

Quebecers vote on Oct. 3rd



François Legault, CAQ; Dominique Anglade, PLQ; Gabriel Nadeau-Dubois, Quebec Solidaire; Paul St. Pierre-Plamondon, PQ; Eric Duhaime, PCQ.

Quebec's election campaign began Sunday, August 28, and Quebecers will go to the polls on October 3.

Before the dissolution of the Quebec Solidaire's Gabriel Nadeau-Dubois. (legislature, Legault's party had 76 seats, while the Quebec 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.

Here's a look at the five parties vying to form the province's next government.

Coalition Avenir Quebec

In 2018, the Coalition Avenir

Quebec – also known as the CAQ – took power for the first time, becoming the first party other than the Parti Quebecois and the Liberals to win a

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Queen Elizabeth II, longest reigning monarch, dies at 96 See Page 7





From the publisher's desk

**Be sure to vote
and understand the most
important issues**

Zenaïda Ferry Kharroubi

Two outstanding things to remember in any election - know and understand what issues are in each party's platform but most of all, be sure to exercise your right to vote.

With the advent of technology and the explosion of information, all we need to do is have the interest to get connected to the internet, listen to the radio, or watch television news broadcast at all hours of the day. Moreover, there are lots of free newspapers distributed in many store outlets where people shop. Evidently, there is no excuse not to be well informed. But then, it is also true that some people do not like to read nor watch the news. Perhaps, the only way to get through to them is a personal approach. Hence, political candidates who work hard always go door to door to reach out to the people who choose to be out of touch with current events. In some cases, social media becomes a very powerful tool but must be used with extreme caution as there is always a danger from misleading information available on Facebook, Twitter, Instagram, We Chat, Youtube, etc.

In order to help our readers reflect on the issues of the provincial elections in a few days by the time this newspaper is published, we have summarized the platforms of the major political parties as well as interviewed

the candidates in the two ridings where most Filipinos live and work. We hope that our effort to help people vote wisely in order to meet their own needs and concerns will help change the attitudes of everyone who did not vote in the past elections. This is the opportunity to have your voices heard and to decide the future of our province in the next four years.

Based on the major features of the political parties' platforms, there are six major issues in this election, namely, childcare, cost of living, education, environment, health care and housing. Under each heading, an outline of each party's platform is given on pages 4 and 22 but we want to make readers aware that they still have to keep up to date with the latest developments of these different platforms for there maybe some changes that cannot be included in our report.

We would like to caution our readers not to be influenced by the polls as no one can really predict what happens until after they count the ballots cast. However, there is no way you can be represented unless you go and vote on dates for advance voting or on election day, October 3rd.

The power to change your life is all in your own hands so it is in your own interest to vote wisely.

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"I Don't Want to be Excluded": With Mass Regularization in Sight, Migrants Rally to Demand a Fully Inclusive Program



Hundreds of people marched in the rain in Toronto on Saturday to call on the federal government to extend permanent status to undocumented people. (Patrick Swadden/CBC)

Montreal, September 18 - On Sunday afternoon, migrants and allies rallied in downtown Montreal as part of a pan-Canadian day of action to demand that regularization of undocumented migrants be comprehensive, immediate, and fully inclusive, with no exclusions or discriminations. The march took place in response to news that the Canadian government is finally moving forward on a regularization program for undocumented migrants.

"I do not want to be left behind, again! We are sick of being excluded - from society, from labour standards, from healthcare and other services, from immigration processes! This is why we demand a program that includes absolutely everybody," said Samira Jasmin, an undocumented organizer with Solidarity Across Borders (SAB). "Equality is equality. All exclusion is discrimination. All exclusions are just means for continuing exploitation - leaving us prey to bosses, landlords, unscrupulous lawyers, and sexist violence." Demonstrators marched past the downtown site of Immigration Canada at 1010 rue Saint-Antoine, banging pots and pans to express their anger, and leaving behind hundreds of hand-written signs saying, "I don't want to be left behind."

The case of Mamadou Konaté, spokesperson for the Immigrant Workers' Centre (IWC) is a perfect example of why the new program must be fully inclusive. Despite working as a janitor in long-term care during the pandemic, He was excluded from the one-time "ange gardien" regularization program, because he was not working directly with elders. Konaté now faces deportation on September 30th, deemed inadmissible for permanent residency due to his political activity in Côte d'Ivoire. "My life, my friends, my support network are all in Montreal," said Konaté. "Like everybody living with precarious or no status, I deserve equal treatment and permanent residency under the new program."

There are at least 500 000 undocumented migrants in Canada and there are another 1.2 million migrants living with precarious status. Undocumented migrants are migrants who entered Canada as refugee claimants or as temporary workers or students and then lost their legal status because Canada's immigration system failed them. Most people with temporary

status in low-waged work do not have access to permanent residency, so eventually they are forced to either leave Canada or to stay in the country undocumented.

"Migrant workers here on temporary visas are deeply exploited," said Gaurav Sharma, another organizer with the IWC and a refugee claimant. "Be it on farms, in restaurants, or in long-term care facilities, we are subject to underpay and harsh conditions, even death. Speaking up can mean losing your job or your housing, being deported or losing your status. And it's made even more complicated by provincial immigration policies. For example, Quebec excludes "low-skilled" jobs from the Programme de l'expérience québécoise, one of the very few pathways to permanent residency here. That's why we need an effective regularization program that includes everybody!"

"When we make the difficult decision to stay in Canada without papers," added Aboubacar, another non-status organizer with Solidarity Across Borders (SAB), "we face the constant threat of arrest, detention and deportation, and separation from our loved ones. It's incredibly stressful. This is discrimination at the deepest level, which can only be solved by Status for All."

Over 480 organizations across Canada support the call for a simple and accessible regularization program without barriers like excessive paperwork or exclusions and inadmissibilities, including in Quebec the Ligue des droits et libertés, Fédération des femmes du Québec, Doctors of the World, and the FRAPRU.

In the midst of a provincial election where debates about immigration have given free reign to xenophobia and racism, migrants and their allies are calling on all Quebec political parties to support their struggle for regularization. Demonstrators ended the march with a joyfully defiant moment of dancing in front of the offices of Quebec Premier François Legault.

"We are building a mass movement against structural racism in Quebec," said Aboubacar, "And the demand of our movement is clear: Status for All, with no exceptions, now!" Source: Solidarity Across Borders solidaritysansfrontieres@gmail.com solidarityacrossborders.org

VIEWS AND PERSPECTIVES



Alvin Thomas Dahan Veloso

The Philippines has high unemployment, poverty and a lack of housing, which are obstacles to personal progress. As a result, Filipinos prioritize education as the path to a better life.

In the 1960s, the Philippines experienced exponential growth and was considered one of the "Tigers of Asia" economies. However, due to internal issues, the Philippine economy failed. It did not capitalize on its potential to become a financial powerhouse like South Korea, Japan or Singapore. For a country with over 133 million people, the economic and social situation is confusing and not easy to explain.

There are sprawling and

The Filipino migrants, the unsung heroes

impressive corporate head offices in major cities like Makati, Fort Bonifacio, Cebu, and Davao. Nevertheless, this situation masks employment challenges of the broader economy.

According to the Philippine Overseas Employment Administration, there are 2.2 million Overseas Filipino Workers (OFWS) located in 187 countries. As of 2020, some of the top destinations for OFWS include Saudi Arabia (26.6%), United Arab Emirates (14.6%), Kuwait (6.4%), Hong Kong (6.3%), Qatar (5.4%), Singapore (5.3%), Europe (6.7%), and North and South America (5.25). The Philippines badly need employees to help manage its economy. Still, the country lacks the resources to stop the brain drain to other locations.

Canada has always welcomed Filipinos. There are thriving Filipino communities in Toronto, Vancouver, Calgary, Edmonton, Winnipeg, New Brunswick and Montreal. In the early 1960s, many Filipinos chose to live and work in Montreal. These OFWS were teachers, doctors, nurses, dentists, dieticians, and even sailors.

The new migrants in Montreal are professionals constrained from practicing because their certifications were not recognized by local authorities. The challenges did not stop adaptable and resilient Filipinos. They found decent wages pursuing alternative occupations such as caregivers, factory workers, or janitors. In Spanish this situation is described as "al hambre no hay pan duro" which



Some Filipino migrants who chose Montreal as their adopted home

translates as "in hunger, there's no stale bread." Beggars don't choose.

Despite these challenges, Filipinos who are family-centric always consider their families and will often send remittances to their loved ones in the Philippines.

Filipino employees are marketable because of their reliability, efficiency, strong work ethic, and English-speaking capabilities. Through employer sponsorship programs, some Filipinos become permanent residents and eventually qualify for Canadian citizenship. As residents of Quebec, Filipino immigrants enjoy social and health benefits.

Notwithstanding the cold winters, Filipinos seem to be happy living in the enchanting city of Montreal, the Paris of North America. The town is charming, blessed with a panoramic view of Mount Royal, many sports

teams, and a cosmopolitan ambiance.

For some, migration is difficult or unfortunate. There are places in the world where Filipino immigrants are mistreated. This plight of migration has always been a concern for the Catholic Church. Pope Leo XIII in his *Rerum Novarum* "Of New Things," and Pope Francis in his encyclical letter to the bishops of the Roman Catholic Church, stressed the Divine Right of men to work and earn decent wages. Humans deserve to work and respect regardless of race. This is a delicate issue that needs to be addressed by all - Canada, the Philippines, and the Catholic Church.

As Filipino Canadians, we stand in solidarity with our kababayans in the search for a better life and applaud them for a job well done. Keep up the good work and MABUHAY!



Anthony Housefather

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- ✓ and more



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From Page 1 Quebecers vote

Quebec election in more than 50 years.

Founded in 2011 by Francois Legault, a former PQ cabinet minister and airline executive, and Charles Sirois, a businessman who had supported the Liberals, the centre-right party sought to move past the debate on independence by instead promoting Quebec nationalism rather than separation from Canada.

Legault's government has strengthened the province's French-language law and banned certain public servants, including teachers and police officers, from wearing religious symbols on the job. It also proactively invoked the notwithstanding clause to protect both of those controversial laws from Charter challenges.

His government has also pushed for more autonomy from Ottawa, including more power over immigration.

Legault, who remained popular during the COVID-19 pandemic, is running on his record and the province's strong economy. Recent polls have suggested he will be re-elected with a bigger majority than the one he secured in 2018.

Quebec Liberal Party

The Quebec Liberal Party has long positioned itself as the defender of federalism and champion of the economy, but since 2018, the CAQ has successfully sold itself as a safe option for federalist and economically minded voters.

Since the last election, the Liberals have struggled to connect with francophones and have alienated part of their anglophone base in Montreal.

Support for the party among Quebec's francophone majority is at seven per cent, according to a recent Leger poll. And while the Liberals voted against Legault's language law reform – seen by some anglophones as an attack on their community – the party's initially ambiguous stance has created dissatisfaction among English-speakers. In reaction to the Liberals being seen as weak defenders of anglophone rights, at least two new parties have formed – Bloc Montreal and Canadian Party of Quebec – that claim to represent the interests of the province's linguistic minorities.

Liberal Leader Dominique Anglade, who worked as a management consultant before entering politics, says her party is offering a unifying alternative to Legault's "arrogant" and "divisive" government.

Anglade, a former president of the CAQ who left Legault's party in 2015 over its stance on immigration and identity issues, is promising tax cuts for those making less than \$92,500 and a \$100-billion green hydrogen plan.

Quebec Solidaire

While Quebec Solidaire does not have a traditional leader – it instead names one female and one male as "co-spokespeople" – party co-spokesman Gabriel Nadeau-Dubois is the party's candidate for premier. He became famous in the province as a leader of the 2012 student protests that

led to months of demonstrations and garnered international headlines.

Nadeau-Dubois has said his party will campaign on addressing Quebec's affordable housing shortage, helping people deal with the rising cost of living and fighting climate change.

If elected, Quebec solidaire would change the province's secularism law to allow public sector workers affected by the legislation to wear religious symbols at work – as long as their faces are uncovered.

And while the party expressed concern about the potential negative effect of the CAQ's language-reform law on Indigenous communities, Quebec solidaire supported the bill.

In 2018, Quebec solidaire went from three seats in Quebec's legislature to 10 as the left-wing party made gains outside of Montreal for the first time.

Conservative Party of Quebec

Quebec's Conservative party received less than two per cent of the vote in the 2018 election, but since nominating former Quebec City radio host Eric Duhaime as leader in April 2021, the party has been regularly polling around 14 per cent.

Duhaime has collected support from disaffected former CAQ voters upset at the party for imposing some of the most stringent COVID-19 restrictions in the country, including a curfew that lasted five months. The party has also garnered support from people opposed to COVID-19 vaccine mandates.

The Quebec Conservatives, who are not affiliated with the Conservative Party of Canada, are campaigning for more privatization in the health-care system, lower taxes and smaller government. Duhaime has said he opposes Legault's language law reform but supports the religious symbols ban.

Major issues in this election:

1) CHILD CARE

Coalition Avenir Québec

Building on its action plan announced last October, the CAQ has said it will spend another \$1.4 billion over five years to subsidize all remaining unsubsidized private daycare spots, adding another 37,000 subsidized places to the daycare network, so that all Quebec families will have access to affordable, quality child care. In December 2021, the government agreed to an 18 per cent wage increase over three years for CPE educators and a wage increase of eight to 12.5 per cent for support staff.

Quebec Liberal Party

The PLQ promises a daycare spot for all toddlers within five years. It would convert all non-subsidized daycare spots into subsidized ones and charge parents a single rate of \$8.70 per day. It would extend paid parental leave by six months for parents still looking for daycare. It would eliminate lunchtime daycare fees in public elementary schools and compensate school service centres.

Québec Solidaire

QS would give \$870 a month to parents of children under 18 months

who have exhausted their benefits under Quebec's parental insurance plan. It would create "micro" daycare centres in small towns, workplaces and in schools. It would improve child-care workers' salaries and working conditions. It would pay workers on parental leave who are eligible for Quebec's parental insurance plan (RQAP) 100 per cent of their salary.

Parti Québécois

The PQ would guarantee access to subsidized daycare. It would ensure daycares are sufficiently staffed.

Conservative Party of Quebec

The PCQ would let parents choose the daycare model that suits them best, gradually ending subsidies to public and non-profit daycares and, by the end of a first mandate, giving families where at least one parent works full time \$200 monthly per child to spend on daycare. It would allow the current daily daycare fee to be increased as the monthly payment rises, eventually lifting the cap on the daily fee and allowing daycares to determine fees.

2) COST OF LIVING

Coalition Avenir Québec

The CAQ has promised to give \$600 by year's end to Quebecers with an annual income of less than \$50,000, and \$400 to those earning between \$50,000 and \$100,000, to counter inflation. It promises an annual allowance of up to \$2,000 to people aged 70 and up, retroactive to 2022. It would lower the personal income tax rate by one percentage point for Quebecers in the bottom two tax brackets, starting in 2023. If granted a third mandate, it would then cut the tax rate by .25 per cent annually until 2032, financing this measure by drawing on Quebec's Generations Fund.

Quebec Liberal Party

The PLQ would lower the personal income tax rate by 1.5 per cent for Quebecers in the bottom two tax brackets but increase the tax rate for those earning \$300,000 or more. It would freeze electricity costs for a year, eliminating the provincial sales tax on the first \$4,000 in residential electricity bills. It would end the practice of linking Hydro rate increases to inflation. It would increase the solidarity tax credit available to low- and middle-income families and raise the basic income tax exemption for Quebecers aged 65 and older to \$30,000. It would drop the provincial sales tax on products considered to be basic needs, such as soap and over-the-counter medication.

Québec Solidaire

QS would raise the minimum wage to \$18 per hour and provide financial support to small and medium businesses and community groups to help defray labour costs. It would freeze Hydro-Québec rates and double the solidarity tax credit. It would make the Quebec public pension plan universal, taking into account unpaid labour, and it would set a minimum pension. It would decrease public transit fares by 50 per cent with the goal of eventually offering free public transit.

Parti Québécois

The PQ would freeze the price

of gas at \$1.60 per litre for six months to a year, in the event of a "crisis" or "exceptional circumstances." It would give \$1,000 to seniors who earn less than \$35,000 annually. It would increase the Quebec Pension Plan (QPP) retirement pension to eventually reach 40 per cent of average monthly earnings and increase maximum contributory earnings to \$75,000 per year. It would set up a pension benefit insurance fund to which employers would contribute, to protect workers in the event an employer goes bankrupt. It would allow Quebecers aged 65 and older to stop making QPP contributions and increase the tax credit for seniors who continue to work.

Conservative Party of Quebec

The PCQ would draw down 25 to 50 per cent of Quebec's Generations Fund and apply that to maturing issues to reduce the debt. It would retroactively increase the 2022 personal income tax exemption to \$20,000. It would lower the personal income tax rate by two percentage points for Quebecers in the bottom two tax brackets, with the eventual goal of introducing a single taxation rate. It would eliminate the provincial sales tax on used consumer goods, including vehicles.

3) EDUCATION

Coalition Avenir Québec

The CAQ would invest another \$2 billion over four years to renovate and update schools, in addition to the \$7 billion allocated in the last budget. Reversing an earlier decision, it promises to build a new high school in Sherbrooke. It would invest \$348 million in vocational training to help address the labour shortage, with the goal of graduating 30,000 more people to work in key economic sectors. It would allow Grade 9 students to receive vocational training while pursuing their general education diploma.

Quebec Liberal Party

The PLQ would invest \$4 billion to improve air quality, renovate and build schools. It would double the supplement for buying school supplies, from \$108 to \$215 per school-aged child. It would offer a tax credit of up to \$500 to defray the cost of private speech therapy, tutoring and other services when not available in schools. It would pay up to \$5,000 per student for free access to one concentration program such as sports-études. It would hire more teachers and offer more continuing education to teachers and other professionals. It would allow Dawson College to resurrect its expansion project.

Québec Solidaire

QS would increase funding for French-language CEGEPs and universities, particularly those in outlying regions, and launch an interregional exchange program to promote CEGEPs and universities outside of major cities. It would eliminate all public school fees. It would update the school curriculum to reflect Indigenous peoples' lived experience. It would hire enough professionals to

See Page 22 Quebecers vote

“That enriching experience allowed me to witness first hand the inequalities that exist in our riding,...” Michelle Setlakwe



Michelle Setlakwe, official candidate for Mount Royal-Outremont Riding, Liberal Party of Quebec

The questions I prepared for the official candidates of different political parties are designed to give the community a comparative view of their platforms and personal priorities if elected to office. I have intended to meet with each of them and review their answers to my questions, however, due to a conflict of schedule, I was unable to meet Ms. Setlakwe. She was willing to come for a brief meeting at the same day that I was committed to attend a workshop of a community organization where she was also invited along with other candidates to face questions from the public.

The following is the exact copy of her answers to the five questions I prepared for all candidates:

Question 1: What motivated you to run for a public office?

Answer: After I had my 3 children, I interrupted my law practice and became more active in my community, volunteering in their schools (especially Saint-Clément public school in the Town of Mount Royal) and for the CHU Sainte-Justine

Hospital Foundation. That involvement, coupled with my strong listening and problem-solving skills, led me to municipal politics. I was a city councillor in TMR for 5 years, a role that I loved and where I gained a lot of experience working hand in hand in a collaborative manner with my constituents, colleagues, the municipal administration and other elected officials at different levels of government. In the past year, I volunteered for MultiCaf, a charitable organization established in Côte-des-Neiges dedicated to fighting social exclusion and ensuring food security for those in need. That enriching experience allowed me to witness first hand the inequalities that exist in our riding, which were exacerbated with the pandemic. I am more than ever dedicated to bettering our community, and in light of all the issues that we are currently facing in our society, I feel a strong desire to continue in politics at the provincial level. I am proud to run with the Liberal Party, whose values of inclusion are dear to my heart.

Question 2: What do you think are the concerns of residents in the riding you want to represent?

Answer: The needs of the citizens of the Mont-Royal-Outremont riding are quite diverse just as their cultural background.

The following areas of concern are most important:

a) Cost of living: inflation is on the rise, prices increase, and the cost of living has become a terrible burden for families from the middle class and people with lower incomes.

b) Poor condition of public infrastructures, especially those dedicated to education and healthcare, physical and recreational activities: schools, hospitals, sports centers, etc.

c) Workforce shortages: it is critical to fill vacant positions in our businesses (restaurants, grocery stores, shops, etc.) and public services

(hospitals, schools). It is vital for the economy, especially during this post-pandemic recovery period, to fight workforce shortages.

Question 3. What measures do you propose to solve the current manpower shortage affecting hospitals and schools?

Answer: On an organizational level, our health and social services network does not need a major overhaul of structures. Instead, we would focus on adjusting the solid aspects of our existing organization to generate more local accountability. Concerning the specific problem of workforce shortage in hospitals, we would:

- Increase the number of registrations in nursing and medicine;

- Triple the number of specialized nurse practitioners in the network by 2030;

- Accelerate obtaining the Certificat de sélection du Québec (CSQ) for Quebec's temporary foreign workers and international students in the health and social services sector;

- Deploy a recruitment campaign in other provinces to attract trained staff;

- Coordinate an international offensive for particularly in-demand

employment sectors, namely anesthesiologists, institutional pharmacists, respiratory therapists, and nurses;

- Accelerate recognition of foreign diplomas.

- To improve working conditions in hospitals, we would:

- Eliminate mandatory overtime for nurses;

- Implement safer staff/patient ratios;

- Reduce the pressure on hospitals by adding about 100 Family Medicine Groups (to be renamed Access Teams in Quebec) to reach a total of 400 Teams across Quebec. We would work to ensure that 100 of those Teams are superclinics, open 7 days a week.

- In schools, we would:

- Increase the number of teachers, including by facilitating access to qualifying masters' degrees;

- Make the tutoring program permanent;

- Introduce a tax credit to cover the costs associated with academic success (for example, to cover speech therapy or tutoring fees);

- Deploy a major undertaking to upgrade our primary and secondary

See Page 23 Michelle Setlakwe

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FIRST PERSON STORIES

On Aging - its Challenges and Pleasures

(Sa Pagtanda – Mga Hámon at Mga Kasiyahan Nito)



Pete Guidote

Throughout a lifetime, the brain changes more than any part of the body.

As I age, my bodily systems decline including my average 3-lb brain with its 100 billion neurons interconnected via trillions of synapses. Slowly, the changes associated with normal aging begin when learning new information takes longer, when multi-tasking becomes more difficult, when recalling names and numbers declines rapidly, when remembering appointments becomes harder to access.

With my advancing post-retirement years and alone in a seniors' home, I began to sense my life has a best-before date. Except I don't know the date. Inexplicably, under this

momentary spell, a potent imperative reaction arises within me to show no shame or embarrassment to display affection to new acquaintances who could be the last set of friends I will ever have. For now, I am still alive and so is the other in front speaking to me.

At 84, my bucket list, should I decide to write one, will not include paying for a seat on the next intergalactic space travel to view Mars' polar caps, or to seriously seek part-time work in one of the 184 oil rigs in the North Sea, or to finish reading Proust's 7-volume *In Search of Lost Time* despite my many attempts in the past. These games and opportunities require bodily strength and mental stamina. Properties I no longer own. Instead, my bucket list will have objectives that involve neither too little nor too much mental and physical stimuli, such as allocating a few hours a week with convivial friends playing contract bridge, Scrabble and backgammon (with the grandchildren), group tai chi; while in others, the list may include tackling 500-piece puzzles, doing chair yoga, learning to paint using oil or watercolor, and doing group knitting. Gentler, milder forms of relating and communing with comrades travelling the same road towards – where? Who knows? Spiritual tranquility? Senility? But forge ahead I must. The bonds of deep friendship and alliances among retired seniors can still develop and blossom. To borrow from Dante's *Inferno*, there is no need to abandon all hope ye who reach the gate of aging.

One more thing I can say. My

Ang malaking pangarap na walang katapusan (A big dream that never ends)

Ang buhay ng isang tao ay parang isang aklat - ang unang kabanata ay ang ating pagsilang sa mundo, at ang susunod ay maraming kabanata na maaaring bumilang ng ilang taon na hindi natin alam sa simula kung ano ang mangyayari sa bawat segundo, minuto, oras, araw, linggo, buwan at taon.

Habang tayo ay nasa ating kabataan, ang daigdig ay parang napakalawak, at ang ating kinabukasan ay nasa ating mga kamay. Ang ating kaligayahan ay nanggagaling sa sariling pagsisikap at pag-asa na mararating natin

ang mga panaginip na umunlad at magkaroon ng magandang buhay. Ito ang nasa isip ko nang ako'y umabot ng 16 na taong gulang hanggang sa panahon na naisip kong mangibang bayan nang ako'y maging 25 taong gulang.

Nakalipas ang maraming taon na hindi ko namamalyan dahil marami akong pinagka-abalahan. Hindi pa mandin ako nag-reretiro sa pagtuturo sa paaralang publiko sa Montreal, nagtayo na ako ng sarili kong paaralan (private school) dahil gusto kong maisagawa ang aking pilosopiya sa edukasyon. Nang ako'y nagretiro pagkatapos ng 25 taon sa

thoughts, deprived of refreshing stimulation and occupation, tend to meander and visualize imaginary ills. They needlessly dwell on the creeping loneliness, boredom, and isolation as my disposable time becomes plentiful. I experience the impossibility of soaking, once more, in the bathtub, of reaching and stretching for items inside high kitchen cabinets. Tasks that were once easy, now have become overwhelming.

The awareness of the danger of slipping and falling becomes a constant companion; I become preoccupied in avoiding to roam in familiar surroundings formerly considered safe. And worse, old age brings me sadness for the recurring reminder of one other truth: the transience of all things.

However, alone at various periods of the day, I find my quiet time channeling into past memories to remember in sweet surrender a teacher (Mrs. Pilar Z. Hernandez) in my English Literature and Composition high school class, who would unwrap the class assignments, then would step back, making the class forget what she was saying because all were listening to a source deeper than the teachings themselves.

Each time I pick up a book from the town library or from my bookshelf (I now only have one), I relish the memory of that teacher for enabling to draw out from within me and from the young malleable minds in her class a great love of learning and to experience rare emotions and noble thoughts. This, I now realize, is what is the greatest gift one can ever receive from one's teachers.

Such occurrences foster restful interludes: the "remembrance of things past" - Proust-style.

Books are now my new silent

paaralang publiko, marami akong sinalihang asosyasyon ng pagkaka-wanggawa (non-profit associations sa Ingles). Dahil dito, naabala ako sa aking pag-aasikaso ng aking sariling negosyo at hindi naisagawang lahat ang dapat gawin upang magpaunlad nito. Magsisi man ako ay huli na.

Sa aking pagmuni-muni, may mga tanong ako sa sarili na parang walang kasagutan. Kaylan kaya matutupad ang aking mga pangarap? Bakit ba ako naglakas loob magtayo ng sarili kong paaralan? Dapat kayang itigil ko na ang aking pangarap pagkatapos ng 33 taon upang maiyukol ko ang oras sa ibang bagay kagaya ng pagsusulat at pagpipintura (painting)?

Sa isang banda, may kasabihan na pagka-habababa man ng prosesyon sa simbahan din ang tuloy at saka Diyos ang bahala, pero nasa tao ang gawa. Maaaring may darating pang pagkakataon upang maitagumpay ko ang aking pangarap na mapaunlad ko ang paaralang pinagtiyagaan kong kupkupon ng maraming taon mula noong 1989 hanggang ngayon 2022.

May pangyayari sa mundo na hindi mai-iwasan, kagaya ng Covid 19 na nagbigay sa ating lahat ng maraming problema at maraming tao ang namatay sa sakit na ito. Dahil sa pandemia, maraming maliliit na negosyo ang nagsara at napinsala, kasali rin ang aking sariling paaralan. Kahit may kaunting tulong na ibinigay ng gobyerno, hindi sapat ito sa lahat ng gastos ng isang maliit na negosyo.

oases of comfort for the soul as my circle of friends has grown smaller as I got older. My addiction to books and reading helped rediscover, with bits of melancholy, the traces of happier times, of pleasures shared.

William of Saint-Thierry, the 12th century Benedictine monk, wrote: "The spirit, if allowed to breathe, will tend toward higher things." This reflection brings me to a subtle awakening of reaching into a new level of consciousness.

Michel de Montaigne, who first coined the word essay, liked pleasant and easy books, which entertained, consoled, and counseled him. Gustave Flaubert's admonishment is: read in order to live. Read to find ourselves when we are young, thereafter we should read to lose the self we found.

I, too, pay tribute to books for the good company they provide. They keep me out of mischief. In an age of speed and constant motion, nothing is more urgent for me than sitting still, nothing more invigorating than going slow, and nothing more luxurious than paying attention with books in my hands.

As I come to the ending, I shall switch to the plural "we."

Lost in the world of literature, we become temporarily someone else. Literature can change our life by giving us intimate access to an astonishing variety of other lives, by making us experience places across other ages. Literature changes the way we see the world and how we act upon it.

The power of literature shall continue to deepen our understanding of Man and the reasons for living in this world. #

Bukod sa maraming pagbabago sa batas ng imigrasyon, mahirap makipagkumpetensiya sa mga kursong libre sa mga paaralang publiko. Pati ang mga bagong dating na pansamantalang manggagawa (temporary workers) nagbibigay din ang gobyerno ng kursong libre sa kanila at nagpapadala pa ng mga guro sa mga kumpanya na pinagtatrabahuan nila. Pero mayroon din mga taong naghahangad matututo agad kaya't sila ang pumapasok sa aking paaralan. May mga estudyante na nakaranas na mag-aral sa aking paaralan ang nagre-rekomenda sa kanilang kaibigan o kamaganak na pumunta sa Gilmore College International upang ma-intindihan nila agad ng husto ang salitang Pranse. May mga batang ipinanganak sa Canada na hind marunong mag-Tagalog. at iba pang mga batang nag-aaral sa mga eskuelahan na nangangailangan ng tulong sa par-aaral nila ng Ingles o Pranse. Kung dadami ang mga kabataang ito na papasok sa aking paaralan, kailangan ko rin kumuha pa ng mga gurong tutulong sa akin na magturo.

Ako'y naniniwala na habang may buhay, may pag-asa. Kahit wala pang kasagutan ang aking mga tanong sa sarili, at hindi ko pa alam kung matutupad ang aking pangarap, magpapatuloy pa rin ako. Balang araw, maa-arang matupad din ang panaginip kong mapaunlad ang Gilmore College International upang ito'y maging tanyag sa buong Montreal at hanggang sa ibang sulok ng mundo. #

Sinulat ni Zenaida Ferry Kharroubi



Larawan ng pagkapanalo ko ng "most original hat" sa barko ng Pres. Cleveland, Octobre 1965, papuntang Amerika (San Francisco, California).

Queen Elizabeth II, longest reigning monarch, dies at age 96, Sept. 8th

September 8, 2022 Becky Sullivan Reporter, News Desk- Queen Elizabeth II, whose seven decades on the throne of the United Kingdom was a longer reign than any other British monarch, has died at the age of 96.

The queen "died peacefully" on Thursday afternoon at Balmoral Castle, her estate in the Scottish Highlands, royal family officials announced.

Her son Charles, 73, is now king and will be known as King Charles III. Officials said he remains at Balmoral and will return to London on Friday.

The King and The Queen Consort will remain at Balmoral this evening and will return to London tomorrow.

"The death of my beloved Mother, Her Majesty The Queen, is a moment of the greatest sadness for me and all members of my family," the king said in a statement. "We mourn profoundly the passing of a cherished Sovereign and a much-loved Mother. I know her loss will be deeply felt throughout the country, the Realms and the Commonwealth, and by countless people around the world." Camilla, his second wife, will be known as queen consort.

Elizabeth had been placed under medical supervision earlier Thursday, officials said. "Following



Rainbow that appeared outside of Buckingham Palace on Sept. 8, 2022. (Photo: Leon Neal via Getty Images)

further evaluation this morning, The Queen's doctors are concerned for Her Majesty's health and have recommended she remain under medical supervision," the palace had said in a statement.

Other members of the royal family had also traveled to Balmoral, including her grandson Prince William, who is now the heir apparent. Prince

Harry, who was already in the country for a charity event, was also reportedly en route.

World leaders and mourners pay tribute After Thursday's announcement, a flood of condolences came in from all corners of the globe: world officials, cultural icons and everyday people alike.

"Her Majesty Queen Elizabeth II embodied the British nation's continuity and unity for over 70 years," said French President Emmanuel Macron. "I remember her as a friend of France, a kind-hearted queen who has left a lasting impression on her country and her century."

And outside of Buckingham Palace in London, hundreds of mourners had gathered to lay flowers and pay their respects as a double rainbow arced overhead.

In recent years, the queen had taken on fewer public duties, occasionally canceling appearances in which her attendance was once tradition. Mobility issues had troubled her in recent months, and she had taken to spending much of her time at Windsor Castle, the family's country estate near

London, and at Balmoral, the castle in Scotland.

Her husband of more than 73 years, Prince Philip, whom she once described as "my strength and stay all these years," died in April 2021. In February, she contracted COVID-19, which she later described as leaving her "very tired and exhausted."

In June, Elizabeth appeared at her Platinum Jubilee celebrating her 70 years on the throne, watching the parade from a balcony of Buckingham Palace. But she missed most of the other festivities. And on Tuesday, she met with the U.K.'s new prime minister, Liz Truss, at Balmoral, a first in her reign.

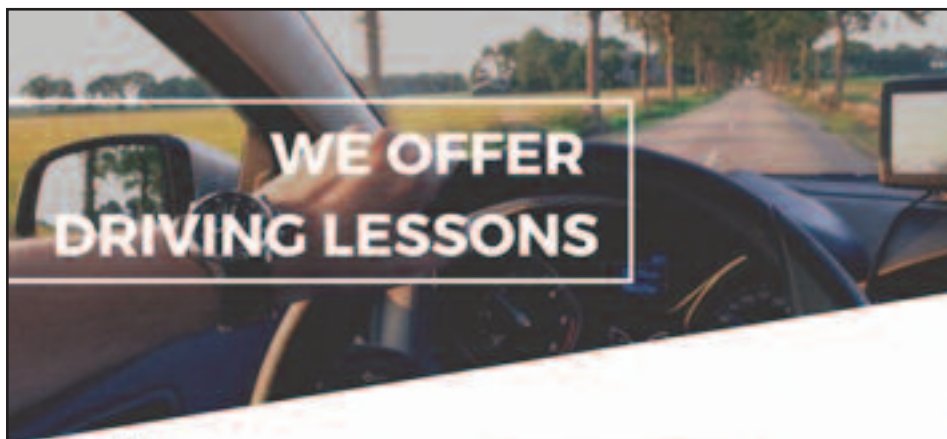
"With the king's family, we mourn the loss of his mother. And as we mourn, we must come together as a people to support him to help him bare the awesome responsibility that he now carries for us all," she said. "We offer him our loyalty and devotion, just as his mother devoted so much to so many for so long."

Elizabeth acceded to the throne on Feb. 6, 1952. Over her 70-year-long reign, she oversaw an extraordinary period of British history, including decolonization and the independence of more than 20 countries that were once a part of the British Empire.

She commanded widespread respect both at home and abroad, though she was criticized after the death of Princess Diana for being out of touch with the public mood.

Fifteen British Prime Ministers came and went during her reign, along with 14 U.S. Presidents. By the time she died, most Brits had never known another monarch.

"Her Majesty Queen Elizabeth II was more than a monarch. She defined an era," said President Biden and the first lady in a statement. "We send our deepest condolences to the Royal Family, who are not only mourning their Queen, but their dear mother, grandmother, and great-grandmother. Her legacy will loom large in the pages of British history, and in the story of our world."#



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ONTARIO Community News

By Tony A. San Juan
OCT-Retired

PIDC proudly celebrates Mabuhay Philippines 2022

The Philippine Independence Day Council-PIDC, a quintessential and non-profit umbrella organization of several Filipino-Canadian organizations in Ontario, has celebrated the 24th edition of the Mabuhay Philippines Festival. Under the leadership of PIDC President Agnes P. Miranda, the 2-day event, aptly themed "Bangon"(Rise). was successfully staged on August 13 and 14, 2022 at Nathan Phillips Square, City Hall Grounds, Toronto. Mabuhay Philippines Festival is the flagship community-based program of the volunteer-run PIDC. The iconic community-based event is founded in June 1998 by Norma Carpio, MPF chair emerita.

Sponsored by TD, Heritage Canada, Imperial World Inc. and World Financial Group-WFG, the 2-day festivities, included live programs and presentations participated in by dignitaries and special guests, fashion models, professional & amateur singers and able performers. Moreover, the event presented several musical performances and entertainment numbers by individual and group talents from the Fil-Can communities in the province. Among the performers are cultural dancers, home-grown singers &

talents, music bands, and program hosts.

On the first day, Toronto Mayor John Tory and Philippine Consul General Orontes V. Castro graced the opening ceremonies and delivered their respective addresses. MPF founder



Seated L-R: MPs Ya'ara Saks & Rechie Valdez, PCG Orontes Castro (4th from left) with PIDC Officers.

Norma Carpio did her welcome greetings and PIDC President Agnes P. Miranda made her closing remarks and officially declared the festival "open and free". Likewise, TD Asst. Vice President



PIDC Mrs. Philippines Ambassador 2022 Pageant Winners and Organizers.

Paul Saguil gave some words of encouragement. In the afternoon, Hon. Ahmed Hussen, MP and Minister of Housing, Diversity, and Inclusion, and MP for Scarborough Centre Salma Zahid, also attended and gave also their warm greetings.

Early Saturday evening, the

fashion ambassador Mama Renee Salud and his entourage of pretty models, charming escorts, and wardrobe assistants. WFG executive Danny Orbillo emceed the program that showcased Filipino culture-centered designs and creations by the Philippine fashion icon. There are also a local designer and several models coming from the community who volunteered and displayed their beautiful Indigenous-designed outfits and Filipiniana ternos, party gowns, and formal party dresses.

After the community parade downtown on Sunday, MP for Mississauga-Streetsville Rechie Valdez and MP for York Centre Ya'ara Saks graced and joined the closing program with all the parade participants, PIDC beauty contest winners, Santacruzian beauties & their escorts, and community organizations. Hon. Marco Mendicino, MP and Minister of Public Safety, joined at the start of the parade. In appreciation, PIDC president Agnes Miranda has recognized the winning organizations who participated in the parade, as well as a number of officers, directors, volunteers, performers, and participants with the awarding of the MPF Medallions donated by World Financial Group-WFG. The community

See Page 10 PIDC celebrates

Eight Filipino-Canadians seek civic elected posts in Ontario

The upcoming municipal elections on October 24, 2022, in Ontario will present the Filipino communities in the Greater Toronto Area(GTA) particularly with the challenge and opportunity to support and elect six Filipino Canadians who are running for civic seats.

Opo, mga kababayans, this time at least, 8 fully determined and courageous Filipinos have registered their candidacies in 4 cities and a municipality. The "Magnificent 8" are Rowena Santos, Lisa Abarquez Bower, Garry Tanuan, Luz Del Rosario, Herman Viloria, Erlinda Insigne, Grant Gonzales, and Ramon Estaris. The first 6 are running for reelection or election as Councillors or Trustees while the last two are first-timers as Councillor candidates.

Grant Gonzales, a public affairs professional wanted to become a Councillor of Ward 9-Davenport in the City of Toronto. Canada-born Grant has a Bachelor's degree from the University of Toronto and a Master's degree from Carleton University. He is a lifelong resident of Davenport and a member of the 2SLGBTQ+ community. Grant's civic engagements include being a Co-

Founder of the Filipino Canadian Political Association and a former member of the University of Toronto's Governing Council. He is running for Toronto City Council "to ensure all Davenport families can build financially secure, healthy, green, and vibrant lives". Should he be elected, Grant will become the first Canadian-Filipino Councillor in the City of Toronto.

Ramon Estaris, is the Territory Head-North America of Megaworld International, a real estate conglomerate in the Philippines. A former President of the Philippine Independence Day Council(PIDC), Ramon is seeking the municipal council seat for Ward 2 in the town of Ajax. Ramon, a known leader in the Toronto Filipino community has established a business in Ajax being a real estate professional and a communication technology practitioner. He unsuccessfully ran for MPP in the 2018 provincial election. Ramon plans, if elected, to employ his political experience and interest and years of community volunteer service, as well as promote his platform of taking up issues that concern the residents of Ward 2.

Garry Tanuan is the longest-

serving Filipino- Canadian Trustee at the Toronto Catholic School Board(TCDSB), Canada's largest Catholic school district. Garry was first elected as Trustee for Ward 8 in the 2012 by-election and has been reelected twice in 2014 and 2018. He has served and serving in various capacities as Chairman, Vice-chair, or Member of the Board's several important committees. He helped formed the TCDSB Filipino Advisory Committee, and currently is the Chairman of the Special Board Advisory on Race Relations Committee. Garry Tanuan, an electrical engineer by training and profession, is continuously advocating for effective diversity, inclusion, and equity policies, and practices in the School Board. Ward 8 includes 15 Catholic elementary and two high schools in Scarborough, Toronto.

Luz Del Rosario is running for reelection as Trustee for Wards 6 & 11 in the Dufferin Peel Catholic District School Board. Luz was elected Vice Chairman of DPCDSB in 2020, the first Filipino woman to serve as Vice-chair of DPCDSB, one of Canada's largest Catholic school boards. She is a Certified Human Resource Professional(

CHRP) and has completed a Bachelor in Commerce degree from the Philippines. First elected in 2006, elected again in 2014, and reelected in 2018, Luz Del Rosario is vying for her 4th term as Trustee for Wards 6 & 11 in the City of Mississauga. "We have more work to do to ensure our children receive a high quality of education" Del Rosario pledged.

Rowena Santos is the first Filipino woman City Councillor of Brampton in the York region. Rowena, or "Weng" to her family, was elected in 2018. A proud Bramptonian, Santos was first elected in 2018 to the City Council for Wards 1 & 5 and is one of few women on Brampton Council. Rowena holds an H.B.B.A. degree from the Schulich School of Business, and a Master's in Sustainable Development and Environmental Planning from the London School of Economics. Rowena was born to Filipino parents and raised in Brampton. She is working towards her reelection and hopes to win in the October 24, 2022 election.. Rowena said: "She is running to continue serving

See Page 10 Eight Fil-Cans

“Having lived and worked in this riding, I know and understand the values and concerns of the community.” Elisabeth Prass

Elisabeth Prass is the official candidate of the PLQ (Liberal Party of Quebec) for D'Arcy McGee Riding. She has worked for Mr. David Birnbaum for many years and is familiar with the constituents of the riding.

To introduce her to the community and allow her to present her views, I prepared five questions which she answered briefly and reviewed with me during our personal meeting on September 7, 2022 at the office of Gilmore College and North American Filipino Star.

Question 1: What motivated you to run for public office?

Answer: As someone who grew up in this riding, whose mother still lives in the riding, whose special needs son attends school in the riding and who ran the D'Arcy-McGee riding office for a number of years, I feel like I know and understand the values and concerns that represent the residents of the riding. I want to promote that Qc is better when all its citizens can fully contribute. I see a CAQ government trying to divide us, while the Liberal party is the only one that wants to unite us and represent all Quebecers.

Since the CAQ has been in government waiting lists for doctors have gotten longer, there are more parents that don't have a daycare spot for their kids, people can't find affordable housing and Francois Legault has made it very clear that he does not care about Montreal or its residents. I am running because I want to see a progressive Quebec, not one that's going back in time. I want to speak loudly and proudly in Qc City for all the residents that make up D'Arcy-McGee and remind the government that Qc is stronger when all its citizens contribute.

Finally, as the mother of a child with special needs, I want to represent the families in the riding who lack resources to take care of their family members and shed a light on their realities.

Question 2: What do you think are the concerns of residents in the riding you want to represent?

Answer: I think the residents in D'Arcy-McGee are concerned with the rising cost of living and lack of public resources. Whether it be the daily effects of inflation on peoples purchasing ability or ever increasing housing costs or wait lists for doctors and surgeries or the labour shortage, the current government isn't doing much to address these vital issues. I also think that everyone who lives in Quebec wants to contribute to society and Bills 21 and 96 only work to restrict minority communities ability to contribute and freely participate with Quebec society.

We would remove the Quebec sales tax (9.75%) from your Hydro bill and on all basic necessity products, for

example shampoo and over-the-counter medications. We would freeze Hydro rates as inflation soars and would lower taxes for the middle class. In regards to the housing crisis we're experiencing, we would establish a policy to regulate house flipping to limit overpricing on renovated properties, tax vacant properties that are owned by non-residents so that they return to the rental market, promote the conversion of office spaces vacated through the hybrid working model into affordable housing and identify State-owned lands that could be used to create affordable housing.

Question 3: What measures do you propose to solve the current manpower shortage affecting hospitals and schools?

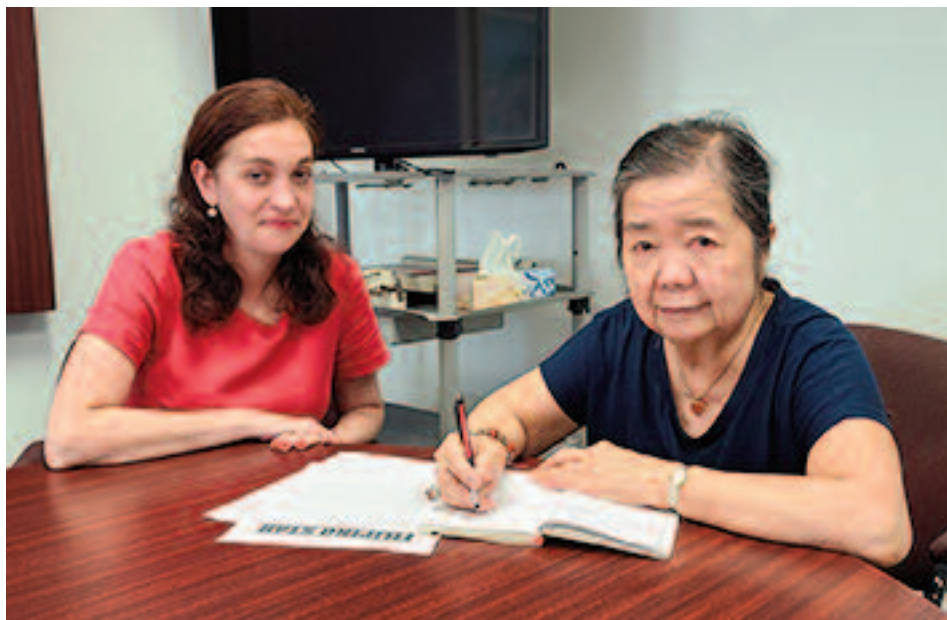
Answer: We would work to quicken the CSQ (Certificate of Selection of Quebec) process for newcomers that have skills in the areas of health and education, so that they can start working quicker and fill in those gaps. We would work to recognize foreign diplomas so that newcomers with sought after skills can join the labour market without having to start their studies over. To attract retired workers to come back to the job market, we would give them a tax break on their first \$30K of revenue. We would welcome 70 000 immigrants next year.

We would repeal most of Bills 21 and 96, so that no Quebecer is restricted from the workforce because of linguistic or religious identity. Thus allowing all who want to participate in these sectors to do so without restriction.

Question 4: What will be your priority if elected to a public office?

Answer: One of my main priorities for the riding is to provide more resources for caregivers. Caregivers have many faces, there are those that help take care of aging parents or family members and others that help take care of members of their families with special needs. It's hard enough to take care of ourselves, much less other people. So opportunities for respite are crucial and I would work to create more of them and make them available to people with special needs of all ages.

I would also work to increase funding for community organizations and reduce the requirements for them to access those funds. So many of us in the riding are involved or are members of different community organizations and they often do the hard work on the ground. So the government should better accompany them in their missions by providing additional funding that brings stability to them and reduce the requirements put on them to access those funds. So many community organizations in Côte-des-Neiges stood up and acted during the first year of the pandemic



Elisabeth Prass (on the left), official candidate of the Quebec Liberal Party, with the editor of the North American Filipino Star, Zenaïda F. Kharroubi.

and became crucial life lines to their communities. Above all, my priority will be to represent the people, values and issues of the D'Arcy-McGee community loudly and strongly in Quebec City.

Finally, I would work to secure funding for public transit, including the STM, so that they can maintain and develop their services, such as those involving lines 161 and the Gold line shuttle (bus 262).

Question 5: What do you think is the most important feature of your party's platform that will meet the needs of the people in the riding you will represent?

Answer: The Quebec Liberal platform presents real world solutions

for real world issues. We are the only major party ready to repeal most of Bills 21 and 96. We would prioritize uniting Quebecers rather than dividing them. We would offer a \$2000 annual subsidy to seniors 70 and over to allow them to stay in their homes longer. We would eliminate the welcome tax for first time home buyers. We are the only major party that would finance the Dawson college project that was cancelled by the CAQ and would build nursing laboratories, an area where we desperately need people. We want all students to have the freedom to choose which language they want to attend Cégep in. We are the only party that wants to represent all Quebecers by uniting them, rather than dividing them.#

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The Queen's mixed legacy in former colonies

Since the death of Queen Elizabeth II last week, Kris Manjapra has been thinking a lot about a peculiar moment from his childhood.

In 1990, when he was 12 years old and living with his family in Calgary, Canada, the Queen visited the city. The students at his school were instructed to assemble along the side of the road so that they could behold her cavalcade and receive her wave.

"I was an immigrant child in a very White city with my parents. We were really struggling as new immigrants," Manjapra told CNN. "And I remember thinking how odd it was that we (the students) were being used as props in a kind of pageant."

Manjapra, who's of mixed African and Indian parentage, was born in the Bahamas in 1978, one year after the Queen made her Silver Jubilee tour to the country. And like many others with roots in Britain's former Caribbean colonies, he's had a complicated reaction to the death of the Queen—of someone indelibly linked to a history of empire. For them, the past week has been marked less by grief than by frustration over how there seems to be little room in the narrative for engagement with the often overlooked legacy of British colonialism in the region.

"What's striking to me is how so much energy seems to be available to feel sorrow for the loss of one individual," Manjapra said. "Certainly, the loss of a person should be mourned, especially by her family. But why is it so inaccessible to feel remorse and sorrow for all the

damage that was done in the name of this very same person?"

To further explore the Queen's mixed legacy in former colonies, I spoke with Manjapra, who's a history professor at Tufts University, where his research focuses on, among other things, the critical study of race and colonialism. He's also the author of the 2022 book "Black Ghost of Empire: The Long Death of Slavery and the Failure of Emancipation."

Our conversation has been lightly edited for length and clarity.

Can you explain the different reactions to the Queen's death—specifically among Caribbean people and others affected by British rule?

Grieving the loss of an elderly person who was well known—that dimension of it, I can understand. But that's the kernel. Wrapped around that kernel have been these tremendous public displays of sadness and sorrow and mourning.

Those strike me as a disturbing charade, because it's about denying the fuller history of not just what the Queen condoned but what she was an essential part of carrying out. And that is really the denial by the British government of the history of colonialism and its ongoing effects on people in the former colonies and people of color in Britain.

All this feels like a manifestation of British denial. And I see that also resonating very strongly in the US. I think that has a lot to do with the history of race in the US and how alluring it is to fall into

and active involvement in the Filipino community. Erlinda Insigne completed a diploma in computer programming at Ryerson University in 1980. She has a Bachelor of Arts degree in Political Science from the University of the Philippines.

Herman Vilorio. A long-serving Catholic high school principal in Mississauga and Brampton is seeking election as Separate School Trustee for Wards 2 & 8 of the Dufferin-Peel Catholic School Board (DPCDSB). An educator by training and profession, H. Vilorio has been in the classroom and administration for 37 years having served for 7 years as Teacher and Department Head and for ten years as Vice-Principal at Loyola, St. Paul, Iona, and Cardinal high schools at DPCDSB. He was the principal for 20 Years at Loyola, Ascension of Our Lord, and St. Marguerite d'Youville high schools and the Dufferin Adult and Continuing Education. His community work includes being 1) an active member and eucharistic minister, since 1986, 2) a 4th-degree member of the Knights of Columbus, and 3) a speaker and resource person at teacher forums. In a statement about why he is running, Vilorio said: "Many challenges face the Dufferin-Peel Catholic District School Board I wish to bring to the Board of Trustees a current and fresh perspective from someone who has been in the classroom and administration for 37 years interacting with stakeholders, schools and communities."

Let us give the 8 Filipino-Canadian candidates our unequivocal help and utmost support. Kailangang-kailangan talaga na tulongan at ihalal natin ang bawat isa sa kanila. #

denialism here as well around the power. It's also very much what the



Queen Elizabeth II and Prince Phillip, Duke of Edinburgh drive among the crowds during a tour in the Bahamas in 1977.

country's issues around slavery and colonialism.

Some people make a distinction between the Queen—a ceremonial head of state—and the monarchy. But I wonder: Does this in some way obscure from the fact that, for many, she was an emblem of empire—an empire that historians say was far crueler than we think? What do you make of that sentiment?

I think that you're absolutely right, that this empire was, and continues to be in its legacy, cruel. For instance, over the course of the eight years after Elizabeth II was crowned in 1952, thousands of Kenyan people fighting for their freedom were eliminated by British militias during the Mau Mau uprising.

Or we could think about the millions of people in South Asia who, during what we call the long partition of India and Pakistan, lost their lives. That had very much to do with the irresponsible way the Queen's government left those colonies.

That same irresponsibility was shown in the Caribbean in the 1960s, when there was this kind of walking away from the mess colonialism had created, leaving the Caribbean in deep debt, with no resources, with very weak institutions—things Caribbean people still suffer from today.

In other words, it's not just what happened before the Queen came into

Queen was instrumental in condoning while she was on the throne.

The charade we're seeing play out draws a line under the fact that some people's sadness gets amplified, while other people's pain and suffering gets muted or even erased.

Do you have any lessons on how to be wise about dealing with painful histories?

"Black Ghost of Empire" really targets that question. The answer isn't that we deal with painful histories by ignoring them or denying them, or even by trying to immediately find a resolution. We deal with painful histories by, for one thing, acknowledging their presence with us in our lives and in our world, and then by engaging in discussion, by creating opportunities for meaningful conversation on what a future of healing can actually look like.

And that takes some time and some effort and some investment. Frankly, it's the conversation on reparations. Reparations are on the table and need to be on the table as a way of dealing with what has happened and what continues to unfold.

Denial won't make anything go away. It will just make it return. #

Source: racedeconstructed@cn.com

Analysis by Brandon Tensley #

From Page 8 Eight Filipino - Canadians

her constituents and Brampton for a bright future. "

Lisa Bower is the first woman Councillor of Filipino heritage in the Municipality of Ajax, a suburb of Toronto. Lisa was first elected in 2018 representing Ward 3 in the Town of Ajax. She was born in Ajax and is a single mother of 2. As a member of Ajax Council, Lisa established the Ajax Homelessness Task Force which continues its work today through Community Development Council Durham. Lisa has also served on the Ajax Heritage Advisory Committee, Ajax Accessibility Advisory Committee, Downtown Ajax BIA, and Ajax Pickering Road Watch Committee. "I have thoroughly enjoyed my experiences as Ward 3's Local Councillor for over 4 years. I could not have done it without your support and I am excited to be running for re-election now! "

Erlinda Insigne. A realtor and community advocate, E. Insigne is running for Councillor for Ward 4 in the City of Vaughan. For 8 years, she served as a member of the Police Community Liaison Committee 4th district from 2004 to 2012. She was President of the Lakeview Estate Ratepayers Association from 2004 to 2008. She ran unsuccessfully as a Councillor candidate for Ward 4 in Vaughan in 2003. Mrs. Insigne is the founding director of the Filipino-Canadian Association of Vaughan, On February 4, 2014, Erlinda Insigne received the Civic Hero Award from the City of Vaughan Council for her community leadership, volunteerism,

From Page 8 PIDC celebrates

parade was happily complemented by the participation of 2 GTA-based Chinese and Taiwanese popular marching bands.

The well-admired and well-attended festival was supervised and coordinated by an Organizing Committee composed of hardworking PIDC officers, directors, members, and volunteers. Coordinated by MPF event festival director Suzy Llanera, parade major organizers Ben Corpuz & Rory Elefano, and opening day program chair Melinda Manlapaz, those who "lend their hands and hearts were Leonor Abad, Salome Bader, Sonia Balinas, Ding Cruz, Aris Elefano, Ramon Estaris, B. K. Jmenez, Genoveva Jubilo, Helen Pico Lao, Cesar Manebo, Aimee Maravilla, Minda Neri, Danny Orbillo, Ryan Orlanda, Jesse Pacetes, Jean Pardo, Chyrell Samson-Ronquillo, Joy San

Juan, Ophelia Santiago, Roy Start, Vilma Tahsin, Tom Tan, Roger Tarca, Nanding Ticzon, Al Tupe, Jun Villaruz, and a host of great volunteers.

With over 40 food vendors, dry products, service businesses, and non-profit organizations booths, the festival offered on sales typical Filipino dishes, desserts & snacks, traditional clothes & dresses, kinds of specific stuff, and services & promotional materials. The media practitioners who covered the festivities included Tess Cusipag of Balita, Joey Baking of LM Confidential, Bin Kon Loo of Filipiniana, Romy Marquez of Filipino Web Channel, Theresa Redula of Rogers OMNI Filipino TV Edition, and professional photographer Nick Rivera. Many of the PIDC-MPF guests, visitors, attendees, and vendors have delightfully expressed their gratitude and are looking forward to next year's festival. #

The Surprising Potential of King Charles's Reign

September 14, 2022 Commentary
By Peter Kellner

The UK's constitution won't change, but he could subtly influence policy in one specific area.

Nobody can be certain how the reign of King Charles III will play out, but we can be sure of one thing that won't happen. Despite being far more controversial than his mother, Elizabeth II, and far less popular than his oldest son, Prince William, Charles won't be deposed—either to hand his crown to his son or, even more dramatically, to make way for his kingdom to become a republic. Unlike most of Europe's monarchs in recent decades, Charles will keep his job for life.

How can we be so sure? The reason is simple and reflects an important truth about the United Kingdom: apart from two spasms in the seventeenth century, its story is one of persistent pragmatism and gradual change.

National constitutions tend to come in two varieties: those that bend and those that shatter. Some shatter as a result of revolution, civil war, coup d'état, or military catastrophe. These upheavals have afflicted the great majority of European countries in the past century, and their constitutions have been torn up and rewritten as a result—sometimes more than once.

In contrast, the UK has endured no such catharsis for more than three centuries. We beheaded one king in 1649 at the end of a brutal civil war and banished another to exile in 1688, following a bloodless Glorious Revolution. But since then, our constitution has been bent continuously but never shattered. Step by step, power has shifted from the monarch to Parliament—too slowly for many, but fast enough to ward off turning the UK into a republic. Even today, the tyranny Britain suffered during our brief experiment of living without a monarch, between 1649 and 1660, is seen as a stain on our history.

So the circumstances in which we might get rid of our monarchy have not arisen and, for all our current problems, show no signs whatsoever of erupting any time soon. To say that is not to claim any democratic virtue in selecting a head of state through the hereditary principle. However, only a minority of Britons believe our constitutional monarchy does any great harm. In fact, most of us think that in various soft-power ways it does good. We have a classic example of an arrangement that works in practice, even as we struggle to explain how it can possibly work in theory.

There is another reason why our constitution bends but doesn't shatter. It is commonly said that the UK lacks a written constitution. This is half true. Yes, we lack a single document bearing that name, but the elements of a constitution—the rules that govern the ways in which we operate as a society—do exist in written form. They comprise countless laws passed and amended through the centuries. Some



As part of his proclamation, the new monarch had to sign official documents, he signed Charles R. This was likewise followed by his wife, the Queen Consort, who signed as Camilla R., William also signed the document, but signed as William P., with the 'p' standing for Prince. Accession ceremony, St. James Palace, Saturday, Sept. 10, 2022 (Photo: Getty Images)

last longer than others: from time to time, judges still draw on the words of the Magna Carta from 800 years ago to decide their rulings.

The point here is that the UK's constitution resembles the pages of a loose-leaf binder more than those of a leather-bound book. Fairly frequently, old pages are removed and new ones inserted. Thus, gradually and usually in small ways, the constitution evolves. Because it can be bent relatively easily, it hasn't yet needed to shatter. Insofar as the future can be predicted at all, the constitution will not shatter while Charles is king.

Pragmatism apart, what will his reign be like? Here the crystal ball turns cloudy, but it is bound to be different from his mother's in two major ways.

First, Britain in 2022 is vastly different than it was in 1952 when Elizabeth became queen. The empire has gone. Despite having nuclear weapons, the UK is no longer a global military power. In the aftermath of World War II, the UK was easily Europe's largest economy. It now lags behind Germany and struggles to keep up with France and Italy. Even so, we are far richer than we were and socially much more liberal. Britain's population is more varied by ethnicity, religion, and family roots than it was seventy years ago. And the concept of the UK itself is open to question today in a way it wasn't then, with the possibility that either Scotland or Northern Ireland (or both) might vote to leave the UK while Charles is on the throne.

Just as the UK now is different from the UK in 1952, so Charles today is different from Elizabeth then. This brings us to the second major contrast in the accession. She was 25 years old, with no known views on any public policy; he is 73, with half a century of involvement in various controversies. We know what he thinks about a range of issues, of which climate change is perhaps the most significant.

Charles has been passionate about the environment for decades—long before we all learned to be concerned about global warming. His own carbon footprint is inevitably large,

but he has set a good example where he can. He has installed solar panels and heat pumps on his estates, bought electrical vehicles, and powered his Aston Martin mainly from bioethanol derived from "surplus English white wine and fermented whey from the cheese process."

Charles has already said he will abide by the constitutional principle to avoid controversy as king. Every speech he makes will be cleared by his government. However, his people—and his government ministers—know the strength of his views on a subject

that has the power to shape the destiny of life on our planet in this century and beyond. That fact gives him the potential for real influence, even if he never says anything in public about it ever again. (Though he will surely make his views known privately to the prime minister in at least some of the weekly meetings.) From time to time—as now, with the soaring price of gas—ministers might want to relax policies designed to reduce carbon emissions. But they may hold back, for fear of being seen to contradict King Charles's known and deeply held views: views that, deep down, most of them know are right.

We—to be more accurate, our grandchildren—should not be surprised if, decades from now, Charles's lasting reputation flows not from anything he says or does as king but simply from our knowledge of his passionate commitment to a greener planet and the impact that passion could have on the policies of the UK and, possibly, other countries. In its way, this approach would continue the pragmatism that past monarchs have demonstrated—and show that pragmatism can be the ally of principle, and not its rival.

End of document

Carnegie does not take institutional positions on public policy issues; the views represented herein are those of the author(s) and do not necessarily reflect the views of Carnegie, its staff, or its trustees.



Dear Friends,

I am pleased to be able to run as the Quebec liberal candidate for the D'Arcy-McGee riding. Growing up in the riding and working as director of D'Arcy-McGee's office for 7 years, I've had the pleasure of meeting and collaborating with many members of the Filipino community over that time. Now I want to get to know you better and build on those relationships if I'm elected on October 3rd. Don't forget to go vote and then I hope to be able to work with you.

Maligayang Bati!

**Advance polling days:
September 25th and 26th**




ELISABETH PRASS
LIBERAL CANDIDATE FOR D'ARCY-MCGEE

Approved by Nick Chine our official agent

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Québec solidaire

Isabelle and Hilal - Together for Cote des Neiges



Isabelle LeBlanc
Official Candidate,
Mont-Royal Outremont Riding

Isabelle Leblanc and Hilal Pilavci are running in the October 3, 2022 provincial election. Isabelle is running in Mont-Royal-Outremont, Hilal in D'Arcy-McGee. For both women, it is important to have a common vision to give a real voice to Côte-des-Neiges.

Isabelle Leblanc has been a family doctor at St. Mary's Hospital for 15 years. "I know the people of Côte-des-Neiges well. I've seen the children grow up, I've seen the parents grow old, these are very strong bonds", she says.

As a physician, she knows the pressing issues in the community: "Seeing the needs of the people in the riding pushed me to run for office. We need to improve living conditions for everyone."

Hilal Pilavci is the daughter of first-generation immigrants, she knows the area like the back of her hand. "The problem is that the neighbourhood has been cut in half and is now in two ridings that are twinned with wealthy neighbourhoods. As a result, Côte-des-Neiges has no voice in the provincial government."

Housing

"Housing problems cause enormous stress and have consequences on people's mental and physical health. Insecurity and unsanitary conditions create major anxiety problems. And mold, for example, causes respiratory problems", says Isabelle, who works as a physician at St. Mary's hospital.

What are the solutions?

"Québec solidaire wants to invest massively in social housing and housing cooperatives. We will also introduce a lease registry to prevent landlords from raising rents illegally," says Hilal. "It is important to take into account the need for affordable housing adapted to large families, especially in Côte-des-Neiges."

Health

Isabelle is concerned about the incursion of the private sector into the health care system. "The private sector is there to make money on the back of people's health. What we need is more caregivers. A third of the patients I see in my office would be better cared for by a nurse, a social worker, a physical therapist... We need all of these specialists to be able to work to their full



Hilal Pilavci
Official Candidate,
D'Arcy McGee Riding

potential. By offering better wages and working conditions, ending mandatory overtime, and recognizing foreign diplomas, we can keep them in the public system."

By respecting the workers, Quebec Solidaire will ensure access to the right health care professionals and to homecare for all people in the neighbourhood, whether or not they have a family doctor.

Community action

"Our real social safety net in Quebec is the autonomous community action organizations. They do an extraordinary work," says Dr. Leblanc. "Not only do we need better salaries for workers, but we need to ensure the sustainability of community action,

including advocacy organization, through recurring, predictable, mission-based funding."

The environment

The fight against climate change is an emergency. Québec Solidaire's environmental plan is very ambitious. The reduction of our collective carbon footprint and the energy transition must be at the heart of government action. We propose banning the use of pesticides on urban lawns, ensuring adequate funding for greening and removing urban heat island in ALL areas of the riding, and ensure compliance with minimum emission standards for toxic substances such as arsenic and nickel throughout Quebec.

Immigration

Isabelle Leblanc and Hilal Pilavci both strongly believe that of the great riches of Côte-des-Neiges is its ethnic diversity. "It is amazing, I have volunteers who have translated my program into fifteen languages! At Québec Solidaire, our project includes all Quebecers: Francophones, Anglophones, Allophones, members of the First Nations." Giving all the tools to new Quebecers to put down roots here is essential. By offering paid francization courses in the workplace, by working with the various professional orders to facilitate the recognition of diplomas and by facilitating family reunification, Québec Solidaire has a plan: to build together the Quebec of tomorrow. #

UN chief warns global leaders: The world is in 'great peril'

UNITED NATIONS (AP) — Warning that the world is in "great peril," the head of the United Nations says leaders meeting in person for the first time in three years must tackle conflicts and climate catastrophes, increasing poverty and inequality — and address divisions among major powers that have gotten worse since Russia invaded Ukraine.

In speeches and remarks leading up to the start of the leaders' meeting Tuesday, Secretary-General Antonio Guterres cited the "immense" task not only of saving the planet, "which is literally on fire," but of dealing with the persisting COVID-19 pandemic. He also pointed to "a lack of access to finance for developing countries to recover -- a crisis not seen in a generation" that has seen ground lost for education, health and women's rights.

Guterres will deliver his "state of the world" speech at Tuesday's opening of the annual high-level global gathering. U.N. spokesman Stephane Dujarric said it would be "a sober, substantive and solutions-focused report card" for a world "where geopolitical divides are putting all of us at risk."

"There will be no sugar-coating in his remarks, but he will outline reasons for hope," Dujarric told reporters Monday.

The 77th General Assembly meeting of world leaders convenes under the shadow of Europe's first major war since World War II — the conflict between Russia and Ukraine, which has unleashed a global food crisis and opened fissures among major powers in a way not seen since the Cold War.

Yet nearly 150 heads of state and



United Nations Secretary-General Antonio Guterres speaks at the start of the Transforming Education Summit at United Nations headquarters, Monday, Sept. 19, 2022. (AP Photo/Seth Wenig)

government are on the latest speakers' list. That's a sign that despite the fragmented state of the planet, the United Nations remains the key gathering place for presidents, prime ministers, monarchs and ministers to not only deliver their views but to meet privately to discuss the challenges on the global agenda -- and hopefully make some progress.

At the top of that agenda for many: Russia's Feb. 24 invasion of Ukraine, which not only threatens the sovereignty of its smaller neighbor but has raised fears of a nuclear catastrophe at Europe's largest nuclear plant in the country's now Russia-occupied southeast.

Leaders in many countries are trying to prevent a wider war and restore peace in Europe. Diplomats, though, aren't expecting any breakthroughs this week.

The loss of important grain and

fertilizer exports from Ukraine and Russia has triggered a food crisis, especially in developing countries, and inflation and a rising cost of living in many others. Those issues are high on the agenda.

At a meeting Monday to promote U.N. goals for 2030 — including ending extreme poverty, ensuring quality education for all children and achieving gender equality — Guterres said the world's many pressing perils make it "tempting to put our long-term development priorities to one side."

But the U.N. chief said some things can't wait — among them education, dignified jobs, full equality for women and girls, comprehensive health care and action to tackle the climate crisis. He called for public and private finance and investment, and above all for peace.

The death of Britain's Queen

Elizabeth II and her funeral in London on Monday, which many world leaders attended, have created last-minute headaches for the high-level meeting. Diplomats and U.N. staff have scrambled to deal with changes in travel plans, the timing of events and the logistically intricate speaking schedule for world leaders.

The global gathering, known as the General Debate, was entirely virtual in 2020 because of the pandemic, and hybrid in 2021. This year, the 193-member General Assembly returns to only in-person speeches, with a single exception — Ukrainian President Volodymyr Zelenskyy.

Over objections from Russia and a few allies, the assembly voted last Friday to allow the Ukrainian leader to prerecord his speech because of reasons beyond his control — the "ongoing foreign invasion" and military hostilities that require him to carry out his "national defense and security duties."

By tradition, Brazil has spoken first for over seven decades because, at the early General Assembly sessions, it volunteered to start when no other country did.

The U.S. president, representing the host country for the United Nations, is traditionally the second speaker. But Joe Biden is attending the queen's funeral, and his speech has been pushed to Wednesday morning. Senegalese President Macky Sall is expected to take Biden's slot.

Edith M. Lederer is chief U.N. correspondent for The Associated Press

B'nai Brith urges Candian police forces to follow Connecticut's example in allowing police officers to wear religious symbols

MONTREAL - September 8, 2022

At a press conference this morning, B'nai Brith Canada revealed it has asked all the provincial Ministers of Justice and Public Security, except for Quebec's, to emulate the forward-looking example of the State of Connecticut.

"Following Connecticut's example will permit Canadian police departments to benefit from a larger, more diverse pool of talented candidates," said Marvin Rotrand, B'nai Brith Canada's National Director of the League for Human Rights. "In all cases, the departments we surveyed say the minor uniform changes are supported by the public and that officers wearing religious symbols are as professional and effective as officers who don't. A province-wide law means that local departments don't have to be convinced one at a time to have more accommodating uniform regulations."

A survey recently conducted by B'nai Brith on police uniform policies showed that over the past two years, many more departments in the United States and Canada have changed the rules to ensure that qualified candidates from religious minorities could be hired.

Our survey revealed that the Canadian military, the Royal Canadian Mounted Police, the Ontario Provincial Police, the Toronto Police Service, the Vancouver Police, Calgary Police Service, Halifax Police and many others,



Photo shows from left: Michael Mostyn, CEO, and Marvin Rotrand, National Director of the League for Human Rights, B'nai Brith Canada.

are all now hiring candidates wearing turbans, hijabs and kippahs. This follows the example of many American police departments that have long adopted such policies.

Several police departments have agreed to work with B'nai Brith to ensure that officers have access to an approved kippah. For its part, the RCMP agreed to allow officers to wear their own kippahs until such time as an approved version is available in the force's stores.

This survey also showed that Quebec is an anomaly in having a

provincial law imposed on the police departments that prevents qualified candidates who wear religious symbols from serving.

"There is no proof that Quebec's prohibition on officers wearing religious symbols provides any benefit," said Michael Mostyn, B'nai Brith Canada's Chief Executive Officer.

Our communications with major police departments allows B'nai Brith to conclude that

- Quebec has offered no proof that a police force that bans religious symbols

is more effective;

- the trend in policing across the United States and Canada is increasingly to allow officers to wear religious symbols;
- jurisdictions are more than ever concluding that a more diverse police department is an asset;
- there is no proof that an officer wearing a religious symbol is less professional or effective than one who does not.

Flanked by leaders of various religious and racial minorities at a press conference today, B'nai Brith shared State Bill 133 which requires all police departments within the State of Connecticut to comply by October 1, 2022.

State Bill 133 requires all police departments within the State of Connecticut to comply with the following policy:

(b) not later than October 1, 2022 each law enforcement unit shall adopt or amend a policy to permit a police officer to wear a religious head covering in accordance with the police officer's religious beliefs while the police officer is on duty and wearing a uniform or other authorized attire, except where the use of tight-fitting protective headgear is required by such law enforcement unit."

B'nai Brith is hopeful that the Connecticut law will become the norm across North America in the next few years.#



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Yakisoba (Japanese stir-fried noodles with pork)

16 ingredients

Meat

120 g Pork belly

Produce

1/4 (30g) white onion

3 Leaves (1/3 cup) white cabbage,

1 Pickled ginger

Condiments

1 Bonito flakes

1 tsp Ketchup

1 tbsp Oyster sauce

1 tbsp Soy sauce

1/2 tbsp Worcestershire sauce

Pasta & Grains

200 g Chinese style wheat noodles

Baking & Spices

1 pinch Black pepper

1/2 tsp Sugar

Oils & Vinegars

1 tbsp Oil

1 tsp Sesame oil

Beer, Wine & Liquor

1/2 tbsp Sake

Optional: Aonori

Three Tips for Avoiding Soggy

Yakisoba are:

1. Don't add water

2. Be mindful of the water content in vegetables

3. Use a high heat

INSTRUCTIONS

1) Start by making the sauce. Add 1 tbsp oyster sauce, 1 tbsp soy sauce, 1/2 tbsp Worcestershire sauce, 1 tsp ketchup, 1/2 tbsp sake, 1/2 tsp sugar, a pinch of black pepper and 1 tsp of sesame oil to a small bowl and mix well. Set aside for later.

Mixing yakisoba sauce

If you are using dried noodles, cook them for a few minutes less than the instructed time and pour them into a cullender, rinse with cold water and drain thoroughly so that they're not too wet when you fry them.

2) Heat the wok or frying pan on a medium high setting and add 1 tbsp of oil (vegetable or sunflower).

3) Add the noodles to the wok and

cook until both sides are slightly browned and crispy but not burnt. crisping up yakisoba noodles Once they're done, transfer the noodles to a bowl and set aside. transferring yakisoba noodles to a plate

4) Next, add the thinly sliced pork belly into the same wok and sprinkle with salt and pepper. Fry until crispy. frying pork belly

5) Add the cabbage and onion into the wok together with the pork belly. (If adding other vegetables, add them in order of firmness. E.g Carrots first, mushrooms last etc.)

adding cabbage and onion to wok

Once the vegetables are slightly softened, push everything to one side and add the noodles back in. pushing pork and vegetables to one side of the pan

6) Add the sauce to the noodles. pouring the sauce over the yakisoba noodles

7) Mix the noodles only, making sure they're evenly coated in the yakisoba sauce.

Evenly coat the noodles with yakisoba noodles

8) Mix everything together and fry for a 1-2 more minutes. (If you want to add beansprouts, add them here.)

9) Dish up and sprinkle generously with bonito flakes, aonori and pickled ginger.

Generously coat the yakisoba in toppings. Enjoy!



Bang Bang Chicken Bites

INGREDIENTS:

1/2 cup vegetable oil, or more, as needed

1 cup buttermilk

3/4 cup all-purpose flour

1/2 cup cornstarch

ERRATUM - We would like to advise our readers that a wrong photo was used in the August 2022 Personality of the Month. With apologies, we are publishing the correct photo of Rebecca Buhay below:



Rebecca Buhay - August 2022 Personality of the Month

1 large egg

1 tablespoon hot sauce

Kosher salt and freshly ground black pepper, to taste

1 pound boneless, skinless chicken breasts, cut into 1-inch chunks

1 cup Panko*

FOR THE SAUCE

1/4 cup mayonnaise

2 tablespoons sweet chili sauce

1 tablespoon honey

2 teaspoons Frank's Hot Sauce

DIRECTIONS:

1) To make the sauce, whisk together mayonnaise, sweet chili sauce, honey and Frank's Hot Sauce in a small bowl; set aside.

2) Heat vegetable oil in a large skillet over medium high heat.

In a large bowl, whisk together buttermilk, flour, cornstarch, egg, hot sauce, salt and pepper, to taste.

Working one at a time, dip chicken

into buttermilk mixture, then dredge in Panko, pressing to coat.

3) Working in batches, add chicken to the skillet and cook until evenly golden and crispy, about 2-3 minutes.

4) Transfer to a paper towel-lined plate.

Serve immediately, drizzled with sweet chili sauce.

NOTES:

*Panko is a Japanese-style breadcrumb and can be found in the Asian section of your local grocery store.

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Social Tidbits

Montreal Community News

Fely Rosales Cariño

The nursery rhyme, "Rain, rain, go away, come again another day" must be a fervent desire lately as we experience drizzles and sometimes heavy downpour. I guess the time has come to say goodbye to summer and hello to fall. So let's thank the Lord and ask Him that we may see showers of blessings. Aye, let's count our blessings from our Almighty Father in heaven, "for He causes His sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous." (Matthew 5:45)

Here are the social news your inquiring minds want to know. The Seniors of West island and Suburbs (SWIS) held two events last August 20, 2022. First was the Induction of SWIS officers for 2022-2024 and the second was the Annual SWIS Family Day. The events began with the welcome address by Vice Chairwoman Lolita Odulio, followed by the invocation by yours truly. Nerie Ajero (married to Roger, one of our advisers) presented the new set of officers for 2022-2024. Frank Baylis, a former DDO-Pierrefonds MP, now owner of Baylis Medical Supplies, performed the induction of Lydia Fielding (Chairman), Lolita Odulio (Vice Chairman), Evangeline Salvador, (Secretary), Tessie Agrubay (Assistant Secretary), Nene Isada (Treasurer), Estrelita Bote (Assistant Treasurer), Celestina Dagsaan (Auditor), Anita Poitras (PRO), Fely Rosales Carino (PRO Community Affairs), Emmy Bayan, Lucy Salazar, Carlito Catuncan, Pete Ison, Elvie Maximo, Jeannette Perignon, Floresta Rillo, Caridad Tabunar, Edith Valenzuela, and Andrew Odulio (Board of Directors).

Guests who graced the occasion included Cesar & Tess Manuel and Marlene Birao Schacter. Lunch was enjoyable as so much food was brought in. Top of the line lechon (yes, lechon!), roast pig, awaited everyone. After a leisurely lunch, there were games managed by Nita Advincula and Jeannette Perignon. Master of ceremonies was Chairman Lydia Fielding and music was provided by Jean Boucher. The music, indeed, livened up the day. Members stayed as long as they wanted because the sun saw to it that

everyone enjoyed a long and comfortable day.

Now onto the Philippine Extravaganza 2022 that showed the importance of planning, which the organizers did to perfection. It was a busy day for TV Pinoy crew led by Tenne Rose Dayandante, Michael Davantes, Derwin Collantes, Oyie Olivar and others who were on their feet all day. They were bustling with activity, directing and ensuring the smooth implementation of the program. Others involved were FHSM, Agnes Miranda (President, Independence Day Council, Toronto), Mercan Group Recruiting, and ICI Television, among others. By noon, the beautiful sunshine appeared and fittingly, the parade started.

First, I wish to recognize the numerous tents who participated. On the left of the stage was the Filipino Heritage Society of Montreal (FHSM). Next to FHSM were the following: Sunlife, Kabayan Remit, Jyle Razor, Grace Nobelo, Bayong, Iglesia ni Cristo, Care for Humanity, Basketball Gilas Montreal, Pinoy Kuz Barbecue, Filipino Photographers of Montreal, Hakas Bayan Planet Exotica, Quezon Apparel – Philippine Products, Isles Pinoy, Cuisine de Manille, Cuisine Grill & Sizzling House, Cebu's Taste, Batangas Express, Scan Me, Universal Peace Federation, P'lengke, Ecole Lumiere Aki's Bayong (make handmade bags for you), Yoli – the Better Body Company, among others. Each booth had its own display.

The FHSM booth was visited by dignitaries, staying long enough to see the Philippine artifacts, like cups made of solid wood, the sungka (a game), and many others. Amy Manon-og was there explaining the other artifacts that might not be familiar to others. Also present was Jason Palolan with shirts that illustrate historical events of old. One could say that they can sense stories that happened in the past. Jason is the only artist I know who showcases such shirts – a truly novel idea and quite rare. Many were impressed!

The FHSM tent was led by Amy Manon-og and assisted by Jeannette Perignon. Also providing support were Rebecca Aguilar, Elma Bolatao, Eppie

Gevero, Valent Lloyd Hughes, Ricardo Ribaya, Dolly Belandres, Fely Bisares, and Minda Mazzone. The FHSM dancers also graced the stage with a folk dance. The successful presentation of the FHSM was certainly the product of the unbeatable imagination of FHSM Chairman Al Abdon, the brilliant CEO of the whole operation! FHSM owe a lot of thanks to you, AL!

Dignitaries who stayed long enough to appreciate the culture of the Philippines were MP Sameer Zuberi, MP Rechie Valdez, Yam Concepcion, David Birnbaum (D'Arcy-McGee MNA), Gracia Kasoki Katahwa (CDN-Notre-Dame-de-Grâce Borough Mayor), Councilor Stephanie Valenzuela (Darlington), and Councilor Sonny Moroz (Snowdon), and Frank Baylis.

I must say that this year, the attendance at the quadrangle was tops. And the restaurants who participated made a killing! You should have seen the line-ups for food. Hot dogs and barbecue were the choices of the day.

Have you been to a fashion show lately? Easily the fashion event of the year was the Philippine Tapestry 2 staged by Renee Salud, the Fashion Ambassador of the Philippines. It was held at Hilton Garden Inn on Decarie Blvd. in Montreal last August 20, 2022. This show was ably emceed by two well known leaders of the community, namely Serge Cayanong (Remax Plantine) and Caterina Mazzone (Metspace.com). Congratulations to Minda Mazzone and her Executive Board for bringing Philippine culture to Montreal. The unique fabrics showcased Philippine artistry at its best. They also clung stunningly to the model's shapes. And the models, what can you say? They were very shapely, very pretty, and very tall.

The programme depicted the Filipiniana fervor in each of the three biggest islands of the Philippines – Luzon, Visayas, and Mindanao. The Luzon portion was overseen by artist Jason Palolan. The Visayan portion showed the barongs, ternos, and Maria Claras while the Mindanao portion showed the Pis Siyabit, T'nalak, Manobo, Yakan, and Inaul. The Philippine Tapestry models were Anne Barker, Jasmine Mairerhofer, Elaine Kay Moll, Eloisa Jalod, Leren Mae Bautista, Daniel James, and Arnel Calugay. The Montreal models were Lensa Rasonable Moktar, Laurisse Cruz, May, and Argyro. And let's give a big round of applause to our very own homegrown models led by the Federation of Filipino Canadian Associations of Quebec (FFCAQ) President Minda Mazzone, Jovy Narvas, Cristy Hunter,

Stephanie Valenzuela, Caterina Mazzone, and Keana Clement. I'm proud to say they can strut the runway like nobody's business, giving the professionals a run for their money. That's quite a feat!

The Montreal artists that grazed the Tapestry 2 were Mishaël Eusebio (Montreal Opera singer who sang during the runway presentation), Bella (singer, songwriter) and Jason Palolan (digital artist). Our gracious hosts were Serge Cayanong and Caterina Mazzone. The media coverage was provided by CTV, UNTV, Pinoy Pa Rin, and the North American Filipino Star. Official photographers were CCH Photography and Domz Ramos Photography.

The VIPS who enjoyed the show were Marvin Rotrand, Frank Baylis, Gracia Kasoki-Katahwa, Stephanie Valenzuela, Sonny Moroz, and Agnes P. Miranda.

Those who sent inspirational greetings were given by Honorable Francisco Noel R. Fernandez III (Charge D'Affairs, a. i.), MP Anthony Housefather (who was happy that the show was happening in his riding), David Birnbaum (MNA, D'Arcy-McGee), Francis Scarpaleggia (MP Lac-Saint-Louis), Frank Baylis, and Sameer Zuberi (MP Pierrefonds-Dollard). Honorable Fernandez III gave this ringing endorsement, "On behalf of the Embassy of the Philippines, I send congratulations to the FFCAQ on the hosting of the second iteration of Tapestry Cultural Fashion Show."

These are some sightings: Breathtaking FFCAQ President Minda in red and white Filipiniana, splendid Jovy Narvas in a purple gown with a cape, regal Stephanie Valenzuela in black formal, lovely Dolly Belandres in a flowered black Filipiniana, sweet Amy Manon-og in green formal, standout Cora Abdon in a silver terno, impressive Angie Ojerio in embroidered Filipiniana, spectacular Caterina Mazzone in orange gown (earning ohs and ahs as she strode along), queenly Cristy Hunter in Philippine formal and youthful Jeannette Perignon in rust colored formal. The night took your breath away. Honor certainly belongs to Renee Salud, the Philippines' top designer, whose yellow barong was uniquely and easily the center of attention!

As I close my article, I wish to point you to a challenge and a promise from scripture, "Taste and see that the LORD is good; blessed is the one who takes refuge in Him" Psalm 34:8.

Until next issue and God bless!

-o0o-

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FILIPINO STAR

SHOWBIZ GOSSIP

Fil-Can Kayla Rivera back to recording original music



Kayla Rivera

Wicked was the first musical that theater actress Kayla Rivera watched on Broadway. Hearing the lead Elphaba who sings the popular Defying Gravity sparked a level of inspiration in her. No wonder, Wicked turns out to be a dream production that Kayla wants to do one day.

"Wicked will always be special to me," Kayla admitted. "So were Eliza Hamilton in Hamilton and Eurydice in Hometown. Aside from the music in all three shows being so beautiful and moving, they are all roles that showcase a woman's strength while having a heart that is filled with and ready to give so much love. If given the chance to, I'd dive and put my heart into any of these roles in a heartbeat."

Kayla was born and raised in Calgary, Canada. Her dad is Romanian, while her mom is from Guagua, Pampanga. "I was immersed in Filipino culture ever since I was a baby," she revealed. "I would always hear my maternal grandma, mom and aunt speaking Kapampangan."

"The first song I learned to sing was the Kapampangan folk song, Atin Cu Pung Singsing. I was also active in our local Filipino community,

performing in our yearly cultural shows. I'd also often be the opening act when Filipino artists had concerts in Calgary."

Kayla got a chance to prove her talent on the local front. She made her theater debut in 2011 when she was cast in Atlantis Productions' In the Heights. Since then, there was no more stopping her from essaying enviable roles in theater.

Watching the concerts and TV shows like ABS-CBN's ASAP, sparked another level of interest in Kayla to move to the Philippines to try and pursue a professional performing career, as well.

"I first moved to Manila for five years right after graduating high school and then moved back to Calgary to go to university," Kayla granted. "After I graduated with my bachelor's degree in 2019, I moved back to Manila for Atlantis Theatrical's staging of Beautiful: The Carole King Musical."

In 2012, Kayla came out with her self-titled debut album, K-La, under Star Records. In 2020, Kayla released The Closer That Christmas Gets, an original that she and Miguel Jimenez co-wrote under Underdog Music.

Recently, Kayla came out with a new single, Half Love. She will release three more singles, all originals, before the year ends.

If she had to choose a show she has done that is most special to her, Kayla would single out Atlantis Theatricals' Beautiful, where she played the lead.



"For the first time since beginning my career as a theater actress, both my mom and dad were in the audience, flying to Manila just to

watch the show when I did Beautiful," Kayla shared. "Seeing their reactions and how emotional and proud they were, was the most fulfilling feeling ever. That was the biggest reason the show was special to me."

The most challenging role to date, was when she unexpectedly played Carrie White, in Carrie, after Mikkie Bradshaw-Volante fell ill following the opening night performance. "I was challenged to learn the role in six days," she said of Carrie.

"Aside from learning my lines, songs and blocking, the biggest challenge was to stay focused and not give into the fear of failure. The whole experience taught me that on the other side of fear, sits the chance to grow and recognize that you're capable of much more than you could imagine."

Just this August, Kayla wrapped up playing Asenath in the Trumpets original musical, Joseph the Dreamer, where she even got to perform with Gary Valenciano. Sam Concepcion played the title role.

Kayla joined the cast in 2020 when Joseph the Dreamer was first restaged before the pandemic. Apparently, performing onstage gives her a different kind of fulfillment.

"I felt more connected to Asenath in 2022, as I felt a heightened sense of responsibility in being the narrator this time around," Kayla said proudly. "Ensuring that I was very clear in narrating Joseph's story of hope, faith, love and forgiveness and even provoking our audiences to question and realize if what Joseph went through was due to mere coincidence or because of God allowing things to happen for a reason."

"The message felt more relevant than ever and I feel our 2022 run even served as a way of healing from all we went through in the last two years. Putting the pre-show nerves aside, being on stage feels like home."

"It's where I feel the most challenged but fulfilled in a way that I have the space to share, grow and explore as a performer, while working in an environment with like-minded people who share the same passion as I do."

Kayla is excited to return to recording original songs starting with Half Love. "My plan is to keep creating, collaborating and learning in that field of my artistry," she attested. "I'm also really grateful to lend my voice to non-profit organizations that I am passionate about, like Pawssion Project, so I'd love to continue doing this, while one day, having the capacity to start a non-profit organization of my own that will focus on children's education." ■

Kris Aquino deals with emotional toll of ongoing treatments: 'Inuubos na ng Houston ang tapang ko'



Kris Aquino

Kris Aquino confessed that the medical treatments she has been undergoing in Texas are taking a toll on her, in a recent conversation she had with her friend, writer-editor Dindo Balares.

Balares gave an update about Aquino's health after getting a lot of queries from people checking up on the Queen of All Media, as per a post on his Facebook page on Monday, Sept. 19.

"Tuloy ang pagpapagamot ni Kris. At tulad ng sinumang sumasailalim sa serye ng masusing medical examinations, may mga panahong mababa ang emosyon," he said. "Inuubos na ng Houston ang tapang ko," sabi na rin niya nitong huling chat namin."

(Kris has been in continuous medication and like anyone else who undergoes a series of thorough medical examinations, there have been days [when she] feels down. "Houston is draining my courage," she said during our recent conversation.)

Balares has been consistently reaching out to Aquino through online messaging, although he admitted she often takes some time to respond. Despite this, Balares assured fans that Aquino is still "playful" whenever she talks to him.

Balares also revealed that a "top actor" sent him a message, offering Aquino his newly-acquired property in Beverly Hills for her and her children to stay in. The actor and his wife were said to have been wanting to reach out to Aquino but they do not have the connection to do so.

Balares forwarded the offer to Aquino but it was not immediately known if the actress accepted it. Balares then thanked fans for their prayers and well-wishes for Aquino.

Aquino has been diagnosed with four autoimmune diseases but she earlier revealed experiencing physical manifestations of a possible fifth illness. Aquino also stated she will be undergoing chemotherapy for her condition. ■

Susan Sarandon to Iñigo Pascual: 'Love to hear you sing so I'm following you'



Susan Sarandon with Iñigo Pascual

Award-winning American actress Susan Sarandon is now among Filipino actor-singer Iñigo Pascual's social media followers.

On Instagram, the 75-year-old star, who stars with Iñigo in "Monarch," reacted to a recent post of Piolo Pascual's son.

She wrote: "And I was so excited to meet you and get to know you., even a little. Love to hear you sing so I'm following you. Love from your Dottie."

Note that in the said Instagram post, Iñigo shared how Susan made his birthday last year, extra special.

He uploaded a photo of them taken on his first day on the set of "Monarch."

"My first day on set was also my birthday, and I was both stressed out and excited about it," he shared. "I didn't want anyone knowing about my birthday or giving me extra attention just because of my birthday."

He admitted: "I was too shy."

According to him, before

one of his scenes, his "Monarch" family brought out a cart with balloons and a cake and started singing "Happy Birthday."

"I was so grateful but scared for my life that I would have to do a speech and not know what to say since it was my first day. Thankfully we had to rush back into filming because of time," he said. "So grateful for my Monarch Family."

"After that scene, I went up to my Grandma Dottie @susansarandon and told her that all I wanted for my birthday was a selfie with her."

Anyway, Susan's reply to the post made Iñigo kilig anew.

He said: "@susansarandon I love you! You just made my birthday this year extra special again."

Susan, meanwhile, also reposted Iñigo's post on her Instagram story.

In "Monarch," Iñigo plays the role of Ace Grayson, a young man from the Philippines.

Susan Sarandon, meanwhile, plays matriarch Dottie Roman. ■

Showbiz Gossip *Continued from p.15*

'There's hope,' Julia says of reconciliation among Marjorie, Gretchen, Claudine



Julia Barretto and mom Marjorie Barretto, and sisters Claudine and Gretchen Barretto.

Actress Julia Barretto believes "there is hope" for reconciliation among her mother Marjorie and her aunts Gretchen and Claudine, despite years of feuds that unfolded publicly.

Julia was asked about the rift between her mother and her sisters in an interview with Karen Davila, published on the news anchor's YouTube vlog on Thursday.

"I think it affects me for my mom, because I know how much she loves her older sister as well and the bond that they really had. Before, they were really inseparable," she said.

"Growing up, nakita namin 'yun. I really hope that one day, maayos iyon," Julia added.

Gretchen, Marjorie, and Claudine — sisters who all entered showbiz — once had close relationships, until conflicts within their family made headlines time and again over the past decade.

Claudine once had a rift with her two older sisters, with whom she

had a legal battle at one point, before she reconciled with Gretchen, leaving Marjorie estranged from her sisters.

In perhaps the most controversial conflict among the sisters, they were involved in a scuffle at their late father Miguel's wake in October 2019, witnessed by no less than former President Rodrigo Duterte. Two years later, Claudine and Marjorie appeared to at least be civil when they both attended a Barretto reunion to welcome the year 2022. They have yet to confirm mending ties, but what is clear is Claudine and Gretchen remains close.

"Even after things have been said and done, I just feel like the fact that it was painful for each other, it means there was love in the first place," Julia said in her interview with Davila.

"I feel like there's hope. If I'm affected, it's for my mom, because I do know how much love she has for them." ■

Ruffa Gutierrez bonds with daughter Venice in Milan



Ruffa Gutierrez with daughter Venice inside the airplane.

Actress Ruffa Gutierrez spent some quality time with her youngest daughter Venice in Italy.

In a series of Instagram posts, Gutierrez shared a video of her bonding moment with her daughter in Milan.

"Ciao! Strolling through Italy's fashion capital. @venicebektas is laughing at me," Gutierrez wrote in her most recent post.

Just last week, Venice, Gutierrez's youngest daughter with former husband Yilmaz Bektas, celebrated her 18th birthday.

"You're now a young lady! Soar high, follow your dreams and travel the world," Gutierrez wrote on her previous Instagram post.

Gutierrez and Bektas have another daughter Lorin, who turned 19 last month. ■

Derek Ramsay now 'semi-retired'



Derek Ramsay

Family first.

This is the main reason why hunk actor Derek Ramsay is scarce these days.

In an interview with GMA, the 45-year-old star said he's really "enjoying" married life.

"Ngayon talaga I'm really bonding with Elias, with my wife Ellen," said he.

According to him, he had so many realizations amid the pandemic.

Though Derek reiterated his love for his craft and is not closing the door altogether for a

comeback if ever.

"Kapag meron akong nabasang script na bubuhayin ang dugo ko eh," he related.

November last year when Derek and sexy actress Ellen Adarna tied the knot.

Elias is Ellen's four-year-old son with ex-boyfriend John Lloyd Cruz.

Derek revealed early this year his decision to "freeze" his deal with GMA, where he signed a contract in 2019. sa Hudgens and Selena Gomez. ■

Fil-Brit artist Beabadoobee: It's good to be back home



During her Manila 'homecoming,' London-based beabadoobee poses inside a jeepney.

Filipino-British singer-songwriter beabadoobee is indeed a promising artist of her generation.

Armed with her catchy guitar riffs, dreamy voice and relatable lyrics, the London-based beabadoobee rendered her bedroom pop songs and alternative rock sounds from self-released recordings, EPs and albums *Fake It Flowers* and *Beatopia* during her Manila concert last Friday night at the New Frontier Theater. The music event, which is part of her *Beatopia Tour 2022*, was presented by Live Nation Philippines.

The 22-year-old award-winning musician, whose real name is Beatrice Kristi Laus, hit it right away with *Worth It* as her first song during the one-hour program.

She would occasionally speak a few Tagalog words, wave and blow kisses to the delight of the fans.

"Pasensya na ang Tagalog ko kunti lang. It's good to be back home," she told the concert-goers, mostly Gen Z, before hitting *He Gets Me So High*. The first few lines say, "He pretends he is my closest friend/It's a lie, my cries/Won't uncloak his disguise/He's a kick on my side/And I wish that I knew why/He gets me so high."

She also performed *Back To Mars* and later on showed her appreciation to the fans by saying, "Hello, can I see the crowd please. Mahal ko kayo. Thanks for coming down."

The crowd sang with her when she performed the sexy,

bossa nova tune, *The Perfect Pair*, which has the chorus, "If I told you, you'd know how to go and break my heart in two/ 'Cause I would anyways, we'd end up like always/ You know me, you better show me that you could say it to my face/'Cause you know we're the same, there's worse things I can take."

Her army of fans jumped and chanted with Bea when she performed her rock anthems *She Plays Bass* and *Talk* which also displayed her guitar skills.

Bea continued the show, crooning her "favorite song" *See You Soon*, with the words, "I had some time away/Didn't wanna go insane from this/I wanted you to know/I need time to grow and to exist/I think I needed space/Let you know I'm safe/I swear it's just a little thing."

She also rocked the stage with *Sun More Often*, *Care*, *Sorry*, *Dye It Red* and other tracks.

Bea and her bandmates took a short break at some point and the crowd shouted, "Isa pa, isa pa."

She came back on stage and carried out her viral hit *Coffee*. The last song syndrome or LSS-inducing song gained attention online after it was uploaded by a fan years ago. The track became viral again on TikTok in 2020 after it was featured in Canadian rapper Powfu's single.

Bea capped off the night with her last song, *Cologne*, the second track from her EP, *Our Extended Play*.

As she concluded her show, you can still hear the audience wanting for more, "Isa pa, isa pa."

Dubbed as Gen-Z icon and guitar hero, Bea started making records in 2017.

In an earlier interview she shared her music inspiration, which includes *The Sundays*, *Elliott Smith*,

Smashing Pumpkins and *Norah Jones*. She also mentioned Filipino artists *APO Hiking Society*, *Itchyworms* and *Barbie Almalbis* as musical influences.

She was born in Iloilo and moved to the United Kingdom at the age of three, with her family. ■

Ogie Diaz proud dad as daughter graduates from high school despite bullying experience



Ogie Diaz and his daughter Erin.

Ogie Diaz could not help but express his happiness and pride as his eldest daughter Erin graduated from senior high school, despite stopping her studies in 2019 due to bullying.

The comedian-talent manager gave a glimpse of Erin's graduation and recounted her journey before she achieved the milestone, as seen on his Facebook page last Saturday, Aug. 20.

"Nung huminto siya nung 2019 sa senior high, pinagbigyan ko, dahil na-bully at nabagot siya," Diaz said. "Nung siya mismo ang nakaisip na gusto na niyang mag-aral uli, sabi ko, 'O, usapan natin this time, ha? Pag huminto ka na naman, ibabawas ko sa savings mo ang ipinambayad ko ng tuition fee mo ha?'"

(I let her stop from schooling in 2019 because she got bullied and got bored. When she decided to return to school, I told her, "Well, this is our deal this time: if you decide to stop from studying again, I will deduct from your savings the tuition fee I paid.")

Diaz also commended Erin as he witnessed how she worked hard to finish high school. He then asked her to do the same now that she will be taking culinary arts in college.

"Basta, 'nak, pagbutihin mo.

Wala naman kaming hangad ng mama mo kundi ang magandang future niyong magkakapatid," he addressed his daughter.

(Just do your best, my child. I and your mother want nothing but a good future for you and your siblings.)

"And I always say this to all my daughters: mas magandang may tinapos kayo para pagdating ng araw na iwan kayo ng mga asawa niyo (prangkahan na), di kayo pwedeng pagmalakihan, dahil may natapos kayo at kaya n'yong magtrabaho, dahil may alam kayo," he added.

(And I always say this to all my daughters: "It is better to finish your studies so should a time come that your partner leaves you (frankly speaking), they would not belittle you because you have a degree, and you can work because you have the skills.")

While he did not specify why his daughter Erin got bullied, Diaz has earlier disclosed that no one from his children came to him "sad" or "crying" because they got bullied over their father being gay.

Aside from Erin, Diaz has four more daughters with his wife Georgette del Rosario, who he has been with for about 22 years. ■

From Page 4 Quebecers vote

meet the special needs of all students, and pass a law protecting those intervention services from funding cuts.

Parti Québécois

The PQ would launch a parliamentary commission to reflect on the state of education in the province. It would better fund public schools and improve infrastructure. It would gradually end public subsidies to private schools and discourage specialized public schools, to reduce inequality and promote greater social diversity in the public system. It would revamp the curriculum to put more emphasis on Quebec history and literature, and in partnership with First Nations, highlight Indigenous cultures and languages. It would make classes on civics, including Quebec secularism and sex education mandatory.

Conservative Party of Quebec

The PCQ supports the charter schools model and would give parents greater freedom to choose where to educate their children, including at home. It would ease home-schooling rules and provide more resources, including fiscal support. It would improve vocational training and allow Grade 9 students to receive vocational training while pursuing their diploma. It would ensure early testing and more help for students with special needs, including gifted learners. It would make CEGEPS and universities strike independent committees to establish codes of conduct and rule on disputes regarding freedom of expression. It would allow students to opt out of paying fees to student associations.

4) ENVIRONMENT

Coalition Avenir Québec

In its 2030 Plan for a Green Economy, the CAQ aims to reduce greenhouse gas (GHG) emissions by 37.5 per cent below 1990 levels. It seeks to reach carbon neutrality by 2050, with a focus on developing hydroelectric projects and banning the sale of gas-powered vehicles by 2035. It would allocate another \$650 million to water management.

Quebec Liberal Party

The PLQ would increase royalties on industrial water use by as much as sixfold and spend the proceeds on maintaining water treatment systems. It would require the installation of water meters in all non-residential buildings, to encourage reducing consumption. It would end fossil fuel investments by Quebec's pension fund manager, the Caisse de dépôt, within five years. It would triple the number of electric-vehicle charging stations and ensure every rural municipality has at least one charging station. It aims to reduce greenhouse gas (GHG) emissions by 45 per cent below 1990 levels by 2030.

Québec Solidaire

QS promises to increase protected areas, especially in southern Quebec, by 1.5 per cent per year, with the goal of protecting 30 per cent of the territory by 2030. It would make access to provincial parks and wildlife reserves free.

Parti Québécois

The PQ would give municipalities more power to manage the environment. It would create regional councils to co-ordinate new infrastructure and telecommunication installations, in keeping with provincial environmental standards and the protection of agricultural land. It would ban the use of neonicotinoid pesticides and the herbicide glyphosate (Roundup) in the first 100 days of its mandate.

Conservative Party of Quebec

The PCQ would set carbon taxes as "low as possible," transferring the funds raised to Quebec's Generations Fund, to be used if "increasing temperatures justify measures to mitigate climate change." The party doesn't set clear emission goals. It would gradually stop subsidizing preferential rates for wind-generated electricity. It would propose incentives to save energy and reward consumers who act on them.

5) HEALTH CARE

Coalition Avenir Québec

The CAQ promises to open private clinics in underserved areas where services would be publicly insured. Its new Guichet d'accès à la première ligne (GAP) lets those without a doctor consult nurse-practitioners and other professionals. It would invest \$400 million to train and recruit 660 more doctors and 5,000 other health professionals. It would eliminate mandatory overtime, hire more than 1,000 foreign nurses and hire more administrative assistants to ease the workload of clinical staff. It would create a new online platform to book medical appointments and access health information.

Quebec Liberal Party

The PLQ would revamp the way family doctors are paid, basing compensation on the number of patients registered. It would invest \$6 billion to add 4,000 new hospital beds. It would eliminate mandatory overtime for nurses and reduce staff-patient ratios. It would increase admissions to nursing programs and speed up the recognition of foreign nursing diplomas, with the goal of tripling the number of nurse-practitioners by 2030. It would launch a public inquiry into how the government managed the pandemic and form an expert committee to prepare for future health crises.

Québec Solidaire

QS would create a provincial public health office that would report to an independent director. It would increase the public health budget by \$250 million per year and amend the Public Health Act to make the government more accountable when a public health emergency is declared. It would hire 900 psychologists in the public sector, increasing their salaries by 30 per cent, and hire another 1,000 mental-health professionals elsewhere in the health-care and education sectors. It would offer universal dental care coverage. It would make CLSCs the gateway to receiving treatment and the 811 phone line would triage patients, minimizing trips to ERs.

Parti Québécois

The PQ would promote

multidisciplinary clinics and give more autonomy to professionals, such as psychologists and pharmacists, to address health-care needs. It would make greater use of CLSCs as frontline clinics to treat minor medical emergencies and chronic conditions and to offer preventative health care. It would eliminate the use of private placement agencies for nurses, eliminate mandatory overtime and adopt a "hybrid" model to pay family doctors. It would improve staff-patient ratios, and increase admissions to health-care training programs.

Conservative Party of Quebec

The PCQ would decentralize the health-care system, allowing companies to provide competing services with the public health sector. It would allow Quebecers to sign up for additional private health insurance. It would allow doctors to practice in the private and public sectors at the same time. It would amend the Public Health Act to limit the declaration of a public health emergency to 10 days and require an 80 per cent majority vote by the National Assembly to extend it. It would increase medical school admissions and increase family medicine residencies.

6) HOUSING

Coalition Avenir Québec

The CAQ would invest \$3.7 billion over six years to renovate existing affordable housing units (HLMs). It pledges to spend \$1.8 billion over four years on affordable housing in the province's regions, building 11,700 new units and subsidizing an additional 7,200 units through the program.

Quebec Liberal Party

The PLQ would eliminate the welcome tax for first-time home buyers. It would increase the maximum amount that can be withdrawn from registered retirement savings under the Home Buyers' Plan (HBP) from \$35,000 to \$50,000 and expand the HBP criteria. It would discourage flipping by limiting overpricing on renovated properties. It would tax vacant properties owned by non-residents, in a bid to expand the rental market. It would require landlords to divulge the cost of a previous lease when advertising a rental property and encourage the conversion of empty office space into affordable housing. It would build 50,000 social housing units

over 10 years.

Québec Solidaire

QS would promote the construction of 50,000 energy-efficient social housing units. It would establish a rental price registry and put in place rent controls. It would improve housing access for Indigenous people living in urban settings. It would improve the building inspection system and discourage "renovictions," and it would put in place measures to discourage real estate speculation and overbidding.

Parti Québécois

The PQ would establish a provincewide rental price registry where potential tenants could check costs before signing a lease. It would compel municipalities to adopt standards to encourage the expansion and construction of homes to create intergenerational housing, and it would offer subsidies of up to \$25,000 to convert a property into an intergenerational house. It would promote the construction of more subsidized housing, particularly co-operative and non-profit projects.

Conservative Party of Quebec

The PCQ would eliminate welcome taxes for young families. It would help people obtain affordable housing through targeted loans and other existing programs, and it would increase allowances for low-income renters. It opposes the creation of a rental price registry and would not subsidize social housing construction. It would exempt fully renovated units from rent control for five years and remove rent control on high-end properties. It would change the Civil Code to eliminate the requirement that landlords provide new tenants with written notice of the lowest rent paid in the year before the start of a lease.

Sources: CBC News,

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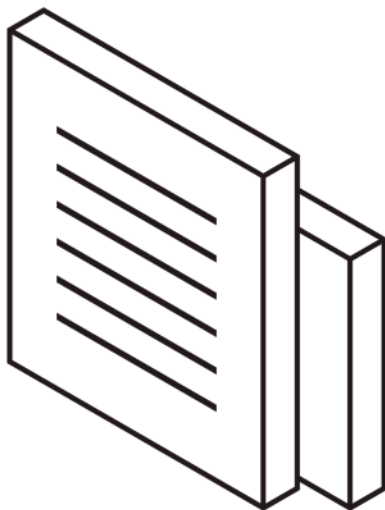
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Provincial election **October 3, 2022**

Until September 29

Register your name on the list of electors or change your entry

- To vote, you must be registered on the list of electors.
- You can make sure by checking the notice of entry sent by mail or by visiting our website, at www.elections.quebec/check.
- If your name does not appear on the list or if you notice an error, go to the address on your notice.*
- Bring one or more pieces of identification that together show your **name, date of birth and address**.
- On September 23, 24, 27, 28 and 29, you can vote at the same time.*



On September 25 and 26, from 9:30 a.m. to 8 p.m.

Vote in the advance poll

- Check the address of your advance polling station on the notice of entry sent by mail or on our website, at www.elections.quebec/where-when.*

On October 3, from 9:30 a.m. to 8 p.m.

Vote on election day

- Check the address of your polling station on the **yellow** reminder card sent by mail or on our website, at www.elections.quebec/where-when.*

Bring one of the five pieces of identification required to vote

(Québec driver's licence, health insurance card, Canadian passport, Indian status card or Canadian Forces identification card).

For more information

- Visit our website, at www.elections.quebec/en
- Contact us:
 - by phone: 1-888-ELECTION (1-888-353-2846)
 - by e-mail: info@electionsquebec.qc.ca
 - by SMS: 868372 (VOTEQC) (standard fees apply)



*All advance polling places are accessible as well as most of the places where you can vote on October 3. To learn more about the accessibility criteria for each place, visit www.elections.quebec/where-when. If your voting place does not meet your needs, contact your returning officer to request permission to vote at another place in your electoral division.

**On October 3,
let's reverse the trend.
Let's all vote.**

**élections
Québec**

From Page 5 Michelle Setlakwe

schools;

- Abolish the prohibition of religious symbols for teachers (Bill 21).

Question 4. What will be your priority if elected to a public office?

Answer: I will be an active MNA and a strong voice for all the residents of the riding, regardless of their origin. The following are 3 local commitments that I will be working on:

a) Ensure increased and more predictable support for community organizations: in an inflationary period, it is of utmost importance to support the most vulnerable.

b) Be a strong voice for, and support our cities, boroughs and institutions to secure investments in our public infrastructures, such as school, hospitals, sports centers, etc.

c) Ensure that our local business and our university (Université de Montréal) are heard in their need to attract and retain workers and students from other countries.

Question 5. What do you think is the most important feature of your party's platform that will meet the needs of the people in the riding you will represent?

Answer: Our balanced and responsible approach offers a series of

measures for families, people from the middle class and with lower income, seniors and people with special needs, students, and our local businesses and institutions. Without naming them all, we can mention benefits and services to seniors who want to remain in their own homes, complete access to an affordable child-care network, better funding for community organizations, measures for integrating students and workers from other countries, and measures to counter inflation and increased cost of living.

In conclusion, I would like to emphasize that the Liberal Party is the political party of all Quebecers, which leaves no community behind and believes in a strong Quebec within a united Canada. # Z. F. Kharroubi



MICHELLE SETLAKWE Mont-Royal - Outremont

Vote for real.
Real issues. Real solutions.



"Dynamic, progressive and inclusive - this is how I describe the diverse Mont-Royal - Outremont riding.

I pledge to be a strong voice to defend the interests of your community at the National Assembly.

On October 3rd, I count on your support to uphold the liberal values of inclusion."



✉ / Michelle.Setlakwe@plq.org
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Payé et approuvé par Joseph Daoura, agent officiel.

Queen Elizabeth's State Funeral



Queen Elizabeth's eight grand children stand on vigil - Prince William can be seen standing in the center (head of the coffin) while Prince Harry is at the foot of the coffin (not visible from this view)



Prince William, 40, Prince Harry, 38, Princess Beatrice, 34, Princess Eugenie, 32, Zara Tindall, 41, Peter Philips, 44, Lady Louise Windsor, 18, and James, Viscount Severn, 14 - the eight grandchildren of the Queen. They stood in silence next to the coffin of their grandmother, at Westminster Abbey, September 17, 2022.



The coffin is brought into the Chapel of Windsor Castle for memorial service by soldiers of the 1st Battalion Grenadier Guards — the Queen's company. Prince William (left), Prince Harry (right) with Kate Middleton and Meghan Markle.



A huge crowd of mourners are on both sides of the road while the hearse is being carried towards Windsor Castle for the service



King Charles III appears at the committal service for Queen Elizabeth II held at St. George's Chapel in Windsor Castle and places the regimental flag of the Queen's Company, 1st Battalion Grenadier Guards, on the casket. A new bouquet from the Queen's garden can be seen here with different flowers with meanings.