

Zelensky comes unannounced to Canada, addresses Parliament

(Sept. 22, 2023) Ukrainian President Volodymyr Zelensky has arrived in Canada on an unannounced visit to rally support for his country.

Canadian TV showed Prime Minister Justin Trudeau meeting Mr Zelensky on the runway in Ottawa. It is Mr Zelensky's first trip to Canada since Russia's invasion in February 2022.

Zelenskyy urged Canada on Friday to stay with his country to victory as he went to the Canadian Parliament seeking to bolster support from Western allies for Ukraine's war against the Russian invasion.

Zelenskyy flew into Canada's capital late on Thursday after meetings with President Joe Biden and lawmakers in Washington. He spoke at the United Nations' annual meeting on Wednesday.

"Moscow must lose once and for all. And it will lose," Zelenskyy said during his address in Parliament.

Zelenskyy said Canada has always been on the "bright side of



Canadian Prime Minister Justin Trudeau and Ukraine's President Volodymyr Zelensky shake hands at the end of a news conference on Parliament Hill on September 22, 2023 in Ottawa. (Dave Chan/AFP/Getty Images)

history" in fighting previous wars and said it has helped saved thousands of lives in this war with aid. He also

thanked Canadians for financial support and for making Ukrainians fleeing war feel at home in Canada.

Zelenskyy repeatedly thanked Canada and received a number of standing ovations from dignitaries and parliamentarians.

Zelenskyy linked the suffering of Ukrainians now to the 1930s genocide caused by Stalin, when the Soviet leader was blamed for creating a man-made famine in Ukraine believed to have killed more than 3 million people. He noted that it was in Edmonton, Canada, where the world's first monument was erected in 1993 to commemorate the Ukrainian Famine-Genocide.

He expressed hope that a monument would one day be raised in Canada to Ukraine's victory over Russia's invasion, "maybe in Edmonton."

"I have a lot of warm words and thanks from Ukraine to you," Zelenskyy said in Prime Minister Justin Trudeau's office before his speech. "You have helped us on the battlefield,

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Zelensky in Canada

UN 78th assembly accelerating 2030 (SDG) sustainable development goals



Secretary-General António Guterres (right) meets with Dennis Francis, President of the 78th session of the United Nations General Assembly. UN Photo / Eskinder Debebe

The General Debate of the United Nations General Assembly is the opportunity for Heads of State and Government to come together at the UN Headquarters and discuss world issues.

The 2023 SDG Summit will take place on 18-19 September 2023 in New York. It will mark the beginning of a new phase of accelerated progress towards the Sustainable Development Goals with high-level political guidance

Expert warns about AI dangers to health security



Digital image of the brain on the palm using artificial Intelligence technology. (iStock)

Robots run by artificial intelligence have the potential to attack the United Kingdom's National Health Service (NHS) and cause a disruption on the scale of the COVID-19 pandemic, according to a cybersecurity expert.

Ian Hogarth, who works on the U.K.'s AI task force that was formed to help protect against the risks of AI, says that the growing technology is

capable of an attack that could cripple the country's NHS or even carry out a "biological attack," according to a report in the Daily Star.

Hogarth noted that AI technology continues to improve at a rapid pace, something he warned would lower barriers to "perpetrating some kind of cyber attack or cyber crime."

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UN General Assembly

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AI robots



FROM THE PUBLISHER'S DESK

Newspapers in the decline - can this be halted?

Zenaïda Ferry Kharroubi

Nowadays, fewer people read newspapers, fewer businesses putting any advertising, hence, many newspapers, big or small, are closing down, laying off journalists and other workers in the newspaper industry.

Do people care about this at all? Is there any appreciation of the role of newspapers in a democracy?

It is a common belief that the freedom of the press is an important principle of our democratic way of life. But the explosion of the Internet in the 1990s increased the range of media choices available to the average reader while further cutting into newspapers' dominance as the source of news. Furthermore, reading a newspaper seems to be generational - older generations still prefer to read their news in print while the younger ones are more accustomed to go online or use their cellphones for everything they like to do.

Research has linked closures of newspapers to declines in civic engagement of citizens, increases in government waste, and increases in political polarization. The decline of local news has also been linked to the increased "nationalization" of local elections. As citizens have fewer

opportunities to read about local politics, they are attracted to national sources (such as cable news) and begin to interpret local politics via national politics.

Television and the Internet both bring news to the consumer faster and in a more visual style than newspapers, which are constrained by their physical format and their physical manufacturing and distribution.

The Internet has also gone a step further than television in eroding the advertising income of newspapers, as — unlike broadcast media — it proves a convenient vehicle for classified advertising, particularly in categories such as jobs, vehicles, and real estate. Free services like Craigslist have decimated the classified advertising departments of newspapers, some of which depended on classifieds for 70% of their ad revenue

Evidently, the newspaper industry must find a way to survive and transform itself to adapt to the changing market place. But if our government leaders value the role of newspapers in a democracy, perhaps, they can extend a helping hand.

Local news, long a vital civic bond, is in trouble. Can we save it?



As publisher of the Vineyard Gazette, Jane Seagrave MC/MPA 1989 has a bird's-eye view of the problems faced by local news organizations. (Photo by Jeanna Shepherd)

The infrastructure of local news is crumbling and in some places nonexistent, with dire effects on democracy and civic life, experts say. A growing number of people in academia, politics, and the news industry say an urgent response is needed, with new ideas about what local news organizations should look like and how they can be supported. HKS faculty members, staffers, and alumni are tackling a problem that has no easy answers.

"Newspapers were traditionally the common bond in the community, with shared information being the basis for people thinking somehow they're on the same ship," says HKS Professor Thomas Patterson.

those days most newspapers were distributed by mail. "Newspapers were traditionally the common bond in the community, with shared information being the basis for people thinking somehow they're on the same ship," says Professor Thomas Patterson of the Shorenstein Center on Media, Politics and Public Policy at Harvard Kennedy School.

Patterson, the Bradlee Professor of Government and the Press, says because local news organizations gave citizens the information necessary to make important decisions about their lives and their communities, they functioned for more than 200 years as de facto civic infrastructure. But now that infrastructure is crumbling in many



Professor Thomas Patterson



Nancy Gibbs, Director

ALEXIS DE TOCQUEVILLE, the French aristocrat and political scientist who observed American culture in the early 1830s, saw local newspapers as the lifeblood of civic participation in the United States and called them "the power which impels the circulation of political life." America's founders considered journalism so vital to informed democracy that they not only guaranteed the press unprecedented freedom in the first amendment to their new constitution but also subsidized it with special low postal rates, since in

places and nonexistent in others—devastated by transformations in the economic ecosystem of local news, by takeovers by cost-cutting corporate chains and so-called "vulture capital" firms that strip them of their assets, and by changing habits of information consumption.

The Shorenstein Center's director, Nancy Gibbs, who with Patterson has been raising the alarm this year about the decline of local news and its effects on democracy, including voting rates and other forms

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Feds to clear up 2020 backlogs for family reunification via lottery draw

Draw for parent and grandparent sponsorship begins next month; only people in system since 2020 included

Over 200,000 potential sponsors expressed interest in bringing their family members to Canada that year, said IRCC spokesperson Isabelle Dubois.

"Given the volume of 'interest to sponsor' received in 2020 that are still remaining in the pool, IRCC will again use the 2020 pool of submissions for the 2023 intake," said Dubois.

Lottery system to allow immigrants to sponsor parents, grandparents opens Oct. 13

Over a two-week period beginning Oct. 10, IRCC will begin sending invitations for 24,200 people to apply, said Dubois. From those, IRCC hopes to process 15,000 successful applications.

Super visa not a substitute

"I think everybody can agree that having the last expression of interest, the last ability to put your name in, in 2020, that is really unfair," said Tamara Mosher-Kuczer, senior lawyer and founder at Lighthouse Immigration Law.

"If they didn't get in the pool in



2020, this is another year, yet another draw that has passed them by," she said.

And even if someone is lucky enough to be selected to apply, "they'd have to wait at least probably two years for the application to be processed," Mosher-Kuczer said.

There is another more costly option, she said. Parents and grandparents can apply for a Canadian super visa which allows them to visit their children or

grandchildren for up to five years.

"The problem is they have to pay for health insurance the whole time the family members are here," said Mosher-Kuczer. "And the family members aren't able to work. So it's prohibitive for a lot of people."

Get your paperwork in order

Mosher-Kuczer has some advice for people in the 2020 pool.

"Start gathering the supporting documents now," she said. "If you get one of these invitations, it's the golden

ticket. It's a once in a lifetime opportunity, you're unlikely to get invited again. So you need to be able to have that application submitted in 60 days."

It's not a lot of time to get everything together, but if you wait, you're up against a tight deadline, she said.

"A lot of this information is hard to gather and then everything has to be translated according to IRCC's very strict specifications," she said, adding the process can be costly.

"But people don't want to spend the money to start making those translations and getting those documents and getting the police clearances."

Mosher-Kuczer said she also wishes the government would institute a weighted lottery: the longer you've been on the list, the stronger your chances of being selected.

Due to the number of forms remaining in the pool of submissions from 2020, IRCC will send invitations to apply to randomly selected potential sponsors from that pool instead of opening a new interest to sponsor

See Page 6 Feds to clear up

A possible general strike by public sector workers in education, health and social services

Thousands of public-sector workers carried turquoise flags Saturday afternoon through downtown Montreal. The workers, representing a collaboration of several unions, say they're ready to launch general strike unless the Quebec government can give them a "respectable" offer.

The march took place while unions across the province negotiate new collective agreements with the Quebec government.

Presidents of the four major unions that form the common front, the CSQ, the FTQ, the APTS and the CSN, spoke to the media ahead of the march, while dozens of yellow buses unloaded demonstrators near Jeanne-Mance Park.

About 420,000 public-sector workers make up the common-front. They primarily work in health, social



People take part in a public sector union demonstration in Montreal, Saturday, September 23, 2023. THE CANADIAN PRESS/Graham Hughes

services, education and higher education.

People are angry," said François Enault, vice-president of the CSN, referring to Quebec's proposal to

increase the salaries of public sector workers by 9 per cent over five years. He says that's just not enough.

"We were called guardian angels throughout the pandemic.

aspects of biosecurity and cyber security, I think there is a real value in international collaboration around the larger scale risks."

Hogarth noted that much of the tech industry has begun to focus its attention on AI, something that has led to rapid improvement of the technology but also highlighted the dangers.

The AI expert pointed to the WannaCry cyberattack on NHS in 2017 that led to the cancelation of 19,000 patient appointments and costs the

When it's time to pay for good working conditions, they no longer listen to us," said CSQ president Éric Gingras.

Union leaders say they're ready to launch a general strike if the government doesn't offer more.

"We don't hope to get there, (but) it's a last resort. We are preparing to do it, because it takes a long time to achieve strike mandates in the public sector," said Robert Comeau, president of the APTS. "Our people are ready."

Demonstrators descended on Montreal from all over the province.

A strike mandate is expected by October 14 when a general strike might hit schools, hospitals and other social services centers.

Source: Abridged news report from the Canadian Press, Sept. 23, 2023

From Page 1 AI robots

Hogarth's AI task force has received £100 million, roughly \$124 million, in government funding, according to the Daily Star report, with the group's work so far focusing on safety research that could help develop useful tools similar to ChatGPT.

The U.K. "AI tsar" said it is important for countries around the world to collaborate on mitigating the risks of AI. Hogarth specifically noted that it was also important to include countries like China in those

discussions, something that has become even more critical after the lessons learned from the COVID-19 pandemic.

"It's just like pandemics. It's the sort of thing where you can't go it alone," Hogarth said. "The kind of risks we are paying most attention to are augmented national security risks."

WHAT IS ARTIFICIAL INTELLIGENCE (AI)?

"These are fundamentally global risks," he added. "And in the same way we collaborate with China in

nation's health service £92 million, or \$114 million, arguing that the rapid advancement of AI technology could make such attacks easier.

"A huge number of people in technology right now are trying to develop AI systems that are superhuman at writing code... That technology is getting better and better by the day," Hogarth said. "And fundamentally, what that does is it lowers the barriers to perpetrating some kind of cyber attack or cyber crime."

From Page 1 UN General Assembly

interlocking crises facing the world and is expected to reignite a sense of hope, optimism, and enthusiasm for the 2030 Agenda.

In 2015, countries adopted the Sustainable Development Goals (SDGs). They embarked on a journey to achieve the 2030 Agenda to promote prosperity, address inequalities while protecting the environment. The 17 SDGs offer the most practical and effective pathway to tackle the causes of poverty, violent conflict, human rights abuses, climate change and environmental degradation.

Insisting that international cooperation is critical, the United Nations chief delivered a dire warning to leaders from across the world Tuesday, declaring that the planet is becoming unhinged with mounting global challenges and geopolitical tensions — and warning that “we seem incapable of coming together to respond.”

Addressing presidents and prime ministers, monarchs and ministers at the opening of the U.N. General Assembly’s high-level meeting, Secretary-General Antonio Guterres ticked off a list of “existential threats” the world is facing, from climate change to disruptive technologies like artificial intelligence.

“Our world is becoming unhinged. Geopolitical tensions are rising. Global challenges are mounting. And we seem incapable of coming together to respond,” Guterres told the people who run the world’s nations. He said that the United Nations — and the ways that countries cooperate — must evolve to meet the era.

“The world has changed. Our institutions have not,” Guterres said before the opening of the U.N. General Assembly’s General Debate. “We cannot effectively address problems as they are if institutions don’t reflect the world as it is. Instead of solving problems, they risk becoming part of the problem.”

All this is taking place. Guterres said, as the world is making a “chaotic transition” and rapidly moving from a brief period of “unipolarity” — domination by a single power, the United States — toward a multipolar world with many power centers. That is, he said, positive in many ways.

Guterres warned that divides are deepening, among economic and military powers, between countries in the developed North and developing South, and between the global West and East.

“We are inching ever closed to a Great Fracture in economic and financial systems and trade relations,” he said, “one that threatens a single, open internet. (One) with diverging

strategies on technology and artificial intelligence, and potentially clashing security frameworks.”

He said the world needs action now — not merely more words — and compromise to tackle the world’s challenges and adopt needed reforms. **LOTS OF LEADERS, BUT KEY ONES MISSING**

This year’s week-long high-level U.N. gathering, the first full-on meeting of world leaders since the COVID-19 pandemic disrupted travel, has 145 leaders scheduled to speak. It’s a large number that reflects the multitude of crises and conflicts.

But for the first time in years, U.S. President Joe Biden, who spoke soon after Guterres, is the only leader from the five powerful veto-wielding nations on the U.N. Security Council to address the 193-member assembly.

China’s Xi Jinping, Russia’s Vladimir Putin, France’s Emmanuel Macron and Britain’s Rishi Sunak are all skipping the U.N. this year. That should put the spotlight on Ukraine’s President Volodymyr Zelenskyy, who will be making his first appearance at the assembly’s podium later Tuesday, and on Biden, who will be watched especially for his views on China, Russia and Ukraine.

Guterres sharply criticized Russia’s invasion of Ukraine, telling world leaders it is “Exhibit A” of countries breaking their pledge to

uphold the U.N. Charter’s pledge for peace — and the mandate to guarantee the sovereignty and territorial integrity of all member nations.

Later, Biden echoed the sentiment. “I ask you this: If we abandon the core principles of the United States to appease an aggressor, can any member state in this body feel confident that they are protected?” Biden said in his address. “If we allow Ukraine to be carved up, is the independence of any nation secure?”

He continued: “I’d respectfully suggest the answer is no.”

This year’s week-long session, the first full-on meeting of world leaders since the COVID-19 pandemic disrupted travel, has 145 leaders scheduled to speak. It’s a large number that reflects the multitude of crises and conflicts.

Excerpts of news report by Edith M. Lederer, chief U.N. correspondent for the AP, has been covering international affairs for more than 50 years.

For immediate release

19 September 2023

Canada Must Now Listen To What Diasporic Indians Have Been Warning Of

Dominating news cycles in Canada is that Prime Minister Trudeau has accused the government of India of involvement in killing of Canadian Sikh leader Hardeep Singh Nijjar near Vancouver last June and Canada has expelled India’s intelligence chief in Ottawa in retaliation.

Prime Minister Trudeau said “The involvement of any foreign government in the murder of a Canadian citizen on Canadian soil is an unacceptable violation of our sovereignty.”

A former adviser to the Prime Minister has said India has joined “the group of nations that assassinate political opponents” abroad, akin to the murder of Saudi journalist Jamal Khashoggi in Turkey in 2018.

Meanwhile over the past year, diasporic South Asian and other civil society organizations that have been sounding alarm bells and calling on the Trudeau government and the opposition to pay heed to the dangerous build-up of support for the Hindu ethnonationalism of the current government of India on Canadian soil. But these alerts have gone unheeded.

Last November, Chandra Arya, a member of the Liberal caucus hoisted a flag on Parliament Hill, a politically charged symbol that is associated with a far-right Hindu paramilitary organization the RSS

(Rashtriya Swayamsevak Sangh) closely connected with the Bharatiya Janata Party (BJP), the Hindu nationalist political party of Indian Prime Minister Modi. Seventeen civil society organizations wrote to Prime Minister Trudeau and the leaders of the opposition expressing deep concern about this. The letters went unanswered.

In August, there was a demonstration in Ottawa, in solidarity against Hindutva fascism in India and Canada. The demonstrators went to the Prime Minister’s office and symbolically delivered a letter signed by 80 civil society organizations, including many from the Indian diaspora in Canada. The letter called for Canada to issue a categorical public condemnation of the systematic discrimination, genocide incitement, harassment, and violence faced by religious minorities and other oppressed groups in India, including Muslims, Christians, Dalits, Adivasi Indigenous peoples, and Sikhs, as well as Kashmiris. The protest demonstrated that the concerns for rights and equality extend beyond borders, serving as a reminder that collective action remains essential in safeguarding these values. Also that Canadian trade and investment agreements with India are contingent upon respecting human rights and protecting vulnerable communities. And that Indian politicians who have publicly called for ethnic cleansing and incited genocidal violence against India’s minority population be barred from entering Canada under Section 35 of the Immigration and Refugee

Protection Act. The letter also called for identifying and investigating organizations, particularly those operating as charitable organizations in Canada that are fronts for Hindu right-wing organizations. Any organizations found to be promoting hate speech, discrimination, or violence should be immediately banned and their charitable status revoked. As well, conducting a thorough investigation into the ruling Bharatiya Janata Party (BJP) of India and its agencies interfering in Canadian politics and institutions, as reported by Canada’s national security adviser. This includes monitoring their influence in Canadian institutions and online platforms, and taking appropriate legal measures to counter their divisive and discriminatory agenda.

This letter also went unanswered. The influence of Hindu nationalism also suppresses political, artistic, and academic expression. Last year, Toronto-based filmmaker Leena Manimekalai received thousands of threatening messages, death and rape threats, and was called Hinduphobic for screening her film “Kaali.” The same MP Chandra Arya also weighed in citing hurt Hindu sentiment. The Indian High Commission in Canada got involved, issuing a press release reprimanding those who screened Ms. Manimekalai’s film. All this exposes the Hindu supremacist nature of the current government of India. They have been harassing academics and artists.

Individuals supporting the Indian government’s Hindu nationalism

have created a petition to the House of Commons calling for Canada to recognize something called ‘Hinduphobia’. They seek to push an agenda to persecute, hound, delegitimise and silence those who call out the Indian government for its well-documented human rights violations and violence against minorities.

Canadian parliamentarians must not legitimize the politics of hate that is masquerading as victimhood. They must finally acknowledge what is under their noses.

Canada must stand with the oppressed peoples of India including Muslims, Dalits, Christians, Sikhs, Kashmiris, and others. We urge the Canadian government to take concrete actions: a) publicly condemning the state-backed violence and persecution of those resisting Hindu supremacy and holding the Indian state accountable; b) stand up for the rights of religious minorities and oppressed communities in India; c) banning organizations in Canada that are affiliated to and funding the RSS, and their promotion of hate; d) ensuring Canadian trade agreements with India are contingent upon respecting human rights and protecting vulnerable communities; e) taking concrete steps in Canada and globally to stop transnational state surveillance and vigilantism.

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Contact:

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Source:

CERAS (Centre sur l'Asie du sud)

Justice for All Canada

Zelensky Warns World Leaders That Russian Aggression Could Expand Beyond Ukraine

The Ukrainian president said Russia had weaponized essentials like food and energy “not only against our country, but against all of yours as well.” Earlier, President Biden said the world must continue to stand with Ukraine.

“The goal of the present war against Ukraine is to turn our land, our people, our lives, our resources into a weapon against you, against the international rules-based order,” Mr. Zelensky told the assembled leaders. He added that Russia was weaponizing essentials like food and energy “not only against our country, but against all of yours, as well.”

His remarks were among the most scathing in a series of addresses by world leaders, including President Biden, who condemned Russia’s “naked aggression” and said the United States would continue to stand



Ukraine's president, Volodymyr Zelensky, spoke before the Assembly on Tuesday in New York City.Credit...Maansi Srivastava/The New York Times

with the “brave people of Ukraine.”

If the world appeases Russia, Mr. Biden asked, “can any member

state in this body feel confident that they are protected? If we allow Ukraine to be carved up, is the independence

of any nation secure?”

“We must stand up to this naked aggression today to deter other would-be aggressors tomorrow,” he added.

Unity is a frequent theme for the General Assembly, when the leaders and representatives of nearly 200 nations gather. But the world has become increasingly polarized: Russia’s war against Ukraine is pitting Moscow against the United States and its allies, while tensions between China and the United States are rising.

And nations in the global south — a collection of developing and poor countries in Africa, Asia and South America — have complained that the West has disproportionately focused on the conflict in Ukraine and ignored their crises.

Source: condensed from New York Times report

From Page 1 Zelensky in Canada

financially and with humanitarian aid.

It is Zelenskyy’s first visit to Canada since Russia invaded Ukraine in February 2022. He previously addressed the Canadian Parliament virtually after the war started.

Trudeau called the visit an opportunity to show Zelenskyy “how strongly and unequivocally we stand with Ukraine” and announced an additional \$650 million Canadian (\$482 million) over three years for 50 armored vehicles that will be built in Canada.

“We are shifting our approach to provide multiyear assistance to ensure Ukraine has the predictable support it needs for long term support,” Trudeau said at a news conference.

Trudeau said Canada has provided nearly \$9 billion Canadian (US\$6.7 billion) in military, financial and humanitarian support to Ukraine



Stamdomg onvation for President Volodymyr Zelensky from the members of the Canadian Parliament.

people of Ukrainian descent, close to 4% of the population.

More than 175,000 Ukrainians have come to Canada since the war started and an additional 700,000 have received approval to come as part of

flank of Republicans, led by Donald Trump, Biden’s chief rival in the 2024 race for the White House, is increasingly opposed to sending more money overseas.

“We are grateful to the United

Poland’s prime minister said his country is no longer sending arms to Ukraine, a comment that appeared aimed at pressuring Kyiv and put Poland’s status as a major source of military equipment in doubt as a trade dispute between the neighboring states escalates.

Ukrainian troops are struggling to take back territory that Russia gained over the past year. Their progress in the next month or so before the rains come and the ground turns to mud could be critical in rousing additional global support over the winter.

The Group of 7 industrial nations in July promised to reach individual agreements with Ukraine to provide long-term military help.

“Considering the reluctance of many Republicans in U.S. Congress to further support Ukraine and the tensions between Ukraine and some of its key allies like Poland, Canada is seen as a reliable supporter of Ukraine



President Joe Biden meets with Ukrainian President Volodymyr Zelensky in the Oval Office of the White House, Thursday, Sept. 21, 2023 in Washington (AP Photo/Evan Vucci)

since the war began.

Zelenskyy and Trudeau also attended a rally in Toronto with the local Ukrainian community late Friday. “I’m happy to be here with my wife, the first lady. Three days together, the first time from the beginning of full-scale war,” Zelenskyy said.

Canada is home to about 1.4 million

an initiative that supports temporary relocation of those fleeing the war. The initiative allows for an open work permit for three years with pathways to permanent residency and citizenship.

Zelenskyy is facing questions in Washington about the flow of American dollars that for 19 months has helped keep his troops in the fight against Russian forces. A hard-right



President of Ukraine Volodymyr Zelensky and First Lady Olena Zelenska met with Governor General of Canada Mary Simon at her residence in Ottawa.

States and, with all due respect to our allies, the United States provides the largest share of assistance. And the assistance our soldiers on the battlefield really need,” Zelenskyy said at an earlier news conference.

He also faces challenges in Europe as well as cracks in what had been a largely united Western alliance behind Ukraine. Late Wednesday,

so Zelenskyy will be in friendly territory during his visit to Canada,” said Daniel Béland, a political science professor at McGill University in Montreal.

“A key fact to keep in mind here is that 4% of Canadians are of Ukrainian descent, including Deputy Prime Minister Chrystia Freeland.”

Source: Report by Rob Gillies, Associated Press, Sept. 22, 2023.



ONTARIO Community News

By Tony A. San Juan
OCT-Retired

Martin Nievera Performs at Mabuhay Philippines Festival 2023 Show

The "Philippine Concert King" did it again! To the great amazement and full enjoyment of countless fans, Martin Nievera, a popular Filipino singer, actor, and performer entertained beautifully the adoring crowds during his open-air concert held on August 26, 2023, at the centre stage of Nathan Phillips Square, City Hall Grounds, Toronto, Ontario.



Martin Nievera, Filipino singer and actor. (Photo: Carlos Unas)

The free musical event was held in celebration of the 25th Anniversary of the Mabuhay Philippines Festival, the flagship summer cultural program of the PIDC-Philippine Independence Day Council. PIDC, formed in 1988, is a not-for-profit and volunteer-run sociocultural umbrella

repertoire of popular Tagalog and English ditties. To the delight of his Filipino fans, he stepped down the stage and serenaded them at close range. Comical at times, Nievera was joined in his singing by those enjoying his performance. Charming his fans, he also allowed them to take "selfies" with him. Martin was really a consummate entertainer and a gem as a singer.

Among other Filipino performers who entertained with their hilarious wisecracks and timely jests were Supertekla and Boobsie. The duo was genuinely funny and both can sing well in a man's and woman's voice. The notable performers include Fil-Can singer Jenifer Camacho, upcoming local talents, and the 30-member Scarborough Ontario Seniors Association Chorale led by SOSA President Carol Banez. Philippine cultural dances and Line-dancing groups gamely demonstrated their impressive skills and talents. Danny Orbillo and Ryan Orlanda jointly served as event emcees.

PIDC President Agnes Pasaporte Miranda, and Mabuhay Philippines Festival Founder and Chair Emerita Norma Carpio provided leadership and support to the PIDC Executive Officers, Board of Directors, and Council of Leaders in the admirable delivery of the celebration. Among the PIDC officers and volunteers were Ben Corpuz, Rory Elefano, Helen Lao, Suzy Llanera, Aimee Maravilla, Ofelia Monterde, Minda Neri, Jean Pardo, Jesse Pacetes, Roy Start, Tom Tan, Nanding Ticzon, Al Tupe, and Jun Villaruz,

The celebration was



"Philippine Concert King" Martin Nievera at the Mabuhay Philippines Festival Show with Toronto Fans (Photo: Carlos Unas)

organization in the Greater Toronto & Hamilton Area in Ontario.

Nievera, stylishly dressed in a brown blazer and blue jeans, gave out his best singing select songs from his

distinctively described as pleasantly memorable and highly successful by guests, sponsors, performers, and those who attended and witnessed the fantastic live show.

Toronto Catholic District School Board to hold "Open House Job Fair"

The Toronto Catholic District School Board (TCDSB) will host an "Open House Job Fair" on October 18, 2023 (Wednesday) from 6:00 p.m. to 8:00 p.m. at the Catholic Education Centre (CEC), TCDSB, 80 Sheppard Avenue East, Toronto, Ontario. The event is aimed at discussing career opportunities that are available for Filipinos, Indigenous, Black, 2SLGBTQ+, and racialized candidates seeking employment with the Catholic school board.

TCDSB is looking for talented and dedicated staff to join its team of teachers, educational assistants, maintenance workers, social workers, administrative and other professional staff. Specifically, the Catholic school board hopes to recruit Teachers, Educational Assistants, Child and Youth Workers, Designated Early Childhood Educators, Secretaries, Caretakers and Maintenance, Library Technicians, Social Workers, Psychoeducational Consultants, Psychologists, and Speech and Language Pathologists.

As an inclusive Catholic learning community, the Toronto Catholic District School Board (TCDSB) "serves approximately 84,000 students in nearly 200 Catholic schools" in the City of Toronto, with a

workforce of 14,000 employees. It is "committed to inclusion and fostering a diverse workforce and especially



welcomes applications from individuals who would contribute to the further diversification of its staff. The TCDSB is "an exciting, creative and supportive workplace, with a strong focus on making a profound academic impact on its students."

To learn more about TCDSB and the many career opportunities, interested individuals and professionals are encouraged to join in this information session.

For further information and to help answer any questions, Email: hr.recruitment@tcdsb.org.

From Page 3 Feds to clear up

form. This is the same approach taken for the 2021 and 2022 intakes. Anyone who submitted an interest to sponsor form in 2020, but did not receive an invitation to apply in 2021 or 2022, is encouraged to check the email account they provided in 2020 when they submitted their interest to sponsor form.

Those invited to apply as part of the 2023 intake will continue to use the Permanent Residence Portal or the Representative Permanent Residence Portal, which allow applications to be submitted electronically. This is part of our commitment to modernize

Canada's immigration system and to speed up and simplify the application process.

For information on previous application intakes for the Parents and Grandparents Program, see the recently published intake report on IRCC website, The Parents and Grandparents Program: Intake Report 2014 to 2019. A more recent intake report covering the 2020 to 2022 application intakes will be published by the end of the year.

Source: Excerpts from CBC News report by Rebecca Zandbergen, CBC news published Sept. 19 and IRCC website.

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Literary Corner



Contemporary Senryu

by Pedro Guidote

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

Pleasure in the job
puts perfection in the work -
intellectual play.

How diff'rent life is
when one lives it from when one
picks through it. Too late!

In the park today -
dejected - am I alone?
come Holy Spirit.

Cup on the table
empty as a soul with holes.
Fill it with your love.

Life's a collection
of feelings and expressions
of deep affections.

From Page 2 Local news

of civic participation, says the situation has reached a critical stage.

"We have seen a dramatic decline in the last 10 or 15 years, as we've seen the whole business model across media disrupted to where we are losing two newspapers every week," Gibbs said on an episode of the HKS PolicyCast podcast. "Half of all counties now only have one local newspaper news source. Usually, it's a weekly. Many of those newsrooms have been hollowed out." According to the U.S. Government Accountability Office, more than a quarter of local newspapers in America have shut down since the early 2000s. Half of all journalism jobs are now gone, as are half of all newspaper subscribers. More than 1,800 communities in the United States are now defined as "news deserts"—places where no professional source of local news exists. Patterson says the decline has been going on long enough that a robust body of social science research now exists about what happens when a community loses its local news source. "There've been a dozen really pretty good studies of this, and they all come to the same conclusion," he says. "It harms the civic health of the community on virtually every dimension. Social trust goes down. Party polarization goes up. Voting locally declines. Accountability of local officials goes away."

Because of the collapse in revenue that supports news gathering, Gibbs says, restoring local media to its role in civic life will be extremely difficult. "I don't think there's a way that we can really think about the ideal role

"A Smash Hit": The Filipino Ping Pong Club of Montreal

Montreal, a city known for its cultural diversity and love for sports, has witnessed the rise of an exciting sports club - the Filipino Ping Pong Club. Under the dynamic leadership of Oye Olivar, this club has become a hub for enthusiasts of the fast-paced and thrilling sport of table tennis. In this article, we'll dive into the journey of the Filipino Ping Pong Club of Montreal and how Oye Olivar has played a pivotal role in its success.

The Filipino Ping Pong Club of Montreal, often referred to as FPPCM, traces its roots to a passionate group of table tennis players with a shared Filipino heritage. It was founded with the aim of promoting camaraderie and sportsmanship within the Filipino community in Montreal.

Oye together with Oli Ver, Randolph, Arnold, Domz and Catherine's extensive knowledge and unwavering passion for ping pong have been the driving force behind the club's growth. FPPCM has flourished into a vibrant community of players of all ages and skill levels.

One of the standout achievements of the Filipino Ping Pong Club is its ability to bring people together. Beyond being a place to hone their ping pong skills, the club has become a tight-knit community where members forge lasting friendships. The club style, characterized by inclusivity and encouragement, has created an environment where everyone feels welcome.

that the press should be playing without thinking about the ways in which, some 15 years ago now, the entire industry was blown up—and no one has figured out a strategy."

Yet if a viable strategy does emerge, many media analysts say it will most likely involve an evolution with local news changing from a mostly for-profit ecosystem to a largely nonprofit one. Successful nonprofit news organizations include start-ups in small and underserved markets, ownership groups that are now running regional news organizations in Philadelphia and other markets, and long-standing public media organizations such as National Public Radio (NPR) and the Public Broadcasting Service (PBS). In fact, in a recent research study, Patterson proposed building out a more robust local news ecosystem using the existing infrastructure of NPR, which disseminates news both on broadcast radio and online. Surveying 215 NPR senior editors and managers across the United States, Patterson found that half said they could become the leading news outlet in their community—if they had more funding. "Public radio has the capacity to fill much of the gap in local news created by the decline of the newspaper," he says. "Strengthening local public radio stations is a democratic imperative."

One strategy nonprofit journalists use to create quality journalism with minimal money is to



Photo shows from left to right: Paul, Leila, Eli, Maybelline, Catherine, Oye, Oli Ver, Randolph, Ace. At the back: Luc, Fred, Joel.

The club recognizes the importance of nurturing young talent and has launched youth development programs, offering coaching and mentorship to budding table tennis enthusiasts. This initiative not only ensures the sport's sustainability but also helps young individuals build essential life skills through the sport.

In a heartwarming display of community spirit, the Filipino Ping Pong Club of Montreal recently received a valuable gift from a generous benefactor. Mr. Cesar Manuel, a local businessman, stepped forward to donate a ping pong table to the club, contributing to a cause that promotes sportsmanship and togetherness.

The recent collaboration with FCACO (Filipino Canadian Arts and Cultural Organization) headed by Tenne Rose Dayandante and Michael

Davantes and Famas Center president Nida Quirapas marks an exciting chapter in the club's journey. This joint project promises to provide an even more substantial platform for ping pong enthusiasts in Montreal, aligning with the club's vision of expanding the reach of the sport.

The Filipino Ping Pong Club of Montreal, led by Oye Olivar, is a shining example of how sports can bring communities together. Through dedication and passion for table tennis, Oye has transformed this club into a thriving community that fosters not only athletic excellence but also friendship and inclusivity. As the club embarks on its new partnership with FCACO and Famas Center, the future looks promising for table tennis enthusiasts. Sent by Oye Olivar (FPPCM)

take advantage of a growing number of outside groups that offer free help to local-journalism start-ups. Some, like the American Journalism Project, provide seed capital to get new nonprofit newsrooms off the ground, while others, such as the GroundTruth Project's Report for America, pay the salaries of reporters who are placed in local newsrooms across the country to report on undercovered issues. The Journalist's Resource, based at the Shorenstein Center, helps newsrooms produce fact-based journalism by integrating academic research into their reporting.

"I think there's never been

more of a need for what we do because of the state of local journalism," says Carmen Nobel, the director and editor in chief of The Journalist's Resource. "If a newsroom even exists in a community, it's often two or three reporters, and somebody who's the education reporter one day is the health reporter the next day. ... So we see our mission as bridging the gap between academia and journalism. Source: Harvard Kennedy School. Abridged version of article By Ralph Ranalli

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Quebec COVID-19 vaccination campaign to kick off Oct. 10

CBC News · Posted: Sep 25, 2023
2:04 PM EDT

Quebec's fall COVID-19 vaccination campaign will kick off around Oct. 10, Health Minister Christian Dubé told reporters Monday.

The campaign will prioritize the most vulnerable, said Dubé, starting with those in CHSLDs and RPAs. Quebec will be offering the new boosters better tailored to the currently-circulating Omicron subvariants, which should help ward off infections over the fall and winter months.

Quebec's public health director, Dr. Luc Boileau, will make a public announcement soon with more details regarding rollout dates. Dubé said the timing is strategic to offer the



Health Minister Christian Dubé told reporters Quebec's fall COVID-19 vaccination campaign will kick off around Oct. 10. (Sylvain Roy Rousset/Radio-Canada)

highest level of protection during the months where respiratory viruses are most prevalent, between December and March.

"The good news is we're seeing an increase in hospitalizations but not in intensive care," said Dubé. "That means people who were vaccinated but needed a booster might end up in the hospital but rarely need intensive care." The provincial government had previously announced that about 100 service centres would be open for vaccinations. Dubé said these centres will also offer flu vaccines and blood tests to try and ease the strain on hospitals.

"We know the vaccines are most effective for six months.... We're prepared," said Dubé.

Health Canada approves Moderna's updated COVID-19 vaccine

Shot targets Omicron XBB.1.5 subvariant, deliveries to provinces expected in early October

Health Canada has approved Moderna's updated COVID-19 vaccine for all Canadians who are six months of age and older — while two other options for fall shots remain in the regulatory pipeline.

Federal officials announced the approval on Tuesday morning, more than two months after Moderna submitted its new formulation. The mRNA-based shot is monovalent, targeting just the Omicron XBB.1.5 subvariant, which means the vaccine is more tailored to the virus strains currently circulating.

The company told CBC News that its first newly approved doses should arrive in Canada "by tomorrow" and will continue to arrive over the course of the month, while Canadian officials expect deliveries to the provinces will start in October.

"I know we all wish COVID-19 no longer existed, but people are still getting infected, and vaccination continues to be one of the most effective ways to protect ourselves against serious outcomes," said Dr. Supriya Sharma, chief medical advisor at Health Canada, during a technical briefing.

Health Canada said Canadians age five and up should receive one dose, regardless of their COVID vaccination history. Meanwhile children from six months to four years old should receive two doses if they have not been previously vaccinated with a COVID vaccine, or one dose if they've previously had at least one dose.

Not boosters

Notably, federal officials aren't calling the shots boosters but instead stressed that these are updated options more similar to an annual flu

shot. The COVID situation hasn't stabilized quite yet, Sharma said.

"The idea is we'll get to a place where it will be much more like the flu vaccines where people may be on a regular schedule, getting an updated vaccine," she said.

As for the best time to get another COVID shot, the department suggests waiting six months after your last dose since protection against infection does wane over time — though scientists say protection against serious illness is longer-lasting.

Extra caution for vulnerable, essential workers

On Tuesday, Canada's national vaccine advisory body also reaffirmed its advice from earlier this summer, stressing that vaccination is particularly important for anyone at an increased risk of severe disease, including seniors age 65 and up, residents of congregate living settings such as long-term care facilities, pregnant individuals and anyone with underlying medical conditions who may have heightened their risk.

The guidance also applies to people who provide essential community services and members of racialized, First Nations, Métis and Inuit communities.

Officials expect 'improved immune response'

Dr. Lynora Saxinger, an infectious diseases specialist at the University of Alberta in Edmonton, said even if Canadians have "booster fatigue," these types of updated vaccines will be important shots to get this fall.

"The original strain now is kind of irrelevant to what's circulating," she said. "But the XBB booster covers most of the important mutations that we're seeing in the alphabet soup of variants that everyone's watching right now."

"So it stands to provide

significantly increased protection against infection again."

Tam said preliminary clinical data has shown promising immune responses from the XBB.1.5 vaccine against various Omicron sublineages, including EG.5 and BA.2.86.

She said there are no signals of increased disease severity from these subvariants.

"This improved immune response is expected to better protect against the strains that are circulating in our communities."

Officials expect 'improved immune response'

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"So it stands to provide significantly increased protection against infection again."

"You have this kind of undulating risk going on depending when you were last infected or boosted," said Saxinger. "This will provide a real jump — hopefully — on the immunity against infection as well."

"And that could actually make a bigger difference for reducing transmission and kind of flattening the curve for the fall."

Tam stressed that it's difficult to predict what will happen this fall and winter regarding the co-circulation of multiple viruses, including influenza and RSV, given that it is still early in the season.

"But the good news is we can get prepared and protect ourselves in case simultaneous surges of respiratory viruses occur," she said.

Canadians can safely get both their flu and COVID shots during the same appointment, Tam said.

U.S. has approved both Moderna, Pfizer shots

The first COVID vaccines in 2020 were monovalent, or single-target vaccines, aimed at the original strain of the virus. They were followed by bivalent COVID vaccine booster shots that targeted both the original virus and an Omicron strains. The latest shots, again, are monovalent.

Canada's approval of the Moderna shot follows the U.S. Food and Drug Administration (FDA) authorizing updated COVID vaccines from both Pfizer and Moderna the day before, with an advisory panel also set to recommend today whether the shots should be given broadly, or just to specific at-risk populations.

U.S. Centers for Disease Control and Prevention director Mandy Cohen will make the final decision some time after the committee's vote and may or may not follow the panel's advice.

Much like here in Canada, COVID infections and hospitalizations have been rising in the United States, Europe and Asia but remain well below previous peaks, in part thanks to widespread global immunity developed through several years of prior infections and vaccinations.

Report by Lauren Pelley
Senior Health & Medical Reporter
Lauren Pelley covers health and medical science for CBC News, including the global spread of infectious diseases,



Sa Ating Sariling Wikang Pilipino (Tagalog)

Ni Zenaida F. Kharroubi

Ang isang tawag sa 911 na naging isang paksang mahiwaga at katataka



May isang pilotong militar ng Estados Unidos na pansamantalang nawala sa himpapawid ngunit may isang residente na taga South Carolina ang tumawag sa 911 at nagsabing may isang piloto na nasa bahay niya at kinakailangan ng ambulansya.

Ang apat na minutong recording ng tawag na ito sa 911 na tungkol sa tatlong tao - isang piloto, isang residente, at isang dispatcher na hindi maintindihan ang mahiwagang nangyari.

“May isang piloto dito sa bahay namin na palagay ko ay bumagsak dito sa aming bakuran at gusto naming tumawag ng ambulansya na baka kailanganin niya,” ang sabi niya sa dispatcher.

Ang piloto na may edad 47 anyos, ay nagsalita ng ganito: “Ma’am, isang military jet ang bumagsak. Ako ang piloto. Kailangan nating tumawag ng saklolo. Hindi ko maseguro kung nasaan ang eroplano. Maaring bumagsak ito at ako’y nag-parashute sa paglitas ko sa sarili.”

Sa isang banda ng tawag, humingi siya ulit ng tulong.

“Ma’am, ako’y isang piloto ng isang eroplanong militar. Umiskapo lang ako sa pamamagitan ng parachute. Magpadala kayo ng ambulansya, ang sabi ng piloto.

Ayon sa Marines, ang pilotong ito ay may mahabang karanasan ng ilang taon sa cockpit.

Ang F-35 ay nag-crash landing noong Linggo pagkatapos ng pagkasira ng makina kaya’t ito ang dahilan ng piloto na mag-“eject” sa Charleston at bumagsak siya sa isang bakuran ng isang residente na hindi malayo sa Charleston International Airport.

Ang fighter jet, na may taas na 1000 talampakan ayon sa Marine Corps (300 metro), ay nanatiling

lumilipad sa loob ng 60 milya (100 kilometro) hanggang sa pagbagsak nito sa isang baryo malapit sa Indiantown. Mahigit na isang araw ang inabot sa paghahanap nito.

Sa 8 minutong tawag na nangyari noong Huwebes sa AP isang opisyal na hindi alam ang pangalan ang nagtangkang magpaliwanag tungkol sa piloto at sinabing ang piloto at ang kanyang parasyut ay hindi alam kung anong nangyari sa eroplano at ang pagbagsak nito. Nawala sa pananaw ng piloto ang eroplano dahil sa panahon. Sinabi rin ng opisyal na nakarinig siya ng malakas na ingay mga 25 minuto bago ang ingay na parang tornado o kaya ingay na kagaya ng eroplano.

Sinabi ng Marine Corps noong Huwebes na may isang parte ng fighter jet na nagprotektang sa piloto sa kagipitan (emergency). Ito ang maaring magpaliwanag kung bakit nakapagpatuloy lumipad ang F-35 sa kanyang paglalakbay. Bagaman at hindi maliwanag kung bakit nagpatuloy ang paglipad ng eroplano kahit walang piloto, maaring ang programa (software) nito ang nagkontrol.

Kung ang jet ay nasa antas ng paglipad, ito ay mananatiling lilipad. Kung ang jet ay nasa antas ng pagakyat, o pagbaba, mananatili ito sa ganitong posisyon hanggang makatanggap ito ng ibang utos o kontrol. Ito ay disensyo upang iligtas ang piloto na nagkaroon ng kapansanan o nawalan ng malay tao.

May mga katanungang wala pang kasagutan at ang imbestigasyon sa pangyayaring ito ay nagpapatuloy pa hanggang sa ngayon.

Ang ipinapagpasalamat ng mga opisyal ay ang pagkaiwas na bumagsak ang eroplano sa kalagitnaan ng maraming tao. #

Ang magandang tradisyon ng pamimitas ng mansanas



Ka-akitakit na talaga ang mga punong kahoy na hitik na hitik ng bunga

Mula pa noong 1994 nagumpisa ang pagtatatag ng apple picking para sa mga estudyante ng Gilmore. Tuwing buan ng Septiyembre, sa bandang 15 hanggang 25 ng buan ang laging pinipili ni Zenaida Kharroubi

dahil gusto niyang ipakita sa kanyang mga estudyante ang tradisyon sa Canada. Bukod sa sariwang prutas na maaring kainin mismo sa punong kahoy, masarap na langhapin ang sariwang hangin sa kabukiran. #



Si Armie Leynes Tula ay tuwang-tuwa nagpalitrato kasama ng kanyang dating guro sa Pranse, Gng. Z. Kharroubi, at sina Nena Corero, Irma Osano at isang kaibigan na dumalo sa apple picking ng Gilmore College noong Linggo, ika-24 ng Septiyembre 2023 sa Verger Richard Legault sa St. Joseph du Lac, Quebec.



Galing namitas ng mansanas ang mga estudyante ng Gilmore College International kasama ang direktor at guro - mula sa kaliwa: Mayette Danao, Desiree Fernando, Arlene Manalo, (isang kaibigan ng mga estudyante) Zenada Kharroubi, Sophie Toledo, PAB instructor, at si Ben Bade, na laging sumasama sa apple picking at sumusuporta sa Gilmore College.



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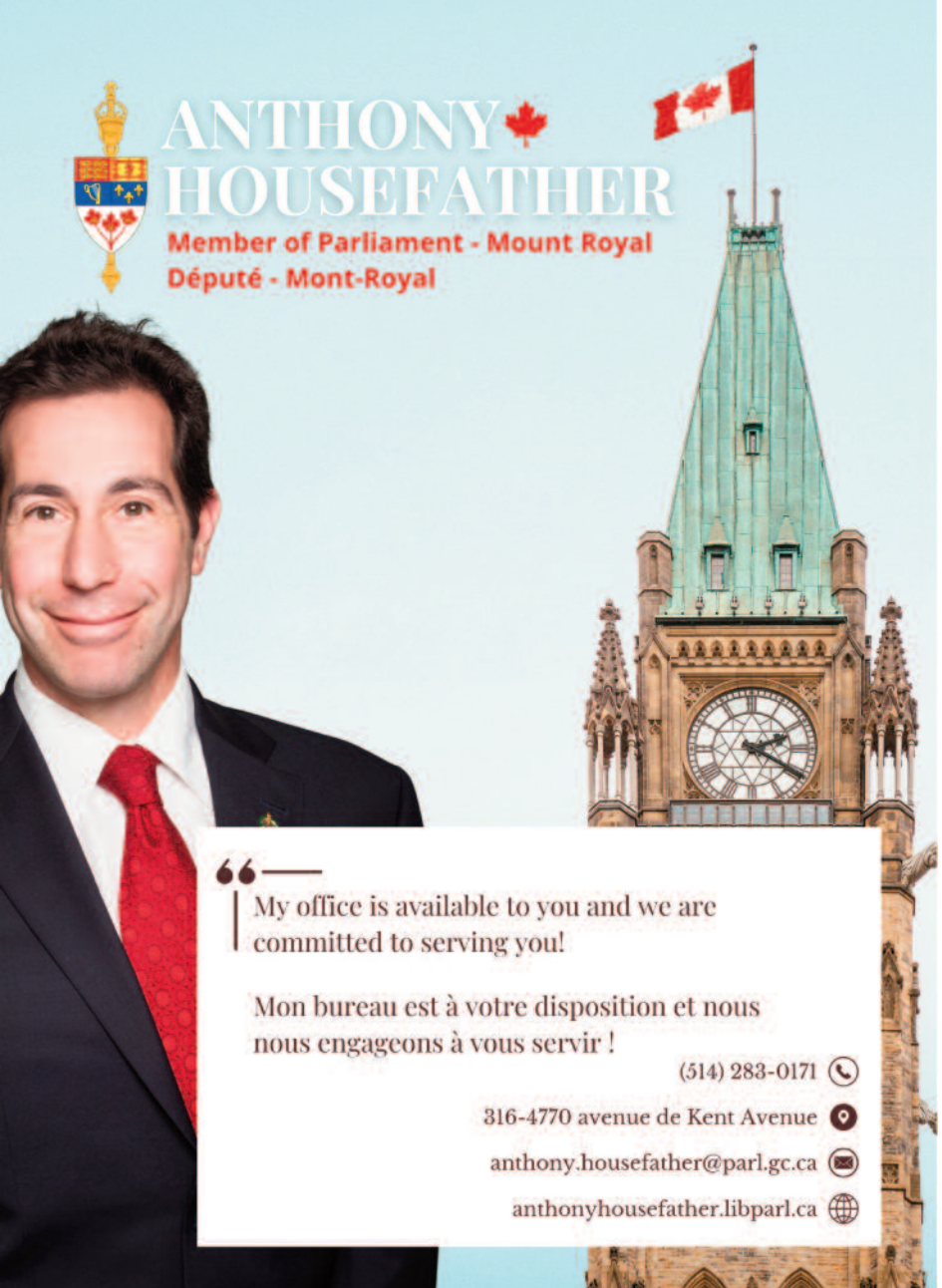
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PAB Batch 12 Graduation



English and French Students

Gilmore College International's Apple Picking Trip



Gilmore College International apple picking trip, Sept. 24, 2023



Smiling friends at the apple picking trip at Richard Legault orchard



Sharing picnic food in our own private room reserved for Gilmore College International (Photo: By Aaron, son of Armie Leynes Tula)



Souvenir photo of Walter Tayong's family who just arrived in Canada on Sept. 7th, and joined Gilmore's apple picking, Sept. 24, 2023.

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**Recipes selected from
various sources**

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Kangkong with ground pork & oyster sauce

Ingredients

- ¾ lbs. water spinach see note 1
- ¼ lb. ground pork see note 2
- 3 tablespoons oyster sauce
- 1 onion minced
- 1 head garlic crushed
- ¼ cup water
- 8 tablespoons cooking oil
- Salt and Ground Black Pepper to taste

Instructions

- Brown the garlic by slowly frying it in oil until it turns golden brown. Do this by heating the oil in a pan. After around 20 seconds, add the crushed garlic. Stir and fry using a low to medium heat setting until it browns. Separate the garlic with the oil.
- Set aside. Note: This is an optional step. The browned garlic can be used as a topping or condiment for this dish and for other dishes too.
- Using 3 tablespoons of the oil used to fry the garlic, Saute the onion until it softens.
- Add the ground pork. Sauté for 3 to 5 minutes or until the pork turns light brown.
- Add oyster sauce and water. Stir and cook until the water evaporates completely.
- Put the water spinach stalks into the pan. Stir fry for 2 minutes.
- Add the water spinach leaves and a portion of the browned garlic. Cook for 1 minute. Note: you may add up to ½ cup of water if you like this with a bit of sauce.
- Season with salt and ground black pepper. Arrange on a serving plate and top with more browned garlic.

Chili Ginger Chicken

- Serve with rice. Share and enjoy!

Ingredients

- 1 lb. boneless chicken breast sliced into serving pieces
- ¾ cup all-purpose flour
- 3 tablespoons cornstarch
- 2 eggs beaten



Chili Ginger Chicken

- 1 red bell pepper sliced
 - 1 Thai chili pepper chopped
 - 6 long green beans cut into 2-inch pieces
 - 2 tablespoons green onion chopped
 - 3 thumbs ginger minced
 - 2 cloves garlic minced
 - 1 cup cooking oil
 - Salt and ground black pepper to taste
- Sauce Ingredients:**
- 1 ½ teaspoons Good Life Sesame Oil
 - ¼ cup soy sauce
 - 2 tablespoons honey
 - 4 tablespoons sweet chili sauce
 - 2 teaspoons white vinegar
 - 2 tablespoons tomato ketchup
 - ¼ cup water
 - 2 tablespoons cornstarch

Instructions

- Sprinkle salt and pepper on the sliced chicken. Toss until the seasonings are well distributed.
- Bread the chicken. Start by combining flour and cornstarch in a bowl. Mix well. Dredge the chicken in the flour mixture and then dip it in the beaten egg. Dredge it again into the flour mixture. Arrange on a clean plate.
- Combine all the sauce ingredients in a bowl. Mix until the texture smoothens. Set aside.
- Heat the oil in a wok. Fry the breaded chicken until it turns golden brown. Set aside.
- Heat 3 tablespoons of cooking oil in a clean wok. Sauté ginger and garlic for 30 seconds.
- Add green beans, chili pepper, and bell pepper. Sauté for 1 minute.
- Put the breaded chicken into the wok. Toss.
- Pour the sauce. Stir and continue to cook until it thickens.
- Transfer the chicken in a serving plate. Serve with rice.
- Share and enjoy!



Chicken Fried Rice

Ingredients

- 3 cups cooked white rice
- 2 eggs beaten
- 6 ounces chicken breast boneless
- 1 ½ cups frozen mixed vegetables carrots, green peas, and corn
- 1 onion minced
- 2 cloves garlic minced
- 3 tablespoons cooking oil
- Salt and ground black pepper to taste

Sauce Ingredients:

- 1 tablespoon oyster sauce
- 3 tablespoons soy sauce
- 1/2 teaspoon sesame oil

Instructions

- Cut the chicken into small pieces. Arrange in a bowl and combine with the sauce ingredients. Mix well. Set aside.
- Heat the oil in a pan. Fry the beaten eggs until done.
- Remove the cooked eggs from the pan. Chop it into pieces, and then set it aside.
- Using the remaining oil (add more if needed), saute the garlic and onion.
- Add the marinated chicken once the onion softens. Stir-fry for 2 to 3 minutes.
- Add the vegetables. Continue stir-frying for 2 minutes.
- Add the rice. Toss until all the ingredients are well blended.
- Continue cooking for 3 minutes.
- Season with salt and ground black pepper.
- Transfer to a serving plate.

Ingredients



KaraeKare

Ingredients:

- 2 lbs. beef tripe sliced
- 1 piece Knorr Beef Cube
- 1 bunch baby bok choy
- 15 pieces snake beans cut into 2-inch pieces
- 1 piece Chinese eggplant sliced
- 1 ½ cup peanut processed until smooth and creamy
- ½ cup annatto seeds
- 1 piece onion minced
- 5 cloves garlic minced
- 1 ½ tablespoons glutinous rice flour
- 6 cups water
- 3 tablespoons cooking oil
- Ground black pepper and shrimp paste bagoong alamang to taste

Instructions

- Combine 4 cups water and tripe in a pot. Boil for 1 hour. Discard water and set the tripe aside.
- Boil 1 ½ cups water in a small pot. Add annatto seeds. Continue to boil for 2 minutes. Set aside.

- Heat oil in a pot. Saute onion and garlic until onion softens. Add tripe. Saute for 1 minute. Pour annatto water into the pot while filtering using a kitchen sieve. Let boil.

- Add Knorr Beef Cube. Stir and then add peanut paste. Pour remaining water. Boil for 8 minutes.

- Combine rice flour and ¼ cup water. Stir until blended. Pour mixture into the pot. Stir and continue to cook until the texture of the sauce thickens based on your preference.

- Add snake beans and eggplant. Cook for 5 minutes.

- Add baby bok choy or pechay. Cook for 1 minute.

- Season with ground black pepper.

- Serve with bagoong alamang over warm rice.

- 1 pound ground pork



Embutido

Ingredients:

- 2 pieces raw egg
- ¼ cup flour



Social Tidbits

Montreal Community News

Fely Rosales Cariño

Hello my social tidbits readers! It's full-blown Fall but the last stages of summer refuse to let go. Let us savor the nice weather and glorious sunshine, along with the green leaves still intact. In a few weeks, the leaves will turn into different colors in all their glory and cheer us as we prepare to bundle up for winter. Friends, whatever season we are in, thank God we have learned to adapt and, dare say, enjoy! If Fall ain't your thing, no worries, just look forward to the next one.

Let's start with our activities round-up. First off the bat is the Seniors of the West Island (SWIS) Family Day and Birthday Dual Celebration held on August 19, 2023. The venue was at 162 Spring Garden in Pointe-Claire. Baby Castillo delivered our lunch and Dodong brought our lechon! Many came with potluck and the desert section of the food table was laden with a variety of sweets. But more than food, we had so much fun just being together. The slight drizzle interrupted the vigorous zumba led by Zumba Gold instructor Nola Manuel and drove us back to the chalet where we continued our program. Neri Ajero and Jeannette Perignon prepared some games that brought much laughter and netted the winners some prizes. Even the 'losers' didn't leave empty handed. How refreshing! Livening up the event was the delightful music provided by Jean (Tess Igrobay's husband).

Invited guest of honor was an enthusiastic Mayor Alex Bottausci whose hearty speech pleased the audience. Of course, all SWIS members are saddened to hear through the grapevine that Mayor Alex wouldn't throw his political hat in the ring next election anymore. I asked him why and he said his growing family needs

him. The mayor is doing a great job and he's always there when we need his help and presence. Alex, we hope you change your mind. "We all love you" echoed Pete Ison on behalf of the group.

All enjoyed lunch especially the four August celebrants: Connie Fabro, Pete Ison, Nene Isada and Fe Blaise. Many enjoyed the photo shoots, courtesy of Elvie Maximo, as many were eager to pose. SWIS Chairman Lolit Odulio should be commended on everything that went well. Of course, she got great advice from past presidents Roger Ajero and Connie Fabro and other officers.

After the party, the group decided to hold a picnic the following week at Centennial Park, down Lake Road in D.D.O. At this picnic, chairman Lolit Odulio decided to have a meeting. Here are some of the upcoming items in her agenda: camping trip on Sept 24-26, caroling in December and a Christmas party on December 8, 2023 to be held at Olympia Dance Hall in Dollard des Ormeaux. We were blessed with good weather that afternoon and we chilled and enjoyed each other's kwentuhan (stories) before we headed home.

Now let's talk about the Montreal Fiesta Extravaganza, and what an Extravaganza it was! If you were at MacKenzie King Park last August 25, 2023, you would have witnessed a real fiesta the likes of which no one has ever seen before. Though there were two downpours, they were short-lived. Amelia Gutierrez was seen frolicking in the rain without shoes. She gave Fred Astaire a run for his money, let me tell you. When the rain stopped, the audience enjoyed the whole show. Every performer must have stored a lot of energy the night before. The dancing prowess

while singing was something to behold! Kudos to Pinoy Pa Rin's Tenne Rose Dayandante, Michael Davantes, Oyie Olivar, Darwin Collantes and a host of their Extravaganza teams that made this all possible. There were around 25 tents or more that displayed their wares. The crowd stood still as song after song was performed while waiting for the "Man of the Hour" Matt Evans. After his last song, the crowd showed their appreciation by giving him a long-standing ovation. The wait was worthwhile and he did not disappoint.

Overheard in front of the sari-sari store of the Filipino Heritage Society of Montreal (FHSM) were some teenagers who remarked, "I like their songs. Most of all I like their tattoos!" Another one echoed, "How could they reach those high notes?" In between performances, these following dignitaries were on stage to give their speeches: MP Anthony Housefather, councilors Sonny Moroz and Stephanie Valenzuela (who enjoyed line dancing with the groups), FHSM Chairman Al Abdon and many others.

Did you know who won \$1,500? It was the first prize in the raffle draw. And the lucky and happy winner was Cora Abdon, the lovely wife of our FHSM chairman! When she heard her winning number called, she ran like lightning to the stage to claim her prize. Happy too was Rebecca Aguilar who won two draws of \$70.00 and \$50.00.

Let me tell you about the FHSM sari-sari store. Soft drinks and water were available for sale. I'd also like to commend Amy Manon-og and Dolly Belandres for their food management. Every dish was delicious. Do you know who also deserves our thanks? Shout out goes to those who diligently put up the tents, namely, Bert Abiera, Sheldon Cohen, Freddo Erquiza and the young and beautiful Audrey Abdon.

Of course we will not forget the Filipiniana-clad FHSM maidens: Rebecca Aguilar, Alma Bolatao, Dolly Belandres and Valent Lloyd Hughes. Everyone on stage and on the ground went home with all praise for the Montreal Fiesta Extravaganza. Terry White, Minda Mazzone, Cora Abdon, Editha Fedalizo, Paul Imperial, Kim Gultia and Nancy Karides stayed at the FHSM booth.

Last but not least in our social update is the Filipino Association of Montreal and Suburbs (FAMAS) Induction

of Officers on September 2, 2023 at the Courtyard Marriott Hotel. Election Chairman Sir Ray Balansi and Committee members decided to forego an election after former President Romeo Remigio and his team finished their terms. The designated positions were unfilled, so an acclamation ensued. Gladly enough, the new set of officers are familiar to everyone. Incoming President Nida Quirapas (a former FAMAS President!) and her team were inducted to office by Honourable MP Anthony Housefather. Vice President – Internal Dante Tabamo helped welcome the guests and his wife Julie was busy at the ticket table.

After the swearing-in, Nida (with supportive husband Pierre) delivered a wholehearted acceptance speech. Some of the dignitaries present were Honorable MP Anthony Housefather, B'nai Brith's League of Human Rights National Director Marvin Rotrand and wife Jacqui, English Montreal School Board (EMSB) Chairman Joe Ortona and Ellie Israel, also of the EMSB. At the same table were Federation President Minda Mazzone and husband Nick. Also present were former FAMAS Presidents Bert Abiera, Dick Dahiroc, Pastor Orlan Racacho, Julie Parado, and Angie Ogerio. The program began with the singing of the National Anthems by the Panday Tinig led by conductor Paul Imperial and pianist Editha Fedalizo. After the Presentation of the Colors, Michelle Vargas Lao sang two songs to entertain us. The guests spent the rest of the evening dancing. Seen enjoying the night were Nola Manuel, Wally Basbasio, Nick & Minda Mazzone, Dante & Julie Tabamo, Romeo Remigio and wife and many other officers. Appreciation should go to Mr. Diaz, the Emcee, for a job well done.

Let me share a few verses from the Old Testament that may continue to bless you today...

"So if you faithfully obey the commands I am giving you today—to love the Lord your God and to serve Him with all your heart and with all your soul— then I will send rain on your land in its season, both autumn and spring rains, so that you may gather in your grain, new wine and olive oil. I will provide grass in the fields for your cattle, and you will eat and be satisfied." (Deuteronomy 11:13-15)

See you next issue and God Bless!

1 cup breadcrumbs or 3 pieces sliced bread cut into really small pieces

1 big carrot - diced (small)

1 big onion - diced (small)

1 medium green bell pepper - diced (small)

1/3 cup sweet pickle relish

3 tablespoons tomato sauce or ketchup

2/3 cup raisins

1-2 teaspoons salt

1/4 teaspoons pepper

6 pieces Vienna sausage or 3 hotdogs

2 hard-boiled eggs - each cut into 4

INSTRUCTIONS

Put all ingredients, except the last 2, in a large bowl.

Mix everything together using

your hand to make sure that all is well incorporated. Set aside. Cut 2 pieces of aluminum foil about 12 inches long each. Take half of the meat mixture and flatten it on of the foil, covering about a half. Don't forget to leave some space at the ends, about 2 inches each side.

Place the sausages and hard boiled eggs on the middle of the flattened meat.

Roll the foil so that the meat forms a cylinder or log, locking the sausage and egg in the center. Twist the ends of the foil to lock.

Steam for 50-60 minutes.



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FILIPINO STAR

SHOWBIZ GOSSIP

KC Concepcion happy to act again, even though showbiz can be 'very invasive'



KC Concepcion

"Art is a universal expression, not bound by race," said US-based actress KC Concepcion as a reminder to homegrown Filipino artists who are aspiring for a career abroad to not lose hope. KC is the star of the Hollywood indie movie, "Asian Persuasion," alongside Filipino-American actors Dante Basco and Paolo Montalban, under the direction of Tony and Grammy winner Jhett Tolentino. The romantic comedy premiered at the recently concluded 2023 Soho International Film Festival in New York.

Filipino actors are steadily making a mark abroad, with the success of Dolly de Leon being the most celebrated, after she made history as the first Filipino actress to get a Golden Globe

nomination for her work in the Swedish film "Triangle of Sadness."

"You have all the right to be on that stage or on that set because you are an artist. People can't stop talking about Korean dramas. Everyone says they're good, even though we don't really understand their language. We can only feel them. I've had a beautiful experience while making the film. I realized, 'Yes, it is possible,'" the actress told Inquirer Entertainment in a recent interview.

"Don't limit yourself. You cannot control everything that's happening to you, just like the opportunity to act again that came my way. It was really amazing. Just believe that one day, something really nice will happen

to you. I've dreamed about this for so long. Now, I'm asking, 'Is this for real?'" she said.

'Interesting stories'

KC said that it was when she shot the film in New York in 2022 that she started getting exposed to different stories of Asian-Americans like her. "For the longest time, Filipinos weren't considered mainstream in the community and then nauuso na. We tell a lot of interesting stories, be it that we are Filipino-Americans, Korean-Americans or Indian-Americans; and that these stories also matter," she pointed out.

"For me, love is a universal thing. It's just that it was during my generation that our stories of love were really given the chance to be told," she added. "Ours is an indie

movie, but compared to our commercial films here in the Philippines, the budget is way higher at \$2 million."

The story follows a down-on-his-luck chef named Mickey (Dante), who cooks up a crazy scheme to marry off his ex-wife Avery (KC) in an attempt to avoid his substantial alimony obligations. With the help of his trusted wingman Lee (Paolo), the chef gets off to a hot start, but belatedly realizes he wants a second chance with his ex.

New eras

KC said working on "Asian Persuasion" has inspired her to make more. "It's just the start for me. We have some exciting things along the way. It's a new era. Look forward to new eras in your life because they will happen whether you like it or not. I keep saying, 'This job chose me,'" she began. "A fellow actor told me this: 'Don't limit yourself. There's a reason you were put where you are now. You have to believe that you have what it takes to be placed there and you have to continue learning. The moment you think you're good is when you stop being good.'"



KC, who started her jewelry trading business in the US in 2020, added: "I would love to continue doing this. I've missed being an actor. It's just that here in the Philippines, show biz is more than acting. In the States, there's still privacy—you could still put up a wall. Here, it can be very invasive. It's very hard, personally. You have to know how to handle it." ■

Newly married Lovi Poe not taking a break from showbiz



Lovi Poe and Monty Blencowe

There's no long honeymoon break for the newly married Lovi Poe — or at least not yet — after tying the knot with British film producer Monty Blencowe last Aug. 26 in the UK.

This was the clarification that veteran artist manager Leo Dominguez made to The Philippine STAR when asked to address speculations that one of his prized talents was putting showbiz on hold or going to work less actively, post-nuptials.

"Lovi is not taking a break from her career as an actress. She wants to continue doing what she loves to do even if she is now married," Leo said in an online message.

Quiapo as the love interest of lead star Coco Martin's character Tanggol.

"I don't really have any reaction (to that) because we already know the plans for the plot and the characterization of Lovi's role even from the very beginning," he said.

Leo further noted that Lovi "was just away from Batang Quiapo for a month."

In fact, he added, the actress officially returned to taping last Monday, Sept. 4.

"There was a thanksgiving Mass for Batang Quiapo last Sunday, in which Lovi attended and was reunited with the cast and crew



Apparently, there's also no truth to earlier reports that Lovi was going to be replaced on the ABS-CBN primetime series Batang

before reporting to her taping."

Leo also stressed that Lovi's husband is very supportive of the actress, and will not get in the way of

her career even after their wedding, which the veteran talent manager described as "surreal" and like "a scene from the movie."

In a previous STAR interview, Lovi said that Monty was very aware of the possibility of a very long stint in Batang Quiapo.

"He knows kasi na dream ko siya (Coco) makatrabaho so sobrang happy siya for me," she said of her then-boyfriend's reaction to her joining the drama.

"He also knows na tumakbo ng seven years yung FPJ's Ang Probinsyano (laughs). Updated siya. Sabi ko, o, alam mo na, ikaw na yung pupunta sa akin dito, 'di muna ako mag-e-L.A. Ikaw muna pupunta dito (laughs)."

They also make a "perfect pair" because Monty happens to be a film producer, who was part of several Hollywood productions, including Bruce Willis' action thrillers

The Prince (2014) and Marauders (2016), Robert de Niro's Heist (2015), and Escape Plan 2 (2018). Together, Lovi and her now-hubby put up an international film company named C'est Lovi Productions.

Besides his involvement in the movies, his LinkedIn profile indicates that he is a scientist by profession with a Ph.D. in Molecular, Cellular and Integrative Physiology from the University of California, Los Angeles (UCLA).

Said Leo of their love story, "I am very happy for Lovi that she has found love and happiness with Monty," adding, "At first, I heard good things about Monty from Lovi's mom and younger sister, but when I finally met him early last year in the US, I found him to be a genuine, respectful and hardworking human being, who gives importance to family and who is in love with Lovi and is very supportive of Lovi." ■

Alden Richards admits pressure after success of 'Hello, Love, Goodbye'



(From left) Alden Richards, Poster of "Hello, Love, Goodbye."

Even though it's been four years since the film "Hello, Love, Goodbye" hit theaters, Alden Richards said that he was dreading accepting new movie projects because of the record-breaking success of his movie with Kathryn Bernardo.

During a 24 Oras interview last Sept. 15, Richards admitted that such was his dread that he felt pressure to set a higher standard for himself and the new projects he would choose to star in. Thus, when the offer for the movie "Five Breakups and a Romance" with Julia Montes came along, he knew that he was setting his career to new heights.

"I was fearful, coming from the success of 'Hello, Love, Goodbye.' Siyempre, it broke records... Natakot po ako to accept projects in terms of movies kasi lalo pa't 'yung pagtingin ko sa details ng gagawing projects is medyo, of

course, tumaas din 'yung standards ko (I was scared of accepting movie projects, especially as I've been very particular about certain details since I set my standards higher)," he added.

The actor previously expressed his admiration for his leading lady's acting prowess at a media launch in April of this year.

Richards will star as Lance, while Montes will portray the role of Justine. It is set to hit theaters on Oct. 18.

"Hello, Love, Goodbye" was the first team-up of Richards and Kathryn Bernardo which became the "highest-grossing Filipino film of all time," per Star Cinema in September 2019.

Interestingly, Bernardo and Montes starred as the leads in the 2010 teleserye "Mara Clara" and the 2011 film "Way Back Home." ■

Showbiz Gossip *Continued from p.15*

Kim Chiu's dream achievements

**Kim Chiu**

Kim Chiu is overjoyed as she continues to achieve her dreams, one after the other.

Recently, she acquired a new vacation home, which she's super excited about.

She even showed it to followers in her latest vlogs.

Kim describes this new achievement as "fruit of labor."

Back in December 2021, she talked about getting the place, saying, "With the little bit of hard and patience, and a little bit of dream..."

After more than a year, the renovation project is now complete.

In an interview, Kim expressed

how thrilled she is to see her dreams come true.

She said, "Wala namang hindi taong masaya pag-naabot po yun or nahawakan mo na yung pangarap mo or isa sa dreams mo sa buhay. And I am very happy and very thankful sa ABS-CBN, nandiyan talaga sila para suportahan ako at para ma-abot lahat kung ano man ang meron ako ngayon."

When asked what keeps her working hard every day, Kim explained that she has lots of dreams she still wants to make happen.

She said, "Marami pa akong gustong maabot. So parang di ako napapagod para makuha lahat ng gusto ko. Hangga't may opportunity, grab lang ng grab. Kasi ang opportunity naman hindi naman yan forever, na nandiyan pa rin siya."

So, what's on her list of things to accomplish next?

Kim joked, "Basta kapag na-abot ko na, ibabalita ko na lang sa YouTube channel ko."

Bulletin Entertainment caught up with Kim as she joined the 15th anniversary celebration of Life Strong. The company she works with distributes hair care and styling products from Hairfix.

Kim mentioned how thankful she is for the trust she's been given as

a brand ambassador for the past three years.

She said, "Masaya ako na with all the competition on the side, meron pa ring nagtitiwala sa akin. So maraming salamat."

After coming back from Milan, Kim gave an energetic performance at the event.

Jennylyn Mercado.

With the holidays coming up, fans might be wondering if Kim and Xian are planning another trip.

Kim shared, "Kami ni Xi, nagta-travel kami every holidays, yun yung isa sa mga nilo-look forward ko na travel namin for this year. And yun, lahat naman ng mga updates, life

**Kim shows off her new home to her more than 12 Million Instagram followers**

On a personal note, she met up with her long-time boyfriend, Xian Lim, when she got back to the country. They had a nice dinner and caught up, talking about Xian's TV show with

updates ko nasa YouTube channel ko. Parang it's also my way of giving back and i-update ko rin yung mga subscribers ko kung anong nangyayari sa life ko." ■

Vanessa Hudgens doing 'everything' to prove she's proud to be Filipino

**Vanessa Hudgens**

Despite being raised in an "extremely American" environment, Vanessa Hudgens maintained that she's "doing everything" to let people know that she's "proud to be a Filipino."

Hudgens was met with criticism after she was appointed by the Marcos government as the global

tourism ambassador of the Philippines last March, with some noting that other personalities like Hawaii-based influencer Bretman Rock should've been given the title.

Months after her visit in the Philippines, the singer-actress addressed critics in an interview with American women's magazine Allure

last Sept. 14, where she pointed out that "doing everything I can to let people know I'm Filipino because I am proud."

"Yes, I had rice with every meal, but I didn't necessarily feel like I was super separated from the other kids in school, just because my upbringing was so extremely American," she said, adding that her mother "hadn't returned to the Philippines" until a family member died in 2019.

Hudgens also recalled a time where she was "automatically assumed" to be Latina, due to her role as Gabriella Montez in the hit film series "High School Musical."

"Everyone automatically assumed that I was Latina, and most people still do. And when I tell them I'm Filipino, they're like, 'What?!' You haven't met my mother," she said. "I think that I'm quite ambiguous so people don't really know. But I am doing everything that I can to let people know because I am proud."

During the interview, the "Beastly" star said her stay in the

Philippines was a "beautiful experience" as it helped her to get in touch with her heritage.

"I feel like I didn't meet a single person that felt like they were having a bad day, everyone was just like, so happy... it felt so empowering to know where you're from, and be able to represent your heritage," she said.

Hudgens also expressed her delight over the increase of Filipino representation in the U.S., while citing Broadway star Lea Salonga and singer Olivia Rodrigo.

"The most incredible thing is when I have these girls come up to me, and they're like, 'you were the first person that I saw that looks like me on TV.' I want to cry. It's just really beautiful to be able to be an identifying person that helps allow others to feel seen," she said.

Aside from receiving the global tourism ambassador title, Hudgens was also in the Philippines to film a travel documentary set in Manila and Palawan. ■

Nadine Lustre goes to Siargao 'to breathe'

From being one of the busiest young stars in the industry whose face is seen all the time, and making an appearance almost everywhere, two-time FAMAS Best Actress Nadine Lustre has now taken a lighter work load and has called Siargao her second home.

"I'm super happy now when I get a day to just sit down on my couch and watch TV all day. You know, it's always the little things for me. I'm also very lucky because I can always fly to Siargao when I have like a week off," the "Deleter" actress said at the "G Creator Con" Talks held at the Globe Tower at the Bonifacio Global City in Taguig City on Sept. 17.

Lustre confessed that she made the conscious decision to slow down herself. "I just stopped communicating so much with work, I mean, with everything. So I tried to breathe. That's where I can breathe. For some reason, when I'm here in Manila, I really feel that poor energy. And even if I try to relax, you know there's always something happening on my phone. The deadlines are also very taxing," shared Lustre.

She said this experience taught her to just stop being a "yes man" when something does not sit well with her. "If it's something that's not really in line with your values and your vision, don't do it. And if your body tells you that you can't do it anymore, don't do it. Because your body knows best. And the thing is, you really have to put a boundary on the things that we do," Lustre said.



Nadine Lustre says showbiz 'beauty standards' should change

"I'm still uneasy when I'm here. But when I fly out, when I travel, that's when I can really breathe. It's really different, Manila kasi is more of a workplace for me, it's home, but you get it," she continued, also admitting that she is not good at handling deadlines as well as multitasking.

Lustre also shared that there came a point when she lost her passion for her craft. "I was so, so, so exhausted that I didn't want to do it anymore," she confessed. But all it took was for her to take a break. "Then when I got back into it, I kind of found my passion again for acting. So don't push yourself. Push yourself

a lot, but don't push yourself too much where you feel like you're gonna die," she added.

The noise around her, as a celebrity, also contributed to her brief moment of despair. "It became very intrusive, with everything that people would say online or even in person, it kind of makes you question yourself as well, and your identity," Lustre explained, but said she ignored all the nonsense and just focused on the ones that are constructive. "At the end of the day, what's important is that I know myself and that I'm really not hurting anyone. I'm just doing my own thing, you know?" she continued.

And because of her personal experience with unfavorable statements online, the singer-actress said she is making a conscious effort to make the digital space more uplifting. "Social media is, like, everyone has access to it. And we kind of have that responsibility to be role models, you know. We don't know who has access to our content. It could be like someone who's, you know, very, very young. And the thing is, it kind of affects them in a way if it's content that's not ... really good," Lustre said.

She may have slowed down a bit in her work, but Lustre said there are still so many things that she wants to do in her life. "I think everyone will agree when I say that there's so much stuff to do, but there's so little time," she said.

"What I do is, I just really focus on what I have on my plate at the moment. And as soon as I'm done with that, I put all of my effort, of my time, and my heart into what I have now. And as soon as I finish it, I try to do something else. So that's pretty much what I do. I just finish what I have first, and then I move on to the next one," Lustre said.

She hopes people will find inspiration in her story when they take their own journeys in life. "Don't give up on your dreams because it's all about timing. You know, I almost gave up on mine until a couple of years later, you know, when things started to turn and my dream started coming true," she shared. ■

Liza Soberano is taking charge of her career



Liza Soberano

Liza Soberano is not only determined to make a name for herself; she's bent on carving her own path. She may have become a household name in the Philippines as one-half of the popular LizQuen loveteam, but she knows she has what it takes to pursue her dreams elsewhere.

Often Soberano would see herself as the lead of romantic comedies and romantic dramas — one that would have her exchange iconic lines such as, "Am I not enough? May kulang ba sa akin? May mali ba sa akin? Pangit ba ako? Pangit ba katawan ko? Kapitalit-palit ba ako? Then why?"

And while she's grateful for her roots in her home country, she sees herself as an multidimensional actress who does not want to be boxed into being a part of a love team.

"I want to do stuff that I've never done before. I want each project to be different. Not to say that my previous ones weren't, but there were a lot of similarities because of the genre. I was sticking to just romantic comedies or romantic dramas most of the time, and eventually, I felt like I

wasn't growing as an actress. I wasn't challenging myself," she told L'Officiel Philippines in an exclusive interview in August 2022.

While her career move is deemed "controversial" by traditional thinkers, her path mirrors what many go through at some point. There will come a time when you'll grow tired of staying put in your current bubble — no matter how "stable" it seems to be — especially when you have what it takes to go further. And Soberano knows her journey to superstardom is worth it.

Liza's Hollywood dream

Soberano's first project in Hollywood is the role of Taffy in the Zelda Williams-helmed film "Liza Frankenstein," which is poised to be her debut.

She was also reported as

one of the cast members of the upcoming movie adaptation "Patron Saints of Nothing" with Brandon Perea and Jon Jon Briones, although details are yet to be revealed, as of this writing.

Exploring opportunities in South Korea

For the meantime, Soberano proved she can steer her dreams in a different direction as she's currently exploring opportunities in South Korea. At the moment, she's been in discussions with different brands for "business meetings" there.

"I personally see Korea as next to Hollywood. I'm starting to create my own production company and my co-producer is based in Korea. That's why I come back here often. It's just a little bit limiting that I can't speak Korean yet," she said. ■

Completion of the Elie Wiesel Park

(Montreal, Sept. 14, 2023)

Today, B'nai Brith was pleased to join Councillor Sonny Moroz for a photo op to mark the completion of work at

"We must take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented. Sometimes we



Photo shows Sonny Moroz and Marvin Rotrand (4th and 5th from the left) with members of the Jewish community in Montreal

Elie Wiesel Park located in the new Westbury development in Snowdon district in Montreal.

The park took fruition while Marvin Rotrand was still the local City Councillor and was brought to completion by the current Snowdon District Councillor Sonny Moroz.

In 2019 Montreal Council unanimously adopted Rotrand's motion to attribute a place name in honour of Elie Wiesel. The City Place Name Commission responded to the motion by naming this new park for Elie Wiesel. That happened in the spring of 2021. With work just finished, the process took four years. In fact this Sunday will actually be the fourth anniversary of the Montreal City Council debate.

At today's photo op, Councillor Moroz, Marvin Rotrand, currently Human Rights Director of B'nai Brith Canada and his colleague Hank Topas, called on everyone to remember the Shoah and spoke about Elie Wiesel's lifetime of work to preserve remembrance of the Holocaust and to combat antisemitism and hate. Rotrand said: "Let us remember what Elie Wiesel wrote:

"The opposite of love is not hate, it's indifference. The opposite of art is not ugliness, it's indifference. The opposite of faith is not heresy, it's indifference. And the opposite of life is not death, it's indifference."

"There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest."

"Human suffering anywhere concerns men and women everywhere."

"We must always take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented."

must interfere. When human lives are endangered, when human dignity is in jeopardy, national borders and sensitivities become irrelevant. Wherever men and women are persecuted because of their race, religion, or political views, that place must - at that moment - become the center of the universe."

Rotrand stated that he trusts the sign that proudly bears Elie Wiesel's name in this park will encourage people to learn more about him, about his suffering and about how he epitomizes human dignity. Seven years after his passing, his body of work as an author and scholar inspires humanity.

As Councillor Moroz urged attendees, let us never forget the Shoah. #



All of Wiesel's works reflect, in some manner, his experiences as a survivor of the Holocaust and his attempt to resolve the ethical torment of why the Holocaust happened and what it revealed

about human nature. He became a noted lecturer on the sufferings experienced by Jews and others during the Holocaust, and his ability to transform this personal concern into a universal condemnation of all violence, hatred, and oppression was largely responsible for his being awarded the Nobel Prize for Peace. In 1978 U.S. Pres. Jimmy Carter named Wiesel chairman of the President's Commission on the Holocaust, which recommended the creation of the United States Holocaust Memorial Museum. Wiesel also served as the first chairman of the U.S. Holocaust Memorial Council.

Longest, fastest, zaniest: Guinness World Records celebrates the 'crazy, fun, inspiring'



This image shows cover art for the latest edition of the Guinness World Records. The 2024 edition has taken our watery world as its theme. That means there's entries for the largest octopuses, largest hot spring and deepest shark among the 2,638 achievements. (Guinness World Records via AP)

NEW YORK (AP) — Do you know the highest average grossing movie franchise in history? That's easy, "Avatar." What about the record for the most balloons popped in one minute by a pogostick? Or the longest journey in a pumpkin boat?

These and many more superlatives are in the latest edition of the Guinness World Records, which for 2024's edition has taken our watery world as its theme. That means there's extra entries for aquatic record-breakers, the largest octopuses, largest hot spring and deepest shark among the 2,638 achievements.

"To me the best records are the ones that you tell your friends in the playground or your mates down the bar, or wherever it is, in the gym. You just say 'Look I saw this amazing thing today.' That to me, is the sign of a good record," says Editor-in-Chief Craig Glenday.

He estimates that 75% to 80% of the entries are new and updated, reflecting a huge oversupply of content. The Guinness World Record researchers get many more records approved than they can fit in a single book.

This year's book is balanced between zany items — most hula hoops spun simultaneously on stilts — to serious science, like heaviest starfish. There are visits to history — pirate ships and shipwrecks — and pages devoted to record-breakers, like musician Elton John and tennis player Shingo Kunieda.

There's a whole series of records just for kids and a new impairment initiative, which gives people with physical and mental challenges the chance to break records within their communities. It is

all cleverly packed with facts, drawings and images and puzzles.

Glenday sees the annual book — initially conceived to settle bar arguments — as a fundamentally optimistic collection, one that celebrates ambition and record-breaking as very human things.

"We're all striving to be a bit better at what we do and we enjoy the bit between life and death. So let's just make the most of it. And I think that's why it's maintained its position over the last 70 years — it continues to just amuse and educate and inform and celebrate all these crazy, fun, inspiring things and people."

The team at Guinness World Records get about 100 applicants a day and reject some 95%. Submissions, on the whole, must be measurable, breakable and provable. They may not impinge on someone else's human rights or hurt an animal. And each book is curated annually, so twerking records, a thing just a few years ago, get replaced by TikTok records.

"We want things to be officially amazing. So is it amazing? Everything is a record. I could say I had couscous for lunch and I could document it, but no one cares. Where's the superlative in it?"

Rejections are done diplomatically. If, for instance, an applicant hopes to land the record for most pretzels stuffed in their nose, researchers might gently say no, but prod the applicant to the grape-stuffing section. "If stuffing is your thing, we might have a category already created for you."

First published in 1955, the

See page 19 Guinness Records

CNN News summaries, updates

Monday, September 25, 2023

Monday 09.25.23

Jewish communities around the world are observing Yom Kippur, the holiest day of the year in Judaism. Most observant Jews will fast until sunset today, abstaining from food and water, as they focus on repentance and worship. If you're not Jewish and want to send your well wishes to people who celebrate, the typical greeting is, "Have an easy fast." Here's what else you need to know to Get Up to Speed and On With Your Day.

Hollywood strikes

The major film and television studios and striking writers reached a tentative agreement on Sunday, paving a path forward to end the strike that has frozen most Hollywood productions since May. A tentative agreement would still need to be ratified by members of the Writers Guild of America, which represents more than 11,000 writers. The terms of the agreement were not immediately known, but if passed, a deal would mark the end of a nearly five-month-long work stoppage — the second-longest strike in the union's history. Separately, SAG-AFTRA, the actors union representing about 160,000 actors, has also been on strike since mid-July and remains at the negotiating table.

Government shutdown

With government funding slated to run out in six days, the leaders of a bipartisan House caucus said "all options are on the table" to avert a looming shutdown. The House will return Tuesday and begin votes on a series of yearlong spending bills, but federal departments and agencies have already begun the mandatory process of planning to bring nonessential functions to a halt. Should Congress fail to pass a short-term spending bill, a shutdown could have enormous impacts on all Americans — including nearly 4 million federal employees who will feel the effect immediately. Essential workers will remain on the job, but others will be furloughed until the shutdown is over. None will be paid during the impasse.

Covid-19 tests

US households can order up to four free Covid-19 tests from the government starting today. The tests are available online at Covidtests.gov as part of a relaunched program to provide free home tests to Americans. The program was suspended in May after the end of the public health emergency to preserve the US stockpile. The relaunch comes as Covid-19 hospitalizations have been on the rise in the country for months, with weekly admissions now more than triple what they were two months ago. Last week, a White House official acknowledged increased infections and hospital admissions nationally but noted that levels remain substantially lower than during past Covid surges.

Storm Ophelia

Ophelia, now a post-tropical cyclone, dumped heavy rainfall across parts of the mid-Atlantic on Sunday. Forecasters say the storm is weakening as it treks up the East Coast, but may still bring more rain to areas that were drenched over the weekend. The Weather Prediction Center warned of localized flash floods, with "urban areas, roads, and small streams the most vulnerable." Over the weekend, New Yorkers who live in basement apartments in flood-prone areas were told to prepare to move to higher ground and avoid driving on flooded streets or entering flooded subway stations. States of emergency were also declared in Virginia, North Carolina and Maryland.

Ukraine

Russian strikes overnight caused "significant damage" to Ukraine's port city of Odesa as Moscow continues to target the country's grain export infrastructure. In response, Poland has prepared routes for Ukrainian grain to move through its territory and reach countries most in need. Meanwhile, the Kremlin is weighing what to do with the Russian mercenary group Wagner now that its leader, Yevgeny Prigozhin, is dead. Most security experts doubt that Wagner can survive without Prigozhin, posing significant questions about what will happen to the group's fighters, weapons and operations.

"He said, 'There must be in pubs all around the country people fighting and arguing over things that are simple and yet they can't find an answer,'" Glenday says. Beaver dreamed up a pamphlet that could be sold to pubs alongside barrels of Guinness Stout.

He asked twins Norris and Ross McWhirter, who were fact-finding researchers, to compile something that would be different from the day's encyclopedias, which were dry and very highly academic.

"What these guys did was create a book that says, 'We're going to reflect back what people are actually doing in the world.' And so what they inadvertently created was an annual snapshot of the world."

"It found this momentum, this life of its own, and took off and became



Ukrainian President Volodymyr Zelensky walks with House Minority Leader Hakeem Jeffries as he arrives for a meeting with lawmakers on Thursday.

Friday, Sept. 22, 2023

Ukraine aid

Ukrainian President Volodymyr Zelensky met with President Joe Biden at the White House Thursday as the US announced a new support package for Ukraine, including \$128 million in security assistance and \$197 million in arms and equipment. The latest round of aid comes as the Biden administration has been asking Congress for more Ukraine funding amid divisions among Republican lawmakers. So far, Congress has approved about \$113 billion in aid to Ukraine — a figure that dwarfs any other individual country's commitment. The Pentagon has also determined that the training and support of Ukrainian forces is exempt from a potential government shutdown, and will continue even in the increasingly likely event that Congress fails to pass a spending bill in the coming days.

The number of migrants crossing the US-Mexico border is likely to keep growing, analysts tell CNN, as officials grapple with an overwhelming number of asylum seekers at the southern border. Data from the Panamanian government shows the number of migrants making the perilous crossing through the Darien Gap is on the rise. Many of those migrants are from Venezuela, where a socioeconomic crisis — fueled by President Nicolás Maduro's

much more than Sir Hugh ever imagined it could be because it was a unique way of thinking about the world."

Glenday himself has been inspired to create categories. A few years ago, he was attending the X Games and saw a bulldog zip past him on a skateboard in the parking lot.

He found the owner of the dog, asked if he could chalk off 100 meters and invited the dog to skate. "We created a brand new record that became a thing, skateboarding dogs."

"I'm fascinated just by the quirky and unusual and the slightly skewed view that Guinness World Records has on the world so it's been a perfect fit."

He believes everyone has a record in them, whether it's most sweaters worn, the loudest burp or

authoritarian government and worsened by the global pandemic and US sanctions — has led one in four Venezuelans to flee the country since 2015. In response, President Biden announced Wednesday the expansion of a form of humanitarian relief to Venezuelans already in the US, making hundreds of thousands more people eligible for work permits.

Rupert Murdoch

Rupert Murdoch, the powerful right-wing media mogul who built and oversaw one of the world's most influential news empires, announced Thursday that he will step down as chairman of his companies, Fox Corporation and News Corporation. Murdoch, 92, has for decades commanded considerable influence in the Republican Party — most notably as the leader of Fox News and other conservative outlets such as The Wall Street Journal and tabloid New York Post. Stepping into his shoes, Murdoch's eldest son, Lachlan, who already serves as chief executive of Fox Corporation, will become sole chairman of both companies.

500,000

That's around how many children and families recently had their Medicaid coverage reinstated after many states improperly terminated their enrollment because of a systems issue, the Centers for Medicare and Medicaid Services said Thursday.

baking the largest cake pop. And just striving for the record is rewarding, too.

"It's very difficult to climb K2 in the fastest time. It's very difficult and it will cost a fortune and you need years probably of training and acclimatization for weeks," he says. "But if you're stuck at home with your kids and you think, 'Let's see how fast we can solve Mr. Potato Head,' then you've got some bonding time with your child just trying to do Mr. Potato Head at the fastest time."

One record is always up for the taking no matter who you are: oldest human. "Anyone can attempt the oldest age. I mean, that's what we're all attempting," he says, laughing.

MARK KENNEDY

Entertainment writer, editor and critic

From Page 18 Guinness Records

book has developed into an international phenomenon published in more than 100 countries and 37 languages. The publication itself is listed as the world's best-selling copyrighted book.

"It's really aimed at reluctant readers. It's lots of little chunks and trivia and nuggets. The designers agonize over every spread and they start from scratch every year. We throw the whole thing away in terms of the design," says Glenday.

It started when Sir Hugh Beaver, then managing director of the Guinness Brewery, was invited to go game bird hunting in Ireland. He and his companions soon began to squabble over which was Europe's fastest game bird. There was no quick way to solve the dispute.

September 2023 Pictorial News



Public service unions want the government to improve on the 3% wage offer implemented for the 2023/24 year. They are demanding 10%. Image: Nqubeko Mbhele



United Auto Workers members walk a picket line during a strike at the Ford Motor Company Michigan Assembly Plant in Wayne, Mich., Friday, Sept. 15, 2023. (AP Photo/Paul Sancya)



A tentative deal was reached, Sunday, Sept. 24, 2023, to end Hollywood's writers strike after nearly five months. | ufcw770 / Wikimedia Commons

The union representing screenwriters reached a tentative agreement with Hollywood studios to end a historic strike after nearly five months, raising hopes that a crippling shutdown of movie and television filming could be near an end.



Prince William examines oyster samples in the East River with students from the Urban Assembly New York Harbor School in New York, on Monday, September 18, 2023 during a visit to an oyster reef restoration project. (AP Photo/Stephan Jeremiah/Pool)



A flock of birds flies past as Monder Singh, foreground right, a spokesperson for the British Columbia Guardwaras Council (BCGC), waits to speak to reporters outside the Guru Nanak Sikh Gurdwara Sahib in Surrey, British Columbia, Canada, on Monday, Sept. 18, 2023 where temple president, Hardeep Singh Nijjar was gunned down in his vehicle while leaving temple parking lot in June. Canada expelled a top Indian diplomat Monday as it investigates what Canadian Prime Minister Justin Trudeau called credible allegations that India's government may have had links to the assassination in Canada of a Sikh activist. (Daryl Dyck/The Canadian)



Firefighters found the man's body in the rubble in the building's basement. The building is located on Pascal Street near the Rolland Street intersection in Montreal North. Dan Spector/Global News (Sept. 23, 2023)