

Boston marathon bombing suspect in custody

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Boston marathon bombing suspects Tamerlan Tsarnaev, 26 (left inset photo) died Thursday during a shootout with the police while his brother Dzhokhar A. Tsarnaev, 19, (right inset photo) was captured on Friday when he was discovered hiding in a backyard inside a boat. Police in armored gear search for the suspect during a lockdown of Watertown (Photo: Reuters)

Our Lady of Penafrancia permanently enshrined at St. Kevin's Church



Officers of BAQ, from left - Boy Nicholas, business manager; Jenne Rose Dayandante, secretary; Merly Nuñez, treasurer; Merle Valiente, auditor; Doming Tayoto, vice-president; Amador Yanto, public relations officer; San Tino, president; Vilma Kelly, director. Not in photo, Marilyn Amaro, Ellen Arroyo, and Patrick Gotera, directors.

By W. G. Quiambao

Many Bicolanos in Montreal and suburbs are happy and proud that the replica of the statue of Our Lady of Peñafrancia, fondly called Ina, is permanently enshrined at St. Kevin's Church in Cote des Neiges. Her blessing ceremony was held in the same church on April 20, 2013.

"The replica of the statue of Our Lady of Peñafrancia arrived on April 6," said San Tino, former president of FAMAS and incumbent president of the Bicol Association of Quebec. Tino is from Camarines Sur. "Though I wasn't raised in Bicol, when I went back to Camarines Sur early this year to visit my mother who was sick, one of my priorities was to bring the replica of Ina to Montreal. I was lucky that my request was granted. In Montreal, when I asked Fr. Jessie V. Dimafilis to have it permanently enshrined at the church, he was kind

enough to allow me. At least, I've done my part as a Bicolano."

Tino further explained that his goal in bringing the replica of the statue of Our Lady of Peñafrancia to Montreal is for Filipinos, especially for the Bicolanos, to be closer to Her. "They don't have to go somewhere else to pray to Her."

The Our Lady of Peñafrancia, the patroness of the Bicolano, is a wooden statue of the Blessed Virgin Mary copied from Peña de Francia (Salamanca, Spain). Tens of thousands of pilgrims, devotees and tourists visit Naga City, Philippines every September for a nine-day festivity in honour of Our Lady of Peñafrancia. Her official coronation took place in September 1924.

Tino was first elected as president of BAQ from 1999-2001. In

The 19-year-old suspect wanted in connection with the Boston Marathon bombings which killed three people and wounded more than 180 others is in custody after an extensive manhunt involving thousands of law enforcement officials, police say. More revealed on the lives of the Boston Marathon bombing suspects

Police announced via Twitter that Dzhokhar Tsarnaev was in custody. They later wrote, "CAPTURED!!! The hunt is over. The search is done. The terror is over. And justice has won. Suspect in custody."

Dzhokhar's brother, 26-year-old Tamerlan, who was also a suspect in the bombing, died early Friday morning after a gunfight and car chase during which he and his younger brother hurled explosives at police from a stolen car, authorities said. During the getaway attempt, the brothers are suspected of killing an MIT policeman and severely wounded another officer, authorities said.

After a long day of door-to-door searches in the Boston suburb of Watertown, gunfire erupted Friday night amid the manhunt for the surviving suspect. Police in armoured vehicles and tactical gear rushed into the suburb, where the suspect had been hiding in a boat stored behind a house.

Interactive: take a look at the areas searched in the manhunt

Boston Police Commissioner Ed Davis told reporters that they were notified about the possible presence of the suspect by a man who stepped outside after staying inside all day. The man walked outside and saw blood on the boat. He then opened the tarp and saw a man inside covered in blood, Davis said.

"He retreated and called us," Davis told reporters at a news conference after the announcement that the suspect was in custody. He

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See Page 14 Lady of Penafrancia

Harper Government Helps Colleges Support Business Innovation

Québec, Quebec, April 16, 2013—The Honourable Gary Goodyear, Minister of State (Science and Technology), today announced a significant investment in Canada's colleges and polytechnics through the Canada Foundation for Innovation (CFI). The announcement was part of the Minister of State's keynote address at the Association of Canadian Community Colleges' Applied Research Symposium.

"Our government has committed to helping Canadian colleges collaborate with business and take promising ideas from the lab to the marketplace," said Minister of State Goodyear. "In addition to today's CFI announcement, Economic Action Plan 2013 announced a number of measures to strengthen Canada's advanced research capacity. These investments will help make our community colleges world-class sources of research."

The \$12.5-million investment from the CFI's College-Industry Innovation Fund (CIIF) will support 17 applied research projects at colleges,

cégeps and polytechnics. The funding will help colleges across the country form partnerships with 89 companies. Minister of State Goodyear also highlighted several new Economic Action Plan 2013 measures. Among them was an additional \$12 million per year to support the College and Community Innovation Program that supports projects at the community and regional level by helping colleges work with local businesses. Economic Action Plan 2013 also extended eligibility for industrial research awards to students in colleges and polytechnics.

"Canadian colleges are an important player in our national innovation ecosystem," said Dr. Gilles Patry, President and CEO of the CFI. "The CIIF ensures that colleges have the state-of-the-art research infrastructure they need to conduct top level applied research."

Since 2006, the Harper Government has provided more than \$9 billion in new funding for initiatives to support science, technology and the

growth of innovative firms. Economic Action Plan 2013 builds on this strong foundation, helping to position Canada for sustainable, long-term economic prosperity and a higher quality of life for Canadians.

For more information on the Government of Canada's science and technology initiatives, visit the Science and Technology for Canadians website.

About the Canada Foundation for Innovation

The CFI gives researchers the tools they need to think big and innovate. By investing in state-of-the-art facilities and equipment in Canada's universities, colleges, research hospitals and not-for-profit research institutions, the CFI is helping to attract and retain the world's top talent, to train the next generation of researchers, to support private sector innovation and to create high-quality jobs that strengthen the economy and improve the quality of life for all Canadians. For more information, visit Innovation.ca.

The CFI's College-Industry Innovation Fund recognizes the role that applied research plays in supporting Canadian business. The CFI supports the spectrum of research activities, from fundamental discovery-driven research to applied research, along with private sector innovation.

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120th anniversary of the Montréal Women's Council - Montréal salutes the commitment of this pioneer movement

MONTREAL, April 17, 2013 - Mayor Michael Applebaum and Ms. Émilie Thuillier, vice-chair of the executive committee in charge of the status of women, attended yesterday the gala launching the 120th anniversary celebrations of the Montréal Women's Council (MWC).

"The commitment of these women who, for decades, have been part of the Montréal Women's Council, is a source of inspiration and shows Montrealeers' dedication to making our city a place where equality is a real part of everyday life. Often cited as a flagship city for gender equality, Montréal can count on allies such as the MWC to advance its ideas on the matter and position itself as a leader in the field of equality between women and men," said Mayor Applebaum.

Since 1893, the MWC has worked to improve the quality of life for local women, their families and Montréal society as a whole. Representing more than 30,000 women from all backgrounds in the greater Montréal area, the MWC is composed of five main committees in charge of issues such as education, health, housing, culture and the environment.

"For more than 120 years, the Montréal Women's Council has represented tens of thousands of women across the greater Montréal area working to improve living conditions in our community. The commitment of these women to making Montréal a more egalitarian city, whether in terms of justice, equal opportunities or social development, is to be commended. We are delighted to celebrate with you today and recognize all the women who have helped shape our history in their own ways over the course of the past 120 years," said Ms. Thuillier.

"2013 was a major milestone

for the Montréal Women's Council and offers us a wonderful opportunity to commemorate our organization's fascinating history. Our 120th anniversary is an occasion to highlight the remarkable work of our council over the past several decades and celebrate the involvement of some 80 active members and 70 organizations who, as a non-partisan coalition, work to improve the well-being and quality of life of women, families and the Montréal community," said Ms. Sandra Cohen-Rose, president of the Montréal Council of Women.

Over the years, Montréal has taken action in a number of ways to recognize women's participation in the city's social, cultural, economic and political development. Montréal's "Policy for Equal Participation in City Life by Men and Women" was adopted by the members of the executive committee in 2008. As well, in 2004, the city created the Council of Montréal Women and in 2005, it adopted the "Montréal Charter of Rights and Responsibilities," which focused in part on supporting equality between men and women.

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Editorial

What should we learn from the Boston bombings?

We all know that the world has changed since 9/11. The recent bombings of the Boston marathon continue to prove that indeed, we never can stop to wonder what will happen next, to whom and where. It is important to be vigilant and be aware of our environment for our own security and protection but at the same time, we have to continue living our normal life. To allow our fear to paralyze us is not the way to live.

The Bostonians have learned their lessons from 9/11. Not only have they reacted with firm resolve to find the perpetrators of this crime but they also have worked together, and continued with their normal life. Even with a lockdown that turned the city to a ghost town temporarily, they have managed to pull through it all and made it possible for authorities to do their job. It was amazing how the authorities swiftly found the perpetrators but for those who were the victims of this violence, it could have not come fast enough.

In the coming days, more work has to be done, many questions need to be answered in order to avoid this violence from happening again. But from what has been slowly revealed, there seems to be no way to completely eradicate the fundamentalists' influence or radicalization of young minds which has repeatedly proven to be deadly. How can we possibly know what goes on in a young person's mind? A teenager who has been described as happy, and lovely, to turn overnight into a monster is beyond comprehension.

Due to the gravity of many incidents that seem to crop up with

regularity, many people, including legislators have reacted emotionally and angrily against immigration reforms for they want to put the blame on immigrants, and Moslems, and on any other group that can be blamed for all the violence and tragedies happening nowadays. But more rational people believe that the best way to manage terrorism is to be prepared at all times to respond to any threat, use the proper tools to investigate any reports of suspicious activities, cooperate with all agencies and other nations in the fight against a common enemy.

What happened in Boston recently has given the world something to think about and learn from. The utmost speed of discovering the perpetrators of the crime was outstanding. It gave the people some confidence in their police force and FBI agents that they can respond to the challenge at any time.

On the other hand, we in Canada are beginning to feel some concern - will the same thing happen here? It did not take any time to know the answer as then we heard that there was a threat against Via Rail. Fortunately, it was discovered before anything could happen. We are indeed lucky to have our security people on the alert.

As most people agree, we are living in a changed world since 9/11 and we need to be more careful and aware of the dangers. Yet, we cannot let our fear control us. Like the Bostonians, we must carry on living a normal life.

Zenaida Ferry Kharoubi

Letter to the Editor

Conservative budget ignore today's challenges

Dear Editor,

Stephen Harper and the Conservatives have recklessly chosen to put all our national challenges aside in the new budget in order to contrive the semblance of a surplus before the next election. So much for all their claims about Canada's economic success. By putting politics before real, pressing needs, they are failing our families, failing our youth and failing our economy.

Nearly 225,000 more people are out work than in 2006, yet there is nothing significant in the Conservative plan to create jobs. There is not even a cent to reduce the double-digit youth unemployment that is scarring the careers of the next generation.

Not only are there too many workers without jobs, but there are also too many jobs without workers: employers are scrambling to find skilled workers to fill vacant positions. Yet the budget freezes funding for training at pre-recession levels and merely shuffles around existing money. Its signature training scheme will not be in place for another 5 years.

In Budget 2013, infrastructure investment falls like a stone, dropping annual funding of the Building Canada Fund from \$1.7 billion a year to a mere \$210 million a year for the next two years. Our cities are aging and need new roads, transit and sewers, yet municipalities planning to build them will be forced to wait years for substantial new

federal funding.

After promising to improve Canada's relationship with First Nations, Mr. Harper has failed to close the gap between federal funding for First Nations K-12 education and provincial schools. Young Aboriginals endure the worst education outcomes in the country and the continuing failure to address this federal responsibility deprives another generation—and our economy—of a prosperous future.

The budget also does nothing of significance to address the challenges in our forestry sector. It solidifies the assault on seasonal industries. And it makes our foreign aid—money that is supposed to help the poor abroad—into another arm of Conservative foreign policy by merging development assistance into Foreign Affairs.

On top of it all, these supposedly free-market Conservatives intervened in the mortgage sector to push rates up, potentially costing the average homebuyer thousands of dollars.

Canada's finances are strong enough to allow some flexibility. We need real action to support growth today and return the budget to balance in the medium term—not Conservative economic 'inaction'. Peoples' lives should come before political timelines.

Yours sincerely,

Bob Rae
Leader of the Liberal Party of Canada
613-944-5642

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From Page 1 Boston Bombing

said police set up a perimeter around the boat, and "over the course of the next hour or so, we exchanged gunfire with the suspect who was inside the boat."

Davis said he didn't know if the suspect had been wounded in the gunfire exchange or the night earlier.

Davis said the FBI hostage rescue team eventually entered the area and removed the suspect from the boat. He said the rescue team had tried to talk him out but that he was not communicative.

Davis said the suspect is in "serious condition" in hospital.

Dzhokhar Tsarnaev, the 19-year-old suspect wanted in connection with the Boston Marathon bombings, on the ground after being arrested in a Boston suburb. Dzhokhar Tsarnaev, the 19-year-old suspect wanted in connection with the Boston Marathon bombings, on the ground after being arrested in a Boston suburb. (Courtesy of CBS News)

The crowd that gathered near the scene let out a cheer when spectators saw officers clapping after he was detained.

Boston Mayor Tom Menino tweeted, "We got him."

Davis said police didn't know exactly where the suspect went after fleeing police following the overnight exchange of gunfire.

"We found some blood in a place where he might have spent some time in the middle of the night," Davis told CNN in an interview. "At some point he made his way about a



Katherine Russell Tsarnaeva, wife of killed Boston Marathon bombing suspect Tamerlan Tsarnaev, exits a car at the home of her parents in North Kingstown, R.I., on April 21. Katie Zezima/Associated Press

half mile, maybe a little farther, to the location of the boat."

The boat was "just outside" the perimeter of the search, Davis said, so teams didn't look in that area during their initial probe of the area.

"He holed up there until he was discovered by the boat owner." (Robin Young/The Lowell Sun/AP)

U.S. President Barack Obama thanked law enforcement officials involved in the investigation, but noted there are still unanswered questions.

"Among them, why did young men who grew up and studied here as part of our communities and our country resort to such violence? How did they plan and carry out these attacks, and did they receive any help," he said, adding that the victims deserve answers.

In an earlier news conference, State Police Col. Timothy Alben said

that he believed Dzhokhar Tsarnaev was still in Massachusetts because of his ties to the area. But authorities lifted the stay-indoors warning for people in the Boston area, and the transit system started running again by evening.

Lock down lifted

Massachusetts Gov. Deval Patrick lifted the lockdown that had been in place for Boston and some surrounding areas Friday evening around 6 p.m., after hours of door-to-door searching.

During the lockdown, people were urged to stay in their homes and lock their doors. Businesses were quiet, universities and colleges were closed and transit was shut down.

The FBI said Dzhokhar Tsarnaev, suspect in the Boston Marathon bombing, is now in custody. His brother, Tamerlan died after a

firefight. The FBI said Dzhokhar Tsarnaev, suspect in the Boston Marathon bombing, is now in custody. His brother, Tamerlan died after a firefight. (FBI)

Patrick said Friday evening that officials felt justified in ordering the lockdown.

"There was a firefight out here last night, some 200 rounds and explosives," the governor said during a news conference held in Watertown, the Boston suburb where the suspect was eventually captured.

"So we were very justified, I believe based on what we understood about the investigation, in taking what we knew was a big step in asking people to stay indoors where we went house-to-house here, and in other communities close by," Patrick said.

The Canadian connection to the Boston Marathon bombing suspects

During a news conference, law enforcement officials thanked people for their patience and paid respect to the victims.

"In our time of rejoicing, let us not forget the families of Martin Richard, Lingzi Lu, Krystle Campbell and Officer Sean Collier," Boston Police said on Twitter.

Richard, Lu and Campbell were killed when twin blasts ripped through an area near the finish line of the famed marathon on Monday.

Collier, a MIT police officer, died last night. Authorities say the Tsarnaev brothers gunned down the 26-year-old officer as he sat in his cruiser at 10:20 p.m. Collier had not drawn his weapon, officials say.



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What really are core values?

Compiled by Bernardo Sarmiento

Values are what motivate us. But when we use words over and over they become buzzwords which are...a word that has only vague meaning... because we can't define it. But we continue to use buzzwords and think we are communicating something to ourselves and to other people.

Politicians talk of family values...and everyone lets it pass because "everybody knows" what those are. But schizophrenic families don't have the same values as investment banking families.

So let's follow the rule Aristotle gave us for defining any term...a rule that scientists have followed ever since. You define a thing...or idea to show how it differs from other things and ideas. So how do personal values differ from core values and from other values?

Here's the rule.

What you're defining must belong

1.) to a general class (a genus)...and that general class must have

2.) examples in it that are specifically different from each other (species).

Great. Values is the general class and personal values...family values...and core values are separate species...that have to be different from each other. Here goes.

Values are in the general class of ...strong desires that lead to action...either 1.) to keep something...or 2.) to get something.

A politician desires to keep her senate seat as a base...to gain the presidency.

So each sub species of values will have strong desire that leads to action in common. But then...they must be different in other ways.

So here goes. Let's define them to

see what their differences are.

Personal values

...would be strong desires that make you take action to keep or to get something...that enhances you as an individual. Family values are group oriented.

For example... Sue...who's an actress...goes after and gets a new type of role...to keep her popularity at the box office high. She takes action on these values to make them reality.

Bob is a physicist who wants to...get...a publisher for his new book so he can...keep...his scholarly reputation as a man on the cutting edge of science.

Peter...a generic kid...wants to get a mountain bike...so he sweeps company parking lots after school to keep the money coming in.

You get the idea...a value is a strong desire...plus relevant action...to get or keep something.

Family Values

...are strong desires to be identified publicly as a group called the Joneses or the Smiths...or the clan MacDonald. And to keep the rules and image of that family intact...a parent will tell an adolescent... "As long as you live in my house...you will abide by my rules." A MacDonald only wears the clan tartan...no one else's. The Hatfields don't marry McCoy's.

Family values reflect common commitment among the members to get or keep...

house rules

Christmas traditions

birthday traditions

occupation selection

family secrets

clan loyalty...etc.

Core Values

...are the strongest desires of a person on which their other values rest. The probably untrue legend of George Washington makes the point well...when he supposedly said... "Father...I cannot tell a lie...I chopped down the cherry tree." He kept to the truth...regardless of what he would get as the consequences.

Unlike personal values where what you keep...a senate seat...is tightly connected to what you want to get...the presidency...core values are things you feel strongly enough about to keep regardless of what you get.

The early Christian martyrs kept their faith...despite getting the run around from the lions in the arena.

Your core values are those strong desires which you will not yield on. They are the bedrock of your life...your morality...your other goals and your actions.

Patrick Henry made it clear that he would prefer death...if he could not keep his liberty. Liberty was the core value on which all else in his life depended.

What about people who have strong desires but nothing seems to work in their lives? They lose their jobs...they don't get the jobs they want...they never get ahead.

A couple of things could be awry...one possibly...the other definitely.

Possibly people may not have a strong enough desire for what they say they want. Many people want a better job...but...they say...the benefits here are too good to pass up. It's good benefits they want...not a better job. They find something to use to explain their desire away.

And so what's missing is...they take no action. They only...wish...for a better job.

But values result in action. Wishes

have to be granted by somebody else taking action on your behalf...like Santa Claus...or the munchkins of the lottery who...you hope and pray...are frantically looking for your ticket before the drawing deadline.

The other problem people definitely have when their lives do not go according to their stated values or desires is...they do not want enough. They don't think big enough and so...they are not motivated to take action. Someone once said he wanted to make "a pile of money" by the time he was thirty.

But when he was offered a job at \$15 an hour...he turned it down...said it wasn't worth his while going out all day for \$15 an hour. You couldn't make real money at that rate.

To motivate yourself to act on your desires...desire on a big scale. If you want to make a hundred thousand dollars this year...go ahead. But you'll get up earlier and work longer...smarter...and use every resource you have...find every resource you don't have...if you make that goal one million dollars. It takes the same amount of smarts and energy to make a million as to make a hundred thousand dollars.

To get the action you need to make your values real...think big...and then up the ante on yourself and think even bigger.

Ask a lot of life...then get active and do the homework...so you won't have to wish for your life to pay off.

Thomas Drummond, Ph.D. is trained in clinical, developmental and neuropsychology. He has worked with the problems of clergy and religious of the Catholic Church for more than 20 years. Many had ministry values that were not strong enough to motivate them. And so they became bored and looked for meaning in ways that were contrary to the strongly held values of their church and religious congregations. Learn more at <http://www.boundaries-for-effective-ministry.org/corevalues.html>
Article Source:

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Dear EarthTalk: I hear the term "greenwashing" a lot these days but am still not sure exactly what it means. Can you enlighten?
-- Ruth
Markell, Indianapolis, IN

In essence, greenwashing involves falsely conveying to consumers that a given product, service, company or institution factors environmental responsibility into its offerings and/or operations. CorpWatch, a non-profit dedicated to keeping tabs on the social responsibility (or lack thereof) of U.S.-based companies, characterizes greenwashing as "the phenomena of socially and environmentally destructive corporations, attempting to preserve and expand their markets or power by posing as friends of the environment."



Greenpeace is leading the charge against what has come to be called greenwashing: "The average citizen is finding it more and more difficult to tell the difference between those companies genuinely dedicated to making a difference and those that are using a green curtain to conceal dark motives."

One of the groups leading the charge against greenwashing is Greenpeace. "Corporations are falling all over

themselves," reports the group, "to demonstrate that they are environmentally conscious. The average citizen is finding it more and more difficult to tell the difference between those companies genuinely dedicated to making a difference and those that are using a green curtain to conceal dark motives."

Greenpeace launched its Stop Greenwash campaign in 2009 to call out bad actors and help consumers make better choices. The most common greenwashing strategy, the group says, is when a company touts an environmental program or product while its core business is inherently polluting or unsustainable. Another involves what Greenpeace calls "ad bluster": using targeted advertising or public relations to exaggerate a green achievement so as to divert attention from actual environmental problems—or spending more money bragging about green behavior than on actual deeds. In some cases, companies may boast about corporate green commitments while lobbying behind the scenes against environmental laws.

Greenpeace also urges vigilance about green claims that brag about something the law already requires: "For example, if an industry or company has been forced to change a product, clean up its pollution or protect an endangered species, then uses PR campaigns to make such action look proactive or voluntary."

For consumers, the best way to avoid getting "greenwashed" is to be educated about who is truly green and who is just trying to look that way to make more money. Look beyond advertising claims, read ingredient lists or ask employees about the real skinny on their company's environmental commitment.

Also, look for labels that show a given offering has been vetted by a reliable third-party. For example, the U.S. Department of Agriculture's Certified Organic label can only go on products that meet the federal government's organic standard. Just because a label says "made with organic ingredients" or "all-natural" does not mean the product qualifies as Certified Organic, so be sure to look beyond the hype.

Even some eco-labels are suspect. If you see one you don't recognize, look it up on Ecolabel Index, a global directory tracking 400+ different eco-labels in 197 countries across 25 industry sectors. The free online resource provides information on which company or group is behind each certification and whether or not independent third-party assessments are required.

CONTACTS: CorpWatch, www.corpwatch.org; Greenpeace Stop Greenwash, www.stopgreenwash.org; Ecolabel Index, www.ecolabelindex.com.

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Dear EarthTalk: What's the prognosis for Hawaii's coral reefs in the face of global warming, invasive algae and other environmental threats?
-- Bill
Weston, San Francisco, CA

Despite sweeping protections put in place near the end of George W. Bush's

not worse." Lilly worries that the entire reef system surrounding Kauai may be losing its ability to fend off pathogens.

Meanwhile, some 60 miles to the east across the blue Pacific, an invasive algae introduced for aquaculture three decades ago in Oahu's Kane'ohe Bay is also spreading quickly. Biologists are concerned because it forms thick tangled mats that soak up oxygen in the water needed by other plants and



Poisonous run-off, rising ocean levels, increasingly acidic waters and overfishing are taking their toll on Hawaii's reefs and the marine life they support. Biologists are working hard to stem the problem but must now deal with invasive algae that are compromising the whole reef system.

presidency for large swaths of marine ecosystems around the Hawaiian Islands, things are not looking good for Hawaii's coral reefs. Poisonous run-off, rising ocean levels, increasingly acidic waters and overfishing are taking their toll on the reefs and the marine life they support. Biologists are trying to remain optimistic that there is still time to turn things around, but new threats to Hawaii's corals are only aggravating the situation.

To wit, a previously undocumented cyanobacterial fungus that grows through photosynthesis is spreading by as much as three inches per week on corals along the otherwise pristine North Shore of Kauai. "There is nowhere we know of in the entire world where an entire reef system for 60 miles has been compromised in one fell swoop," biologist Terry Lilley told The Los Angeles Times. "This bacteria has been killing some of these 50- to 100-year-old corals in less than eight weeks." He adds that the strange green fungus affects upwards of five percent of the corals in famed Hanalei Bay and up to 40 percent of the coral in nearby Anini Bay, with neighboring areas "just as bad, if

animals, in turn converting coral reefs there into smothering wastelands.

"This and other invasive algal species...don't belong in Hawai'i," says Eric Conklin, Hawaii director of marine services for The Nature Conservancy, which works to protect ecologically important lands and waters worldwide. He adds that there are not enough plant-eating fish to keep them under control.

Biologists are working hard to battle the algae in and around Kane'ohe Bay. Conklin and his colleagues from the Conservancy have joined forces with researchers from the state of Hawaii to develop an inexpensive new technology, dubbed the Super Sucker, which uses barge-based hoses and pumps to vacuum the invasive algae away without disturbing the underlying coral.

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Beyond the Pale

with Bernardo Sarmiento

A LOCAL PRIEST CALLED DEMON BY THE DEVIL

It is more pitiful than ludicrous that the usual devilish couple has the effrontery to call St. Kevin's Church parish priest a demon just for allegedly throwing copies of their trashy newspaper into the garbage bin. The couple's iniquitous indictment of said priest is a kneejerk reaction that is even more strikingly hypocritical because for years they have been doing to innocent people something much more demonic than dumping copies of a newspaper. It is chutzpah of the highest kind, and most likely the effect of being afflicted with narcissistic personality disorder. Now that we have a priest in the picture, perhaps the most propitious time to exorcise the malignant influences and evil spirits that have been lurking inside that devilish couple for a very long time has finally arrived. If he would act quickly, maybe the reverend could still save them from perdition.

The devil calling a priest a demon for keeping his parishioners from reading smut is akin to Moammar Khadafy calling Barack Obama a terrorist when the latter ordered the invasion of Libya to free the Libyans from the claws of a ruthless dictator. At any rate, I am surprised that the devilish couple referred to took umbrage when the kindly priest threw a pile of garbage. Is it not what normal people do to their garbage in the first place? Oh, I forgot! Those devilish people are not normal so instead of discarding their garbage, they even produce more and more of it every month on average, circulate it in the community, and then get mad when sane people would rather dump it than waste their time to read it.

Reportedly, the female half of said devilish couple is running in the next FAMAS election for an unknown position, but presumably treasurer because they always want to be where the money is. I hope the report is true so that we will finally know which will prevail between the collective opinion

of the community that she could never win in an election in this town and the boast of her husband that she is a sure winner if she runs.

By the way, she was a candidate in two elections already but lost as many times to lightweight opponents. If indeed she will run again, she might be lucky to win this time provided that she goes back to her maiden name, have some facial makeover and send her husband to a far-flung country and stay there excommunicated from Canada till the election is over. The implication is that almost the entire community finds her husband boastful and mendacious, and therefore his presence will likely pull her even further down to ignominy.

FOR SOME PEOPLE A EULOGY IS ANYTHING BUT

Less than two years ago, a community member who flatters himself that he is a leader delivered a eulogy. His speech was acceptable until he abruptly veered away from what a eulogy should be. Instead of praising the deceased for the good deeds that he had done on earth, which is what a eulogy is supposed to be in the first place, the speaker resorted to a political speech lambasting all those people (who happened to be in the audience) who made the deceased's life difficult, particularly when the deceased was president of FAMAS. Almost immediately, a collective gasp of disbelief reverberated through the church chockablock of mourners, and they probably wished that somebody would pull the speaker out of there, turn off the microphone, or simply put a duct tape on his mouth so he could not speak anymore.

During a more recent event at St. Kevin's Church, the figurehead of a community political party who was irresponsibly determined on becoming FAMAS president eulogized a dead ally. Rather than heaped praises upon the deceased, he made, inadvertently

or not, a number of not-so-complimentary remarks about the former that effectively turned [what was supposed to be] a eulogy into a dyslogy. Listening to it seemed so excruciating for the priest to endure that he stopped the speaker from speaking any further. Such stoppage did not sit well to the devils in the audience that they started calling the priest a demon.

That speaker was the same person who boasted in an interview before the last FAMAS election that his greatest achievement was marrying his wife as if that was the kind of achievement the electorate was looking for in a leader. He is so prone to gaffes that his handlers should do a better job of training or educating him. But then again, if he needs more training or educating, which he does, I don't think he's already primed to be president of an organization with more than half a million dollars in assets, about 4000 members and many ambitious projects to fulfill.

CREAM OF THE CROP VS SCUM OF THE EARTH

No matter how glowing and impressive a nominee's resumé, it still cannot replicate that nominee's core values and attitude toward other people. What I am trying to say here is for the screeners and judges not to let mere resumé submitted by the nominees' respective nominators mesmerize them. For all we know, overzealous nominators, or even the award-crazy nominees themselves might have over-embellished those resúmes. Worse yet, some of the information provided may not be true and factual at all. There are people in our community who say they are this and they are that but in reality, they are neither.

The screeners and judges should also remember that "all that glitters is not gold." They should watch out for that particular potential nominee who has the tendency of gilding her resumé with specious pretenses of Godliness, forgiveness, charity, tolerance, unity, decency, honesty, transparency, and what have you. That person loves to write and moralize on forgiveness, unity and transparency, but nobody else could be more vindictive, more divisive and more opaque than she is. She is a Janus-faced who always says one thing but does another, mostly the opposite. She does not merit an award, especially the FAMAS Awards.

FAMAS should never make a

mistake of paying tribute to hypocrites and bullies that populate our community. Doing so will send a wrong message that if you malign members of the community relentlessly for years on end, people will honor and lionize you in the end. This is what the screening committee should look out for more closely to make sure that the selected nominees and eventual winners are truly the most deserving ones. Otherwise, the hallowed award will be desecrated, and decent and genuine achievers and potential awardees, such as Ms. Maggie Calcetas, Mr. James de la Paz, Ms. Norma Vohra, Mr. Bert Abiera, and Mr. Willie Quiambao, to mention just a few, will be insulted. If the awards go to the wrong people, the FAMAS Awards will go the way a particular once-prized nobility award had gone after a group of frauds gave it to a fellow fraud.

It is unimaginable that a depraved person who is a no respecter of truth and a self-styled community leader who is an annoying bully and archetypal hypocrite will receive awards from the very organization that they have been running roughshod over for so many years. If that happens, FAMAS will end up honoring the scum of the earth instead of the cream of the crop. Moreover, nothing could be a more hilarious parody of conferring awards than that.

THE NEWEST MEMBER OF THE FAMAS COMELEC

Ms. Angie Ogerio, a former FAMAS president and who illegally inducted the usurper of the FAMAS presidency into office shortly after the last election, is now a member of the FAMAS Committee on Elections (COMELEC). The current COMELEC chairperson can hardly wait to hear her explanation on why she agreed to induct said usurper when she knew all along that it was in contravention of the decision of the duly constituted authority. More interesting than that is what she would do in case a similar incident happens now that she is a part of the committee whose reasonable decision she advised her losing candidates to defy. Would she now flip-flop and start to see things from the COMELEC's point of view? Our readers might also want to know what her position is regarding the illegal registration of FAMAS under the name of the losing presidential candidate she sworn in leading to the freezing of the association's bank

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Beyond the Pale

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Iba't Ibang Ugat Sa Olympics

Maraming salamat, Jane Almeida, Manager, Media Relations ng Canadian Olympic Committee Media Office, sa iyong imbitasyon noong Marso 26, 2013. Umaasa ang pitak na ito na hindi maglalaon at makakabilang na rin ang isang buhat sa Pilipinas para

manlalaro na ginawang pangalawang tahanan ang Canada.

(Ang sumusunod na salaysay ay halimbawa ng mga kuwentong kutsero o kuwentong barbero na palipat-lipat at hindi na matunton ang tunay na may akda. Narinig ko ito kay G. Manuel Legasca, isang pinagpipitagang kaibigan . . . Mang Bert)



Mula sa kaliwa: Alberto Santos, Edna Lorenzo, Zenaida Kharroubi, Willie Quiambao, Dimitri Soudas (Executive Director, Communications), Victoria Poon (Swimming), Sergio Pessoa (Judo), Mr. Marcel Aubut (President, Olympic Committee), Sandra Sassine (Fencing), and Achraf Tadili (Athletics). Kuhang larawan ni Budz Sarmiento, 26 Marso 2013, Sheraton Centre.

iwagayway ang bandila ng Canada sa Olympics.

Taimtim na pagbati sa patuloy na tagumpay nina Sergio Pessoa galing sa Sao Paulo, Brazil, Achraf Tadili, galing sa Casablanca, Morocco Victoria Poon, galing sa Hong Kong, China, Sandra Sassine, galing sa Chibougamou, Quebec, at iba pang

Thousands Rally Demanding Comprehensive Immigration reform, Groups Call for Sustained Actions to Achieve Dignity and Justice for Immigrants

Jersey City, NJ- Anakbayan New Jersey, American Friends Service Committee (AFSC) and Action 21 marched with other community organizations, union members, church groups and families who gathered by the thousands at Liberty State Park on April 6.

People from across New Jersey mobilized to demand the immediate passage of a Comprehensive Immigration Reform (CIR) bill. They carried signs saying, "We are not invisible. We are immigrants" and "NJ Demands Fair Reform," while shouting, "The time is now for immigration reform!" U.S. legislators are expected to release a CIR proposal upon their return from Spring Recess this week.

According to Anakbayan, the inefficient, inhumane, profit-oriented character of the U.S. immigration system has been exposed throughout the years. In addition to the estimated 12 million undocumented immigrants in the U.S. with no path to legalization, millions more are held up in the limbo of decades-long

backlogs in visa processing for family and work-based petitions. Moreover, U.S. taxpayers spend an average of \$2 billion a year on detaining immigrants in private prisons contracted by the government in its crusade to eliminate the undocumented.

"Ideally, the CIR proposal should address pressing issues such as separation of families, human trafficking and modern day slavery. It should also recognize the global system that perpetuates poor living conditions in developing nations, which lead to the influx of migrant workers to the US," said Bea Sabino, Chairperson of Anakbayan NJ.

"We aim to promote migrant people's narratives, and continue to organize the immigrant community in order to sustain the people's movement for genuine immigration reform. We demand a realistic path to legalization for all migrants, just and fair working conditions, equal access to education regardless of immigration status, and an end to criminalization and illegalization of

Kaugaliang Pinoy ang pinairal ni Mang Maning. Iligaw ang pusa at bahala na siyang humanap ng huling hantungan tulad ng ginagawa ng mga elepante.

Isang araw ay inilagay ni Mang Maning si Muning sa bayong at inilagad nang malayo sa paligid-ligid ng magkakapit-bahay para hindi na makabalik sa kanila. Nang dumating si Mang Maning ay sinalubong siya ni Muning na una pang nakauwi.

Pangalawang araw ay naisip ni Mang Maning na isakay sa bus si Muning hanggang dulo ng siyudad. Doon niya iniwan si Muning. Pagbalik ni Mang Maning sa bahay ay napabuntong-hininga siya at wala na si Muning. Nakatulog siya nang mahimbing hanggang sa pagsapit ng umaga ay ginising siya ng mga kaluskos sa paminggalan. Nandoon si Muning at naninimot ng makakain.

Pangatlong araw ay tiyak na ang plano ni Mang Maning. Nilagyan muna ng piring sa mata si Muning bago isinilid sa isang sako.

Gumupit naman ng mga butas para makahinga ang pobreng pusa bago inilagay sa kaban ng kotse at nagtungo ang mag-amo sa kagubatan bandang hilaga ng siyudad.

Ipinarada ni Mang Maning ang sasakyan sa tabi ng poste na may tatak na 100 km. Bitbit ang sako ay ipinasok ni Mang Maning ang gubat at nang inaakala niyang ligaw na ligaw na si Muning ay kaniyang inalpasan.

Bigla na lang nabasag ang katahimikan ng gubat at nalunod sa hiyaw ni Mang Maning ang nag-aawitang mga ibon, "MUNING! Muning! Mun-i-n-n-n-n-g! HINTAYIN mo AKO!!!

Nag-birthday Si Pechay

Pichu: Ang galing ng birthday party mo, Pechay. Kaya lang, nabitin kami.

Peras: Oo nga, e!

Pechay: Bakit??? Hindi ba kayo

immigrants," concluded Sabino.

Anakbayan NJ and its allied organizations urge the community to participate in the conversation about CIR and take an active role in holding elected officials accountable to upholding the rights of immigrants at the local, state and



nabusog?

Pichu: Hindi sa ganoon. Busog na busog nga kaya hindi kami nakapaglaro kaagad.

Peras: Tama si Kuya Pichu. Akalain mo, pati ang bote ko ng gatas puwede ang refill.

Pechay: Ganoon pala naman, e saan pa kayo nabitin?

Pichu: Aba, bago pa lamang kami naglalaro pagkatapos matunawan ay nag-aya na si erpat na umuwi.

Peras: Killjoy! Kuya, killjoy ang tawag sa ganoon.

Pechay: Ngekl!

Aral ng Salaysay

Pichu: Maiba tayo ng usapan. May napulot ba kayong aral sa kuwento ni Lelong?

Pechay: Para sa akin lang, "katapatan ng isang pinakain at inalagaan."

Pichu: Ikaw, Peras, ano ang say mo?

Peras: May mga taong tumanda nang walang pinagkatandaan.

national level.

CIR is long overdue. "Panahon Na (The Time is Now)! A Community Forum on Comprehensive Immigration Reform" is taking place on Sunday, April

See Page 10

Anak Bayan

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COMMUNITY NEWS

Pamana, Ambassador of Goodwill

by W. G. Quiambao

If there's one dance group in Montreal that deserves honour and recognition, it's the Pamana ng LuzViMinda. It's performing in Spain and Portugal from July 28 to August 14 as a

performed in Slovenia, Croatia and Czech Republic where it received a standing ovation and accolades from about 7,000 people who watched their performances.



Cordillera picture was taken in Maribor, Slovenia

representative of the Philippines and Canada.

"The Council of International Organization of Folklore Festival (CIOFF), the organizer of the festival, invited us," said Veraida Bermejo, president of Pamana.

Pamana, one of the most recognizable dance groups in Quebec, has performed locally and internationally. It has performed in various Canadian provinces like Quebec, Ontario and Alberta. In 2010, it

"In the past, our approach was to tell a story with folk dancing," said Bermejo. "Our approach now is to talk about Pamana as an organization - why it's successful, why we love being a part of it, etc."

Pamana ng LuzViMinda will have a performance on April 27 at Salle Brebeauf, 5575 Decelles Ave. Tickets cost \$25 for adults and \$15 for children 12 years old and under. For more information, please call Veraida Bermejo at (514) 501-0584.



Group picture taken in Slovenia, Croatia

PABASA, a Filipino tradition during Holy Week

By W. G. Quiambao

Picture this - a group of about 40 Filipino seniors, men and women, reading and chanting before a makeshift altar at the basement of the FAMAS Community Centre, and on the other side, near the stairs going to the first floor, some of the readers and chanters help themselves on the meatless meals that include fried tilapia, grilled salmon, pansit. The occasion is Pabasa, a Filipino tradition also known as Pasyon.

"It started at 3:00 p.m. yesterday and will end at 3:00 p.m. today," said Rose Litan last Good Friday, February 29. He has been sponsoring the Pabasa for four years. "A friend of mine used to sponsor the Pabasa but when she asked me if I wanted to continue it, I said yes. For the Lord Jesus Nazarene."

In the Philippines, the members of the group who practise

Pabasa usually take turns reading and chanting the verse from the book known as the Pasyon. It is about the life, sufferings, death and resurrection of Jesus Christ. The verses are structured in five-line stanzas with each line containing eight syllables.

The Pabasa was introduced to the Filipinos by the Spanish friars. The practitioners of Pabasa participate in the ritual to show their devotion to the Catholic faith during the Holy Week. Pabasa is also an expression of communal activity.

Ebbie Landicho has been participating in the Pabasa at the center. "It used to be at the St. Kevin's church. The organizer usually invites her friends to join the Pabasa. The friends usually bring food. It's pot luck. It's good to know that our beautiful traditions like Pabasa during the Holy Week is continued."

From Page 7 Beyond the Pale

account and the virtual existence of two FAMAS organizations. Would she acknowledge that what they did was wrong?

By the way, the current president of FAMAS, with the approval of her Executive Board, appointed early on one of her nemeses to the Board of Trustees. Such appointment caused raised eyebrows. Some of her loyal supporters thought that she was naïve, at least politically, for having done that. Recent development proved that she did not agree with her supporters' characterization of her because she appointed another one, this time to the COMELEC. She is steadfast in her belief that those two major appointments are a good step toward peace and unity that have eluded the community for years because of too much bickering between and among opposing factions.

That is very good in theory, and very idealistic. However, anyone who knows those people on the other side of the political fence and their mindset on the current leadership of FAMAS knows that a little ego stroking is not going to get those said people behind a meaningful peace deal or genuine cooperative effort. This corner is not convinced that they would

ever, but I hope this corner is wrong.

CONSPIRACY TO OUST THE COMELEC CHAIR

According to the luxuriant grapevine, four members of the present FAMAS Executive Board (EB) had started a conspiracy to fire the COMELEC chairperson from his post. Led by a goody-two-shoe, the Gang of Prudes thought that said chairperson was not suitable for the office because of his lifestyle. Adamant at first, the group relented only when one of the chairperson's staunch supporters threatened to quit his important post in FAMAS if they would go on with their plan. Said supporter told the group pointblank that their reason for wanting to fire the chairperson was a thin, implausible reed to cling to since his private life was not, and should not be, the EB's business.

The Gang of Prudes further argued that since the EB appointed him, it could also fire him. Their argument is fallacious since Article XI; Section 2.3.4 of the FAMAS Constitution and Bylaws guarantees the tenure of COMELEC members. That particular stipulation states that members of the COMELEC shall serve for five years. The EB appointed the original members of the current COMELEC in April 2011, and their tenure will end in April 2016. The replacement members will end their tenures in April

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Al Abdon

Practice makes perfect

In my computer class I always ask my students to practice using the computer in order to retain what was taught. If students never touch a computer until the next lesson, I assure them nothing will come out of the course even it takes months to complete.

It is the same in photography. If you want to take good pictures, you really have to work hard to understand settings on your camera, look at sample photos and apply what you have understood.

When I was a student of photography many moons ago, my instructor often showed his portfolio before the class began. After showing a few pictures, we inevitably would raise our hand and ask, "How did you shoot that one?" He would tell them the answer, and then he would show them how to practice guessing camera settings so that they would know what to use in any situation.

The very best way to shoot like a pro is to analyse the work of the pros. Most photographers probably know that cameras save information about what camera settings were used to take a photo, and the information is saved in the jpeg image file. Some websites, such as Flickr, make this information easily viewable so photographers can see how other photographers created a photo.

To view this information on Flickr, find a photo and click the small text link on the top right of the screen that reads the name of the camera that shot the picture. Clicking this link will bring up a new page showing all of the camera settings the photographer used.

This photography workout simply requires going to Flickr or any other photo sharing website, finding good photos, and then carefully reviewing the EXIF data from the pictures. Ask intrinsically why the photographer chose those settings and what camera settings could be changed in order to improve the photograph.

When this photography exercise is implemented, the question, "How did he take that picture?" is asked much less often. With practice, knowing the correct camera settings is easy.

One Shot?

Most photographers take tens of thousands of pictures over the course of a year, but only a handful of those photos really stand out enough to make their way to your portfolio of best images. Many good images may be captured during each time shooting, but rarely is an image captured that is truly stunning.

While all photographers understand this fact, their photography

techniques rarely reflect it. Most photographers shoot hundreds of images and hope that some of them reach the level of quality necessary to make it into the portfolio.

Though this method of never missing the moment has some merit, it also teaches photographers that if the first or second photo of a scene does not turn out, it is acceptable to simply forgive and forget the mistakes and move on to something else. Therefore, this straightforward exercise is designed to work that bad habit out of photographers: Go out and shoot, but do not return home with more than one photo. Click the shutter more times, yes, but delete each photo if it is not perfect.

Implementing this photography workout will teach photographers not to give up on a shot until it is perfect.

Ten Shots, One Subject?

This workout works almost the opposite of the second exercise, but it has a similar purpose—keep shooting to capture the perfect shot.

To practice this technique, find one subject and work to capture ten photos of that same subject before leaving. One time our instructor brought us to Old Port to take photos and present them in class as our portfolio. We all went to the pier facing the Old Clock Tower and all of us set up our tripods at the exact same spot immediately upon arriving at the Old Port. Our photo included all of the pier and the Clock Tower behind it. This was a perfectly reasonable composition, but then we had a difficult time thinking of new ways to photograph the pier in an interesting way.

The instructor asked us to all take 10 different shots of the pier. We struggled at first, but eventually ended up with beautiful photos. We photographed tiny details on the pier, captured photos of the water splashing up against the pier pilings, and shot the pier as a silhouette against the sunset. Soon the students discovered their initial photo of the subject was not quite as strong as the photos we took as we forced ourselves to try new things.

When something captures your eye, don't leave until you have shot that same subject in ten different ways.

As you practice your photography skills rather than simply shooting and hoping to improve, you will feel more confident in your ability to come out of any shoot with creative and technically-correct photos.

Al Abdon

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From Page 8 Anak Bayan

21, 3-5pm at Pope Hall, St. Peter's University, 115 Glenwood Avenue, Jersey City, NJ 07306.

Everyone is invited to listen to stories of immigrants from different backgrounds who are coming out of the shadows to fight for immigrant rights. The

forum will also discuss how immigration reform will affect the community and how individuals can get involved in making history happen.

For more information on how to take part in the campaign for Comprehensive Immigration Reform in Jersey City, contact Anak Bayan NJ at anakbayan.nynj@gmail.com. --



The crowd that demonstrated to demand CIR (Comprehensive Immigration Reform), April 6, 2013

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Canadian Olympic Team meets multicultural media

by W. G. Quiambao

The Canadian Olympic Committee invited the Canadian multicultural media on February 26 at Sheraton Hotel to promote the Canadian Olympic. More than 25

Following his speech, Aubut introduced the four Olympians who spoke of their own experience in Canada as part of their different cultural communities:

Sandra Sassine, 33, from Montreal, Que. is a fencer. She is a

every day for my work ethic and my ability to focus on what I want."

Sergio Pessoa, 24, from Montreal, Que. is a 2012 Pan American silver medalist (60kgs) in judo. He started in judo at age 4. "I'm extremely pumped for Rio in 2016," said 2012 Olympian and Brazilian-born Pessoa. "Representing Canada in my country would be incredible. It would be amazing to see my family and friends from Brazil cheering for me. Winning a medal in Rio would be a dream come true."

Achraf Tadili, 32, from Laval, Que. is 2003 Pan American Games champion (800m) and 2006 Commonwealth silver medalist (800 m). Tadili's transformation from soccer player to track and field athlete began

at his uncle's farm when he was 17. One day, a guard dog broke loose and began to charge towards him. He sprinted as fast as he could to escape the dog. His uncle then suggested that he join the track and field club. "Being part of the Canadian Olympic team means that you are representing all Canadians, which I believe is a very important thing to remember," said Tadili who was born in Casablanca, Morocco. "I think we need to work hard to reach out to Canadians of every background and origin."

Four prize giveaways were drawn and one of the lucky winners was Ferry-Kharroubi. The members of the media had a chance to interview the athletes and pose for picture taking with them.



Olympic Committee President Marcel Aubut (2nd from the right) poses with the staff of the North American Filipino Star - Willie Quiambao, community news editor, Zenaia Kharroubi, publisher & chief editor, Edna Lorenzo, staff assistant, and Al Abdon, columnist. Photo: Budz Sarmiento.

people from the media representing various ethnic groups such as Venezuelan, Lebanese, Indian, Chinese Spanish, Filipino and many other groups attended the event. Zenaia Ferry-Kharroubi, Budz Sarmiento, Bert Santos, Al Abdon, Edna Lorenzo and yours truly represented the North American Filipino Star..

After a video of the athletes in actions was shown, the emcee, Dimitri Soudas, introduced Marcel Aubut, president of the Canadian Olympic Committee. "The Canadian Olympic Committee believes in the unifying power of sport," said Aubut. "Culture and sports connect us as human beings. We see ethnicity everywhere - classroom, boardroom, media. Athletes deserve coverage in the media.

No matter what your background is - race, creed or origin, sport speaks to us all. It transcends culture and connects the human race around the world in peace, as only sport can. Sports deserves to be covered by the media."

nine-time Olympic champion. In 2010 and 2011, she was a Pan American silver medalist (individual sabre) and in 2007 and 2012, she was a Pan American bronze medalist (individual sabre). Sassine said, "Being a member of the Canadian Olympic Team is part of a family legacy of fencing that spans continents. My amazing father came over from Egypt at the age of 25 when he was at the height of his fencing skill. As a fencing coach and back in our town of Chibougamu, Que, he's helped shape 8 Olympians. I'm incredibly proud that our family's for sport from Egypt to here in Canada and that connection is very much a part of who I am today."

Victoria Poon, 28, from Lasalle, Que. A swimmer, she is a Canadian record holder, 50m freestyle in 2010 at Pan Pacific. "Our family immigrated to Canada from Hong Kong when I was 11 and I learned from an early age that success came through hard work and never settling for anything other than excellence," Poon said. "Though I don't always tell them, I thank my parents



From left: Victoria Poon, Canada's top female freestyle sprinter, Edna Lorenzo, and Achraf Tadili, 800m gold medalist at the 2003 (800m) Pan American Games and silver medalist at the 2006 Commonwealth Games (Photo: Bernardo Sarmiento)



Souvenir photo with Sandra Sassine, (on the left) nine-time Canadian Champion - 2010 and 2011 Pan American Silver Medalist (individual sabre) - 2007 and 2012 Pan American Bronze Medalist (individual sabre), and on the right, Achraf Tadili, 2003 Pan American Games champion (800m) and 2006 Commonwealth Games Silver Medalist (800m).



The whole staff of the North American Filipino Star pose for a souvenir photo of their presence at the Olympic Committee reception at the Sheraton Centre, March 26, 2013 - Willie Quiambao, Zenaia Kharroubi, Bernardo Sarmiento, Edna Lorenzo, Alberto Santos, and Al Abdon.

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North American FILIPINO STAR PHOTO GALLERY



Gilmore College International organized a sugaring off party (cabane à sucre) on April 7, at La Goudrelle in Mont St. Gregoire. Students and their friends pose for a souvenir photo before starting the sugaring party.



Seated from left to right, Neille Alonso, Rina Boco, Romy Boco and Mark Bergonio, special guests of Bert Santos, standing behind



Sojeong Lee, a tourist from South Korea, enjoying a delicious maple syrup taffy with Julie Ramos, an alumni of Gilmore College.



Sugaring is always fun when one takes the maple syrup from the snow. Alberto Santos, The Filipino Star Tagalog columnist, is about to take his share of the maple taffy with Edna Lorenzo. Arlene Manalo waiting for her turn is not looking at the camera, in the foreground.



L-R: Julie Ramos, Ben Bade, Magnolia Camat, Zenaïda Kharroubi, Arlene Manalo, photographed together at the sugaring off outing of Gilmore College International, April 7th.



L-R: Novy Maximo, Ricardo Fernandez, Sojeong Lee, an unidentified guest, Mildred Mendoza with her son, Kenyon, and Precy Billones, posing with the horse and buggy, after their ride.



Remy Amila, (seated) is flanked by her classmates and teacher, for a souvenir photo of her birthday on April 19 which she celebrated at Gilmore College on Monday, April 22, 2013. Standing L-R: Lyheang Sok, Zenaïda Kharroubi, Zenaïda Garcia, Joseph Cempron, Kimfung Cheng, Armie Tula, and Sokun Soy.



"Together We Can End Poverty" a concert organized for the victims of Pablo in the Philippines by Gawad Kalinga at the Oscar Peterson Hall, Saturday, April 13, 2013. Volunteer participants, including the emcee, Freddie Espinosa, and Gawad Kalinga coordinator, Amir Billones, are on stage for the finale.



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Photo taken during the PAB/PSW graduation ceremony on October 7, 2012. From left (front row) Annabelle Allosa, Ethel Tugna, PAB instructors Terry White and Amy Manon-og, Director-General Zenaida Ferry Kharroubi, PAB instructors Edith Fedalizo and Josefina Toledo, and Lourdes Lubang. Standing (L-R): Grace Calvo, Vilma Lagonilla, Mildred Mendoza, Giselle Arellano, Marilou Hechanova, Edison Taguba, Annie Signey and Joesie Bingayen. Not in photo: Clarice Mackay, PAB instructor.

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Zenaida Ferry-Kharroubi, B.A., in English Literature, M.A. in Educational Studies, Diploma in Education, T.E.S.L. Certificate. Founder & Director-General, Gilmore College International, Editor & Publisher, The North American Filipino Star, Workshop Coordinator.

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PERSONALITY OF THE MONTH

The Pink Frog helps kids stay away from bad influence

by W. G. Quiambao

If parents in Cote des Neiges have less problems with their kids now, it's because of The Pink Frog, a group of hip hop dancers. The group helps them stay away from bad influence such as hanging in the metro stations and using drugs.

"Dancing will keep them busy," said Christine Gueverro, one of the three founders of The Pink Frog. The other two members are Alexie Camillo and her sister, Angie.

The Pink Frog, which was named after the daycare center of Gueverros's mother, was formed in 2007. Gueverro and her two partners wanted to learn dancing professionally but to do it was expensive. They decided to do it among themselves and taught the kids who couldn't



Independence Day, FAMAS Miss Teen, Easter Fiesta in St. Kevin, and Making Waves Festival in Toronto. It recently



The three Pink Frog members performing in a community event.

afford to learn professional dancing lessons for free.

The Pink Frog started with just three members - Gueverro and the Camillo sisters. Now, the group takes pride in having about 40 members whose ages range from four to eighteen. The dancers started practising at the daycare of Gueverros's mother after classes.

The group has performed in various community functions like the

competed in Money, a money talent competition organized by the Black community.

"We placed 11th," Gueverro laughed. "But the most important thing is that we gained experience and met a lot of people."

Gueverro said that the goal of The Pink Frog is to have a dance studio to help the intercity kids in Cote des Neiges.

From Page 1 Lady of Plenafrancia

his first year, he started the fluvial procession, a tradition in Naga. The image is carried in a pagoda accompanied by a battalion of Bicolano men going back to the Basilica while people shout "Viva, viva virgen".

"The first time that fluvial procession was held here was during my term," said Tino. "It was held at the Port of Montreal. I can say that the fluvial procession was one of my biggest accomplishments as president of the association. The fluvial procession was continued by the next presidents who took over the presidency of the association."


Tino said that he plans to do the fluvial procession celebration this coming September



Our Lady of Plenafrancia

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16 April 2013

Dear Friends,

The latest update from the Department of Tourism shows that there are only four (4) participants from Canada for the 8th Ambassadors, Consuls General and Tourism Directors Tour, thus far.


Although the ACGTDT takes place three months from now, we are reminded that the May 15 deadline for the payment of the \$200 registration fee for the tour is fast approaching.



The registration deadline enables the Department of Tourism to hold the 250 renovated de luxe rooms blocked at the EDSA Shangri-la Hotel for ACGTDT participants. After May 15, EDSA Shangri-la will automatically release the guaranteed rooms. Thereafter, accommodation at the same hotel will be subject to availability.

With barely a month left before the registration deadline, I urge you to help intensify our ACGTDT campaign so that we can muster a respectable number of participants from Canada.

For registration assistance, please advise prospective participants to call or email First Secretary and Consul Florida Ann Camille P. Mayo (613.233.1121/feridamayao@philembassy.ca) or Ms. Shirette Khoury of Galleon Gateway Travel (514.576.5603/shirettekhoury@hotmail.com). Participants with their own travel agents are advised to call Ms. Mayo for guidance on the registration process which can be accomplished online or through Rajah Tours.

Your invaluable support is always appreciated.

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Compiled by Zenaida Ferry Kharroubi

Dinuguan

Dinuguan is a Filipino savory stew made up primarily of blood and pork meat usually intestines, organs, liver, heart and stomach -- internal parts of a pig which typical Americans



probably won't eat. Well, Filipinos are mild eaters, really!

Dinuguan comes from the tagalog word "dugo" meaning blood and that says it all. Dinuguan is best served with the "puto" -- a native Philippine rice

cake, although quite alarming to a certain extent for most people especially people from western counties, the aroma and the distinct flavor of the dinuguan makes it one of the all-time favorites in the Philippines.

Dishes cooked with blood are found in various cuisines -- Chinese, Thai, Vietnamese, British, French, German, Spanish, Portuguese, Scandinavian. Blood sausages and haggis are made with blood.

Ingredients.

3 tbsps. of vegetable cooking oil
500 g. of pork belly and 500 g. of pork cheeks, cut into one-inch cubes
about 1/3 c. of vinegar
a whole clove of garlic, minced
2 thumb-sized pieces of ginger, finely chopped
2 shallots or one onion, roughly chopped
5 to 6 finger chilis
salt and pepper
about 2 c. of pork blood
1/4 k. of pork liver, thinly sliced

Instructions

Heat the cooking oil in a pan.
Add the pork and cook over high heat, stirring often, until the meat is no longer pink.

Pour in the vinegar. Stir. Cook, uncovered, until the vinegar has been absorbed by the pork.

Cook the pork in the oil and rendered fat for a few minutes.

Add the garlic, shallots (or onion), ginger and chilis. Season with salt and pepper. Stir. Cook until the vegetables soften.

Pour in the blood. Note that if there are solid masses, you can press them through a strainer before adding to the pork.

The blood will turn from red to brown as it cooks. When the mixture boils, lower the heat, cover and simmer for an hour or until the pork is done. The sauce will reduce and thicken as it cooks, don't be tempted to add water unless you want a soupy dinuguan.

Taste the stew from time to time and adjust the seasonings, as needed. When the pork is tender, add the liver. Stir. Simmer for another ten minutes.

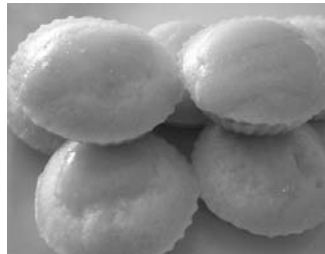
Garnish the dinuguan with slices of chili and scallions before serving.

Preparation time: 15 minute(s)

Cooking time: 1 hour(s)

Number of servings (yield): 4

Puto (Cake)



Ingredients

4 cups all-purpose flour
2 cups white sugar
1 tablespoon baking powder
6 eggs
1 (12 fluid ounce) can evaporated milk
1 1/2 cups water
2 1/4 cups Edam cheese, shredded

Directions

Grease small cake, puto molds, or ramekins for use in a steamer. Mix the flour, sugar, and baking powder together in a bowl. In a separate, large bowl, scramble the eggs with the evaporated milk and water. Fold the dry mixture into the eggs until evenly blended. Fill the prepared molds 2/3 of the way up with the batter and top with shredded cheese.

Fill a wok or a sauce pan that will hold a steamer basket with a few inches of water. Bring the water to a boil over medium-high heat. Place the molds into a steamer basket and place over the boiling water and cover.

Steam until a toothpick inserted in the center of one of the putos comes out clean, about 30 minutes. Cool on a wire rack and serve warm or at room temperature.

PREP 20 mins

COOK 30 mins

READY IN 50 mins

Footnotes

If you do not have access to a steamer: Preheat oven to 350 degrees F (175 degrees C) oven. Pour your batter into greased muffin tins and place the

tins into a large high sided pan; place onto the rack of the preheated oven. Carefully pour boiling water into the large pan, so that it reaches half way up the sides of the muffin tin. Bake until a toothpick inserted in the center comes out clean, about 35 minutes.

Adobong Kangkong



Ingredients:

1 bundle of kangkong (river spinach); cut stems 1" length
1/4 cup vinegar
1/4 cup soy sauce
1 tablespoon garlic; minced
Cooking Instructions:

Saute garlic. When golden brown, add all other ingredients. Cover and simmer until done. Don't overcook the kangkong. Serve hot!

Sinigang (Stew)



Ingredients

2 lbs pork belly (or buto-buto)
1 bunch spinach (or kang-kong)
3 tbsp fish sauce
1 bunch string beans (sitaw), cut in 2 inch length
2 pieces medium sized tomato, quartered
3 pieces chili (or banana pepper)
1 tbsp cooking oil
2 liters water
1 large onion, sliced
2 pieces taro (gabi), quartered
1 pack sinigang mix (good for 2 liters water)

Cooking Procedure

Heat the pot and put-in the cooking oil. Sauté the onion until layers separate. Add the pork belly and cook until outer part turns light brown. Put-in the fish sauce and mix with the ingredients.

Pour the water and bring to a boil. Add the taro and tomatoes then simmer for 40 minutes or until pork is tender. Put-in the sinigang mix and chili. Add the string beans (and other vegetables if there are any) and simmer for 5 to 8 minutes.

Put-in the spinach, turn off the heat, and cover the pot. Let the spinach cook using the remaining heat in the pot.

Serve hot. Share and enjoy!

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FILIPINO STAR SHOWBIZ GOSSIP

'El Presidente' sweeps major awards at the 61st FAMAS



Angel Locsin and Gov. ER Ejercito won Best Actress and Best Actor, respectively, at the 61st FAMAS Awards

The Emilio Aguinaldo biopic "El Presidente" emerged as the big winner at the 61st Filipino Academy of Movie Arts and Sciences (FAMAS) Awards held Sunday night at the AFP Theater in Quezon City.

"El Presidente" won several major nods, including Best Screenplay and Best Director for the acclaimed Mark Meily, as well as Best Actor for Gov. ER Ejercito, who bested his younger co-nominees like John Lloyd Cruz ("The Mistress"), Derek Ramsay ("A Secret Affair"), and "Dingdong Dantes ("One More Try").

The film likewise took home all the technical recognitions such as best special and visual effects,



Angel feels lucky to have Phil Younghusbandin her life

editing, cinematography, and musical score.

Angel Locsin, who turns 28 on April 23, got an early birthday present from FAMAS with her Best Actress trophy for "One More Try." She beat her co-star Angelica Panganiban, as well as Cristine Reyes ("El Presidente"), Bea Alonzo ("The Mistress"), and Jodi Sta. Maria ("Migrante"), to name some.

Promising stars were also recognized at the awards show,

courtesy of master star builder German Moreno's Youth Achievement Award. These are ABS-CBN's Xian Lim and Janella Salvador, as well as GMA-7's Joyce Ching and Ruru Madrid.

Janella, one of the breakthrough stars from the hit daytime series "Be Careful With My Heart," is elated over the achievement, telling Bulletin Entertainment, "Sobrang suwerte ko ngayon kasi wala pa 'kong one year sa showbiz pero may award na agad ako. Sobrang thankful talaga ako kay God tsaka kay Kuya Germs."



Gov. ER Ejercito and Director Mark Meily are thrilled over the latest recognitions bestowed on

Singers Pops Fernandez and Christian Bautista hosted the 61st FAMAS, with performances from La Diva, Chicser, Julie Anne San Jose, Garrie Concepcion, Rocco Nacino, Elmo Magalona, and Aljur Abrenica, among others. Presenters included Alice Dixon, Cherie Gil, Louise delos Reyes, Benjamin Alves, Alessandra de Rossi, Philip Salvador, and Susan Rocas. ■

Juday Ann Santos covering up husband's alleged womanizing?



Actress Judy Ann Santos-Agoncillo

Actress Judy Ann Santos refused to dignify rumors that she is covering up the alleged womanizing of her husband, host-actor Ryan Agoncillo.

Santos didn't even feel the need to deny the persistent showbiz reports.

"I guess hindi mo maiaalis ang mga ganyang tsismis sa isang couple na masaya ang

pagsasama. Pupukpukin at pupukpukin talaga kayo ng intriga hanggang masaya kayong dalawa," she said in an interview with "The Buzz" that aired on Sunday.

"Pag naghiwalay naman kayo, pipilitin naman kayong magkabalikan. Pag masaya naman kayo, pipilitin kayong paghiwalayin. Pero ako kung saan na lang sila masaya, kung naniniwala sila sa gusto nila paniwalaan, go. Hindi ako makikipag-debate sa kanila," she said.

In previous interviews, Santos had repeatedly denied that her relationship with Agoncillo has hit a rocky patch because of an alleged third party.

In late November, the host of "MasterChef Pinoy Edition" denied that she is closely guarding her husband because of a model-actress.

Discussing the taped interview, "The Buzz" co-host Charlene Gonzalez said she asked Santos about the issue last December.

"She completely denied it," Gonzales told host Boy Abunda and co-host Gretchen Barretto. ■



Director-Actor Ryan Agoncillo

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PNoy surprised by Kris TV Interview



President Benigno Aquino III and sister Host-actress Kris Aquino.

President Benigno Aquino III on Friday didn't show any sign of concern or emotional connection to the crisis that his sister Kris Aquino is going through with her ex-husband.

Palace sources told ABS-CBN News that when the interview with the Aquino sisters was aired last night, the President was surprised and exclaimed, "Bakit sila nandiyan?"

The source said the TV interview caught President Aquino's attention for a good couple of minutes, before looking away to attend to other matters that required his attention.

At the graduation ceremonies of the Philippine National Police Academy held Friday at Camp Gen. Mariano Castaneda in Silang, Cavite, Aquino was the Guest of Honor and Speaker.

In his speech, the President just went on reading from the teleprompter the prepared speech for the occasion.

The President talked about his administration's efforts on the "Tuwid na Daan" battlecry, citing the dismissal from government service of Department of Environment and Natural Resources (DENR) employees in CARAGA Region because of inaction on smuggling operations, plus his decision supporting the filing of criminal complaints against police officers involved in the Atimonan shootout.

"Hindi optional ang pagsunod sa batas," he said as a reminder to 269 cadets of Tagapamagitan Class of 2013.

A venue for the press briefing of the President was set at the Faculty building, but after the ceremonies, the President only took refreshments before leaving for another schedule.

Kris Aquino on Thursday night announced her resignation from all her shows on ABS-CBN following the controversies she and her former husband James Yap are currently embroiled in.

She told TV Patrol anchor that she must do what's best for her son, James "Bimby" Yap Jr., even if it means sacrificing her lucrative career.

"I'm giving up my shows. Hindi ko

sinasabi 'yan just so that I can say na I'm the one making the bigger sacrifice. Tinatalikuran ko ang mundo na kinilala ko na bumuhay sa akin dahil higit doon sa karera ko, mas mahal ko ang anak ko," she said.

She also denied Yap's claim in one of their arguments that she reminded him about President Noyonoy Aquino still being in power for 3 more years.

"It's so unfair na pwede niya kaming i-accuse at kailangan kami ang tatahimik dahil kami ang nasa posisyon. Sinisira niya ang magandang nagawa ng magulang at ng kapatid ko at pamilya namin and all for what?" Aquino said on Thursday night.

In a press conference last Wednesday, Yap accused Aquino of invoking her brother's being in power when she made a veiled threat. "Wala na siyang ibang masabi. Sabi niya, 'Baka nakalimutan mo may three years pa ang brother ko,'" Yap said. ■

Most Beautiful Woman wants a duet with the World's Best Boxer



Gwyneth Paltrow and Manny Pacquiao

On the heels of his "Imagine" duet with funny man movie star Will Ferrell, and of "Sometimes When We Touch" with singer-composer Dan Hill, comes the Oscar-winning actress Gwyneth Paltrow expressing willingness to share the mic with Filipino boxing star Manny Pacquiao.

In an interview aired on "24 Oras," Paltrow expressed eagerness in visiting the Philippines, together with her "Iron Man 3" co-stars Guy Pearce and Don Cheadle.

She said that she would like to entertain the Filipinos. Asked if she's willing to have a duet with Pacquiao, she answered, "Oh, yes exactly! Yeah, of course, sure," adding that it would be up to Filipinos to pick a song for them.

Meanwhile, after topping the Star magazine's list of the 20 Most Hated Celebrities in Hollywood recently, her blonde beauty was recognized as the World's Most Beautiful Woman for 2013 by People magazine.

"I honestly thought someone was playing a joke on me," Paltrow said in a video posted together with an article by Julie Jordan in People magazine. "I had to reread the e-mail three times. It was like, 'This can't be true, I've developed dyslexia — I'm not reading this right.' It's a very iconic cover in American culture, so it's just amazing."

The 40-year-old mother of two said that her beauty shines when she's being herself. She claimed that her workout routine keeps her looking young and feeling strong.

"I feel my most beautiful when I am truly myself. Meaning, when I accept exactly where I am in time and space, and I'm not judging myself in any way, and I feel that I have the peace that comes with loving yourself and all of your flaws," she explained.

Among other celebrities on the list of People's Most Beautiful Woman are Kerry Washington, Drew Barrymore, Jennifer Lawrence and Jane Fonda. ■

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Showbiz Gossip *Continued from p.17***Dingdong Dantes balances career and personal endeavors****Dingdong Dantes**

Unknown to many, award-winning Kapuso actor Dingdong Dantes is also a student – and in Bacolod City at that! How is this possible with his busy schedule as actor, producer and businessman?

As a student taking up BS Technology Management at West Negros University in Bacolod City, Dingdong goes to school only once a month. Balancing career and education really requires a lot of sacrifice and if Dingdong is doing his best to juggle work and school, it's because he deems, "Importante sa akin ang college degree kasi I plan to pursue a master's degree. Due to my busy schedule sa work, I only get to travel to Bacolod to study once a month. Kaya I'm very thankful to my school because they make it easy for me as a working student."

Just recently, Dingdong was in the city together with fast-rising Kapuso actress Max Collins and versatile singer-actress Julie Anne San Jose for the 20th Panaad Festival Opening. After the annual local dance contest, they staged a

mini-concert party at the Panaad Park and Stadium last April 8 to entertain the crowd of Kapusong Negrenses, some of whom even came from the province's various cities and municipalities.

The actor related, "Malapit po talaga ang province ng Negros sa akin. Especially the Ilonggos because the family of my mom ay sa Iloilo galing. That's why I've always considered it as my second home."

Meanwhile, last April 12, "Indio" cast member Aljur Abrenica and "Kakambal ni Eliana" mainstay Chynna Ortaleza also spiced up the Panaad festivities as they graced the Lin-Ay Sang Negros Pageant Night as guest singer and host, respectively. The following day, tween stars Barbie Forteza and Derrick Monasterio bannered a Kapuso mall show in SM City Bacolod.

The full details of the GMA-7's participation in the Panaad Festival will be featured in the weekly travelogue "Let's Fiesta" via the network's regional stations in Bicol, Cebu, Davao, Iloilo, Dagupan, Ilocos, GenSan, Bacolod, and CDO. ■

Laguna beauty crowned Miss Universe PH

Miss Universe 2012 first runner up Janine Tugonon crowns this year's Miss Universe Philippines winner Ariella Arida during the Binibining Pilipinas Gold beauty pageant

Ariella Arida, a 24-year-old from Alaminos, Laguna, will be the country's representative to the Miss Universe pageant this year after she was named Miss Universe Philippines 2013 during the Binibining Pilipinas coronation night on Sunday at the Araneta Coliseum.

Arida, a keen sportswoman who loves the outdoors, especially the

beach, was also judged best in swimsuit in the 50th edition of the country's popular beauty pageant.

Meanwhile, Bea Rose Santiago, 23 years old from Masbate, was named Bb. Pilipinas-International. Santiago, who was also chosen Bb. Avon, loves to travel and at one time, had been to 12 cities in two countries in just two months. ■

Senator Bong proud of his epic series 'Indio'**SEN. Bong Revilla with wife Rep. Lani Mercado and son Jolo**

Senator Bong Revilla has said that among the many projects he has done, he has poured a lot of time and effort on "Indio," a series he's proud of as it becomes more exciting as the story progresses. It's a good thing the Senate and the Congress are in recess.

"Dito sa ginagampanan kong role ibinubuhos ang lahat ng nalaman ko sa pag-arte. Kaya naman sobra ang pagsisipag natin sa taping para lalo pa

natin mapaganda ang 'Indio' for the enjoyment of the viewers," Senator Bong said.

In spite of giving extra attention to the taping of "Indio," the senator still has time to help in the campaign of his wife, Rep. Lani Mercado, who is seeking reelection, and his son Jolo, who is running for vice governor of Cavite.

Though Lani and Jolo are said to be leading in the surveys, Senator Bong has taken it upon himself to join in their campaigns. "Paraan na rin ito para sa patuloy na pagpapasalamat sa walang humpay na pagtitiwala at suporta ng mga Kabitenyo sa mga Revilla," he said.

According to reports, every time Senator Bong joins a rally or motorcade in Cavite, the crowds are always overwhelmingly large. Expectedly so, since the Kabitenyos see Bong both as dedicated public servant, and the TV hero "Indio." ■

ABS-CBN refutes Willie's rumored return**Willie Revillame left the Kapamilya Network in 2010**

Controversial host Willie Revillame is not returning to ABS-CBN, according to the network president and chief executive officer herself Charo Santos-Concio.

"That's not true. We're not in talks with Willie Revillame. We're very happy with the ratings of '(It's) Showtime.' We're very happy with 'Showtime,'" Santos-Concio was quoted as saying during a press conference on Tuesday.

The reported reunion stemmed

from the nearing expiration of Revillame's contract with TV5. Recall that Willie left ABS-CBN in 2010.

While subsequently required to attend a gender sensitivity seminar, Revillame and his show's production are yet again facing another summon from the Movie and Television Review and Classification Board (MTRCB), not long after reproaching former co-host Ethel Booba on air.

On Monday, MTRCB placed "Wowowillie" under a three-month probation, also subjecting the noontime show to a Strong Parental Guidance (SPG) classification effective immediately.

The bid came after one of the show's dancers revealed too much flesh, particularly her breasts, and others with skimpy outfits on its April 16 episode, as described by MTRCB Chair Atty. Toto Villareal. ■

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Jessica sanchez: 'I can't be the shy girl anymore' By Janet Susan Nepales

Everybody saw a more confident, edgier and poised Jessica Sanchez when she returned on the "American Idol" stage to perform her new single, "Tonight," a collaboration with singer Ne-Yo.

The former "AI" runner-up showed off her graceful dance moves and surprised viewers with her more energetic performance that you would think she was a completely different person.

We were able to interview Jessica by phone in between her acting lessons and taping of her upcoming "Glee" role and promotion of her new album, "Me, You and the Music," which will be launched on April 30.

"I cannot be the shy girl anymore," she told us. "I will be performing a student from a rival school who is supposed to be a legendary diva in 'Glee.' Ryan Murphy, who is the creator-writer-director who called me up to tell me the good news of my upcoming role in 'Glee,' told me that the character's race is not identified yet. All I know is that my character is a powerhouse singer so I will probably be singing more ballads."

She said, "Ryan first set up a meeting with me to get to know me more. Then he asked me if I wanted to be a part of 'Glee.' I said yes. Everything happened so fast!"

Jessica said this is her first time to act so she is very excited about appearing on the show. "As soon as I found out I will be in 'Glee,' I immediately took up acting lessons," she said.

The 17-year-old, however, does not know how different her character would be from Charice's character, Sunshine Corazon, a foreign exchange student from the Philippines. She admitted also that she is looking forward to meeting Fil-Am Darren Criss as well who portrays Blaine Anderson, an openly gay student who is the lead singer of Glee's Dalton Academy Warblers. "I have not met Darren Criss yet so I am looking forward to meeting him," she said.

"I can't wait," admitted Jessica who hails from Chula Vista, California. She added, "I am so excited. I heard my character will be



shown in the final three episodes."

As for her character being the love interest of Cory Monteith's Finn Hudson, Jessica revealed that "that is all a big rumor. I am not sure what my character will be."

One of the "Glee" characters she is looking forward to meeting aside from Darren Criss, she confessed, is Naya Rivera who portrays Santana Lopez. "Naya is amazing," she said. "I can't wait to meet her." In fact, she added, she could not wait to meet the whole cast.

Jessica, who is under Interscope Records, admitted that she was instrumental in selecting each track and that she had a lot of input in her new album.

Going back to the "AI" stage also meant a lot to her, she said. "It was like starting all over but I am free to do what I want," she said. She was also excited to perform with Ne-Yo who was the one who approached her about collaborating on a song.

Jessica, who will also do a duet with Dominican singer/songwriter Prince Royce, is also looking forward to collaborating on a song with Fil-Am BlackEyed Peas member Apl.de.Ap. "That would be great if Apl and I can do something together," she said. "I made a commercial with him but I would like to work with him on a song for a future album."

Being back on the "AI" stage was exciting, Jessica said. "It is so amazing to see all the people I

collaborated with," she said. "I am so very blessed."

Jessica said she does not have a favorite in her album because she loves all the songs. "I love all the songs because they made me do everything. I enjoyed recording. I don't have a favorite because everything is different. I will leave it up to the audience to choose their favorite," she said. The album, she said, contains ballad, pop, urban and dance music. "Everything is so different," she said.



When she went back to "AI," she said, she talked again to judge Randy Jackson and host Ryan Seacrest. "It was nice seeing them again and the crew of 'AI,'" she confessed.

Jessica admitted that her journey from "AI" to "Glee" has been amazing. "In a short span of

time, I was able to do all this and I still can't believe it," she said. "Everything that is happening in my life is a blessing. I am so grateful for everything. I cannot wait to make a living with my musical and acting careers. I can't wait for the future."

She went to the Philippines for the first time during the "American Idol" Season 11 world tour in 2012. The Fil-Am-Mexican singer said that when she came back the second time for her Valentine concert at the Araneta Coliseum, she was "blown away by the reception I got. My concert was sold out. The Filipino people and my fans were amazing. There was this little girl who would copy everything that I wore which she saw in magazines. Her family would make a replica of my dress. She was like a little me. I love it!"

She hopes to visit Bataan, the hometown of her mother, the former Editha Bugay, when she goes back to the Philippines hopefully in June and also visit Boracay and Palawan. "We plan to go back in June for a concert but nothing is confirmed yet," she said.

She said that everything that is happening to her is "everything that a girl would dream of." She disclosed, "I love singing in front of many people and traveling the world."

Would she consider a movie acting career if she was offered, we asked. "Of course!" she exclaimed quickly. "That would be amazing! I am not sure what kind of roles I would like to play but I would like to do anything. I can always pretend to be somebody else."

Asked what former "AI" contestant and Jessica's boyfriend, DeAndre Brackensick's reaction is to her success, she simply said, "He is happy for me."

So is there any jealousy between them, we asked. "No, there is no jealousy," she replied.

Her dream five years from now, we asked. "I want to travel the world, sing and be happy." Obviously, Jessica is already living her dream. ■



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Showbiz Gossip *Continued from p.19*

Dophy's statue unveiled in Manila

A statue of the late comedian Dolphy was unveiled on Tuesday in Roxas Boulevard, Manila.

The seven-foot bronze statue, which was made by Jonas Rocas, the same artist who did the monument of the late actor Fernando Poe Jr., was erected in front of the Museo Pambata, near the corner of T.M. Kalaw and Roxas Boulevard.

The Museo Pambata was a beneficiary of the RVQ Foundation, established by Dolphy in 1966, which is the reason why it had been chosen as the site of his monument.

Tuesday's wreath-laying and unveiling ceremony was led by Manila Mayor Alfredo Lim, who was a good friend of Dolphy, and attended by children, relatives and friends of the actor, including Dolphy's sister Laura and children Dolphy Quizon, Jr., Vandolph, Epy, Eric, Ronnie, Nicole, Sally and Rolly Quizon.

"Priceless `yung mapatawa tayo ni Dolphy. Not everybody can make you laugh," Lim said, as he extolled



Monument of the late King of Comedy

Dolphy for the kindness he had shown to his family, friends, co-workers and even people he does not know, who have benefitted from

his philanthropic ways sans any fanfare.

In response, Dolphy Quizon Jr., the eldest in of the comedian's children, thanked Lim for having built the monument in behalf of his father.

He also noted that Lim had been his father's best friend way back when they were much younger.

"Hindi po naming ito makakalimutan. Magkaibigan silang matalik at napatunayan namin `yan hanggang sa huling hantungan at isa po si Mayor Lim sa nagbuhat ng casket. Kaya kayo, piliin ninyo ang inyong kaibigan. Kailangan tama ang inyong pipiliing kaibigan," Dolphy, Jr. said.

Meanwhile, in her official Twitter account, Zsa Zsa Padilla, the long-time partner of Dolphy, also thanked Lim.

"Good morning! Dolphy's monument to be unveiled today along Roxas Blvd. Thank you to the city of Manila and Mayor Lim," she tweeted. ■

Why Erap is running as Mayor of Manila?

By Crispina Martinez-Belen



FORMER President Joseph 'Erap' Estrada and sons Senator Jinggoy Estrada and Jake Ejercito (left) and grandson Julian Ejercito Estrada

In a recent gathering with the entertainment press, former President Joseph "Erap" Estrada explained why he is running for mayor of Manila, an elective post that is much lower than the presidency which he held even if only for over two years.

But first, Erap apologized to his friends in the entertainment press for not having the time to meet and reconnect with them in the past due to his hectic schedule and commitments when he was senator and then president. He said he's going to make up for his shortcoming even as he thanked his son, Senator Jinggoy Estrada for organizing the recent meeting with the media at his campaign headquarters in Mangga St., Sampaloc, Manila.

He got so embroiled in politics that he neglected his roots – show business – which truly made and molded him to become mayor, senator, vice president then president.

"Masyado kasing naging focus ko ang politics, kaya nawala ako sa showbiz," Erap said.

A Manileño (born in Manuguit, Tondo) who truly loves Manila, which used to be the financial center and even more progressive than Hong Kong and some other Asian cities decades ago, he laments that the city is now besieged by gargantuan problems.

"Nakakapanghinayang naman na ang dating Lungsod ng ating mga Pangarap ay isa na ngayong lungsod ng krimen, nag-u-ulyanin, karumihan, at kawalan ng progreso at direksyon," Erap said.

He added that he will pursue his "urban renewal program" – employment, education, peace and order to be able to attract investors, revenue generation and fiscal transparency, health services, youth, women and seniors, cleanliness, greening and waste management, transparency in governance and emergency response action – which he adopted in San Juan when he was mayor there. "Nararamdaman ko na may magagawa ako upang isulong ang pagbangon ng Maynila tulad ng ginawa ko sa San Juan – na mula sa pagiging fourth class municipality ay na-transform natin tungo sa kasalukuyang estado nito bilang isa ng dinamikong siyudad. Sa pamamagitan ng aking urban renewal program ay mapapanumbalik natin ang dating ganda ng Maynila bilang sentro ng economic activities, bilang major tourist spot at center of culture ng ating bansa."

He decided to run for mayor of Manila because "dito sa Maynila ako nakilala at sumikat bilang artista. Ang aking mga unang sumikat na pelikula ay tungkol sa buhay sa Maynila."

Erap added, "Ang mga Manileño rin, partikular ang mahihirap, ang sinasabing masa, ang pangunahing tumangkik sa aking mga pelikula kaya nakamit ko ang tagumpay sa industriya."

Erap acknowledged that it was the masa who made him what he is now. "Kahit nung nakakulong ako, Hindi nila ako iniwan, ibinoto nila si Dra. Loi at anak kong si Jinggoy para maging senador."

Hindi ko rin sila pwedeng iwanan at pabayaang ngayon. I will dedicate my last years serving them. Buong puso akong tumatanaw ng utang na loob sa masang Pilipino, sa mga Manileño. Ako po ay nabubuhay...at mamamatay, pero hindi ako makakabayad ng utang na loob sa masang Pilipino."

Among others, Erap said he will also look into the rehabilitation of the Metropolitan Theater, a cultural

landmark in Manila.

Erap is still full of vision and strong (at 76) and he said "tatagal pa ako ng three-year term. Pagagandahin ko ang Maynila at pagkatapos ay ibibigay ko na kay Vice Mayor Isko," he said referring to reelectionist Vice Mayor Francisco "Isko Moreno" Domagoso. Erap said that Isko, who like him is also a product of showbiz, has proven his dedication to public service. "Subok na siya sa paglaban para sa kapakanan ng mga mamamayan lalo na ang mahihirap."

Erap also said that he is supporting the candidacy of senatorial Grace Poe. "Yes, in my personal capacity, I'm supporting Grace. Bakit naman hindi, eh anak siya ng best friend ko?" It was the late Fernando Poe Jr. who gave Joseph Estrada his moniker "Erap." ■

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Blue Crabs, Natty Boh, and World-Class Wine

By David White

"Wine is just too fancy for Maryland," explained Rob Deford, the owner of Boordy Vineyards in Baltimore County, as he discussed the local wine industry's challenges. "We eat crabs here; we drink beer."

The audience at this year's Drink Local Wine conference chuckled in agreement. Blue crabs and Natty Boh are iconic in the Old Line State, but few think of premium wines.

Rob Deford and a handful of other vintners are trying to change that, working to raise the profile of the local wine industry -- and increase wine's popularity among consumers -- by raising the quality of Maryland's wines.

They're quickly gaining traction.

While the state had just 11 wineries in 2001, it's now home to 62. And an increasing number of vintners are moving away from the fruit wines and non-

European grape varieties that have long plagued the East Coast to produce wines that can compete on the world stage.

Just one hour west of Boordy Vineyards, Ed Boyce and Sarah O'Herron have gained a reputation for producing stunning wines at Black Ankle Vineyards. The husband-and-wife team purchased the 145-acre farm in 2002 and promptly turned the property into an estate winery, selecting grapes well suited to the property's soil and climate. In 2011, Black Ankle ranked fifth on Wine Business Monthly's annual list of the nation's "most exciting" wine brands.

Just a few miles north from Black Ankle, Old Westminster Winery is about to release its inaugural vintage. Led by three siblings -- Drew, Lisa, and Ashli, who manage the vineyard, winemaking, and marketing, respectively -- the wines are already generating quite a buzz.

The list of exciting producers goes on.

This year's Drink Local Wine conference was held in Maryland, and over two days, I tasted dozens of local wines. The wines from Black Ankle and Old Westminster lived up to the hype, and the offerings from Boordy, Knob Hall, Slack, and Big Cork were also quite impressive.

Optimism is clearly in the air. As Drew Baker of Old Westminster Winery explained to Frank Morgan, a popular wine blogger, "Maryland has great potential and I believe that the quality bar is rising quickly. Soon, poorly made wines will be the exception in an otherwise great region."

Baker's promotion of Maryland wine -- rather than just his own offerings -- isn't unique. Even though Maryland's wine industry traces its roots to 1648, the state's winemakers see themselves as part of something new, making wine together in uncharted territory. During

the two-day conference, it was a struggle to get vintners to talk about their own projects. Every winemaker I chatted with seemed more interested in promoting the industry as a whole than talking about herself.

Here, Maryland is taking a page from California's playbook.

Today, no one doubts the Golden State's ability to produce world-class wines. But until 1976, few wine critics took California seriously. That year, a British wine merchant named Steven Spurrier organized a wine competition in Paris, where he pitted California's best Chardonnays and Cabernet Sauvignons against the best wines that France had to offer. Everyone assumed that France would win, as the nation had been making wine for thousands of years and was widely regarded as the world's top wine region. But with both the whites and the reds, California won.

That competition -- now known as "The Judgment of Paris" -- transformed

California's wine industry. It helped accelerate Robert Mondavi's efforts to tout California's wines as being on par with Europe's best offerings. California winemakers continue to credit Robert Mondavi for putting the state's fledgling industry on the global wine map -- and one can find California wine at restaurants and retailers across the world.

Maryland's wine industry still faces a number of challenges. For such a small state, Maryland has a wide range of climates and a number of different soil types, so viticulturalists are still figuring out which grapes work best, where. But without question, the future is bright for Maryland wine.

David White, a wine writer, is the founder and editor of Terroirist.com. His columns are housed at Palate Press: The Online Wine Magazine (PalatePress.com).

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16th Great Gardening Weekend The Montréal Space for Life invites you to create your perfect garden

Montréal, April 23, 2013 - To the delight of all lovers of gardening and horticulture, the Space for Life presents the 16th edition of the Great Gardening Weekend, held at the Montréal Botanical Garden from May 24 to 26, 2013. Come stock up on ideas to create your perfect garden, drawing on the expert advice of young landscaping professionals and the Botanical Garden's own horticulturists. Enjoy the festive, musical atmosphere while meeting producers of new, rare or unusual plants as well as three artists whose paintings are inspired by nature.

The Great Gardening Weekend: A beautifully arranged program

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The Great Gardening Weekend also features talks and demonstrations by well-known personalities in the gardening world. And new this year, the Friends of the Montréal Botanical Garden booth will offer tips for growing and pruning vines in Québec.

The event will furthermore explore various themes, such as the beauty of creating gardens that attract birds or

butterflies, the joy of cooking with seasonal vegetables and the art of gathering edible mushrooms—fascinating topics sure to have you reaching for your gardening tools! And to top it all off...

The Great Gardening Weekend will culminate in the announcement of the Winners of Horticultural Merit and the recipient of the Henry Teuscher Award!

For more information (schedules, demonstrations, talks, tickets), visit espacepourlavie.ca/en

IMPORTANT

Like previous years, the Botanical Garden and Insectarium will not be participating in Museums Day, which coincides with the Great Gardening Weekend.

This event is presented by Premier Tech and organized in cooperation with the Friends of the Montréal Botanical Garden. Thanks to Fleurs, Plantes et Jardins.

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How to avoid giving donations to fake charities

In the wake of Monday's bombing at the Boston Marathon, Scambook, the Internet's leading complaint resolution platform, cautions the public to watch out for fake charities run by criminals who exploit national tragedy via the Internet. Over a dozen charity domains were registered in regards to Boston with names like "bostonmarathondonations.com", "bostonmarathonvictimfund.com" and "bostonmarathonattack.com". To avoid giving money to a fake charity, Scambook recommends donating to well-established organizations like the Red Cross, Boston Children's Hospital or One Fund Boston. If an individual is considering donating to a different organization, Scambook advises the following 5 tips to avoid a charity scam:

1. Check the organization online. Contact the State Attorney General or the National Association of State Charity Officials (NASCO) to find out if the organization is officially registered. Watchdog sites guidestar.org and charitynavigator.org are also recommended.
2. Don't trust viral stories from supposed victims. In the wake of a national tragedy, dozens of heart-breaking stories circulate through social media and email. Don't make any donations to individuals with whom there stands no personal relationship or verification of the claims.
3. Don't give in to pressure to donate.

Even in times of need, a legitimate charity will never pressure anyone to donate. If an individual soliciting donations is rude, threatening, or refuses to answer questions, it's unlikely that they're representing a real charity. Call the organization they claim to represent.

4. Stop and remember past donations. Charity scammers often try to build trust with their victims by thanking them for past donations. If contacted, pause and think about your history of donations. A legitimate charity will be able to provide the date of the donation or other verifying information.

5. Watch out for unsolicited text messages. Be wary of any text messages asking for donations. Although legitimate charities can receive donations via text message, it is highly improbable that they will send out unsolicited text messages for help.

Please let me know if you are interested in speaking with Scambook's Director of Marketing Kase Chong to learn more. For more information, please visit Scambook.com.

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Government of Canada Launches Consultations on the Victims Bill of Rights

OTTAWA, April 23, 2013 – system;

Today, the Honourable Rob Nicholson, P.C., Q.C., M.P. for Niagara Falls, Minister of Justice and Attorney General of Canada, and the Honourable Vic Toews, P.C., Q.C., M.P. for Provencher and Minister of Public Safety, launched consultations with victims of crime, victim advocates and victim-serving organizations to discuss key priorities for the creation of a Canadian Victims Bill of Rights.

"The Harper Government is committed to standing up for victims of crime and ensuring that victims have a more effective voice in the criminal justice system," said Minister Nicholson. "Today's consultations are critical to identifying and recognizing how to better entrench the rights of victims into a single law at the federal level, as part of our Government's commitment to victims of crime."

Today's consultations follow the Government's commitment in February to enhance the rights of victims of crime by bringing forward legislation to implement a Canadian Victims Bill of Rights. This legislation builds on the Government's record of achievements in advancing the interests for victims of crime by entrenching their rights into a single law at the federal level.

These achievements include:

the establishment of the Office of the Federal Ombudsman for Victims of Crime;

the creation of the Federal Victims Strategy, with more than \$90 million allocated since 2007 for projects and services that help give victims a more effective voice in the criminal justice

the allocation of more than \$10 million for new or enhanced Child Advocacy Centres since 2010 to address the needs of child and youth victims of crime;

the introduction of legislation to double the victims' surcharge and make it mandatory; and

the elimination of the faint-hope clause.

"Our Government is committed to keeping our streets and communities safe. We are taking concrete action to ensure the voices of victims of crime are heard and that offenders are held accountable for their actions," said Minister Toews. "These consultations offer a meaningful opportunity to provide input on how the criminal justice system should respond to victims."

The consultations are in keeping with the Government's Plan for Safe Streets and Communities, which is one of four priorities identified by the Prime Minister. This Plan focuses on tackling crime, victims' rights, and fair and efficient justice.

Consultations open to the public will be hosted on-line from May 1 to June 30, 2013. Those interested in participating can visit the Department of Justice's website for more information starting May 1, 2013.

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Department of Justice
613-957-4207

Association des Infirmières et Infirmiers Philippins du Québec, Inc.
The Filipino Nurses' Association of Québec, Inc.



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**Mama Sita Barbecue Sauce
\$1.89 bottle**



**Tilapia, not cleaned, 18 lbs
\$21.99 case**

Bayan:

Kahapon, Ngayon at Kailanman

Our Community: Yesterday, Today & Beyond

"Our Golden Anniversary is a time to celebrate and to reflect, to consider what has gone before and what is yet to come."

BE PART OF IT!

★ SHARE YOUR STORY

Whether you're a member of FAMAS or not, a former officer, or you've been involved with FAMAS, we'd love to hear from you!

Do you have photos of FAMAS during its early days or memories of what went on then?

FAMAS History Project is making audio recordings of recollections of people who have been involved during the past half-century. This will be an important resource in the many years to come.

Please get in touch with us.

★ HONORING 50@50

50 Filipinos who made a difference

This is an opportunity for us to celebrate what makes us unique, successful and worthy members of our community and society.

We want to honor Filipinos from all walks of life for their contribution or exemplary achievements, for their positive impact on our community or their field of work, and for their role in promoting and enhancing the image and prestige of the Filipino Canadian community.

Honorees will be presented at the Golden Gala.

It is your chance to nominate those who make us proud!

Deadline is April 30, 2013.

★ *Likhang Pinoy*

Enter our creative artwork competition in various media using our 50th anniversary theme, Bayan: Kahapon, Ngayon at Kailanman / Our Community: Yesterday, Today and Beyond! What comes to your mind when you hear or read this? We are looking for entries that tell us what this means to you and showcase your creative skills in writing, photo, video, painting, song or dance.

Contact us for further details. Entries must be submitted no later than May 15, 2013. Winners will be announced during Pista sa Nasyon.

JOIN THE GOLDEN ANNIVERSARY EVENTS ALL SUMMER!

May 11	Miss Teen FAMAS 2013 Pageant at the Segal Centre for Performing Arts (SOLD OUT!)
June 12	Flag Raising Ceremony in front of the Philippine Community Centre
June 15	The Golden Gala at the Hellenic Community Centre. Get your tickets now for this special evening commemorating our 50th anniversary and 115th anniversary of the proclamation of Philippine Independence.
June	Closing ceremonies of Filipino Heritage Language Program and French Language Program
July 14	Pista sa Nasyon at MacKenzie-King Park. A festive, all-day gathering not to be missed!
August 4	Munting Binibining Pilipinas Coronation – concluding a fund-raising event for the benefit of the Philippine Community Centre.

**FOR MORE DETAILS OR TO JOIN,
PLEASE CONTACT US AT
514-341-7477**

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