

UN Secretary General's remarks at the Summit of the Future calling on all global leaders to get back on track

Following are UN Secretary-General António Guterres' remarks at the opening of the Summit of the Future, in New York today: Sept. 22, 2024:



UN Secretary General Antonio Guterres delivering his speech

Welcome to the Summit of the Future. I thank the co-facilitators, the former and current Presidents of the General Assembly, and all Member States, for their strong engagement, creativity, and spirit of compromise; and all my colleagues for their invaluable efforts over the past three years.

We are here to bring multilateralism back from the brink. I called for this Summit to consider deep reforms to make global institutions more legitimate, fair and effective, based on the values of the UN Charter. I called for this Summit because twenty-first century challenges require twenty-first century solutions: frameworks that are networked and inclusive; and that draw on the expertise of all of humanity.

I called for this summit because our world is heading off the rails — and we need tough decisions to get back on track. Conflicts are raging and multiplying, from the Middle East to Ukraine and Sudan, with no end in sight. Our collective security system is threatened by geopolitical divides, nuclear posturing

and the development of new weapons and theatres of war.

Resources that could bring opportunities and hope are invested in death and destruction. Huge inequalities are a brake on sustainable development. Many developing countries are drowning in debt and unable to support their people. And we have no effective global response to emerging, complex and even existential threats.

The climate crisis is destroying lives, devastating communities and ravaging economies. We all know the solution — a just phase-out of fossil fuels — and yet, emissions are still rising. New technologies, including AI [artificial intelligence], are being developed in a moral and legal vacuum, without governance or guardrails.

In short, our multilateral tools



A view of the UN Summit of the Future, Sept. 22, 2024 Photo: UN media

and institutions are unable to respond effectively to today's political, economic, environmental and technological challenges. And tomorrow's will be even more difficult and even more dangerous.

When the United Nations was established nearly 80 years ago, it had 51 Member States. Today there are 193. The global economy was less than one twelfth of its current size. As a result, our peace and security tools and institutions, and our global financial architecture, reflect a bygone era.

The United Nations Security Council is outdated, and its authority is

eroding. Unless its composition and working methods are reformed, it will eventually lose all credibility. The international financial architecture was established when many of today's developing countries were under colonial rule.

It does not represent the realities of today's global economy, and it is no longer able to resolve global economic challenges: debt, climate action, sustainable development. It does not provide the global safety net that developing

See Page 4 Summit of the Future

Prime Minister Justin Trudeau survives no-confidence motion



Prime Minister Trudeau rises to speak while the other Liberal Party members seem to applaud what is being said.

Canadian Prime Minister Justin Trudeau has survived a motion in parliament aimed at bringing down his government and triggering an election. Wednesday's no-confidence vote is the first in a series of similar votes expected to be put forward by the opposition Conservative Party amid Trudeau's

plummeting approval ratings.

The motion failed after opposition leader Pierre Poilievre fell short in his effort to shore up support from leaders of two other political parties in parliament, the New

See Page 4 PM Trudeau

Cap on international student permits - turmoil in colleges, universities see P. 4



A generic photo of international students walking in a campus site anywhere in Canada (Photo: Reddit)

Golden Balangay Foundation Celebrates Excellence and Launches New Scholarship Program at Sheraton Fallsview

Niagara Falls, Ontario – September 7, 2024 – The Golden Balangay Foundation celebrated its annual recognition on September 7, 2024, at the Sheraton Fallsview Hotel Conference Centre in Niagara Falls, Ontario. The prestigious Golden Balangay Awards is now in its 6th year. It honours exceptional contributions to the Filipino-Canadian community and features a glittering array of new awardees, including the highly anticipated Lifetime Achievement Award.

This year's group of winners are - Francis Diaz, Educational Excellence Award (Post-Secondary), from Winnipeg, Manitoba; Edward Cruz, Educator of the Year, from Windsor, Ontario; Jeanae Elisha Ventura, Young Leader of the Year, from Calgary, Alberta; McCare Global Healthcare Services Inc.,

120 films, including Golden Globe-nominated; "The Fencer" and Emmy-winning "Real Artists."

One of his most significant contributions is the Lunar Codex. This groundbreaking project preserves the work of over 35,000 artists, writers, and musicians on the Moon and beyond. This monumental effort, which includes many Filipino creators, marks one of Dr. Peralta's most enduring legacies. In his acceptance speech, he shared lessons learned in his lifetime of starts and stops, successes and failures - find your light and let it shine, uplift others, and aim ever higher. He adds, "Whatever heights you may achieve, there are higher mountains to climb. And even when you scale the Mt. Everest of your dreams, you can look up beyond the clouds, to the stars. Make that your mantra in whatever you do."

came before us to create a legacy that empowers others.

The Golden Balangay Foundation also proudly launched the first-ever Filipino-Canadian National Scholarship Program. This groundbreaking initiative, a beacon of hope for young Filipino-Canadians, aims to

Wayne Gates - Shannon Mitchell, Niagara Falls MP Tony Baldinelli, and Deputy Consul General Kerwin Tate. Donita Rose, a Filipino-American actress, TV host and former MTV Asia VJ, presented the Pinoy of the Year award with the Foundation's President and Chair, Ronnie Dela Gana.



The 2024 Golden Balangay Awards winners

Business Excellence Award, from Winnipeg, Manitoba; Macky P. Bordeos, Entrepreneur of the Year, from Winnipeg, Manitoba; Marissa Largo, Excellence Award in Arts & Culture, from Toronto, Ontario; Ron Gaglac, Excellence Award in Media, from North York, Ontario; Orlando Racacho, Senior Achievement Award, from Brossard, Quebec; Rolly Mangante, Community Service Award, from Scarborough, Ontario; Kababayan Multicultural Centre (represented by Ben Corpuz & Rizza Solis), Most Influential Community Organization from Toronto, Ontario; Porfira Pedrina, Manggagawang Pilipino of the Year, from Winnipeg, Manitoba; and Jerry Caingcoy, Pinoy of the Year, from Calgary, Alberta.

The Lifetime Achievement Award, a pinnacle of recognition, was presented to Dr. Samuel Peralta, a distinguished figure whose remarkable career and work span multiple fields and continents. With an extraordinary career that bridges the arts and sciences, Dr. Peralta's

achievements are inspiring - youngest recipient of the Palanca Memorial Award for Literature; his academic journey and groundbreaking research earned him prestigious awards such as the New Technology Award and President's Award for Innovation; award-winning poetry and bestsellers like "The Future Chronicles" and "The Semaphore Collection" and, credits in over

The evening's program included a series of high-profile speeches and presentations. The GBA Keynote Speaker, Lt. Col. Joseph Nonato, delivered an inspiring address that resonated with the audience, emphasizing the 3 Fs - faith, family &



The passing of the GBA sagwan from the current city host Niagara Falls to the next city host Ottawa.

fight. During the Charity Ball, Senator Gigi Osler captivated attendees with her call to embrace a mindset of possibility and self-belief, encapsulated in the question, "Why not me?" She also emphasized that stepping into one's power drives personal success and paves the way for future generations. She highlighted the importance of building on the sacrifices of those who

saying: we see you, we believe in you, and we're investing in you. As leaders, we are responsible for ensuring that the work we do today sets up those who follow for greater success."

Other distinguished guests who graced the evening with their presence were Former Niagara-on-the-Lake Lord Mayor Art Viola, Niagara Falls Mayor Jim Diodati, Constituency Assistant to MPP



Donita Rose with GBF President & Chair, Ronnie de la Gana, presenting the Pinoy of the Year award.

support and empower them in their educational pursuits. The program reinforces the commitment to fostering future leaders and innovators, instilling a sense of hope and optimism in the community. Senator Osler states, "The collaboration between the Golden Balangay Foundation and Kabangka to establish a National Filipino Scholarship Program will equip future generations to blaze those trails and climb those mountains. This partnership is a way of

The Filipino Channel (TFC), La Coutts Toronto, LBC, Greatway Financial, and Tala Entertainment supported this year's event.

The event was a powerful testament to the strength and solidarity of the Filipino-Canadian community. It brought together leaders, philanthropists, and supporters for a night of celebration and forward-thinking initiatives. The Golden Balangay Awards remain a beacon of excellence, recognizing achievements and fostering collaboration and empowerment. The camaraderie displayed at the event is a source of pride for the entire community, reinforcing the sense of connection and shared purpose among all present.

For more information, visit <http://www.goldenbalangayawards.com> for the Golden Balangay Awards and <http://www.filcannationalscholarship.ca> for the newly launched Filipino-Canadian National Scholarship Program.

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FROM THE PUBLISHER'S DESK

The Summit of the Future - how long will it take to achieve its goals?

Zenaida Ferry Kharroubi

The Summit of the Future was first announced by UN Secretary-General António Guterres in 2021. Two years later he called for urgent action noting the world was falling behind on meeting its sustainable development goals (SDG's).

"The SDG's need a global rescue plan," Guterres told the High-Level Political Forum on Sustainable Development Goals last September. "Today, only 15 per cent of the targets are on track and many are going in reverse."

Progress on the Pact of the Future could be stalled with Russia, Saudi Arabia and other countries objecting to language around climate change and reforming international financial institutions. The summit is a moment of reckoning for the UN, as countries move away from established partnerships and splits into different coalitions and blocks.

An essay by experts is reproduced below in our attempt to present a comprehensive view of this summit and where it might lead or if there is hope to achieve reach its goals.

The good and the bad:

The good news is that the vast majority of UN member states continue to support multilateral cooperation, notwithstanding a parlous geopolitical context that includes wars raging in Ukraine and Gaza. The bad news is that countries disagree over the terms that cooperation should take and who should get to call the shots.

The most important diplomatic fault line in these negotiations runs not east to west (though Russia has become a major spoiler) but rather north to south. It pits wealthy nations that have long been the "makers" of world order against developing and post-colonial nations no longer content to be passive "takers." The former prefer a piecemeal approach to global reform and to preserve the prerogatives they enjoy in international institutions, particularly of global economic governance. The latter want a more egalitarian multilateral system that enhances their voice, power, and interests and can deliver on debt relief, development aid, trade opportunities, climate financing, and access to cutting-edge technologies

like artificial intelligence. Governments and citizens in the Global South have become incensed by the wealthy world's perceived indifference toward their plight.

These tensions are most obvious in contentious, ongoing negotiations over the text of the proposed summit outcome document—christened the Pact for the Future—intended to provide a blueprint for global institutional reform. As of this writing, and with only a few days to go, diplomats are still debating key issues in that document and its two proposed annexes, the Global Digital Compact and the Declaration on Future Generations. Similar to last year's summit on sustainable development, negotiations are likely to go down to the wire.

Against this fraught backdrop, it is tempting to dismiss the summit as a distraction from immediate crises as well as existing pledges—such as preventing atrocities, alleviating extreme poverty, or reducing greenhouse gas emissions—that the world has yet to fulfill. That impulse is understandable but shortsighted for three reasons. First, crises can be moments to offer bold reform proposals, since they tend to loosen attachment to previous orthodoxies and provide openings for new ideas. Despite the breadth of the agenda covering highly politicized issues, the negotiations have revealed a greater willingness on the part of almost every government in the world to cooperate. Second, the draft pact itself offers some glimmers of hope, provided one manages expectations and remembers consensus-based multilateral diplomacy is an inherently messy exercise that's vulnerable to lowest common denominator outcomes. Finally, taking the long view is imperative: the summit was never intended to be a one-and-done affair, but rather as the first step in a decades long reform process. Progress is invariably incremental, and a few steps forward is often better than none. What matters is that there's movement at all.

A Roadmap for Reform

The thirty-page pact begins with an inspirational call to action, noting that today's interconnected challenges are beyond the capacity of "any single State alone" to resolve. The draft document then commits member states to fifty-eight specific actions in five areas: advancing sustainable development and its financing; promoting international peace and security; supporting science, technology, and digital innovation; addressing youth and future generations; and transforming global governance.

The pact offers much to applaud at a rhetorical level. It endorses the 2030 Agenda for Sustainable Development and promises to close the financing gap that is a major obstacle for many states hoping to make progress on the Sustainable Development Goals. It reaffirms the Paris Agreement climate goals and pledges ramped up efforts against global warming, biodiversity loss, and environmental degradation. It asserts the obligations of all nations to respect one another's sovereignty and territorial integrity and commits them to resolve their disputes peacefully. It also pushes states to combat terrorism, protect civilians in armed conflict, ameliorate humanitarian emergencies, improve UN peace operations, uphold disarmament obligations, mitigate risks from AI and lethal autonomous weapons systems, pursue a world free of nuclear weapons, and comply with decisions of the International Court of Justice.

Finally, the pact commits its adherents to transforming the institutional

infrastructure of global governance. Such changes are essential to enable the United Nations to better grapple with threats only dimly perceived (if at all) at its founding, to harness the capabilities of modern technology and nonstate actors, and to enhance the representativeness, accountability, and resources of its main organs and agencies, including the Bretton Woods Institutions.

This superficial unanimity, however, conceals important disagreements that lurk below. Here are just a few of the flashpoints that have surfaced in the ongoing negotiations.

International Financial Architecture (IFA)

This remains one of the stickiest issues, with clear battle lines pitting developed against developing countries. Rhetorically, all governments support the goal of a more inclusive, equitable, and representative system of global economic governance. In practice, wealthy members of the Organization for Economic Cooperation and Development (OECD), led by the United States, argue that the specifics of any IFA reform should not be discussed and determined within the one-nation-one-vote UN General Assembly. They believe the debate should occur in other frameworks with "competence" to address financial issues, particularly the International Monetary Fund and World Bank, where OECD nations benefit from weighted voting.

This position has fallen on deaf ears among emboldened governments from the Global South. These low- and middle-income countries are fed up with lack of progress on their demands for greater voice in international financial institutions, as well as for more generous access to development and climate finance, emergency credit lines, and debt relief. They are convinced that a mealy-mouthed compromise that lacks specifics will simply leave them empty-handed.

Co-facilitators from Germany and Namibia have tried to strike a balance between developing countries' desire for more prescriptive language and the strong resistance of several industrialized countries that believe these specifics would be better addressed in the international financial institutions. One bright spot in this debate is the intention to convene a biennial summit at the level of heads of state and government to strengthen links between these financial institutions and the UN. However, expect many of these battle lines to persist into 2025.

UN Security Council Reform

The issue of Security Council expansion remains the tightest of diplomatic Gordian knots, with member states deadlocked over whether expansion should include new permanent members or only elected members, and whether any new permanent ones should have veto power. The draft pact does not cut this knot, but it does begin to loosen it, by acknowledging the need to make the council "more representative, inclusive, transparent, efficient, democratic and accountable." It advances a set of guiding principles for reform, including that any enlargement should "redress the historic injustice against Africa" and other "underrepresented" regions and balance the goals of representativeness and effectiveness. The pact also calls for agreement on categories of Security Council membership and on the future scope and limits of the veto. It includes a provision to review periodically whether the

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From Page 1 Summit of the Future

countries need.

Meanwhile, technology, geopolitics and globalization have transformed power relations. Our world is going through a time of turbulence and a period of transition.

But we cannot wait for perfect conditions. We must take the first decisive steps towards updating and reforming international cooperation and make it more networked, fair and inclusive – now. And today, thanks to your efforts, we have.

The Pact for the Future, the Global Digital Compact and the Declaration on Future Generations open pathways to new possibilities and opportunities. On peace and security, they promise a breakthrough on reforms to make the Security Council more reflective of today's world, addressing the historic under-representation of Africa, Asia-Pacific and Latin America.

They lay the foundations for a more agile Peacebuilding Commission, and for a fundamental review of peace operations to make them fit for the conditions they face. They represent the first agreed multilateral support for nuclear disarmament in more than a decade.

They recognize the changing nature of conflict, and commit to steps to prevent an arms race in outer space and to govern the use of lethal autonomous weapons. They include

Cap on international student permits cause turmoil in colleges, universities

Friday, Sept. 20, 2024 - Some Canadian colleges and universities say they are concerned Liberal government cuts to international student permits will damage their operating budgets and impact Canada's reputation as a global leader in education.

New, tighter restrictions for international students at Canadian universities and colleges are worrying industry watchers, who warn that continued uncertainty about post-secondary could damage Canada's reputation as an attractive place to study and live.

Canada's post-secondary sector was already adapting to a reduction of international study permits and other measures announced in January when Immigration Minister Marc Miller further tightened the cap on Wednesday. He dropped the intake by an additional 10 per cent for the next two years (437,000 will be permitted) and it now includes graduate and doctoral students, who were exempted earlier. He also added tightened eligibility for the Post-Graduate Work Permit program.

There's room for improvement, Miller said in an interview on CBC's Power and Politics after the announcement. "I'm not entirely confident that institutions have adapted their recruitment practices."

Noting that provinces have provided inadequate financial support to post-secondary institutions over the years, Miller added that provincial governments really need to step up to work with schools on this issue.

measures to mount an immediate and coordinated response to complex global shocks.

On sustainable development, these agreements represent major progress towards groundbreaking reforms of the international financial architecture. They will help to make its institutions more representative of today's world, capable of mounting a stronger response to today's challenges, and able to provide an effective global safety net for developing countries at a time when many of them are suffocating in debt and unable to make progress on the SDGs.

The Pact for the Future is about turbocharging the Sustainable Development Goals and the Paris Agreement, accelerating a just transition away from fossil fuels and securing a peaceful and liveable future for everyone on our planet.

It includes a groundbreaking commitment by governments to listen to young people and include them in decision-making, at the national and global levels. And it commits to stronger partnerships with civil society, the private sector, local and regional authorities and more.

The Global Digital Compact is based on the principle that technology should benefit everyone. It includes the first truly universal agreement on the international governance of artificial intelligence. It commits Governments to establishing an independent international Scientific

The federal government has a role in this, but people's balance sheets can't be determined by whether they get international students or not. It's a luxury. It's a privilege and not necessarily a right.

The dramatic increase of international students — more than 1.5 million study permits for post-secondary (new window) were granted from 2018 to 2023 — has come under greater scrutiny, with some linking it to straining housing and health care.

There's no question as a country, we need to make sure we've got the housing and the infrastructure and the services in place to properly welcome [international students] and support them, said Gabriel Miller, president of Universities Canada, the national organization representing 97 public universities across the country.

However, the measures have hit universities like an earthquake, he said, in Ottawa.

With international students' tuition up to four to five times what domestic students pay, we're seeing budget deficits in universities right across the country: Quebec, Ontario, the Maritimes.

Though universities are still tallying official enrolment numbers, which are expected in October, Miller says the data so far indicates that international student enrolment will be even lower than anticipated — with the chaos from the new policies likely pushing talented students who would contribute much to Canada to turn elsewhere instead. *CBC News excerpts*

Panel on AI and initiating a global dialogue on its governance within the United Nations.

The Global Digital Compact represents the first collective effort to reach agreed interoperability standards – essential for consistent measurement. And it supports networks and partnerships to build capacity on AI in developing countries.

The Declaration on Future Generations echoes the call of the United Nations Charter to save succeeding generations from the scourge of war, committing Governments for the first time to taking the interests of our descendants into account in decisions we take today.

Respect for human rights, cultural diversity and gender equality are woven into all three agreements. In the face of a surge in misogyny and a rollback of women's reproductive rights, governments have explicitly committed to removing the legal, social and economic barriers that prevent women and girls from fulfilling their potential in every sphere.

I welcome these three landmark agreements — a step-change towards more effective, inclusive, networked multilateralism. I have been fighting for the ideas in them since the first day of my mandate. And I will be totally committed to their implementation until the very last day.

We have unlocked the door. Now it is our common responsibility to walk through it. That demands not just

From Page 1 PM Trudeau

Democratic Party (NDP) and the Bloc Québécois.

Trudeau, who has been Canada's prime minister for nine years, has been leading under a minority government.

Voting was held on Wednesday afternoon, on the same day as Trudeau was set to host French President Emmanuel Macron.

While this motion has failed, the Conservative party plans to bring at least two other similar no-confidence votes on



Conservative Party Leader Pierre Poilievre rises during question period on Parliament Hill in Ottawa, on Wednesday. (Spencer Colby/Canadian Press)

Thursday in hopes of sending Canadians to the polls.

Trudeau has been facing growing pressure to step down in recent months.

His approval rating has plummeted from 63% when he was first elected to 28% in June of this year, according to one poll tracker, amid concerns about housing unaffordability

agreement, but action. I challenge you to take that action.

To implement the Pact for the Future by prioritizing dialogue and negotiation, ending the wars tearing our world apart, and reforming the composition and working methods of the Security Council.

To accelerate reforms of the international financial system — including at next year's Conference on Financing for Development. To put humanity's best interests front and centre of new technologies. We stand and fall not by adopting agreements, but by our actions and their impact on the lives of the people we serve.

Throughout my life – whether as a political activist or at the United Nations – I have learned that people never agree on the past. To rebuild trust, we must start with the present and look to the future. People everywhere are hoping for a future of peace, dignity and prosperity. They are crying out for global action to solve the climate crisis, tackle inequality, and address new and emerging risks that threaten everyone. And they see the United Nations as essential to solving these challenges.

All this was confirmed during the past two inspirational Action Days. The Summit of the Future sets a course for international cooperation that can meet their expectations. I congratulate all Member States for playing their part as we take these first important steps together. Now, let's get to work. And I thank you. #

and the rising costs of living. His Liberal party lost two consequential by-elections this summer in Toronto and Montreal.

A deal between his party and the NDP has helped him stay in power since Canada's last federal election in 2021.

But the deal collapsed early in September after NDP leader Jagmeet Singh pulled out from the coalition, saying that the Liberals are "too weak" and "too selfish" to govern.

Trudeau's leadership has been under threat since, with Conservative Party leader Pierre Poilievre stating that he would put forward a no-confidence

vote.

The vote would need the approval of the majority of the 338 members of parliament (MPs) in order for it to pass. The Liberal Party, which holds 153 seats, voted against it, while the Conservative Party, which holds 119 seats, voted in favour. In the end, the motion was defeated by 211 votes against it. # Source: Various news

My memorable trip to Niagara Falls

It was in January 2005 when I visited the Philippines to attend our 50th golden anniversary of Arellano High School alumni reunion. On this occasion, the alumni association president, Jaime Ladio, entrusted me with the trophy for the Global Achievement Award to the Lord Mayor of Niagara on the Lake, Art Viola, who was unable to attend. Being a Canadian resident, I was supposed to have the means to deliver it to him but I was not given any information where he lives nor any telephone number to call and find out. I do not remember anymore why I just accepted the duty to deliver a fragile object without asking for directions where it must be delivered. I kept it in my possession for all these years and had hoped that one day I would have the opportunity to travel to Niagara Falls and deliver it to him or ask someone else who might be able to go that way to do so.

Being busy every day, I completely forgot about this trophy until the day came when I received a pleasant surprise that the Golden



My personal presentation of the Global Achievement trophy to the former Lord Mayor of Niagara witnessed by his wife Julie on the same stage of the Golden Balangay Foundation Awards a few minutes after the ceremonies were over. (Photo taken by Jovy Favila)

then that I remembered that there is a trophy that I must deliver to Lord

took my first holiday with a former roommate on a trip that included Niagara Falls. I remember that we wore raincoats to go under the falls and even went inside a tunnel to see something that I could no longer remember.

I wanted to take Via Rail but due to the labor dispute, I had to take Megabus which meant that I would not be able to sleep for a nine hour-long trip. I left Montreal on Friday, September 6th at 11:30 P.M. arriving in Niagara Falls at 8:30 AM. on Saturday, September 7th. Jovy Favila gave me his cellphone number and told me to call him upon my arrival so that he could pick me up. As I was exhausted

from a sleepless journey, I could not find his number on my cellphone as I was looking for a wrong name. I panicked for a while as I could not even see any taxi around the bus terminal. It looked like a deserted place and I only saw a lady behind the counter. One other lady passenger was waiting. But then I began to gain my memory to look for the number of Jovy. After half an hour, he came with his wife Bloomie to give me a ride to the Sheraton Fallsview hotel.

I felt quite happy in spite of losing my sleep as I was eager to meet the former Lord Mayor of Niagara and deliver his trophy. I was also happy that I would be meeting high achievers who were nominated for the different categories of the Golden Balangay Foundation. I looked forward to getting connected to one of them who may be a prospective collaborator in my future projects. It was quite an adventure for me to travel again. The covid pandemic made me avoid travelling as I saw the adverse effects of the virus on people's behaviour on airplanes and in some airports. But somehow, my eagerness to dispose of my obligation to deliver a trophy that I kept for 19 years safely made me braver to travel again.

When I was told that I could meet the Lord Mayor Art Viola, I was quite happy and felt that the long trip was worth the trouble. Thanks to the hospitality and support of the Golden Balangay Foundation's founders, Ronnie de la Gana and Jovito Favila as well as their spouses, Clare de la Gana and Bloomie Favila. I hope to return the favor they graciously gave me.

(By Zenaida Ferry-Kharroubi)



A nice souvenir of meeting for the first time the former Lord Mayor of Niagara on the Lake, Mr. Art Viola, during the 2024 Golden Balangay Foundation Awards ceremony held at the Sheraton Fallsview, Sept. 7, 2024. I never met him in high school as he was in another section. There were 34 sections in class 1955 of Arellano High School. (Photo taken by Jovy Favila, GBA co-founder.)

Balangay Foundation president and founder, Ronnie de la Gana and his wife Clare would be coming to Montreal to deliver my trophy that I won as the Senior Achievement awardee for 2023 on Saturday, March 14, 2024 as I did not attend the ceremony held on July 1, 2023 in Edmonton, Alberta. Clare invited me to join the forthcoming awards ceremony to be held in Niagara Falls, Ontario on September 7, 2024. It was

Mayor Art Viola. I immediately agreed to attend the Golden Balangay Foundation Awards ceremony for two reasons, to dispose of my duty to deliver the trophy and to show my gratitude to Mr. and Mrs. de la Gana for their time and effort in handing me the GBA trophy personally.

From March to September, I felt quite excited to travel to Niagara Falls which I visited more than 50 years ago when I first arrived in Canada. I



Selfie with Bloomie Favila who gave me so much attention and even allowed me to stay in their room while I was waiting for my room to be ready. She requested for an earlier check-in to this nice hotel room with the falls view at around 12:30 instead of 4:00 pm regular check-in.



ONTARIO Community News

By Tony A. San Juan
OCT-Retired

Cultural Celebrations: A summer of Filipino festivals in Ontario

Summer is a significant season for Filipinos across Canada. The period is traditionally the best time and opportunity for those on much-needed short-term visits, vacations and breaks from school, work, business, and other responsibilities to savour the outdoor weather and the company of friends, family, colleagues, and visitors.

Filipino Canadians in the Greater Toronto & Hamilton Area (GTHA) usually welcome June, July, and August as their favourite months for traditional celebrations, festivities, gatherings, and picnics. For these, organizations and groups in the Filipino diaspora planned, organized and delivered several community-wide festivals and conferences that offered cultural-centred activities, thus making Greater Metropolitan Toronto the centre of Filipino festivals in the country.

Starting in June, the Canadian House of Commons- declared "Filipino Heritage Month" is celebrated from "coast to coast to coast" with programs and activities focusing on Philippine art, culture, and history and the Filipinos' contributions to Canadian society. Likewise, Filipinos commemorated the 126th Philippines Independence Day on June 12, 2024, organized by the Philippine diplomatic posts and other leading community organizations. The Knights of Rizal- Canada Region publicly remembered Dr. Jose Rizal's 163rd birth anniversary on June 19, 2024.

2024 also marked the 75th anniversary of the Philippines and Canada Bilateral Relations. Other important commemorative events participated by Filipino Canadians include National Indigenous History Month, Italian Heritage Month; Portuguese Heritage Month, St. Jean-Baptiste Day, Canadian Multiculturalism Day, and Canada Day.

Filipinos in Ontario, especially in the Greater Toronto Area (GTA), have experienced and had a successful run of festival events with different proponents and themes held in cities and towns. in the province. Among the biggest celebrations of Filipino "sights, sounds, smell, and specialties" were the following 5 popular and major festivals: "Pinoy Fiesta & Trade Show sa Toronto" was held on June 8 & 9 by the Philippine Canadian Cultural Foundation (PCCF) at Albert Campbell Square, Borough Drive, Scarborough, Toronto. PCCF, founded in 2010, is headed by Rosemer Enverga. Visitors to the festival watched and enjoyed the ground activities such as a pageant with a cause, a sports fest, food

stations, music, and entertainment, and Filipino cultural dances and songs. Community organizations and small-business entities promoted their products and services.

"Canada Fiesta Extravaganza" events of the Philippine Extravaganza, Arts, Culture and Heritage (PEACH) under the leadership of Nestor Von



Former Manila Mayor Isko Moreno with Prime Minister Justin Trudeau at the festival.

Canton, were organized in 9 Canadian cities. With its theme: "Sining, Sayaw, Saya: Celebrating Filipino Heritage", shows were held in 5 Ontario cities such as Toronto on June 22 & 23; Vaughan on July 2 & 3; Brampton on

events included a farmers' market, job fair, street food booths, and cultural presentations. Prime Minister Justin Trudeau dropped by at the Brampton Fiesta Extravaganza. Filipino film & TV actors Gabby Concepcion and Yam Concepcion guested and performed at the celebration.

"Fun Philippines Toronto Food and Music Festival" was organized by the Philippine Legacy and Cultural Alliance (PLACA), and conducted at the Toronto Harbourfront Centre from July 26 to 28, 2024 with the theme "Experience the Philippines: Pearl of the Orient Seas". Those who attended on the opening day were the Philippine Ambassador to Canada Andrelita Austria, Toronto Mayor Olivia Chow, Canada Filipino Senator Flordeliz Osler, Consul General Angelica Escalona and several Canadian and Filipino dignitaries. Filipino singers and actors Zsa Zsa Padilla and Ogie

Alcasid performed during TFC's Happy Hour. With a "Parada ng Bayan", various cultural presentations, food booths and musical entertainment, the festival had a heritage exhibit titled "Window of Our Heritage: Bintana ng Aming Lahi" by the Philippine Artists



P.M. Justin Trudeau with MP Ya'ara Saks, MP Rechie Valdez, & 2 T.O.M.. festival visitors.

July 13 & 14; Niagara on Aug. 3 & 4; Hamilton on Aug. 13 & 14; and four other Canadian cities Montreal, (Quebec), Miramichi (New Brunswick), Surrey (BC.) and Lethbridge (Alberta). Known as the "Festival of Smiles", the

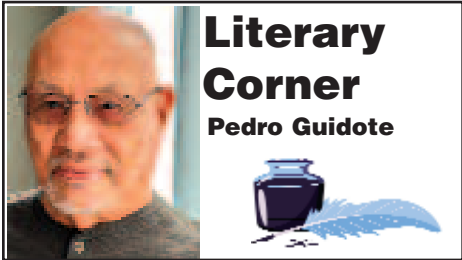
Group (PAG).

"Taste of Manila Street Festival". With "A Festival for Everyone" as its theme, this year's celebration was the 11th edition of one of North

America's biggest Filipino street festivals. It was spearheaded by Taste of Manila, Inc. President Rolly Mangante and organized for the second time by the Society of Professional Artists, Culture and Recreation and ecreation (SPARC) led by Sani Baluyot. Canadian Prime Minister Justin Trudeau visited the festival with MPs Rechie Valdez, Ya'ara Saks, Ahmed Hussen, & Salma Zahid and other political leaders. The celebrity guests were former Manila Mayor Isko Moreno Domagoso Filipino movie actors Alden Richards & Ruffa Gutierrez, and Comedienne Boobay. Though it was a stormy-soaked opening day, as expected, attendance to the 2-day festivities, estimated a crowd of thousand visitors strolling the Bathurst Road and Wilson Avenue corridors in Little Manila, North York, Toronto.

"Mabuhay Philippines Festival" On June 1, the Philippine Independence Day Council (PIDC) kicked off the "Filipino Heritage Month Celebration" at Earl Bales Park, Bathurst St., North York, Toronto. PIDC, headed by Tom Tan, also held an evening Gala on August 22 at the Toronto City Hall Foyer with Philippine Consul General Angelica Escalona, MP Rechie Valdez & MP Marco Mendicino. Fil-Can lawyer Paul Saguil and community leaders are in attendance. The 25-year-old festival presented a basketball challenge game, and enjoyable programs consisting of a musical concert, fashion show, Santa Cruzan and Parade of PIDC beauty titleholders on August 24 & 25. Filipino movie & TV personalities who performed were singer & actor Inigo Pascual, film & TV actor Lovi Poe, and The Angelos singing quartet, Vocal Groove Collective, and A+ Dance Team. The Mindanao Tapestry Fashion Show of Ambassador of Philippine Fashion Renee Salud and his top models showcased recent creations and selections. Popular Pinoy food booths, small business entrepreneurs, property development companies, and other Fil-Can vendors displayed and offered their great products and services to thousands of visitors and frolickers.

Other important events during the tri-summer months celebrations include 1) June 1 "Filipino Heritage Month Celebration" by PIDC at Earl Bales Park, Toronto; 2) June 4- "Thanksgiving Mass" by the Philippine Consulate General in Toronto at St. Michael's Cathedral Basilica, Toronto; 3) June 9 - "Flag Raising: 126th Philippine Independence Day Celebration", by Filipino Canadian Association of Vaughan, at Civic Centre; 4) June 11- "Proudly Pinoy Adobo Festival", by the TCDSB at St. Margaret Catholic School, North York; 5) June 12 - "Philippine Independence Day Flag Raising" by the Philippine Consulate General in Toronto, at Nathan Phillips Square, Toronto, and "Philippine Independence Day Celebration" by the Federation of Filipino Canadians Ontario with Filipino Heritage Council of Canada at Queen's Park, Toronto; 6) June 14-16 - "Taste of



Literary Corner
Pedro Guidote



Quotes from William Saroyan (Armenian-American novelist and playwright) (1908 - 1981)

If a man has not wept at the world's pain he is only half a man; there will always be pain in the world, knowing this does not mean that a man shall despair.

A good man will seek to take pain out of things.

*

Good people are good because they've come to wisdom through failure.

*

Remember that every man is a variation of yourself.

*

The role of art is to make a world which can be inhabited.

*

We are not forced into unpleasant activities.

We either allow them to come about or we encourage them to come about.

*

The whole world and every human being in it is everybody's business.

Philippines Food and Music Festival-Hamilton" by MyHip. at Gage Park, Hamilton, Ontario; 7) June 15 & 16 - "Tayo, An Immersive Filipino Cultural Experience", by KRE8 Corp. at Mel Lastman Square, North York Civic Centre; 8) June 17 - "Filipino Heritage Month Reception on Parliament Hill, by Members of Parliament at Sir John A. MacDonald, Ottawa with the theme "Kapit Bisig: Building Bridges Across Generations, Honoring Heritage and Stories"; 9) June 19 - "Dr. Jose Rizal Birth Anniversary: Wreath Laying", by Knights of Rizal Canada Region, at Earl Bales Park, North York; 10) June 22- "Wreath Laying at the Rizal Monument", by Markham Federation of Filipino Canadians, Markham; 11) June 29- "Filipino Heritage Month Celebration", by the National Filipino Heritage Canada, at Albert Campbell Square, Scarborough.

Canadian Prime Minister Justin Trudeau wrote in his post on X(formerly Twitter), "Mabuhay! Great to be back at the Taste of Manila in Toronto. The Filipino community in Canada is nearly 1 million strong, and our country is richer and more vibrant for it." Indeed, it was a summer of festivals replete with successful events and enjoyable experiences that reflect and recognize the proud traditions, values and practices of Filipino heritage, art, and culture in this adopted homeland.

Philippine officials launch "Love the Philippines and Bisita, Be my guest" travel program in Toronto

The Department of Tourism, the Department of Migrant Workers, and the Department of Foreign Affairs of the Republic of the Philippines, in partnership with the Tourism Promotion Board Philippines (TPBPHL) held their "Love the Philippines and Bisita, Be My Guest Program Campaign " event on August 23, 2024, at the Aria Ballroom of Four Seasons Hotel, Toronto, Ontario.

According to the Philippine Tourism Promotions Board, the LTP-BBMG Program is "an incentivized promotional campaign to encourage Overseas Filipinos and Overseas Filipino Workers (OFWs) to invite their foreign relatives, friends and colleagues to visit the Philippines." Event attendees were allowed to win exciting prizes and enjoy incentives through a travel passport and privilege card that offer discounts and special offers at various destinations in the country.

The launching provided a "valuable opportunity to enhance the visibility of the Love the Philippines brand and engage the Filipino community as well as our partners and supporters in Canada in promoting our country as a tourism destination." During the presentation, Rica Bueno, Assistant Secretary of the Philippine Department of Tourism, asked, "for support in disseminating information on the LTP-BBMG Program to encourage participation in this important national initiative." Secretary Bueno with videos and slides, presided over the significance of the tourism drive and the status of the 3-year promotional program that includes Raffle Draws, Travel Passport, and Privilege Cards.

Philippine President Ferdinand R. Marcos, Jr, Philippine Vice President Sara Z. Duterte, Department of Migrant Workers Secretary Leo J. Cacadac, Department of Tourism Secretary Christina Garcia Frasco, and Philippine Ambassador to Canada Andrelita S. Austria gave video messages. Moreover, the Philippine Consul General in Toronto Angelica C. Escalona made live remarks and introductions.

In casual modern Filipiniana, more than 200 guests, dignitaries, and community leaders were shown videos of Philippine tourist destinations and cultural festivals and entertained with



live music and dance performances. Over dinner, they shared and enjoyed popular Filipino cuisines such as Adobo, Caldereta, Pinakbet, Pancit Canton, Lechon, Lumpia, Kinilaw, Kanin, Leche Flan, Buko Pandan, wine and drinks.

Indeed, the 3-hour Philippine travel-promotion gathering was a much-welcomed event and a highly interesting almost end-of-summer season activity in Canada. "Kaya mga kababayan, mga kaibigan, at mga kamag-anak, tara na sa Pilipinas. para

masayang puntahan, bisitahin at ipagsaya nating lahat ang yaman at kagandahan ng ating mahal na bansa!" (Tony A. San Juan, OCT).

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Quebec's Law 14 sparks concerns for CEGEPs

By Angela Lacuesta, Local Intern Journalist

With Law 14 pushing forward in English CEGEPs, students and staff of these educational institutions voice concerns regarding the bill as it begins to be further instituted within Quebec. Law 14, also known by the former name, Bill 96, was adopted in May 2022 by the Quebec government with the principal aim of increasing the promotion of the French language as well as preserving its culture in the province. To place this law into English CEGEPs, the government has implemented regulations for students such as capping the enrollment of students in English, the addition of three French courses or three program classes taught in French, and the requirement to pass the French exit exam, known as Épreuve Uniforme de Français (EUF). For staff in an English CEGEP, the need for the French language has increased due to the requirement of teaching classes in French. In Quebec, there are five English CEGEPs that have established Law 14, namely, John Abbott College, Champlain College, St. Lambert, Heritage College, Vanier College and Dawson College.

CEGEP students' concerns

Many students have concerns about the law and their education, particularly those who have other languages as their mother tongue like immigrants, newcomers, international students, or those who struggle in the French language for a variety of reasons. The Indigenous community has expressed concerns because of the announcement and implementation of Law 14. There are around 300 Indigenous students enrolled in English CEGEPs. They are worried about the effect of the law in their education as they must be educated in the French language while their own mother tongue and culture are not given enough attention. The Quebec government explained that Indigenous students are exempted from Law 14, however, they must meet certain requirements. One of the requirements to be exempted from



Students at Dawson College signing the "Indigenous student exemption from Law 14" petition (Photo: Eve Cable, The Eastern Door)

this law is if the student, whether the student is Anglophone, Indigenous, French, etc., has an English eligibility certification. This certification allows students to be exempted from the French exit exam (EUF) which is needed to graduate from English CEGEPs. The English eligibility certificate is applicable to the student if he or she has received a majority of his or her schooling in English or if the parents have studied in English. However, Indigenous students, immigrants, or Allophones, and Anglophones are not eligible for the English certification due to many different circumstances which led them to voice their concerns against Law 14.

The unification of Dawson College students through a petition

The protest against Law 14 expanded throughout English CEGEPs. Students at Dawson College have initiated a petition on behalf of Indigenous students to call attention to the adverse effects of the law and encourage others to support them. The petition is still gathering signatures. Kenneth Clarence, president of the Dawson College Student Union, explains why he started the petition: "I remember [Dawson College] producing a video with Indigenous students talking

about their experiences especially with Law 14 and that somewhat encouraged us to have this petition and mobilize people to really have a concrete gesture in support of truth and reconciliation." The overall impact of Law 14 on Indigenous students hinders the objectives and practice of higher education. "They are already faced with so many barricades and this law only exaggerates those barricades that are already put in place by this very oppressive system we have here in Quebec," states Kenneth Clarence. Furthermore, according to the student president, Clarence, this law enforces the historical issue between the "colonial powers" and Indigenous communities, and it is a "step backwards." The signing of this petition at Dawson College is open to all the population of Quebec and will end on September 30, 2024. Clarence emphasizes the end date as "symbolic as it is also the National day for Truth and Reconciliation" which underscores the importance of their petition.

English CEGEPs faculty concerns

In addition to the students, faculty members who teach in English CEGEPs across Quebec have worries due to the law that has been executed.

As a result of the rapid changes in Quebec's college education, the need for revising and preparing materials on the part of the English CEGEP faculty has increased. One change staff members are getting prepared for is the requirement to teach in French. This is not as much of a concern for teachers who already speak the French language, however, those who were teaching in English before are unfamiliar with or do not speak French well enough may be laid off. To combat this issue, some CEGEPs have requested the government for funding to aid teachers in learning how to teach in French. The changes require much patience and effort for the faculty to properly abide by this law especially in the coming years as it begins to be implemented further throughout the English CEGEPs in Quebec.

Future of Quebec and Law 14

The hope for many of the present and future students and staff of the English CEGEPs in Quebec are that their concerns and struggles regarding Law 14 are reduced while also protecting the language that many citizens of Quebec cherish while keeping the cultural diversity that Quebec province is known for. Similarly, Kenneth Clarence, student president of Dawson Student Union noted, "You can say that it's protecting the French language, but it's not right that we build on one language while destroying another," as he cites the Quebec government's reasoning behind Law 14 which is to protect both the French language and culture in Quebec. He highlights the focus on balancing languages rather than making one language dominate another. His closing remarks underline the symbolic importance that the Dawson Student Union as well as students who signed up for the petition have shown through the petition. "I really hope the Quebec government listens to our voices, listens to students, but if, at the end of the day, they don't, it's still a victory that we have shed light on this matter," he concluded.

Montrealers gather to run and raise money for cancer patients and research

By Angela Lacuesta, Local Intern Journalist

On Sunday, September 15, 2024, one of the many 44th annual Terry Fox Runs of Montreal was hosted in Marché des Éclusiers near Old Port. The event started off at around 8 o'clock in the morning where participants, volunteers and supporters gathered to sign up for the run, grab some snacks and beverages, buy some merchandise, and enter their name for a raffle to win prizes after the event. Afterwards, an opening ceremony ensued accompanied by a minute of silence. The silence was done to commemorate those who are cancer patients, recovering from cancer, who have died due to cancer and the family members of cancer patients alongside Terry Fox and Eddy Nolan, the man honoured during the Terry Fox Run for his dedication



Terry Fox Run participants in Old Port who took part in the run to honor and support cancer patients (Credit: Erin Seize, CityNews)

towards this cancer fundraising event. The event kicked off with many kid-friendly activities such as face painting and balloon creations followed by a

warmup before the run which began at around 10:15 pm. The fundraising event was a non-competitive race, separated into two categories, a 2.5

kilometer run for the general, and a 1 kilometer run for families. This meant that participants finished at varying times, all with the ability to enjoy BBQ and ending announcements at around 12:15 pm.

Honouring Eddy Nolan through the Terry Fox Run

Eddy Nolan was a man born in Point St. Charles in Quebec who began participating in the Terry Fox Run at age 22 in 1981 to raise money for cancer treatment and research. Nolan had been training when he had become inspired by Terry Fox after seeing how he ran with a prosthetic leg to raise money for cancer. He started his annual marathon where he gathered many people to run with him for a cause. For 13 years, Eddy Nolan worked in Roslyn Elementary School, a

See Page 13 Montrealers gather

Prime Minister Trudeau attends UN General Assembly where U.S. President Biden delivers final speech

The prime minister arrived in New York on Sunday and delivered remarks to the Summit of the Future, telling leaders they can choose to stick their heads in the sand or come together to confront global challenges.

Trudeau attended high-level meetings about innovating for a sustainable future and took part in an armchair discussion hosted by Canadian entertainer Lilly Singh, a UN sustainable development goals advocate, who joked the prime minister brought her Tim Hortons coffee. The prime minister also met with European Commission President Ursula von der Leyen to discuss shared priorities on the environment and putting a price on carbon.

On his final day at the United Nations on Tuesday, Trudeau was presented with the Order of Freedom by Ukrainian President Volodymyr Zelenskyy. During a bilateral meeting on the sidelines of assembly, a Ukrainian official said the honour was for outstanding personal contributions in strengthening interstate cooperation, and supporting state sovereignty and the territorial integrity of Ukraine.

From Page 3 Summit of the Future

council is “deliver[ing] on its mandate and remains fit for purpose.”

UN Security Council Reform: What the World Thinks

In an important procedural breakthrough, the draft pact also empowers the negotiation’s cochairs to pull together a consolidated model for council enlargement, based on various models that parties have proposed. Significantly, the pact also calls for full implementation of a UN Charter rule that requires countries that are party to a conflict to refrain from voting in resolutions involving the pacific settlement of that dispute—a commitment that Russia has repeatedly violated. Finally, the pact includes helpful language supporting the General Assembly’s growing activism in matters of peace and security, including when the Security Council is blocked, encouraging continued use of both the Uniting for Peace and Veto Initiative resolutions.

Climate Change

The so-called zero draft of the pact, released in January, endorsed the goal of transitioning away from fossil fuels. But during recent negotiations that provision was unceremoniously deleted, thanks to opposition from oil and gas producers. Following public advocacy by a group of Nobel laureates, the latest revision includes the language agreed at COP28 in Dubai last December, reaffirming the call for parties to transition away from fossil fuels in a “just, orderly and equitable manner,” so as to achieve the goal of net zero global emissions by 2050. It also includes a reference to the loss and damage fund, intended to compensate nations injured by climate change; calls for the significant scaling up of adaptation financing; and commits signatories to a doubling of energy efficiency and tripling of renewable energy. While some backtracking seems possible, the ultimate



Prime Minister Justin Trudeau takes part in a meeting with an advisory group on Haiti at the United Nations headquarters on Monday. Sean Kilpatrick/The Canadian Press

“You are a great friend of us,” Zelenskyy said.

Trudeau said he accepted the award on behalf of all Canadians.

“We stand with you in this fight that is your fight, but that is all of our fight for democracy, for sovereignty, for territorial integrity,” the prime minister said.

text is likely to be consistent with the UAE Consensus reached at COP28.

Nuclear Weapons

The draft pact contains strong language endorsing nuclear nonproliferation and the nonuse of nuclear weapons, including an explicit statement that nuclear wars can never be won and must never be fought. Many UN member states have also been pushing for a prohibition on nuclear weapons themselves, consistent with the Ban Treaty. All five recognized nuclear weapons states (the United States, Russia, China, France, and the United Kingdom) have resisted these pressures, with Russia being the most adamant in obstructing any language that would threaten its prerogatives as a nuclear power. Several delegations have jointly proposed bridging text, based on existing language agreed to in previous UN agreements, but important nonnuclear weapons states have been holding out for more ambitious commitments. As of this writing, the fate of these provisions remains uncertain.

Controversy has erupted on other topics, too. One is human rights. Authoritarian governments, supported by many members of the Group of 77, advocate deemphasizing human rights and elevating concern for sustainable development. In contrast, many Western nations—particularly members of the European Union—regard the draft as unacceptably weak and have pushed for much stronger rights language.

Another flashpoint pertains to the appropriate role in any revamped UN system of nonstate stakeholders, and particularly civil society and private sector actors. Here, divisions break down on ideological lines, with open societies more amenable to opening the UN’s doors and authoritarian powers being adamant on reinforcing the fundamentally intergovernmental nature of the United Nations. The irony is that negotiations for a summit intended to launch a new era of

Trudeau will return to Canadian soil Wednesday as his government faces its first test in the House of Commons since the NDP ended its supply-and-confidence deal with the Liberals. Conservative Leader Pierre Poilievre introduced a motion of non-confidence in the government in the House of Commons Tuesday

“inclusive and networked” multilateralism have been decidedly exclusive, as nongovernmental stakeholders have been barred from the negotiating room. Disputes have also arisen over some of the secretary-general’s institutional proposals, including one to appoint a UN Special Envoy for Future Generations and another to establish an emergency platform to manage “complex



UN building in New York City (Getty images)

global shocks” such as pandemics. Although most governments agree that the UN should consider the intergenerational implications of UN decisions, many remain leery of creating a standing envoy, citing funding and organizational concerns. The most recent draft has likewise eliminated any mention of the emergency platform, reflecting member state concerns that it might encroach on the Security Council’s role, duplicate existing crisis response arrangements and mandates, and infringe on state sovereignty. These concerns may indicate a weariness among member states with creating new UN institutional mechanisms. In the end, this lack of buy-in may not matter much, since as a practical matter the secretary-general still retains

morning.

MPs can vote remotely but they must be in Canada to do so, requiring Trudeau to be back in Canada in time for the vote.

The New Democrats and Bloc Québécois have both indicated plans to vote against the Conservative motion, which would prevent Trudeau’s government from falling.

Trudeau addressed the confidence vote during an interview on “The Late Show with Stephen Colbert” Monday night. He admitted there’s frustration and people are having trouble paying for groceries, rent or gas, but Trudeau said he was going to keep fighting.

The prime minister stood by his vision for leadership Tuesday.

“Every politician has a choice about why they serve, of what they are trying to do, how they are trying to help,” Trudeau said during a news conference.

“My focus is very much, and always has been, on how to serve Canadians and build a better future. That’s not what we are seeing from the Conservative party.”#

Excerpts from various news reports.

significant leeway to appoint special envoys and to convene and coordinate emergency responses to global crises on an ad hoc basis.

To borrow from Mark Twain, we suspect that reports of the death of multilateral cooperation are greatly exaggerated. Despite frustrations about the UN’s effectiveness, the attention and energy that member states have devoted

to this exercise reveals the value that they continue to place on the body, as well as their willingness to invest in its future. They believe that the UN remains very much alive—if unwell—and that restoring its health and vitality matters. That is why they have engaged in energetic—and at times impassioned—discussions over an expansive global agenda that was both technically and politically complicated, and under a relentless timeline. Far from abandoning the United Nations, the majority of member states are seeking to revive it, so it is capable of addressing shared challenges. That is grounds for hope in a world that could use some.

Source: By Stewart Patrick and Minh-Thu Pham Published on September 19, 2024



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Souvenir photo of the Golden Balangay Foundation Awards ceremony held at the Sheraton Falls View, Niagara, ON, September 7, 2024 - from left: Jovy Favila, GBA co-founder; former Niagara on the Lake Lord Mayor Art Viola; North American Filipino Star Editor Zenaïda F. Kharroubi; and GBA Chair and President Ronnie de la Gana.



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Asian Chili Chicken

Ingredients

500g / 1lb breast fillets, skinless and boneless (2 large) (Note 1 other cuts)
1/2 tsp each salt and pepper
1 1/2 tbsp rice flour, or all-purpose/plain flour (Note 2)
1 1/2 tbsp oil, vegetable or canola
SAUCE:
2 tsp sesame oil
2 garlic cloves, finely minced
2 tsp ginger, finely minced
1 tsp chilli flakes / red pepper flakes (reduce for less spicy)
1/2 cup water
3 tbsp sriracha (sub ketchup for not spicy, Note 3)
1 tbsp soy sauce, light or all purpose (Note 4)
1/4 cup honey (sub brown sugar)
3 tbsp lime juice (sub 2 tbsp rice vinegar)

GARNISHES (CHOOSE):

Green onion (finely sliced), sesame seeds, fresh chilli, lime wedges

Instructions

CHICKEN:

Season: Cut each chicken breast in half horizontally to form 4 steaks total. Sprinkle each side with salt, pepper and rice flour, shaking off excess.
Pan-fry: Heat oil in a large skillet over high heat. Add chicken and cook for 2 minutes. Turn and cook the other side for 2 minutes, then remove to a plate.

STICKY CHILLI SAUCE:

Sesame oil: Allow the skillet to cool a bit then return to the stove on medium. Add sesame oil and heat.

Garlic and ginger: Add garlic and ginger, cook for 15 seconds.

Chilli flakes: Add chilli flakes and cook for 30 seconds until garlic is golden.

Sriracha, soy and honey: Turn heat up to medium-high. Add water, sriracha, soy sauce and honey, stir well, scraping the base of the pan to dissolve all the golden bits into the liquid.

Simmer for 2 minutes until it reduce to a thick syrup. Add lime juice, then simmer for a further 30 seconds until it thickens back to a thick syrup.

Coat chicken: Turn heat off. Return chicken to pan, turning to coat in sauce. Serve chicken, topping with remaining sauce in skillet, garnished with green onions, sesame seed and extra lime wedges, if desired.

Recipe Notes:

1. Chicken – Boneless and skinless thighs and tenderloins also work, use 500g/1lb. Do not cut in half, use whole pieces.

Thighs will take longer to cook through, about 4 minutes on the first side, 3 minutes on the second side;

Tenderloins are (typically) smaller so they should take the around the same time as breast.

Internal temperature of cooked chicken:
Breast and tenderloin: 65°C / 150°F
Thigh: 75°C / 167°F

2. Rice flour – Yields a nice, crispy crust onto which the sticky chilli sauce clings. Without it, the sauce just slips off the chicken. It's not a big deal if you don't have it – sub plain/all purpose flour. Rice flour is just slightly crisper. □
3. Sriracha – This adds spiciness as well as other flavours such as vinegar and garlic into the sauce, plus it thickens the sauce.

If you want less spicy, sub some of it with ketchup. If you sub all of it, the

dish becomes quite sweet so add a dash of extra lime to compensate (it's also totally not what this recipe is intended to be, but it's still tasty!)

If you want spicy but don't have sriracha, also sub with ketchup plus any other hot sauce to taste, or cayenne pepper or more chilli flakes.

4. Soy sauce – Use all purpose or light, do not use dark soy sauce (colour and flavour too intense).

5. Storage – Lean meats like breast and tenderloin are always best served freshly made. But it will keep for 3 – 4 days in the fridge. Best to reheat in the microwave, and gently, so you don't overcook it!



Tinola Filipino chicken soup

Ingredients

1 kg chicken legs or thighs
1 small onion
3 to 4 small slices of ginger
2 bunches bok choy or spinach (optional)
1 small papaya or half of a medium size papaya
2 tbsp fish sauce (patis)
1 tbsp olive oil or vegetable oil
2 to 3 cups water or chicken unsalted broth

Instructions:

1. Slice chicken into bite-size pieces, 3 to 4 inches
2. Slice other ingredients - peel papaya and slice into similar sizes of approximate 2-3 inches, slice onions, and ginger.
3. In a sauce pan, heat oil medium heat and fry chicken legs or thighs until brown on all sides, approximately 2 minutes each side. Set aside.
4. Fry onions until translucent for 1 to 2 minutes, then add ginger, stir.
5. Put browned chicken into pan, stir and put 2-3 cups water or unsalted chicken broth. Add 2 tablespoons fish sauce, and cover.
6. Simmer chicken for 30 minutes or until tender.

5. Add sliced papaya and let it simmer until tender, approximately 5 to 10 minutes. Add 1/2 tsp fish sauce if needed to your taste.

6. Add the bokchoy or spinach if desired. Cook for 2 or 3 minutes more and keep stirring.

7. Serve over hot steamed rice.



Thai-Style Chicken Curry with Basil and Jasmine Rice

Ingredients

8 bone-in chicken thighs (about 3 lb.)
Kosher salt
Black pepper
3 tablespoon peanut, canola, or corn oil
1 tablespoon minced fresh ginger
1 tablespoon minced garlic
2 tablespoon red curry paste*
1 14 ounce can unsweetened coconut milk
4 teaspoon dark brown sugar
4 teaspoon fish sauce
1 tablespoon creamy peanut butter
1/3 cup water
1 medium red bell pepper, cut into bite-size strips
1 medium onion, thinly sliced
1 cup torn fresh basil
1 - 2 tablespoon lime juice
Cooked jasmine rice

Instructions:

Preheat oven to 325°F. Using a paper towel to help grip, remove and discard skin from chicken thighs. Pat chicken dry with paper towels and season with salt and pepper. In a very large skillet heat 2 Tbsp. of the oil over medium-high. Cook chicken 6 to 8 minutes or until browned on both sides, turning once halfway through. Remove from skillet. Drain and discard fat. Let pan cool slightly.

In the same skillet heat the remaining 1 Tbsp. oil over medium. Add ginger and garlic. Cook and stir 30 seconds or just until fragrant. Add curry paste; cook and stir 30 seconds more. Add the next five ingredients (through water). Whisk to combine. Return chicken to pan; bring to a simmer.

Cover skillet (use foil if skillet has no lid) and transfer to oven. Cook 25 minutes. Carefully turn chicken and stir in bell pepper and onion. Return to oven and cook, covered, about 10 minutes more or until chicken is done (175°F). Stir in basil and lime juice. Serve over rice.#



Social Tidbits

Montreal Community News

Fely Rosales Cariño

Greetings to my faithful Social Tidbits readers out there. How do you like our wacky weather so far – extreme heat one day, torrential rain another day? Why, it's enough to make you burst into that famous nursery rhyme, "Rain, rain, go away, come again another day!" No worries, we are used to it. And God makes the times and seasons - blessed be His name forever. Let's count His blessings in the seasons of our life.

Here's a quick shout-out to the

for Filipino food. Among other things, I think he enjoyed the lechon.

The following day, August 25, 2024, SWIS members were at the DDO city hall grounds to attend also the DDO Fun Day. The fun things included inflatable games, activities, mosaic creation, free plays, dance demonstrations, and sport activities. And since this day was a Food and Cultural event, many different ethnic groups had their own tents and specialty foods. For the cultural part of



Federation of Filipino Canadian Associations of Quebec (FFCAQ) general assembly meeting held on September 17, 2024. Minda Mazzone (6th from the right) was re-elected president.

Montreal Fiesta Extravaganza on August 24, 2024 at Mackenzie Park on 4905 Ave Saint-Kevin, Montreal. It was billed as a Festival of Smiles (Sining, Sayaw, at Saya!) to celebrate Filipino culture. The venue was filled with vendors, exhibitors, volunteers, and performers. The spotlight goes to celebrity guest actress and singer-songwriter Carol Banawa with her hit song "Bakit Di Totohanin" which featured in an episode of 'The Vampire Diaries', a popular American series. Let's give our applause to Tenne Rose Dayandante and Michael Davantes of Pinoy Pa Rin and its supporting crew of Derwin Collantes, Oyie Olivar and others for their tremendous hard work in presenting a dazzling show that's being talked about long after the event.

August 24, 2024 was the 'Family Fun Day' of the Seniors of West Island and Suburbs (SWIS). It was held behind the Coolbrook Chalet in DDO. This was attended by most of the Executive Board and its members. SWIS Chairman Lolita Odulio generously recommended that SWIS funds will take care of lunch, no doubt pleasing our hearts and our palates! It was a fantastic afternoon to relax and enjoy the food all afternoon. As always, our guest of honor was DDO Mayor Alex Bottausci. Ever-accommodating and ever-present at Filipino events. I appreciate his developing taste buds

the event, each group presented their own ethnic dances in their particular bright costumes. The countries represented were from China, Egypt, Greece, India, Israel, Italy, Jamaica, Lebanon, Nigeria and Pakistan. The Philippine group, our very own Filipino Canadian Association of West Island (FCAWI), danced the Carinosa. When it came time for lunch, you should have seen the lineup to the tents, drawn by the particular scents of each delicacy, just to see what pancit, lumpia and puto taste like. And the good news, all the good food was free for all! So an afternoon of international cuisine, all you can eat, that's hard to beat! And what was endearing was that DDO Mayor Alex, though mingling with the groups, came to the Philippine tent for lunch. Nice! Thanks, Alex. FCAWI President Lorna Mangaser and her team ensured that there was more than enough supply of food to meet the demand of the long lineup. Other 2024 FCAWI officers are Teofilo Ramirez, Veronica Maestrado, Fely Balles, Indezda Ramirez, Ador Bolusan, and Jing & Cora Pablo.

Last September 7, 2024 the Provider of Vic 2 Ry had a Gala Night. This dinner and dance was held at 6500 de la Cote-de-liesse Road, Saint Laurent. According to Freddo Erquiza, the event brought together old timers who enjoyed the night away.

Recently, Miss Ciony Nueva asked if we could attend a get-together at 6767 Côte-des-Neiges. I thought it might be hosted by a new group but to my surprise, I saw dear old pals at various parties. Certainly not a low-key event; there was lively singing and dancing and the audience was equally entertained. This event was organized by the Cinco Pares Association whose president is line dancing guru Cipriano 'Boy' Galang. He and beautiful wife Anne Arce Galang rendered a fun and memorable exhibition dance. Other dances that appealed to the crowd were cha cha, boogie woogie, zumba, line dancing, and many others. Additional entertainment were provided by guests who sang their hearts out, the famous troubadors Sir Boy Galang, Sir James de la Paz, Sir Julius Abad, Sir Felix de Luna, Sir Dario Buco, and many others. And as usual with all Filipino parties, food is always in abundance. We look forward to the next Cinco Pares party.

Are you old enough to remember "The Greatest Show on Earth?" Perhaps one may suggest that such a show was seen on August 16, 2024, the Gala and Opening Night, Cultural and Fashion Show at the Armon Plaza, 6600 Côte-de-Liesse Road. The hosts of the evening were the always enchanting Caterina Mazzone and Serge Cayanong. This show, featuring the Mindanao Tapestry 2 of Renee Salud, was the brainchild of the Federation of Filipino Canadian Associations of Quebec (FFCAQ) President Minda Mazzone and her Executive Board. Who is Renee Salud, one might ask? A celebrated fashion designer, she has over 40 years of experience in the fashion industry. Known as the Global Fashion Ambassador of the Philippines, the spotlight is on her creative designs using the rich textiles of Mindanao, thereby highlighting the best of Mindanao culture. Those who graced the stage were celebrity models Katrina Llegado, Hannah Arnold, Jasmine Maierhofer, Daniel James, Rina Maier, and Elaine Moll. Montreal Models were Nichaila, Favour, Isabelle, Audrey, Dino, Marc, Jason, Pranjal, and Naomi. And let's not forget our community models who did us proud: Lilia, Rhealyn, Aireen, Maye and Lerrie, Jarreth, Marissa, Chona, Alma, Lavina, Keana and Mika. Renee Salud and her team are already planning the next event. Tapestry 3, here we come!

FFCAQ President Minda, with ever supportive husband Nico, came to see me at Tim Horton's across Fairview Pointe Claire. She beamed with pride as she mentioned the details

of the show. And as attested by another guest that evening, Rose de la Paz, she said everything was first class – the food, the drinks, the fashion show, the beautiful gowns and the enchanting models, etc. This is another feather in your hat, Minda. You do deliver. Perhaps this is one reason why you are again the re-elected president. Congratulations, Minda. On a side note, husband Nico related their recent wonderful vacation to the Philippines. He states, 'You should see the very clean streets and the once raggedy houses along the highway now replaced by the spectacular high rises,' even better than what one sees here! Really impressed, he would like to visit the Philippines every year, if possible. Minda and Nico, you are a godsend to the community. If I could grant a magic wand, I would wish on this couple the blessings of good health, good life, and good times with their children and grandchildren.

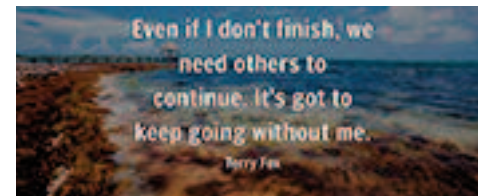
And I wish you, my dear readers, all that is good in life. 3 John 1:2 says it better: "Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul."

See you next issue and God bless!

From Page 8 Montrealers gather

school in Westmount, Quebec, where he led children on the Terry Fox Run every year until his last Terry Fox marathon. In 2011, he was diagnosed with cancer of the neck and the throat. He tackled the disease by undertaking treatments which led to aftermath effects such as tissue scarring and body pain. Although he struggled, he continued to take part in the Terry Fox Run until his 43rd run in 2023. After a year of suffering due to cancer, Eddy Nolan decided to put himself to rest on April 12, 2024, through medical assistance in death (MAID) at age 67.

On this 44th annual Terry Fox Run, Nolan's family gathered along with many other Montrealers to commemorate Eddy Nolan in his honour. Mary Silvaggio, Nolan's wife said, "He had such a belief and passion in Terry Fox, his hero. [Eddy] said he's not only his hero, but a Canadian hero." Nolan had raised around one million dollars towards cancer research and treatment throughout his 43 years of taking part in the Terry Fox Run. #



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FILIPINO STAR

SHOWBIZ GOSSIP

Bela Padilla ‘fully adjusted’ to London life; pursuing UK career?



Bela Padilla

After pursuing further education in filmmaking from Royal Academy of Dramatic Art in London, United Kingdom, Filipina actress Bela Padilla is in town as part of the Piolo Pascual-starrer “Pamilya Sagrado,” her first series in five years.

Bela divulged that there are also plans for her to star in another series after “Pamilya Sagrado.”

“I have well and fully adjusted by now,” Bela said regarding how she has been doing in London, where she has been staying. She has been dating Swiss Norman Bay for over four years now.

“Nag-aadjust na ‘ko to my Manila life!” she quipped.

“Baliktad na! Hindi!” she joked.

“Naging ano na, 50-50. I

see both places as home now,” she said of London and Manila.

When asked if she plans to try her luck as an actress in the UK, she said, “Probably not. My career here is already very rich and very fulfilling. Right now, I’m not inspiring for too much. Parang kung ano lang ang kaya. I don’t want to spread myself too thin.”

She, however, does not close her doors for an international career.

“But yeah, obviously, all of us naman have bigger dreams. Right now, iba ‘yung nabibigay na fulfillment sa’kin ng career ko.”

Apart from being an actress, Bela is also a director, scriptwriter, United Nations Children’s Fund (UNICEF) ambassador, and now, an entrepreneur and designer,

with the launch of her own beauty line, Bela by Bela, and a capsule collection for a local fashion brand.

At the recent launch of her beauty label, Bela proudly shared that her brand’s initial products, a lip balm and a cheek tint, are manufactured in the Philippines and she has been hands-on in its production – from testing to packaging, with the package bearing her favorite and lucky colors yellow and orange.

“Like I said, it’s just 15 months in the making,” she said of her brand’s products. “We tested it on my skin, we tested it on a lot of people. I have been using it here in the Philippines every time I’m here. I also use it when I’m in London and I must say it still works in the London weather.” ■

How Jessy Mendiola followed her childhood dream of being a ballerina



Jessy Mendiola

Actress Jessy Mendiola is known for her roles in films and TV shows. While her success in the industry is a dream come true, there is one childhood wish she has pursued even as she now juggles being a hands-on mother to her daughter, Isabella Rose—becoming a ballerina.

Jessy recently took to social media to share her journey in fulfilling this long-held dream.

“When I was younger, we couldn’t afford ballet classes. I remember watching other kids in their ballet outfits during a class at a dance studio in a mall in Makati. I kept telling myself, ‘one day, magagawa rin kita,’” she recalled in the caption.

In the post, which included a mirror selfie of Jessy wearing black tights, leotards, and pointe shoes, the actress emphasized that it’s never too late to start pursuing something you’ve always wanted.

“Here’s to trying new things no matter how old (or late) you are. The most important thing is that you’re happy and still willing to learn after all these years,” said Jessy.

Jessy also expressed her joy in finally becoming a ballerina while being a mother and shared her excitement about dancing with her daughter in the future. ■

Pia Wurtzbach first Pinay to walk in Le Défilé show at Paris Fashion Week



Pia Wurtzbach makes historic runway debut at Paris Fashion Week

Miss Universe 2015 Pia Wurtzbach-Jauncey made history as the first Filipina to grace the runway of French cosmetics brand L'Oréal at Paris Fashion Week.

On Tuesday, Sept. 24 (Philippine time), the beauty queen strutted down the "Le Défilé 'Walk Your Worth'" show in Paris wearing a black and pink off-shoulder dress.

She shared the runway with notable fashion icons such as Kendall Jenner and Cara Delevingne, her fellow L'Oréal ambassadors.

Celebrities like Viola Davis, Eva Longoria, Camila Cabello, Jane Fonda, and Simone Ashley also graced the runway.



In March, Pia was named the face of L'Oréal Philippines' "Sayang? No, #ImWorthIt" campaign." ■

Carlos Yulo wants to try acting



Gold medalist Carlos Yulo

Don't look now, but it looks like Carlos Yulo is out to conquer showbiz next.

During a recent media huddle, the Olympian revealed he is very much open to trying acting.

"Game na game po ako," he quipped.

He would go on to name

Coco Martin among actors he would like to work with.

In fact, Carlos is more than willing to play a part in Coco's current TV show "FPJ's Batang Quiapo" if asked.

He said, "Kung iimbitahan po ako ni Sir Coco Martin sa 'Batang Quiapo' kahit isang shooting day lang, papayag ako."

He has no specific role in mind.

"Bahala na po si Direk Coco kung ano 'yong magiging role ko," Carlos said.

Carlos already met Coco. It happened a week ago when he visited the ABS-CBN compound. ■

Kris Aquino: 'See you, Manila'



Kris Aquino (onFast Talk With Boy Abunda)

On Instagram on Sept. 12, Kris shared photos inside the plane with the caption, "See you, Manila"

After two years in the US, Kris Aquino is finally returning to the Philippines.

On Instagram on Sept. 12, Kris shared photos inside the plane with the caption, "See you, Manila."

Kris, 53, shared the reasons why she's coming back home.

"The reason I decided to go home is because I need to start my second immunosuppressant infusions in 2-3 weeks (it's a gentler term for chemotherapy).

"Emotionally, I need the encouragement and unwavering faith my sisters & cousins, closest friends, and trusted team of doctors

can provide.

"Sadly, what was the battle to improve my mental health is now the struggle to protect my vital organs. This is now the fight of my life," she wrote.

Kris went to the US for treatment of autoimmune conditions. In a health update, Kris shared six confirmed autoimmune conditions: autoimmune thyroiditis, chronic spontaneous urticaria, Churg Strauss, systemic sclerosis, lupus, and rheumatoid arthritis.

She mentioned that she is waiting for the results of two additional autoimmune condition tests.

Kris thanked those who prayed for her recovery. ■

Showbiz Gossip *Continued from p.15*

Kim Chiu emotional over Seoul Drama award and experience



Kapamilya actress Kim Chiu at the 2024 Seoul International Drama Awards.

Kapamilya actress Kim Chiu wasn't able to hold back her tears while delivering her acceptance speech at the 2024 Seoul International Drama Awards.

Speaking to ABS-CBN News after the awards show, Chiu said she had a speech prepared on her phone but it accidentally got erased. "Buti na lang memorize ko na siya by heart," she said.

Chiu dedicated her awards to her legion of fans and to key people who opened doors of opportunities in her 18-year long career. Her father-figure from Pinoy Big Brother,

the reality show that introduced Kim to the world back in 2005, Laurenti Dyogi or who she fondly calls Direk Lauren was present during the awarding ceremonies. Her voice began to crack when she started dedicating her award to the late Deo Endinal, founder of Dreamscape Entertainment.

The Kapamilya actress has nothing but gratitude to her fans who rallied and voted for her in this year's competition. She also thanked her mother network ABS-CBN during her acceptance speech. ■

Mary Pacquiao attends first day of school in London



Manny Pacquiao, Jinkee Pacquiao, Mary Pacquiao and Michael Pacquiao.

Mary Pacquiao marked her first day as a university student at the Royal Holloway, University of London, with her supportive parents Manny Pacquiao and Jinkee Pacquiao, and brother Michael accompanying her in the school tour.

The four of them toured around the university's facade, buildings and library, as seen on Jinkee's Instagram page on Tuesday, Sept. 24.

In the caption, the celebrity mom shared the hashtags "school tour" and "first day of school," and tagged the educational institution's Instagram handle.

In a succeeding post, the family can be seen accompanying

Mary — also fondly called Princess — to her dormitory. In the clip, Manny fixes his daughter's dormitory bed, while Jinkee cooks food for them.

"We love you Princess," Jinkee said, adding that they will support their daughter's dreams even if it breaks her heart to be away from her.

"We know you'll be fine. God loves you," Jinkee added.

The four of them also explored several tourist destinations in London.

Mary, who graduated from high school last May, is the third among Manny and Jinkee's five children. Mary turned 17 years old in October last year. ■

Catriona Gray traumatized following London robbery



Catriona Gray

What was meant to be a happy road trip turned ultimately "traumatizing" for beauty queen-singer Catriona Gray and her family after they were robbed in London.

Catriona took to social media to share with fans how the thieves actually broke the rear window of their car to grab their belongings including their passports.

Posting a photo of the car she wrote, "Robbed in the middle of London whilst stopping for lunch on the way to the airport. Our passports and belongings (are) gone."

"Traumatized."

Catriona is in the UK with her family for what she described as a "very special trip" for her dad.

"(We're) road-tripping from London through Scotland and back," she said.

"It's my first time in Scotland and my dad's first time back to his homeland since he immigrated to Australia at the age of (seven) back in 1952," she wrote in a separate post.

"And it's like I'm discovering right alongside him our heritages and family history. I'm so grateful to be able to do this trip with him." ■

Carla Abellana opens up about five-year struggle with hypothyroidism



Carla Abellana

Carla Abellana opened up about how her five-year battle with hypothyroidism affected her health, saying she is “practically perimenopausal” at 37.

Abellana took to her Instagram page on Sunday, Sept. 23, to share her experience with hypothyroidism which has been the “bane of the past five years” of her life.

“My hormones were

nowhere within normal range, cortisol level was extremely high for so long, I was practically perimenopausal at 37 years of age,” she said.

“And despite fasting (more like starving myself already) along with regular and stringent workouts, I was still gaining weight constantly,” she continued.

Throughout her struggle

with hypothyroidism, Abellana shared that she sought the help of five doctors to help in dealing with her condition.

“Five years. Five doctors. Numerous tests over the years. Countless medication in all sorts of combinations. Hundreds of thousands of pesos. Nothing seemed to really work long term,” she said, while disclosing that she had to shift to another doctor in October 2023 to help

with her diet plan and other related concerns.

In a separate post, Abellana shared that she managed to put her weight under control after five months.

“It took 5 months for the



ball to get rolling. But boy was it worth all the trips to his clinic, strict dieting, strong willpower, discipline, concoction of medication and perseverance,” she said.

The actress said she had lost about 18 pounds, as of this writing.

Abellana’s post caught the attention of broadcast journalists Karen Davila and Nelson Canlas, as well as fellow actress Bela Padilla in the comments. ■

Belle Mariano shares journey to receiving Senior High School diploma



Belle Mariano

Actress and singer Belle Mariano has been making waves with her recent achievements, including her praised performance in the series “Can’t Buy Me Love,” which ended in May, and her sold-out birthday concert “Believe” in July.

A few months later, Mariano added another milestone by receiving her senior high school diploma. Proud of her accomplishment, the 22-year-old shared her journey on Instagram.

“Before entering the industry, I promised myself and my parents that I’d balance my career with school. Two years

ago, I decided to continue my academic pursuits,” Mariano said, showcasing her graduation gown and cap from the Homeschool Global Philippines commencement exercises.

She described the challenges she faced, including late nights and numerous cups of coffee to meet deadlines.

“I finally made it!” Mariano concluded.

Her co-stars and industry friends, including Donny Pangilinan, Esnyr Ranolo, and Dimples Romana, expressed their support and congratulated her in the comments. ■

Montreal Fiesta Extravaganza Celebrates Filipino Culture

By Audrey Tougas, Local Journalism Initiative

Hundreds of Filipinos and Quebecers gathered at Mackenzie King Park, in CDN-NDG Borough of Montreal, for the annual Fiesta Extravaganza on August 24, 2024. The event, a vibrant celebration of Filipino culture, featured live performances, delicious cuisine from rows of food trucks, and a marketplace highlighting Filipino-owned businesses.

Among the vendors was Dorothy, founder of Tribung Bughaw, a Toronto-based clothing company. Known for its Filipino-themed humor shirts, Dorothy shared her excitement about participating in the Montreal

Dorothy highlighted the importance of passion over capital. “We started with \$1000, and people say that you have to have capital. But if you really like what you’re doing, you can make it happen,” she advised.

Another business owner, Byron of Les Artisans des Philippines, also known as Gawang Pinoy, showcased handmade products sourced from Filipino artisans. His booth offered a range of items, from LED lanterns made from capiz to products and crafts from Filipino countrymen tribes.

“We go to the Philippines to look for handmade products to bring here,” Byron explained. “It’s our way of



Dorothy and her companion in front of their Tribung Bughaw stand



Byron and his team in front of their Les Artisans des Philippines

event for the first time. “We’ve done the fiesta in Toronto, and this is our first time joining here in Montreal,” she said. “We’re selling Filipino-inspired T-shirts, and we design and print everything ourselves.”

When asked about the challenges of starting her business,

sharing the spirit of Filipino culture in Montreal.”

Byron, now in his second year of business, encouraged aspiring entrepreneurs to “trust the process” when starting their own ventures.

Lilet Villaranda from IAM Worldwide also attended the event,



Lilet Villaranda and her team in front of their IAM Worldwide stand

promoting the direct sales company, which began in the Philippines in 2017 and now operates globally. As a member and distributor, she shared that if anyone wants to sell their products, there are many ways to earn through the company. “We have 13 ways to earn. So just message me on

Facebook or Instagram at Lilet Villaranda”

Reflecting on the event, Villaranda, who has been attending the Fiesta Extravaganza for several years, praised its ability to connect people across different provinces and provide valuable exposure for businesses.

McGill Law Professors Protest University’s Refusal to Recognize Faculty Association

On September 11, 2024, Evan Fox-Decent, President of the Association of McGill’s Professors of Law, led a demonstration outside the James Administration Building. The protest is part of an ongoing dispute between McGill and its law faculty over the university’s refusal to formally acknowledge the faculty association as a legitimate collective bargaining entity.

The Association of McGill’s Professors of Law, which represents law faculty members, has been certified as a union by Quebec’s “Tribunal Administratif du Travail,” the provincial labor board. Despite this certification, McGill University has reportedly continued to contest the association’s right to exist by challenging its status in court. Fox-Decent expressed frustration at the university’s resistance, stating, “McGill is challenging our certification in the courts, trying to wipe us off the map.”

The dispute has escalated since February 2024, when the faculty first launched a one-day strike. After a lack of progress, the association initiated an unlimited strike on April 24,

which was paused for the summer on June 20, following an agreement to meet for negotiations at the end of August. However, Fox-Decent claims that McGill failed to attend the scheduled meetings, prompting the association to resume its strike on August 26.

Central to the association’s demands is a desire for greater faculty input in key areas of university governance, including teaching, research, hiring, and the selection of deans.

According to Fox-Decent, the faculty’s primary goal is to ensure a “greater faculty voice” in these processes, rather than focusing solely on monetary issues, which the association is willing to submit to arbitration.

A critical point of contention involves McGill’s concern that recognizing 10 faculty associations could make the university “ungovernable.”

Fox-Decent countered this argument by stating, “It’s commonly the case in other industries that large



McGill law professors demonstration outside the James Administration building

corporations have to deal with multiple bargaining units”. He then drew comparisons to other industries like Starbucks and Walmart, that attempt to discourage unionization by rendering the process difficult. “What the Walmarts and the Starbucks of the world say when one of their stores wants to unionize is that it has to be not [only] that particular store, but all the stores in Lethbridge or all the stores in Montreal or wherever it is [that want to unionize]. They try to eliminate that seed of unionization.” He emphasized that McGill should aim for

higher standards, stating, “McGill should not be Walmart. We should have better ambitions than that.”

As the strike continues, the association remains committed to negotiating with the university, seeking to establish a collaborative partnership while maintaining their right to collective representation. “We want to work with [McGill] as partners,” Fox-Decent stated, “but we don’t want to be subjected to their will unilaterally.”

Twin city exploratory meeting hosted by Cote-St-Luc Mayor Brownstein

After a zoom meeting held on August 29 to discuss the forthcoming 20th anniversary of the twin city agreement between Montreal and

2024 at 11 a.m. to discuss the subject further.

Speeches about the subject were given by several leaders. Al

Other suggestions contained in Abdon's speech are: to include Dr. Jose Rizal to Côte-St-Luc's Human Rights Walkway at Trudeau Park, and

celebrate the Independence Day of the Republic of the Philippines. A flag raising can be part of the ceremony.

3. Highlight Dr. Jose Rizal, the



Photo shows some of the Filipino-Canadian community leaders who attended an exploratory meeting hosted by Côte-St-Luc Mayor Mitchell Brownstein at CSL City Hall on Cavendish Boulevard, Sept. 17, 2024

Manila, organized by Marvin Rotrand of United Against Hate Canada and Al Abdon of Filipino Heritage Society of Montreal, other mayors in Canada have expressed interest in having a twin city agreement for their own city. Mitchell Brownstein, Mayor of Côte-St-Luc invited all Filipino-Canadian community leaders on September 17,

Abdon's speech appeared to have more background information which included some historical facts and proposals to declare the month of June as Filipino Heritage month in Côte-St-Luc even though a Bill declaring June as Filipino Heritage Month across Canada was passed by the Canadian Parliament in October 2018.



Al Abdon speaking at the meeting and proposing some ideas for Mayor Brownstein's consideration.

to have a flag raising ceremony on June 12 like other municipalities in Canada

AUGUST 29 ZOOM MEETING SYNOPSIS ON WHAT YOU CAN DO:

1. Bring a motion to Council formally recognizing June as Filipino Heritage Month
2. Invite the Filipino community to City Hall on June 12 to

national hero of the Philippines. Montreal currently has a statue of Dr. Rizal in McKenzie King Park.

4. Join the Ambassador's Tour to the Philippines in February 2025

5. Ensure someone on your staff is in touch with your local Filipino community so that they may better access municipal services and facilities.#

New Laws Emerge as Montreal Floods Become Increasingly Common

By Audrey Tougs, Local Journalism Initiative

In response to recent torrential rains and repeated incidents of flooding, particularly in sectors like Ville-Marie and Saint-Léonard, the city is introducing new regulations and

management between boroughs, has now expanded these restrictions. Following the heavy rains of August 9th, she announced that new buildings in certain sectors of Ville-Marie will no longer be permitted to include basement living quarters. The city has

This warning is particularly relevant for residents of Saint-Léonard, where flooding has become an annual occurrence. Mayor Plante has called for a reevaluation of urban planning in the area to prevent future infrastructure failures and to protect residents from

including the construction of retention basins, doubling sewer capacities, and adding green spaces to absorb excess rainwater. However, Vodanović warned that these plans would take over a decade to implement and cost millions of dollars, and even these measures



Maja Vodanović Executive Committee member with responsibility for water and coordination between boroughs. La Presse. Photo by Robert Skinner.

exploring further urban adaptations.

Restrictions

Montréal Mayor Valérie Plante has highlighted the significant flooding risks in areas such as Centre-Sud, where past incidents have caused widespread damage. In June, a law was passed prohibiting the transformation of basements into living spaces in high-risk flood zones, unless they are specifically adapted to resist flooding.

Maja Vodanović, the city's executive responsible for water

published a draft map identifying these flood-prone zones, and similar restrictions may soon be applied to other at-risk areas. Additionally, the rising flood risks have also led to insurance companies refusing to cover homes in high-risk areas.

Future Plans

While residents already living in basement units will not be required to move, Vodanović has urged people to reconsider living in these spaces, especially as floods become more frequent.



Map of Ville Marie

recurring water damage.

Although the new regulations will limit basement housing, the city is looking for solutions to maintain housing availability. One proposed solution is to compensate for the loss of basement units by allowing additional floors to be built on new structures. Additionally, for those who would like to retrofit their homes and render them more water-resistant, subsidy programs like RénoPlex may be an option.

To further mitigate future flood risks, Plante and Vodanović have proposed a range of measures,

may not fully prevent future floods.

Provincial Support

Plante has also urged the Québec government to revise its disaster compensation program. Currently, the program only covers those affected by river flooding, leaving victims of sewer backups ineligible for financial assistance. Premier François Legault has expressed openness to extending the program to include these victims since August 9, but the change has yet to be enacted.#



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A souvenir photo of the Montreal Fiesta Extravaganza held on August 26, 2024 at the MacKenzie King Park showing the guests with the organizers led by Pinoy Pa Rin TV hosts Michael Davantes and Tenne Rose Dayandante (9th and 10th from the left). (Source:Tenne's Facebook post)



From left: Lt. Col Joseph Nonato with wife Sheila, Senator Gigi Osler, MP Tony Baldinelli, GBA Co-founder Jovy Javila, former NOTL Lord Mayor Art Viola and GBA President Ronnie de la Gana. Photo taken on Sept. 7/24 during the 6th Golden Balangay Foundation Awards Ceremony at the Sheraton Fallsview, Niagara Falls, Ontario.



Trump at a campaign rally in North Carolina over the weekend [Alex Brandon/AP Photo]Published 23 Sep 2024 - Republican election contender Donald Trump has said that he will not run again for the presidency of the United States if he loses election (Al Jazeera news)

