: Lyza Abadinas, Analyn Bolano, Salvador Cruz, Madelyn Duyoy, Gabby Galuego, Cesar Pareja, George Rambharack, and Gil Valencia,

In his brief address, Philippine Consul General O. V. Castro warmly congratulated all the new officers and directors and encouraged them "to contribute to continuing forging unity, harmony, and cooperation among all members of the Filipino Canadian communities regardless of where they come from in the Philippines." The VISDAC President pledged to lead and pursue the aims and goals of the Association as well as to help develop and offer programs, projects and activities that will benefit members, their families and members of the community.

Jointly, Danny Orbillo and Annabelle Migalbin ably and wonderfully hosted the evening's



**VISDAC President Leonor Abad (R) and Veep Chona Stinson**

program. In attendance were community leaders such as Agnes P. Miranda, Norma Carpio, Ramon Estaris, Salome and Kurt Wolfgang Mader, Rommel and Meriel Lumbao, Cecille Araneta, Steve Pagao, Rob Clarete, Genoveva Jubilo, Tony A. San Juan and other members of the Filipino Canadian community.

The program started with an invocation by Vice-President Chona Stinson and was followed by a served dinner of baked chicken, fried rice, salad and desserts. The 5-hour celebration included a variety of great music, dance numbers, and ballroom dancing. Among those who superbly performed with romantic and lively songs were MC Danny Orbillo and Genoveva Jubilo. The 14- member Ageless Dancers showed their group "hot dance" numbers. Some representatives of Fil-Can businesses were observed also doing promotional routines in the hall.

October 15, 2022, the maiden gathering, was certainly a historic, enjoyable, and memorable affair to remember by all VISDAC officers, members, their families, friends, and guests.#

### Gilmore College International's survey of interest in university education courses

In view of the teacher shortage in Canada and the United States of America, we are doing a survey to see how many people, men and women of different immigration status and nationalities who will be interested to enroll in a university in Montreal or anywhere to be trained as teachers in the elementary and secondary schools of Canada.

We are in the process of seeking a partnership with a university to work with us in the promotion of

education as an important vocation needed in our society and to have a role in developing our future leaders.

Gilmore College International is conveniently located in the area where more than 30,000 Filipinos live and work as well as many other ethnic communities, We will also be developing bilingual language courses designed for teachers to help them succeed in their important roles as models of future leaders of our country.

**Are you a university graduate in a job not related to your training? Send your resumé to: [zbk@gilmorecollege.com](mailto:zbk@gilmorecollege.com) to be included in the survey for university education courses.**

# PERSONALITY OF THE MONTH

By Hilda Tan Veloso



**Gabriel Angelo Balan**

“The youth,” Jose Rizal once wrote, “is the hope of the future,” and “the foundation of every state,” according to the Greek philosopher Diogenes - a fitting profile of Gabriel Angelo Balan who was chosen as one of the 2022 IPEN (International Professional Entertainment Network) awardees during a ceremony held in Toronto, Canada on September 17,

2022. Gabriel Angelo Balan was born on May 28, 2003. His parents are Mario Balan and Marilou Salceda who were former residents of Paete, Laguna, Philippines. He came to Montreal, Canada on Sept. 23, 2011 with his father when he was 8 years old to be reunited with his mother Marilou Salceda, who was already working in

Canada before their arrival. He has a younger sister Raphaëlle.

The Balan family has been active at Notre -Dame-des-Philippines Catholic Mission since 2012. Mario Balan, the father, started as the music minister of the children's choir, then became Music Ministry Director and Coordinator. His wife, Marilou, is also a member of the Music Ministry as well as in other church ministries.

Gabriel Angelo is a member of the Pastoral Council, the Youth Ministry and the past coordinator of the Knights of the Altar. During his tenure as coordinator, he re-structured the ministry to help members grow spiritually. He also made sure that the servers execute their assignments properly in order to inspire the congregation to have a deeper worship.

He works closely with other ministries and sometimes fulfills the role of master of ceremonies at high mass celebrations. He is one of the founders of various ministries like the Cofradia de la Virgen Maria de las Filipinas in promoting the devotion to the blessed Virgin Mary and other Filipino pious practices. He was also involved in 2021 with the Archdiocese's youth ministry and was appreciated for his contribution in the planning and coordination for the Diocesan World Youth Day Christ the King Vigil.

A deeply spiritual person who loves to do everything for the love and service to the Lord, he believes in God and devotion to the Blessed Virgin Mary which gives him strength in times of trials and hardships. “Life is a journey,” he said “and along the way,

there are bumps before reaching our destination. With God's help, everything works well at the end.”

An amazing young lad, who at a young age of 19, has already gained a lot of experience from his school involvement and his work as well as his commitment to Notre Dame des Philippines Catholic Mission a.k.a. the Filipino Catholic Mission of Montreal (FCMM).

While he was attending high school, he was active with extra-curricular activities and was the technical crew captain in charge of coordination, organization and planning. He also helped the Fondation Musique de l'École secondaire Saint-Luc as management assistant. Upon graduation, he obtained a high school International Baccalaureate diploma for being a consistent honor student from Secondary 1 to 5. He was a recipient of the Laureate Award in 2015 from École Secondaire Saint-Luc and from the Mission Jeunesse Ville-Marie in 2018.

He is currently enrolled at Vanier College for a DEC (Diplôme d'études collégiales) in Respiratory and Anesthesia Technology to become a respiratory therapist. Besides studying, he also works as “aide de service” at the CIUSSS du Centre-Ouest-de-l'île de Montréal as graphic designer, educational video production, MS Forms fabrication and auditing.

Gabriel Angelo embodies the qualities of service to God, to people and the church - an ideal model for the youth to emulate.

## Latest Climate Action Incentive payments helping make life more affordable for families in Manitoba

WINNIPEG, MB, Oct. 14, 2022 /CNW/ - Pricing pollution is not only one of the best ways to fight climate change, but it is one of the many actions the Government of Canada is taking to provide support to Canadians who are struggling with the rising cost of living.

This October, Canadians living in Ontario, Manitoba, Saskatchewan, and Alberta—provinces where the federal carbon pollution pricing system applies—will receive the second installment of the quarterly Climate Action Incentive (CAI) payment, implemented in July 2022. The CAI payment program keeps affordability and fairness in mind—eight out of ten households get more money back than

they pay in, with low- and middle-income households benefitting the most.

On October 14, 2022, an average family of four will receive \$208 in Manitoba, a portion of the \$832 they can expect to receive in CAI payments for the 2022-2023 fuel charge year. Families in rural and small communities are also eligible to receive an extra 10 percent. Full details on quarterly payment amounts for individuals and families in 2022-2023 are specified on the Climate Action Incentive payment webpage.

Manitobans who are registered for direct deposits from the Canada Revenue Agency will see these

payments in their bank accounts as "Climate Action Incentive" (wording may vary based on financial institution). For those not registered for direct deposit, cheques will be mailed and arrive soon.

The quarterly CAI payment comes alongside new proposed affordability measures that would provide much-needed relief to Canadians who are struggling with the rising cost of living. This suite of concrete actions to address inflation and make life more affordable for millions of Canadians would include:

Doubling the GST tax credit for

six months. This would mean an extra \$234 in the pockets of single Canadians without children, up to \$467 for couples with two children, and an average of an extra \$225 for seniors this year;

Providing up to \$1,300 over two years through a Canada Dental Benefit to children under 12, starting this year; and

Delivering a \$500 payment to nearly two million low-income renters who are struggling with the cost of housing, including seniors.#

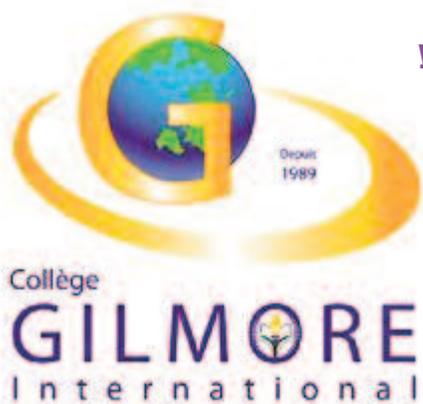
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“An investment in knowledge pays the best interest”  
- Benjamin Franklin

Education requires costly resources, like time and money, which are often hard to find. But those who do invest these resources, often end up richer – not just because they often improve their financial situation, but because their minds are richer too.

### CERTIFICATE PROGRAMMES

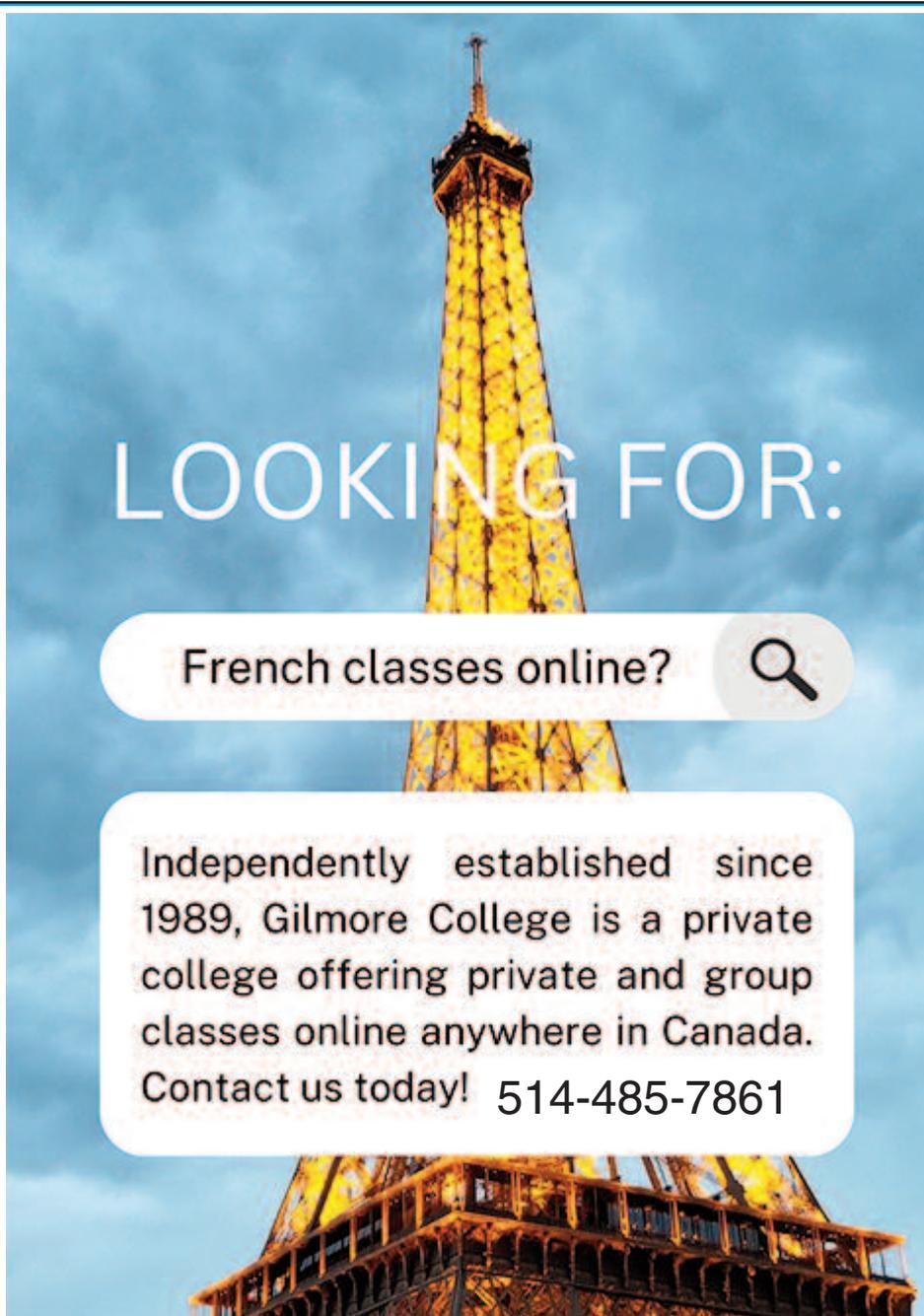
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French students



Frank Villanueva who visited Montreal for a few months studied French and succeeded to pass level 1.



**French class 2019 Levels 1 and 2 Proficiency Certificates presentation**  
 These students continued to complete level 3, but only 4 completed Level 4.



**Graduation of PAB Batches 9 and 10, October 7, 2012 at La Cucina Restaurant, Sherbrooke West, Montreal**

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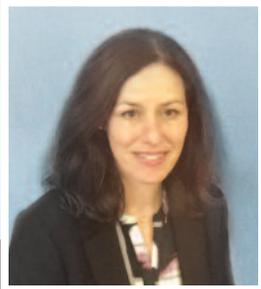
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Recipes selected from various sources

**Cooking with love provides food for the soul.**

**The Queen's delicious "guilty pleasure" revealed - and you'll want to try it!**



### Chocolate Pots and Shortbread Biscuits Recipes

Queen Elizabeth II's favourite dishes were kept a closely guarded secret during her 70-year-reign. Even dignitaries and royals the world over who dined with the Queen never deciphered the discreet monarch's food preferences. Recently, however, her family friend has revealed her favourite indulgence - a gooey chocolate pot - by chef Clodagh McKenna, who is married to the Queen's family friend Harry Herbert, unveiled the decadent dessert the Queen looked forward to eating most - and even shared the cherished recipe! Clodagh revealed that the Queen "didn't eat a lot, but this is one of her favourite dishes that the late Lady 'Genie' Carnarvon, Harry's ma, used to make when the Queen would come and stay." Harry admitted he was also a big fan of the sweet treat himself, adding: "The Queen would come over so often to eat them!"

#### Chocolate Pots

##### INGREDIENTS

Serves: makes about 500ml / 4 small ramekins

300ml single cream  
A few drops of vanilla extract  
175g plain chocolate, minimum 70% cocoa solids, finely chopped  
1 egg, beaten  
Pinch of salt

##### METHOD

###### Step 1

Place the chocolate in a large heatproof bowl.

###### Step 2

Heat the cream along with the vanilla in a small saucepan over a low heat

and bring to a gentle simmer.

###### Step 3

Pour the cream over the chocolate and stir the mixture together, so the chocolate melts.

###### Step 4

Add the beaten egg and a pinch of salt and mix together.

###### Step 5

Pour into small ramekins and chill in the fridge overnight, or until set.

#### Shortbread Cookies

##### INGREDIENTS

Serves: Makes about 12 - 15 biscuits  
100g unsalted butter  
50g caster sugar  
150g plain flour  
Pinch of salt

Notes The shortbread will keep for 1 week in an airtight container.

##### METHOD

###### Step 1

Preheat the oven to 170C, 150C fan, Gas 3. Line a baking sheet with parchment paper.

###### Step 2

Cream the butter and sugar together with a wooden spoon or in a food mixer until light and fluffy.

###### Step 3

Sift in the flour gradually and mix until the dough comes together.

###### Step 4

Shape the dough into a sausage-like shape, about 3cm in diameter, wrap in baking paper and leave in the fridge to chill for about 30 minutes.

###### Step 5

When ready to cook, preheat the oven to 170C, 150C fan, Gas 3. Unwrap the dough and cut off slices

about 1cm thick, and place them on the prepared baking tray.

###### Step 6

Bake in the oven for about 20 -25 minutes, or until cooked through and a light golden colour.

###### Step 7

Remove from the oven and allow the biscuits to cool and firm up for about 15 minutes, then carefully place on a baking tray and put on to a cool rack.

**Other dessert recipe that has become a favorite in the world**



### Pasteis de nata - custard tarts from Portugal

#### PREP:

3 hours

COOK:30 minutes

TOTAL TIME

3 hours 30 minutes

#### INGREDIENTS

420 g homemade rough puff pastry  
1/2 cup heavy cream (35% fat dairy cream, 118 ml)

1/2 cup sugar (granulated white sugar, 115 g)

1 1/4 cup whole milk (300 ml, 3.5% milk fat)

2 egg yolks

4 teaspoons cornstarch (11 g)

1 1/4 teaspoon vanilla extract

#### INSTRUCTIONS

##### MAKE THE PASTRY SHELLS:

Roll out the puff pastry into a 10x12 inch (25x30 cm) rectangle. From the 10-inch side, start rolling the pastry into a tight roll until you have a 10-inch long roll. Return the pastry to the freezer for 30 minutes to chill until firm.

Cut the chilled pastry roll into 12 equal disks that weigh about 35 g each (cut the pastry in half twice, and then cut each of the remaining 4 pieces into 3 equal pieces to get a total of 12). You can also use a ruler for this purpose. Start with 6 pieces first, wrap the rest up, and put them back in the refrigerator or freezer to keep them chilled.

On a very lightly floured surface, place each piece of dough so the swirls in the dough are facing up. Use a rolling pin to roll each piece into a flat disc about 1/4 inch wider than the diameter of the tin and about 3/16 inches thick. Use flour sparingly when rolling out the discs. Using a pastry scraper or metal spatula to lift the discs will help keep them intact.

Place each disk onto the bottom of each custard tart tin and press the dough onto the tin. When you spread the dough into the tart tin, form a lip that sits on top of the perimeter of the tin. This is crucial for preventing the custard from overflowing. Work quickly so your dough doesn't heat

up. Have some all-purpose flour on the table in case the dough sticks to your fingers, and as you press the dough against the bottom and the sides of the tin, try not to overwork it. Freeze the finished tart cups for at least 35 minutes or until frozen. You can make the pastry tins ahead of time and keep them frozen for up to 2 weeks.

#### MAKE THE CUSTARD FILLING:

Whisk 1/2 cup heavy cream, 1/2 cup sugar, 1 1/4 cup whole milk, 2 egg yolks, 4 teaspoons cornstarch, and 1 1/4 teaspoon vanilla extract in a small saucepan until the sugar is dissolved. Place over medium low heat, continuing to whisk until the mixture begins to coat the sides of the pan. Patience and low heat are key to a successful custard. The custard should get just hot enough so you see steam beginning to form. This is your signal that the custard is almost ready. When the custard is thick enough to coat a spoon, remove from the heat and continue to whisk, ensuring you scrape the sides of the pan. Whisk until it is no longer hot. Do not cook the custard into a pudding, or it will dry out too much during baking! It's a fairly thin consistency.

Set aside to cool completely, pressing plastic wrap onto the surface of the custard so a skin does not form on top.

#### ASSEMBLY AND BAKING:

Preheat the oven to 475 degrees F (245 degrees C). Place the frozen pastry shells on a sheet pan (you can line it with parchment paper for easy cleanup). Spoon the cooled custard in each shell until the custard is about 3/16 inches below the top of the pastry shell. Work quickly since you don't want to give the custard any chance of soaking into the pastry. It's important to have the oven ready to go once you start pouring custard into the shells.

Put the pan on the middle rack of your oven, and immediately turn the oven temperature down to 450 degrees F (230 degrees C). The total baking time for your Portuguese Custard Tarts should be 30 minutes, but check them after 20 minutes and rotate the pan if they are browning unevenly.

After 25 minutes, if the pastry is turning golden brown and you see those signature scorched bubbles forming, you're on track for another 5 minutes. If the pastry looks like it is browning too fast, you may want to turn the heat off to let residual heat finish the baking process. Oven temperatures are not always accurate and may be slightly hotter or cooler than the temperature you set it for, so play it by ear.

When baking is complete, remove the custard tarts from the oven (leaving them in the tins), and place on a rack to cool.

Your Portuguese Custard Tarts will smell incredible, but be sure to wait until they cool, as the custard will be extremely hot. Once they are cool enough to handle, remove the custard tarts from the tins and enjoy them.#



**Social Tidbits**

**Montreal Community News**

**Fely Rosales Cariño**

The lazy days of summer are but a memory as the fall winds come upon us. We have October and November to admire the changing of the colors of the leaves, especially those around the lakes and river beds. It's just glorious to watch a dazzling array of colors as the green leaves change into red, orange, and yellow. Yesterday, we had rain and strong winds, foretelling the onslaught of winter. You feel the cold as it brushes your face. This signifies for us to get ready; bring out your winter gears!

It is Thanksgiving Day and for some, it is a turkey-less day. My daughter Joy and I attended the Christ's Committed Fellowship (CCF) Service at St. Michaels and All Angel's Church on 15555 Cabot Street in the West Island followed by a potluck dinner. Many young couples and other members brought a variety of foods that needed extra tables to accommodate them all. Everything was delicious; the first table to be emptied was the dessert table! And I think the best part was seeing two tables marked "For our beloved seniors only". Yours truly feels so

honored! Thanks to those who thought of this wonderful reservation! Thanks to the faithful in CCF (led by Pastor Rene Saquing) to continue this beloved tradition.

Last Sept 15, 2022, some Filipino West Islanders received invitations from Ville de Dollard, care of DDO Mayor Alex Bottausci and his councilors (Laurence Paren, Errol Johnson, Mickey Guttman, Tanya Toledano, Morris Vesly, Valerie Assouline, Rayan Brownstein, and Anastasia Assimakopoulos. This well attended event was an appreciation party for those who helped in accomplishing the city's projects. At the entrance, we were given DDO paper money to buy our drinks and snacks. Tall tables (no chairs) displayed finger foods in abundance. Drinks were flowing. Filipinos in attendance were Vangie Salvador & Marco, Neri & Roger Ajero, Chit & Ike Baz, Lucy & Felix Salazar, Lolit and Andy Odulio, Connie Fabro, Nene Isada, Tina, and yours truly. After taking our drinks and snacks we were relieved to find chairs. Luckily we found a vacant room with tables and chairs

where we just chatted and enjoyed the refreshments. Thanks for the invite, Mayor Alex!

Oct 8, 2022, the P'lengke's La Mesa in Van Horne, Montreal was the venue of the 23rd Foundation Anniversary Celebration of the Kababaihang Rizalista, Montreal Chapter. There were guests enough to fill up the party room. Knights of Rizal officers in attendance were Sir Dario Boco & Lady Claire, Sir James de la Paz & Lady Rose, Sir Felix de Luna & Lady Marlene, Sir Gerry Danzil & Lady Linda, Sir Edvour Valdez, Sir Stephane Morin, Sir Ray Balansi, Sir Sonny Moroz, Sir Faberio Hangdaan (KCR from Etobicoke, Toronto), Sir Alfredo Enguiza, and Sir Sheldon Cohen.

The program started with the entrance of colors with the Philippine flag held by Sir Sheldon Cohen. Lupang Hinirang, O Canada, and Ang Bayan Ko followed. Lady Merly Valente led the evening's prayer. The welcome address was by the Montreal Chapter President Lady Esphie Manaog. There was a lot of Zumba dancing led by Airyll John Villanueva, Zumba Instructor at FAMAS every Thursday at 7PM. Every time a Zumba piece was played, almost all the ladies just stood up to dance. Even when the music stopped, they stood and waited for the next piece. There were also inspirational messages delivered by Snowdon Councilor Sonny Moroz and Sir Dario Boco. The dinner wasn't one to be missed. It was delicious! Towards the end, there were raffles to be done and then there was dance - dance - dance, the part Filipinos love! Before 10 pm, closing remarks was given by Lady Rebecca Losloso. This was really

a good party - short and sweet. Thanks to President Esphie Manaog and Lady Rebecca Losloso for their hard work in making the party a success as it was.

Here's an invitation to come and play Bingo at 6767 Cote des Neiges. This fundraising activity (in the afternoon, 12-4pm) is held by the Filipino Heritage Society of Montreal (FHSM). Prior fundraises were very successful.

There are couples hit by the travel bug. Expected to visit the Philippines are FFCAQ President Minda Mazzone (with Nico), SWIS Chairman Lydia Fielding (with Keith), SWIS VP Lolit Odulio (with Andy), and Lucy & Felix Salazar among others. Just coming back from their travels are Cely Dagsaan, Fely Bisares, and Caring Tabunar.

In closing, I wish to impart the wise sayings in Ecclesiastes 3 of a certain king in the bible:

There is an appointed time for everything, and a time for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to shun embracing, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace.

Until the next issue and God Bless! #

**From Page 5 British Prime Minister**

On Monday, Kwarteng's replacement, Hunt, scrapped almost all of Truss's tax cuts, along with her flagship energy policy and her promise of no public spending cuts. He said the government will need to save billions of pounds and there are "many difficult decisions" to be made before he sets out a medium-term fiscal plan on Oct. 31.

**Leadership roulette**

The Conservatives have been in power since 2010. Since Cameron's resignation six years later, Britain has seen three prime ministers installed before the greater public had a chance to weigh in: Truss, Boris Johnson and Theresa May.

May would eventually win a closer-than-expected election in 2017 over Jeremy Corbyn, but paid the price for protracted negotiations with the EU

over the Brexit departure. The strong-willed Johnson helped deliver Brexit and earned an overwhelming mandate with a late 2019 election rout that led to Corbyn's removal as Labour leader.

But Johnson's disorganized governing style and allegations of pandemic rule-breaking whittled away his internal support within the party until he was forced to step aside earlier this year.

Truss won the resultant summer leadership race to succeed him over finalist Rishi Sunak, though a majority of party MPs and grandees supported Sunak, the one-time finance minister under Johnson. Grassroots party members favoured Truss to a significant degree.

Truss was formally installed as prime minister on Sept. 6, meeting with Queen Elizabeth just a few days before the monarch's death.#

**From Page 6 Ang mga bagay**

hanggang ngayon, walang pagod na naghahandog ng kanilang serbisyo para sa mga mamamayan.

May mga araw na talagang mahirap maghanap ng bagay na dapat pasalamat, mga araw na ang makikita lang natin ay puno ng paghihirap, ng trahedyang, ng kawalan ng pagasa. Huwag nating hayaang manalo ang pangamba at ang pag-aalinlangan. Ang bawat hininga sa bawat araw ay biyaya ng pagkabuhay. Habang tayo'y nabubuhay, marami

tayong makikitang kagandahan sa paligidligid na hindi kailangang bayaran at lahat ay kusang sumisibol. Sa aking palagay, hindi ko mabilang ang lahat na dapat kong ipagpasalamat habang ako'y nabubuhay.#

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# FILIPINO STAR

## SHOWBIZ GOSSIP

### Why Michelle Aldana decided to return to Philippine showbiz



**Michelle continues her passion for essaying roles in the Philippine entertainment scene, where it all started for her, as Doris in the GMA Afternoon Prime family drama series, *Nakarehas Na Puso*.**

Michelle Aldana is a Pinay in South Africa and has acted in TV series there. The beauty queen-turned-actress continues her love for essaying roles in the Philippines, where it all started for her, as Doris in the upcoming GMA Afternoon Prime family drama series, *Nakarehas Na Puso*.

Given her unique position as someone, whose family and work are based abroad and who has resumed an acting career here that was put on hold 24 years ago, the 1993 Miss Asia Pacific agreed that she is now “an Overseas Filipino Worker (OFW) in the Philippines.”

“I can now do a teleserye about OFWs,” said she in a recent virtual press conference. “I know now the feeling of being away from one’s family. Ang hirap, hirap pala talaga.”

However, her Doris is not a woman who has left the country for greener pastures, but a financially independent one, who wishes to get the man she deserves. The character’s intention becomes the reason for another woman’s misery. Getting into the psyche of Doris is

both interesting and challenging for Michelle.

“It’s very challenging, hindi pa ako naka-arte ng isang kontrabida na sobrang kontrabida (I haven’t played a very mean kontrabida),” said Michelle of her role and the reason for saying yes to it. “Marami namang mga projects na pinapasok dati pa (Many projects have been pitched to me before), but when this was given to me and after I read the synopsis and I saw the role, sabi ko, ‘Palagay ko, ito na talaga yung role.’ This is my first teleserye. When I left showbiz, we were into telemovies. This is longer (as compared to a telemovie) and you will see the back story of every character. So, sabi ko, ‘Gusto ko ito. Maganda ‘to. Sige subukan na natin.’”

Besides the irresistible character, Michelle does miss the local entertainment scene.

“It’s one of the reasons why I came back, sabi ko, na-miss ko talaga. Sabi ko sa manager ko, ‘Alam mo, isa lang. subukan lang natin (You know, just one project. I want to give it a try).’ Gusto ko lang

matikman ulit (na) umarte sa Pilipino, iba kasi yung acting mo sa Pilipino, mas feel mo, nang gagaling talaga dito sa puso (I want to experience again what it’s like to act in Pilipino, which is different (from acting abroad) because you really feel that



it comes from the heart).”

Michelle’s wish was granted with Doris, who, at the start of the drama, is cordial with Jean Garcia’s Amelia, a depiction of a selfless, hardworking mother, and later on, reveals her true colors. The actress is grateful to director Gil Tejada Jr. and

fellow actors in helping her understand the character’s context and playing the part, based on how Doris has been envisioned.

Michelle’s character is different from her roles in South Africa. The actress recalled that she played a gold digger in her first TV series, *The Wild*, and a Chinese immigrant in *Generations: The Legacy*.

Working in a Filipino (lock-in) set, Michelle has discovered and reacquainted herself with its unique practices in terms of acting and production.

“When you do an afternoon (show), kailangan pala mataas ang emotion, so kailangan talagang marami kang energy (you, as an actor, need to have high emotion in playing the role and it requires more energy),” said she, who is also familiar with the subtle kind of acting and a regimented way of taping scenes in her second home.

Her acting stints tell her that TV shows done here and abroad have the same blocking approach and the cast and crew are close to each other. Michelle’s new insights about doing a Primetime Afternoon series put her always in learning mode.

“The reason why I’m really enjoying this project is because I’m learning a lot, not just about the technical aspects, not just about acting, but also about the people,” said she. “When you meet people, you learn from them and I’m so grateful.”

Aside from her comeback project, Michelle was also asked about her secret in maintaining a youthful appearance and the beauty queen aura.

Her answer was: “Love is the secret, masaya kasi ang pamilya, masaya yung sa asawa, sa anak (I have a happy family, I’m happy being with my husband and kids), magaan. Kapag magaan, kamukha ng trabaho namin dito, nakakabata. Maganda yung feeling.”

Although the narrative of *Nakarehas Na Puso* will unfold on Sept. 26 airing after *Return to Paradise*, everyone is also curious about Michelle’s follow-up project.

“(For now), nasa present moment muna ako, titignan ko muna (I just focus on the present) and I enjoy what I have now. We’re still taping,” said she. “Marami akong mga natututunan (I’m learning a lot) and I’m really enjoying those (learnings), so, ito muna, present muna (I’m just focused on this).” ■

# Alex Gonzaga admits having 'mental breakdown' due to pressure as vlogger



**Alex Gonzaga**

Vlogger Alex Gonzaga revealed to her sister, host Toni Gonzaga, that she went through a lot of pressure to produce content for her YouTube channel.

At one point, even her husband, Mikee Morada, was a witness to her going through a "mental breakdown."

In an episode of Toni's new self-titled TV show, which was also uploaded in her YouTube channel, Alex began by sharing how she started vlogging in 2017.

"Kasi nga, sanay ako na feeling ko na walang nanonood sa akin sa mainstream media. So, feeling ko baka ganon din sa YouTube," Alex said.

Alex had been switching networks, from ABS-CBN to TV5 and then back to ABS-CBN. She mostly played support roles, but she was given main lead roles in TV5 with shows "Babaeng Hampaslupa" (2011) and "Enchanted Garden" (2012).

She only felt that she was being recognized when her

older sister told her about an incident when the latter was grocery shopping and people were looking for Alex. Toni added that she always reaffirms her younger sister's popularity whenever she can, adding that people always ask her where Alex was whenever she is traveling.

But with her growing channel, Alex said that she has been pressured to produce content. The question came from one of her fans.

"Mahirap kasi, 'yung akin kasi, kung kailan ko lang maisip. Minsan, nagkakaroon ako ng time na nakikita ko 'yung sarili ko na parang nape-pressure ako: 'Shocks, wala ako this week. Wala akong magandang naisip,'" shared Alex. "Pine-pressure ko 'yung sarili ko so may times na — nakikita 'yun ng asawa ko — nagkakamental breakdown ako."

Her non-fans or "haters" also add to the pressure she is feeling.

"Nape-pressure ako na, 'Shocks, among maganda kong

gagawin?' Kasi syempre, dahil 'yung vlog ko, minsan kapag may nakakapanood, meron nang mga haters din na nanonood. So feeling ko, 'Ay, mapapangitan sila.' So ngayon, nagkakaroon na sila ng factor," the vlogger admitted.

"May times na 'Gusto ko 'tong gawin pero hindi ko 'to gagawin kasi magiging insensitive ako sa ibang tao'," she added.

Toni shared her observation and commented that her younger sister now has a bigger responsibility as an online personality.

"Alam ko na 'yung nangyari sa'yo kasi noong nagsisimula ka, wala pang nanonood, so you're free to be

yourself. Ngayon 'di ba, with great power, comes great responsibility?" Toni quoted a popular adage.

"Hindi siya pressure but it's more of awareness na you have to be responsible sa content na nilalabas ko because I know I'm influencing a lot of people," Toni added.

In the end, Alex said that she has found a way to deal with pressure on creating her vlog content.

"Ngayon, ang pinag-aaralan ko sa sarili ko is if wala akong ma-post na video this week because wala akong maisip, wala akong magawa. It's okay. I have to deal with it. 'Yun 'yung process ko ngayon," Alex shared. ■

## Vicki Belo reveals she had stage 3 breast cancer



**Celebrity cosmetic surgeon Dr. Vicki Belo**

Celebrity doctor Vicki Belo revealed that she had stage 3 breast cancer in 2016.

In her new interview with Korina Sanchez, Vicki said she sought treatment in Europe and New York and was told that she only had two years to live.

"This is the first time I'm going to discuss it and only because I trust you and I think it's over," Vicki told Korina.

"I had cancer in 2016. I was diagnosed with third stage cancer of the breast," she added.

The celebrity doctor said that her doctor told her not to bother trying chemotherapy because she will be dead in two years.

"I was diagnosed I think in January of the year then I went to

Europe and I was told by them there that I was going to die — 'Don't bother to have chemo, just fix your affairs. You're dead in two years,'" she narrated.

"I went to New York but they wouldn't give me anything so I asked, 'What are my chances?' and they were very quiet — 'We'll try our best,'" she added.

Vicki said that her husband Hayden Kho and daughter Scarlet Snow were the reasons why she survived the darkest time of her life.

"Kasi I really look at her and I want to be with her. I don't want to leave her so young, so I kept praying, 'Lord, please give me time'."

Vicki and Hayden tied the knot in 2017 and welcomed their daughter Scarlet in 2015. ■

**Showbiz Gossip** *Continued from p.15*

# Joey de Leon on TV pranks and gags, then and now



**Veteran comedian-host Joey de Leon hosts Oh No! It's B.O. (Biro Only) on Saturdays at 8 p.m. on NET25, with its candid camera format reminiscent of his former program Wow Mali!, which became the longest-running gag show.**

Wow Mali!, the longest-running gag show hosted by Joey de Leon, lasted for nearly two decades on TV5. Its candid camera format was recently incarnated in a similar program, Oh No! It's B.O. (Biro Only), Saturdays, 8 p.m., now on its third season on NET25.

"It took us a long time before sabihin ng tao, 'O, wina Wow Mali mo ako,'" granted Joey. "Well, umaasa kami na darating din ang panahon na sasabihin nila, bini-B.O. niyo kami. Same hilatcha. I know this kind of format, it will take time."

The staff and production crew, as well as Joey, are all optimistic Oh No! It's B.O. will take off in only a short time. After all, the predecessor was a popular weekly gag show known to everyone and became a byword to many, especially its avid viewers.

The reality-based Wow Mali aired candid and unpretentious videos that captured Filipino humor. However, the gag show occasionally turned controversial when the pranks became offensive.

"Three or four court cases, kasama ako noong araw sa Wow Mali, kahit wala naman akong kasalanan," Joey recalled. "I was merely in the studio hosting the show and introducing the pranks na ginagawa nila outside.

"That was 20 years ago. Dapat alam na ng staff ngayon. That's why they made the participants sign a waiver after the prank. Kahit madaanan ka lang ng camera, you need to sign a waiver. Even then, kahit may pinapirma na, may nagre-reklamo pa rin. Nagde-demanda pa o uma-angal."

One female professional availed of the "free facial, free massage" that one parlor was offering then. She was made to lie down and her face was covered with a thick cloth. When it was removed and she opened her eyes, the girl saw around 10 people all dressed in black cloth around her.

She was so afraid that she hurriedly ran outside and fell from the stairs. But she signed a waiver after that prank.

"Since I was the host, I was included in the complaint," Joey shared. "So, moral of the story, do not patronize anything that's free. Those in the field doing the pranks, they must all have their calculated moves. Dapat magaling ang nagtuturo sa kanila.

"Kalkulado ko naman ang gulat. Pero hindi mo masabi ang tao 'pag nagulat. But those were our Wow Mali years. Good time lang. Masaya lang. Nakaraos naman kami."

Out of the nearly 20 years of

doing Wow Mali, Joey also experienced a reversed prank that was unforgettable to him. "I was supposed to push our make-up artist on the pool," he recalled. "Ang nangyari, 'pag tulak ko, kumapit siya sa akin.

"Nahulog din ako sa pool. Hindi ako marunong lumangoy. Ang daming nagtalunan na props men para sagipin ako. Ang daming nasirang cellphone. Sumisinghap na ako. Hindi ko masabi ang saklolo dahil natatakot ako. Nagpa-panic ako. Nalulunod ako talaga. 'Yun ang pinaka matindi."

Having learned from those experiences and pranks, Joey is confident he has a more experienced staff that will go out in the field for Oh No! It's B.O. (Biro Only). The staff and crew are more careful to offend anyone. So far, the show has finished two seasons and is now on its third season.

"Mga mild pranks na lang and mostly pa-cute na lang ang gagawin namin. Kaya nga gumagamit din kami ng celebrities. Simple lang naman 'yan. Katuwaan lang. Kaya nga It's B.O. Biro Only.

"Even if you missed an episode on NET25, you can watch the show even on Facebook or YouTube. Many other platforms." ■

## Kim Chiu ecstatic over sold-out handbags a week after her business launch



**Kim Chiu**

Bela Padilla reminisced about the paKim Chiu could not seem to contain her delight as the leather handbags from her new business got sold out a week after it was launched.

The actress-TV host showed glimpses of herself jumping for joy while holding one of the handbags, through a video compilation on her Instagram page yesterday, Oct. 23.

Chiu also expressed gratitude to those who purchased her products, admitting that she was overwhelmed by the support she received from shoppers whom the actress called "bunnies."

"NO WORDS, just THANK YOU SO MUCH! One week since we launched, considering the number of bags that we had — I still can't believe [House of LittleBunny PH's] first collection is already SOLD OUT!" she said. "I am beyond grateful."

Chiu then announced that her business will be temporarily closed this month while she and her team restock their products.

"We will be back next month, November, with more color choices, more sizes, and more designs too! See you again soon, bunnies!" she added.

Chiu launched her handbag business last Oct. 16, describing her new venture as a dream that "finally came to life." EDV ■

# Toni Gonzaga: The lessons she has learned



**Toni Gonzaga**

Multimedia star Toni Gonzaga Soriano breathes a happy sigh. “This is my first face-to-face press conference after the pandemic. And this is my 20th year in showbiz. Parang anniversary presscon ko na rin ito,” says Toni during a media conference to launch her TV show for ALLTV entitled “Toni” held at Coffee Project on Lopez Drive in Quezon City recently.

Toni reveals it’s a dream come true for her and her husband, director Paul Soriano, to sign up with Advanced Media Broadcasting System Channel 2, owned by the Villa Group of Companies. These days, Toni hosts a daily reality talk show simply entitled “Toni” on ALLTV daily at 5 p.m.

“It’s a reality talk show which I have been doing since ‘Toni Talks’ where we interview not just celebrities but real-life stories and what people are going through. Even yung mga ordinary people na hindi naman lumalabas sa telebisyon or sa media, pero kapag kinausap mo sila, malalim din yung mga pinaguhugutan nila or pinangagalingan nila. Mas naiintidihan mo why they are the people that they are today. It helps you to become more compassionate at hindi ka rin nagiging judgmental to others,” she says.

Following her successful stints in other broadcast networks, Toni took a leap of faith and followed her dreams in another station. She believes she made the right decision when she joined the newest broadcast network in the country.

“Normally, when you make a decision and move to a new network, or sign up, maraming speculations, and monetary issues. But we also

have to consider that we reach something in our life na ‘yung mga decision-making natin is not just based on what I will profit from it but where your heart is really leading you.

“Parang I was led to this major decision. I’m sure you have witnessed the events in my life which happened recently. Sometimes you were being led to something. So it’s very clear for me to take this leap of faith and take the next step of my career so naging malinaw na ang lahat.

“Kasi pagpunta ka na sa bagong chapter ng buhay mo, malinaw yung daan. Pag maraming aberya, it’s not meant for you. It was not something that I was looking for in the beginning. It was not something I wanted. But it was something that was laid out to me and I told myself, this is the next step for my career,” Toni adds.

She also points out that she does not harbor any bad feelings against someone when she left ABS-CBN. “No bad feelings. I choose to move forward. I’m grateful that everything happened, how it happened and why it happened because it led me to where I am today.”

There will be bashers around, but Toni also chooses not to dwell on problems and negative thoughts.

“Yung mga bagay na ganyan huwag na natin pagtuunan ng pansin. I chose not to dwell on those things. Hayaan na natin sila. Basta I made this decision, and this is one thing that I realized in life: any decision that you make, kung sinunod mo yung puso mo, you will always be led to the right path.

“So once na sinunod mo yung puso mo, yung itinuro sa’yo, pero pag sinunod mo yung decision na alam mong galing sa puso mo, you will always have peace in your heart. When you make a decision, you always have to check your heart if there is peace. That’s one thing na hindi mababayaran. When you have peace in your heart, that decision is right for you,” she adds.

Toni shares one of the greatest lessons learned in life.

“The greatest lesson that I have learned is that when you know who you are, you will never be defined by the outside force. Kilalanin mo talaga kung sino ka dahil sa industriya natin, where a lot of people will try to define you, co-workers, the people you meet, the media, they will try to label you, all these things.

“But in the end, if you really know who you are, nobody can take that away from you. You will be complete, you will be whole. Nothing and no one can touch you. So when they accused you of something, pero pagkilalang kilala mo yung sarili mo, hindi ka maliligaw sa industry na ito,” she says.

This year, Toni reunites with Joey de Leon in the upcoming comedy-drama “The Teacher,” an official entry in the upcoming 2022 Metro Manila Film Festival. Toni considers Joey as one of her mentors in the industry. She reveals learning a lot from the popular comedian when she was just a newbie in the longest-running noontime program, “Eat Bulaga.”

“I consider Joey de Leon as my mentor. Noong naguumpisa pa lamang ako, ang sinsabi lagi ng daddy ko, kapag papasok ka sa

industriya, huwag mong idolohin yung pinakasikat. Dapat ini-idolo mo yung mga pinakatumagal. Pinakamahirap yung tumagal sa industriya. Sila Vic Sotto, Joey De Leon. Bata ka pa lang napapanood mo na sila. Tapos ngayong artista ka na, andyan pa rin sila sa telebisyon. Yan ang mga dapat na inaalaran mo paano magtatagal sa industriya.

“So when I was given the chance na makatrabaho ko siya sa ‘Eat Bulaga,’ lagi ko silang ino-observehan, kinakausap. Isa sa hindi ko makakalimutan na itinuro nila sa akin, parang ang lakas ng bagyo nun, ilang host lang kaming nakapasok kasi baha na. Tapos kinakabahan ako kasi wala yung mga ka-edad ko. Sabi niya, ‘Huwag kang matakot. Dapat kapag sinalang ka, kaya mong dalhin ang sarili mo. Huwag kang aasa sa kasama mo.

“To this day hindi ko pa rin nakakalimutan yun. The soonest na isalang ka sa TV at may hawak kang microphone, wala kang aasahan kundi sarili mo. So dapat maitawid mo yung gap or yung programa mag-isa at hindi ka umaasa kahit kanino man. What a privilege to work with a legend in the industry. Ang sarap ng pakiramdam na makasama siya sa mga eksena,” Toni says.

Toni considers herself lucky to have an inspiring husband like Paul Soriano, who was appointed Presidential Adviser for Creative Communications recently.

“One of the things I truly admire and respect about Paul is his wisdom, and his visions. He taught me how to believe in myself. How to trust in myself. Yung ‘Toni Talks’ idea n’ya yun. Sabi niya ‘gumawa ka ng sarili mong show sa YouTube. Kung ano ang gusto mong gawin habang naghihintay ka ng trabaho, isipin mo na lang this is your training ground. Mag-interview ka and you’re good at it.’ He pushed me to start ‘Toni Talks.’ Nag-grow na siya. Nagkaroon na ako ng sariling studio. When he showed me my earnings in dollars, sa YouTube, sabi niya this can build a studio. Then the opportunity from ALLTV came. We pitched for it. And we’re so grateful that they were willing to absorb the show.”

Asked about her best decision ever, Toni reveals: “One of the best decisions I’ve made in my life, when it comes to my career, was that I never gave up on myself. Even when I was just starting, and no one believed in me, and when they were turning their backs on me, I never gave up on my dreams, my self, and my faith. So for anyone who is listening right now, for as long as you never gave up on yourself, you continue to move forward, pursue your dreams, continue to do what you are called to do, you will make your soul and spirit alive. You will never give up.” ■

### Epidemiologist urges return to masking as emerging subvariants evade immunity



**Dr. Chris Labos said there's a 'bit of complacency going around' as far as protective measures, such as masking, and 'a lot of people have [wrongly] interpreted the public health laxity on some of these issues to mean that COVID is over.' (CBC)**

An epidemiologist is urging people to start masking again to help offset the spread of COVID-19, as emerging Omicron subvariants have mutated to better evade immunity from vaccination and infection than previous strains.

The highly transmissible Omicron subvariant BA.5 remains most common in New Brunswick and across the country.

But Dr. Chris Labos, who is also a cardiologist in Montreal, says other subvariants that are emerging, such as BA.2.75.2 and BQ.1.1, could become the dominant strain, with the potential to drive new waves of COVID.

"The question becomes, well, if these are different enough from BA5, does that mean people will get reinfected? Does that mean people might get infected multiple times? ... How much protection do we have from prior infections?"

"And that is still a little bit unknown," said Labos.

A single case of BA.2.75.2 was detected in New Brunswick in September, the Department of Health confirmed earlier this week, although it was not announced or listed separately in any of the weekly COVIDWatch reports since then.

It was included within the BA.2 percentages of samples, spokesperson Adam Bowie said in an emailed statement.

The COVIDWatch report provides a breakdown of the five "major branches of the Omicron variant (i.e. BA.1, BA.2, BA.3, BA.4, and BA.5), each of which may have sub-variants contained within," he said.

Of the 192 most recent random samples sent for sequencing, 93 per cent were BA.5, and seven per cent were BA.2. Masking is also important, said Labos.

"If we start to see more and more cases going up, I would strongly, strongly, strongly urge people to wear masks if you're going to be in an indoor public

setting ... breathing the same air with a bunch of other humans for an extended period of time," he said.

"In terms of all the things that we could do in terms of preventing COVID — you know, isolation periods, making sure people have paid sick leave, updating the ventilation status of buildings to make sure that there's good air quality indoors — all of those things are important, but they are expensive and hard to do.

Two potentially more lethal subvariants of OMICRON have appeared in Canada: BQ.1.1 and BA.2.75.2. Jeanne Armstrong spoke to Dr. Christopher Labos about how they change the fight against

From Page 1 CAQ forms

Dominique Anglade won her Montreal riding in Saint-Henri-Sainte-Anne with 36 per cent of the vote.

Parti Québécois Leader Paul St-Pierre Plamondon will have the chance to lead his party, for the first time, in the National Assembly after winning in the Montreal riding of Camille-Laurin.

The CAQ made some major gains Monday night, particularly in ridings that were up for grabs after the incumbent announced they were not seeking re-election.

Yannick Gagnon easily won the seat in Jonquière with 59 per cent of the vote -- the seat was left vacant after veteran PQ MNA Sylvain Gaudreault bowed out of the race.

In Joliette, where incumbent Veronique Hivon left the race after 14 years in politics, the CAQ's François St-Louis won with 44 per cent of voter support versus the PQ's 31 per cent.

Legault spent part of the day Monday in the Quebec City area asking voters to throw their support behind his party -- and they did.

"We need your vote because we want to continue — continue — to fight for a more prosperous, greener, and prouder Quebec," he said Monday.

the virus.

Wearing a mask is a low-cost, simple intervention that requires little effort, he said, comparing it to wearing gloves. Yet it "makes a huge difference," he said.

"I think that's going to be the key for public health messaging now, it's to sort of re-emphasize something that has been true all along, but that got a little bit lost in the messaging and in some of the perhaps unwarranted optimism that some people felt over the course of the summer they are hard to do."#

The CAQ campaign was, however, rocky at times with affes by the incumbent premier, though they did not seem to sway voters away from the party in large numbers. On two occasions, Legault was forced to apologize for comments he had made on the campaign trail.

In one instance, the CAQ leader said he was sorry for drawing parallels between immigrants and "violence" and "extremists."

He also apologized to the family of Joyce Echaquan, a 37-year-old Atikamekw woman who died on Sept. 28, 2020, after saying problems of racism were "settled" at the hospital where she died.

In his four years in power, Legault passed 125 bills in the National Assembly, including legislation to replace school boards with school service centres, a revamped French-language charter, and the controversial secularism law that banned public servants in positions of authority, including teachers, from wearing religious symbols on the job.

All three laws adopted by the CAQ government are currently being challenged in the courts, but it was Bill 96 that surprised many with the exceptional use of the notwithstanding clause.#

### Coronation of King Charles III scheduled for May 6, 2023



**Charles and Camilla in 2019**

The coronation of Charles III and his wife, Camilla, as king and queen of the United Kingdom and the other Commonwealth realms is set to take place on Saturday, 6 May 2023 at Westminster Abbey. It is meant to be the "symbolic high point" of his accession. King Charles III acceded to

the throne on 8 September 2022, upon the death of his mother, Queen Elizabeth II. The coronation will be a state occasion funded by the British government. It is expected to be shorter, more inclusive of other faiths and communities, and less expensive than previous coronations. (Wikipedia)

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# Teachers question DepEd module for ‘sugarcoating’ martial law

By: Jane Bautista - Reporter / @janebautistaINQPhilippine Daily Inquirer / 05:42 AM October 22, 2022

The “rebranding” in public schools of Ferdinand Marcos Sr.’s martial law as the “period of the new society” began even before his son became president, based on teaching materials of the Department of Education (DepEd) in the Southern Tagalog region.

The DepEd module for senior high schools circulating in Marinduque province and verified by the Inquirer characterized the years 1972 to 1980 as a time when economic progress and discipline dominated conversations and “newspapers donned new forms,” without mentioning the press censorship and brutal treatment of critical journalists during that period.

Titled “Geographic, Linguistic and Ethnic Dimensions of Philippine Literary History from Pre-Colonial to the Contemporary,” the module said the “new society” started on Sept. 21, 1972, when Marcos Sr. placed the country under martial law.

“News on economic progress, discipline, culture, tourism, and the like were favored more than the sensationalized reporting of killings, rape, and robberies. Filipinos before were hooked [on] reading magazines and comics,” it said.

Based on the cover page, the module was crafted during the Duterte administration when DepEd was led by Education Secretary Leonor Briones. The module reportedly originated from the agency’s regional office in Calabarzon.

Asked for comment, the DepEd said it was still finalizing its statement on the issue.

The education department earlier denied a social media post claiming that it was planning a rebranding of the Marcos dictatorship in public schools as “Bagong Lipunan,” or new society, a phrase popularized by the late dictator.

But the DepEd learning materials dating back to the previous administration suggest that the effort to paint the martial law years in a positive light happened before President Marcos took office.

The module said the

Philippines “became a new nation” during the Third Republic, from 1981 to 1985, following the supposed lifting of military rule in January 1981.

Poems were “romantic and revolutionary” and songs dealt with true-to-life themes of “grief, poverty, aspirations for freedom” during this period, it added.

It described the post-Edsa Revolution era as history taking “another twist,” as the Filipino people regained their independence when the “so-called People Power (Lakas ng Bayan) prevailed.”

## ‘Crony’ Inquirer

The DepEd module called the Inquirer, one of the critical publications that emerged during this period, along with Malaya and People’s Journal, “crony newspapers that enjoyed an overnight increase in circulation” after the Edsa Revolution.

On Thursday, the Alliance of Concerned Teachers questioned the DepEd on whether the material passed its standards, as it called on the agency to “immediately pull out” the module from its online portals.

Maria Elena Malvar, a Grade 12 student from Marinduque State College Integrated High School, recalled that the lesson about martial law was discussed by her class around September but it was only on Oct. 17 when she noticed her teacher’s slideshow presentation.

Malvar said she looked at the official DepEd module that served as the basis for the presentation and found that the material was supposed to be used for the school year 2021 to 2022.

“That’s when I realized that the rebranding of martial law was not just a rumor because even before President Marcos assumed the presidency, they’re already doing it,” Malvar told the Inquirer.

She said the “historical denialism” in the module was “alarming.”

Philip, a senior high school student from Quezon province who requested anonymity, said his class used the same module.

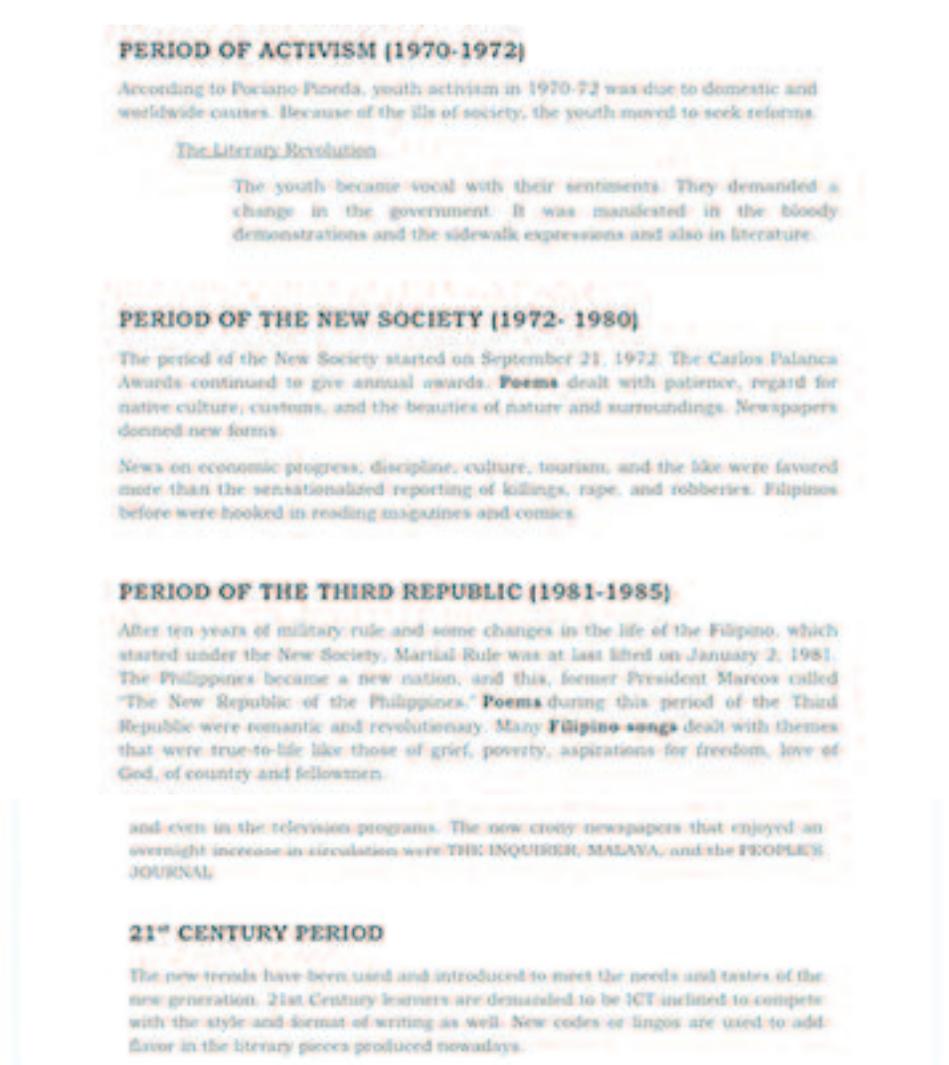
“I felt something was off... I recall that we were confused [at] that time when this topic was discussed,” he said, adding that the

counts of felony child abuse, WTVVA reported.

Traci Hutson faces misdemeanor charges of failure to report abuse and simple assault against a minor.

The facility’s owner, identified in state documents as Sheila Sanders, previously told the Monroe Journal that she fired those involved after learning about the incident.

Workers said they were trying to put a scare into some kids who had



**HISTORICAL DENIALISM** The Alliance of Concerned Teachers has asked the Department of Education to pull out one of its history modules being taught in schools in Marinduque and other parts of Region IV. The module, excerpts of which are seen in the above screenshots, depicts the Marcos dictatorship as the “period of the newsociety” and glosses over the human rights abuses of that time.

“sugarcoating” of history was “outrageous.”

In the Schools Division of Manila, modules have been undergoing revision since June and writers were given an indirect order to “avoid political colors,” the Inquirer learned.

The same division earlier produced a learning module in philosophy that cast then Vice President Leni Robredo in a negative light because of supposed “character assassination.”

Anne Besin-Laquian, a senior high school teacher in humanities, said this prompted the division to revise the modules.

“We had to revise some of our activities that might give rise to false claims, like those under the topics of martial law, in particular the activity on

been ‘bad.’

“I don’t condone that and never have,” she told the paper.

Sanders said a similar incident was also recorded in September, but that she was not made aware of the incidents until the video appeared on social media.

One worker — who referred to herself as CeeCee — has claimed the act was not “ill-intentioned.”

“It wasn’t meant to harm anybody and it wasn’t ill-intentioned,”

exercising freedom of speech,” she said in a phone interview.

## ‘Soften the blow’

One of the module writers who cited the 1986 Edsa Revolution as an example of freedom of expression was asked to “use a different article” or give another example, Laquian said.

“There are proofreaders who will say, ‘wait, apply the brakes here, or let’s weaken this or soften the blow,” she said.

“Even though they won’t directly tell us to change or rebrand the term of martial law as new society or Bagong Lipunan, there is... avoidance of the issue,” the teacher said.

“While it’s not directly distorting history, it’s like softening the blow, which in turn discourages the practice of critical thinking,” Laquian said. #

she said in a video shared on Facebook, according to the Daily Mail.

The teachers asked me if I would do it or if they could use (the mask) to get their class to listen or clean up. I’m not a child abuser,” she said, adding that she made her plan of scaring the kids known to other staffers but failed to disclose it to Sanders. #

**What we see changes what we know. What we know changes what we see.**

**Jean Piaget**

From Page 7 Ex-daycare workers a whistleblower said in a Facebook post.

The troubling clip prompted the state Department of Health and the Monroe County Sheriff’s Office to launch an investigation, which ended in five people being charged.

Former employees Sierra McCandless, Oci-Anna Kilburn, Jennifer Newman and Shyenne Shelton were each charged with three

# Montreal to fund local newspapers in lump sum, media head calls it 'fresh air' in challenging times



Luca Caruso-Moro CTVNews Montreal.ca Digital, Published Oct. 21, 2022 10:03 p.m. EDT

Montreal will deliver lump sums of \$85,000 to small newspapers in an apparent effort to energize an industry hit hard by the effects of digitization and distribution costs.

"Aware of the major challenges facing the industry," the city says the funding should help companies review and transition their business models and stay afloat. "Montreal will invest \$2 million to assist local print newspapers in this necessary transition," reads a release to media.

The city says that it started dialogue with local media heads prior to its recent moves to regulate the distribution of paper advertising – a move met with resistance from some, specifically over changes to Publisac,

the distribution system at the source of an arm-wrestle between its parent company, the city, and Canada Post.

In April, the city announced that TC Transcontinental, the company behind the Publisac, which delivers packages door to door containing coupons and flyers, would need to shift its deliveries only to households that opt-in. The new rule is supposed to reduce the number of unused flyers ending up in the bin, but TC Transcontinental has said the opt-in model is unsustainable.

Metro Media, which relies on Publisacs for distribution, has been outspoken since the city introduced the restrictions. The company's president, Andrew Mule, says member papers have felt the chill.

"We are distributed by a distributor that is right now being

demonized by the City of Montreal," said Mule Friday. "We live on advertising, and our advertisers see that."

He says the alternative, distribution through Canada Post, would quadruple his costs.

## 'FRESH AIR'

"We've suffered quite a bit since the original announcement in April," said Mule. "The city understood the urgency, and turned it around quickly, I'm very happy."

"I'm extremely happy that they managed to mobilize some funds to help give us a breath of fresh air."

The city said its aware of 35 papers that are eligible for the funding, but that list is "not exhaustive," according to Luc Rabouin, who handles the economic development file.

In order to qualify, news organizations must be the owner or

occupant of a building in the metropolis, produce a paper delivered to residences, print at least 3,000 copies of each edition, at least six times per year. They must also have been around for at least 12 months prior to the regulation taking effect.

The only rules applying to content are that publish journalism written by at least one reporter, "intended exclusively to inform the population of one or more neighbourhoods, boroughs or municipalities in the agglomeration of Montreal."

"We are not opposed to moves that support the environment," said Mule. "As a matter of fact, the vast majority of our readers are militant environmental supporters."

"Our job is to reflect our readers' needs," he added. #

## Montreal property valuations are rising. Here's what you can do about it

Rob Lurie, CTV News Oct. 20, 2022

Montreal property owners have been hit with massive increases in their valuations -- on average, the increase is expected to grow 32 per cent over the next three years.

It was a rude awakening for Sylvia Bielec when she checked the mail Wednesday.

"At first I thought it was a mistake," she said.

According to the city, her home rose in value by 46 per cent -- a \$200,000 increase over the last valuation.

"There is a slight increase every year, and you have the comparison from last year and you're like 'okay, that makes sense'," she said. But this year,

"we're all completely shocked."

Realtors say the new valuations reflect the peak of the hot housing market over the last three years which, according to realtor Amy Assaad, has cooled.

"The real estate market of the past 3 years is not representative of the next 3 years," she said. "Interest rates are already having a negative impact and it seems irresponsible of the city."

"They shouldn't be adding additional financial burdens to Montrealers at this moment."

However, just because your house may be valued at 40 per cent higher, that doesn't mean your tax bill will go up by that much.

The city says it won't raise

property taxes above the inflation rate, which is currently 7 per cent.

Still, Bielec says that's a hefty increase.

"Homeowners are not people who are necessarily wealthy," she said.

"I live in a very modest home, the home valuation was not very high ... I think anytime when you're being asked to spend \$200 here, \$200 there, \$200 there, that adds up," said Bielec, who told CTV that, despite her rising costs, she's not expecting a raise at work.

And it's not just home owners -- renters could also be hit, as landlords pass on part of their tax hikes to tenants.

## HOW TO CONTEST IT

here is recourse available for property owners who want to contest their

valuation.

If you feel that your valuation isn't right, you can apply for an adjustment on the city's website.

However, the burden of proof is on you as an owner, and it costs about \$300 to contest for most homes, which isn't refundable, even if you win.

Grounds to lower your valuation include breakage, construction defects, nuisances like noise and pollution, or if its inappropriate to your financial situation (loss of rent, high expenses, sale of comparable buildings).

You should also look at the sale prices of comparable homes in your neighbourhood before contesting.#