

Borough's healthy life style policy receives community support



Councilor Marvin Rotrand, who presided over the meeting about the CDN-NDG Borough Healthy Life Style policy listens to Bill Jeffrey, Canadian National Coordinator of the Centre for Science in the Public Interest and a Canadian lawyer specializing in nutrition-related law and policy reform.

Montreal, April 3, 2012 - It was a pleasant surprise to see many people responded to Councilor Marvin Rotrand's invitation to get a feedback from the community regarding the CDN-NDG Borough's policy initiative about promoting a healthy lifestyle that was approved by the Borough Council last February 2012.

The meeting started with the opening remarks of Councilor Marvin Rotrand and followed by several experts. Gilles Bergeron, *Directeur de la Culture, des Sports et des loisirs et du dév. Social*, made a detailed presentation to explain the plan and gave some details of the timeframe to implement.

Daniel Lafond, *directeur de l'urbanisme et de l'aménagement*

See Page 4 Healthy Life Style

Minister Kenney launches consultations for a new "Start-up VISA" for immigrant entrepreneurs (page 4)



Immigration Minister Jason Kenney with Kevin O'Leary, a Venture capital investor, and member of the TV show "Dragon's Den."



Jessica Sanchez page 17



Dolphy: 'I'm OK' page 19



See Page 15 - Philippine Cuisine & Favorite Recipes - Featuring "Bangus"

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Editorial

A positive step towards a healthy life style for our borough's residents

The CDN-NDG Borough Council has recently adopted a Healthy Life Style Action Plan. Although health is usually under provincial jurisdiction, the City government has decided to make this move of promoting a healthy life style for its residents. Councillor Marvin Rotrand proposed this policy which was supported by our Borough Mayor Michael Applebaum, and unanimously approved by the Borough Council during its meeting on January 27, 2011. Councillor Marvin Rotrand invited the community to a meeting on April 3, 2012 to explain the whole idea of the Healthy Life Style Action plan and at the same time to hear our comments, suggestions and observations.

Overall, the meeting was a success as we saw many people come to participate and presented their own ideas to support the Borough's policy. Documents about the policy were very informative and impressive for they contain not only facts about health problems but also proposed solutions to overcome these problems. If one pays attention to the recommendations, and the actions being undertaken by the Borough, we are impressed by the leadership of our elected representatives in pursuing such an ambitious project of promoting public health through education, and persuasion instead of coercion.

According to Mayor Applebaum in his written message, the aim of the policy is two fold: to promote healthy eating habits and ban foods containing trans fats from municipal facilities within the borough's jurisdiction as well as to promote physically active lifestyles. Councillor Marvin Rotrand outlined the specific action that the Borough will undertake in implementing the policy by: 1) developing, modernizing and maintaining urban infrastructure conducive to the use of active means of transportation: for work, leisure, school, or any other number of daily activities taking place across its territory, 2) maintaining and upgrading the range of high quality, accessible, diversified and safe sports and recreation services offered to citizens of all ages. He said that several municipal, community, and institutional stakeholders eagerly await the constitution of a committee and have expressed a desire to participate in the successful implementation of this policy.

The Borough cited interesting facts that are helpful to know. It cited the report of the World Health organization (WHO) that attributed sedentary lifestyles to be amongst the principal causes of death and disability in the world. Children who experience excessive weight gain are at risk of suffering from diabetes and hypertension. Some youth even have a life expectancy that is shorter than

that of their parents. This situation is worrisome to the elected officials of our Borough.

While sedentary lifestyles reinforce the causes of death, regular physical activity, plays an important part in the prevention of chronic illnesses. It is associated with a reduced risk of cardiovascular disease, certain types of cancer, osteoporosis, diabetes, obesity, hypertension, depression, stress and anxiety.

In addition to sedentary life styles, people do not eat healthy food often enough. This was shown in a 2009 publication by the Direction de la santé publique de Montréal entitled "La santé est-elle au menu des Montréalaises? Portrait de la consommation alimentaire des Montréalais pour la période 2002-2007."

The *Direction de la santé publique (DSP)* identified five "dietary and social context" factors to explain why Montrealers do not always opt for the best food choices:

- lack of easy access to healthy food within walking distance
- income and education disparities
- consumption of commercially prepared foods
- loss of culinary know-how
- loss of interest by public health authorities in dietary matters during the 1990's

Evidently, the mobilization of all municipal, community and institutional agents will be required in order to influence the behaviour of youth, to promote an active lifestyle, and to prevent obesity.

If all the things proposed, planned and suggested are realized, we will see many positive changes in the Borough. Perhaps, we can also expect it to be a model for other boroughs to follow. This type of initiative is not only something that we all should support but also something we can be proud and derive inspiration from. With the existence of so many Filipino-Canadian associations, we believe that they can be empowered to work with this healthy life style initiative in many ways. It is just a question of maintaining the interest of people from these organizations in order to develop a cohesive project that can be implemented easily within their means.

In view of all the benefits we can all derive from the Borough's healthy lifestyle policy, it is needless to say that we should all get involved in making sure we do our part. If people are willing to work together, we are quite certain that they will find many more creative solutions to our common problems. All it takes is good leadership and motivated followers to do something great for the community.

Zenaida Ferry Kharroubi

Readers' comments and opinions New Refugee Bill Will not Give Refugees a Fair Chance to Tell Their Stories

The government has placed a new bill, Bill C-31, before parliament that will fundamentally change Canada's refugee system. One of the most important changes is to the refugee claim process itself. Refugee claims will be decided much more quickly. In the opinion of most refugee experts, the process will be too fast; it will not give refugee claimants a fair chance to tell their story.

For more than twenty years, the United Nations High Commissioner for Refugees has praised Canada's refugee system as a model for other countries. In the Canadian system, every eligible refugee claimant is given a hearing before an independent member of the Immigration and Refugee Board (IRB). Most claimants have a legal representative to assist them and they have enough time to gather and present the evidence needed to prove that they are refugees. There are problems with the system: some of the Board members are not reliable decision-makers and there is no appeal, but the overall system gives most claimants a fair chance to tell their story.

The new system will be very different. After they make their claim at a port-of-entry, refugee claimants will have only 15 days to find a lawyer who can take their case and prepare a written statement explaining why they are a refugee. That is simply not enough time for someone who has just arrived in Canada, does not speak English or French, does not have a place to live, and knows nothing about Canada. Most immigrant Canadians can understand how confusing the arrival experience can be. If refugees do not deliver their written statement

within 15 days, their claim will be abandoned and they will be removed from Canada. The result will be that many claimants will have to deliver written statements that are incomplete or inaccurate because they could not find an available lawyer or the lawyer did not have enough time to fully understand and prepare the claim.

Refugee hearings will be scheduled 30 or 60 days later, depending on the claim category. For many claimants, that will not be enough time to find the evidence and witnesses they need to prove their claim, especially if they need psychological or medical reports. Some claimants will not have a right to appeal a refusal by the IRB and could be deported from Canada 46 days after making their claim. Claimants who can appeal will have only about 21 days to make their appeal, not enough time to fully prepare an effective appeal.

Canada's current refugee system is too slow and must be improved. But the government is going from too slow to much too fast. It is very difficult for most refugees to prove their claims. They are frightened, they do not understand the law and they do not know how to tell their stories without legal help. Under this new law, more refugee claimants will be forced to prove their claims without lawyers. Even with a lawyer, there will not be enough time to prove their claim. There will be more mistaken decisions by the IRB and more refugees will be sent back to persecution.

Peter Showler, Director, the Refugee Forum, University of Ottawa

LEGAL NOTICE OF CHANGE OF NAME

From KIARA ELLA HUALDEGONZALES (2nd child)
will be changed to:
Kiara Ella Hualde Gonzales (2nd child)
requested by Paolo Gonzales (father)

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5320-A Queen Mary Road
Montreal, Quebec H3X 1T7

Tel.: 514-485-7861

E-Mail: market@filipinostar.org

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Zenaida Ferry Kharroubi
Chief Editor & Publisher

W.G. Quiambao
Community News

Al Abdon
Alberto Baens Santos
Columnists

Sam Kevin
News & Layout Editor

Bert Abiera
Founder

Bernardo Sarmiento
Opinion Editorial

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COOPERATIVE NEWS

2012 designated as International Year of Co-operatives, Montreal conference to be held May 10

International Co-operative Day is an annual celebration of the co-operative movement observed on the first Saturday in July since 1923 by the International Co-operative Alliance.

On December 16, 1992, the United Nations General Assembly proclaimed in resolution 47/90 "the first Saturday of July 1995 to be International Day of Cooperatives, marking the centenary of the establishment of the International Cooperative Alliance. Since 1995 the United Nations' International Day of Co-operatives has been observed jointly alongside International Co-operative Day.

Co-operatives around the world celebrate the day in various fashions and each year the organising institutions agree on a theme for the celebrations. The 2010 theme was Cooperative Enterprise Empowers Women, to coincide with the 15th anniversary of the Beijing Platform for Action. Previous years' themes

2009: Driving Recovery through Co-operative Enterprise

2008: Confronting Climate Change through Co-operative Enterprise[5][6]

2007 Co-operative Values and Principles for Corporate Social Responsibility

2006 Peace-building through Co-operatives

2005: Microfinance is OUR business! Cooperating out of poverty[9]

2004: Co-operatives for Fair Globalisation: Creating Opportunities for All

2003: Co-operatives Make Development Happen!: The contribution of co-operatives to the United Nations Millennium Development Goals

2002: Society and Co-operatives: Concern for Community

2001: The Co-operative Advantage in the Third Millennium

2000: Co-operatives and Employment Promotion

1999: Public Policy and Co-operative Legislation

1998: Cooperatives and the Globalization of the Economy

1997: The Co-operative Contribution to World Food Security

1996: Co-operative Enterprise: Empowerment for People-centred Sustainable Development

1995: The ICA Centennial and the Next 100 Years of International Co-operation

In December 2009, the United Nations declared 2012 as the International Year of Cooperatives. This year's theme is: "Cooperative Enterprises Build a Better World."

The ICA (*International Cooperative Alliance) consists of a 20-member governing board, a General Assembly, four regions (one each for Africa, Europe, Asia-Pacific, and Americas), sectoral organisations and thematic committees.

Sectoral Organisations

International Co-operative Agricultural Organisation (ICAIO)

International Co-operative Banking Association (ICBA)

Consumer Co-operatives Worldwide (CCW)

International Co-operative Fisheries Organisation (ICFO)

International Health Co-operative Organisation (IHCO)

International Co-operative Housing Organisation (ICA Housing)

International Co-operative and Mutual Insurance Federation (ICMIF)

International Organisation of Industrial, Artisanal and Service Producers' Co-operatives (CICOPA)

Thematic Committees

Committee on Co-operative Research Communications Committee

Human Resource Development Committee

Gender Equality Committee

The flag

ICA adopted its original rainbow flag in 1925, with the seven colors



symbolizing unity in diversity and the power of light, enlightenment, and progress.[3] The new flag was adopted in 2001 at the ICA General Assembly in Seoul, Korea, to avoid confusion with other rainbow flags, several of which had become very well known in the 20th century. The present flag shows the ICA seven-color logo on a white background. The logo depicts a quarter rainbow with a flock of stylized doves of peace scattering from the top and the letters ICA underneath. The rainbow has only six stripes (red, orange, yellow, green, light blue, dark blue) and the seventh color (purple) appears in the lettering under the rainbow. The flag exists in four

different versions showing the ICA acronym in different languages (ACI in Spanish and French, IGB in German, and IÉA in Russian.

To learn more about

cooperatives, register to attend the free conference on May10, 2012. Deadline to register is May 3, 2012. See information in the poster below.

(Source: Wikipedia)

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Minister Kenney launches consultations for a new "Start-Up Visa" for immigrant entrepreneurs

Toronto, April 18, 2012 – Recognizing the importance of innovation and entrepreneurship as a driver of the Canadian economy, Citizenship, Immigration and Multiculturalism Minister Jason Kenney launched consultations today on whether to create a new and specialized program to attract immigrant entrepreneurs.

The announcement is the latest in a series Minister Kenney has made about transforming Canada's immigration system into a fast and flexible system focused on jobs, growth and prosperity.

"Our Government's top priority remains jobs, growth and long-term prosperity. Canada cannot afford to lose out in the competition for foreign entrepreneurs among immigrant-receiving countries," said Minister Jason Kenney. "We need to proactively target a new type of immigrant entrepreneur who has the potential to build innovative companies that can compete on a global scale and create jobs for Canadians."

Economic Action Plan 2012 highlighted Canada's commitment to supporting entrepreneurs, innovators and world class research. It also announced the Government's intention to build a fast and flexible economic immigration system whose primary focus is on meeting the new and emerging needs of the Canadian economy. This will include changes to Business Immigration Programs, which will target more active investment in Canadian growth companies and more innovative entrepreneurs.

Citizenship and Immigration Canada (CIC) intends to consult with industry associations in the development of a "start-up" visa program for innovative entrepreneurs in the coming months. Linking immigrant entrepreneurs with private sector organizations that have experience and expertise working with start-ups will be important as newcomers often require outside

assistance in successfully navigating the Canadian business environment.

This "start-up" visa initiative is an example of the type of small-scale programs that would allow CIC to try innovative approaches to economic immigration. Under the proposed changes, the Government could create new, short-term programs under the Economic Immigration Class. These programs would be limited to no more than 2,750 applications per year and would end after five years. If a program proves successful during the five-year trial period and the Department wishes to maintain it, CIC would be required to formally introduce the new economic class in the Immigration and Refugee Protection Regulations.

"Our Government is committed to strengthening the immigration system to make it truly proactive, targeted, fast and efficient in a way that will sustain Canada's economic growth and deliver prosperity for the future," said Minister Kenney.

Follow us on Twitter at www.twitter.com/CitImmCanada

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Ana Curic
Minister's Office
Citizenship and Immigration Canada
613-954-1064

Media Relations
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From Page 1 Healthy Life Style

urbain," spoke of how zoning and planning can be used to promote a greener and healthier city especially on how new neighbourhoods can have greater accent on active and public transport

Madame Marie-Pier Chénard (*Analyste-rechercheuse en environnement bâti et activité physique*) of the *Coalition Québécoise de la problématique du poids*, presented a report on what their group is doing in educating people about the dangers of consuming too much junk food, in particular, soft drinks that contain a lot of sugar.

During the question and answer period, many people lined up in front of the microphone to speak

about their concerns and suggestions.

Mr. Bill Jeffery, a Canadian lawyer, came from Ottawa to support the Borough's action plan and to outline some of the issues that the Centre for Science in the Public Interest has been working on. These include, among others, lobbying the Government to adopt legislation to oblige the food industry to reduce trans fats in foods. (The Montreal City Council has taken the same position in a resolution adopted last February). The CSPI he said also is working to prevent restaurants from promoting what is generally called junk food or fast food by giving away free toys to children as part of the marketing of these foods.

From the Filipino community, Au Osdon spoke about the initiatives of

FAMAS that support the healthy life style policy of the Borough. She cited the need for space for zumba classes because of increasing enrollment.

Peter Tan of the Fil-Can Chess & Social Club, read his brief about the role of chess playing in the healthy life

Other suggestions from the public included giving incentives to restaurants to offer healthy meals by having the City recognize those who offer healthy food.

Everyone who spoke had expressed a strong support for the



One of the many speakers from the audience following up on the urban agricultural initiative and making her suggestion to Mr. Rotrand during the meeting on April 3, 2012 at 6767 Cote des Neiges.

style which he said does not only refer to physical but also mental health. His group is proposing to have the City build chess boards in all the City Parks, similar to the parks all over Europe so that people can easily play the game any time in any of the parks around.

City's initiative. In his closing remarks, Mr. Rotrand expressed his thanks for the overwhelming support and interesting suggestions which were written down in the minutes of the meeting and would be considered for adoption if feasible.

-o0o-

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'Shadow Tory MP' leaves job in minister's office

Saulie Zajdel, who was hired as an adviser to the federal heritage minister, has mysteriously resigned in the wake of allegations that the government was using him as a "shadow MP" to undermine an elected

"I'm no longer working for the government," Saulie Zajdel said flatly in a short telephone conversation. "You asked the question. I gave you the answer. That's it. I'm now a private citizen."

Veteran Liberal MP Irwin Cotler defeated Zajdel in the last election in the Montreal riding of Mount Royal that once was held by former prime minister Pierre Trudeau. Prime Minister Stephen Harper's Conservatives coveted the seat, putting it on an internal party list of "very ethnic" ridings the party wanted to capture in the last election by targeting its large Jewish population. As a result, Cotler, a former federal justice minister, was forced to fend off attacks from the Conservatives suggesting he supported anti-Israeli policies prior to the election. But after getting re-elected in the May 2 vote, the lawyer and international human rights expert soon found himself shadowed by Zajdel, who appeared to have the job description of an elected MP.

Zajdel, a former city councillor and executive committee member under the administration of former

Montreal mayor Pierre Bourque, had told the Suburban, a weekly newspaper, that his role in Heritage Minister James Moore's office was "going out into the community, in Montreal, in the anglophone and allophone communities, ensuring that what the government is doing is understood, and determining how we, the government of Canada, can help the communities and municipalities within the anglophone and allophone communities."

The job also led Zajdel to meet with local mayors and to give a speech about Canada's relationship with Israel, as well as joining Harper during a visit to the city a few days before he left the public payroll.

Cotler's constituents recently were targeted by a telemarketing campaign orchestrated by the Conservatives which suggested the veteran Liberal was going to resign,

triggering a byelection. The campaign has prompted an investigation by the Marketing Research and Intelligence Association, but the Conservatives have defended the tactics as a legitimate method of identifying supporters.

Zajdel declined to confirm rumours that he left the government job out of frustration about the Conservative party's approach to the escalating controversy. He also declined to say whether he still supports the Conservatives.

A spokesman for Moore declined to react to the news, explaining the government doesn't comment on internal staffing matters. mdesouza@postmedia.com

Twitter.com/mikedesouza
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Saulie Zajdel

OTTAWA — An unsuccessful Conservative candidate from Montreal who was hired as an adviser to the federal heritage minister has mysteriously resigned in the wake of allegations that the government was using him as a "shadow MP" to undermine an elected Liberal MP.

Government of Canada announces a more efficient and responsive Temporary Foreign Worker Program

Nisku, Alberta—The Government of Canada is realigning the Temporary Foreign Worker Program to better meet labour market demands and support the economic recovery. The Honourable Diane Finley, Minister of Human Resources and Skills Development, made the announcement today during a tour of Advance Engineered Products Ltd.'s manufacturing facility.

"Our government's top priority is creating jobs, growth and long-term prosperity. That's why we are taking action to ensure that the Temporary Foreign Worker Program supports our economic recovery and effectively responds to local labour market demands," said Minister Finley. "Our government is looking at ways to make sure businesses recruit from the domestic workforce before hiring temporary foreign workers, while also reducing the paper burden and speeding up the processing time for employers that have short-term skilled labour needs."

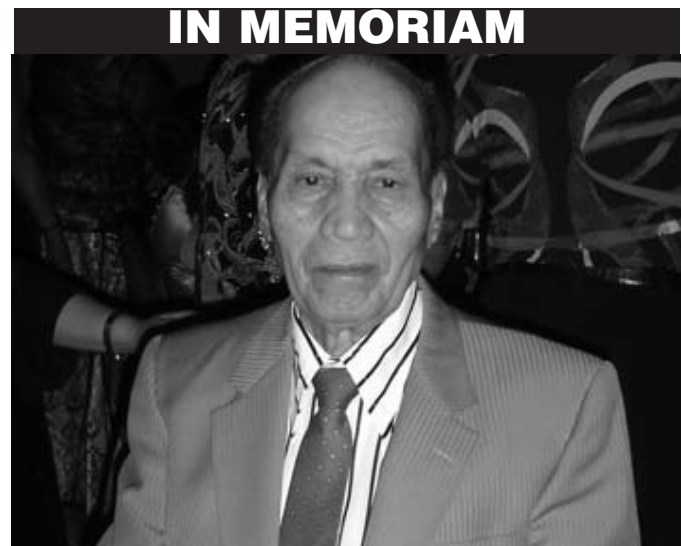
Employers with a strong track record will receive an Accelerated-Labour Market Opinion (A-LMO) within 10 business days to hire temporary foreign workers in high-skill occupations, including the skilled trades. The Temporary Foreign Worker Program will become more responsive to skills and labour shortages, employers will have less red tape and temporary foreign workers will benefit from enhanced

protections. In addition, the Government of Canada has proposed legislative amendments to further strengthen protections for temporary foreign workers and ensure that employers comply with program requirements.

"This improvement is a direct result of consultations that were held with employers to discuss concerns with the Temporary Foreign Worker Program, and seek ideas on improving it. Going forward, our government will consider additional measures to strengthen and improve the program, so employers can get skilled workers when no Canadians are available," said the Honourable Jason Kenney, Minister of Citizenship, Immigration and Multiculturalism. "A fast and flexible economic immigration system combined with a strong Temporary Foreign Worker Program will sustain Canada's economic growth and deliver prosperity for the future."

The Government of Canada will ensure that the employment of temporary foreign workers supports economic growth and helps create more opportunities for all Canadians.

"As North America's premier manufacturer of bulk tank and vac equipment, our company's success relies on the availability of highly skilled tradespeople—particularly welders and trailer mechanics," said Ron Buchhorn, Vice-President of Human Resources at Advance Engineered Products Ltd. "We have



Mr. Jose A. Montes, a vibrant member of the Montreal community, passed away on Thursday, April 12, 2012. He was a member of the UPS and Novo Ecijano Association.
Our sincere condolence goes to his children in Montreal - Ricky, Beth, Baby, Edel and Marissa and all his grandchildren, nephews and nieces.
Funeral wake - Saturday, April 21, 2012 - 2 to 5 p.m. and 7 to 10 p.m.

been unable to recruit and train enough Canadians for our manufacturing and service facilities throughout western Canada because of the current highly competitive labour market. We strongly support this government initiative to expedite the hiring of skilled workers from other countries."

"Today's announcement by the federal government is welcomed

news. This plan addresses industry's immediate needs for skilled labour, but more importantly, by enabling projects to proceed, it fosters economic recovery and growth, while also creating permanent jobs for Canadians for decades to come," said Ron Genereux, chair of the Association for

See page 23 Temporary Worker

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Dear EarthTalk: I've heard that many air fresheners contain toxic chemicals. Are there any green-friendly, non-toxic air fresheners out there, or how can I make my own? - Jenny Rae, Bolton, MA

It is true that some air fresheners on the market today make use of harsh chemicals to eliminate or overpower odors. "Many air fresheners contain nerve-deadening chemicals that coat your nasal passages and temporarily block your sense of smell," reports National Geographic's The Green Guide. Some of the most offensive ingredients—volatile organic compounds (VOCs), benzene and formaldehyde—can cause headaches and nausea and aggravate asthma, and have been linked to neurological damage and cancer.

Perhaps even more worrisome, though, are dispersants known as phthalates that cause hormonal and reproductive issues, birth defects and developmental



Many air fresheners use harsh chemicals to eliminate or overpower odors or coat your nasal passages to temporarily block your sense of smell. But but there are nontoxic alternatives, including make-your-own concoctions, indoor plants and simply opening the windows and letting fresh air in. Credit: iStock/Thinkstock

disorders. A 2007 review by the non-profit Natural Resources Defense Council (NRDC) found that 12 out of 14 widely available air fresheners contained phthalates. Some of the air fresheners that tested positive for phthalates were labeled as "all-natural" or "unscented." Two of the worst offenders analyzed by NRDC were sold at Walgreens stores under that company's own generic label. As a result, Walgreens removed the products from its shelves, and the manufacturer which made them reformulated their product line without phthalates.

Given such problems with air fresheners, many of us are looking for

non-toxic alternatives. Of course, first and foremost would be opening a window or two, as nothing beats good old fresh air for shooing away offensive odors. But sometimes the weather doesn't cooperate for leaving windows and doors open. The website greenhome.com suggests filling a small spray bottle with a mixture of four teaspoons baking soda and four cups of water and then spraying the solution in a fine mist to neutralizer odors. Similarly, The Green Guide suggests mixing a few drops of an organic essential oil (lemon, orange and lavender are popular choices) with distilled or purified water and spraying with a mister.

Another all-natural way to get rid of nasty smells is by wrapping cloves and cinnamon in cheesecloth and boiling them in water. Yet another consists of leaving herbal bouquets standing in open dishes where the fragrance can dissipate throughout a room. And don't underestimate the air-cleansing power of houseplants, which can improve indoor air quality by filtering toxins out of the air. Mother Nature Network reports that aloe vera plants can filter benzene and formaldehyde out of the air, that spider plants are known for their ability to take xylene and carbon monoxide out of the indoor environment, and that gerber daisies excel at removing the trichloroethylene that may come home with your dry cleaning.

Greenhome.com also sells a variety of non-toxic air fresheners for those less inclined to making their own. EcoDiscoveries AirZyme makes use of natural enzymes to eliminate smoke, pet or other smells with a few sprays. Other options include The Natural's Air Freshener & Deodorizer and Tru Melange's Beeswax and Soy candles.

CONTACTS: The Green Guide, <http://environment.nationalgeographic.com/environment/green-guide>; Greenhome.com, www.greenhome.com; Mother Nature Network, www.mnn.com.

Dear EarthTalk: What are "catch shares" as a strategy for rescuing fish populations that are on the brink? -- Peter Parmalee, New Orleans, LA

The term "Catch shares"—also called Limited Access Privilege Programs (LAPPs)—refers to a fisheries management technique whereby individual fishermen, cooperatives or fishing communities are guaranteed a certain percentage of the overall "Total Allowable Catch" (TAC) for a certain fish species (or "fish stock") in a given area. Catch shares are typically implemented to protect established fishermen's livelihoods during efforts to scale back commercial harvesting of overfished species.

"Fishermen are usually allowed to buy and sell shares in order to maximize their profit," reports the Environmental Defense Fund (EDF), a leading green group that has worked extensively with fishermen and the six

regional fishery management councils on aligning business and conservation goals. "This helps drive the fishery to an efficient level and rewards innovative fishermen who can lower costs and deliver a quality product that will fetch a good price on the market." Also, EDF points out that under a catch shares system, fishermen have a real investment in sustainability: If the population of the species goes up



First used in Australia, New Zealand and Iceland in the 1970s, "catch shares" programs, which protect established fishermen's livelihoods during efforts to scale back commercial harvesting of overfished species, are now a fixture in fisheries management around the world, including in the United States. Credit: iStock/Thinkstock

in subsequent years, the amount of fish guaranteed to each fisherman increases accordingly.

"With a secure share of the catch...incentives change from spurring fishermen to capture the most fish they can, to spurring them to maximize the value of their share instead," reports EDF. By eliminating this race-to-the-finish mentality, fishermen can more effectively plan their trips, deliver fish according to market demands and stay ashore when conditions are unsafe. They can also fish more carefully, deploy their gear more selectively and take greater pains to avoid fishing in sensitive habitats.

"Fishing more carefully also leads to less gear lost at sea that has become known as 'ghost gear' because it often continues to kill fish and other marine creatures," reports EDF. "In the Alaska halibut fishery, ghost gear was reduced more than 80 percent after catch shares were implemented."

Another benefit of catch shares is reduced "bycatch"—non-targeted fish, dolphins, turtles and other marine species that get unintentionally caught in fishing nets and gear and which are subsequently discarded dead or dying back into the ocean. "Under catch shares, fishermen can take their time to improve their fishing methods, particularly targeting high-value species and minimizing interaction with species that are restricted or have lower limits," says EDF. "In catch share fisheries, wasteful discards plummeted from pre-catch-share rates, down an average of about 40 percent."

First used in Australia, New Zealand and Iceland in the 1970s, catch shares are now a fixture in fisheries management around the

world, including in the United States. According to the National Oceanic and Atmospheric Administration (NOAA), the first U.S. Catch Share program was implemented in 1990 in the Mid-Atlantic Surf Clam and Ocean Quahog Fishery, but now over a dozen are in effect across the country and several more are under consideration. As of 2010 the NOAA has been actively promoting the implementation

of new LAPP programs in U.S. waters, and lends expertise on design, management and monitoring of catch shares under each of the nation's six regional fisheries management councils.

CONTACTS: EDF, www.edf.org; NOAA, www.nmfs.noaa.gov/sfa/domes_fish/catchshare.

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The following was found in the pocket of an unknown soldier during the American Civil War:

I asked God for strength that I might achieve.

I was made weak, that I might learn humbly to obey.

I asked for health, that I might do greater things.

I was given infirmity, that I might do better things.

I asked for riches, that I might be happy.

I was given poverty, that I might be wise.

I asked for power, that I might have the praise of men.

I was given weakness that I might feel the need of God.

I asked for all things that I might enjoy life.

I got nothing that I asked for - but everything I had hoped for.

Almost despite myself, my unspoken prayers were answered.

I am among men most richly blessed

Anonymous

LITERARY CORNER

Grandmothers Whisper by Inette Miller Woman's Hawaiian vacation turns into controversial, lifetime spiritual journey

Memoir explores stunning adventures; and why author gave up everything she owned, including friends and family, for prophetic



indigenous Hawaiian man

Inette Miller was level-headed and career-driven, a single Jewish mother taking care of her children and herself. It was on a spur of the moment weeklong vacation to Hawai'i where Inette found her spiritual mate, 'Iokepa Hanalei 'Imaikalani, and her life changed forever. She went on vacation for a week, and stayed a lifetime; in the process giving up everything she owned and leaving friends and family behind.

Grandmothers Whisper is Miller's account of a startling shift in her physical and spiritual life. Within months, she had given away almost everything she owned. She abandoned her house in Portland, Oregon and moved to Hawai'i to live with 'Iokepa, a man who had also abruptly left his conventional life in America for something quite different.

"'Iokepa is an indigenous Hawaiian who, in the course of two weeks, relinquished his home, bank account, and a multi-million dollar construction contract—to embark on a spiritual journey in response to the call of his ancestral Grandmothers," adds Miller. "My solid world cracked open when we met. I found myself straddling a tightrope strung between my familiar life—single mother, writer, teacher and friend—with another that demanded unending surrender."

While Grandmothers Whisper is Miller's personal journey from modern comforts to spiritual surrender, it also reveals the true story of Hawai'i—a history that has largely been forgotten.

"The original Hawaiians were a people for more than 12,000 years—before the first wave of foreign conquest in 1320—without warfare or hierarchy, a matriarchal culture," notes

Miller. "They were a people without ownership. Every man, woman and child took what he or she needed and nothing more. Faith meant that tomorrow there would be fish or fruit, or whatever came. That is Huna—the pure, authentic religion of Hawaii. 'Iokepa's people were incapable of doing harm—put on earth they knew (and still believe) to remind the rest of us what it is that we have forgotten." Along with an exploration of the true Hawaiian culture, the book delves into

controversial issues such as:

- What drove Inette to give up all her worldly possessions and wealth for a man she hardly knew
- Her struggle to raise her fourteen year old son, who was used to an upper-middle class existence, while living and sleeping in a car, public beaches and a tent.
- How she and 'Iokepa swallowed a lifetime of self sufficiency and pride to justify taking food from strangers

The true history of the Native Hawaiians—a people without war or ownership

The spoken and unspoken messages Inette and 'Iokepa are sent by 'Iokepa's ancestral grandmothers

Despite the hardships Miller and 'Iokepa have faced, they live what the aboriginal Hawaiian culture held sacred. They live with faith in their Creator and a connection to their ancestors—faith that none of us are alone and all of us are loved. Their message is of a different kind of ownership; ownership and reclamation of the ancient wisdom which we all house within ourselves. Miller and 'Iokepa say we only need be quiet and listen to know it.

Inette Miller was a national and international journalist for sixteen years—a war correspondent for Time magazine in Vietnam and Cambodia. She is the author of the very successful book Burning Bridges, which was also produced as an ABC Movie of the Week and translated into a half dozen foreign languages. She has appeared widely on major network news and talk shows here and abroad. She has taught her powerful, Writing to Find Your Voice workshop across the country. She is the recipient of Associated Press

awards, Virginia Center for the Creative Arts fellowships, and is a long-standing member of the Author's Guild. Inette and 'Iokepa began their journey together in 1997 and, since then, have travelled across the U.S.

sharing their vision.

Website: www.ReturnVoyage.com
Grandmother's Whisper can be purchased from Amazon.com and Barnes&Noble.com and bookstores everywhere.

The American Challenge: Preserving the Greatness of America in the 21st Century

by Robert C. Etheredge

NEW BOOK CHALLENGES EACH AMERICAN CITIZEN ...

COULD YOU PASS THE U.S. CITIZENSHIP TEST?

What we ALL should know about our great country's history, civics, and culture

America: the land of the free, the home of the brave. This country's history is woven of countless rich experiences, events, traditions, and remarkable people. The great majority of citizens would say they are patriotic, and yet, the average American cannot pass the U.S. Citizenship Test – a fact Robert Etheredge finds very disturbing.

When Etheredge read a study showing that almost half of the country failed the basic Citizenship Test given to all new citizens, he was stunned, saddened, and frankly, felt that this threatened the long-term survival of our country. Having a personal and professional background rooted in patriotism, as well as a lifelong interest in American history, Etheredge was moved to write a comprehensive book

that would educate and empower the country's citizens. In The American Challenge, Etheredge discusses American history, our founding documents, and government, and provides detailed U.S. maps, as well as illustrated guides to U.S. presidents. He also highlights American heroes, speeches, poems, songs, and some of the most long-standing and interesting aspects of American culture.

In the back of The American Challenge, Etheredge provides the complete U.S. Citizenship Test, and challenges each reader to take the test, and to learn the principles behind each question.

"America is a melting pot that relies on a nationalism that is based on our language, common culture, and adherence to our Constitution and form of government." Etheredge says. "Our understanding and commitment to our country must be reaffirmed every generation."

See Page 23 American Challenge

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COMMUNITY NEWS

FAMAS plays host to Cotler's visit to the community centre

by W. G Quiambao

Irvin Cotler, MP for Town of Mount Royal, visited the FAMAS Community Centre on April 12 to discuss the issues that concern the community.

"When I was new in politics, one of the first communities that I approached was the Filipino community," said Cotler.

Some of the issues discussed by Cotler and his brief comments

more revenue and employment.

5. Charter of Rights - The government has to ensure that the rights of every citizens are protected. Aboriginal people are better off now with the Charter of Rights because their rights are being respected by law.

Cotler mentioned the disappearance of many Filipinos in the Philippines who criticize the government. They were being kidnapped or killed. He observed that in one of his meetings with Filipinos, he asked them why important issues like abuse of power, corruption, kidnapping and killing in the



From left: Flor Rillo, Rose Arellano, Dr. Gene Santander, Au Osdon, Hon. Irwin Cotler, MP for Town of Mt. Royal and Alex Sy.

were:

1. Immigration - All applications for immigration filed after 2008 were cancelled. It is unjust for the government to punish people whose lives are on hold.

2. Contempt of Parliament - For the first time in the history of Canada, Contempt of Parliament happened. Contempt of Parliament is the refusal of the government to share information to the members of the opposing party. For example, the public has the right to know the cost of budgetary items of the government.

3. Human Smuggling - Expected immigrants are victimized by smugglers. Human smuggling is a booming business in Canada because it is a favored destination for immigrants and refugees.

4. Mining - Operation of mining in Mindanao is detrimental to the environment. On the other hand, it has positive impact because it gives

Philippines were not discussed.


"I was surprised by their answers," said Cotler. "I understood them when they said that they wanted to stay away from these issues and they did not want to be reminded of what happened there and they just wanted to get on with their lives. But what astonished me was when they said that they still have relatives and friends in the Philippines that they didn't want to be harmed."

The discussion was followed by question- and- answer period. Tess Tesseluna of the Center for Philippines Concern expressed her view on refugees. "Filipino refugees are not recognized in Canada because it thinks that the Philippines is a democratic country. There is a political upheaval in the Philippines because of poor economy. There is unemployment, there is poverty - causes of political upheaval."

Dr. Gene Santander, FAMAS

vice president, asked why the processing of applications for immigrations in other countries like Hongkong and Saudi Arabia is faster than in Canada. Although Cotler said that it was unfair, he promised to look into it.

The meeting which was attended by the members of the Filipino community, lasted for about an hour. Cotler promised that another meeting would be scheduled very soon to discuss further the issues.



Basuguan ng Pilipinas **Embassy of the Philippines**

Ottawa

ANNOUNCEMENT

The Philippine Embassy in Ottawa will hold a consular outreach mission in Montreal on:

WHEN: Friday, May 18, 4-9 PM
Saturday, May 19, 9 AM until 6 PM

WHERE: Philippine Community Centre (FAMAS Centre)
4708 Van Horne Avenue
Montreal, Quebec H3W 1H7
Tel: 1-514-3417477

Applicants are requested to take note of the following:

1) Application for passport renewal

To ensure an orderly delivery of service, applicants are requested to contact Mr. Dindo Moreno or Ms. Jiji Gonato of the Philippine Embassy in Ottawa (Tel: 1-513 2331121) immediately for an appointment slot. Appointment slots are available only for the first 160 callers and will be given out on a first come, first served basis.

Accepted applicants are requested to:

- Come in decent attire with collar and sleeves for the photograph taking (avoid wearing shirt/blouse in light blue color). They will also be asked to remove earrings, eyeglasses, hair accessories and any facial jewelry.
- Bring the following:
 - a) duly-accomplished e-passport application form (copy attached and downloadable from www.philembassy-ottawa.com)
 - b) original passport
 - c) photocopy of data page of passport
 - d) photocopy of work permit or permanent resident card
 - e) Cash payment of C\$69
 - f) Xpresspost envelope with signature sticker (Please write your complete return address together with your telephone number/s)

2) Application for notarial services


- a) Download and present the duly-accomplished document to be notarized (prescribed forms may be downloaded from www.philembassy-ottawa.com)
- b) photocopy of data page of passport
- c) photocopy of work permit or permanent resident card
- d) Cash payment of C\$28.75/document

3) Application for dual citizenship (Please contact Mr. Dindo Moreno at 1613-2331121 for details)


4) NBI clearance fingerprinting

5) Overseas Absentee Voting Registration (photocopy of passport required)

Ottawa, 17 April 2012




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Bugtong

Ang bugtong (*riddle*) ay isa pa sa maraming hiyas ng ating Wikang Pambansa, Unti-unting naglalaho na ang bugtungan. Tulad ng balagtasang ay karaniwang ginaganap ito sa mga pagtitipon na may kasayahan o kalungkutan tulad ng lamay sa patay.

Nagsisilbing palaisipan (*brain-twister*) ang bugtong na may apat na katangian ayon kina Lope K. Santos at Julian Cruz Balmaseda: tugma, sukat, karikatan at talinghaga. Ang huli ay ang pinakamahalaga.

Narito ang ilang halimbawa ng mga paboritong bugtong na may salin sa Ingles upang makasali sina J. Grinnage, R, Lejeune at iba pa.

Ang mga sagot ay nasa ibaba.

- 1) May isang princesa nakaupo sa tasa. (*A princess seated in a cup*)
- 2) Ate mo, ate ko, ate ng lahat ng tao. (*My sister, your sister, everyone's sister*).
- 3) Hiyas na puso, kulay ginto, mabango kung amuyin, masarap kung kainin. (*Heart-shaped, golden, fragrant and delicious*)
- 4) Nakatalikod na ang prinsesa, mukha niya'y nakaharap pa. (*The princess is already on her back, but her head is still facing us*)
- 5) Balat niya'y berde, buto niya'y itim, laman niya'y pula, sino siya? (*Green*)

skin, black seed, red tissue, who is she?)

- 6) Baboy sa pulo, ang balahibo'y pako. (*Island boar with nail-like hair*)
- 7) Nanganak ang birhen, itinapon ang lampin. (*A virgin gave birth who threw away the diaper*)
- 8) Isang magandang dalaga, 'di mabilang ang mata. (*A beautiful lady with uncountable eyes*).
- 9) Hindi pari, hindi hari, nagdadamit ng sari-sari. (*Not a priest nor a king, wears different clothings*)
- 10) Ako ay may kaibigan, kasama ko kahit saan. (*I have a friend with me everywhere I go*)

Mga sagot: 1) kasoy (*cashew*), 2) atis (*sugar apple*), 3) hinog na mangga (*ripe mango*), 4) balimbing (*star apple*), 5) pakwan (*watermelon*), 6) langka (*jackfruit*), 7) saging (*banana*), 8) pinya (*pineapple*), 9) sampayan (*clothesline*), 10) anino (*shadow*)

Bugtong ni Pechay kay Pichu

Pechay: Maraming salamat, Kuya Pichu sa pagdalo mo sa aking kaarawan. Salamat din sa mga regalo mo. Sana ay huwag nang malanta ang bulaklak.

Pichu: Walang anuman, Pechay.

Alam mo namang lab na lab kita at ako ang pinakamalapit na alalay mo.

Pechay: Sa susunod na buwan ng Mayo ay ikaw naman. Tiyak kong nangunguna rin ako sa listahan ng mga bisita mo.

Eto, first time na dinala ako ng Lola Jhay ko sa *hairdresser*. Tiyak puro bongga ang mga ka-klase mong dadalo.

Pichu: Himig possessive ka naman.

Pechay: Tandaan mo ito: Ang pinsan ay habang-buhay na pinsan at ang *girlfriend* ay napapalitan.

Pechay: Oo nga, ano? Mukhang hindi *dribble* ang sinabi mo. Ibahin na natin ang usapan.

Pichu: Sige! Nabasa mo na ba ang sinulat ni Lelong tungkol sa bugtungan? Panahon pa ng Lolo ni Lelong 'yon at ngayon ko lang narinig. May naririnig ka pa bang bugtong?

Pechay: May alam ako na para bang larong "Hulaan Mo." Tatanungin kita, huhulaan mo ang sagot.

Pichu: Okey, game ako diyan. Sige, magtanong ka.

Fil-Can Chess & Social Club Induction

Matutunghayan ang kabuuan ng mga tinalaga sa pamunuan ng Fil-Can Chess and Social Club (FCCSC) noong ika 27 ng Pebrero sa ibaba nito. Marami ang hindi nakadalo sa panunumpa sa tanggapan ni Kgg. Marvin Rotrand dahil sa kanilang

Pechay: Ano ang nabibihisan habang hinuhubaran?

Pichu: Lagot ka, Pechay! Isusumbong kita sa mga Lolo at Lola. Isang taon ka pa lang berde na ang isip mo.

Pechay: Eh, magsumbong ka na hanggang gusto mo at tingnan ko kung sino ang mapapahiya.

Pichu: Bakit? Ano ba ang sagot? Hindi ko alam 'yan, ah

Pechay: Dressed chicken!

G. JOSE MONTES, S.L.N.

Taimtim akong nakikiramay sa dalamhati ng mga naiwan ni G. Jose Montes noong ika-12 ng Abril 2012.

Si Joe ay nanatiling sagisag ng kapayapaan sa komunidad. Siya ang laging nasa gitna ng dalawang panig na nagtatalo, Sumalangit nawa ang iyong kaluluwa. Ikaw ang tunay na lakandiwa sa labas ng entablado.

Ricky, Beth, Baby, Edel at Marisa, kasama ninyo ako sa inyong kalungkutan at panalangin.

gawain na may kinalaman sa paghahanap-buhay.

Ang mga nakadalo ay nagtipon-tipon sa FU LAM Buffet Restaurant, Cote Vertu at pinagdiwang ang okasyon sa isang salo-salo.



Si Pechay habang ginugupit ang kanyang buhok sa "beauty parlor"



Filipino-Canadian Chess & Social Club (FCCSC) induction ceremony held at the Bureau du maire et des conseillers municipaux on Feb. 27, 2012. Montreal City Councilor-Snowdon, Leader of the Majority Marvin Rotran was the inducting officer. L-R: Nick del Rosario, Treasurer; Dario Boco, Boy Toledo, both business managers; Fatima Dequitera and Wendy Cedilla, Social Service officers; Mars Cabantugan, chess coordinator; Rudy Olive (both behind), Hon. Marvin Rotrand, Peter Tan, president; Mel Villanueva, V-P Internal Affairs & Tournament Director; Mario Bajar (behind), chess coordinator; Boy Nicolas, V-P Internal Affairs; Regie Villamor, secretary; Minerva and Alberto Baens Santos, adviser. Other officers not in the picture: Rustico Oliver, auditor; Cherry Palmos, public relations officer; Mario Bajar, Mars Cabantugan, and Ferdinand Manaog - chess coordinators; Melencio Domingo and Reuben Santos, advisers. Muses: Elizabeth Wong and Jane Barit.

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Ask the Video Guy

Al Abdon

Prevent your old VHS Video from fading

Do you still remember those days when your child had his first walk, his first birthday and now graduation day. You were so organized that luckily you had a video camera to record it. Vague memories may be all that you have left if the footage that captured those moments is deteriorating. You may be wondering, "What's the big deal? Why not just leave my home movies in the state they're in?" Documentary filmmaker Ken Burns said, "Home movies are, like snapshots, the DNA of our collective memory, the first inkling of history." And you never know when those mundane memories could take on unexpected importance.

Long before video, paintings were the most enduring way to capture images. But even they can fall victim to the ravages of time. The Last Supper, a famous 15th century painting by Leonardo da Vinci started to flake only 19 years after it was completed, and it has suffered from ongoing deterioration, almost fading from history. Take a look at the paintings in Intramuros where Dr. Jose Rizal's painting are fading. It took well over 400 years before conservators sealed the almost-unrecognizable painting into a climate-controlled environment.

This article will cover different formats and ways to transfer your old analog tapes (VHS, VHS-C, 8 mm video and Hi8) to a digital format, such as DV tape, DVD or hard drive. This will help keep your memories recognizable for generations to come.

Format's Life Span

How long your old tapes will last is anyone's guess. Depending on your tape format, you can plan on their lasting for approximately 10 to 20 years. That means your oldest tapes are probably nearing their final days. Not only are the tapes on their last legs, but finding a device to play them with can become even more problematic. So what format should

you transfer them to?

Transferring your footage to a DV tape will help you gain another 10 to 20 years. Not bad, considering that digital formats transfer over to your computer with little or no loss of quality. On the flip side, DV tapes are still prone to deterioration just like analog tapes. DVDs will probably have a life of 20 to 100 years, depending on the quality of the disc and proper storage. To guarantee the longest life, be sure to use high-end DVDs. Unfortunately, video is compressed in order to squeeze it onto a DVD disc, but the loss of quality is almost unnoticeable to the human eye.

The lifespan of a hard drive varies greatly. Hard drives have moving parts that can break easily. I still have a terrible flashback to when one of my hard drives crashed. With the prices of hard drives falling well below a dollar per gigabyte, it's hard not to consider them as a permanent storage option. If you choose this route, you may want to consider backing up your footage to two hard drives, so you'll have a backup.

You have plenty of options for what type of format you'll transfer your



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footage to, but how do you transfer the footage? You can transfer your old formats to a DVD recorder or to your computer.

Id Formats to a DVD Recorder

The easiest way to transfer your old footage to a DVD is with a DVD recorder. It acts just like any other DVD player, except you can record your own DVD videos with it. Think of it like a VCR for the modern age. You can purchase DVD recorders as a standalone unit or with a VCR (DVD recorder/VCR combo). The built-in VCR is ideal for transferring VHS tapes.

Hook it up like you would any other DVD player. DVD recorder/VCR combos allow you to transfer VHS footage directly to the DVD recorder. If you have footage other than VHS, such as 8 mm video or Hi8, hook up your camcorder to the DVD recorder, and transfer your content that way. You'll have different recording-mode options that range from one to six hours per DVD. For maximum quality, use the shortest recording length, even though it's tempting to cram six hours of footage onto one disc. Remember, we're talking about your most precious memories here.

The best thing about transferring your old videos this way is that it's very easy to do. Unfortunately, DVD recorders don't create very attractive DVD menus. Also, the old footage may really need editing. This may leave your video boringly unwatchable for another generation.

Old Formats to Your Computer

There are more options than ever for transferring your old footage to your computer, and it has never been easier. This process costs more money and is time-consuming, but it allows you to edit your old movies into

a shorter and more enjoyable version. My personal experience has been that people watch edited home movies multiple times, whereas they leave the unedited ones untouched. What's the point of preserving them if no one watches them?

There are many ways to get your old footage onto your computer. Software/hardware programs such as Pinnacle's Studio MovieBox Plus come with a video capture converter box to hook up almost any video source to your computer. They also come with software that allows you to trim your footage down to a more polished final video.

If you already own editing software, you can purchase standalone converter boxes or special PCI cards that go into a slot behind your computer.

Many software are on sale at Future Shop, Best Buy and Bureau EnGros whose prices ranges from \$70 to \$200.

There is a ton of options for getting your old footage into your computer that will give you roughly the same quality. Focus on deciding which option will work easiest for you, and be sure to store your content properly.

The last option is of course have it done by professional and commercial outlets. Just leave the tapes and they'll do it for you, labeled and packaged with a price.

So don't wait until mold starts to form on your old VHS tape.

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Philippine Embassy News

Ambassador Gatan Leads Embassy Mission to Québec

OTTAWA - The Philippine flag flew majestically on the spire top of the Parliament Building of the National Assembly of Québec, thus signalling a renewed and refreshed sense of comity between the Philippines and



The Philippine Flag flies on top of the Parliament Building of Quebec

Québec Province, as Philippine Ambassador Leslie Gatan led an Embassy Economic Mission travelling to the province from 21 to 22 March 2012.

During the visit, Ambassador

Province – both being predominantly Catholic, and the shared European heritage between the two.

Québec, the poster province of Canadian diversity, is steeped in French and English traditions, and its people and government having historical roots in Europe. Prior to the Embassy mission, it would be evident that much of the attention of the province had been towards consolidating partnerships with their natural and traditional networks in Europe and Latin America. The visit proved opportune in redirecting the notion of global partnerships and persuaded officials to look towards the Philippines even more.

Ambassador Gatan notes a substantial degree of the goodwill towards Filipinos among the officials and parties that were met, borne out of their individual positive personal encounters with them and their constituencies.

The Ambassador further welcomed the assurances of Minister



Ambassador Gatan presents Marcel Gaudreau of the International Business, materials about the Philippines

Gatan called on the Honourable Monique Gagnon-Tremblay, Minister of International Relations and Minister Responsible for La Francophonie, and the Honourable Jacques Chagnon, Speaker of the National Assembly of Québec. He also visited the facilities and met with officials of Québec International, and the L'Institut National d'Optique (INO) de Québec or the National Institute for Optics.

"Our mission is to cultivate friendship among Filipinos and Canadians," said Ambassador Gatan, who was accompanied by First Secretaries and Consuls Eric Tamayo and Porfirio Mayo, and Philippine Labor Attache Francisco Luna. They sought to foster and expand greater economic and commercial linkages with and among Philippine and Québécois enterprises of all sizes coming from diverse sectors, and ensure the welfare of Filipino migrants and temporary workers in the province.

During his calls on government officials Ambassador Gatan drew attention to the similarities between the Philippines and Québec

Gagnon-Tremblay that immigrant



Ambassador signs the guest register at the Parliament Building as Parliamentary Speaker Jacques Chagnon looks on

workers would be protected and treated the same as Québécois, and praised Québec's advocacy for human rights and its strong adherence to its civil code which mirror the rule of law in the Philippines.

possible collaboration with Filipino scientists and engineers. For its part, Québec International gave assurances of support for matching businesses and creating value as further efforts on increasing economic and commercial



Ambassador Gatan visits the INO facilities guided by Marie Christine Ferland.

Meanwhile, Speaker Chagnon was pleased to hear that the Philippine economy is doing well, and that the drive against corruption is being sustained by President Benigno Aquino III – whose mother, former President Corazon Aquino is highly regarded by the Honorable Chagnon himself.

INO, which specializes in optics and photonics looks forward to

partnerships among enterprises of the Philippines and Québec Province get underway.

Further avenues shall also be undertaken and explored as many possible opportunities exists for people to people and cultural exchanges and in further acquainting the people of Québec and the Philippines with each other.

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STAR PHOTO GALLERY



The Filipino Star Editor, Zenaida Kharroubi, was the speaker during the monthly consultative meeting and workshop of the Filipino Youth Center headed by Pastor Orlan Racacho and Mrs. Lucy Racacho, on March 31, 2012. Shown here are high school and Cegep students with some parents and guests, Zenaida and Danny Garcia, seated on the front row. The topic of the lecture was "How to become a successful student."



Gilmore College International students with their teachers, who are also members of the Dance Club: L-R: Desirée Fernando, Edna Lorenzo, Zenaida Kharroubi (Gilmore College founder & director-general), Jennifer Lachica, Remayette Danao, Marilou Rocutan, Juvy A. Solis, and Sophie Toledo (Gilmore College PAB instructor). Not in photo: Gracelia Bancoo.



Au Osdon, FAMAS President, presented a request for more space for zumba classes that have become very popular. These classes are open to anyone who wants to participate in this form of exercise that promotes physical well-being. (Photo by Bert Santos)



Peter Tan, newly elected president of the Filipino Chess Club, presenting his pitch for the importance of chess in helping people to have a healthy mind, and asked the borough for more financial support and chess boards to be installed in the Borough's parks. (Photo by Bert Santos)



Easter costume winners during the Philippine Benevolent & Scholarship Society celebration of Easter at St. Kevin's Social Hall, April 16, 2012.



Line dance winners during the Easer fiesta: 1st prize - Mary Paraan, 2nd prize - Merle Valiente, and 3rd prize - Merly Nunez (April 16, 2012)



Dr. Emmy Pelausa presenting a gift to Merly Nunez for being one of the winners in the line dance competition during the Easter Fiesta, April 16, 2012 at St. Kevin's Social Hall.



Senator Antonio Trillanes IV made a brief visit in Montreal on April 11, 2012 to learn more about good governance, medicare, and other social policies that may be beneficial for the Philippines. He is flanked by FAMAS executive board members (L-R: Rose Marie Arellano, Joan Junio, Au Osdon, Gina Medina, Flor Rillo, Al Abdon and Dr. Gene Santander.

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PERSONALITY OF THE MONTH

Sy dreams to dress people for success

W. G. Quiambao

Umit Benan, Ann Demeutemeester, Raf Simons - they

College. After graduation, he started to work as an intern for Bombardier Aerospace. For the last five years, he



are popular and successful fashion designers whose body of work inspires Mark Sy to pursue a career in fashion design.

In the beginning, Sy studied Illustration & Design at Dawson

has been working there as technical illustration/ graphic artist. Last fall, however, he made a wise decision to pursue his dream that he had been afraid to act on - to be a fashion designer (menswear).

FAMAS holds Miss Philippines Ambassador of Goodwill 2012 pageant, May 5

by W. G. Quiambao

On May 5, the new Miss Philippines Montreal Ambassador of Goodwill 2012 will be crowned.

Miss Philippines Montreal Ambassador of Goodwill, as it has evolved from the former Miss Philippines FAMAS, celebrates the beauty of the young Filipino woman of today, whose uniqueness, diversity and ambitions to develop personally, elevate her peer group and to contribute to the community according to her own capacity," said Shinette Khoury, who started the pageant two years ago. "Its purpose is to provide the candidates the experience and awareness of the activities within FAMAS and the Filipino-Canadian community, while holding strong friendships among each other and deeper appreciation for our cultural heritage which allows them to actively support the community. We have educated, intelligent, articulate and talented candidates. They will compete to prove their abilities to represent and serve local Filipinos, as well as to be a positive role model to our youths."

Following is the list of

candidates, with their brief profiles and reasons for joining the pageant, vying for the coveted title of Miss Philippines Ambassador of Goodwill 2012 .

1. Gilliene Araya, 18, recently graduated from Batangas State University, Philippines and currently integrating into her new home and community with the help of the Place Cartiger Adult School. "I want to become an Ambassador of Goodwill to add to my experience and to be an example for other young Filipinas."

2. Melanie Cardinal, 20, is a first year Athletic Therapy student at Concordia University. "I love trying different experience. Being Ambassador of Goodwill is one that I never tried or even thought about."

3. Sharonrose Deshmukh, 22, is currently in her third year at the University of Western Ontario Finance and Administration program, minoring in Mathematics. "I want to become a role model to other Filipinos. I want to break boundaries and eliminate stereotypes."

"I love fashion design," gushed Sy. "It's different from most arts in that, you want to be creative but also consider functionality. There's a human aspect that needs to be considered. Although there is a level of fashion that is intended to only be seen from a distance, clothing is meant to be interacted with and used to accommodate your needs day to day. That's what I'm really interested in as a fashion designer, making clothes that not only have aesthetic value, but also make sense. While I borrow some lessons from illustration, terms of color theory, composition and mixing media, I find fashion design is more closely linked with architecture. People live in buildings, but they live also in their clothes."

Asked what makes a good designer, Sy answered, "Personally, one of the most important disciplines I took away from studying illustration is the importance of simplicity and editing. I think art that makes the biggest impact finds a solid idea and delivers it in the simplest and most elegant manner. It's a matter of going through a very lengthy process to appear as if you haven't tried very hard at all."

To keep with the current trends in fashion design all over the world, Sy regularly checks the internet and reads fashion magazines. Although London, Paris, Milan and New York are the fashion capitals in the world, Montreal is still one of the best cities with talented designers for Sy. In addition, he loves fashion designs in Asia, particularly Philippines and Japan. Fashion designers all over Asia create thousands of dresses, suits, shoes and other accessories purchased

4. Mariel Urrutia Dimayuga, 19, attained a Dental Assistance degree from CDN College and currently working in the field. "I want to become an Ambassador of Goodwill to share how our beautiful Filipino culture can be and to show how loving, caring and determined people we are."

5. Marjorie Miranda, 22, graduated from St. Augustine School of Nursing in the Philippines and is currently working in a nursing home. "Being a candidate is a big opportunity and it is an exposure to a different kind of

every year by consumers worldwide.

Despite Sy's hectic schedule, working part time and going to school, he finds time to serve as a volunteer for FAMAS, where his father, Alex, is the current vice president (internal) . His talent is utilized. He has designed FAMAS' promotional materials and tickets for events. For the upcoming Miss Philippines Montreal Ambassador of Goodwill 2012 event, he will try his hands at women's wear. He will be designing their outfits for their opening number.

"Pageant is a special occasion for me," said Sy. "My interest is really in menswear and I never imagined I'd by designing for women on a stage . I've worked close to the girls and have been to all of their rehearsals to get an idea of their choreography and their personalities. These will be the first outfits that the girls are seen in, so it's important that their personal style comes across to the audience gets an idea. The theme this year is metamorphosis and the moment a butterfly grows into maturity. It also takes place on Cinco de Mayo and we want to play off of that festival feel, so everyone should expect a lot of color."

His plan is to make a design that will last for a long time.

"Too many clothing's are disposable now," said Sy, who believes in the expression that "Clothes make a man." People buy and consume a lot."

With his vast talent and firm determination, there is no doubt that Sy will succeed .

challenge because you know you are getting involved in something.."

The pageant will be held at Salle la de Couvertu Ecole Secondaire Saint Luc, 5315 West Hill Ave. The program starts at 7 p.m. but door opens at 6 p.m. For more information, please call Rose Marie Arellano at (514) 341-7477 or email at arellanorose@gmail.com

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Senator Antonio F. Trillanes IV visits Montreal, April 11

By Z. Kharroubi

Senator Antonio Trillanes IV met the Montreal Filipino community at the FAMAS Center on Wednesday, April 11 for a scheduled two-hour open discussion from 11 a.m. to 1 p.m. Au Osdon, Famas president, made the introduction about his background before he addressed the crowd briefly and explained the purpose of his visit. He wanted to learn about Canadian best practices in order to aid legislation on anti-corruption, anti-drug strategies, the civil service, tourism, and education.

Senator Trillanes answered all questions quite well and received a very warm reception. Some members of the audience even asked if he



wanted to run for president in the next election but he replied that he would prefer to run for re-election as senator instead..



Philippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi

Sarangani Milkfish or Bangus - available at Marché Coop (See ad on p.13)



Milkfish or bangus is a very popular Philippine fish which is used in a variety of recipes anywhere there are Filipinos. Marche Coop, a Filipino Solidarity Cooperative sells this in a variety of ways - marinated and boneless, whole and fresh, and even pickled in a jar. Grilled milkfish shown above is easy to cook.

Inihaw na bangus (Grilled Milkfish)

- Whole bangus (about 2 lbs) -or white fish, dressed
 - 2 sl Lemon
 - 1 1/2 ts Salt
 - 1/8 ts Pepper
 - 1/2 c Tomatoes, chopped
 - 1/4 c Onions, chopped
 - 2 Green onions, chopped
- With sharp knife, cut along back of the fish and remove the backbone.
 - Rub fish inside and out with lemon slices, sprinkle with salt and pepper.
 - Mix tomatoes, onions and green onions. Stuff fish with the mixture through its back opening. Wrap in foil and grill over live coals until done. (about 15 minutes on each side).
 - Serve with lemon wedges or with a lemon juice and patis (fish sauce) dip.
- Preparation and cooking time: 45 minutes Serves 4



Rellenong Bangus (Deboned, stuffed milkfish)

Ingredients

- 1 large size bangus
- 1 onion, chopped finely
- 4 cloves garlic, minced
- 1 small size carrot, small cubes
- 1 box raisins (optional)
- 2 tomatoes, chopped
- 1 raw egg, large
- 1 tsp vetsin (optional)
- 1 tsp salt
- 1/2 tsp Worcestershire sauce
- 1 green bell pepper, chopped finely
- 2 tbsp flour
- cooking oil for frying
- ham, finely chopped
- cooked peas

Rellenong Bangus

Cooking Instructions:

Scrape fish scales. Clean the fish. Gently pound fish to loosen meat from the skin. Use flat side of a knife in pounding. Break the big bone at the nape and on the tail. Insert the end of the handle of an aluminum kitchen turner (*sandok*) through the fish neck. Gently scrape down the handle between the meat and the skin. Scrape down to the tail, going around and on the other side of the fish.

If you feel the meat is entirely separated from the skin, remove the handle, squeeze and push out meat (with the big bone), starting from the tail going out through the head. This way, you will be able to push out the whole meat without cutting an opening on the skin.

Marinate skin and head of the fish with soy sauce and calamansi juice. Set aside.

Boil fish meat in a little water. Drain. Pick out bones. Flake meat. Saute garlic until brown. Add onion and tomatoes. Stir in fish meat, carrot, and pepper.

Season with salt, vetsin, ground pepper, and Worcestershire sauce. Add raisins.

Transfer cooked mixture to a plate. Cook, then, add raw egg and flour. Fill in mixture in *bangus* skin.

Wrap *bangus* in wilted banana leaves or aluminum foil. Fry. Cool before slicing.

Garnish with sliced fresh tomato, spring onions or parsley. Serve with catsup.



Adobong Bangus (Milkfish)

Ingredients:

- 1 medium sized (about 2 pounds) bangus (milkfish), sliced
 - 4 cloves garlic, minced
 - 2 tablespoons soy sauce
 - 1/2 teaspoon salt
 - 1/2 teaspoon pepper
 - 1 cup vinegar
 - 1/3 cup water
 - 1 teaspoon vetsin
- Cooking oil

How to cook Adobong Bangus (Milkfish):

Combine all ingredients and marinate the bangus (milkfish) slices in this mixture. Let stand for 1 hour.

Drain bangus. Set aside vinegar mixture.

Fry bangus. When golden brown, set aside and fry garlic. Add vinegar mixture.

When it boils, drop in fried bangus. Simmer for 10 minutes.

Serves/Makes: 4



Fresh, whole milkfish are imported from Asian countries, but most people with discriminating taste prefer Saranggani milkfish imported from the Philippines

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FILIPINO STAR SHOWBIZ GOSSIP

A thoroughly indie Filipina



Hers is a filmography that even big local mainstream stars would surely envy: Marife Necesito shared the screen with international stars Michelle Williams and Gael Garcia Bernal in Lukas Moodyson's "Mammoth," which debuted at the Berlinale in 2009.

She rapped with the late Palito and mud-wrestled with Whitney Tyson in Khavn de la Cruz's "Mondomanila," premiered in Rotterdam this year. She has worked with notable indie filmmakers Lav Diaz ("Ebolusyon ng Isang Pamilyang Pilipino"), Sari Dalena ("Ka Oryang") and Adolfo Alix Jr. ("Karera").

She has been tapped to appear in Korean ("Tropical Manila"), Dutch ("Lilet Never Happened"), American ("Darkest Night") and HBO ("Going Back") productions.

Recently, she acted in Fil-Am director's Ron Morales' "Graceland" which screens at the Tribeca Film Festival in New York this month.

Hardly anyone asked for her autograph, until recently.

When "Mammoth" was shown at the Cine Europa fest in Shangri-La mall, she was mobbed by local film buffs. "I had goose bumps," she said. "It's great to be appreciated in your own country."

"She's intense. She gives her all," said filmmaker Archie del Mundo, who is currently collaborating with Necesito in the stage adaptation of Emman de la Cruz's Cinemalaya film "Sarong Banggi."

Necesito was a komiks novelist and romance-book author before becoming an actress.

Unscripted spiel

"Her being a writer is a big help on the set," said another filmmaker, Mark Shandii Bacolod, who directed Necesito in "Sponsor." He added: "My friends couldn't believe her monologue in 'Sponsor' was all her own, not scripted."

Having trained under theater stalwarts Cecile Guidote-Alvarez and Angie Ferro, Necesito pushes herself with each new role.

She auditioned for the role of

Gloria, the domestic helper of Bernal and Williams, in "Mammoth."

Necesito recounted: "Michelle was so immersed in her role, she'd be in character even off the set chatting with us. Gael was more relaxed. He was very Filipino in his ways, joking around between takes, but once the cameras started grinding, it was as if he was possessed."

She admired the egalitarian system in the foreign production. "The director wasn't a tyrant at all. We were all treated equally. Whether you were a utility man or an actor, you were shown respect."

It called to mind a bad experience on the set of the local soap "Amaya," where she was shabbily treated by a



Marife Necesito (Right) with co-star Gael Garcia Bernal

staffer who said she didn't deserve a dressing room because she was "not famous." Her mentor came to her defense. "Tita Angie (Ferro) fought for me."

Speaking of occupational hazards, does she mind that she's boxed as a maid or a prostitute onscreen?

"I don't mind," she said. "I just make sure that each maid or prostitute I play is different. In reality, no two people are similar, even if they're in the same line of work."

In "Sarong Banggi," she again portrays an aging hooker who "breaks in" a teenager [played by Rob Joseph]. She also serves as producer for the play, which debuts at Music Box in Quezon City Thursday night. It will next be toured in Singapore and Malaysia. ■

Regine Velasquez on baby nate: 'Ito ang pinakamalaki ko'ng gift ever'



Ogie, Regine and Nate share the same stage for the first time on 'Party Pilipinas'

Regine Velasquez's 47th birthday on April 22 became more special with her five-month old firstborn Nathaniel or "baby Nate" making his first live TV appearance via "Party Pilipinas."

As seen in the episode, husband Ogie Alcasid carried Nate onstage while Regine sang "Amazing."

After her performance, the Asia's Songbird said, "Maraming-maraming salamat sa 'Party Pilipinas' for giving me a wonderful party. Today really is my birthday, and ito (gestures to Nate) ang pinakamalaki ko'ng gift ever."

Laughing, she shared that her birthday wish is to lose weight.

Ruffa cries foul over 'baby-selling' claim



Ruffa Gutierrez

Actress-host Ruffa Gutierrez cried foul over claims that she allegedly agreed to sell her baby for a large sum of money.

In a press conference for her newest film "The Mommy Returns" on Monday night, Ruffa scored former actress Amalia Fuentes for allegedly spreading rumors that she had given birth to twins in 2003 but had agreed to let her mother, talent manager Annabelle Rama, sell one of the girls.

"Huwag naman sana idamay ang mga bata. 'Yung sinabi niya na nanganak ako kay Lorin at may kakambal si Lorin at dahil mukhang pera ang mommy ko binenta daw ni mommy 'yung isang bata. How can you invent these stories?" she said.

Ogie told her, "Mommy, mahal na mahal ka namin."

"Alam niyo, 'yung asawa ko, talagang the best mom. Walang tigil sa pag-aalaga sa anak namin, and she's truly the best mom and, of course, [a] fantastic wife. So honey, today's your birthday, although it coincides with Earth Day, but today is your day."

"Honey, I love you so much. You are a great, great person. You deserve all these blessings that God is giving you, us. You've been a wonderful, wonderful best friend to me and a great mother to our baby boy. I love you. Happy birthday," he said.

Regine then thanked her family, "extended" family, in-laws, friends, fans and God.

"I'd like to say thank you to my Friend up there. Hindi ko inaasahan na magkakaroon ako ng baby kasi nga medyo nahuli na 'ko ng konti sa biyahe, pero thank You. Thank You, thank You talaga Lord for this wonderful, beautiful gift. Thank you, thank you very much," she expressed.

Nate was born Nov. 8, almost a year after Ogie and Regine tied the knot on Dec. 22, 2010. ■

"Alam ng mga kaibigan ko na hindi naman ako nanganak ng kambal. I was laughing and laughing but how can human being invent things like this? Where did they get this? So I got sad and emotional na pati ako dinadamay. So sana kayong dalawa na lang ni mama ang mag-away."

"You know I don't fight with her; I just want a peaceful happy life. Don't include me na lang, especially my kids 'yun lang," Gutierrez said.

Gutierrez was dragged into the issue, after Fuentes recently had a word war with Annabelle Rama on Twitter.

Rama recently ended the controversy saying she would keep her silence for the sake of her children and husband Eddie Gutierrez.

Gutierrez cried again as she defended her father.

"He's the gentlest father. Ayan you hit an emotional nerve! He doesn't deserve to be dragged into this and she is even threatening na sisiraan niya si Daddy! I am venting because I'm hurt -- I'm hurt for my father. I only want peace for everyone," she said.

In her Twitter account, Fuentes scored Eddie Gutierrez for not controlling his wife. ■

Sharon Cuneta returns via Vilma Santos: I have no more to show featuring 'real life stories' ask from God



Sharon Cuneta slams talk that TV5's one-billion-contract offer prompted her decision to transfer

Five months after moving to TV5, Sharon Cuneta has finally unveiled "Sharon: Kasama Mo, Kapatid" that she hopes would define her legacy and put to rest speculations that the network was having a hard time finding a good project for her.

Actually, it took this long to present the show because "wala kaming mapili [na pilot episode kasi] paganda nang paganda ang mga episodes," she told Bulletin Entertainment and other members of media at a press conference held at Delta Theater on April 25. "I have the best writers, the best staff on TV!"

"Sharon: Kasama Mo Kapatid" is a daily talk show that will feature real life stories from real lives, focusing on how adversity is overcome and being proactive in helping people in need. Co-produced by Sharon's Mega Production's, Inc., it will also feature celebrities from time to time (who will be there "not just to promote something") as well as surprise musical numbers. The show will premiere on May 7 though TV5 would only disclose the exact time slot a few hours prior so rival stations could not strategize against it.

The prized actress explained why she turned Kapatid despite being with another network for the longest time.

"It's not about the one billion contract. It was more about... a little respect for what I built over 3 decades. I wanted a show na I felt after all the hard

work [is one that] I deserve.

"I wanted my name on my show again and it was TV5 that gave it to me," she said.

She addressed chides that she is "mukhang pera" for leaving behind her former network.

"Remember that [one billion pesos in the next five years] is almost 200 million a year for five years. Tanggapan mo pa ng taxes, porsiyento ng iba't ibang tao so, 'yun din ang kinikita ko mostly every year," she pointed out.

Sharon emphasized: "Hindi naman kasi ako 'yung basta makuha lang at magka-show lang."

Unlike many other shows on the network, TV5 president Ray Espinosa, vice president Bobby Barreiro, and head for creative and entertainment production Perci Intalan were very involved with the production of "Sharon: Kasama Mo, Kapatid."

"They wanted na en grande at elegante ang show," she crowed, adding that the creative freedom that they allowed her was more than welcome for someone who already knows where she wants to take her career next having been in the business for more than 30 years now.

Sharon has taped 15 episodes so far with TV5 spending some P100 million pesos for the set alone. Her celebrity guest list so far includes Derek Ramsay, Amy Perez, Jannelle Manahan, Lolit Solis, Bing Loyzaga, Crisy Fermin, Katrina Halili, Vicki Belo and Lour de Veyra.

Will she invite Piolo Pascual to appear as guest on the show?

"I don't see why I should guest Piolo pa. Kasi, una sa lahat, parang lalagyan ng kulay ng ibang tao, pangalawa, we don't really need Piolo," said she of the actor who had a bad breakup with Sharon's daughter, KC Concepcion, last year.

She promised her fans that they'll see a different Sharon on the show; one that's worth their time and befits her stature.

"Sa dami po ng talk shows at present na hindi lang ako ang host, sa dami ng ginawa ko, gusto kong ito ang maging legacy ko because although lahat ng naging shows ko, parang mga anak 'yan. You become a better mother habang tumatagal. I think that was happening to me.

"Itong aking pinakahuling show, ang pinakahuling oportunidad na dumating sa buhay ko... ibinuhos ko ang lahat-lahat dito." ■



Governor Vilma Santos

With a life fulfilled from decades of stardom, a flourishing career in public service, and a strong family, Batangas Governor Vilma Santos has no more to ask from God, saying that at this point in her life, it is time for her to simply give thanks.

Santos said she has received overflowing blessings from God, and now intends to give thanks by restoring places of worship in her home province.

"Kung may natitira pa pong bagay na gusto kong hilingin sa Panginoon, dalawang bagay lang - gabayan ang pamilya ko, at gabayan ang pagiging ina ko ng lalawigan ng Batangas," she said.

"Sobra-sobra na ang biyaya na binigay ng Panginoon, wala na akong hihilingin pa. Pasasalamat nalang, pasasalamat."

As her way of thanking God, Santos has committed herself to restoring a the San Martin de Tours Minor Basilica in Taal, Batangas.

"Yung pagre-restore nito ay kahit paano personal na namin 'yun," she said. "Hindi pwedeng gumamit ng pondo ng gobyerno diyan, so kung anuman 'yung, a little part of us ni Senador Ralph Recto (her husband) na naitutulung sa pagpapa-ayos ng simbahan, 'yun ay more of personal na naming support kasi mga Katoliko din kami." ■

Jessica Sanchez disappoints 'Ai' judges



Jessica Sanchez

Jessica Sanchez received mixed reviews from the judges during the performance night of "American Idol" Thursday when she sang the Queen classic "Bohemian Rhapsody."

According to both Jennifer Lopez and Steve Tyler, Sanchez' performance fell short of their expectations.

"Rock isn't your forte. I wouldn't say it was -- at all. But I still love your voice no matter what," said Tyler.

Lopez, on the other hand, found the performance lacking. "You sounded beautiful when you were singing the song. But when you went on to the more rock part of it, I thought you were gonna run around and give us a little bit of hair throwing. I dunno, but it needed a little bit more of that rock performance," she said.

Only Randy Jackson found the performance remarkable saying that he "actually loved it."

"Because what you did is that you also used great restraint," he said informing the audience that "she sang no runs in that. She really changed herself in what she naturally does."

But like Lopez and Tyler, Jackson thought that Sanchez needs to sharpen the saw a bit more relating to the genre saying that Sanchez needs to learn "a little Tina Turner."

Sanchez was somehow able to bounce back when she did Luther Vandross' "Dance With My Father" for her next number, sounding very comfortable with the song.

Lopez praised Sanchez saying it was the best rendition of the song she had heard in her life.

"The tenderness, the feeling, the vocal ability -- everything, I mean the feeling for me more than everything is what make me say that [the performance] was the most beautiful I've ever heard it," she said.

Tyler also liked the performance. "I don't think you can sing a song bad," he opined.

Jackson lauded Sanchez to high heavens, describing the 16-year old as "truly amazing."

"You're so natural, your tendencies vocally, where you go with your melodies, your ideas, how it flows, and now you got the feeling in there, now you're making the connection," he said. "You know what's wrong with it? Absolutely nothing!"

In an earlier interview, Jackson said he hopes for Sanchez to reach the final four.

Sanchez needs all the support she could get going into the final rounds of the contest, as her rankings had dipped somehow in recent weeks.

In the recent Top 6 Power List of Entertainment Weekly, Sanchez fell at number four. At number one is Philip Phillips, who vaulted to the spot from the sixth position.

Sanchez intimated to fans her worries relating to the contest via Twitter, where she also urged them to keep voting for her. ■

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Showbiz Gossip *Continued from p.17*
Beauty & Brawn in Bora



Century Tuna Superbods 2012 winners Monika Sta. Maria and John Spainhour.

Beauty pageants have become not only a source of entertainment but also of national pride for many Filipinos.

Pinoys became more pageant-crazy and further upped the ante when beauty queens Shamcey Supsup and Venus Raj shone in the international scene.

Just recently, a different kind of beauty pageant has drawn so many spectators to the beautiful island of Boracay.

Hundreds swarmed the 2012 Century Superbods contest in Station 2 to catch a glimpse of the fittest and most beautiful bodies and good-looking faces in the whole country. Unlike typical beauty pageants, the

2012 Century Tuna Superbods is a tilt that looks for a combination of beauty, brains and brawn.

Two people have lived up to the expectation of a true Century Tuna Superbod: 20-year-old model/ volleyball varsity player Monika Sta. Maria and former US Marine John Spainhour.

Sta. Maria and Spainhour bested 18 finalists who vied for the title.

Sta. Maria, who stands 5'9 tall wowed the crowd not only with her whistle-bait figure but by her intelligence.

In the question and answer portion, Sta. Maria was asked on what to prioritize: helping the poor or saving the Earth?

She chose the environment since this could also mean helping the poor.

"For me, I'll save Mother Earth first because this is our only sanctuary. In saving Mother Earth, we can also help the poor because we save the environment they live in," said Sta. Maria, who is also a model.

Spainhour, for his part, was asked what, for him, is the greatest invention and replied "the wheels because everything came from it."

The two received P500,000 each and will be featured in a Century Tuna commercial.

Meanwhile, Azel Shane Smith and Malaya publisher's grandson Jake Macasaet were chosen the first runners-up while Janelle Olafson and JC Rezebek were picked the second runners-ups.

The criteria for judging was 50 percent for beauty and body, 25 percent for the question and answer (healthy mind) and 25 percent for the race challenges.

Special prizes went to Sta. Maria and A.J Hanson for Best in Beach Bodies; Spainhour and Janet Emmerich for the Fierce photo award. Emmerich and JP Yap won the People's Choice Awards for garnering the highest votes via the voting online.

Smith and Macasaet were declared winners in the Race Challenge competition, which was held in the morning. The contestants run the mile in Boracay, went kayak-racing and did various water sports.

Judges included fashion editor Myrza Sison, fashion designer Rajo Laurel, resort wear designer Charina Sarte, photographer Marc Nicdao, fashion blogger Jenni Epperson, eventologist Tim Yap, Century Tuna general manager Greg Banzon, PC & V Communications president Ariel Comia.

The competition, dubbed Salute to Sexy, was held in front of the Astoria Hotel and was graced by Century Tuna's celebrity endorsers Anne Curtis, Derek Ramsay and Aljur Abrenica.

It was a sizzling night indeed as the contestants and the celebrities paraded in their skimpy beach wear by Sarte.

The event, which started at 9 p.m., was hosted by Curtis, who

was clad in a black bikini with a transparent sarong and a shirtless Ramsay.

Anne said she was amazed at the buffed bodies of the contestants.

She said she practices healthy living herself.

"I limit my calorie intake, I make it a point to eat lots of fruits and vegetables. I also try to exercise, do a little workout. I try to squeeze that in my busy schedule," Anne said in an interview.

Equally pretty and sexy celebrities Georgina Wilson and Solenn Heussaff, were on hand to give support.

Heussaff, who is said to have just signed a contract with Century Tuna, came in with his boyfriend and were spotted lovey-dovey with each other.

Aljur, on the other hand, could not contain his admiration for Anne, who was oozing with sexiness that night. According to a source, Aljur asked someone to have his picture taken with Anne. Both were seated close to each other at the after-party and at the pageant.

Banzon said in an interview that this year's finalists came from different walks of life.

"There's football, volleyball and basketball players. We also have contestants who are into extreme sports like surfing and wakeboarding. We also have models, nurses, actors and a chef," Banzon said.

The finalists stood out from the hundreds of aspirants who went at the go-sees held in Manila, Pampanga, Cebu and Davao.

Banzon said the models underwent a rigid personality and physical training, not to mention modeling and speech development training, for two months.

He stressed the Century Superbods is not merely a beauty search, as they're looking for someone who will embody the Century Tuna healthy living.

"This is the fourth time we are mounting this search. It is more than just a pretty or handsome face, What we're looking for is someone who has the discipline and commitment to live healthy and more importantly, inspire others to live a healthy lifestyle," Banzon said. ■



Kim Jones on meeting Jericho Baron Geisler admits going Rosales, showbiz broke



Kim Jones had revealed in previous interviews that she has a brother who used to model in the Philippines, and that he convinced her to move here

Model-TV host Kim Jones welcomes the prospect of entering Philippine show business.

"It's been a popular question, but for now I want to master my craft – hosting, things like that. I'm studying Tagalog, but if any opportunity arises down the track, I would be open for it," Jones told ABS-CBNNews.com in a report posted on April 26.

Jones is currently the on-site reporter for a lifestyle program on ETC. According to online reports, Jones is part-Filipino, Spanish, and British; and was based in Adelaide, Australia with

her family for most of her life.

But of course, she's most likely popular to many as the girlfriend of TV and film actor Jericho Rosales.

Recall that it was in December last year when Rosales finally admitted that he has a girlfriend. Two months later, he finally "introduced" Jones to the public by showing a photo of them together in the morning talk show, "Kris TV." In March, the couple made their first public appearance at the MYX Music Awards.

Prior to getting together, however, Jones wasn't aware of Rosales' status in local showbiz.

"We met in March of last year. We have a mutual friend, and she mentioned to us that we should meet. I didn't know who he was at the time," she related.

The two then met over dinner with some friends, "but we didn't see each other [until] two months after."

In another part of the interview, Jones shared, "When people started asking him for photos, I was like, 'Who is this guy?'"

According to her, they eventually became a couple in October.

Jones is thankful that Rosales' fans "have been very supportive" of their relationship.

Meanwhile, Jones shared that she likes Rosales' love for sports and "very giving heart."

"He's hilarious, he never fails to make me laugh. Super mabait siya," said she. ■



Baron Geisler

Actor Baron Geisler admitted that his "reckless" lifestyle had flushed his life savings down the drain.

Hounded by issues of alcohol addiction and charges of sexual harassment, the controversial actor shared his lowest point, that of realizing he had vacuumed his savings to feed his gregarious lifestyle.

"My low point was last year. Naubos lahat ng pera ko, and for the very first time, hindi ko ma-afford 'yung mga bagay na simple lang," Geisler said.

"Dati ang dami kong pera sa bangko na para sa'kin, pinamimigay

ko nga 'yung ganung pera or mga gamit."

Geisler didn't have to look far for inspiration to straighten his ways. The former "Pinoy Big Brother" celebrity housemate said he was inspired by his brother Donald to become better.

"I'm 20-something years old, and wala akong future if I keep on doing the things that I used to do, being reckless. Siguro it's about time for me to have the better things in life naman, the things na I deserve, na na-deserve ko dati pa, pero hindi ko nakitang ganoon," he said.

"Si Donnie may 2 magandang kotse, and I'm the actor, he's the athlete. Pero sa kanya ko nakita 'yung hardwork, sa kanya ko naintindihan 'yung trabaho, 'yung kailangang mag-ipon, 'yung kailangan may pera. 'Yun 'yung nagbigay sa'kin ng inspirasyon maging maayos."

Geisler also said he is thankful for his family who only continue to love him and stand by him.

"I was too blind to see kung gaano nila ako kamahal, and kung gaano sila nagtiis para makita ako magbago. And I'm not only doing it for them. Nakakahugot lang ako ng inspirasyon at pagmamahal sa kanila," he said.

"Pero naisip ko I should do this for me. It's about time for me to take care of myself, feel good about myself, love myself, respect myself. Dati hindi eh. And I deserve this." ■

Roxanne Guinoo now certified Kapuso



New mom Roxanne Guinoo has become more choosy when it comes to work

After a long hiatus from show business, Roxanne Guinoo returns not as Kapamilya but as Kapuso star.

Roxanne is very happy with her new "home." She is set to start her first project under GMA-7, a light comedy series starring Ogie Alcasid titled "Daddy Dearest."

Roxanne's career was sidelined by her pregnancy then her marriage to Filipino-Chinese businessman Elton

Yap.

"Three years [na] mahigit akong nag-stop kasi nag-hands on [mom] ako sa baby ko. So, ayan eto na uli, nangangapa na ulit," Roxanne explained on "24 Oras," April 25.

But the new recruit is excited over the prospect of working with the set of actors in her new network.

"Masayang-masaya [ako]. Ibang grupo, ibang klaseng work. I think light comedy po yata ito. First time kong makakatrabaho ang Kapuso stars so [it's] exciting."

She's grateful for the support that her husband gives her. But being a young mom, Roxanne admits she will be choosy with the roles she would play. She wants to do something that her family will be proud of, and has set her own limitations to achieve this.

"Konti lang naman 'yung mga limitations ko. Siyempre ayoko na po namang gumawa ng mga daring roles or 'yung mari-reveal 'yung mga konting ano. Parang hindi na appropriate sa akin," she explained.

Before getting married, Roxanne starred on "Natutulog Ba Ang Diyos" and "Ligaw Na Bulaklak." She's also part of the action series, "Palos" with former boyfriend Jake Cuenca. She also appeared in a few movies, "Can This Be Love," "Now That I Have You," "D Another," and "Shake, Rattle & Roll." ■

Dolphy: "Huwag kayong mag-alala. I'm okay."



King of comedy Dolphy

Thus said Comedy King Dolphy in a "TV Patrol" video message aired on Monday, April 2.

Dolphy who'll turn 84 in July also thanked those who are continuously praying for his good health.

"Sa mga kapwa ko artista at kasama sa industriya, sa aking mga kapamilya, mga kapatid, mga kaibigan, at mga sumusuporta sa akin, gusto ko pong magpasalamat sa patuloy ninyong pagdarasal na higit nagpapalakas sa akin ngayon," he said.

He added, "Gustong-gusto ko kayong makapiling. Pero nagpapalakas pa ako ngayon."

According to the "TV Patrol" report, the video message aims to

believe rumors about Dolphy's health.

'In good spirits'

In late February, during the thanksgiving press conference for "Budoy," Dolphy's long-time partner Zsa Zsa Padilla admitted that the 83-year-old comedian is "not in the pink of health."

"May mga pinagdadaanan ako. Kahit papaano eh you've been hearing rumors, di ba? The past few months have been very difficult for my family. Alam naman nila na si Dolphy, aside from being 83, he's not in the pink of health," Zsa Zsa said.

She added, "He's hanging on there. He's in good spirits kasi. He's home and we are doing all the best to take good care of him."

A few days after Zsa Zsa's interview, Vandolph, Dolphy's son with actress Alma Moreno, said his father is "doing good." "He's okay. Lyon lang ang masasabi ko. Baka sooner or later, makikita rin natin siya," he added. He also explained that Zsa Zsa was emotional during the "Budoy" press conference probably because "(siya) ang laging kasama ni Papa. Siya ang nakakawitness nang nangyayari."

"Pero if you see my daddy right now, nakikita ko he's okay naman. Siguro 'yung kay tita eh naipon lang ever since before," Vandolph said. ■

Showbiz Gossip *Continued from p.19*

Piolo confesses he wants to be a pastor



Piolo Pascual

Actor Piolo Pascual admitted that he was considering becoming a pastor.

In an interview with Wilson Lee Flores, which was published at the Philippine Star on Sunday, Pascual said he hoped to become a pastor one day.

"Yes, I had wanted to be a pastor, but my church (Victory Christian Fellowship) told me I'm more important where I am now because many are becoming pastors, but to be Christian in showbiz is important," he said in the interview.

Pascual, 35, said he became a born-again Christian when he was 25.

In the interview, Pascual also revealed that he contemplated joining the priesthood. In fact, after high school, he applied for seminary training but abandoned his plans when he got accepted at the University of Santo Tomas for college.

He said he deals with controversies in his personal life by "lifting up all his burdens to God."

"One of the things that struck me was Piolo insisting that going to church every Sunday and reading the Bible every day is not sufficient; he urges attending Bible study sessions once a week," Flores said in his column.

Asked for his advice for success, the actor told Flores: "Positive thinking, have faith in God, love life, avoid things bad for the health or body, keep things simple in one's life, pray, read the Bible every day." ■

Lea Salonga says she's only invited to watch 'Idol' not to mentor



Lea Salonga

Tony Award winner Lea Salonga clarified on Monday that Michael Orland, the arranger and associate musical director of the hit American talent search "American Idol," invited her to watch the show and not to mentor the finalists.

"Everyone, I believe Michael Orland was inviting me to just WATCH the show, not MENTOR on it. All the news is blown out of proportion," Salonga said in her official Twitter account.

On March 29, Orland sent a message to Salonga asking the international singer to "visit" the show.

"Lea Salonga, when are you coming to 'Idol' to visit? You must," he said, after Salonga praised the performance of one of the "Idol" contestants.

Salonga, who is currently in Florida for a concert, replied that she would definitely love to visit "Idol" once she is in Los Angeles.

Last Saturday, Salonga said on Twitter that she would be happy to see Jessica Sanchez, Phillip Phillips or four contestants declared as the winner for this season.

Currently, only eight contestants are left in "Idol," including Sanchez, who has Filipino roots.

The contestants will be performing songs from the 1980s on Wednesday night. ■

In-demand indie star relishes the subtlety of movie portrayals

Mercedes Cabral considers acting in the movies more fulfilling than television work because she finds the latter "more technical and less personal."

"I love film," Cabral, 25, told Inquirer Entertainment during a recent visit to her home in White Plains, Quezon City. "I tried TV only because I wanted to explore all aspects of acting. Yes, I get to share a piece of myself with TV audiences, but ... when I'm making a movie—I give my whole self."

Cabral admitted that she had a tough time working on ABS-CBN's drama series "Hiyas" (2011) "On film, everything is magnified — the movement of the eyes, the slightest twitching of the lips. The ['Hiyas'] director said my acting was subtended and suited only for film. He wanted me to exaggerate."

She added: "Also, in television work, you're always beating a deadline. It's normal to do 36 sequences in one day. You don't often get to study and become your character. There were times when I received my copy of the script the night before [taping]! Plus, it was not unusual for the creative team to change our lines at the last minute. I needed to adjust to that, too."

It pays the bills

However, the actress said that while movies give her fulfillment, it's TV work that pays the bills. "Being an indie actor just doesn't cut it. There's prestige in the fact that your projects are seen by an international audience, but ... you need money to live!"

Cabral is a graduate of Fine Arts, major in Sculpture, of the University of the Philippines in Diliman, Quezon



Mercedes Cabral: "Only actors can lead different lives." photo by jim guiao Punzalan

City. Audiences first took notice of her when she appeared in Brillante Mendoza's controversial independent film "Serbis," which competed in the 2008 Cannes Film Festival in France. She has not stopped making indie movies since.

She continuously challenges herself as an actress by accepting off-beat roles. She played a sex-crazed woman in Erick Salud's "Ligo Na U, Lapit Na Me" (2011), a zombie in the Visayan thriller "Di Ingon Nato" (2011) by Ivan Zaldarriaga and Brandon Relucio, and soon, a mentally challenged girl in Ralston Jover's "Dog Show," scheduled for the 2012 L'Atelier du Festival in France this May.

Cabral said she almost turned down "Di Ingon Nato," an entry to the 2011 Cinema One Originals Film Festival, because it required her to speak Bisaya. "I'm not Visayan. It was hard for me to express emotions in a dialect that I didn't understand well," she pointed out. "I also had second

thoughts because it's a zombie film. I hadn't seen a locally produced zombie movie that was able to pull it off. But I was impressed with the way Brandon and Ivan wrote the script."

Method acting

Cabral said this was like method acting. "It's a little risky," she said. "Luckily, I'm in this group called Actors' Playground, run by Direk Bombi Plata, which helps actors detach themselves from their characters."

Roles could be physically stressful, too, she said. "In an episode I did for 'Maalaala Mo Kaya,' where I played Martin del Rosario's mother, there was a scene where I had a heart-to-heart talk with my son. The director specifically told me to contain my anger and not have a breakdown. We worked on that scene for a day so it was hard controlling myself. After the final shot, my tears flowed. I was surprised to see the assistant director and my road manager sobbing as well!"

She would like very much to play a deranged woman. "I find Edward Norton's character in 'Primal Fear' really interesting. Also Rooney Mara's character in 'The Girl With the Dragon Tattoo' and Glenn Close's in 'Fatal Attraction.' Masarap paglaruan."

This is a job she is definitely thankful for, Cabral said. "Only actors get the chance to live different lives."

In July, she will be seen in the 2012 Cinemalaya entry "Ang Nawawala" by director Marietta Jamora. Meanwhile, she is working on another film by Mendoza, "Thy Womb," with Nora Aunor and Lovi Poe. ■



To Learn Is To Taste

By David White

(David White, a wine writer, is the founder and editor of Terroirist.com. His columns are housed at Wines.com, the fastest growing wine portal on the Internet.)

Until five years ago, I assumed that wine fanatics were crazy. Sure, I enjoyed wine. But it was simply a drink - a beverage to enjoy with dinner from time to time.

And then I put my nose in a glass of Syrah from Failla, a boutique winery in Napa Valley, and something clicked. How could such a simple beverage -- fermented grape juice -- have such a seductive bouquet? And how could it taste so good?

I knew nothing of tasting notes at the time, but when I learned that a well-known wine critic had described the wine as "explosive and wild" and complimented its "aromas of raspberry, game, truffle, smoke and leather, with notes of pepper and beefsteak tomato," it all made sense.

So I dove into the world of wine -- taking classes, reading books, and tasting as much as I could. These days, I'm frequently asked how

one should learn about wine. While every approach is helpful, tasting is the most valuable. Even simple questions, like your go-to varietal on an average weeknight, are impossible to answer until you've tasted several different wines.

If you prefer white wine, for example, do you seek out ones that are crisp and light, like New Zealand Sauvignon Blanc? Or do you prefer wines that are buttery and ripe, like California Chardonnay? If you prefer red, do you seek out big, jammy wines, like Australian Shiraz? Or the more restrained profile of French Pinot Noir?

Once wine becomes a passion, those hard-to-pronounce regions in Europe become much easier to remember -- so long as you've tasted the wines. Those flaws that sommeliers can spot become obvious to you, as well -- so long as you've tasted enough wine to encounter them.

Tasting can be as simple as heading to your local wine shop when several bottles are open. Getting together with friends and asking each person to bring something different is another way to taste several wines in one sitting.

My favorite tasting for those who are just getting into wine is a bit more formal. I select four varietals -- generally Sauvignon Blanc, Chardonnay, Pinot Noir, and Syrah -- and open two bottles of each, one from the New World and the Old World.

The stereotype tells us that New World wines are fruitier than their Old World counterparts. While one can find wines that debunk this stereotype, it's based in truth. So I purposefully seek out wines that fit the stereotype. And I serve everything blind, pouring the wines from paper bags to mask where they're from.

Recognizing the differences should be obvious, even to novices.

The aromatics of New Zealand Sauvignon Blanc are extremely intense,

typically offering fresh-cut grass, gooseberries, and grapefruit. French Sauvignon Blanc, especially from Sancerre and Pouilly Fumé, presents more subtle aromatics, like chalk and white flowers.

Chardonnay provides a similar contrast. While California Chardonnays are characterized by tropical fruits and butter, French Chardonnays are marked by tart fruits, like green apples and lime.

When Pinot Noir comes from warmer regions of California, like Napa Valley and Carneros, it presents aromatics of sweet fruits, like black cherries. In the French region of Burgundy, Pinot Noir generally offers aromas of tart cherries and earth.

The differences between Syrah can be stunning. In Australia, winemakers usually produce fruit bombs -- think gobs of ripe blackberries and licorice. French Syrah is more restrained, typically marked by blueberries, meat, and pepper.

Neither Old World nor New World is "better" -- my preference shifts all the time, depending on my mood -- but looking for these differences is extremely educational. And when the paper bag comes off each bottle, it's fun to see whether or not you correctly guessed the origin of each wine.

This is just one concept for a formal tasting. One can just as easily host a "wine on a budget" tasting, selecting several bottles under \$10, or a "horizontal" tasting -- focusing on one varietal, from one region, from one year, selecting wines from a several producers.

Just remember to keep it fun.

Wine Appreciation -- It Just Takes Practice!

"Aromas of cassis and boysenberry are accented by soft black tea and anise notes, while the palate is defined by caramel, vanilla, Baker's chocolate and intriguing layers of toasted bread and pie spices."

That's an actual tasting note on a Napa Valley Cabernet Sauvignon.

If such descriptions make your eyes roll, you're not alone. Tasting notes can be quite bewildering -- and the vocabulary of formal wine analysis can make the process intimidating.

After all, what the heck is a boysenberry?

Fortunately, the science behind such narratives is easy to understand. And by identifying the aromas in your glass -- and then describing them -- you'll increase your appreciation of wine.

Smelling begins when chemical compounds are released by whatever it is we're smelling, stimulating nerve cells in the nose, mouth, and throat. Those cells send messages to the brain, where specific smells are recognized.

Grapes, like all fruits, produce aromatic compounds. The process of fermentation causes all sorts of chemical reactions, and those create even more aromas. Very often, that fermented grape juice will interact with grape stems, dead yeast, and oak during the winemaking process, resulting in an even more complex bouquet. As wine ages, aromatic changes continue to take place.

It's no wonder why some tasting notes read like grocery lists!

Detecting a wine's many aromas is just part of formal tasting; the next step is describing it. Here, things get tricky -- because all of us have our own olfactory memories. And we develop most of those memories as children.

What smells to like blueberry pie to one taster could easily smell like ripe blackberries to another. And neither person is wrong. We all have our own, unique stock of aromas in our memories.

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See Page 23 Wine

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Showbiz Gossip *Continued from p. 20*

Aquino takes Grace Lee to Brasil 2012 concert



President Benigno Aquino III and Grace Lee (Video grab from ABS-CBN news program *Bandila*)

A dose of bossa nova on a hot summer night wouldn't hurt.

President Benigno Aquino III had a welcome respite from the sweltering weather and dealing with the country's problems when he spent some two hours indulging in one of his passions, music.

He was in the company of his constant date, radio-TV personality Grace Lee, at the Sergio Mendes and Brasil 2012 concert on Tuesday night at Smart Araneta Coliseum.

People learned that Mr. Aquino would be watching the show because of the presence of the Presidential Security Group in and around the Big Dome.

Those seated at court side were eager to take photos of the couple, but were disappointed when the President and Lee were led to an area of the lower box section reserved for the Araneta clan.

The Philippine Daily Inquirer tried to take a snapshot when the President entered the venue, but was stopped by his bodyguards.

Also spotted enjoying the concert were a number of other popular figures, including former President Joseph Estrada with wife Loi, businessman Tonyboy Cojuangco with partner Gretchen Barretto, and club owner Louie Ysmael, who came with Karen Jimeno, one of the defense lawyers in the impeachment trial of Chief Justice Renato Corona.

Sitti

The show opened with Filipino singer Sitti performing seven numbers, combining covers of Bong Peñera and Ryan Cayabyab tunes and her own compositions—all rendered in bossa nova style.

She seemed overwhelmed by the thought of front-acting for a major foreign artist like Mendes before a large number of people, and was groping for words while doing her spiels.

Waters of March

Mendes' first two songs, "Waters of March" and "Pretty World," were the same tunes he opened with during his last gig at the Big Dome six years ago. But this time he played them with a more syncopated beat, adding freshness to the original studio versions.

When Mendes greeted the crowd, he explained that his native Brazil and

the Philippines shared common traits—their people are romantic and love to party. He hinted that his show would take a musical journey through bossa nova—a slower variation of samba, a Brazilian creation—and other sounds associated with his career.

Girl from Ipanema

What followed was his take on "Girl from Ipanema," whose music was originally written by his friend and contemporary, Antonio Carlos Jobim. Mendes' voice was soothing, his playing on the keyboards sprightly.

The audience roared with approval upon hearing a succession of classic selections by Mendes: "The Trouble With Hello Is Goodbye," "Agua de Beber," "One Note Samba," "Going Out of My Head" and "Bridges."

Most of the vocals were handled by a duo of female singers, a trademark of Mendes' act which first gained worldwide notice when he scored a hit, "Mas Que Nada," featuring the young Lani Hall as part of his band, Brasil 66.

Though many of his recorded pieces were cover versions of other foreign artists, Mendes' popularity grew far and wide because he transformed these tunes with his own cool and soothing touch, with a dash of jazz.

Rap

He has also updated his sound with contemporary genres like hip hop, which he successfully employed during the show when "Agua de Beber" featured a singer rapping along to the song.

Another track, "Chove Chuva," had a funky groove, Mendes attacking the keyboards with child-like delight.

His band delivered the goods as well, improvising with excellent timing, but knew how to stop during their solo spots.

The hits kept coming—"Like a Lover," "Fool on the Hill," "The Look of Love," "Mas Que Nada" (similarly updated with rap lines)—and goaded the crowd to stand up and dance to the intoxicating music.

New track

Mendes likewise played a new track, "Tristeza" from the animation film "Rio," proving that he's still in the loop and not a has-been trying to milk money via the oldies-tour route.

As a whole, the concert was a celebration of the vitality of two cultures—Brazil offering its music, and the Philippines responding with its propensity to have fun in good or bad times.

If Mr. Aquino and Lee were still at the Big Dome when Mendes played one of his ballads, "Never Gonna Let You Go," near the show's end, they would probably have felt so romantic. ■

LJ Reyes now willing to go 'sexy'



Embarking on what she considers her "most daring" role to date, Kapuso actress LJ Reyes feels that more "mature" roles would be coming her way from hereon.

"Siyempre, kapag nasubukan mo na 'yun [medyo marami ng darating]," she said in an article by PEP posted April 29.

She swiftly clarified, though, that she'd still be selective of the roles she'll accept in the future.

"Hindi naman tuluy-tuloy," she quipped, adding, "Hindi ko naman sinasabi na lahat na lang ng i-offer na daring, tatanggapin agad."

Regardless of her willingness to bare skin on-cam, Reyes revealed that for her to accept another sexy role, the project would have to satisfy her chief requirement: "Siyempre, kailangan maganda talaga ang kuwento."

Although Reyes has already been dubbed a "Hot Momma" after gracing the cover of a sexy magazine two

months ago, it's probably her most recent role as prostitute in the Cinemalaya entry "Intoy Syokoy" which bolstered her claim to the title.

Reyes admitted that she was initially hesitant in accepting her role in the Lemuel Lorca-helmed film.

"Actually, noong sinabi sa akin nila Kuya Perry [Lansigan, LJ's manager] 'yung movie, noong nabasa ko, parang hindi pa ako kumportable," she confessed.

The source of this unease, she said, were the love scenes that she had to do with the "customers." She eventually was able to adjust to the challenges posed by the role through the help of veteran actor Pen Medina.

"Noong nag-uusap kami ni Tito Pen, sinabi ko na hindi ako kumportable. Sabi niya, 'Aalagaan ka naman ng director mo, sabihin mo lang,'" she narrated.

Aside from the daring role, Reyes cited the script—penned no less by Palanca award-winning writer Gerry Gracio—as another source of pressure.

"Talagang na-pressure ako sa script. Tapos noong makita ko pa, ang producers namin, sina Kuya Boy Abunda at Mr. Boy So," Reyes stated.

She noted that "tinutukan nila ang script kaya maganda talaga." Reyes would later realize that "ngayon, kapag binabasa ko 'yung script, ang ganda niya, nai-inspire na ako sa story."

"Intoy Syokoy" is indie comedy meant for competition under the New Breed category of the 2012 Cinemalaya Philippine Independent Film Festival. Its story follows the life of a young tahong diver played by JM de Guzman and his childhood love. ■

Arnel Pineda wants to do concert with Sarah G



Arnel Pineda

ourney frontman Arnel Pineda told fellow singer Sarah Geronimo that he would want to do a concert with her.

Pineda said it would be an honor for him to work with the Pop Star Princess.

"Alam mo hindi pa tayo nagkakasama sa isang show, sana ay makasama kita sa isa sa concert mo. Sa major, major concert mo," said Pineda.

Geronimo, who said she's also a fan of Pineda, returned the compliment by saying she would want to guest in his concert tour.

"Ako din po sana makasama ko po kayo sa tour, sa concert tour," she said.

Pineda, who will be going to Tribeca Film Fest in New York to attend the premiere of a documentary film on his stint with Journey, also hopes to prove himself as a solo artist.

"Siguro I need to be able to prove myself as solo artist din, sana magawa ko 'yan. Sana maka-release ako ng album na ako talaga, hindi 'yung kasama ko ang Journey," he said.

In the meantime, Pineda sees "more years" of touring with Journey. ■

From Page 21 Wine

confusing, people have varying sensitivities to different aromas. A taster that's very sensitive to mercaptans -- a wine flaw that manifests itself with aromas of onions and cabbage -- may find some wines undrinkable that others find delicious.

Evaluating wines seriously -- complete with your nose in the glass and thoughtful tasting -- opens up the entire world of wine appreciation. And it's not that difficult.

Next time you enjoy wine at home, pay attention to what you're smelling.

Wines from the New World -- countries like the United States, Australia, and Argentina -- tend to offer riper fruit aromas thanks to warmer growing conditions. Old World wines, on the other hand, are generally more restrained.

California Chardonnays, for example, are typically marked by notes of pineapple and melon. Chardonnays from France -- especially the region of Chablis -- present aromas of green apples, lemon, and lime.

Syrah offers a similar contrast. In Australia, the grape is normally used to produce deliciously hedonistic fruit bombs -- emitting gobs of ripe blackberries and licorice. French Syrah is typically marked by blueberries, meat, and black pepper.

Winemaking decisions also influence how a wine smells.

While fruit notes come from the grapes, a winemaker can impart "secondary" aromas like vanilla, chocolate, and coffee by using oak. That butter smell one so often encounters in California Chardonnay is the result of "malolactic fermentation," a process that's used to make wine softer and more accessible. This process is standard for most red wines.

Finally, a wine can offer "tertiary" aromas after bottle aging. These notes are often savory -- think mushrooms and hazelnuts.

Understanding all the nuances of wine may seem daunting, but all one needs is a sense of smell and taste, along with a strong streak of curiosity. Otherwise, wine appreciation just takes practice. So start drinking!

From Page 7 American Challenge

In a clear and well-crafted way, Etheredge delivers rich history and invaluable knowledge, informing readers about what every citizen should know:

- We are NOT a democracy: what America really is, and what this means for our country moving forward
- A majority of Americans fail the Citizenship Test: why and how we should change this, plus a challenge to each citizen
- America is a truly exceptional nation: our history and why we should never apologize for our country's greatness

• Common culture, language, and heritage are critical: what the roots of these are, and why they are crucial to America's success

• Ordinary citizens doing the extraordinary: how our country was shaped, and at times saved, by these true American heroes

These points, and so many more, make Etheredge's book a must-read for each citizen, aspiring citizen, visitor, and voter. The American Challenge is just that: a challenge to all Americans to test what they know, learn what they don't, and continue to uphold the legacy of our great nation.

Robert C. Etheredge is a former Navy Officer, Eagle Scout, and graduate of the University of Virginia. During his time in the Navy, he traveled through Europe, and years later returned to sail through Europe again on a small sailing boat, crossing the Atlantic twice. Among many other factors, his experiences abroad were influential in his great appreciation for America. In 1999, Etheredge published a poetry anthology, Poetry for a Lifetime, put together by his father. Following the publishing of the anthology, Etheredge released The Camper's Companion and The Military Companion, two additional specialized books featuring poems, songs, and useful information for campers, soldiers, and Marines.

Website: www.miravista.com

The American Challenge can be purchased from www.miravista.com, www.amazon.com, www.barnesandnoble.com, and through all major booksellers.

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From Page 5 Temporary Worker

Construction Workforce Acquisition.

Economic Action Plan 2012 also announced that the Government of Canada will work in partnership with the provinces and territories, and other stakeholders, to further improve foreign credential recognition, so that internationally trained workers are able to find meaningful employment and, in turn, contribute to Canada's economy and overall competitiveness.

For more information, contact:

Marian Ngo
Office of Minister Finlay
819-994-2482
Media Relations Office
Human Resources and Skills
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PAB/PSW students, Batch 8, from left: Annie Signey, Lourdes Lubang, Ethel Tugna, Janet Haydock, Annabelle Allosa and Joesie Bingayen. Seated: Zenaida Kharroubi, Director-General, and Sophie Toledo, PAB/PSW instructor.



Gilmore College International building showing future sign to be installed soon

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As a nursing aide graduate, I believe that self-discipline and determination enabled me to achieve my goals in life. Gilmore College International provided me the opportunity to find a job easily. The knowledge and skills I have learned during the course of my studies gave me the edge to work in the health care environment where one needs to show the willingness to render service to the sick and the elderly. (Ethel Tugna, March 2011)



Gilmore International College provides immigrants the tools for a successful career change. The training and the skills that I learned from the program gave me the confidence to work as a nurses' aide. (Adele Lascano, October 2008)



Gilmore International College gave me the opportunity to start a new career. I finished the nursing aid/P.A.B. course last October 2011. I got a job easily and I am now working fulltime because I learned new things from this course which focuses on how to care for the elderly. I'm proud to be part of this college. (Giselle Arellano, Oct. 2011)



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