

Cardinal Tagle visits Montreal



After the Eucharistic Mass, Cardinal Tagle mingled with the crowd who were eager to shake hands with him. (Photo: Al Abdon)

By W. G. Quiambao

Cardinal Luis Antonio Tagle, who prefers to be called “Chito” than by his clerical name, visited Montreal this month. He has been the 32nd archbishop of Manila since Dec. 12, 2011 and a cardinal since Nov. 24, 2012. He is also the president of Caritas Internationales, a federation of Catholic relief, development and special service organization operating in over 200 countries. When he was elected president of Caritas Internationales in Rome, he became the first president of the organization from Asia.

Described as the “Asian Francis”, fifty-eight years old Cardinal Tagle is known for his work not only in the disaster-prone Philippines but also in Nepal which was devastated by a magnitude of 7.8 earthquake. He has visited Syrian refugees and migrant workers in Lebanon and urged international community and politicians to set aside greed and self-interest “to solve Syrian’s conflicts for the sake of its people who are

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Philippines participates in SIAL, April 13-15, 2016

From Manila to Montréal, Philippine food and beverage products make their debut at the 2016 Le Salon International de l'Alimentation (SIAL) Montréal at the Palais des congrès de Montréal in Montreal, Quebec, Canada running from 13 to 15 April 2016.

The Department of Agriculture, through its Agribusiness and Marketing Assistance Service (AMAS) is spearheading a delegation comprising food and beverage producers in the Philippines who will be exhibiting their diverse food products lines at the Palais des congrès de Montréal. The delegation is also accompanied by Dr. Josyline Javelosa, Philippine Agriculture officer based in Washington DC, Mr. John Paul Iñigo, Philippine Trade and Investment Representative based at the Philippine Trade and Investment Center (PTIC) in New York City, and coming in with the support of Ambassador Petronila P. Garcia and the Embassy of the

Philippines in Ottawa, Canada.

As a city having the largest number of restaurants per capita in North America, and having a dynamic and diverse culinary scene, Montréal provides a fitting backdrop for Philippine exhibitors welcoming visitors to the Philippine booths. The Philippine exhibit showcases quality and value to discriminating buyers and guests in a bid to seal sales and supply agreements and promote Philippine cuisine and Filipino delicacies.

The Philippine companies taking part in the Conference and Exhibit are: AMARICH MARKETING International (Monk’s Blend Coffee, Skinny Organic Island Gem All Natural Jam/Spread); GreenLife Coconut Products Philippines Inc. (Organic Coconut Products such as Extra Virgin Coconut Oil and Coconut Butter); Ilocos Food Products (Chichacorn, Sweet Potato Chips, Banana Chips, Sugarcane

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Amarich Marketing International general Manager, Amabel Caparas Frias (left) poses with Zenaida Kharroubi, MMTV Global Executive Producer, who interviewed the Philippine delegates.

OPINION ED.

Let's heed the call to vote

ON DISTANT SHORE

By Val G. Abelgas

Last Thursday, I performed my duty as a dual Filipino citizen by voting as an overseas voter in the Philippine Consulate General in Los Angeles. I had planned to wait for my absentee ballot in the mail, but I decided to see first hand how the new automated election system worked.

It was so easy and so efficient that it took just a few minutes to pick the candidates for president, vice president and 12 senators plus one party-list, have the ballot scanned by a machine, verify the votes from a printed voter receipt, and put back the receipt in a designated box. It seemed easier than the voting in US elections, where I have been casting my vote since the 2008 presidential elections as an American citizen.

If you live within driving distance to the Philippine embassy or a consulate, I suggest you don't vote by mail but in person so that you would understand the process better and personally feel the joy of being able to have a voice in charting the future of our beloved homeland.

I have to congratulate the staff of the Philippine Consulate General in Los Angeles, headed by Consul General Leo Herrera-Lim, consul Mary Joy Ramirez, the Comelec-designated election officer, and Cultural Officer Wilma Bautista for their efforts to inform the community about the new automated process, to encourage registered Filipino voters to go out and vote, and to make the voting process as comfortable and enjoyable as possible.

Voting for the 1,376,067 Filipinos who registered for overseas absentee voting for the 2016 national elections started last April 9 and will go on until the local equivalent of 7 p.m. Philippine time on May 9. If you don't want to fall in line, don't wait for the last day and go to your consulate the earliest possible.

The Commission on Elections is targeting an 80-percent turnout for the absentee voters, a lofty goal that must be tried nevertheless. If by a stroke of miracle the goal is met, it would mean more than 1.1 million

overseas voters would actually cast their votes, which is certainly more than enough to make a difference in deciding who would be the next batch of national leaders who will lead our country through the next six years.

With political pundits predicting the closest presidential and vice presidential races ever, the 1.3 million overseas votes – not counting the number of votes overseas Filipinos can influence – could spell the difference between victory and defeat for these national candidates. Even from afar, overseas Filipinos can be a major factor in the course that the country will pursue in the next six years.

In the 1992 presidential elections, for example, Fidel Ramos won by only 874,348 votes over Miriam Defensor Santiago in a seven-way fight among major candidates. In 2004, Gloria Macapagal Arroyo won by 1.12 million votes over Fernando Poe Jr. in a fraud-marred election highlighted by the "Hello Garci" scandal. Arroyo's running mate for vice president, Noli de Castro, bested Loren Legarda by only 881,744 votes. In the 2010 elections, although Benigno Aquino III beat Joseph Estrada by 5.7 million votes, Estrada's running mate Jejomar Binay won over Manuel Roxas III by only 727,084 votes.

But if the two previous elections were to be the gauge, the 80-percent turnout goal would seem not only lofty, but would be closer to the realm of the impossible dream. In 2010, voter turnout was 26 percent or 153,323 voters, while in 2013 it was only 16 percent or 118,823 voters.

It is hoped, however, that with the unprecedented interest in the current campaign, which is the most contentious thus far, more overseas Filipinos would troop to the polls this time.

The first four days of overseas voting did not offer hope of even getting close to the 80-percent turnout. The Department of Foreign Affairs reported that as of 7:30 p.m., April 12 (Philippine time), only 27,620 have voted so far.

As usual, Hong Kong

registered the highest number of voters with 9,167 as of 2:30 p.m., Monday, April 11, followed by the Middle East and Africa with 7,159, Europe with 1,927 and the Americas with 107. The 107 from the Americas, which include the US, Canada and the rest of the continent, is certainly disappointing but it is hoped that the number would geometrically increase as the voting deadline nears and as the mailed ballots start coming in.

During a briefing at the consulate in Los Angeles, Consul General Herrera-Lim said the absentee

battle to gain voting rights for those who cannot go back to the Philippines to vote. There have been four elections since then, and we still have to show that it was worth the struggle and the expense on the part of the government to give us back the right to help determine the destiny of our beloved country.

As Filipinos who have seen how democracy works in their adopted countries, especially in the US and other developed nations, and have a more objective view of what is happening and what is good for the



Filipinos cast their vote for the national elections at the Philippine consulate in Dubai on April 9, 2016. (Image Credit: Zarina Fernandez/Gulf News)

ballots would be mailed to out-of-state voters in the very first week of April and to those in Southern California in the second or third week of the month.

Thirty out of the 85 foreign service posts will implement the automated election system, which covers about 1.12 million voters. These posts are those in Abu Dhabi and Dubai in the UAE; Beirut, Lebanon; Doha, Qatar; Jeddah, Al Khobar, and Riyadh in Saudi Arabia; Kuwait; Manama, Bahrain; Tel Aviv, Israel; Hong Kong; Kuala Lumpur, Malaysia; Osaka and Tokyo in Japan; Seoul, South Korea; Singapore; Agana, Guam; Chicago, Honolulu, Los Angeles, New York, San Francisco, and Washington D.C. in the USA; Ottawa, Toronto, and Vancouver in Canada; London, United Kingdom; Madrid, Spain; and Milan and Rome in Italy.

The automated election system makes it a lot easier for voters to cast their ballot, and this should encourage overseas voters to participate in this year's crucial elections.

Leaders of overseas Filipinos all over the world, especially here in the United States, fought a long and hard

homeland, it is hoped we could provide the more intelligent votes for this election. We can protest the corruption and impotency of the national government back home but if we remain indifferent and stay away from actual participation in the country's elections, all these would not matter.

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GMO Food Engineering

By Erick San Juan

Monsanto-protest-rally And so we thought that we are being used as an experimental ground for weather engineering (or manipulation) but there is still more – genetically engineered foods a.k.a. genetically modified organisms use to produce GMO foods and the pesticides used in farming.

“By now, nearly all informed people recognize that Monsanto is widely regarded as the most evil corporation on our planet. But what, exactly, makes Monsanto so evil? Why is Monsanto worse than a pharmaceutical company, a pesticide company or even a weapons manufacturer?” (Source: Mike Adams, Editor of NaturalNews.com)

The following is from the comprehensive article The Complete History of Monsanto, “The World’s Most Evil Corporation” By E Hanzai, Back in 1901 when the company founded by John Francis Queeny, a member of the Knights of Malta, a thirty year pharmaceutical veteran married to Olga Mendez Monsanto, for which Monsanto Chemical Works is named. The company’s first product is chemical saccharin, sold to Coca-Cola as an artificial sweetener.

Even then, the government knew saccharin was poisonous and sued to stop its manufacture but lost in court, thus opening the Monsanto Pandora’s Box to begin poisoning the world

through the soft drink.

In the 1920’s, Monsanto expands into industrial chemicals and drugs, becoming the world’s largest maker of aspirin, acetylsalicylic acid, (toxic of course). This is also the time when things began to go horribly wrong for the planet in a hurry with the introduction of their polychlorinated biphenyls (PCBs).

“PCBs were considered an industrial wonder chemical, an oil that wouldn’t burn, impervious to degradation and had almost limitless applications. Today PCBs are considered one of the gravest chemical threats on the planet. Widely used as lubricants, hydraulic fluids, cutting oils, waterproof coatings and liquid sealants, are potent carcinogens and have been implicated in reproductive, developmental and immune system disorders. The world’s center of PCB manufacturing was Monsanto’s plant on the outskirts of East St. Louis, Illinois, which has the highest rate of fetal death and immature births in the state.”

Even though PCBs were eventually banned after fifty years for causing such devastation, it is still present in just about all animal and human blood and tissue cells across the globe. Documents introduced in court later showed Monsanto was fully aware of the deadly effects, but criminally hid them from the public to keep the PCB gravy-train going full speed!

Monsanto created its first hybrid seed corn and expands into detergents, soaps, industrial cleaning products, synthetic rubbers and plastics in the 1930’s. Oh yes, all toxic of course!

And in the 1940’s, they begin research on uranium to be used for the Manhattan Project’s first atomic bomb, which would later be dropped on Hiroshima and Nagasaki, killing hundreds of thousands of Japanese, Korean and US Military servicemen and poisoning millions more.

force them to acknowledge that it had created an environmental Hell on Earth.

In the 70’s Monsanto partner, G.D. Searle, produces numerous internal studies which claim aspartame to be safe, while the FDA’s own scientific research clearly reveals that aspartame causes tumors and massive holes in the brains of rats, before killing them. The FDA initiates a grand jury investigation into G.D. Searle for “knowingly misrepresenting findings and concealing material facts



The company continues its unabated killing spree by creating pesticides for agriculture containing deadly dioxin, which poisons the food and water supplies. It was later discovered Monsanto failed to disclose that dioxin was used in a wide range of their products because doing so would

and making false statements” in regard to aspartame safety.

During this time, Searle strategically taps prominent Washington insider Donald Rumsfeld, who served as

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From Page 1 - Cardinal Tagle
 suffering. He spent four days in Lebanon to see how Caritas Internationales is helping refugees from Syria and Iraq with the provision of food, warm clothing, fuel, counselling, cash assistance, medical treatment. He found

church, the Filipino Catholic Mission of Montreal and St. Malachy church. Expected crowd was about 1,000 but the number doubled that the security agents had a problem escorting Cardinal Tagle to the Eucharistic mass. Though the mass was scheduled at 6:00 p.m. the church was almost full at 5:00



Cardinal Tagle being interviewed by Amy Manon-og of MMTV Global (Photo: Al Abdon)

it upsetting to meet and view the suffering of these Syrians forced to flee their beloved homeland and now living in exile, in poverty and uncertainty. During his visit, Cardinal Tagle also met migrant workers including some Filipinos who were victims of abuse and exploitation by their employers. The migrant workers are being helped by Caritas Lebanon with legal aid, shelter and medical support.

Cardinal Tagle's brief visit here, sponsored by Peace and Development, was mainly to meet Caritas North America and various catholic communities. While in North America, he chose to visit Montreal, and gave people living in Montreal and suburbs the opportunity to celebrate Eucharistic mass with Cardinal Tagle in the Basilica of St. Joseph last April 6. The mass was made possible with the help of St. Kevin

p.m. Cardinal Tagle reflected on the anxiety and concern that lead many to hold onto material goods. Part of his reflection is, "It's Wednesday, what should I wear? Blue? Green? Red? Purple?" Those questions are not bad in themselves. But according to the Gospel, we can search for those things with anxiety. Some people search for those things, because they worry. I will die tomorrow if I don't eat burger. Some people worry and say "I already wore this, what will people, my friends think I'm poor?" But we are too focused on ourselves. That generates fear. We do not want to run out of food or clothing or the things we consider important in life."

The following day, April 7, Tagle also took time to meet some refugees at FAMAS centre.

From Page 1 - Philippines participates
 Wine); Jamla Corporation (Alfonso's Classic Tablea, Instant Choco and Champorado); JPM Japan Philippines Malunggay Eco Farm Inc (Moringa dried leaves, powder flakes, capsule, and tea); Mapagmahal Foods (Calamansi Juices, Dalandan Juices, Calamansi Extract as condiment); PEARLFOODS International Inc. (Mini-coconut pie variants, Fruit Juice with Nata de Coco bits); REFMAV-V Enterprise (Dragon

Fruit, Wines, Vinegar, Ice Cream, Pastries, Soap).

All in all, 850 exhibitors from 60 countries, and over 15,000 professional visitors, were expected to converge at the Palais des congrès de Montréal. SIAL Montréal is part of the growing International Food Exhibition events of the SIAL Group that started with SIAL Paris. Similar trade fairs take place in China, in United Arab Emirates, in Canada (Montréal and Toronto) and in



Filipino Montrealers pose with Councillor Marvin Rotrand and the Philippine delegates. (Photo courtesy of Al Abdon)



Councillor Marvin Rotrand (3rd from the right) poses for souvenir with the some of the Philippine delegates at the SIAL Montreal show, April 6, 2016 (Photo courtesy of Al Abdon)



REFMAD-V ENTERPRISE operations in charge, Mildred A. Dacuycuy, is the first to be interviewed by MMTV Global about the company's dragon fruit products. Interviews can be viewed on www.mmtv.ca

Brazil. In 2014, the SIAL Group launched a new trade show in the Philippines called SIAL ASEAN.

Background

Data from Statistics Canada puts total trade between the Philippines and

According to Philippine Consul General



ILOCOS FOOD PRODUCTS owner/manager, Clemencia A. Padre, is looking for a distributor of her products in Montreal such as chichacorn, sweet potato chips, banana chips, and sugarcane wine.

in Ottawa, Eric Gerardo Tamayo, Canadian food retailers have begun to orient their marketing campaigns and product offerings to cater to the expanding ethnic populations in Canada - including the growing Filipino community.

Ambassador Garcia indicated that Philippine participation at the SIAL Montréal was the culmination of a country-team effort in recognition of the discerning culinary market of Canada, and the 700,000-strong Filipino population in the country.

Canada in 2015 at C\$2.1 Billion. Exports of the Philippines to Canada for the year reached a total of C\$1.4 Billion, while imports from Canada was at C\$751 million. Five food groups are among the top 25 export products of the Philippines to Canada - among them are coconut oil, coconuts, preparations of fruits and nuts, bread, pastries and biscuits, fruit and vegetable juices, and processed or preserved fish products - all combining for an export value of C\$148 million or 10% of total exports into the country for 2015.

Presidential Race will be between Duterte and Poe

April 6, 2016 | Politics & Government

By Patricia Lourdes Viray
The Philippine Star

“He has very strict instructions and we follow. The party follows... even those with contracts with the government ayaw niya so wala,” Pimentel said. Pimentel added that Duterte has less



Presidential candidates, Davao City Mayor Rodrigo Duterte, left, and Sen. Grace Poe chat during the second of the scheduled three presidential debates Sunday, March 20, 2016 in the central Philippine city of Cebu, central Philippines. A Philippine presidential debate erupted into heated exchanges Sunday over allegations of corruption, a lack of patriotism and incompetence hurled against the leading candidates in a tight race to lead their poor and divided nation. The country will hold its presidential elections on May 9, 2016. KJ Rosales/Philippine Star POOL Photo via AP

MANILA, Philippines – Sen. Aquilino “Koko” Pimentel III on Tuesday said he thinks that the presidential race will be between Davao City Mayor Rodrigo Duterte and Sen. Grace Poe.

Pimentel, president of Duterte’s PDP-Laban, said in an interview with ANC’s Headstart that latest surveys show that the race will be between the Davao City mayor and the senator.

“In the end I believe it will be between Duterte and Poe so bahala na po kayo mamili – an experienced local chief executive who has a vision for the country or somebody else,” Pimentel said.

The senator noted that Duterte is very selective when it comes to his campaign funds.

campaign funds compared to the other presidential candidates.

The senator, however, said that Duterte’s ratings surge despite the lack of campaign funds.

“What makes us happy is that although it is a 10 to one ratio, let’s say they spend a billion pesos, we spend P100 million, in TV advertisements for example, but we’re still there. We are fighting it out,” the senator said.

Duterte (31 percent) statistically tied with Poe (34 percent) in the Bilang Pilipino SWS Mobile Survey conducted on March 31.

<http://www.philstar.com/headlines/2016/04/05/1569666/pimentel-presidential-race-will-be-between-duterte-and-poe>

From Page 3 GMO Food

Secretary of Defense during the Gerald Ford and George W. Bush presidencies, to become CEO. The corporation’s primary goal is to have Rumsfeld utilize his political influence and vast experience in the killing business to grease the FDA to play ball with them.

A few months later, Samuel Skinner receives “an offer he can’t refuse,” withdraws from the investigation and resigns his post at the U.S. Attorney’s Office to go work for Searle’s law firm. This mob tactic stalls the case just long enough for the statute of limitation to run out and the grand jury investigation is abruptly and conveniently dropped.

Amid indisputable research in the 1980’s that reveals the toxic effects of aspartame and as then FDA commissioner Dr. Jere Goyan was about to sign a petition into law keeping it off the market, Donald Rumsfeld calls Ronald Reagan for a favor the day after he takes office. Reagan fires the uncooperative Goyan and appoints Dr. Arthur Hayes Hull to head the FDA, who then quickly tips the scales in Searle’s favor and NutraSweet is approved for human consumption in dried products. This becomes sadly ironic since Reagan, a known jelly bean and candy enthusiast, later suffers from Alzheimers during his second term, one of the many horrific effects of aspartame consumption.

Searle’s real goal though was to have aspartame approved as a soft drink sweetener since exhaustive studies revealed that at temperatures exceeding 85 degrees Fahrenheit, it “breaks down into known toxins Diketopiperazines (DKP), methyl (wood) alcohol, and formaldehyde.”(4), becoming many times deadlier than its powdered form!

(NSDA) is initially in an uproar, fearing future lawsuits from consumers permanently injured or killed by drinking the poison. When Searle is able to show that liquid aspartame, though incredibly deadly, is much more addictive than crack cocaine, the NSDA is convinced that skyrocketing profits from the sale of soft drinks laced with aspartame would easily offset any future liability. With that, corporate greed wins and the unsuspecting soft drink consumers pay for it with damaged healths.

Coke leads the way once again (remember saccharin?) and begins poisoning Diet Coke drinkers with aspartame in 1983. As expected, sales skyrocket as millions become hopelessly addicted and sickened by the sweet poison served in a can. The rest of the soft drink industry likes what it sees and quickly follows suit, conveniently forgetting all about their initial reservations that aspartame is a deadly chemical. There’s money to be made, lots of it and that’s all that really matters to them anyway!

And the list goes on of all the evil things that Monsanto had created but despite all these killer products, they still exist and earning billions of dollars around the globe, why? Because Monsanto corporation control some top level officials in the White House and the US Congress. Even the US President himself, signed into law a bill protecting Monsanto against lawsuits. Monsanto is a great lobbyist and they know when and to whom they will give a huge amount of election campaign funds. So what else is new? As long as there are corrupt leaders in all aspects of a government, there exist some lobbyists who has the right amount of money to give generously, translation – corrupt officials motto “show me the color of the money and I will do the rest in your favour”.

The National Soft Drink Association

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IMAGE & FASHION

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Rein Villareal – Making History



Rein Villareal in Dolce and Gabbana shot by renowned photographer David Tan

Pride of Pagbilao, Quezon, **Reniel “Rein” Villareal** is making waves after dropping his Mister International Philippines 2015 title. Now an honorary Gentlemen of the Philippines, he will be taking on modeling assignments and special appearances in the country and across the world including Singapore, Indonesia, Malaysia, Milan, Paris, Germany, Dubai, USA and Canada – becoming the Philippines first national

male pageant winner to conquer the world of fashion in Asia, Europe and America.

From shooting and 8-page editorial in Singapore wearing the biggest designers in the world: Alexander McQueen, Dolce and Gabbana, Prada, Lanvin, Yves Saint Laurent, Issey Miyaki and Lanvin, to landing a magazine cover on Presko magazine New York and booking a major eyewear campaign in Montreal, Canada, expect much more from this pleasant and affectionate gentleman. He is definitely a face to watch.

Yashica Vir is back. One of the most booked Asian models in Canada, Yashica, whom I represented in the past, is modeling again after a 4-year hiatus. Her recent editorial spread will appear on PRESKO – a New York based high-end fashion magazine for the sophisticated Filipinos.

Having worked in the fashion industry for more than a decade, I know for a fact how insensitive the industry is towards diversity. The ideal beauty has always been a white girl

with blond hair, so that we rarely see Asian models on runways, advertisements, magazine covers, and editorials.

Fortunately for Yashica, she managed well during her modeling

lifestyle as North Americans: owning a car and a smartphone; having time to travel; enjoying dinners out. China's urban middle-class alone is almost seven times the size of Canada's population.



Top Filipino-Montrealer model Yashica Vir

years having booked for Simons, Guess Marciano, RW & Co, Vera Wang, Aqua Di Lara, among others. A rare case indeed when we often see castings and bookings reserved for Caucasians. However, a group of Asian models are becoming increasingly familiar across editorial spreads during the past years. Businesses are taking notice the importance of Asian consumers due to the changing global economics.

According to Globe and Mail, Asia is changing beyond all recognition. At the heart of the most sweeping social and economic transformation the world has seen is the rise of a powerful new, largely urban, consuming class. Asia is home to more than 800 million middle-class consumers who aspire to the same

In the US, the Asian American population is approximately 18.2 million and has increased over 50% since 2000. Thus, companies cannot afford to keep Asian Americans under the radar any longer. This is a segment that is vital to a business growth and success. Asian Americans are a powerful consumer base with \$718 billion in buying power that is expected to reach \$1 trillion in just five years, equal to the 18th largest economy in the world.

Yashica's return to modeling could be a good timing now that Asian's buying power is being recognized. As Asian consumers want to see models that look like themselves in fashion advertising, demand for Asian models may rise. ■



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MAY NATITIRA PA RING MABUBUTING SAMARITAN SA MUNDO

Kamakailan ay pinarangalan ng Sun Youth ang construction worker na si Richard Chartier-Carle, 27 taong gulang, sa pagliligtas sa buhay ng isang lalakeng magbibigti noong Nov. 3, 2015. Nangyari ang dramang ito sa Notre Dame. St. Naroon sa construction site si Chartier-Carle nang may lumapit na babae sa kaniya upang tulungan ang isang lalakeng nanganganib ang buhay. Hindi nag-atubiling puntahan ni Chartier-Carle ang lalake. Nang makita niya ito ay pinutol niya kaagad ang lubid na gagamitin sa pagbibigti. Hindi niya ito iniwan hangga't hindi dumarating ang ambulansiya.

"Ginagawa ko lamang ang dapat gawin," mapagpakumbabang sinabi ni Chartier-Carle. "Hindi ko matiis na makita siyang mamatay sa aking harapan na wala akong ginagawa."

Noong nakaraang buwan ay pinarangalan din ng Sun Youth ang apat na lalakeng nagligtas sa buhay ng isang matandang babae na nahulog sa tracks ng Jarry metro station noong March 12, 11:45 p.m. Duguan at nakalupasay ang babae sa tracks. Hindi inalintana ng mga lalake - Bouh Kalif, Jean-Michel Gelin, Andre Creel at Alejandro Joubart - na maaari rin silang mamatay dahil mataas ang voltage ng koryente. Ang tangi nilang iniisip ay mailigtas ang babae.

Si Joubart ang unang nakakita sa nangyari sa babae at kaagad siyang humingi ng tulong. Sinabi ni Kalif, "Humanity these days is just like the weather, it's cold like hell. But I'm going to tell you, to be honest with you, there are good people out there. Dugtong naman ni Gelin, "There's a lot of good people in the world. The sad part is that people always remember the negative part. I use the metro daily : I see people help women use the stairs but people always remember those who don't hold the door for them. At ito naman ang sabi ni Creel, "It's important to send a message that people are able to do good and help people they don't know. We should spread love, not hate."

Noong Feburary, naglalakad akong pauwi mula sa C & T grocery sa Laurentian Boulevard. Mga ilang kanto na lamang bago ako dumating sa aming bahay nang bigla akong nadulas at bumagsak sa snow. Nahirapan akong bumangon. Nagulat na lamang ako nang isang babaeng

nagmamaneho ng kotse at isang lalakeng naglalakad ang parehong huminto at tumulong sa akin. Pinilit nila akong ihatid hanggang sa aking bahay sa kabila ng aking pagtangga.

Sa Pilipinas, tinawag ding bayani si Ian de Leon, isang artista at anak ng sikat ding artistang si Christopher de Leon at Nora Aunor. Nasa Smokey's siya nang masaksihan niya ang isang batang nagbibisikleta sa Aguire Ave., Paranaque City na bungguin ng isang motorcyclist noong March 21. Walang tumulong sa bata sa kabila ng paghingi ng tulong ng mga magulang nito. Kaagad lumabas si de Leon upang tulungan ang bata. Dinala niya kaagad ito sa ospital at nanatili siya roon hanggang hindi dumadating ang pamilya nito.

Kalimitan, kapag may nakikita tayong nadisgrasya, nag-aatubili tayong tumulong. Ayaw nating masangkot o madamay. Subalit mayroon namang hindi nag-aatubiling tumulong. Nang tulungan ni Chartier-Carle ang lalakeng nagtangkang magbigti, ito ang sinabi ni J. P. Braband ng Montreal Police, "Human instinct. Most of the time, it's instinctive. It's the human being that comes out of a person. Money and recognition are not the motivations." Dugtong ni Helio Galego ng Sun Youth, "It's not really easy to describe the goodness of Good Samaritan. It's hard to explain it. Is it instinct? Adrenalin? It's complicated to explain."

Ano man ang dahilan ng mga Samaritan na ito upang tulungan ang mga taong hindi nila kilala pero nasa panganib, kahanga-hanga ang kanilang ginagawa. Kilala o hindi, kaibigan o kaaway, dapat tayong tumulong sa mga taong nangangailangan ng ating tulong. Ang mga Samaritan na ito ang dapat mating tularan.

PAANO MAPALALAGANAP ANG KASAYSAYAN AT KAHALAGAHAN NG FAMAS?

Ilang beses nang sinabi ni Bert Abiera sa akin ang madalas niyang hiling sa FAMAS Executive Board na isama siya sa pagpupulong ng mga ito. Miembro naman siya ng Board of Trustees na isang Advisory Body. Marami siyang gustong imungkahi tulad ng pagpapalaganap sa kasaysayan at kahalagahan ng FAMAS. Halimbawa, gusto niyang ipalathala ang mga ito souvenir programs ng asosasyon. Maganda ang panukala ni Bert pero wala yatang nakikinig sa kaniya. Naihambing namin

ang Pilipinas at maraming Pilipino. Paano magkakaroon ng malasakit at maipagmamalaki ng mga Pilipino ang Pilipinas kung hindi nila alam ang kasaysayan nito? Ganoon din ang FAMAS. Paano magkakaroon ng malasakit ang mga miembro ng FAMAS kung hindi nila alam ang kasaysayan ng asosasyong ito?

KINIKILALA NG GOVT. OF CANADA SI TUPAZ ANG LEGAL NA PRESIDENTE NG FFCAQ

Nagpadala ng Press Release si Ed Tupaz sa mga miembro ng komunidad upang ipaalam ang paglulunsad ng kaniyang proyektong Seniors Outreach through Social Media. Binigyan ng grant o discretionary fund ng Government of Canada ang kaniyang Federation of Filipino-Canadian Associations of Quebec. Maraming hindi natuwa sa nangyaring ito. Unang-una, ang press release ay nasa pangalan ni Ed bilang presidente ng FFCAQ. Ito ay pagpapatunay na siya ang kinikilalang legal na presidente ng asosasyong ito at hindi ang isang grupo. Sa amin naman ni Bert Abiera, ang pagbibigay kay Ed ng grant ay pagpapatunay din na minsan ay nagbubunga nang maganda ang pagtratrabaho at pag-iisip ng isang tao. Madalas naming mapag-usapan ni Bert Abiera na hindi lalapit ang gobyerno sa iyo upang magbigay ng grant. Ikaw ang dapat lumapit. At kung lalapit ka, hindi ka rin bibigyan ng grant kung wala kang ibinibigay na proposal. At hindi ka makagagawa ng proposal kung hindi ka mag-iisip. Pero sabi ni Bert (Pilosopong Tasyo), "Bakit pa mag-iisip ang mga opisyal ng ibang asosasyon ay gumastos na nga sila nang malaki para iboto kaya bakit pa sila magpapakahirap magtrabaho at mag-isip. Naiboto na nga sila at nakaupo na sa puesto."

BAKIT NGA BA NAGING LIHIM ANG PAGPUNTA NI CARDINAL TAGLE SA FAMAS CENTRE?

May tumawag at nag-anyaya sa akin noong April 7 na magpunta sa FAMAS centre dahil darating daw si Cardinal Luis Tagle para makipagkita sa mga refugee. Pero biglang binawi ng taong tumawag sa akin ang pag-anyaya dahil narinig niya na sinabi raw ni Cora Aberin, lihim ang pagpunta ni Cardinal Tagle. Baka dumagsa ang mga tao sa centre. Sa halip, ilang tao lamang daw ang imbitado at kabilang ang isang reporter sa isang diaryo. Ang biro ko, "Kung lihim ang pagpunta ni Cardinal Tagle at ayaw ng FAMAS na maabala ang pakikipagkita nito sa mga refugee, bakit may reporter? Siguro, hindi ako itinuturing na press. Baka "peste." Nakalimutan ko na ang pangyayaring iyon dahil sabi ko nga, "Who cares?" Nainsulto ba ako? Hindi. Did I feel less important? Hindi.

Muli ko lamang naalaala ang hush-hush na pagpunta ni Cardinal Tagle sa centre nang may mag-email sa akin mula sa press noong April 15. "Strange" daw ang bagong board. Ang mga nakalipas na administrasyon, inaanyayahan daw siya kapag may press conference pero ngayon ay hindi

na. Siguro, may pinipiling miembro ng press ang FAMAS. May nagsabi rin daw sa taong nag-email sa akin na isang Pilipinong reporter sa CBC ang pinagsabihan ng FAMAS na bukas sa press and pagpunta ni Cardinal Tagle sa centre pero pagkatapos ay binawi ang sinabing ito.

Nakausap ko ang isang opisyal ng FAMAS at inamin niya sa akin na siya man ay nagtataka kung bakit napasama ang isang reporter na nagpunta sa centre. Ang orihinal na balak ay apat na opisyal lamang ng FAMAS. Okey na sana kung ang mga FAMAS opisyal nga kamang ang nagpunta sa centre pero bakit nga nagkaroon ng iba?

Nagtatanong lamang ang marami, lalo na ang mga hindi nakapunta sa St. Joseph, na gustong makita o makahingi ng blessings kay Cardinal Tagle. Bakit piling tao lamang ang nakapunta sa centre noong makipagkita si Cardinal Tagle sa mga refugee. Akala ng mga taong hindi nakapunta sa centre, ang FAMAS ay para sa lahat. Sabi nila, pagdating ng eleksiyon at kapag nagtitinda ng ticket ay doon lamang sila kilala at nilalapitan ng mga kandidato at opisyal. NAPTUNAYAN NA NAMAN NA GUILTY OF BREACHES OF JOURNALISTIC ETHICS SI FRED

Ang isa sa mga slogan ng the Filipino Forum ay "The Filipino Forum. There's nothing like it." Tama. Wala pa akong nakitang diaryo na ilang beses na ireklamo at napatunayang lumalabag sa ethics ng pamamahayag. At ang publisher at writer din ng diaryong ito ang minsan ay nagsabi sa Quebec Press Council na "Once a writer is caught lying, that's the beginning of his end."

Kamakailan ay may nakakita sa internet ng balita tungkol sa resulta ng reklamo ni Felix C. Reyes kay Fred Magallanes, publisher ng Filipino Forum. Binasa ko ito - Felix C. Reyes vs. Fred Magallanes D2015.05-131 Quebec Press du Quebec . Ang inpormasyon ay nakasulat sa French pero ayon sa nakabasa ring iba, natalo si Fred sa laban nila ni Felix. Injury to reputation at excessive relentless defamation daw ang dahilan kaya natalo si Fred. Sa tuwing labas kasi ng diaryo ni Fred simula noong 2014 hangga't 2015, isinusulat niya ang tungkol sa \$250 na ayon sa kaniya, sinasabi ni Felix na pera ng Federation. Kaya pala hindi na sinasagot ni Felix si Fred noon, may binabalak pala ang una. Nagpunta siya sa Quebec Press Council. Kasi, pati mga kamag-anak at kaibigan niya sa America at Canada, nabalitaan ang mga nakasulat sa diaryo. Para nga naman siyang magnanakaw (Nitong nakaraang isyu ng The Filipino Forum, nasasangkot siya sa halagang \$4,999.34). Natatandaan ko ang sinabi ng Quebec Press Council noong matalo rin si Fred sa reklamo rin ni James de la Paz dahil sa mga kasinungalingan ng una. Wala silang mandate na bigyan ng kaukulang parusa si Fred pero kapag may nagdemanda, sila ang magsisilbing witness. ■



Ask the Video Guy

Technological Tidbits
by

Al Abdon

GREAT FILMING ON A BUDGET

So you want to make Hollywood style movies with a professional look but you don't have an credit card or Spielberg's number on speed dial. What do you do? Give up on your dream of filmmaking and hand in your application to the fast food restaurant down the street? Or, do you buckle down, study the filmmaking process, get creative and use your innovation to become the filmmaker you always wanted to be? There are a number of ways to get professional-looking shots without spending a huge amount of money, but the three basics to creating professional looking video are proper lighting, clear audio and a solid stabilization. Once you have these down, study all your equipment and film making manuals, watch as many YouTube "How to make your own equipment." videos as you can, and then get out and shoot, shoot, shoot, and edit, edit, edit. No matter how many tricks you find and corners you cut there is no experience like good old fashion practice.

The Right Lighting

With such vast improvements in lighting and camera technology, you can now take a trip to the hardware store and use inexpensive clamp lights or opt for Chinese paper lanterns, LED lights, headlamps, flashlights and even candles to light a scene. The best light to shoot with

modeling shadows while exposing more of your subject's form and keeping the color saturation constant. Also try to avoid shooting with the sun directly overhead as it tends to cast strange uneven or harsh shadows.

Whether lighting with sunlight or halogen work lights, use the principles of three-point lighting whenever possible.

You can manipulate whatever light you are using with lighting flags and reflectors, which can both be made from common household materials. Black fabric, plywood painted black or black plastic can be used for a flag to block light from reaching certain parts of the frame. Another way to better control light entering the lens is a Matte Box with flaps that extend at an angle off of the lens, called bellows French flaps or barn doors. You may also need to use a reflector to bounce light back onto your subject. You can make your own reflectors from white foam core board or cardboard painted white, gold or silver. Whether lighting with sunlight or halogen work lights, use the principles of three-point lighting whenever possible. Use a key light to illuminate the front of your subject, a fill light from the side to fill in shadows and a backlight to separate your subject from the background.

Do Not Ignore Sound



is still persistently available natural sunlight. Take advantage of the golden hour just around sunrise and sunset to get that ambient glowing light reflecting off of the clouds. It may sound like common sense, but you always want to shoot with the sun behind the camera, which adds

After you have the scene properly lit, the number one thing most beginning filmmakers mess up is capturing clean and clear audio. Audiences will usually forgive a poor quality picture for a minute or so but if the audio is too low, contains wind noise or is inaudible, most people will

lose interest quickly.

An external microphone will always be a good investment, but it doesn't need to be an expensive model if you pay attention to a few basics. To make sure you get good audio, shoot as close to your subjects as possible and that the mic is properly angled toward your sound source. While on set, try to reduce or remove any extraneous noises on set and make sure your batteries are charged up. Wear headphones to monitor your audio and set you levels.

Avoid Shaky Shots



Once your scene is properly lit and the audio is set, the next thing you want to capture is a smooth steady shot. It's always better to shoot on a tripod as it makes your shots much more clean and stable. You can also attach a slider or dolly to your tripod, allowing you to adds tilts, pans and elevation to create even more interesting shots.

For your smaller cameras, like GoPros and smaller mirrorless and DSLR cameras, \$13.00 will buy you the Gorilla Pod, which is perfect for capturing exciting shots with it's three flexible legs that grip almost anything.

Elevating, tilting, tracking and panning are all great ways to add style and substance to a scene. Crafting your own jib arms are not all that difficult depending on your creative skills. You can use old tripods, microphone or light stands and with a trip to the hardware store, you can have your own custom jib arm for under \$100. Homemade jibs are especially feasible for lightweight cameras.

For smooth dolly and tracking shots, look to repurpose. I found two different size dollies for under \$20 at the hardware store that work perfect for small tripods like the Manfrotto compact. I've even seen someone use a rain gutter and bit of grease to pull the camera across a table and the shot looked great and it only cost \$13. For some shots when you just need a little bit of movement a slider will do just fine and you can even use furniture sliders to put your tripod on and just slowly push or pull it across the surface if the surface is smooth enough.

You can also make a pretty simple dolly out of some wood, a few bolts, some wheels and some string. Basically you cut the wood and make a rectangle for your tripod to fit on

and attach four wheels to the box and drill a few holes in the front of the wood to put a piece of string through to pull your dolly in a smooth motion toward you to get a great looking shot.

Another fun and easy way to simulate a dolly shot is to use an ordinary skateboard. Put your tripod legs directly on the skateboards grip tape or drill some holes into the board and attach a tripod head directly to the board. It's very important you lay down some masonite, plywood, linoleum, cardboard or other thin flat material to make sure the surface is as

smooth as possible. Do a couple test shots and figure out if your need to adjust anything. You can eve use the mini finger skateboards as a dolly for small action cameras to get some short movement shots. Just put the camera on the skateboard and — voila — you have a dolly for \$10.00. There is also a way you can get a professional looking dolly shot for free by just retracting the front leg of your tripod and slowly and smoothly moving your camera up and down. This only works for short dolly shots but it really does look cool and you don't have to purchase any extra equipment.

These simple hints can make even your first video look like a professional production.

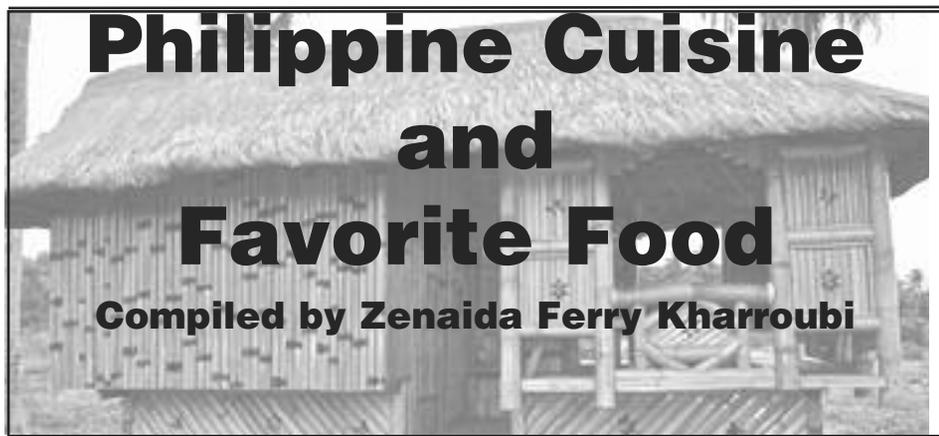
With digital technology evolving every day there is no telling what the future holds for filmmaking. Years ago you would need to hire a helicopter or a crane to get professional looking areal shots but now with a variety of drones carrying HD, 2k and 4k cameras you can get Hollywood shots for a couple hundred dollars and a little practice. Remember, these are unmanned flying devices, so it's a good idea to take some classes in drone flying and safety before you just go out and start flying.

Practice & Practice

So there you have it, a bunch of ways to get more professional looking videos without a truckload of expensive equipment. Everyone can shoot like a pro when you have good light, audio and stabilization. The hardest step is the first one so just put one foot in front of the other and start by making short videos and make sure to have fun!

Have a good summer shoot!

AL ABDON / HOLLYWOOD JUNKIES



Philippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi

Hot Sweet Spicy Chicken



Ingredients
 4 chicken leg quarters, cut into thighs and legs (about 1 kilogram in total weight)
 1 teaspoon rock salt
 1/2 teaspoon ground pepper
 1 teaspoon garlic powder
 1 teaspoon ginger powder
 1 tablespoon oil
 1/4 cup soy sauce
 1/4 cup chili sauce (I used Sriracha)
 1/4 cup honey

Instructions
 Place the chicken in a resealable bag. Mix together the salt, pepper, garlic powder and ginger powder. Add to the chicken. Seal the bag and shake well. Keep in the fridge overnight. Heat the oil in a frying pan (it helps prevent sticking if the pan is hot before you pour in the oil). Swirl to coat the entire bottom of the pan. Arrange the chicken in the pan in a single layer. Keep the heat high, don't move the chicken around during the first five minutes to let the heat do its thing to the skins. Then check if the skins have started to turn golden. If they have, flip them over, then allow the opposite sides to brown lightly too. Pour in the soy sauce and Sriracha. Stir. Lower the heat, cover the pan and braise the chicken for 20 to 30 minutes. Using kitchen tongs, lift each piece of chicken and transfer to a shallow bowl. With the stove set on medium heat, pour in the honey and mix into the sauce that remains in the pan. Bring to a simmer. Turn off the heat. Taste. Add more salt, if needed.

marinate on the meat. Place chicken in the chiller and let sit. After 30 minutes, turn the meat and let it sit for another 30 minutes. It is not ideal to marinate the meat overnight since the acid of the vinegar will completely break down the enzymes of the meat.

Meanwhile in a saucepan, over low fire, combine margarine/butter and annatto seeds. Stir until the margarine melts and the annatto seeds are well infused and have developed a deep orange color. Turn off heat then add a small amount of salt and pepper to taste.

After marinating the chicken, put several slits on the part near the bone to help with cooking the meat fully. Skewer the meat and cook over hot charcoal grill, skin side down, basting it once in a while. As much as possible do not turn the meat more than twice since the result will be drier meat.

Serve while hot together with steamed rice paired with grilled oysters and sinamak or soy sauce with calamansi and siling labuyo (red chili peppers).

* You can use whole chicken and roast it in the oven. Make sure that when you marinate the meat, rub the mixture all over the chicken including in the cavity.



Maruya



Chicken Inasal

Serves: 3-6 people

1 whole chicken, cut into 6 parts (legs, wings, breasts)
 Marinade

1 head garlic, macerated
 2 tbsps. chopped ginger
 1 tbsp. brown sugar
 1/3 cup sinamak (native coconut vinegar)
 10 pieces calamansi extract (the juice)
 3 stalks tanglad (lemon grass), julienne
 salt and coarsely ground pepper
 Basting Sauce

1/2 cup margarine or butter
 1/4 cup atsute (annatto seeds) oil
 salt and pepper
 large bamboo skewers
 charcoal for grilling
 In a large bowl, place the garlic, ginger, vinegar, a small amount of sugar, calamansi, tanglad, salt, and pepper. Mix all the ingredients then add the chicken meat. Lightly rub the

Saba or Ripe Plantain), sliced 1/4 inch diagonally
 Few strips Jackfruit or Langka, diced (optional)

2 Eggs, beaten
 1 1/4 cup All-purpose Flour
 1/4 cup Sugar
 1 to 1 1/2 cup Water
 PREPARATION TIME : 10 minutes

COOKING TIME : 20 minutes

1 Mix all the ingredients together.

2 Heat up a pan and put a little oil.

3 Pour about 1/4 cup and cook for 2 minutes, invert and cook for another minute or until both sides are golden brown.

4 Repeat until all the batter are cooked.

5 Top with sprinkled powdered or granulated sugar, and serve hot.

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North American Filipino Star Photo Gallery



Souvenir photo of sugaring at Bouvrette in St. Jerome, Quebec.



Gilmore College sugaring party: (standing) Lani Abellera, Luz Maderazo, sugaring employee, Myra Wanawan, Katrina Cempron, Erwin Capalungan, John Aquino, Zenaida Kharroubi. Seated: Sophie Toledo, Ben Bade, Mayette Danao, and Tessie Calica.



Enjoying the outdoors during the sugaring trip are Feli Pineda, Jam Pineda and a friend.

TULIPS FESTIVAL

Gilmore College International is inviting you to join their annual picnic to Ottawa for the tulips festival
Call 514-485-7861 to get your tickets
Bring your picnic basket.



Saturday, May 14
Departure: 7:30 a.m.
Return: 7:30 p.m.
Meeting place: Plamondon Metro Van Horne exit
Donation: \$45 includes entrance fee to the Museum of Agriculture, visit to the Peace Tower, etc.

FILIPINO CANADIAN ARTIST ASSOCIATION OF QUÉBEC
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SEARCH FOR
FILIPINO CANADIAN
TALENT 2016

THE PREMIERE

OPEN TO ALL TALENTED YOUNG & ADULT (7-77 YRS OLD)
SINGING (solo, duo or group with max members of 5)
DANCING (max members of 5)
BAND (max members 5), and any form of artistry

SPRING AUDITION STARTS ON
MAY 6, 7 & 8 2016

The Search for Filipino-Canadian Artist 2016 "The Premiere" is ON!

Contest is open to ALL Filipino-Canadian Artists, 7 to 77 years old residing in Montreal & Suburbs (within the province of Québec, Canada)

On May 8, 2016, Sunday "LIVE AUDITION" will be held at the Collège Notre-Dame Auditorium, 3791 chemin Queen Mary Montreal from 1:00 to 5:00 PM.
Registration Forms Available at the following venues:
Marche Filipino in Vanhorne and Uptown Tattoos

For further inquiries please contact:
Michelle Vargas-Lao @ 514.466.5206
Franco Sevilla @ 514.730.6015
Lene Catedrilla @ 514.298.2478

This event is brought to you by the "Filipino-Canadian Artist Association of Québec" (FCAAQ) in collaboration with Gilmore College International, MMTV Global, the North American Filipino Star and "MVL Productions."

The Search for Filipino-Canadian Artist 2016 "The Premiere" (All rights reserved 2016)



Photo shows part of the group who joined Gilmore College International annual sugaring trip. This year, they tried a new place in St. Jerome, Cabane à sucre Bouvrette. In spite of the rain, the students and their friends still enjoyed the outing. (April 2, 2016)



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Social Tidbits

Fely Rosales Carino



The Parking lot of the Casa Grecque Restaurant at Gouin Boulevard, Montreal, PQ was almost full to capacity last March 5, 2016. The occasion? Cora Aberin's birthday bash, a very lovely and private evening attended only by relatives and some friends very dear to them. Busy at the beginning was the celebrant who tried to accommodate seating preferences (as some preferred other seating arrangements). She was gracious enough to make last-minute changes. Exhibiting a very welcoming smile was her husband Amang. An interesting discovery about Amang was that his name was hard to pin down (four friends gave four different names.) Finally, we discovered that his name is Aquilino.

The party gave everyone present the opportunity to greet friends that they haven't seen in a long time. There were a lot of stories down memory lane for sure. Deacon Pete Tapia did the Invocation after which emcee Svetlana Suarez had everyone laughing at a game involving couples, who had difficulty following simple instructions like 'turn to the right' but couples turned to the left instead. Occupying the dance floor most of the time were Roger and Neri Ajero, Connie Fabro, Nita Advincula, William and Nene Fabia, Flor and Rose Rillo, and more. Others such as Jummy Aquino, Dick Dahiroc, Boy Dagsaan, Natalie & Hermie Pelausa, Albert Gutierrez, Letty Bulotano, Hilda Veloso, Nemie Saldua, Angie Ojerio, Julie Parado, Dario Bobo, Jun & Lily Ramos, Dr. & Mrs. Ding Abellardo and more were busy reminiscing about the good old times. The highlight of the evening was the special dance by Cora and Amang who sweetly danced to their theme song "Only You!" They were later joined on the dance floor by their children: Anthony Chris, Allan Jayson, Adam Lorenzo, and Sharlene.

Another event with the Aberins was the Pabasa held at their house. Apparently, it started at 6am-10pm nonstop. Ditto with Connie Fabro who had another Pabasa at her residence in the West Island. In both houses, plenty of food was enjoyed by all. Good job ladies!

On March 12, 201, the Pearl of the Orient contest was held at Salle La Decouverte, Westhill, Montreal. The Talent Competition was won by Emelita Avergonzando. Best in Theme Wear and Best Interview was awarded

to Chris Gel Gumamit. Best in Evening Wear went to Ruth Concepcion Deac. The Final results: Fourth Runner-up is Marilie Yeda; Third Runner-up is Ruth Concepcion Deac; Second Runner-up is Chris Gel Cumamit; First runner-up is Emelita Avergonzando; and the Miss Pearl of the Orient Winner was Aiven Pegano. Let me tell you that this Beauty Pageant, in terms of choreography, music, rhythm, movement and grace set a high standard that will be difficult to surpass. This is certainly the result of the hard work of several key people namely Svetlana Suarez (Pageant Director), Evelyn Calusa (Overall Chairman), Josefa Nicolas (FFCAQ President), Thea Dela Cruz, and the Production Staff. Last but not least, it must be understood that the Pageant was in recognition of the services of Filipino Caregivers all over the world.

Honourable Anthony Housefather, Member of Parliament representing the Town of Mont Royal riding recently launched an "Anthony Assembly Night" that occurs once in three months. His aim is to be familiar with the problems of his constituents. After his speech there was an open forum. Due to the long lineup, questions needed to be limited. Most of his constituents include Filipinos. The questions involved immigration, housing, transportation and sewer problems. The crowd was pleased with his answers.

Mr. Jerry Danzil, the newly elected President of CFCQ (the Council of Filipino Canadian Associations of Quebec), had his first venture in a video presentation of Habitat Multi Generation, a project that informs people of ways to afford buying a house. This is an encouragement to many who feel that owning a house is out of their reach. This was followed by another activity, a Spring Disco Dinner Dance held at 6767Cotes des Neiges. Fantastic start, Jerry! Miss Linda Agcaoili was the evening's emcee.

The Living Waters International Fellowship under the stewardship of Pastor Rene Saquing held its Easter celebration at Saint Michael Church in the West Island. Adding to the Easter flavor to the service was the beautiful rendition of hymns by the choir led by Mrs Charlotte Asegurado. After the service, a delicious dinner was served.

The Pansitan Restaurant found along Victoria Street and owned by Mr Cesar Manuel is becoming the

place to dine at by Filipino celebrities. Seen having Kamayan dinner there were friends of Cory and Gloria Calatin. They threw a dinner bash in celebration of Tamara winning the Miss Teen Famas contest. Mr. Dick Dahiroc and friends were also there to celebrate Lulu's birthday. The Pansitan Restaurant is also a favorite venue for association meetings. Recently. The Kababaihang Rizalista Ladies under its president Mrs. Esphie Manaog hold monthly meetings there.

The Federation of Filipino Canadian Associations of Quebec (FFCAQ) President, Mr. Edgardo Tupas, has given notice of election of its Board of Directors to be held at 6767 Cote des Neiges on May 1, 2016. Candidates are: Mr. Ed Tupaz (President), Mrs. Jesusa Nicolas (Vice President, Internal), Mrs. Luzviminda Mazzone (Vice President, External), Mrs. Zenaida Manaog (Secretary), Mrs. Josefina Faustino (Assistant Secretary), Mrs. Shirley Gattoc (Treasurer), Mrs. Haydee Trinidad (Assistant Treasurer), Mrs. Ella Reyes Auditor, Mrs. Cristy Hunter (Communications), Mr. Alfonso Abdon (Education and Leadership), Mrs. Warlie Basbacio (Human Rights), Mr. Rex Tuquero (Immigration and Employment), Mrs. Nenita Licayao (Philippine Studies and Library), Mrs. Lorenza Tolentino (Seniors), Mrs. Wendy Singh (Social Services and Philippine Relief), Mr. Arwin Allana (Sports), Mrs. Remedios Monteagudo (Trade and Commerce), and Miss Ellison James Pila (Youth). Mr. Felix Reyes is the Ex President.

Mr. Ed Tupaz and Mrs. Minda Mazzone phoned to request public announcement that the FFCAQ has already received the government grant that they have applied for. They said that now they can start their projects for the youth and seniors. Last April 6 2016, there was a Eucharistic celebration with His Eminence Luis Antonio G. Cardinal Tagle at the Basilica, Saint Joseph, Montreal, Quebec. For this to happen, the Filipino community led by FAMAS president Cora Aberin partnered with the Development and Peace Caritas Canada. This is the biggest Filipino crowd I have seen in one venue at one time. This was a celebration that thrilled Cardinal Tagle no end. There were three sets of Filipino choirs, and the congregation became nostalgic when we all sang Ama Namin. Ms.

Aurora Osdon, Famas past president, put her organizational skills to good use as I heard, she helped put the parts of the service in proper sequence. She was also the emcee of this historic event. By the way, have you seen Au up close? You should. She has that flawless skin that looks so smoooooth! Au, tell us your secret!

Next to invade the Montreal scene was the Duterte Cayetano Movement from Toronto. This was led by Mr. Ron Culyonista and friends. With them was the Christina Band with band members Chong Ocampo, Heralie Jurado and Christine Horlador. In between the campaign speeches was a video presentation of the life and accomplishments of Mayor Duterte. Mr. Duterte is running for President of the Philippines in an election that will be held next month, May 10, 2016. As in all campaign speeches, slogans are never far. One of them was "Bakit Duterte? Sa ikauunlad ng bayan, Duterte ang kailangan." Part of the movement in Montreal are Mr. Dennis Mayuga, Mr. Bernie Santos, Mr. Fred Espinosa, and all the people from Davao in the crowd. Entertainment was provided by singers Michelle Vargas Lao, Mark Simbulan, Maria, and friends.

Mr. Freddie Espinosa, writer, singer, and composer, accompanied himself on the guitar as he belted some songs. He was the emcee of the evening. His beautiful wife Chantal, was helping usher the guests.

The Canadian Filipino Teachers Association of Quebec (CFTAQ) held a declamation and oratorical contest April 15, 2016 at 6767 Cote des Neiges Community Center in Montreal. Contestants were judged on the following categories: Mastery, Diction, Interpretation, and Attire. Judges were three past presidents; Mrs. Nancy Karides, Mrs. Elsa Montealegre, and yours truly. Mrs. Bing Estopa (auditor) computed their scores. Winners were announced but their monetary awards will be given at the coming Teachers Induction Party on May 7, 2016. CFTAQ President Mr. Joseph Gonzales methodically explained the rules of the contest before the start. He had a very captive audience due to the fact that he himself was a former declaimer and orator. Towards the end, he was interviewed by MMTV Global Program Director Mr. Al Abdon. See you all in the coming parties! ■

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Wanderer on two wheels



Jericho Rosases

When cameras are not rolling for him, Jericho Rosales drops his boy next-door image to unleash his inner adventurer. He does so with style, driving a motorcycle. His posts on Instagram show him riding different bikes including a Ducati and a Vespa.

He believes motorcycling “empowers” him. “Because with bikes I can go places, I can go wherever I want,” he told Bulletin Entertainment in an interview at a Wrangler event, where he was named ambassador.

He recalled his first bike, a Yamaha YZF R6. “I bought it and I taught myself how to ride. Hindi ko alam kung pa’no ako natuto, natuto na lang ako basta,” he shared.

Jericho almost gave up riding early on, recalling an incident where he was almost squeezed by two buses.

“(After nu’ng incident na ’yun) I said, ibebenta ko na ’yung bike ko. But I still wanted to ride so, I bought the Vespa, scoot scoot lang ako around the village...”

It was early last year when he finally bought another big bike. “I wanted a bike na classic kasi ’yun talaga trip ko,” he shared.

Despite the seeming danger that goes with riding bikes, Echo made clear safety is first priority every time he is out on the

streets. “Educate yourself... The more you educate yourself, the more you become safer from any possible dangers,” he said.

Just this year, he enrolled in California Superbike School-Philippines. Prior, he enrolled in the Honda Safety Driving Center Foundation.

Echo likewise makes sure to hit the road wearing proper riding attire. “This include a full face helmet, proper jeans na may protection sa knees, butt, and back,” he said.

The actor has a riding group with the likes of Drew Arellano and Paolo Abrera, calling themselves the Brappacks.

“It’s a cute little group... We ride every Sunday. We all have the same bikes...”

His wife Kim Jones is now also into motorcycling. “(Biking) is now part of our lives,” he expressed.

According to Echo, there are many good riding places in the Philippines.

“Whether you go north or south, east or west, it’s amazing. Pero kung gusto mong mag-ride, go to Palawan or kung gusto mo (pumunta) sa north go to Baler... ang daming pwedeng puntahan eh,” he said. ■

Doctor Mike to Pia Wurtzbach: ‘You’ll forever be my Miss Philippines!’



Dr. Mikhail Varshavski, simply known as “Doctor Mike”, sent a short but sweet message to Miss Universe 2015 Pia Wurtzbach during the Binibining Pilipinas 2016 coronation night on Sunday (April 17, 2016).

Pia was set to crown her successor in the Binibining Pilipinas – Universe title Sunday night, and before the pageant started, Doctor Mike sent Pia a short but sweet “good luck” message to the 26-year-old beauty queen on Twitter.

Doctor Mike wrote, “Even though tonight you’re giving up the crown, you’ll forever be my Miss Philippines! @PiaWurtzbach #BbPilipinas2016 #comebacksoon ♥”

In an interview on “Tonight with Boy Abunda” last Thursday (April 14, 2016), Pia revealed that she is indeed

dating Doctor Mike.

“Yes, I am dating. I actually just call him Mike,” Pia said, as quoted in the interview.

Named by People magazine as the “Sexiest Doctor Alive”, the 26-year-old Russian-born hunk is a second-year medical resident at a New York City hospital. He specializes in osteopathy.

Pia and Doctor Mike met last February at a New York City restaurant.

Pia flew back to the Philippines and crowned her successor Maxine Medina as the new Miss Universe – Philippines on Sunday night (April 17, 2016) at the Araneta Coliseum. Afterwards, she will return to New York City to continue her Miss Universe duties. ■

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All grown up

At 20, Kathryn Bernardo has already made a name for herself as singer-actress. Now comes her first book.



Kathryn Bernardo

Kathryn Bernardo has achieved another milestone in her career with the launch of her first book ever titled "Everyday Kath: 365 Ways to be a Teen Queen."

She revealed becoming an author is one of her long-time dreams come true.

"Kasi kapag sinabing author ka ng book, parang wow, ang saya naman noon, 'di ba? And sakto noong naiisip ko iyon, lumapit sa akin 'yung Summit (publishing house). Nagbigay sila ng pegs, nag-open din ako. Natuwa ako kasi 'yung mga ideas ko and ideas nila, swak naman," she said.

Kathryn dedicates the book to her fans, saying it is her way of helping them deal with life.

"Kasi parang nilagay ko lahat doon mga experiences ko in life and mga learnings ko rin sa fashion, beauty. 'Yung book na iyon is very me, personal talaga siya," she said.

Asked if it has already sunk in that she is now a book author, Kathryn said, "Actually, hindi pa rin ako makapaniwala. Kinikilig talaga ako kasi ang saya-saya ko sobra. I'm very thankful."

Goodbye Teen Queen?

Now that she's 20, people expect Kathryn to graduate from

being Teen Queen.

She maintained, however, "Feeling ko hindi na 'yan mawawala sa akin. Sabi nila, 'Paano 'yan twenty ka na, hindi ka na Teen Queen?' Sabi ko, 'Parang forever na dapat kasi 'yun 'yung unang ipinangalan sa akin ng mga tao. Parang hindi ko 'yun kayang pakawalan... naging parte na 'yun ng buhay natin at hindi natin 'yun bibitawan."

She is a bit uneasy over the new title bestowed her: Asia's Emerging Queen.

"Parang hindi ko alam kasi noong tinatawag ako na Teen Queen ay sobrang pressure na agad, ang bigat na agad. Pero ito, doble ang pressure. Pero kung ano man, pasalamat na din kasi pati sa ibang bansa pala ay nare-recognize tayo at dala natin ang pangalan ng ABS-CBN. Syempre, nakaka-proud na naging parte ka noon," she said.

Asked if she has detached from being a teen, Kathryn shared, "Actually feeling ko 16 pa rin ako. Sinasabi ko nga na it's just the age na nagbago."

If anything, Kathryn admitted she is now more capable emotionally.

"Before kasi medyo fragile ako. But because of my experiences, mas stronger na ako. Kailangan talaga mas maging strong ka para ready ka to face everything, para rin sa sarili mo," she said.

"I'm looking forward sa mga mangyayari now that I'm 20, whether good or bad. Excited ako kung paano ko siya maha-handle and kung paano ako matututo," Kathryn added.

Post b-day bash

KB Buddies, among Kathryn Bernardo's many fan groups, organized a post-birthday party for the actress recently.

Held at Le Rêve in Quezon

City, the party saw club members engaging in fun games with their idol.

Grateful, Kathryn said, "Sobrang special sa akin ito... ang KB Buddies ang unang fan group ko na solo... bago pa ako mag-'Mara Clara.' Through the years ay sila 'yung nandiyan, nakikipaglaban para sa akin kaya hindi enough ang thank you para pasalamat sila... utang ko lahat sa kanila."

And how does she show love for her fans?

"Verbal... kasi hindi ako masyadong ma-Twitter, hindi ako nakaka-reply sa lahat. Actually, sinusubukan kong kilalanin ang bawat isa sa kanila ng personal. (At) kung kaya ka nilang ipagtanggol, dapat ikaw kaya mo rin silang ipagtanggol.

"Ang feeling ko, 'yung sa amin ay friendship na walang iwanan."

Sisterly advice

The Kapamilya star considers herself big sister to her young fans.

Asked what advice she would give them, she said: "Hindi ka dapat mag-stop kapag may problema ka. Dapat gawin mo iyong motivation to be a better person."

She encourages teens to be open to their family and friends.

"Malaking part talaga sila sa pag dedesisyon sa buhay, makakatulong sila kung paano iha-handle ang mga bagay-bagay," she said.

Kathryn is, of course, thankful to onscreen partner and rumored boyfriend Daniel Padilla who has always been supportive.

"Andiyan si DJ, from day one hanggang ngayon. Andiyan siya to support me. Ganoon din naman ako sa kanya, sinusupportahan namin ang isa't isa." ■

Kris Aquino calls for support amid criticisms over chopper use



Kris Aquino turns to her supporters, asking them to defend her after being bashed in different social networking sites.

On Wednesday, the Queen of

All Media was on fire after photos of her circulated online, where she's seen near the presidential chopper with some of her aides, during a Liberal Party (LP) campaign sortie in

Dalaguete, Cebu.

"Binubugbog pa ako ngayon sa social media. Sinasabi mapang-abuso raw ang pamilyang Aquino. Makapal daw ang mukha namin dahil ginagamit ko raw ang presidential chopper para mangampanya. Puwede bang ipagtanggol n'yo ako?" said Kris during a campaign in Hagonoy, Bulacan on Thursday, ABS-CBN News reported.

Kris shared she decided to just get off the vehicle and walk to the venue so as not to keep the crowd waiting.

"Kasi sa totoo lang po, one hour ako naghihintay," she narrated. "Ang mga guards na kasama ko naloka na lang nang buksan ko ang pintuan at sinabi kong, 'maglakad na lang tayo,' dahil nakakahiyang paghintayin ang Hagonoy."

"Nalaman ko na ang bise

presidente kong si Leni Robredo nagsalita na, kaya sabi ko hindi na puwedeng maghintay pa kayo," she said.

Kris added that walking three kilometers doesn't matter because "ang pamilya Aquino 100 percent ang suporta kay Mar Roxas!"

Pres. Benigno "Noy" Aquino III has also defended his youngest sister, saying that "Whether as an individual taxpayer or somebody who was very close to me, who shared all of the burdens, I think it's just but proper na i-share naman the successes, share kami sa hirap, share ko rin 'yong success."

The president also pointed out that he just would like to show Kris that "talagang nagiging makabuluhan at may saysay itong demokrasyang ipinaglaban ng mga magulang natin."

Showbiz Gossip *Continued from p.15*

Boy George to thrill Manila



Boy George (second from left), will be in Manila in June.

His look is iconic, so do his band's songs. And he is coming to Manila at this time when the LGBT community here is at its most profound as a collective soul.

Boy George, no doubt an epitome of androgynous persona pop history can be proud of, will perform on June 17 and 18 at the Smart Araneta Coliseum. He is expected to sing signature Culture Club songs with, yes, drummer Jon Moss, guitarist Roy Hay and bassist Mikey Craig.

But apart from the group's complete line-up and the excitement of hearing his voice singing live in front of Manila concert goers, what's being talked about is the essence of bringing in an icon whose very look inspired, at its core, the country's gay community in dressing up and moving around in style.

"I just really love doing live shows in places where we've never been because now we're a band at our peak and I think you'll get a surprisingly good show," said Boy George during his video call to Philippine media last April 21 at Luxent Hotel, Quezon City.

The local press found the self-proclaimed Culture Club CEO surprisingly accommodating during the chat as gay fan-guests started singing the band's hits and sharing their adulation for him right after the feed went off.

Among the '80s bands that captured the Philippine market, Culture Club is one of those few that scored really numerous hits that went deep into the public consciousness. In fact, 10 of these can be counted as familiar even to non-die hard Pinoy fans, namely, Karma Chameleon, Miss Me Blind, It's A Miracle, Move Away, Love Is Love, Do You Really Want To Hurt Me, I'll Tumble For You, Church of the Poison Mind, Mistake Number 3 and The War Song. Two others, Time and Victims, can make a strong case, too.

Royale Chimes Concerts and Events, netting its biggest fish yet in its growing stable of international stars flown to Manila, is making the highly-anticipated visit possible. One of the promoters had his shirt printed with the words "War Is Stupid," lifted from the chorus of The War Song.

Obviously, Boy George is on

top of the heap when it comes to making statements because he is simply, or should we say fashionably, a walking statement.

Answering a query from The STAR, he noted, "I call myself the CEO as a joke but I guess I'm the face of Culture Club, the spokesperson and the singer."

Seldom when a frontman acknowledges that he is the heart and soul of his band, as most usually opt to say he is just a member like anyone else. That reply showcased the honesty and courage embedded in him which made him a strong voice for people who can't come out of the closet.

Yet, humility naturally reigns in his voice, as he said, "I never thought I'd be sitting here 30 years down the line discussing my career. It's very surprising to still be talking about what I did but it's a wonderful privilege."

Culture Club, reunited after more than a decade, is on a 40-city tour to kick off on June 8 in Australia. Last year, the group released its first single, More Than Silence, off a new album called Tribes. Certainly, there will be a lot of party-atmosphere noise as the Boy George tribe in Manila comes together, hats off or on.

Back in the '80s, the group scored three Top Ten US hits from the debut album, Kissing to Be Clever, which is a phrase that can be heard from Miss Me Blind. Culture Club became the first act to set that milestone since, well, The Beatles.

But more than the records and raves, it's really the sense of having Boy George in town that roars. He is one to uplift the spirits of the marginalized hip and even carry the torch of the misunderstood millennials.

One may expect that come the Manila concert nights in June, the crowd will not just be composed of the '80s teenagers who can now easily afford to buy concert tickets themselves. They will be joined by a loud, collective voice, regardless what generation they belong to, for the heartfelt purpose of singing along and partying with a man who in the '80s led an ensemble of British stars called Band Aid to sing the line "Feed the world" and seemingly without effort defined what it means to be gay and cool. ■

Rachelle Ann Go: Love can wait



Rachelle Ann Go

Love will have to wait for awhile before Rachelle Ann Go opens her door again.

Rachelle believes that this moment is dedicated for the opportunities coming her way both here in the Philippines and London.

"Kahit pinangarap ko po, wala pa po, e," she replied when asked about her love life, in an interview on Wednesday. "Kahit gusto ko ang hirap, e. Kasi paalis-alis ako, e."

"So I don't think it's the right time yet. Siguro darating siguro 'yan, hopefully, malapit na," she added.

Next week, she'll be back to London after the three-month run of the West-End musical "Les Misérables" here in the Philippines.

Although she's sad to leave her family behind again, she won't

deny looking forward to being on her own.

"I learned a lot about myself when I was there for two years," she explained. "So ngayon, naso-spoil po kasi ako ng mama ko, may nagluluto sa akin, araw-araw may nagbabaon sa akin. Doon sa London ako lang po. So 'yong independence po siguro."

"Les Misérables" will run in London until December, so Rachelle still has no plans on what to do next after their show.

However, she admits dreaming of doing a Broadway musical someday, and to star in her dream performances like "Hamilton" and "Wicked."

In November, Rachelle will be back here in the country for the "Divas in Manila" concert, where she'll share the stage with Kyla, Yeng Constantino, Angeline Quinto and KZ.

Some of her planned song line up includes those pieces from her West-End performances "Miss Saigon" and "Les Misérables," and also pieces from her dream musicals.

"Divas in Manila" will happen on November 11 at the Smart-Araneta Coliseum. ■

Arci Muñoz admits she was star struck meeting Jericho Rosales for the first time



Nag pictorial na kahapon si Arci Muñoz para sa bagong teleseryeng Never Ever Say Goodbye na unang beses nilang pagtatambalan ni Jericho Rosales. Matapos ang Pasion de Amor at ang hit movie na Always Be My Maybe, wala ng mahihiling pa si Arci sa masigla niyang career.

"Ang tagal ko rin po kasi hinintay ang time na ito. Siguro sabi ni Lord ikaw naman time for yourself."

Lumabas na rin ang 27th anniversary issue ng Metro Magazine na siya ang cover girl at may tema na women empowerment. Hindi akalain ni Arci na siya ang maisip ng sikat na lifestyle at fashion magazine na kunin bilang cover girl na angkop sa

kanilang tema.

"I'm really thankful to Metro. Its a privilege for me to do that ang tema nila woman empowerment. Di ba para sabihan nila ako ng ganun at bigyan ng ganun label, I'm really, really thankful."

Bukod kay Gerald Anderson at Jericho Rosales, balitang naka line up na rin ang project kung saan makakasama ni Arci sina Piolo Pascual at Sam Milby.

Nagpapasalamat po ako sa lahat ng binibigay nila sa akin project and whoever na ipartner sa akin ibibigay ko ang best ko and I'll make sure yung leading man ko magiging kumportable," sabi pa ni Arci. ■

James Reid is more motivated to work since it means spending time with Nadine Lustre



James Reid with Nadine Lustre

James Reid said that he is glad to be doing a movie again after starring in the hit Kapamilya teleserye *On the Wings of Love*. The actor is set to topbill the upcoming movie *This Time* opposite his girlfriend Nadine Lustre.

"I'm really excited. I mean, I miss doing movies after doing the

relationship on a deeper level. "I guess in this movie, it's more focused on the love side when in a relationship. Unlike the other movies, it's like cat and dog, chasing each other. This one, it really goes deep into the relationship, long distance relationship, and more on trying to find out who they are. I can't say it's more mature, because it's still very light. But it's still very easy to watch."

Nadine relayed that their new movie is lighter compared to their previous projects together. "Ito po super light siya. Parang 'yong intensity ng mga ginawa namin—mula sa *Diary ng Panget*, *Para sa Hopeless* [Romantic], [*On the Wings of Love*], *pataas nang pataas* [ang intensity]. Kasi nga summer movie siya kaya gusto namin na parang sobrang light lang siya, cheesy lang."

When asked if she discovered something new about James while working on the film, Nadine responded, "Nakakatawa po kasi wala. Ilang taon na rin po kasi kaming magkakilala at nakailang out-of-the-country na rin po kami." But she realized, "I guess nalaman ko lang na marunong pala siyang magplantsa."

She also shared that their schedule has been very packed recently because they are promoting their movie. "Actually parati pa rin pong magkasama. Sa shoot lang po nagkakaiba ng schedule. Like lately, kapag wala po ako shoot, nasa promo po ako. Si James, after ng eksena niya, promo din po siya. So, 'yong schedule po namin, sobrang packed po."

James and Nadine just came off their world tour of the Middle East and Europe. They will resume their tour in other parts of the world in May.



teleserye. It's good to be doing movies again. It's nice that we work together," James said in an interview with showbiz site *Pep.ph*.

The actor said that he is more motivated to work now since he would be able to spend time with Nadine. "It's easier to get up in the morning because, you know, you look forward to go to work. I enjoy it."

James said that their new movie tackles more about love and

Boy Abunda speaks up about LizQuen viral photo



On *Tonight with Boy Abunda*, host Boy Abunda spoke up about the viral and controversial photo of love team Liza Soberano and Enrique Gil.

In the viral photo, it appeared as if Enrique was touching the chest of Liza while walking in a crowd. However, TWBA showed a different angle of the photo, which clearly shows Enrique's hand was

not touching Liza's chest. Some netizens have bashed Enrique for the first version of the photo.

Boy said, "Why would anybody, mambabastos ka...(do that to) somebody who's precious to you, right in front of everyone?"

Boy added, "tinutulungan lamang niya si Liza." ■

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Taking it easy with Sam Milby



Miss Universe Pia Wurtzbach with Sam Milby

Sam Milby is a lot happier nowadays what with his challenging role on the hit afternoon TV series "Doble Kara." The ABS-CBN show sees the actor play Sebastian, the husband of Kara played by Julia Montes.

There's also a movie he is set to film within the year. Clearly, Sam has not lost steam.

But despite enjoying a good career in the Philippines, Sam has not given up on his dream of making it big in Hollywood. Recall that he first tried to make it there in 2012, even signing with an agency.

"Nag-e-email pa rin sila sa akin to send videos of my works," he said. "Plan ko pa din (naman) 'yan pero I'm taking it easy muna kasi sa ngayon

dire-diretso ang blessings ko dito."

As it is, Sam is thankful to followers of "Doble Kara" for making the series a hit.

"I'm so happy na naging part ako ng project na 'to. So blessed lalo na sa production, directors and stars," he said.

She described Julia as fun to work with, going far as to say she is "wife material."

"She is a family woman. She's very much more mature than her age. I see how she is in terms of every aspect of her life – I see how she is in terms of her family. She's conservative in the right way," he enumerated.

"Doble Kara" is now on its second season. It airs weekdays after "It's Showtime" on ABS-CBN.

On women

Sam is being linked to several beauty queens, among them Bb. Pilipinas-Universe 2014 Mary Jean Lastimosa.

However, he categorically said, "Magkaibigan lang kami."

"I happen to see her madalas kasi she's also friends with John Prats, but we're just hanging out, friends lang kami," Sam explained.

On Miss Universe Pia Wurtzbach mentioning him as her biggest crush, Sam said, "Ayaw ko sabihin na dahil ganu'n eh, liligawan ko na siya. Hindi dapat ganu'n. If I want to go after her dapat taos-puso, hindi dahil lang crush niya ako or dahil Miss Universe siya."

He admitted to knowing Pia outside of showbiz. "We have a good friendship," he said.

Asked about Filipina-British model Mari Jasmine, the 31-year-old clammed up, maintaining he'd rather keep the matter "private."

Does he even plan to settle down, the press asked. Well, the actor

said he has a deadline as far as that goes and that is three to four years from now when he hopes to have already found "The One."

"Ngayon kasi lahat ng kaibigan ko, like John Prats, may bagong member na ng family nila. 'Yung mga kaibigan ko at mga ka-edad ko, they're all having families na... I'm not really pressured but I'm hopeful... Alam ko na darating din 'yung time ko..."

Delayed

Sam was supposed to star on TV series "Written In Our Stars" but the project has been put on hold following Toni Gonzaga's pregnancy.

The actor maintained he doesn't feel bad about it, acknowledging Toni's delicate condition.

"Last January pa nag-stop 'yung shooting namin...ang dami na naming na shoot na scenes pero 'yun nga... sana matuloy pa rin 'yung project kasi maganda 'yung kwento eh. Maganda rin 'yung cast and 'yung character ko, iba," he shared. ■

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Ethel Tugna (March 2011)



PAB-PSW Nursing aide graduates, Batches 8 and 9. Ceremony held at La Cucina on Sherbrooke West, October 7, 2012. First row: From left to right: Annabelle Allosa, Ethel Tugna, Teachers: Terry White, Amy Manon-og, Director-General, Zenaida Kharroubi, Teachers: Edith Fedalizo, Josefina Toledo, and Lourdescita Lubang. Standing: Grace Calvo, Vilma Lagonilla, Mildred Mendoza, Giselle Arellano, Marilou Hechanova, Anne Signey and Joesie Bingayen.



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