

It's a landslide victory for Makabayan team!

By W. G. Quiambao

A woman continues to reign FAMAS since 2009. But just like in the past, the association's election that was held last August 9 at the Van Horne Park was marred with allegations of irregularities and controversies.

Cora Aberin of the Samahang Makabayan and her twelve candidates swept the election. She garnered 1084 votes while Dante Tabamo of the Malaya team received 989 votes. Only Mercy Umipig-Sia from Tabamo's team won. She trounced Marie Antonette Carbon, a relatively newcomer in the community politics, who ran for Director of Special Project.

The candidates and their supporters utilized the power of social media - emails and face books. Apart from the allegations of cheating and rampant vote buying which were expected, the election for presidency seemed to be a battle on who has many titles and associations' affiliations rather than on his or her accomplishments that benefitted the community. Julie Parado, a staunch supporter of the Samahang Makabayan, started the campaign a few days before the election by sending an email to about 100 people listing all of the titles of Aberin. Tabamo did the same - he sent an email with his own titles. Joseph Gonzales, the Malaya Team candidate for secretary, did not waste time



The Makabayan team headed by Cora Aberin (on the extreme right) was officially declared winners by the Comelec on Friday, August 21 2015 at the FAMAS community center on Van Horne Avenue. (Photo contributed by Svetlana Suarez)

refuting Parado's claim that Aberin's fundraisings were the biggest.

The controversy started as early as the Pista sa Nayon when the Comelec asked Aberin to introduce her directors but they were not given a chance to talk individually but when Dante Tabamo introduced his directors, they were allowed to pitch their platforms. On the other hand, in the advance voting on Aug. 2, Sunday, Tabamo said that the Comelec Rules and Regulations'

posted at the center's bulletin board, stated that the election time stated was from 12:00 noon to 6:00 p.m. The Malaya Team foster carried the same information but the Samahang Makakbayan Team showed a document showing that the advance voting time was from 1:00 p.m. to 5:00 p.m. As a result of the confusion, many supporters of the Malaya Team who arrived after 5:00 p.m. were unable to vote. When the discrepancy was brought to the attention of Nida

Quirapas, FAMAS president, she said, "Sinabi ko na sa Comelec iyan pero hindi ko alam kung ano ang ginawa." That prompted some FAMAS members to ask, "Whose rules should be followed - the Executive Board, the Comelec or the candidates?" Bert Abiera, a former FAMAS president and one of the persons in charge of accepting registrations at the center during the weekdays, explained that it's the Executive Board's Rules and Regulation that should be followed.

See Page 4 Landslide Victory



Zenaida Kharroubi, Executiive Produder of MMTV interviewing Mailane Bituin at the Chateau Westmount where she stayed during her rehabilitation period.

Hit and run driver still unidentified in Mailane's accident in Hampstead

By Zenaida Ferry Kharroubi

On June 25, 2015 at 1:15 p.m. Mailane Bituin was on a pedestrian walk on her way to take Bus 161 when a green van at the end of a line up of cars that stopped to wait for her to cross, decided to drive to the empty lane and hit her violently that caused her to fall down. She had three broken ribs, a punctured lung, broken ankle and broken right arm.

The hit and run driver drove further down the road, stopped and

looked at Mailane. The first driver of the line up yelled at this driver who hit Mailane, but he went back into the van and drove off. The other driver chased the van, unfortunately, he did not come back to the scene of the accident. Mailane thinks this driver could have been a witness but she does not know where she can find him.

Until now, the police has not

See Page 4

Hit and Run

Editorial

What do we need to know about hit and run accidents?

If you have been a victim of this crime, do you have any recourse to file a claim against the SAAQ? It all depends on whether you have met the eligibility criteria as follows:

“Should your vehicle or other property be damaged in a collision with a motor vehicle and the identity of the driver or owner of the vehicle that caused the accident is not known, you can submit a claim with the SAAQ for compensation of property damage when these conditions are met:
the accident occurred in Québec;
you are a Québec resident;
you are the owner of the vehicle damaged;
you are the owner of the property damaged (ex.: a fence);
you were not wholly at fault for the accident;
your insurance policy does not cover a hit-and-run collision;
you reported the accident to the police within 48 hours after the event;
you submitted a claim to the SAAQ no later than 60 days after the accident;
you had no repair work done on your vehicle or property before the SAAQ's adjuster estimated the damage.”

Even thou you are a victim of a hit and run, with serious bodily injuries, and you do not meet the eligibility of being a permanent resident in Quebec, you cannot claim for any compensation.

Such is the case of Mailane Bituin who was a victim of a hit and run driver last June 25, 2015 on Fleet Road. She could not claim for

compensation because she needed to submit a permanent resident card which she had not yet received at the time of the accident..

Hit and run is a crime. But a guilty driver is not always apprehended because bystanders usually do not have the presence of mind to get the license plate of a car fleeing the scene. In spite of so many cars and by standers, nobody reported the incident to the police. Some people simply told Mailane that it was a green van but did not know any other detail to identify the driver. Mailane did not receive any call from the police nor any request for more information after the accident.. The major media such as Global News, CBC and CTV interviewed Mailane successively in one week and asked her to let them know if there is any news from the police. So far, two months have passed and Mailane has not heard anything yet from the police.

We are not aware of the exact number of hit and run accidents but knowing about a serious accident like the one that happened to someone we know sparks our interest to find out what can be done to seek justice for victims like Mailane. We wish that our authorities would pay more attention to catch these reckless drivers who run away from their responsibilities. But then, the police may not have any lead at all if witnesses to an accident do not get the crucial information to identify the hit and run driver.

Zenaida Kharroubi

We will live to see the changes

August 17, 2015 | Opinion
GLIMPSES

By Jose Ma. Montelibano

I was recently asked by a college classmate if, in our remaining lifetime, we would ever see the change we have been wanting for our country. It was not a rhetorical question, nor a flippant one. The inquiry came from a lawyer of more than forty years, a man who had even had a stint in public office, and a person who continues to struggle to be one with his faith.

Actually, it was not the first time he had posed that question to me, except this time, there were others joining the conversation. And I believe he asked me because I had often taken a different view, a different approach, to common problems.

Of course, I answered the only answer I know. I said, “Yes, if you are seeing what I am seeing.”

It was, then, a matter of describing what I was seeing, and my inevitable pointing to the younger generations, our own children and grandchildren. Because we know, that more than just a general rule, that our own young are displaying incontrovertible evidence that they are a better version of us.

The serious frustrations that we carry, those of us who are beyond our forties, are the ills of our society. We are especially chagrined when we think of corruption, although I wonder why. After all, we who graduated from the premier schools of the land were scions of those who ran Philippine society, including the politics of it. And we then had at least forty years of being a crucial part of that ruling class – even if we chose not to be really aware of it. It is simply that from a macro point of view, we belonged to the upper 10% of Philippine society, dominating the perspective and decisions over the various fields of governance, economics, education, and even religion.

And the ironic, even sad, part of it is that we are deeply agitated with



corruption while only mildly concerned about poverty. Truly sad because our scale of historical and present poverty, and its continuance, is one factor that will deny any anti-corruption advocacy any sustainable success.

So, we are faced with almost comic realities that result, not in laughter, but frustrations at the upper level of society, and actual suffering for the majority poor. We want to address corruption but miss the truth of our own participation in it, by commission and omission. I think most of us did not realize we were elitist because we looked only to the 1% who control so much of Philippine life, and undervaluing the fact that as part of the upper 10%, we have been elite as well.

Let me touch a little on corruption. While there is no one definition of corruption, in philosophical and moral discussions, it usually refers to as “the abuse of bestowed power or position to acquire a personal benefit.” Whatever variety of nuances there may be in legal terms, the nature of corruption is essentially this.

Is elitism bestowed? If elitism is inherited, or caused by inheritance dynamics not far from how dynasties are formed, then it is safe to assume that wealth and power have been passed on that way, at least in the Philippines, and at least for a few generations. As history and reality has it, though, our so-called dynasties are quite short-lived, which makes them oxymorons.

In our land, wealth and power are passed on the dynasty manner from ancestors who managed to pass on their accumulated wealth and power to the next generation.



7159 ch. de la Cote des Neiges
Montreal, Quebec H3R 2M2

Tel.: 514-485-7861
E-Mail: marketing@filipinostar.org
Published by: Filcan Publications, Inc.

Zenaida Ferry Kharroubi
Chief Editor & Publisher

Al Abdon
Fely Rosales Carino
Michael Davantes
Columnists

Sam Kevin
News & Layout Editor

Bert Abiera
Founder

W.G. Quiambao
Community News

The opinions expressed by the writers and columnists do not necessarily reflect that of the management of the North American Filipino Star nor its editors.



Dr. Gene Santander, DDS

Dr. G. Santander DDS. is happy to announce her association with Dr. John Calder BSc. DDS. She has relocated her patient files to the new location at 4685 Avenue Van Horne, Montreal, Quebec, H3W 1H8.

Phone numbers remain the same - 514-484-3110 or 514-737-1612. Vangie is here to serve you!

drjohncalder@live.com

www.filipinostar.org



Dr. John Calder, BSc., DDS

I WAS RECENTLY ASKED BY A COLLEGE CLASSMATE IF, IN OUR REMAINING LIFETIME, WE WOULD EVER SEE THE CHANGE WE HAVE BEEN WANTING FOR OUR COUNTRY. IT WAS NOT A RHETORICAL QUESTION, NOR A FLIPPANT ONE. THE INQUIRY CAME FROM A LAWYER OF MORE THAN FORTY YEARS, A MAN WHO HAD EVEN HAD A STINT IN PUBLIC OFFICE, AND a person who continues to struggle to be one with his faith.

Actually, it was not the first time he had posed that question to me, except this time, there were others joining the conversation. And I believe he asked me because I had often taken a different view, a different approach, to common problems.

Of course, I answered the only answer I know. I said, "Yes, if you are seeing what I am seeing."

It was, then, a matter of describing what I was seeing, and my inevitable pointing to the younger generations, our own children and grandchildren. Because we know, that more than just a general rule, that our own young are displaying incontrovertible evidence that they are a better version of us.

The serious frustrations that we carry, those of us who are beyond our forties, are the ills of our society. We are especially chagrined when we think of corruption, although I wonder why. After all, we who graduated from the premier schools of the land were scions of those who ran Philippine society, including the politics of it. And we then had at least forty years of

being a crucial part of that ruling class – even if we chose not to be really aware of it. It is simply that from a macro point of view, we belonged to the upper 10% of Philippine society, dominating the perspective and decisions over the various fields of governance, economics, education, and even religion.

And the ironic, even sad, part of it is that we are deeply agitated with corruption while only mildly concerned about poverty. Truly sad because our scale of historical and present poverty, and its continuance, is one factor that will deny any anti-corruption advocacy any sustainable success.

So, we are faced with almost comic realities that result, not in laughter, but frustrations at the upper level of society, and actual suffering for the majority poor. We want to address corruption but miss the truth of our own participation in it, by commission and omission. I think most of us did not realize we were elitist because we looked only to the 1% who control so much of Philippine life, and undervaluing the fact that as part of the upper 10%, we have been elite as well.

Let me touch a little on corruption. While there is no one definition of corruption, in philosophical and moral discussions, it usually refers to as "the abuse of bestowed power or position to acquire a personal benefit." Whatever variety of nuances there may be in legal terms, the nature of corruption is essentially this.

Is elitism bestowed? If elitism is inherited, or caused by inheritance

dynamics not far from how dynasties are formed, then it is safe to assume that wealth and power have been passed on that way, at least in the Philippines, and at least for a few generations. As history and reality has it, though, our so-called dynasties are quite short-lived, which makes them oxymorons.

In our land, wealth and power are passed on the dynasty manner from ancestors who managed to pass on their accumulated wealth and power to the next generation. In this respect, much of present-day elitism has been bestowed. If we miss this very fundamental reality, we will never see corruption or its roots with clarity – and cannot dismantle it effectively.

Politically, however, corruption is the abuse of bestowed position for personal gain. These positions are basically bestowed two ways, 1) by election, and 2) by appointment of the elected. Most talk of corruption has been narrowed to these two categories of bestowed power. Most anti-corruption advocates, especially the most noisy, choose to narrow their definition of corruption to these categories.

Yet, the fact of bribery has been attached to this narrow definition as much as the philosophical and moral have been largely eased out (difficult as they are to measure). Bribery is as integral to corruption the way it is defined and measured today, especially by international transparency groups. When we understand this relationship between the briber and the bribed, our view of

corruption must radically change. So, too, will our approach to dismantle it – if we have the stomach to also go against those who have the power to bribe.

Lambasting politicians seems to be the easier route as they are really made-to-order punching bags. They are the ones up front, they are the ones we can identify and who, at least during elections, openly need our votes. But the puppeteers are not so visible, the ventriloquist not so obvious as the manipulated.

So, the greater powers-that-are, those who prospered all these decades of what we say are corrupt environments and politicians, they are never the focus of our resentment, our attacks. After all, how many of us have eaten out of the largesse of the only source of humongous wealth that can buy politicians? But if don't see the kingmakers, we will never understand what they do.

That's why I see only the younger generations. I see the nobility as designed by life itself still so alive in them. I see their predisposition to be more egalitaria

Watch Mabuhay Montreal TV on Videotron Channel 16 / 616 or Bell Fibe 216 / 1216 every Friday at 7 p.m. Check repeat times on icitelevision.ca



Roman A. Gordy B.A., B.C.L.
AVOCAT / ATTORNEY AT LAW
Immigration
Civil Law – Commercial Law – Mediation

TÉL.: 514-664-5404
 FAX.: 514-849-3101
 1117 Rue Ste. Catherine O. Suite 406
 Montréal QC Canada H3B 1H9
 romangordy@videotron.ca



1001 Dorchester Square
 Suite 600
 Montreal, (Quebec) H3B 1N1

Derwin Mandap Collantes
 Tel: 514-924-3274
 Fax: 514-731-9782
 derwin.collantes@sunlife.com
 www.sunlife.ca/derwin.collantes

Financial Security Advisor, Sun Life Financial Distributors (Canada) Inc.¹
 Mutual funds representative, *Sun Life Financial Investment Services (Canada) Inc.¹
¹Subsidiaries of Sun Life Assurance Company of Canada



UNIQUE CLOCK SHOP AND JEWELLERS
 Specialists in Sales & Repairs
 10 K 14K 18K 22K
 Wedding Bands & Engagement Rings
 Diamonds & Silver
 Remodelling and Changing Battery
 Jewelry repaired while you wait.
 We buy and sell gold

5895 Victoria Avenue
Montreal H3W 2R5
514-731-8029

- Antique Clocks
- Watches
- Engraving



\$599^{+taxes}
Full course

4677 VAN HORNE, MONTREAL, qc h3w 1H9
 (514)402-9594 / (514)883-3526
 www.successdrivingschool.ca



RECOGNIZED BY AQTR & SAAQ
FULLY QUALIFIED INSTRUCTORS
FLEXIBLE SCHEDULES - OPEN 7 DAYS
EXTRA HOURS OF PRACTICE AT BEST RATE
CAR RENTAL FOR ROAD TEST AT SAAQ



From Page 1 Hit and Run

reported any news to Mailane. Seven days after the accident, she called the telephone number on the card given to her by the police. She was told that there was no report about her accident. She was directed to call City Hall but she was unable to find out anything. Finally, the CTV news reporter managed to find out about the missing digit in the incident card given to her by the police who came to the scene of the accident. The first reporter that interviewed her was the Global News, followed by CTV and CBC a few days after the accident.

According to Mailane, there were many cars that stopped on both sides of the road to look at what happened but no one had given any identification of the hit and run driver. Unable to breath, she was in great pain and was brought to St. Mary's Hospital by an ambulance that was summoned by someone she did not know.

Mailane arrived in Canada in 2007 from Israel where she worked for six years. She thought her life would be better but then she was released by her first employer and had to find another one. It took ten months before she could get her papers processed for the new employer. This delay in processing papers is the reason most caregivers put up with any abuse of an employer. In spite of some problems, Mailane accepted her fate and worked hard to support her family back home.

On the day of the accident,

Mailane was on her way to send money to her family. This accident caused her not only a lot of pain but also financial problems as she was unable to receive any compensation. SAAQ (Societe d'assurance d'automobile du Quebec) does not give any coverage without a permanent resident card. Mailane has not yet received this card and she has to wait before she can claim anything.

Due to lack of benefits from the system, she is living on her friends'



Mailane Bituin (on the right, still with a cast on her left leg) points to the exact place of the hit and run accident on Fleet Road.

generosity - they bring her food, lend her money to pay for her rent, and other needs. But she is unable to send support to her children who are still studying. She told them to stop going to school as she cannot afford to send them anything.

The Cuisine de Manille Restaurant is helping her by giving her whatever money is raised from tips and donations of customers. She also decided to use a website called "Go Fundme - a Penny for Mylyn". The latest update shows \$923 raised by 16 people. Her goal is to raise \$4,000 to pay for her children's plane tickets.

MMTV interviewed her to bring attention to her sad plight - unable to work, and slowly recovering from her

the accident with Mailane. She pointed to the exact spot where the hit and run driver struck her by the passenger side of his vehicle. She felt like she was twisted so violently that she fell on the pavement. She said that a Filipino woman looked at her and asked if she was okay. Then she saw a nurse and a doctor who helped in moving her to the grassy side of the road as she was lying on a hot pavement. When the ambulance came, these three people together with two bikers disappeared. She found out later that a Filipino young woman died on the same spot sometime ago.

As we stood at the side of the road where the cross walk is located, we observed that drivers speed by and do not slow down at all. The sign indicates that drivers must stop for pedestrians and failure to do so will mean a penalty of \$100 but there is no guaranty they will stop. The driver that hit Mailane was impatient and by passed all the stopped cars to go to the empty lane where Mailane was about to cross.

The safety of pedestrians must be secured and we plan to ask the City of Hampstead to review the statistics of accident on this crosswalk on Fleet Road. Perhaps, a traffic light is needed to protect anyone crossing this street.

If anyone wants to help Mailane, please go to the website of Gofundme.com

<http://www.gofundme.com/6t23phqc>

accident - she is in great need of help. It is also to seek out the witnesses to this hit and run accident. Perhaps, someone among the crowd who saw the driver may have some clues as to his identity.

We went back to the scene of

From Page 1 Landslide Victory

"The Comelec's power starts once the Executive Board has approved and signed the Rules and Regulations submitted by the former," he said. Another reason why Abiera insisted that the closing time should be 6:00 p.m. was to accommodate the caregivers and workers who told him that they finished only at 5:00 p.m.

A rumour circulated that the night before the election on Sunday, August 9, someone brought about 200 processed registration forms to the center. Could these registration forms belonged to the would-be voters who could not meet the deadline of 2:00 p.m. for registration the following day? And why was the deadline for registration at 2:00 p.m. not properly disseminated. Was it a last-minute decision by the Executive Board or the Comelec. In the wake of this confusion, many missed the deadline.

Another controversy was when Fred Magallanes, who just lost the libel suit filed against him by Budz Sarmiento, reported a news that according to the supporters of Tabamo team was untrue, biased and unfair. Magallanes wrote that Mr. Tabamo's chances of leading Malaya to election victory was written off by himself. According to Magallanes, two months before the election, Tabamo said, "I've no chance of becoming FAMAS president. I don't think I got a chance. Cora could win the August FAMAS election."

Some of the irregularities are:

One community leader was going around telling people in the park about the ballots bearing numbers at the bottom and at the top. One watcher noticed that the corresponding stubs of some of the ballots were missing. A watcher noticed that Carbon's name was being called instead of Sia-Umipig.

Some of the observations from many voters: " We did not even see or hear the candidates talk because they were not introduced. They did not have a chance to talk and convince us why they deserve our votes. I am sure there was enough time to introduce them. Somebody told me that the candidates were introduced during the Pista sa Nayon but many voters were not there. Will the voters base their decision on who to vote in the candidates' pictures?" The Comelec was given money to buy uniforms but why did it choose yellow (the same color as the Samahang Makabayan)? Why was the volunteer reading the scores just saying "block" (straight voting instead of reading the individual's name and score?). There were cross voting."

One old lady, who was voting for the first time but was unable to register because she arrived past 2:00 p.m. , told Bert, Dante and me , "This election is very disorganized. There was not even a sign where to go to vote."

The official list by the Comelec is shown at the end of this article. As can be gleaned from this list, only one member of the Malaya team won.

Samahang Makabayan

President	Cora Aberin	1084 votes
Vice president -Ex.	Cesar Manuel	1132 votes
Vice president- Int.	Svetlana Suarez	1057 votes
Secretary -	Kathleen Rebugio	984 votes
Treasurer -	Mimi Gasapo	1021 votes
Auditor -	Ernel Lebario	965 votes
Accountant -	Aristia Elumbaring	940 votes
PRO -	Lourdes Fabia	1048 votes
Dir. of Education	Babylyn Gonowon	954 votes
Dir. of Membership	Angelita Ramos	1044 votes
Dir. of Sports & Youth Development	Chris Bautista	1102 votes
Dir. of Outreach	Ruben Matienzo	1003 votes
Dir. Special Projects	M. Antonette Carbon	923 votes

Malaya Team

Dante Tabamo	989 votes
Romeo Remegio	877 votes
Rey Balansi	892 votes
Joseph Gonzalez	906 votes
Lorenza Penular	832 votes
Angelina Taligan	886 votes
Cely Carillo	887 votes
William Gomez	832 votes
Leah Baldelovar	903 votes
Fortunata Floresca	853 votes
Sherrie Anne Garcia	805 votes
Alona Amano	848 votes
Mercy Umipig-Sia	1010 votes



WE ARE MOVING

We are moving to a bigger and better location to

7159 Cote des Neiges
(corner Jean Talon West)
Montreal, QC H3M 2R2

The following are in the same address as above:

North AmericanFilipino Star
Filcan TV Productions, Inc.
Filipino Solidarity Cooperative
effective September 16, 2015



Collège Gilmore Internationale

Gilmore College International

PERSONALITY OF THE MONTH

Volunteering for the elderly and youth enriches Aquino's life

By W. G. Quiambao



Rick Aquino

Rick Aquino, who immigrated to Canada when he was still young in 1971, originally aspired to be a policeman but he did not pursue his dream because he failed to meet the height requirement. Instead, he took Psychology at John Abbott College in the 80s. It's a decision he didn't regret. One of the required courses he took to pass the course was volunteering at the Veterans Hospital at Sainte Anne de Bellevue.

Depending on his hectic schedules, Aquino has been volunteering at the hospital two to three times a week for about seven years. "I stroll with the elderly, talk to them and listen to their stories," said Aquino. "They tell me their struggles and interesting experiences in life. I wish more youth will be spending time with them. They feel lonely, abandoned. They're isolated. The things I learned from them stuck in my mind."

Apart from his volunteer job

at the veterans hospital, Aquino has been serving as president of the Philippine Basketball Association of Montreal for about four years. He started as a player, then coach before joining the management team of the association. He wants to continue the traditions that the association has started.

Aquino explained that many of the kids who come from the Philippines are insecure. "One of my jobs is to develop the self-confidence of the youth," he said. "I tell them that they can compete in any level. They are as good as anybody else. Another project of mine is to look for financial funding to create programs that will eventually help defray the education of the kids. Something like scholarship."

His volunteerism does not end in helping the veterans and the kids. He also wants to establish a support system for the upcoming Filipino business men, especially the

youth. "Filipino businesses or associations fail because there's so much jealousy and gossips. Let's discard ill feelings."



"Many g Filipinos are fighting for titles, power and money" Aquino added." And there's too much negativity. For example, many Filipinos criticize first before doing business with you."

Aquino admitted that he heard about the incident at 6767 Cote de Neiges when the business people from the Philippines visited Montreal. "Can't the Filipinos set aside their differences just for a day? The key to success in life, whether in business, family or relationship, is communication. We have to tell our business associates, friends and loved ones what we have in mind. We have to communicate. Communication is lacking in our community. But we have to avoid assumption. When we assign some a task, we shouldn't assume that he has accomplished it. We have to follow up to avoid miscommunication." ■

DR. EMILIA ESPIRITU

CHIRURGIEN DENTISTE / DENTAL SURGEON



5790 Cote des Neiges Rd Suite A-024
MONTREAL, QUEBEC
H3S 1Y9

PHONE: 514-340-8222 (4077)



YM-YWHA WOLVES BASKETBALL

TEAM TRYOUTS

\$10
TRYOUT FEE

SIGN UP YOUR SUPERSTAR TODAY!

Boys & Girls, born 1997 (Oct-Dec) to 2005

All tryouts will take place at:
YM-YWHA, 5400 Westbury Ave.
between August 30 & September 17



INFORMATION : Adi Shemi
514.737.6551 x 271 • wolves@ymywha.com
Go to ymywha.com for schedule



SWIMMING & SPORTS for all ages

514.737.6551 • 5400 Westbury Ave. • ymywha.com



REGISTRATION BEGINS: August 23, 2015
Register at the Front Desk or go online at ymywha.com

PHONE REGISTRATION (ext. 230):
August 30 - September 3, 10:00 am - 4:00 pm

REGISTER TODAY!

SWIMMING

- Infant Swim
- Red Cross
- Certifications

INFO: Jess or Dan
ext. 520 or 275
aquatics@ymywha.com

SPORTS

- Sportball • Wrestling
- Wolves Basketball • Karate
- Teen Fitness & Wellness

INFO: Trish
ext. 548
tmckenzie@ymywha.com



Tagalog Seksyon

Opinyon/Komentaryo ni Willie Quiambao

ANG ELEKSYON SA ATING KOMUNIDAD

Nang matapos ang FAMAS eleksyon, narinig ko ang komento ng isang kabataang kandidato na natalo, "Ganito pala ang eleksyon dito. Ang dumi." Naawa ako sa kaniya dahil may tatotohanan ang sinabi niya. Dayaan, bayaran ng boto, utakan. Sa Pilipinas natin nakuha ang mga ugaling ito. At ang mga ugaling ito ang ipamamana natin sa mga kabataang balang araw ay inaasahan nating magpapatakbo ng FAMAS. Siguro, ngayon, hindi pa nagsi-sink sa isip natin na ung ano ang nakikita ng mga kabataan sa atin at nakalakihan, iyon din ang gagawin nila balang araw. Hindi pa siguro natin talagang naiisip ito pero balang araw matatauhan din tayo. Nagtatawa na lamang sa atin ang mga kabataan sa mga nakikitang masamang ugali natin.

HINDI MARUNONG TUMANAW NG UTANG NA LOOB SI FRED

Noong nakaraang eleksyon ng FAMAS, Ang Samahang Makabayan ay naglagay ng advertisement sa Forum lamang. Pero si Dante, hindi lamang sa The North American Filipino Star naglagay ng advertisement kundi pati sa Filipino Forum din. Mabait at madali siyang magtiwala sa tao. Siguro, alam ni Dante na butas pa rin ang bulsa ni Fred dahil katatapos pa lamang niyang bayaran si Budz. Natalo si Fred sa demanda ni Budz. Katunayan, humingi pa si Fred ng palugit na isang buwan para makadilhensiya ng pambayad. Sabi ni Dante, ang usapan sa advertisement ay \$500 para may sa may color at \$400 para sa black and white. Nagbayad si Dante ng \$500 pero ang lumabas sa diaryo ay black and white pa rin. Subalit ang masakit na ginawa ni Fred, isinulat niya pa na si Dante na rin ang sumira sa pagkakataong niyang manalo. Sinabi raw ni Dante, "I've no chance becoming FAMAS president. I don't think I got a chance. Cora would win the election in August." Itinanong sana ni Dante kay Fred kung naka-tape iyon nang mag-usap sila.

Ang ginawa ni Fred kay Dante ay parang ginawa ng una kay Budz. Natalo si Fred sa demanda sa kaniya ni Budz. Isinulat ni Fred na nagnakaw ng garbage bag at natanggal sa trabaho si Budz dahil sa sexual harassment kahit wala siyang maipakitang katibayan. Hindi na natuto si Fred.

Minsan, mahirap magtiwala sa isang tao. Matapos mong tulungan, gagawan ka pa ng masama.

KAILAN MAKUKUHA NI CESAR ANG BOTO KO?

Dalawang araw matapos ang FAMAS eleksyon, hindi sinasadyang nagkita kami ni Cesar Manuel sa Tim

Hortons. Binati ko siya sa pagkapanalo niya bilang vice president at masaya kaming nag-usap. Marami rin kaming napag-usapan. Ang imbitasyon ng Samahang Makabayan sa Malaya Party sa Victory Party ng una. Kailangan daw magsuot ng green ang Malaya at yellow ang SM. Ang sabi ng iba, "Para saktan ang Malaya sa pagkatalo (adding salt to an injury). "Wala iyon," sabi ni Cesar. Tiniyak pa nga niya na magpunta ko. Napagusapan namin ang biro niya sa akin noong advance voting. Nilapitan niya ako at sinabi, "Pambihira si Willie. Kaibigan ko ang pinsan at kapatid niya peo hindi ko makuha ang boto. Kailan ko kaya makukuha ang boto niya? Ang sagot ko, "Wala akong isyu sa iyo at Samahang Makabayan. Sa isang tao lamang ako galit at hindi kita isinasama sa galit ko." Ipinaalam ko rin ang magandang katangian niya na sinabi sa akin ni Bert Abiera. Kung ano iyon, kaming tatlo na lamang ang nakaaalam. Napag-usapan din namin ang katatapos na eleksyon. Maingay sa Tim Hortons pero sigurado ko na sinabi ni Cesar sa akin ito, "Dahil sa pulitika, nagkakagalit ang magkakapatid at kaibigan. Si Au Osdon, hindi naman ako talaga galit sa kaniya." Naniniwala ako sa sinabi ni Cesar dahil hindi naman siya siguro ang taong nagtatanim ng galit. Kung si Cesar na nakalilimot at nakaka-move on sa nangyari noong 2011, bakit may isang tao na paulit-ulit sinusulat sa diaryo niya ang nangyari noon. Sabi nga ng isang miembro ng komunidad, "Sa halip na gamitin ang diaryo para magkasundo ang mga Pilipino, siya pa ang gumagawa ng intriga." Magnificent Obsession iyon ng taong sinasabi ko.

Nang maghiwalay kami ni Cesar, nakalimutan kong sabihin sa kaniya, "Cesar, mabilis ang dalawang taon. Kung balak mong tumakbo sa susunod na eleksyon, ngayon pa lamang, pangatawanan mo ang mga pangako mo na maglingkod sa komunidad. At huwag mong sirain ang magandang sinabi ni Bert sa akin tungkol sa iyo. Pag nagawa mo ang mga iyon, makukuha mo na ang boto ko. Iyan naman ang Pangako ko sa iyo."

MAY KOMUNIKASYON BA ANG EXECUTIVE BOARD AT COMELEC ?

Nang kapanayamin ko ang Personality of the Month para sa Agosto na si Rick Aquino, sinabi niya na importante ang komunikasyon sa anumang relasyon tulad ng mag-asawa, pamilya, kaibigan, trabaho at maging asosasyon.

Naalaala ko ang eleksyon sa sinabi niya.

Noong Aug. 2, advance voting, malinaw na nakalagay sa Rules and Regulations ng Comelec na nakapaskel sa bulletin board ng FAMAS na ang botohan ay 12:00 noon to 6:00 p.m. Ito rin ang nakalagay sa poster ng Malaya. Pero sa Samahang Makabayan, 1:00 p.m. to 5:00 p.m. Sabi ni Dante, ang oras na 1:00 p.m. to 5:00 p.m. din ang nasunod. Marami sa mga dumating pagkatapos ng 5:00 p.m. ang hindi nakaboto. Bakit nagkaganon? Sino ba ang nasusunod – ang Executive Board o Comelec. Baka naman ang mga kandidato.

At bakit nagkaroon ng deadline na hanggang 2:00 p.m. lamang ang registration noong eleksyon, Aug. 9? Kailan ginawa iyong regulasyon na iyon at sino ang gumawa at sino ang nakaaalam? Nadesseminate bang mabuti sa mga tao ang impormasyon na ito? O umasa na naman sa internet ang Executive Board na lagi kong sinasabi na hindi lahat, lalo na ang mga senior, nagbabasa ng email. Ako ang humingi ng impormasyon sa FAMAS tulad ng mga araw, lugar at oras ng pagboto para ipalathala sa NAFS. Sigurado ko na wala ang deadline ng registration noon Aug. 9.

Hindi ako sinagot nang diretsa ni Felix Salazar, Comelec chairman. At nang sumagot siya ay atubili pa, "May iba nga diyan, gustong maaga pa ang deadline." Nang itanong ko ang isang director ng FAMAS kung totoo ito, inamin niya na ang Executive Board nga ang nagdesisyon na magkaroon ng 2:00 p.m. deadline. May kumalat na balita naman na noong Sabado ng gabi bago ma-eleksyon noong Lingo, may nagdala ng halos 200 processed registration forms. Itinanong ko sa isang director kung totoo ito at inamin naman. Ang tumanggap? Ang Executive Director na naman.

Ang hinala ko ay ito: May nagparegister sa mga halos 200 botante na alam na nilang hindi makararating bago 2:00 p.m. sa Sunday. Magsisimba o magtrabaho o may pupuntahan pang party. Kinabukasan, talagang nagpunta sa park ang mga ini-register para bumoto. Hindi na sila pumila sa registration samantalang ang iba na walang alam sa deadline, hindi na nakapag-register at nakaboto. Nawalan din ng pera ang FAMAS.

Ang tanong ko uli – bakit ginawa ng 2:00 p.m. ang deadline sa registration? Upang makapaghanda sa paglipat mula sa Van Horne Park at sa FAMAS Centre? Magkalapit lamang ang dalawa. Makukuha ng isang oras iyon, sabi ng isang nagmamasid.

Noong 2011, marami ang nakarehistro pero hindi nakaboto. Hindi kasi alam ng mga nakarehistro na may nag-register sa kanila. Ngayon, siniguro ng mga ini-register na botante na lumabas at bumoto.

Noon ko pa sinasabi ng kailangang personal magregister and botante. Walang pumansin. Maaaring mali ako pero wala na naman yatang nakalagay sa Constitution na kailangan mag-register ng personal at walang proxy kaya hindi ko masisisi ang nagdala ng maraming processed registered forms noong sabado bago mag-eleksyon. Matalino siya. Kahit

ako, gagawin ko iyon. Wala siyang nilabag na rules and regulations. May ilang loopholes and Rules and Regulations ng FAMAS na kailangan ma-review. Siguro, nagtatawa si Budz Sarmiento. Tahimik ngayon dahil walang nagreklamo. Ang sabi Bert "Godfather", "Ang lahat ay tama, kung walang nagsasalita.

PAGBATI AT PAPURI SA MGA SUUMUSUNOD

Dante Tabamo – Sa pagpapasalamat sa mga tumuporta at hindi sumuporta sa kaniya noong nakaraang eleksyon.

Samahang Makabayan – Sa pagkapanalo nila. Sana tuparin ng mga nanalo ang mga pangako nilang paglilingkod para sa komunidad.

Sa mga botante na hindi ipinagbili ang boto. Mayroon pa ring mga Pilipino na may prinsipyo. Masasabi nila sa kanilang mga anak of apo, "Hindi ako nakukuha sa pera."

Sa nga security at iba pang volunteers na ginampanan nang mahusay ang kanilang mga tungkulin.

Bert Abiera – Kahit 80 years old na siya, ipinakikita niya pa rin ang kaniyang pagka-makabayan. Ang proyekto niya ngayon ay magkaroon ng lamp posts at flag poles sa harap ng busto ni Rizal. Nagaalab pa rin ang pangarap ni Bert na magkaroon ng Rizal Cultural Center.

Marlou Agcaoli – Sa pagiging champion ng Chess Club noong nakaraang Tri-city na dinaluhan ng mga Pilipino mula sa Montreal, Kingston at Ontario. Si Marlou and kinatawan ng Montreal sa chess tournament.

Mercy Sia-Umipig – Presidente ng Filipino-Canadian Volley Ball Association of Montreal. Si Sherrie Garcia ang sports coordinator. Ang mga nanalo ay ang mga sumusunod: MVP (man) - Raymond Cruz, MVP (woman) Celia del Campo. Sa soft ball, first place ang FCAWI at second runner up ang Montreal.

Danny Florentino – Membership director siya ng FAMAS 2013-2015. Nakapanghihinayang dahil hindi na siya tumakbong direktor ngayong eleksyon. Isa siya sa mga nakita kong talagang nagtrabaho sa FAMAS noong panunungkulan niya.

EMAIL NI BERT ABIERA "the Godfather" SA ENGLISH (ISINALIN SA A TAGALOG) PARA IPAALAM SA KOMUNIDAD

Sa mga FAMAS opisyal ngayon at sa susunod na opisyal, mayroon ba kayong masasabi na nagawa ninyong MAGANDANG serbisyo sa komunidad. Kung gusto ninyong palawakin ang serbisyo ninyo sa komunidad, ano ang plano ninyo ngayon. Kasama ba a plano ninyo ang magkaroon pa ng pera ang FAMAS at mapalaki ang gusali ng FAMAS o gumawa ng ibang paraan para makapag-fundraise? Ang ginagawa ninyong fundraisings ay wala nang pagbabago - Bb. Munting Pilipinas, Bb. Pilipinas, Independence Ball, Pista sa Nayon. Sagad na ang komunidad sa benta nang benta ng tiket. Ang mga nabanggit ko sa itaas ay nagawa na ng ibang administrasyon. Umisip naman kayo ng iba. Sana ay madagdagan ang building fund at hindi mabawasan.



IMAGE & FASHION

Michael Davantes
B.A. Specialization in Communication

BRIDAL TIPS: An interview with Dennis Santos

by W.G. Quiambao



Dennis Santos

My sister is getting married in September, and I see her going around making sure that each detail is perfect. Yes, perfect. It is her big day after all, so the fuss she makes about every little nuance is understandable.

Weddings are so difficult to plan as there are so many things to consider such as the wedding invitations, the venue for the ceremony and the reception, the photographers, videographer, florists, the band, and of course, the wedding gown. With so many decisions to make, the help of a make-up artist can make a bride look like a million bucks rather than looking worn-out. And so I asked celebrity designer and award-winning hair and make-up artist Dennis Santos for his opinion and advice for brides.

All brides want to be beautiful. What makes a bride beautiful?

A happy disposition in life makes a bride more beautiful. Finding your inner and outer beauty and having a positive outlook in life works like a fountain of youth that brings youthful radiance or glow.

What should brides look for in a makeup artist specifically?

What a bride should look for is a make-up artist with a sense of building a work relationship based on trust, a bond of trust.

Is it important to choose a bridal make-up artist well in advance and do a trial make-up?

Yes. Choosing a make-up artist is like finding a diamond in the rough -

one who can provide your every need with their professional ideas.

What would you tell a bride who is not sure what she wants for her make-up?

One's trust is unsurpassed, unless proven. There is no harm in telling the bride, in all honesty and modesty aside, that she is in good hands.

What are the latest wedding trends for bridal makeup?

I have been eager to be asked by that question. For me it is not the trend or the "in thing" when it comes to wedding make-up. It is about one's INDIVIDUALITY, which is far more important when doing one's make-up. Everyone is different from the other. So I make it a point that an individual's character shine when I do make-up.

How should a bride prepare her skin prior to her wedding day?

A. Hydrate more (drink lots of water or juices) B. Detoxify/cleanse your system C. Pamper yourself with lots of relaxation and good vibes

How do you stop the make up from running or making it stay looking great throughout the ceremony?

Putting the best make-up doesn't guarantee that the make-up will not run or will stay longer as expected. What I suggest to a bride is to maintain her composure throughout the ceremony. Breathe in more air, stay focus, and absorb all the good things that are happening on her special day.

What's your advice for brides who want to do their own wedding make-up?

Avoid the guilt trip. Don't be a miser. Wedding is a once-in-a-lifetime experience. Indulge!

What are your top 3 beauty tips for brides?

A. Have the aura of happiness and positivity b. Get lots of beauty rest and body pampering c. Have a perfect and best day ever to bond and be beautiful with your family.



Social Tidbits

Fely Rosales Carino



Last July 25, 2015, one must have been wondering why the Holiday Inn's Diamond Hall was teeming with people dressed to the nines. Ladies came in their formals 'with a touch of red' as requested. That night - red was the symbol of success, happiness, and longevity all rolled into one! It was the 88th birthday celebration of one of the Filipino Community's finest, Mrs. Natalie Olarte Pelausa. As the lady guests filled in, some came in all red, all white, or in flowered prints. I noticed Ms. Julie Parado in a beautiful all red formal, Mrs. Cesa Gladysz in an all-white Philippine cocktail; and Mrs. Adoree Darwood in a multicolored cocktail formal. Everyone armed themselves with sweet smiles and gracious hellos, saying to each other, "Long time no see; you look great; you have not changed; we should get together . . . etc."

The party opened up with a soul tugging opening prayer by Mr. Butch Aracena. This was followed by the "Rose and Candle" ceremony where Markus and Emily Grenier handed a birthday bouquet to the celebrant. Mrs. Budz and Mr. Freddie Hedriana lit the birthday cake. This ceremony was done while the song "You Light Up My Life" was being played by Dennis Mayuga, the DJ of the evening.

Mrs. Cynthia Puray Pacheco, the evening's emcee, kept the guests pretty occupied. The program started with Ms. Louise Umictin singing a solo. She was accompanied by the guitarist Mr. Joshua Umictin. As the crowd consisted mostly of Natalie's contemporaries, guests were invited to give a short tribute to her. This was led by a professionally coifed Mrs. Ipang Nicolas.

There would be something sorely remiss if we didn't have the hard rock baritone voice of Mr. Freddie Espinosa who sang his signature song, 'Love Story.' He did it so beautifully and earned himself an encore.

After a lot of dancing, the celebrant gave her 'Thank You', a message that made everyone misty-eyed, especially when she mentioned that her beloved husband, the late Dr. Jesus Pelausa, was happily looking back at us.

On July 18, there was another birthday celebration at St. Michael's Church in the West Island. It was a surprise to the Living Waters International's Pastor Rene Saquing! Pastor Rene thought it was somebody else's party, so when he was invited to enter the hall, he was surprised to see his bigger-than-life picture poster on a giant-sized canvas smiling back at us! Messages from friends and family (some from out of

town) indicate how high in esteem the Pastor is held. He is seen as an example of how a Christian walks in life. He has encouraged many to look to Christ as the abiding light by which to live, always stressing that there is no other name under heaven, except by the name of Jesus, by which we can be saved. A few interesting details like what is his favorite drink (buko) and how many languages does he speak (four, including Japanese!) revealed a little bit more about the Pastor! And as usual, there was food galore as the congregation showed off their culinary prowess. You can be sure that any celebration at the Living Waters is always satisfying to one's belly. And to everyone's delight, there's always enough to bring home! It was an altogether pleasant evening and to all, it was no surprise to see a life of 60 years spent in utter dedication to Jesus Christ, to proclaim how His Death and Resurrection has changed the world and saved it from the deadly consequences of sin. If you haven't yet met Pastor Rene, you can be sure that he will continue to press on so that the whole world will know about his REDEEMER, SAVIOUR, and FRIEND. Yours truly, whose life he has touched immensely, wants to greet him a heartfelt HAPPY BIRTHDAY PASTOR RENE !!!

Another July celebrant is Mrs. Cesa Gladysz of Dorval. In a delightful twist, it was the celebrated who surprised us to an ample meal at Barbie's in Dorval! We, her dedicated friends Hans, Adoree, John, Lilia, Ciony, Emma, Cely, and sister Mariette, were the privileged guests. And as friends often do, we spoke much about our past and present adventures. The evening was continued at her house, where a lot more desert waited!

And I would like to welcome Charito Bamba, Mar and Puring Bamba's niece who flew all the way from Japan (where she resides with her husband) to experience the Canadian culture. She is here on a 6-month vacation,

Last but not least is a BELATED HAPPY BIRTHDAY to a good friend Maria Kwersteimer. My wholehearted good wishes goes out to her. She blesses us with her calming presence as well as her sumptuous gourmet meals (everything homemade!). A gracious hostess, she always makes you feel at home. Thank you always, Maria! May there be many more blessings to you. ■



Ask the Video Guy

Technological Tidbits
by

Al Abdon

KIDS ON VIDEO

Children and grandchildren may be the most common of all family video subjects. I for one have been video tapping my first born child and have never stop recording until now with my grand children. This can be trying for viewers of your programs because the only topics less interesting than other people's pets are other people's kids. The fact that videos themselves are often boring is one reason.

How do you satisfy them? By remembering that you aren't simply documenting your children. Instead, you're creating programs about them, using the same techniques that you'd apply to any other video project. These techniques are the topic of the day. We'll find good subjects to capture and strategies for taping them. Then we'll discuss some easy techniques for directing the shoot and editing the footage. To keep the subject matter a manageable size, we'll assume that "children" means under the age of 12 and that the video projects will result in family keepsakes.

Again, the idea is to create programs about your kids, instead of just recording footage of them. Follow these quick and simple recipes and your viewers will stun you by begging for more.

Holidays, Outings and Vacations

Children are more natural (and interesting) when they're too involved in some event to stand and stare at the camera. Holidays are obvious candidates. Birthdays, Thanksgiving, Christmas, Valentine's Day these are times when you have the camcorder or your iPhone out anyway, ready to capture any action that presents itself. But instead of just grabbing footage, think of child-centered holiday topics. If Sis and Junior make their own Valentine crafts, document the process, and then follow them around when they present them to loved ones. If appropriate, assign a child a Thanksgiving side dish or dessert and then tape them as they cook and proudly serve it. For Christmas festivities, forget the usual present opening and tape the children wrapping gifts instead - a process that can engage their natural ingenuity. While they're working, you might interview them about who each gift is for and what the gift is (after all, the video won't be shown until the gifts are no longer a secret).

Family outings and vacations

especially a trip to the Philippines are other classic video venues. Here too, invent video-friendly things for kids to do. For instance, after a motor trip, you might tape a child explaining the route and following it on a map shown in insert shots. When you edit, you can use excerpts to carry viewers from one locale to the next. Or, at a scenic overlook, have a child read the points of interest off the inevitable display card at the site. Don't forget to get well-composed shots of the views mentioned. In editing, you can segue from a live shot of the child at the display to the scenic views, but with the child's description continuing on the sound track. We could list more examples, but the concept is plain; when practical, make children contributors to the program as well as subjects of it.

Sports and Stage Activities

The next biggest subject group is activities, particularly performances and sports. Covering young Winnie's soccer game can yield great material; and don't forget to include specially-shot footage of her ball-handling with both feet and head. Here's a hint for easy recognition. Get a beauty shot of your child in uniform, with number prominent. By editing this in ahead of the game action, you'll make it easier for viewers to recognize and follow your champion athlete in long shots.

Performances are obvious candidates for videos, whether school plays, concerts, or dance or instrumental recitals. Most of these events keep you stuck in one seat in the auditorium, so practice some strategies for getting better angles of your young artist. If there are two performances, shoot both of them, reserving the second for close-ups of your child. Later, you can cut these into the wide shot of the show, retaining the original audio as the master sound track. You can frequently fake multiple camera angles of instrumental performances by using video from different parts of the show and cutting them together as if it is one performance. Be careful when doing this with singing, however, since lip-syncing is important.

If it's a solo gig, like a piano recital, see if you can't get those closeups at a rehearsal or a second performance after the concert's over and the audience has gone. Closeups of keyboards or moving violin bows

can then be cut in as needed. If you're good enough to match the lighting, you can even shoot these close shots at home or in a rehearsal hall but that much work takes us beyond the sphere of home video hints.

Needless to say, capturing events means having your gear ready. Your batteries should be charged and your tapes should be opened, labeled and set to go.

Directing and Editing

You've noticed that we harp on cutaways, those lifesaving shots that let you scissor out the dull parts, then conceal the edit by placing a cutaway between the remaining parts.

Cutaways can be inserts, like details of maps, full shots of still pictures or details of the projects on display. They can also be true cutaways. That is, shots of other parts of the event, like an



Homegrown Programs

You don't have to depend on holidays, trips, games or performances to create video opportunities. You can create your own programs anytime. Interviews, like the package-wrapping show we've mentioned, are naturals with children. Tape them while they talk about a science project, a camping trip or any other topic that's on their mind. Instead of having kids sit for the camera like adult interviewees, make sure they have something to do as they talk. "Tell" is always easier as "show-and-tell." Demonstrating a science project is an obvious activity, and still photos, which the subject shows to the camera, can accompany trips. (Get full-frame shots of these pictures later, that can be cut into the edited show.) Here's a project that's a bit more work, but the rewards are worth it: The Family News Desk. The idea is to make your child a newscaster delivering the six o'clock report (for sending to school, grandma or wherever).

The breakfast table in a brightly-lit kitchen makes a simple news set (though you can have your children create a more elaborate imitation of a real one). To prepare, help your young Peter Jennings jot down some quick topic notes in order and place the sheet on the table where it's easily read. For fun, use a felt marker to letter on cardboard "Good evening! This is the MMTV News with JOVEY." Prop this beside the camera as a cue card. Children love it when you mimic real production procedures, like counting 5-4-3-2-1 and throwing a hand cue to begin.

The possibilities are endless, but the idea is simple make video projects with your kids instead of relying on events to deliver subjects.

interviewer's reactions or another family member in the scene. Finally, don't forget color shots wider views of the environment that give viewers a better idea of the locale. Of course, color shots work a lot better at the Acme Alligator Farm than they do in your kitchen newsroom.

The next best advice for directing a kiddie shoot is roll long takes - looooooong takes. Kids can be unpredictable, and they can't be expected to perform like little members of the Screen Actors' Guild. So, keep the camera rolling through mistakes, repetitions and just plain dull stuff, because you never know when a priceless moment will come along. If you've done your work on cutaways, you'll be able to excerpt just those wonderful passages and replace the long, boring stretches with quick cutaways.

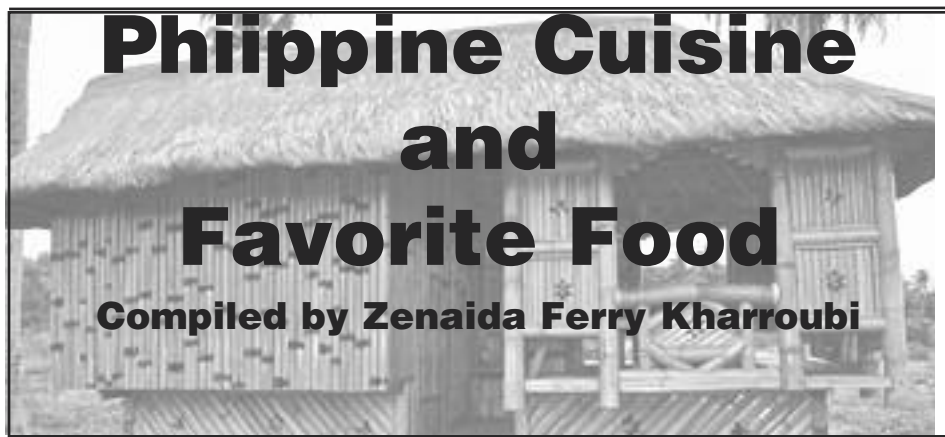
While on the subject of shooting long, always roll tape as much as 10 seconds before the action you want to cover, and keep on rolling another 10 seconds after it ends. You never know what you might want to use in assembling the show and with Mini DV tape prices dropping, your costs can be as low as 10 cents a minute.

Consider using stills to punctuate your work. Having a finger-paint project end with a freeze-frame of a proud and happy face makes a great wrap-up. Also, many DV camcorders can record still shots as well. Newer megapixel CCDs take excellent stills and save them to a memory card.

We're out of time before we've even scratched the surface, but if we've sparked your imagination in making programs with children, then we've done our job.

Good shooting!

AL ABDON
Hollywoodjunkies ■



Phiippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi

Favorite summer party food



Filipino Pork Barbecue

Ingredients:
 pork shoulder or pork belly - 2 pounds, slice in 1-inch cuts, ready to skewer
 garlic - 1 teaspoon, finely minced
 soy sauce - 1/2 cup
 calamansi juice (the Filipino lime) - 1/4 cup, frozen calamansi concentrate, or use fresh (from Asian markets) or use fresh lemons
 banana catsup - 1/2 cup, from Asian markets (or use tomato catsup)
 ginger ale - 8 ounces or 1 can (or use 7-Up or Sprite)
 brown sugar - 1/2 cup
 sea salt - 1 teaspoon
 freshly ground black pepper powder - 1 teaspoon
 bamboo skewers - 12 to 14, pre-soak for 20 minutes before placing skewered meat

Instructions:

Mix the marinade ingredients together in a bowl : minced garlic, soy sauce, calamansi juice (or use lemon), banana catsup (or use tomato catsup), half of the ginger ale, salt, black pepper. Leave 1/2 cup of the marinade plus the sugar, aside for the grilling glaze. Pour the rest of the marinade over the pork. Keep in a non-reactive container. Cover with plastic wrap and refrigerate the pork overnight. The next day, pre-soak the bamboo skewers in water for about 20 minutes. Then skewer the pork pieces into each bamboo stick, allowing approximately 6 to 7 pieces on each one.

Pre-heat the outdoor barbecue grill to a medium high heat. Get ready with the grilling glaze set aside from the day before, add the sugar and remaining ginger ale. Grill the barbecued pork, about 12 minutes on each side while rotating the skewers. Total grilling time should take about 30 minutes. Baste the pork barbecue every few minutes so that it gets moist and shiny.

When cooked, serve hot on long platters and garnish with tomatoes, cucumbers and green pickled mangoes or some "achara", green papaya pickle relish.



Beef Asado

Ingredients
 1/2 lb. beef, cut into thin strips
 2 tbsp. butter
 3 cloves garlic, minced
 1 onion, finely chopped
 2 tbsp. soy sauce
 2 tbsp. Worcestershire sauce
 1/2 tsp. salt
 spring onions, cut into 2 inch long – for garnishing

Cooking Procedures :
 In a skillet over medium heat, melt butter. Add beef strips and stir-fry for 3 to 5 minutes or until lightly brown. Add garlic and stir until fragrant. Add chopped onions and sauté for 3 minutes and then pour in soy sauce, Worcestershire sauce, and salt. Let it simmer over medium-low heat. If sauce is about to dry up and meat is still tough, just add 1/2 cup of water. Continue cooking until meat is tender. Remove from heat. Arrange on a serving plate and sprinkle with spring onions on top. Serve with patis (fish sauce) and calamansi juice as sauce. Chicken Asado

Asadong Manok) is an awesome Filipino chicken dish and one of the best bets of the province of Pampanga. This



Asadong Manok (Chicken with sauce)

dish uses simple ingredients and the cooking process is not so complicated

INGREDIENTS
 2 lbs chicken, cut into serving pieces
 1/4 cup lemon juice
 2 tablespoons soy sauce
 1/4 cup butter
 1 1/2 cup of tomato sauce
 1 large onion, diced
 2 pieces dried bay leaves
 2 large potatoes, quartered
 1/2 teaspoon salt
 1/2 teaspoon ground black pepper
 3/4 cup cooking oil

INSTRUCTIONS

Rub the chicken with salt and pepper and let stand for at least 30 minutes.

Heat a frying pan then pour-in the cooking oil and Pan Fry the chicken. Set aside.

Heat a cooking pot or wok then put-in the butter.

When the butter is hot enough, add the onions and sauté until the texture becomes soft.

Add-in the bay leaves and cook for a minute.

Pour-in the tomato sauce and bring to a boil.

Add the soy sauce and lemon juice then stir to ensure that the mixture is properly distributed and simmer for 5 to 7 minutes.

Add the pan-fried chicken and simmer for 10 minutes.

Place the potatoes in and continue to simmer for 7 to 12 minutes.


Turn off the heat then transfer to a serving plate and serve.



Maruya (Banana Fritter)

Ingredients
 4 cups Cooking Bananas (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

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.



BUSINESS HOURS

Mon. Tue. Wed.	8:00 a.m. - 5:30 p.m.
Thu. Fri.	8:00 a.m. - 6:00 p.m.
Saturday	8:00 a.m. - 5:00 p.m.
Sunday	Closed

Pork loin
Approximately 15 lbs

3²⁵ lb

Half or Whole pork
Cut & Wrapped

2⁵⁹ lb

Fresh Pork Belly

3⁸⁵ lb

Beef Blade steak

6⁹⁹ lb

Boneless Pork shoulder - \$3.99 lb

Fresh Pork Leg

2¹⁹ lb

Ground Beef

6⁷⁹ lb

Over 20 lbs 6.59 lb

Picnic Ham w/bone

2⁵⁰ lb

Home smoked meat

Special 10⁵⁰ lb

Regular smoked bacon

6⁴⁹ lb

Ground Pork Special 2.79/lb

BBQ

Rib Steak \$16.50/ lb

French Denver Steak \$9.99 / lb

• Frozen pork blood
 • Fresh liver
 • Pork skin

Goat Available on order

83 Covey Hill, Hemmingford QC J0L 1H0
 Tel.: (450) 247-2130 or (450) 247-3561

The North American FILIPINO STAR PHOTO GALLERY



Souvenir photo with Natalie Pelausa celebrating her 88th birthday on July 25, 2015 at the Holiday Inn on Cote de Liesse Road. (Courtesy photo of Cristy Hunter)



Happy winners and their supporters waiting on the sidewalk for the results of the election on August 9, 2015. (Courtesy of Svetlana Suarez)



Phil. Ambassador Petronila Garcia and Robert Libman pose for souvenir during the Philippine Independence Day celebration, June 29, 2015 at MacKenzie King Park



Robert Libman poses with some members of the community in spite of the rain during the Philippine Independence Day celebration.

Annual Apple Picking Picnic organized by Gilmore College International

Sunday, September 20, 2015
Assembly: 9:00 a.m.
Departure: 9:30 a.m.
Return to Montreal: 3:00 p.m.
Meeting place: Plamondon
Metro (Van Horne Exit)

Donation: \$15
Below 12: \$10
10-lb bag apples - \$10
Bring your picnic basket.
Call 514-485-7861



For a voice in government - Pour être au gouvernement

EXPÉRIENCE | INTÉGRITÉ | LEADERSHIP

ROBERT LIBMAN

Mont-Royal



Mount Royal

Autorisé par l'agent officiel de Robert Libman
Authorized by the official agent of Robert Libman





Canvassing the ballots at FAMAS, volunteers are working hard to tally the votes as fast as possible. (Photo: Al Abdon)



Hon. Irwin Cotler, MP of Mount Royal, is flanked by Dr. Emy Pelausa and Natalie Pelausa who celebrated her 88th birthday on July 25, 2015 (Courtesy: Cristy Hunter)



Mailane Bituin a victim of a hit and run accident. Please support Gofundme Penny for Bituin, : <http://www.gofundme.com/6t23phqc>



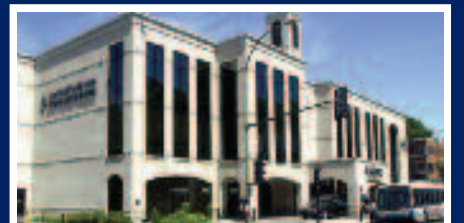
There are many good reasons to plan your funeral in advance... there are no good reasons not to!

- 10 year financing available in pre-arrangement
- Personal consultations/group seminars
- Reception facilities
- Chapel ceremony recording
- Live webviewing for family overseas
- Repatriation services



Sandra Wong
Funeral Planning Counselor
(514) 342-8000 ext: 2258

**CENTRE FUNÉRAIRE
CÔTE-DES-NEIGES**
4525, ch. de la Côte-des-Neiges,
Montréal, Québec H3V 1E7
www.dignitequebec.com



Fed up with traffic, cardinal untangles jam



Archbishop Emeritus of Manila Gaudencio Cardinal Rosales is shown manning traffic in Sto. Tomas, Batangas Sunday.

Motorists who resorted to prayers after they were caught in a gridlock in Santo Tomas, Batangas, last Sunday thanked the heavens after a familiar face in the Catholic Church

hierarchy jumped out of his car and single-handedly untangled the jam.

Manila Archbishop Emeritus Gaudencio Cardinal Rosales took matters into his own hands as he

traversed a typhoon-lashed highway to help settle a traffic dispute.

"We were trapped for over an hour and we were rushing to another engagement. I said to myself: 'We cannot take this anymore,'" the retired 83-year-old cardinal said on Tuesday. With no traffic policemen in sight amid the onslaught of Typhoon Ineng (international name: Goni), Rosales said he zipped up his raincoat and walked nearly a kilometer to find out what was causing the mile-long snarl, the likes of which have become a daily misery for Filipinos.



TRAFFIC SOLVER. A file photo of former Manila archbishop Cardinal Gaudencio Rosales in December 2006

"We're all in a hurry," he said to the erring motorists, after discovering six cars fighting over two lanes in Santo Tomas town.

As his boots filled up with rainwater, the hooded old man used hand signals to force the vehicles to back up, freeing up the jam.

The rain later let up to reveal a giant crucifix peeking out of his jacket. The chastened motorists then got out of their vehicles to kiss his ring.

"They were very apologetic," Rosales said of the culprits.

About 80 percent of the Philippines' 100 million population are Roman Catholic, who are considered among the world's most devout.

Last January, six million attended Pope Francis' rain-soaked Manila Mass.

Traffic jams in the Philippine capital of 12 million had worsened in recent months, as the government rushed to build elevated tollways to accommodate the growing number of vehicles acquired amid a booming economy.

Rosales, who is one of the four cardinals in the country, said he endured his share of hours-long traffic jams during his eight-year term as archbishop of Manila beginning in 2003.

But for as long as the gridlocks are there, according to him, he would serve as a make-do traffic policeman given the chance.

"Next time, I'll be sure to bring a whistle," Rosales said, laughing. ■

Main contenders for 2016 Philippines presidency



Manuel Roxas gestures as he briefs the foreign press in Manila on October 7, 2011

Philippine President Benigno Aquino named Interior Minister Manuel Roxas on Friday as the candidate he will support in the May 9, 2016 presidential election.

The following are the leading contenders for the post:

MANUEL "MAR" ROXAS, 58

A scion of the old, landed rich from the central Philippines' sugar-baron country, US-educated Roxas is a grandson of the country's first post World War II president, who also had the same name.

Untainted by corruption, unlike many Filipino politicians, he is a close friend of Aquino and is seen by many as a safe pick to carry the torch



Sec. Mar "All Around" Roxas

of the latter's reformist presidency.

Despite marrying a celebrity television presenter, the former investment banker lags behind in the polls and often comes across as bland

and boring. He lost the 2010 vice presidential election to Jejomar Binay, one of his potential rivals in the upcoming election.

JEJOMAR "JOJO" BINAY, 72

Though currently leading polls, the feisty septuagenarian's popularity has recently been dented by allegations he illegally enriched himself and built a family dynasty during his 20-year tenure as mayor of



Vice President Jejomar Binay

Makati, Manila's financial district.

Short and dark-skinned, Binay has been described in jest as the Philippines' Barack Obama, the first black US leader. In the 1980s the self-made orphan and trained lawyer represented the victims of human rights abuses perpetrated during the rule of late dictator Ferdinand Marcos.

A close ally of Aquino's late mother, the democracy icon Corazon Aquino, Binay is relishing a potential rematch with the incumbent's preferred successor Roxas, whom he beat in the 2010 vice presidential

election.

MARY GRACE POE LLAMANZARES, better known as GRACE POE, 46

The former Philippine film censor was Roxas' rival for Aquino's endorsement, and toppled Binay from the top of the polls in June. US-based for over a decade until her return to the



Sen. Grace Poe

Philippines in 2004, she is seen as a refreshing new face in a country weary of corruption.

Dumped at a church as a baby and adopted by popular Filipino film action hero Fernando Poe, who died shortly after losing the 2004 presidential election, the younger Poe was a surprise top vote-getter in the 2013 senatorial ballot.

She has yet to make her views known on many major issues, and foes brand her as inexperienced. They also insist she has not lived in the country long enough to satisfy a 10-year residency rule for presidential candidates. ■

Palace no match to OFW power

MALACAÑANG on Tuesday denied that fear of a political whiplash was the reason why government caved in to an avalanche of criticisms from migrant Filipinos and their families back home who deplored an attempt by the Bureau of Customs (BOC) to subject balikbayan (care) boxes to tighter scrutiny.

President Benigno Aquino 3rd late on Monday ordered Finance Secretary Cesar Purisima and Customs Commissioner Alberto Lina to forego the planned random inspection of balikbayan boxes and instead subject them to X-ray and K-9 (drug-sniffer) checks that drew flak from migrant Filipinos in the social media.

Only suspicious balikbayan boxes that may contain prohibited items will be inspected under the supervision of the Overseas Workers Welfare Administration (OWWA) or an overseas Filipino worker (OFW) association.

"The President primarily took into consideration the welfare of each OFW and their families as time has made the balikbayan box a symbol of the fruits of their labor and desire to give their families a more comfortable life," Communications Secretary Herminio Coloma Jr. said in Filipino. "We received a lot of feedback from the ranks of the OFWs and we considered each one of them," he added.

Coloma, however, insisted that the government is still duty-bound to prevent the smuggling of contraband into the country.

"While we listen to the sentiments of our bosses, it is also the duty of the state to stop those who take advantage of the balikbayan privileges by using the boxes in smuggling weapons, illegal drugs and dutiable goods," he said.

Lina on Tuesday said the BOC "will follow the President's directive on balikbayan boxes effective immediately."

"Instead of random physical inspections, we will do a mandatory X-ray examination of containers of consolidated shipments and balikbayan boxes at no cost to the sender or OFW," he added.

Lina, moreover, asked freight forwarders to install their own X-ray machines in their warehouses to expedite the clearance of balikbayan boxes.

A coalition of OFW groups and advocates welcomed the President's directives.

"We thank President Aquino for his timely intervention. We deem it unfortunate, however, that the balikbayan box controversy had to reach the Palace doorstep for it to be resolved," John Bertiz, the official spokesman of the coalition, said.

"It reflects poorly on the consultative mechanisms within government agencies, such as the Bureau of Customs [BOC]. Had they reached out to the OFW global community before abruptly undertaking random checks, this conflagration could have been

averted," he added.

Balikbayan box law

The controversy gave Sen. Ralph Recto the chance to draw attention to his pending proposal, Senate Bill 2913 or the Balikbayan Box Law, which seeks to increase the tax exemption limit on goods shipped through care boxes. He said the draft law would give "permanent protection" to OFWs.

The bill proposes to increase the tax exemption value from the present \$500 to \$2,000. Recto said by raising the exemption limit, the "motive and the temptation" to open boxes would be eliminated.

'OFWs no criminals'

Vice President Jejomar Binay also on Tuesday said the BOC should change its wrong premise that OFWs are criminals who smuggle goods through the balikbayan boxes they send home.

"Huwag po nating siraan 'yong imahe ng ating mga OFW. 'Yong pagbubukas ng kahon na 'yon, ang pinagmumulan noon ay 'Nagi-smuggle kayo. Lumalabag kayo sa batas.' Huwag naman [Let us not smear the image of our OFWs. The opening of balikbayan boxes, it originates from 'You {OFWs} are smuggling. You are breaking the law.' That presumption is too much]," the Vice President said in an interview over Radyo 5.

Binay, the former Presidential Adviser on OFW Concerns, said only the courts can decide if a person has violated the law or not.

Run after syndicates

Sen. Ferdinand Marcos Jr. also on Tuesday said the BOC should actively go after syndicates operating inside the bureau.

According to Marcos, he is thankful that the Aquino administration realized that the move of BOC to physically check balikbayan boxes is a mistake and that a huge majority of Filipinos have expressed strong objections to it.

"I don't understand this oppression of our OFWs. They [OFWs] were forced to find work aboard, away from their families because the government can't provide them work and now the government wants to check balikbayan boxes on suspicion that they are trying to smuggle item into the country," Marcos said in an interview after speaking to students of the University of Perpetual Help in Las Piñas City (Metro Manila).

If the BOC wants to improve its collection, he added, the best thing to do is to seriously go after syndicates operating inside the bureau.

"We have heard of 2,000 containers that had disappeared and could not be found by the Customs [bureau]. We received news that even trash from another country found its way to Philippine soil, yet they are zeroing in on balikbayan boxes," Marcos said. ■

Marcos eyes higher office in 2016



RE COMES THE SON Sen. Ferdinand 'Bongbong' Marcos Jr. addresses students attending a youth forum on the Bangsamoro Basic Law at the University of Perpetual Help in Las Piñas City.

Ferdinand Marcos Jr. said he will no longer seek reelection as senator in 2016.

The son and namesake of the former president in an interview with Bombo Radyo on Monday night said he has been consulting "friends" about his plans to run for either President or Vice President in next year's national elections.

Marcos, whose term expires next year, is allowed under the law to seek another term in the Senate. He placed 7th in the 2007 senatorial elections.

"Of course, talks have been going on. We're also talking with the Nacionalista Party as well as other political parties and groups. But what I can say now is we're not talking about reelection. What we're talking about is the possibility of running for higher office and not for the Senate," he said in Filipino.

Marcos' statement was his reply when asked on whether he will run for a higher position and on what the real score is about his election plan in 2016.

But he was still coy on what "higher position" he was referring to, as he said he is still closely monitoring and analyzing election-related political developments leading to next year's polls.

"We still need to see the line-up, who will be teaming up, who are allied with us and especially the parties involved

because you don't stand a chance if you don't have the machinery, a solid machinery," Marcos said.

His pronouncements dispelled speculations that he will be in the senatorial slate of the reported tandem of Senators Grace Poe and Francis "Chiz" Escudero.

The Poe-Escudero team is reportedly trying to form a united senatorial ticket composed of candidates identified with both the opposition and the administration.

Aside from Marcos, among those floated as possible senatorial candidates are Leyte Rep. Martin Romualdez, Valenzuela City (Metro Manila) Rep. Sherwin Gatchalian, Technical Education and Skills Development Authority (Tesda) Director General Joel Villanueva, boxing champion and Sarangani Rep. Manny Pacquiao and Sen. Vicente Sotto 3rd.

Escudero, however, denied the existence of such line-up as well as the supposed Poe-Escudero tandem, noting that they have not even decided if they will run for higher positions next year.

Poe, the pre-election frontrunner in both presidential and vice presidential surveys, is being wooed by the Liberal Party to run in tandem with its standard-bearer, Interior Secretary Manuel Roxas 2nd. ■

Dental Clinic

Dr. Rosario Ambayec, D.D.S.
Chirurgien Dentiste / Dental Surgeon

Comprehensive Gentle Dental Care for The Whole Family

- > Open Tuesday to Saturday.
- > Days & Evenings.
- > By appointment, Accept emergencies.
- > Free parking for your convenience.

(514) 731-6479
3535 Côte Ste. Catherine, Suite 1, Montreal, Quebec H3T 1C7
(corner Côte des Neiges)

FILIPINO STAR

SHOWBIZ GOSSIP

Fil-Canadian rookie tries his luck in PH showbiz

By Nestor Cuartero



Kevin Poblacion tests showbiz waters

FOREIGNER IN ONE'S COUNTRY

Being a newbie and a foreigner in your own homeland is difficult; making a name for yourself is even harder.

Such is the case of **Kevin Poblacion**. Twenty year-old Kevin is a Filipino who grew up in Canada. Born on August 5, 1995, it has always been his childhood dream to be in showbiz but he decided it would be best to finish his course in Tourism first before finding his luck in showbiz.

Growing up in an immigrant family,

following the dictates of his parents. He stayed in his parents' hometown, Haniway, for two years to learn the ways and means of being a Filipino.

LEARNING HOW TO ACT

After a year in the Philippines, Kevin went back to Canada where he finished high school.

Upon learning that it was possible for him to give showbiz a try, Kevin flew to Manila with his parents and enrolled in ABS-CBN's acting workshop under Rhyen Carlos.

'I find it hard to cry, however,' he said.



Kevin has been to the Philippines only twice before.

His first experience was to visit the hometown of his parents in Iloilo. The visit was meant to introduce him to his Filipino roots and experience life in Iloilo. Kevin ended up enrolling in a local high school,

In giving showbiz a try, Kevin left his job as a cashier in an A&W fast food joint in Canada. He also gave up the chance to work as a flight attendant in an airline company.

Kevin is preparing for a youth-oriented movie to be directed by Ronald Carballo. ■

Anne Curtis donates Twitter account to Ebola survivor



Anne Curtis

Anne Curtis' post on her social media account Twitter had caused confusion and worry among her followers after some of them thought the actress was infected with Ebola Virus.

Anne quickly cleared speculations and posted a follow-up message stating that she "donated" her tweet to the World Humanitarian Day to help spread awareness about the story.

Anne permitted Maseray Kamara from Sierra Leone to use her Twitter account so more people would

be informed about the case.

In the post, Kamara shared the story of how she had helped bury victims of Ebola in their country, noting that she was also infected with the virus but still managed to survive.

Ebola is an infectious disease marked by fever and severe internal bleeding. The disease can be fatal and can spread through contact with infected body fluids.

Maseray Kamara thanked the followers of Anne for letting her tell her story through the actress' account. ■

RESTAURANT

LA MAISON NEW KUM MON

6565 Côte-des-Neiges Road
(near Corner Appleton)
Montreal, QC

5047 Henri Bourassa Est
Montréal, QC H1G 2S1
Tel.: (514) 322-3133, 322-3130

Bean Curd Seafood Soup
1/2 Crispy Chicken
Salt and Pepper Pork Loin
Stuffed Bean Curd with Shrimps
Sauted Seasonal Vegetables
Steamed Rice
\$49.95
4 persons

Fish Maw Seafood Soup
Baked Lobster with Ginger
Seafood with Chinese Broccoli
Salt and Pepper Cuttle Fish
Fried Sea Bass Fish
Steamed Rice
\$74.95
4 persons

Bean Curd Soup
1/2 Crispy Chicken
Shrimp Cake with Chinese Broccoli
Sweet and Sour Pork
Seafood with Bean Curd in Hot Pot
Salt and Pepper Squid
Fried Sea Bass Fish
Steamed Rice
\$79.95
6 persons

Fish maw seafood soup
2 Baked Lobsters with Ginger
Seafood with Eggplant in Hot Pot
Stuffed Bean Curd with Shrimp
Seafood with Chinese broccoli
Fried Sea Bass Fish
House Fried Rice
Special Fried Noodles
\$159.95
10 persons

FREE DELIVERY
Minimum order of \$10
Delivery hours:
11:30 a.m. - 3:30 p.m.
5:00 p.m. - 11:00 p.m.

514-733-6029
514-733-1067
For party menu, call Kenny

Kris Aquino vows 'never to abuse body' after health scare



Kris Aquino on recent health scare: "It really put my priorities in proper perspective." (file photo)

Kris Aquino said she aims to achieve a "healthy work and life balance" following a health scare on Monday.

The TV host-actress revealed on her Instagram account on Tuesday that she was hospitalized at The Medical City in Pasig City Monday night after she experienced sudden high blood pressure.

"I had a severe, vascular headache from 3 PM while taping @kristvofficial_ig, threw up 3X when I got home at 6:30 PM and when my blood pressure was taken it was 150/100. My sisters insisted I go to the ER because my symptoms were alarming," Kris said.

In the emergency room, she added, her blood pressure was 200/110. "Just a bit higher could have caused a stroke," Kris said.

Kris was released from the hospital earlier today.

"I will never again abuse my body because I was a slave to my work. My goal now is to achieve a healthy work and life balance," she said.

"Last night was a scary wake up call for me and my loved ones, but it also made me realize how much my siblings and sons love and care for me. It really put my priorities in proper perspective," Kris further shared.

"I was told to have complete rest for the next few days and to try to be stress free."

This comes some weeks after Kris slammed an Instagram user for criticizing her for working despite feeling ill.

Amid her condition, Kris managed to update her followers regarding the OFW complaints about Bureau of Customs' new directive to open balikbayan boxes for inspection she forwarded to the government.

"P.S. PNoy said, 'Kristina, yung sa Customs they'll give a thorough explanation and a demonstration of the X-ray machines to be used on Wednesday.' I hope that I remembered his message accurately and I pray for a peaceful resolution for all concerned," she said on her Instagram post. ■

Megan Young dances her way to viewers' hearts



Tom Rodriguez as Sergio and Megan Young as Marimar

The much-anticipated remake of "Marimar," considered the most successful telenovela on Philippine TV, is finally showing on Aug. 24 (after "24 Oras"). Through the show, GMA aims to "inspire every Filipina to be the best version of herself while fulfilling her dreams."

The remake has beauty queen Megan Young playing the titular role. Tom Rodriguez, another Kapuso prime artist, plays her leading man Sergio Santibañez.

Sergio is a spoiled trust-fund kid who loves extreme sports and adventure. One day, he meets barrio lass Marimar and decides to use her to get his inheritance from his father. Marimar is a pearl diver, selling her pearls while dancing to get people's attention.

Also in the cast are Jaclyn Jose, Zoren Legaspi, Lauren Young, Alice Dixson, Nova Villa, Tommy Abuel, Carmi Martin, Ina Raymundo, Dion Ignacio, Ricardo Cepeda, Jaya, Cris Villanueva; Candy Pangilinan, Frank Magalona, and Ashley Cabrera. Boobay will lend his voice to Marimar's adorable dog, Fulgoso.

"Marimar" is directed by Dominic Zapata ("The Rich Man's Daughter," "My Husband's Lover," "Darna," "Mulawin," "My Beloved" and "Temptation Of Wife").

By the way, the theme song of "Marimar" is sung by "Bet Ng Bayan" winner Hannah Precillas and the love theme titled "Iniibig Kita" is sung by one of GMA Network's powerbelters, Maricris Garcia. ■

Bea Binene: Education is key



Bea Binene

Young celebrities sometimes find themselves having to juggle work and studies. With both endeavors demanding time and effort, a lot of dedication is needed to ensure one isn't sacrificed for the other.

For 17-year-old Bea Binene, there are no ifs and buts when it comes to pursuing her studies despite her busy showbiz schedule.

"Importante na nakapag-aral ako dahil hindi naman po forever itong showbiz eh, 'di ba? Who knows? Ang daming bago... showbiz is like a circle. Kung ngayon nasa taas ka, later on nasa baba ka na," she told Bulletin Entertainment.

"So whatever happens, kahit papano may trabaho ka kasi nakapag-aral ka at hindi ka lang aasa sa pagiging artista mo. It will tell you kung anong pwede mong maging career path (aside from being a celebrity) so it's really important."

Bea knows all the pros and cons of dual pursuits but these haven't stopped her from mapping out her future, whether she stays in the business or not. She also doesn't mind being a workaholic.

"Mapupuyat ka, mababaliw ka sa kaiisip sa mga exams, schedules (both work and school), pero sobrang beneficial siya sa future mo. At saka

iba pa rin kasi sa pakiramdam 'yung may natapos ka, 'yung may degree," she shared.

Bea is a freshman at the Meridean International College taking up a film course.

"Na-miss ko din kasi 'yung pumapasok. Gusto ko ulit ma-feel 'yung tipong gigising ka nang maaga tapos papasok ka sa school, tapos may socialization, 'yung ganun," she said.

She believes that for someone who is out to achieve a certain goal, there are no excuses – only reasons and the drive to make it happen.

"Basta po ang masasabi ko lang, kahit gaano pa sila ka-busy, kung gusto talaga nila, kaya nilang gawan ng paraan 'yun. And as long as they want to reach something, magagawa nila," she said.

Bea's hard work paid off

when she topped the latest National College Assessment Examination with a 99% grade.

"Ang sarap lang talaga sa feeling dahil it's very unexpected... I'm very thankful," she joyfully shared.

"Mangiyak-ngiyak nga sila eh," she said of her family after telling them the news. "Actually ako din. Kasi hindi talaga ako makapaniwala. Like nu'ng tinawagan ako nung teacher ko, sabi ko, 'Sir talaga po? Sigurado po ba talaga kayo? Paano niyo po nalaman? Sino po ang nagsabi?'" she said.

Indeed, life is full of surprises. "Natatandaan ko pa while taking the exam kinakabahan pa ako. Nagdadasal pa 'ko na Lord, sana kahit pumasa lang ako okay na. So 'yun, parang advance birthday gift na rin siya," she said. ■

Showbiz Gossip *Continued from p.15***Liza's dreams****Liza Soberano**

Everyone has dreams and many want theirs big.

Yet for every kid who dreams of becoming the president, the pope or a pop star, there are those who dream of becoming teacher or soldier – just like popular actress Liza Soberano.

“Gusto ko talaga maging sundalo, 'yun ang unang dream ko,” Liza revealed in a recent interview. “Mahilig kasi talaga ako sa mga boyish stuff.”

Liza was influenced by her grandfather Jeff who was with the marines.

The dream changed along the way, with Liza eventually setting her sights on becoming a doctor.

“Kasi 'yun 'yung kinuha ng mommy ko,” she related.

Then she changed her mind again.

“Gusto ko na maging lawyer,” she said before adding, “Pero ito ngayon, artista na.”

Well, fate always finds a way.

On Liza's part, it was her aunt who persuaded her to try acting.

Though she admitted being hesitant at first, Liza enjoys where she is now.

Already, she wants to sink her teeth into a variety of roles, eager to expand her knowledge of the craft.

True to her nature, however, she revealed wanting to try her hand in action films.

“Hindi naman ito like, biglaan. Dream ko since before pa talaga to do action,” she maintained.

As if to defend her choice, she added, “Very sporty ako. Du'n lumalabas 'yung confidence ko.”

Liza is into volleyball, soccer, football and basketball. She used to play everyday in school, prior to being swamped with showbiz chores.

NO TO DEBUT

Liza will celebrate her 18th

birthday on Jan. 4 next year.

When others would want a grand coming-of-age party, Liza would rather organize a charity program.

“Ayoko po talaga ng debut... I'd rather keep it simple. Tsaka birthday ko 'yun eh, so I should enjoy. Ayoko 'yung ma-i-stress ako sa debut ko na parang nine-nerbyos ako, or uptight na ganu'n,” she related.

But when it comes to receiving gifts she said, “I'm not really big on gifts. I like giving back on my birthday. I like to give away stuff. So, on my birthday, I'm gonna request for help sana from my sponsors to help me organize a charity event.”

BAD EXPERIENCE

Just like many girls her age,

Liza also has crushes. And as girls are wont to do, she had tried to hide it from the boy she likes.

“Nasanay ako na ganu'n, 'di daw dapat sabihin para iwas gulo... so 'pag crush ko, lumalayo talaga ako. Kadalasan kasi nakakalimutan ko, kinakausap ko,” she shared, laughing.

voice. I also had to improve my Tagalog and the way I talk and face people,” she said.

Liza is happy to be the face of Johnson and Johnson Philippines' Camp Courage advocacy, noting how she wants to help build the confidence of others her age.

“I really wanna make a

**Liza is Acer Computers Philippines new brand ambassador**

It didn't help that she had a bad experience prior.

“Dati, meron akong bagong pabango na may glitters na gusto kong ipakita sa crush ko. Nasa school bus kami nu'n, then nasa likod ko siya. Pagharap niya, na-spray ko sa mata niya! Sobrang fail ako 'pag nagpapakita ako ng like sa isang tao.”

OVERCOMING FEARS

Joining showbiz has given Liza the chance to overcome many of her fears.

“Grabe 'yung hiya ko sa umpisa. Eh, 'di ba when you're shy, you have a tendency na iniipit 'yung boses? So I had to, like, improve my

difference. I believe I was born to make a difference talaga and to help people or at least encourage them kahit papa'no. As a celebrity, I think that's part of our duty to encourage the young ones to be the best they can be.”

The most valuable advice she could give young girls is for them to learn to be themselves.

“Kasi it comes out more naturally if you just act the way that you are and you don't have to pretend. When you're on stage and they ask you questions, you are able to answer truthfully, while if you're pretending to be somebody, you could get lost. It's just easy when you are yourself.” ■

**The Specialists for your shipping needs from Canada to East Asia and Worldwide**

We offer Professional Loading for 2, 3 or 4 cars in a Container
We prepare all Custom and Carrier documentation
We can provide Agents at destination for Clearance & Delivery

COMPETITIVE PRICING

CARS, JEEPS, Used Clothing, Household Goods, Personal Effects, School Buses
Motor Homes, Generators, Industrial & Mining Equipment, Machinery

FREE QUOTATION PLEASE CALL

Canlinx Limited (Ontario)
5945 Airport Road, Suite # 256
Mississauga, Ontario L4V 1R9
905-362-2398 or 905 362-4351
Toll Free 1-888-642-0398
info@canlinx.ca

Canlinx Limited (Quebec)
620 St.Jacques St West #300
Montreal, Quebec H3C 1C7
514-360-9884
Toll Free 1-888-642-0388
info@canlinx.ca



Martin Nievera still at it



Martin Nievera

Concert King Martin Nievera is not about to slow down despite having already achieved so much in his career.

"That's the best part," he says, noting how he aims to celebrate his 33rd anniversary with a bang.

One of the activities he has scheduled in the coming days is a concert dubbed "Home at the Theater" of Solaire Resort and Casino on Sept. 18, 8 p.m.

Though not as grandiose as his other concerts here and abroad, Martin said, "There is no such thing as a small gig."

He explained, "Whether I'm in the Theater, whether I'm in Eclipse, in Australia in front of 500 people I attack every gig like it's my first and my last."

So, what can people expect from his Solaire concert?

"They will hear songs encompassing the last 33 years of my career," he replies.

Martin is not just singing his own hits. "We're gonna bring a lot of... 'coz in Vegas I've learned a lot...

so we might just throw some songs that you don't hear often," he said.

He plans to ask fans via social media what they want to hear at the concert.

Martin stressed he is not doing this to trump younger stars.

"I'm not worried about being number two, been there, done that. I've been number last and the best thing about being last and fall on your face is to get up," he said.

At this point, Martin hopes to make The Theatre his "pwesto."

"They don't do that here. Singers, up-and-coming ones, not just singers considered laos, they should be singing nightly. Barry Manilow did it for years, he just retired...Celine Dion also. We should do that here at the Solaire. I can do that. We have so many singers but so few places to sing, to perform," he explained.

Working with Martin for the concert is his favorite musical director and friend Louie Ocampo. ■

Luis Manzano talks love and money



Luis Manzano

When it comes to relationships, TV host Luis Manzano plays it safe: He never mixes money with love matters.

With the elections next year, Luis has been asked not only if he will run for public office but accept money from girlfriend Angel Locsin should he join politics.

"As of now, parang ayoko talaga," Luis said. "Ganyan kami ni Angel... Kunwari kumakain kami sa labas na ako nagbabayad, the next kailangan siya talaga." Apparently they have also adopted this split arrangement when it comes to spending for vacations.

Though still undecided on running for a public post, Luis said Angel has his back whenever, whatever.

"Hindi ko lang inaasahan, (pero) siya pa ang nagsabi sa akin na, 'Kulit, kung sakaling itutuloy mo ang pagtakbo mo I'll be behind you,'" he shared.

On spending his own money for the campaign, he may be willing

but joked, "Ang problema siguro ay baka isang barangay lang ang makampanya ko kapag ganoon."

He knows accepting campaign funds from other people can't be helped, he insisted, "Gusto ko klaro." By that he meant, "Hindi porke may support ka, hindi porke may utang na loob na ko, na magkakaroon na ako ng favors to be granted. Napaka-trapo naman niyon."

NO TO 'NUP

With money not an issue between them, Luis said he doesn't even believe in having a pre-nuptial agreement. "May tiwala naman ako kay Angel," he insisted.

As he has said so in the past, he added, "Definitely mas maraming pera sa akin si Angel, kaya kong sabihin 'yon. Kung anuman ang meron ako ay katiting lang sa meron siya so ang kapal ko naman humingi ng pre-nup."

Proving that love is sweeter the second time around, Luis said they are no longer troubled by bouts of insecurities unlike in the past.

Declaring themselves "very happy" and describing their relationship as "easy-easy na," he noted, "Hindi 'yung naging kayo pero maraming question marks. Minsan nga sa isang araw ay isang beses lang kaming mag-usap kasi may ginagawa ako, may ginagawa siya. We're very content."

Luis is busy hosting "The Voice Kids Season 2." For him, the six finalists – Kyle Echarri and Zephanie Dimaranan from Team Sarah; Elha Nympha and Sassa Dagdag from Team Bamboo; and Reynan Del-anay and Esang De Torres from Team Lea – "have already reached stardom."

He added, "Iba na sila. Kumbaga, they are so close to their dreams na they're different individuals from the first day they set on stage. It makes us proud to be part of that journey." ■

The North American Filipino Star Classified Ads

ADVERTISING

Cheapest way to advertise is through the classified ads
First 3 lines = \$12 Additional lines = \$2/line; Send your text to: filipinostar2@gmail.com

APTS FOR RENT

3 1/2 - 4 1/2 - 5 1/2
 CDN - NDG - ST. LAURENT
 Parking available, renovated, spacious & clean, 1 month free with good references
Call Greg/Themis 514-487-7132

CLEANERS

Office cleaners for West Island, car needed, work Mon-Fri after 6 pm
Michael call 514-624-3437

DRIVING

DRIVING LESSON

* car for Exam.
 * 1 hr. practice only \$25.
Khalil, 514-965-0903.

HIRING DRIVERS

Driver Class 1 (team or solo), good pay
 Long distance drive to USA
 Infos: Prince Logistic:
 514-367-0000
 (Gerry or Melanie)

FREEZER SALE

Commercial freezer, \$150
Call 514-485-7861

FOR RENT

Nice apartments located in a quiet building on Barclay corner Westbury, 4 1/2 asking \$650 and 3 1/2 \$550 not including utilities, Sept 1st,
514-962-6049

3 1/2 APARTMENT FOR RENT
 Cote des Neiges area. Clean building, well maintained, very close to bus 160,161,165. Close to metro, shopping center, stores, hospitals, park.
Information(514) 733 0535

COMPUTERS

Microsoft Office, Sage 50 Accounting Premium training tutorial set up in computer lab
Call 514-485-7861

WANTED

Warehouse worker:
 For Truck & Trailer washing;
 warehouse cleaning
 Infos: Prince Logistic
 514-367-0000 (Claude)

CLEANER, PREFERABLY MALE
10:00 a.m. to 2:00 pm
in a hotel downtown
Call 514-485-7861

Looking for cleaner for a residential building at 400 Sherbrooke O. Applicant must speak French & English. Full time position. 12\$/hr. Please send your CV to emploile400sherbrooke@gmail.com

Philippines becomes regional star as gloom descends around Asia

It's more what the Philippines doesn't have than what it does have that's making the country Southeast Asia's safe haven amid an emerging-market rout.

Relatively low levels of foreign investment in its bonds and stocks are shielding the Philippines from an intensifying selloff, while a comparative lack of raw materials means it's less vulnerable than Indonesia or Malaysia to sliding commodities prices. Stability under President Benigno Aquino stands in contrast to Thailand, ruled by the military since May 2014, and Malaysia, where the prime minister is facing calls to resign amid a political scandal.

Philippine local-currency sovereign bonds returned 2.9 percent over the last three months, the most in Southeast Asia. The peso has held up better than its peers, losing 4.5 percent, compared with drops of 8 percent in Thailand's baht, 12 percent in Indonesia's rupiah and 18 percent in Malaysia's ringgit. The benchmark Manila stocks index has also declined the least in the region over the period.

"It's definitely the regional star," said Edwin Gutierrez, who helps oversee \$13 billion as the head of emerging-market sovereign debt at Aberdeen Asset Management in London. "In a world starved of growth, Philippine growth -- albeit slowing -- is holding up relatively well," he said, adding that a relative lack of foreign participation had protected the country from capital flight.

The economy expanded 5.7 percent last quarter from a year earlier, according to a Bloomberg survey before data due Aug. 27. That would be an improvement from 5.2 percent expansion in the first three months, although slower than 6.1 percent in 2014. Indonesian and Malaysian growth slowed to 4.67 percent and 4.9 percent, respectively, last quarter, while Thai gross domestic product increased 2.8 percent.

A burgeoning business-process outsourcing industry is aiding the Philippine economy. Revenue from BPO, which includes customer call centers as well as the farming out of accounting tasks, will rise to \$21.2 billion this year and \$25 billion in 2016 from \$18 billion in 2014, according to the IT and Business Process Association of the Philippines.

Money sent home by Filipinos living abroad, which makes up about 10 percent of GDP, increased 5.6 percent to \$12.1 billion in the first half from a year earlier. A net oil importer, the Philippines has also benefited from falling crude prices. The country ran a \$3.3 billion current-account surplus in the first quarter, compared with \$1.5 billion in the same period of 2014, according to central bank data.

The Philippines'

consumption-based economy and steady dollar inflows mean it's insulated from China's yuan devaluation and U.S. interest-rate increases, according to Jay Peiris, the International Monetary Fund's representative in Manila.

"It's very hard to think of a country that's less vulnerable," he said in an Aug. 20 interview.

Peso sovereign notes are the best performers in Asia after Taiwanese securities in the last three months, according to Bloomberg indexes. Thai debt returned 1.6 percent, while Malaysian and Indonesian paper declined 1.1 percent and 3.1 percent, respectively.

Around 10 percent of Philippine bonds are foreign-owned, according to BPI Asset Management and Trust Group, part of the country's second-largest lender. That compares with 39 percent in Indonesia, 31 percent in Malaysia, and 17 percent in Thailand at end-March, Asian Development Bank figures show.

"Philippine fixed-income assets stand out versus their Asian peers largely due to the dominance of domestic investors," said Maric Miranda, senior vice president at BPI Asset in Manila.

Outflows from Philippine stocks have also been more modest than for regional peers. Some \$332 million has been pulled from the country's shares this quarter, compared with \$587 million from Indonesia and \$1.6 billion from Thailand. The Philippine benchmark share gauge is down 13 percent in three months, trailing drops of 13.8 percent in Thailand, 14.3 percent in Malaysia and 21 percent in Indonesia.

Filipinos go to the polls next year to elect a new president, with Aquino prohibited from running for another six-year term. Since 2010, his administration has pursued tax evaders and corrupt officials, allowing it to collect more revenue to build roads and schools and boost cash handouts to the poor, while shrinking budget deficits.

Standard & Poor's has upgraded the Philippines' credit rating four times during Aquino's tenure and all of the three big ratings companies assess it as investment grade.

Strong growth fundamentals, a large English-speaking population, fiscal and monetary prudence, and political stability support the positive outlook on the economy, said Andrew Wood, the Singapore-based head of Asia Country Risk Research at BMI Research, part of Fitch Group.

"The Philippines' large and growing labor force, along with increased policy-making credibility, should continue to draw investors interest over the medium term," he said. "We believe the Philippines can continue to outperform the region." ■

LeBron James throws down monster dunks during mentoring visit to Philippines



LeBron James dunks during a game with Filipino players at the Mall of Asia Arena on Aug. 20.

LeBron apologized for a lack of early-season above-the-rim play before picking up the pace a bit after a two-week midseason siesta, but it seemed clear that — despite the carb-cutting and intense workouts — James was less explosive and more groundbound at age 30, after four straight years of Finals trips with the Heat and more than 36,000 career NBA minutes. But just because LeBron doesn't throw down monster dunks as often anymore doesn't mean LeBron can't throw down monster dunks, as he showed those in attendance at an exhibition game in the Philippines earlier this week:

James showed off his still-oiled-up springs during an exhibition game as part of a four-day trip to Manila "to mentor finalists of 'Rise,' a Nike-sponsored reality TV program aimed at finding young Filipino basketball players, mostly from the countryside, and to hone their talents."

Residents of the basketball-mad country seized on the opportunity to get up close and personal with the Cavs star — tickets for his Manila appearance "were snapped up by eager fans" in "just 15 minutes" — and gave James an exceedingly warm welcome, according to Camille B. Naredo of ABS-CBN News.com:

"You guys always welcome me and my guys and my friends with open arms, so it's always a pleasure," James said during a brief press conference.

This time around, James is in town to serve as a mentor of sorts to young basketball players who are participating in Nike's "Rise" program,

and the four-time NBA Most Valuable Player hopes to impart some valuable messages to the contestants.

"I think, it's more than teaching them the skill sets," he said. "It's about the inspiration that comes behind it. To tell them about the game, and it's up to them to use that — the words that I tell them, and to use those to better themselves."

As James tells it, that emphasis on mentoring, inspiration and lending a helping hand — which also helped drive his new partnership with the University of Akron to provide guaranteed four-year college scholarships to qualifying students through his "I Promise" program — comes in part from an ability to recognize and relate to the struggle for improving one's station in life that many of "the Rise kids" are experiencing, according to The Associated Press:

"I think my story speaks for itself, you know I was a kid who didn't believe that I can't make my dream become a reality, and I know it will take a lot of hard work, a lot of sacrifice and a lot of love," he said. "I just love the game so much that I won't let nobody tell me that I couldn't accomplish something, so I know exactly what a lot of these kids are going through."

The four-time NBA MVP [...] said it "feels great to be able to be someone that people look to, to be able to accomplish more."

We presume it must also feel great to be able to be someone that can still call down quite a bit of thunder, even after a dozen seasons of heavy-duty NBA minutes. ■

Concord Tours Summer Specials



Toronto-Niagara 3-Day Tour \$68+

New Brunswick, Nova Scotia, Prince Edward Island

5-Day Tour - \$188+ 6-Day Tour \$248+

Departure: Every Saturday - From June 27th to August 31st

Across Canada -10-Day Tour \$788+



Charlevoix Grand Canyon Whale Watching 2 Days \$88+

Eastern Township Blue Lavender 1 Day \$18

New York 3-Day Tour \$68

New York / Boston / Washington / Philadelphia 4 Days \$148+

Departure : Every Saturday



More tours available besides the ones listed.

Prices start with quad accommodation, they cover bus, tour guide and hotel. Not included: entrance: fees, tips to the driver & tour guide, meals, personal expenses

**For info and reservation: Please call 514-485-7861
Cell: 514-506-8753**



Marché Duc Thanh

6430 Victoria Avenue, Montreal, QC

Telephone: 514-733-7816

Special: August 26-September 4, 2015



Beef or chicken broth - 3/\$2.00



Waiwai Vermicelli - \$1.00 each



Elephant green jackfruit - \$1.19 each



Gen San Mackerel 425 g - \$1.49 can.



Grace condensed milk - \$1.49 can



Thai Gold black tiger 31-35 - \$8.99 box



Sea Horse shrimps headless 31-40 \$13.99 pack 2 lbs



Frozen Mackerel - 2/\$5.00



Bulacan longganisa \$2.79 each



Magnolia ice cream all flavor - \$9.99



DT Jasmine Rice 2 kg - \$3.99



Lorin's Soy Sauce 1 L - \$1.00 bottle



Green leaves -\$0.69 each



Green Onion -3/\$1.00



Pork Shoulder - \$2.49 lb



Chicken Wings - \$2.79 lb



**on September 16, 2015 to
7159 Cote des Neiges,
Montreal, QC H3R 2M2**



**5320-A Queen Mary
Montreal, QC H3X 1T2
(until September 15, 2015)
Tel. 514-485-7861**

E-mail: zbk@gilmorecollege.com

*A private college serving the
community for the past 26 years*

**Education raises the bar
but lowers the barriers to a
rewarding career.**

PROGRAMS

- **Nursing Aide (PAB)**
- **Early Childhood
Education Assistant**
- **Office Systems Technology**
 - **Secretarial**
 - **Medical**
 - **Legal**
 - **Administrative**
- **Accounting Technician**

COURSES

- **Second Languages**
English, French
Filipino (Tagalog)
Mandarin, Spanish
- **Computer Software**
 - **Microsoft Office**
 - **Sage Accounting**
 - **Keyboarding**
- **Interest courses**
 - **Fashion Photography**
 - **Video Production**
 - **Practical Writing**
- **Tutoring (English & French)**

WORKSHOP

**How to start and manage your own
business - 30 hours - Days or evenings**



*The knowledge and skills I have learned
at Gilmore College gave me the edge to
work in the health care field where one
needs to show willingness to render
service to the sick and the elderly.*
Ethel Tugna (March 2011 graduate)



**Gilmore College gave me the
opportunity to start a new career. I got
a job easily because I learned new
things from the course which focused
on how to care for the elderly and the
sick. I'm proud to be part of Gilmore
College International**
Giselle Arellano (October 2011)



PAB-PSW Nursing aide graduates, Batches 8 and 9. Ceremony held at La Cucina on Sherbrooke West, October 7, 2012 Standing (from left) Vilma Lagonilla, Mildred Mendoza, Giselle Arellano, Marilou Hechanova, Edison Taguba and Annie Signey. Seated from left: Grace Calvo, Annabelle Allosa, Ethel Tugna, Lourdescita Lubang and Joesie Bingayen. (Photo by: Budz Sarmiento)