

Merry Christmas and Happy Holidays to our readers and advertisers



See p. 2 - Filipina nurse awarded



See P. 4 - Another holiday added



See P. 22 - Myriam elected to Int'l Court

On behalf of the management and staff of the North American Filipino Star, we wish all our readers and advertisers a Merry Christmas, Happy New Year and Happy Holidays. We also wish to express our sincere appreciation of your support because without you we would not have been able to continue publishing this newspaper.

At this time of the year, we would like to pause for a moment and

share our thoughts with all of you to let you know that we consider it an honor and a privilege to be able to share our ideas, beliefs or values, and through the news we select, we hope to give you the information that you need in everyday life. We are looking forward to continue serving you for many more years to come.

May we all share the blessings of Divine Providence and let there be peace on earth and goodwill

to all mankind.

Maligayang Pasko at Manigong Bagong Taon! Maraming salamat sa inyong pagtangkik.

Zenaida Ferry Kharroubi

Montreal the only hip city in North America

07 December 2011 Montreal recently made the New York Times list of globally hip cities — the only one in North America, alongside such luminaries as Shanghai, Berlin, and Barcelona.

The global business report, published in November, is aimed at a globalizing world where borders are disappearing, and young professionals are increasingly mobile, able to choose where they want to settle:

"With its hearty French and North American mix, this city of 3.6 million has a real soul thanks to low living costs and long winter evenings. And it is no slouch when it comes to good food, hip culture, well-appointed museums and efficient transportation."

The report also brings up Montreal staples, like great universities, the nightlife, an extensive

underground network of stores and restaurants, bike paths — and relatedly the invention of a public bicycle system

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Montreal



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Citizenship and Immigration Minister Jason Kenney is focusing on increasing Conservative support in Montreal.

By TIM NAUMETZ | Dec. 14, 2011 PARLIAMENT HILL-Citizenship and Immigration Minister Jason Kenney has shifted his Conservative Party ethnic-vote outreach to Montreal, following the party's electoral gains in the Toronto region last May.

But opposition MPs said Mr. Kenney's (Calgary Southeast, Alta.) own public announcements and voting results from the May election show there is likely only one target Mr. Kenney has in his sights for now-the Mount Royal Liberal bastion now held by former justice minister Irwin Cotler.

Mr. Cotler and Montreal NDP MP Tyrone Benskin (Jeanne-Le Ber, Que.) said the dynamics and political views of recent and past immigrant communities are entirely different in

Montreal, likely most of Quebec, compared to the greater Toronto area and, despite the recent attacks against Mr. Cotler, are likely to flop.

"The various communities of new arrivals in Montreal are very aware of what's happening here in Ottawa as far as the Conservatives are concerned. They've expressed to me a lot of concern about that, about how things are being done and how they seem to be targeted as election props as opposed to actually caring about their issues, and these are things that are coming to me from my constituents," Mr. Benskin told The Hill Times.

In the midst of a Commons uproar over Conservative Party attempts to mislead Mr. Cotler's

constituents that he is set to retire and a byelection is imminent, a government official confirmed Mr. Kenney, responsible for voter outreach into 'cultural' communities through the past two elections, is now applying his skills to a rainbow of visible minority voters in Montreal's 18 federal electoral districts.

Mr. Kenney has been to Montreal at least four times since mid-November, including appearances in local communities which do not appear in the daily run of news releases from his departments. The official said Mr. Kenney now has more time to focus on Montreal, because the flood of new MPs the party gained in the GTA last week are able to take up outreach duties he had in the region over the past three years.

But a look at voting results in Montreal's 18 ridings last May 2 shows that chances of catching up to the Toronto region results, even in the four years to the next election, may be slim.

Conservative candidates placed in distant third or even fourth places in the election, with 10 of the city's ridings captured by the NDP as the party swept through Quebec. Liberal incumbents held on to seven ridings, and the Bloc Québécois retained one of its seats.

The lone riding where a Conservative candidate placed second was Mount Royal, the seat Mr. Cotler's held since he won a byelection in 1999. Mr. Cotler blames the CPC gains on a barrage of dirty-trick tactics that preceded the vote, including Commons flyers sponsored by Conservative MPs that suggested

Mr. Cotler, a member of Mount Royal's exceptionally large Jewish community, was anti-semitic.

Conservative candidates in Montreal won more than 20 per cent of the vote in only two other ridings-the district of Pierrefonds-Dallaire, which former Liberal MP Bernard Patry lost to New Democrat Lysane Blanchette-Lamothe, and the West Montreal district of Lac-Saint-Louis, retained by Liberal MP Francis Scarpaleggia.

Conservative candidates scraped through with under 10 per cent of the vote in eight of the Montreal ridings.

And Mr. Kenney's public announcements recently have focused on policies that might not be popular with certain elements of immigrant and new-Canadian communities, including measures to compel Muslim women to lift religious veils when taking an oath of citizenship and a watch-list for several thousand immigrants with permanent resident status the government said have been "implicated" in fraudulent applications.

Mr. Cotler told The Hill Times he has no way of knowing whether Mr. Kenney ordered the Conservative dirty-tricks campaign against him over the past two years, up to a Conservative-party organized telephone campaign, spreading the false retirement and byelection rumours. House Speaker Andrew Scheer (Regina-Qu'Appelle, Sask.) described the actions this week as "reprehensible."

"I don't know. He and I are friendly. We work together on a number of causes together. Our relationship personally is very good," Mr. Cotler said. "But you know, I think they go about their business sometimes at the directions and

See Page 4 - Conservative focus on Mount Royal



Liberal



Hon. Irwin Cotler, P.C., O.C., M.P.
Mount Royal
Tel: 514-283-0171

Best wishes to the

Filipino Community

for a Merry Christmas

and a

Happy New Year.



**THE NORTH AMERICAN
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5320-A Queen Mary Road
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Tel.: 514-485-7861

E-Mail: market@filipinostar.org

Published by: Filcan Publications, Inc.

Zenaida Ferry Kharroubi
Chief Editor & Publisher

Hilda T. Veloso
W.G. Quiambao
Community News

Al Abdon
Jerry Estrada
Alberto Baens Santos
Columnists

Sam Kevin
News & Layout Editor

Bert Abiera
Founder

Bernardo Sarmiento
Opinion Editorial

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DR. GENE SANTANDER

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Editorial

Will people vote for the "glitter of gold" or for old fashioned values of honesty and hard work?

The elections of May 2011 had been a disappointment for Liberal and Bloc Quebecois supporters in Quebec. The NDP won 10 out of the 18 riding, and only 7 were retained by the Liberals, and 1 for the Bloc. In the town of Mount Royal, the incumbent Liberal candidate, Mr. Irwin Cotler, won only by more than 2,000 votes, a historical low support considering that he had enjoyed landslide victories in the past since 1999. What could have happened? Mr. Cotler, as far as we know, has always been doing his job, giving his support to anyone who comes into his office, whether it be a question about immigration, or legal problem.

Vigorous campaigning to win in the Mount Royal Riding seems to be particularly disturbing, not because of the Conservative's attempt to win the seat in this riding but the methods employed.

In 2009, Mount Royal constituents were among those on the mailing list for a Conservative Party leaflets that accused the Liberals of "willingly participating" in an "overtly anti-Semitic" conference in Durban, South Africa, a claim that so infuriated Cotler that he took to the floor of the House of Commons with a similar complaint. The speaker eventually ruled that the flyer did, in fact, constitute a prima facie breach of privilege, although no sanctions were imposed on any of the Conservative MPs under whose names the missives were sent out.

In recent weeks, longtime Liberal MP Irwin Cotler is crying foul over what he claims are misleading calls being made to his Montreal constituents about a "pending by-election" for the seat that he currently holds, and says he has no intention of vacating.

According to his statement in the House, Cotler's office has gotten word that Campaign Research -- an Ontario-based market research firm with ties to both the federal and provincial Conservatives -- has been polling Mount Royal residents on whether they plan to support the Conservative Party in a "pending, even imminent byelection" -- an assertion that Cotler says isn't just "patently false," but a potential breach of his parliamentary privilege:

For the second time, Mr. Cotler's complaint seemed to have fallen on deaf ears for even though it was obvious that he was being destabilized and impeded in his work as an MP, the current Speaker Andrew Scheer ruled that there was nothing he could do about it, except to say that he agreed the tactics used by his own party, the Conservatives "were reprehensible." Many editorials have been written citing the unsavory practices being committed against Mr. Cotler as it would appear that the Mount Royal Riding is extremely considered a prime target. Mr. Stephen Harper even visited the riding days before the last

election to give support to the Conservative candidate. Mr. Saulie Sajdel, a former city councillor who was subsequently given a position as regional advisor in Mr. James Moore's office, the Heritage Minister. In this new position, Mr. Sajdel's job is to make sure that the Conservatives' programs are "understood" by the constituents of Mount Royal. This move by the Conservatives did not escape criticism, as Mr. Sajdel is seen as a "shadow MP" doing the work that Mr. Cotler is supposed to be doing.

There were many other defeated candidates, but not many of them have landed any such privileged job. In this case, politics seemed to have taken a new dimension of underhanded tactics, just to ensure that all road blocks are removed for one candidate to win against another, whether it be ethical or not, it is supposed to be legal.

How do the voters of Mount Royal react to this newest strategy? As everyone knows, the Conservatives did not even have any single MP from Montreal, and most of their candidates placed third or fourth except in Mount Royal where Mr. Sajdel placed a close second. Hence, the pursuit to take the seat is even more intriguing and desirable. But do they have to resort to unfair and "reprehensible" tactics?

As everyone knows, with a majority government, an election is not going to be called until it has run its due course of 4 years. But it seems that the Conservatives are busy preparing for the next election at this early stage. Indeed, they want to make sure that they win Mount Royal as a "symbolic victory." But with all the hardwork that Mr. Cotler had done and continues to do, we doubt whether they would be successful.

Politics is usually considered like a game that is not for the weak of hearts. However, we wish that Canadian politics were different from what we used to know in our home country. It is quite an eye opener that we can not really presume for politics to be different just because we are in Canada.

On the other hand, we believe that everyone has a role to play in this so called "political game." Even if we do not want to be in it, we as voters need to be properly educated enough in order to know how to choose our representatives. The time to learn about the issues of the day is not only on election day but also in our everyday life. Needless to say, it is a good idea to be concerned about what goes on not only in the Philippines but also in our own backyard which is Montreal and suburbs. Perhaps, we should also keep in mind that "not all that glitters is gold" when the time comes to select our representatives in the next election.

Zenaida Ferry Kharroubi

COOPERATIVE NEWS

End of the year accounting and clearing up of backlog

Good intentions of people who kept on promising to help out with the paper work of the Coop have not materialized. Consequently, I find myself in the same position of having to cope with a backlog. Fortunately, or unfortunately, the end of the year and the short holiday break may give me a chance to see if I can catch up with the overdue tax reports again. Once the accounting work has been updated, it will be possible to make a new business plan that will be used in the future improvement of the Filipino Solidarity Cooperative. Although there was a business plan done by the first administration, it was not accepted and needed to be re-written. Due to what had happened, there was no one who could do the job without paying someone a hefty fee. A new business plan is needed in order to get government financing. There are many programs of the government that have not yet been explored. If only there are more members who are able to do the work required, the Coop would have advanced more easily and quickly but perhaps, even if there are people who have the skills to do the work in a cooperative, they do not necessarily want to give their time to do something that they do not believe in. The challenge is to persuade these people that the cooperative is one of the best ways to build a legacy for future generations and to show them that they will also gain in terms of helping their families gain Canadian experience by working in a cooperative business where every member has the opportunity to apply or learn new skills such as doing cashier's work, stock

inventory, merchandising, marketing, selling, purchasing, accounting, and other business practices which they will learn as a volunteer at first, and eventually be the first one to be hired when funds are available.

As it is evident that many Filipino Canadians have no clear understanding of the objectives of a cooperative, I will be willing to give seminars on the subject. If you are interested to attend these seminars, please call me at 514-485-7861 and sign up for the forthcoming schedule that will be determined by requests of at least five or more members and prospective members.

Even though I am usually in my office and able to operate the Cooperative store, I may have to be away for an hour or two in order to run errands such as purchasing, banking, and attending press conferences. For this reason, if members find the store closed, this means that I have been unable to have a volunteer replace me. To avoid disappointment, I would like to ask members to advise me when they want to go shopping at the Coop. I can easily re-arrange my schedule to be available for your shopping needs.

Unless I need to go for outside appointments, I am usually in my office and able to operate the Cooperative store everyday from 12 noon to 7 p.m. but I would prefer to get your telephone call before hand at 514-485-7861 or leave me a message at extension 221.

Zenaida Kharroubi
President (2011-2013)

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Philippines adds Chinese New Year to holidays

MANILA — Philippine President Benigno Aquino Thursday declared Chinese New Year an official holiday, ignoring the objections of some in the business community who say there are already too many public holidays.

It means the Chinese New Year, also known as the spring festival or lunar new year, will be celebrated

The Chinese New Year becomes one of 17 holidays that will be recognised by the Philippines in 2012 including Christian holidays such as Christmas and Easter and Muslim holidays Eid al-Adha and Eid al-Fitr.

Scholars say about two percent of the Philippine population is Chinese. But many prominent families, including Aquino's clan, have Chinese



A typical Chinese New Year celebration showing a street performance of the dragon dance.

annually from January 23, 2012.

"The joint celebration is a manifestation of our solidarity with our Chinese Filipino brethren who have been part of our lives in many respects as a country and as a people," Aquino's order said.

ancestry and the Chinese New Year is a peak season for Hong Kong and Chinese tourists to come to the Philippines.

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Filipina nurse wins award from UK gov't.

LONDON — A nurse, who graduated from Siliman University, became the very first Filipino to receive the prestigious Mary Seacole Development Award from the UK government.

"To be given that prestigious award, I feel that I've actually done something to make us all Filipinos proud," said Mylene Freires, an advance nurse practitioner for venous access at

Nursing headquarters in London.

"They are looking for individuals with projects that they are going to undertake for a year that will potentially impact black and minority people," she said.

The Department of Foreign Affairs (DFA) said the coveted award recognizes nurses, midwives, and health visitors around the UK who make an outstanding contribution to patient



Guy's & St. Thomas' NHS Foundation Trust in London.

Freires was awarded for her project on the nurse-led Port-a-Cath insertion service for patients with sickle cell disease. She received the award at a ceremony held at the Royal College of

care through development and leadership.

"The positive contribution of Filipino nurses and health care workers in the United Kingdom is highly appreciated by the British Government. Their care and compassion are sought

From Page 1

Montreal

embraced by the public called BIXI.

The report's stated aim is to detail cities that are "both smart and well managed."

You can see the report in its entirety on the New York Times website: Hip Cities That Think About How They Work

Montreal is the biggest city in Quebec, and the second biggest in Canada.

It is also a hub for new immigrants and opportunities, as detailed in a story in the November 2011 issue of CIC News: Quebec's Attraction for Knowledge-based Workers

Montréal, from hip city to green city ...

Montréal, a hip city and a summer city, has everything it takes to keep tourists happy. In its November 17 edition, the New York Times included Montréal in its list of the world's 10 hippest cities. In July, Lonely Planet readers ranked Quebec's largest city the world's third best summer city. Just recently, Montréal was ranked number one internationally as an LGBT (lesbian, gay, bisexual and transgender) destination. And with the arrival of BIXI, it is now known as a green city. Of course, Montréal's French face is attractive to visitors, but so are its great dining, festivals and openness.



A picturesque view of Montreal from the park Mount Royal

after by patients. Our nurses are truly ambassadors of goodwill of the Philippines," Ambassador Enrique A. Manalo said in his report to the DFA.

Manalo said there are 60,000 Filipino health care workers in the UK, including 30,000 Filipino nurses.

Freires' colleagues and former students have nothing but praises for the industrious nurse.

"Mylene is very hard working. Even when she is not well, she comes to work and she is very supportive," said Senior Sister Minnie Salvador of the Cancer Day Unit.

Clinical Nurse Specialist Elizabeth Crowther said, "I'm very proud and she deserves it thoroughly, absolutely."

Freires is from Panabo, Davao del Norte and is a graduate of the Siliman University. She was also a cancer research grant awardee in the UK in 2008.

"I should carry the ethics of Mary Seacole in terms of how I deal with people, how I work, in terms of my vision," she said.

The awards are in honor of Mary Seacole, who was born in 1805 to a Jamaican mother and Scottish father. Seacole was known for her visionary approach to diversity and her outstanding contribution to nursing. - Report from Rose Eclarinal ABS-CBN Europe News Bureau

RE-INTRODUCTION OF REFORMS TO CITIZEN'S ARREST POWER AND SELF-DEFENCE AND DEFENCE OF PROPERTY LAWS

OTTAWA, November 22, 2011 – The Honourable Rob Nicholson, P.C., Q.C., M.P. for Niagara Falls, Minister of Justice and Attorney General of Canada, today announced the re-introduction of

From Page 2 - Conservative focus on Mount Royal

behest of the party leadership and sometimes on their own."

Mr. Cotler said, however, that although he understands why the Conservatives have attempted to defeat him by dividing the riding's Jewish community, he has support from a range of cultural communities on Mount Royal and, though other Montreal ridings also have significant visible minority communities, he believes the real aim is to take him down and win his district as a symbolic victory.

(Reprinted from the Hill Times, December 14, 2011)

legislation that proposes to expand and simplify the laws with respect to self-defence and defence of property, and expand the circumstances in which a law-abiding Canadian can make a citizen's arrest.

"Our Government is committed to putting real criminals behind bars. Canadians who have been the victim of a crime should not be re-victimized by the criminal justice system", said Minister Nicholson. "That's why we have introduced changes to the Criminal Code so Canadians know they have the law on their side and that our justice system targets criminals and not victims."

Currently, the ability to make a citizen's arrest is very restrictive and is only permitted if an individual is caught actively engaged in a criminal offence or in relation to their property.

The proposed legislation would

See Page 19 Citizens' Arrest

Manuel's Attempt to assume FAMAS Presidency fails

By W. G. Quiambao

When Cesar Manuel, former presidential candidate of the Samahang Makabayan team, asked for a meeting with the eight directors of the Mabuhay team to urge them not to overturn the will of the voters, they were initially hesitant. They

"We knew that we shouldn't even entertain his request for a meeting but we granted it as a courtesy," said Al Abdon, PRO of FAMAS, in an interview at the FAMAS center on Dec. 7. "We didn't want to hurt him. No matter what, he served as



Cesar Manuel



Au Osdon

recognized Aurora Osdon as the legitimate FAMAS president declared and inducted by the COMELEC. Besides, Manuel had no clear agenda at the meeting.

a director a few years ago and he ran for president last election. We gave him a chance to sell himself or convince us why he thought he should be recognized as our president and why he could be a good leader.

FCTAM Christmas Party and Induction of New Officers

By Bert Santos

The Filipino Canadian Tennis Association of Montreal (FCTAM) held its

Olympia Hall. They will hold office for two years effective January 1, 2012.



L-R Gloria Saguyod, secretary; Luis Sarasola, inducting officer; Tony Sia, business mgr.; Santos "Butch" Dizon, president; Winnie Bonyad, vice-president; Josie Dutta, treasurer and Ruben Carranza, public relations officer.

Christmas party and Induction of Officers on 11 December 2011 at Ageless, Luis Sarasola did the honors of swearing in the new set.



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Revenu
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Wishing you a Merry Christmas and a Happy New Year

Obviously, nothing much happened. "

"The meeting was videotaped so no one can twist the story," Abdon added.

The Mabuhay directors were also disappointed when Manuel changed the FAMAS records and froze the account.

"It's true that Cesar went to the Registraire des entreprises du Québec," confirmed Osdon. "He fraudulently changed the FAMAS records by presenting false documents. He introduced himself as the president of FAMAS and changed its address. He gave the address of his apartment as the new address of FAMAS. At the same time, he went to the bank and froze the account of the association. "

Osdon further explained that Ramon Vicente, FAMAS treasurer, discovered the drastic actions that Manuel did when he was viewing the activities of the association on-line. In the wake of the freezing of the account, Osdon, Vicente and Alex Sy, FAMAS internal vice president, met with the Toronto Dominion Bank manager to give him a dressing down

The event was graced by Au Osdon, FAMAS president and some members of her Executive Board, namely Alex Sy, Melle Lugod and Gina Medina. Rosemarie Arellano, also a member of the board, is the outgoing president of FCTAM.

Also sighted were dedicated volunteers of FAMAS like Jean "Dan" Borjal and Terry Esguerra

for deciding to freeze the account without asking them. He immediately unfroze the account. Meanwhile, the bank and the REQ were sent Letters of Complaint by the Mabuhay team's lawyer.

"FAMAS is moving forward on a fast pace with the guidance of Au as president," said Abdon.

Osdon echoed the sentiments of Abdon. "It's business as usual. We had the Open House last November, then we had a bake sale and we just played host to the Philippine Trade Mission's 18 delegates from Isabela, Cagayan and Batanes regions. And we had a Christmas Party on Dec. 10. It was attended by Councillor Marvin Rotrand and Borough Mayor Michael Appledbaum who promised his continued support to FAMAS. In addition, the Executive Board has done the calendar of activities for the coming year."

She emphasized that the address of FAMAS remains 4708 Van Horne Ave.

Being a working day following the celebration, the activity wound up early at 11:00 p.m. but everybody had a good time with the drawing of inexpensive raffle tickets and the show of seasoned ballroom dancers.

Under the masterful emceeing of Tony Sia, around 120 guests went home with a night to remember.

Maligayang Pasko at Manigong Bagong Taon Sa Inyong Lahat !!!



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FAMAS UPCOMING ACTIVITIES

- Dec 20, 7 PM - FAMAS-Sponsored Simbang Gabi at St. Kevin's
- January 9 / 11 - Zumba Fitness Classes resume
- January 7 / 8 - French Classes resume
- January 15 - Filipino Heritage Class resumes
- January 9 - Kung-Fu Classes resume



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About Our Environment

Dear EarthTalk: I know that large fish contain a lot of mercury, but where does it come from? And what are we doing to prevent this contamination? — Alison Bronner, Atlanta, GA

Mercury in the fish we like to eat is a big problem in the United States and increasingly around the world. Mercury itself is a naturally occurring element that is present throughout the environment and in plants and animals. But human industrial activity (such as coal-fired electricity generation, smelting and the



Once mercury gets into the marine food chain, mostly from human industrial sources such as coal-fired electricity generation, smelting and the incineration of waste, it "bioaccumulates" in the larger ocean predators. That's why larger fish -- like the bluefin tuna pictured here -- are generally riskier to eat than smaller ones. Credit: iStock/Thinkstock

incineration of waste) ratchets up the amount of airborne mercury which eventually finds its way into lakes, rivers and the ocean, where it is gobbled up by unsuspecting fish and other marine life.

Once this mercury gets into the marine food chain, it "bioaccumulates" in the larger predators. That's why larger fish are generally riskier to eat than smaller ones. Those of us who eat too much mercury-laden fish can suffer from a range of health maladies including reproductive troubles and nervous system disorders. The U.S. Environmental Protection Agency (EPA) reports that human fetuses exposed to mercury before birth "may be at an increased risk of poor performance on neurobehavioral tasks, such as those measuring attention, fine motor function, language skills, visual-spatial abilities and verbal memory." Up to 10 percent of American women of childbearing age carry enough mercury in their bloodstreams to put their developing children at increased risk for developmental problems.

In partnership with the U.S. Food and Drug Administration, the EPA issues

determinations periodically in regard to how much mercury is safe for consumers to ingest from eating fish. State and tribal environmental authorities and/or health departments issue fish consumption advisories for water bodies in their respective jurisdictions based on federal guidelines. The EPA consolidates these local and regional advisories on its website, where concerned consumers and fisher folk can click on a map of the states to find out which advisories may be in effect in their area.

As for which fish to avoid, the non-profit Environmental Defense Fund (EDF), which runs the handy Seafood Selector website, reports that people with mercury concerns should steer clear of bluefin tuna, walleye, king mackerel and marlin. Bluefish, shark, swordfish, wild sturgeon, opah and bigeye tuna carry a proportionately large mercury burden as well. Also of concern, but to a slightly

lesser extent, are orange roughy, Chilean sea bass, blue crab, lingcod, Spanish mackerel, spotted seatrout, wahoo, grouper, snapper, halibut, tile fish, rock fish and sable fish, as well as blackfin, albacore and yellowfin tuna.

Beyond what individuals can do to avoid mercury, the U.S. government and states have begun working together to reduce mercury emissions from power plants. Earlier this year the EPA proposed new "Mercury and Air Toxics Standards" regulating mercury emissions from utilities across the country, with the goal of reducing the amount of mercury emitted by coal burning by 91 percent by 2016. Elsewhere, representatives from 140 countries signed on to reduce global mercury pollution at a 2009 United Nations Environment Program's Governing Council meeting in Nairobi, Kenya. The agreement commits signatory countries—including the U.S.—to cutting back on the use and emission of mercury. A legally binding treaty mandating just how much each country will have to cut back mercury emissions takes hold in 2013.

Dear EarthTalk: I heard that the less meat one eats, the better it is for the

environment. How so? Jason K., Sarasota, FL

Our meat consumption habits take a serious toll on the environment. According to the Environmental Working Group (EWG), the production, processing and distribution of meat requires huge outlays of pesticides, fertilizer, fuel, feed and water while releasing greenhouse gases, manure and a range of toxic chemicals into our air and water. A lifecycle analysis conducted by EWG that took into account the production and distribution of 20 common agricultural products found that red meat such as beef and lamb is responsible for 10 to 40 times as many greenhouse gas emissions as common vegetables and grains.

Livestock are typically fed corn, soybean meal and other grains which have to first be grown using large amounts of fertilizer, fuel, pesticides, water and land. EWG estimates that growing livestock feed in the U.S. alone requires 167 million pounds of pesticides and 17 billion pounds of nitrogen fertilizer each year across some 149 million acres of cropland. The process generates copious amounts of nitrous oxide, a greenhouse gas 300 times more potent than carbon dioxide, while the output of methane—another potent greenhouse gas—from cattle is estimated to generate some 20 percent of overall U.S. methane emissions.

"If all the grain currently fed to livestock in the United States were consumed directly by people, the number of people who could be fed would be nearly 800 million," reports ecologist David Pimentel of Cornell University's College of Agriculture and Life Sciences. He adds that the seven billion livestock in the U.S. consume five times as much grain as is consumed directly by the entire U.S. population.

Our meat consumption habits also cause other environmental problems. A 2009 study found that four-fifths of the deforestation across the Amazon rainforest

could be linked to cattle ranching. And the water pollution from factory farms (also called concentrated animal feeding operations or CAFOs)—whereby pigs and other livestock are contained in tight quarters—can produce as much sewage waste as a small city, according to the Natural Resources Defense Council (NRDC). Further, the widespread use of antibiotics to keep livestock healthy on those overcrowded CAFOs has led to the development of antibiotic-resistant strains of bacteria that threaten human health and the environment in their own right.

Eating too much meat is no good for our health, with overindulgence linked to increasing rates of heart disease, cancer and obesity. Worldwide, between 1971 and 2010, production of meat tripled to around 600 billion pounds while global population grew by 81 percent, meaning that we are eating a lot more meat than our grandparents. Researchers extrapolate that global meat production will double by 2050 to about 1.2 trillion pounds a year, putting further pressure on the environment and human health.

For those who can't give up meat fully, cutting back goes a long way toward helping the environment, as does choosing meat and dairy products from organic, pasture-raised, grass-fed animals. "Ultimately, we need better policies and stronger regulations to reduce the environmental impacts of livestock production," says EWG's Kari Hammerschlag. "But personal shifting of diets is an important step."

The Environmental Magazine (www.emagazine.com). Send questions to: earthtalk@emagazine.com. www.emagazine.com/



Me Rosanne M. Luciano

Filipina Attorney



LUCIANO MOSHONAS, s.e.n.c.

1000, Jean-Talon West,
Suite 100
Montreal, Quebec H3N 1T1
(near Acadie metro)
Tel. 514-273-5732
rluciano@lucianomoshonas.com

www.lucianomoshonas.com

www.filipinostar.org

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Minister Kenney Announces Important Change for Live-in Caregivers

OTTAWA, ONTARIO-- (Marketwire - Dec. 15, 2011) - Live-in caregivers will be able to get open work permits about 18 months sooner, thanks to a processing change announced today by Citizenship, Immigration and Multiculturalism Minister Jason Kenney.

"Too many live-in caregivers have completed their work obligations but must continue living in the home of their employer, waiting for their application for permanent residence to be reviewed," said the Minister. "This is understandably frustrating. That's why we have started issuing open work permits to live-in caregivers as soon as they have completed their obligations and submitted an application for permanent residence."

The Live-in Caregiver Program (LCP) allows Canadian families to hire workers from abroad to provide care to a child, an elderly person or an adult with disabilities when there is a demonstrated shortage of Canadians and permanent residents to fill available positions. Caregivers are obliged to work for two years, or 3,900 hours, and then become eligible to apply for permanent residence in Canada.

Until now, live-in caregivers waited for an initial approval on their application for permanent residence before being eligible for an open work permit. An open work permit allows the caregiver to move out of their employer's home and seek jobs in other fields, if that is their wish. As of December 11, 2011, all live-in caregivers who had met their obligations and submitted an application for permanent residence have had their files reviewed. Those who submitted an open work permit application with no missing information are being issued open work permits.

"I'd also like to thank the Toronto Caregiver Resource Centre for advocating on behalf of caregivers and bringing this situation to my attention," the Minister added.

The LCP is a demand-based program and the number of caregivers accepted as permanent residents generally corresponds with the number who came to Canada as temporary foreign workers (TFWs) a few years earlier. For instance, about 4,700 live-in caregivers entered the program as TFWs in 2002, and about 4,500 permanent residents were accepted through the Live-in Caregiver Class in 2005. More than 7,200 caregivers entered the program in 2005 and about 10,400 individuals, including spouses and dependants of those caregivers, became permanent residents through the Live-in Caregiver Class three years later.

In 2010, CIC admitted a record number of permanent residents through the Live-in Caregiver Class—nearly 14,000 in all—corresponding with the record number of live-in caregivers who entered the country as TFWs in 2007.

In both 2009 and 2010, about five percent of all permanent residents to Canada were admitted through the Live-in Caregiver Class, a huge percentage for any single occupation.

However, the number of caregivers entering the program has declined every year since 2007.

"The change I have announced today will help caregivers settle into their new life in Canada while they wait for their permanent resident applications to be processed," the Minister added. "And with the significant improvements being made to our global case processing system, my department's officers will be better able to manage the file load between Canada and missions abroad and

improve the efficiency of that processing."

The Government of Canada has taken action to protect live-in caregivers from abuse and exploitation with regulatory improvements implemented in the Live-in Caregiver Program in 2010 and the Temporary Foreign Worker Program in 2011. Changes include:

- allowing live-in caregivers to apply for permanent residence after 3,900 work hours, rather than two years of work, to ensure overtime is appropriately recognized;
- the elimination of the need for a second medical examination when the caregiver applies for permanent residence;

- increasing the amount of time a caregiver has to complete their work obligations, from three years to four;
- the adoption of a standardized employment contract that ensures both parties agree to the salary, hours of work, vacation time, overtime, holidays, sick leave, and the terms of termination and resignation;

- defining the costs the employer is obliged to pay, including the caregiver's travel expenses in coming to Canada, medical insurance, workplace safety insurance and third-party representative fees;
- emergency processing of work permits and employer authorizations to hire live-in caregivers who have been abused and need to leave their employment immediately;

- a dedicated phone service for live-in caregivers through the department's Call Centre;
- an assessment of the genuineness of the job offer, including confirmation that the caregiver would be residing in a private residence and providing child care, senior home support care or care of a

disabled

person in that household without supervision, as well as whether the employer has sufficient financial resources to pay the wages of the caregiver and whether the accommodations being provided are adequate;

and

- a two-year period of ineligibility from hiring foreign workers, including live-in caregivers, for employers who have failed to live up to the terms of past job contracts.

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CONTACT INFORMATION:

Candice Malcolm
Minister's Office
Citizenship and Immigration Canada
613-954-1064

or

Media Relations
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Any Which Way ...

Bernardo "Bud" Sarmiento
 berniesarmiento@hotmail.com.

Merry Christmas and a Happy New Year to all

Happy Holidays to all my friends, readers and supporters. Thank you for your continued patronage. I hope that you will keep on reading the North American Filipino Star. We will try our best to make this newspaper even more informational, more informative and more entertaining throughout the incoming year. As importantly, I hope that the turmoil of 2011 will not be carried over to 2012.

HE'S A LIAR IF HE REALLY SAID IT

– If, and that's a big if, Sonny Valdez did indeed tell Fraud Magallanes that I was found guilty of theft charges, there are not two but three big liars in our community.

Sonny Valdez and I have known each other since mid-1976. Both of us immigrated to Montreal almost at the same time. Occasionally, especially during the early years of our friendship, we had guested each other's important personal social events.

On at least two occasions I asked him to help me out on something I could not do alone, such as moving a family-size washing machine or moving to a new address, and he always obliged. Occasionally at work, we would have animated – or heated, if you will – debates on anything during our breaks, but we never got personal. So, I was astonished to learn that he stabbed me in the back by allegedly telling Fraud that I was found guilty of theft, virtually aligning his self with the devil. I am categorically saying here that I was never accused, let alone found guilty, of theft anywhere in the world, and certainly not at the Montreal General Hospital. It is clear that Fraud, with Sonny Valdez's help, has defamed me. I intend to deal with that when I get back from the Philippines.

I left MGH honorably, and only because my then-wife and I were to relocate to Vancouver at that time. There was no theft to admit simply because there was no theft committed. Therefore, I didn't have to call Sonny Valdez – or anyone else, for that matter – for help in that regard.

I got my copy of the November 2011 Filipino Forum only last Wednesday evening, November 23rd, and since I was to leave for the Philippines at 6:00 of the following morning, and still had to finish packing, I didn't get around to reading what lies Fraud had woven until I was already en route from Washington, DC to Narita. I wish I was in a position to have a one-on-one meeting with Sonny Valdez immediately to hear the real score straight from the horse's mouth, but the timing was so bad that it had to wait till

I return to Montreal in six months. Anyway, one possible motive that Sonny Valdez would tell Magallanes such a lie is to spite me for refusing to give him a copy of the result of the last FAMAS election. Added to that is my criticism of his lackluster performance, to say the least, as a member of the COMELEC. Politics might have played a part as well. He was for Manuel; I was for Osdon.

Sonny Valdez started badmouthing me shortly after I was elected the chair of the COMELEC. He didn't like my leadership style. He begrudged that I was up there in the COMELEC organizational chart. Pinoy habitués of Plaza Cote des Neiges and Tim Horton's on Van Horne who are sympathetic to me told me that. It's ironic that he would smear me since I was the one who fought hard and insisted to Au Osdon to appoint him to the committee, partly out of friendship, but largely out of my now-mistaken belief that he would be an asset to the committee. That insistence is haunting me now because he turned out to be a big disappointment. If he was a firecracker, he would have been a big dud. He always has a lot to say, but almost nothing to show for it. People from Novo Ecijano Association and Knight of Columbus – St. Kevin know too well what that means. In hindsight, I should have checked with them first before I recommended him insistently to Ms. Osdon. As a Beatles' song goes "I should have known better."

SKUNKY FRAUD MAGALLANES NABAHUAN KAY BIG SUROT – Nakakatawa talaga ang logic nitong si Fraudulent Crass Magallanes. Sukat bang minalit n'ya ang pagtira ko sa isang basement apartment, at pinalabas pa n'ya na immoral ang pagtira roon. Ano naman kaya ang masama at pagka-immoral ng pagtira sa basement?

Dalawang beses s'yang na-evict sa apartment na kanyang tinutirhan noon dahil sa kawalan n'ya ng pambayad ng renta. Batugan kasi kaya wala s'yang kuwarta, at umaasa na lang sa pobrang asawa. Anyway, kung immoral ang pagtira sa basement, ano kaya naman ang napalayas nang dalawang beses dahil hindi makabayad ng renta? Sa basement nga lang kami nakatira, pero hindi naman kami kailan man napalayas sa di-pagbabayad ng renta o sa anumang dahilan.

Anupaman, ito ang sabi n'ya (Filipino Forum, November 2011, Page 12): BS has been lecturing people on how to live their lives. Oh, dear, talk about pot and kettle. The sad truth is that he is living in a basement of an apartment in Cote des Neiges. I don't

disdain for (sic) his station in life. But he shouldn't posture as Mr. Morality man. Ang pagtira ko at ng aking pamilya sa isang basement apartment ay kagustuhan ko. It's actually a matter of lifestyle. Hindi sa pagyayabang, kaya rin naming magkaroon ng sariling tirahan kung aming nanaisin.

UP GRADUATE NGA BA SI MAGALLANES O HINDI? – Sayang at hindi sumagi sa isip ko na interbyuhin si Fraud noong nagtipun-tipon ang mga University of the Philippines (UP) alumni sa Buffet Vichy noong November 4. Matagal ko na kasing itinatanong sa kanya kung talagang nagtapos s'ya sa UP tulad ng kanyang palaging ipinangangalandakan, kung anong degree ang kanyang tinapos at kung anong taon s'ya nagtapos subali't palagi na n'yang iniwasang sagutin ang mga tanong kong iyon.

Ilang beses na rin n'yang sinabi na naging kaklase n'ya si Sen. Miriam Defensor-Santiago sa UP College of Law pero nang may nagtanong sa senadora tungkol doon, tahasan n'yang sinabi na wala s'yang naging kaklase na may ganoong pangalan. Kung anu-anong excuse ang inimbento ni Fraud kung bakit hindi s'ya kilala ng senadora. At saka mismong ang mga nagtapos sa UP na dumalo sa nasabing reunion ang hindi makapagsabi ng may katiyakan kung UP alumnus nga si Fraud o hindi.

Heto pa ang isang tell-tale na nagpapaahiwatig na hindi nagtapos si Magallanes sa UP. Isang litrato at maikling caption lang ang ipinablis n'ya sa November 2011 issue ng kanyang diaryo, at hindi pa s'ya bumanggit ng mga pangalan. Mas mahaba pa nga ang isinulat n'ya tungkol kina James de la Paz, Willie Quiambao at sa kolumnistang ito kaysa tungkol sa sarili n'yang "Alma Mater" at mga schoolmates. Kung ako ang nagtapos sa UP, buong pagmamalaki kong isusulat ang accomplishment ng aking kapwa alumni. Baka nga editorialized pa. Gayundin, isusulat ko rin kung ano ang aking tinapos sa UP, kung anong taon ako nagtapos doon at kung sinu-sino ang aking mga sikat na kaklase, lalung-lalo na kung merong nagdududa sa aking tunay na katayuan. Kung nai-publish n'ya minsan ang kanyang papeles na galing sa isang press agency na diumano'y nagpapatunay na s'ya ay talagang periodista, bakit hindi pa n'ya ipina-publish ang kanyang UP diploma? But if he publishes it

eventually, I still want to see the original. Sanay na sanay si Magallanes na magsinungaling at mag-Photoshop ng mga litrato at dokumento. Thus, it isn't advisable to take his words at face value. His intention in publishing is always to harm his perceived enemies, and not to disseminate information to the community.

FRAUD IS JEALOUS OF WILLIE Q.

– In the November 2011 issue of his trashy tabloid, pseudo-journalist Magallanes denigrated Mr. Quiambao's stint with the Montreal Gazette. Ito ang sabi ng magaling na publisher/editor-in-chief ng there's-nothing-like-it Filipino Forum: Can you be a Gazette reporter if you're just a contributor of the Montreal paper, and no weekly pay as well as other benefits? I don't think so. But Bernardo Sarmiento ("BS") insists Willie Quiambao was a Gazette reporter.

I didn't say, much less insist, that Mr. Quiambao was a Gazette reporter. What I wrote more than once is that he was a writer and/or contributor for said newspaper. In fairness to Mr. Quiambao, he never claimed that he was a Gazette reporter, either, although he was – and still is – quite capable to do the job. It's Magallanes who can never be a reporter, not even a contributor, in any newspaper, major or not, in Montreal for lack of talent. Walang magha-hire sa kanya na publication maliban as a janitor tulad ng nangyari sa kanya sa Calgary when he was hired by the Calgary Sun to do that menial job. That's the reason he launched his own tabloid. Only he, himself, would hire him as publisher and editor-in-chief dahil talaga namang wala siyang talino sa journalism. Dahil kanya ang diaryo, he didn't need any writing ability. Very obvious naman, di ba? Iyung mga credential na sinasabi n'ya, fake lahat ang mga iyon. As the Community already knows, fakery and lies define his whole being.

ANOTHER ONE OF FRAUD'S ETERNAL LIES

– Only the FAMAS Committee on Elections (COMELEC) has the authority to decide who should be president of the Association. No other authority, not even the Quebec Enterprise Registrar, could legally declare that Cesar Manuel was the rightful leader and president of FAMAS not only because it doesn't have the power to do so but also because Manuel is not, never was, never will be that leader and president. Miss Aurora Osdon is the rightful leader and

See Page 15 Any Which Way

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Pasko!

ni Bb. Clarifel F. Rodrigo

Ilang araw na lang, Pasko na. Sa Pilipinas, ang Pasko ay isang tradisyon o kaugalian na dapat maraming handa, regalo at bagong gamit. Ginagawa rin itong pagkakataon para magtipon-tipon ang mga kapamilya, kaanak at magka-kaibigan. Sa mga may kakayahang gumastos, labis ang paghahanda, pero sa mga walang-wala, ginagawan ng paraan para may maihanda. Taon-taon, ganito ang pagdiriwang ng Pasko ng mga Pinoy.

kung ano man ang mayroon ako. Dito nag-umpisa ang pagbabago ng direksiyon ng pag-iisip ko. Kaya pagdating ng Pasko doon, ipinilit ko sa sarili ko na di dapat akong malungkot kundi maging masaya - kahit walang handa, walang regalo, malayo sa kapamilya, kaanak at mga kaibigan. Kasi nasa bansa ako na di nila alam kung ano ang Pasko. Na ang mahalaga sa kanila ay kung paano nila buhayin ang kanilang sarili sa pang araw-araw na pamamalagi nila sa mundo.

Doon ko natanto na ang Pasko ay dapat paghahanda ng sarili para sa totoong kahulugan ng araw na ito.



Si BB. Rodrigo sa pagitan ng dalawang batang lalake sa unahan) Ms. Rodrigo is between the two boys in front.

Pa'no naman kapag ikaw ay nasa isang bansa na hindi Kristiyano? Halimbawa sa mga bansa ng mga naniniwala sa Islam. Naranasan kong mag-Pasko sa bansang Arabo at Bangladesh. Malayong-malayo sa atin. Malungkot kasi hindi iyon ang nakasanayan ko. Pero, may natutunan akong mahahalagang aral sa buhay at naisip ko na hindi naman pala kailangan ang labis na paghahanda sa araw ng Pasko. Nakasanayan ko lang na ang kaligayahan ko kapag Pasko ay nakatuon sa mga bagay-bagay na pansamantala lamang.

Noong nasa Bangladesh ako, nakita ko kung ano ang totoong kalagayan ng hirap sa buhay. Walang maayos na tirahan, walang malinis na tubig, walang trabaho at walang pagkain ang marami sa kanila. Naantig ang puso ko sa mga nasaksihan ko. Nakonsensiya akong bigla na puro lang ako reklamo sa buhay pero may mga mas malala pala ang kalagayan kaya mas may karapatang magreklamo. Napa-kapalad ko pala at dapat magalak

Gaya ng pagmamahal sa kapwa tao kahit magkaibang lahi man o paniniwala. Mahirap mang gawin pero kapag sinubukan, kakayanin naman pala. Kahit sabihin 'man natin na dapat magpakatotoong tao tayo; na ang tao ay nakatakdang na nabubuhay lamang sa mga materyal na bagay. Ngunit naniniwala ako na may mas malalim na dahilan ang ating pagkabuhay dito sa mundo. At iyon dapat ang hanapin natin sa ating mga puso habang naghahanda para kapaskuhan. Kung paano magbibigay ng kaligayahan sa kapwa tao sa munting paraan. Kung paano gawin ito ay umpisahan natin sa kuwento ng pagkapanganak ni Kristo. Alam natin lahat na Siya ay naipanganak sa munting sabsaban. Pero saliksikin natin kung ano ang tunay na dahilan kung bakit siya ay isinilang sa mundo -dahil sa pagmamahal ng Diyos sa tao.

Nakasanayan na natin na gumagastos nang labis tuwing kapaskuhan. Kasi ang nasa isip natin ay -isang beses lang naman sa isang taon. At napupunta lahat sa pag-

hahanda sa mga materyal na bagay na sa isang iglap lamang ay nawawala. Palagay ko ay di naman kalabisang igugol din natin ang ating mga sarili sa mga may panghabang-buhay na mabuting mapapala -iyong galing sa puso -pagmamahal, kapayapaan at kapatawaran.

Maligayang Pasko sa Lahat!

Tungkol sa Awtor:

Siya ngayon ay nasa Tanzania (Silangang Aprika) para sa isa na namang gawaing boluntaryo.

Ang una niya ay sa Bangladesh mula 2008-2009. Noong 2007, nagbitiw siya sa kaniyang regular na trabaho nang 10 taon para humanap ng bagong direksiyon sa buhay niya. Simula noon, nabubuhay siya nang walang regular na suweldo

ngunit tinutustusan ng maraming karanasan at kabatiran sa buhay na mas pinahalagahan niya ngayon.

Maaari ninyong bisitahin ang kaniyang blog sa <http://clarzrodrigo.blogspot.com> para mabasa ang kaniyang mga paglalakbay bilang boluntaryo sa Tanzania. Maaari rin ninyon sulatan siya sa kaniyang email: eocene0730@yahoo.com

(She is now in Tanzania (East Africa) for another volunteer work. She went first to Bangladesh from 2008-2009. She resigned in 2007 from her regular job of 10 years to make a change in her life. Since then, she has been surviving without a regular paycheck but she has gained many experiences and lessons from life which she thinks are more valuable than anything else.

You can visit her blog at <http://clarzrodrigo.blogspot.com> to read her journeys as a volunteer in Tanzania. You can reach her through her email: eocene0730@yahoo.com

Jokepardy

Pechay: "Maligayang Pasko sa iyo!"

Pichu: "Manigong Bagong Taon naman."

Pechay: "Ano ang laro natin ngayon?"

Pichu: "Ano pa, e di Jokepardy. Sa ganoon, hasa ang utak natin laban sa alzheimers."

Pechay: "Sige, umpisahan mo, Kuya, dahil bago sa'kin ang larong ito."

Pichu: "Ano ang snow?"

Pechay: "Ano pa, malamig na malamig na ulan, nabuo at namuti."

Pichu: "Ano ngayon ang gatas?"

Pechay: "Pag nilagay sa freezer, ice-cream!"

Pichu: "Ang galing mo talaga. 'Yung mga kulay alam mo na ba?"

Pechay: "Ay, oo, para 'yun lang."

Pichu: "Alam mo ba kung ano ang kulay na orange?"

Pechay: "Oo naman, kulay ng popsicle."

Pichu: "Ayoko na nga, ang galing-galing mo. Ikaw naman kaya ang magtanong."

Pechay: "O sige, pero kailangan marunong ka ng aritmetik."

Pichu: "Ay salamat! Paborito ko 'yan."

Pechay: "Isang Democrat, isang Republican at isang Independent kung pagsama-samahin ay ilan?"

Pichu: "Ang dali naman. ..tatlong maglalaban sa kongreso ng Amerkano!"

Pechay: "Sikat! . . . vocabulary test na lang tayo"

Pichu: "Magaling din ako diyan."

Pechay: "Volunteer. . ibigay mo ang kahulugan at gamitin sa pangungusap."

Pichu: "Ang kahulugan ay may kusang-loob na tumulong sa kapwa."

Pechay: "Halimbawa nga?"

Pichu: "Kapag basa lang ang lampin ko mabilis dumating ang volunteer magpalit."

At pag may namumukol sa lampin ay mabagal dumating ang volunteer.

Pechay: "Mucho lokura ka talaga, Kuya. Tayo na nga at nagtatawag na ng pangalan si Santa Claus."

Imbitahan kaya muli ni Mang Bert ang dalawang ito sa susunod na labas? Abangan!



Pechay at Pichu



**Ask the
Video Guy
Al Abdon**

Keeping your Video Shoot Steady

Does your video make your viewer dizzy? I cannot resist the importance that your video depends on how steady your hands are.

Shooting steady video is perhaps one of the most fundamental skills of good video production. If your camera isn't steady, your shots will be difficult to watch (unless you provide a healthy dose of seasick pills). In this column we will take a look at various ways you can shoot good solid video every time, no matter the subject or the situation. We'll start out with the fundamentals of shooting handheld video and move towards more sophisticated electronically-aided methods for keeping your video smooth and steady.

Shooting Fundamentals

Shooting handheld video is perhaps the most difficult way to capture images on tape. No matter how steady you think you are, even your breathing can make the camera move and shake. If you find yourself in a situation where you must shoot handheld, there are a few things to keep in mind.

One of the most important things to remember about camcorders and their lenses is that zooming emphasizes movement. The closer you zoom, the more your movement is magnified. Because of this, when you are shooting handheld video, you should get as physically close to your subject as you possibly can and zoom out as far (wide) as the camcorder's lens will allow. This will give you the steadiest shot possible.

The second step towards good handheld shots is maintaining good posture. Keep your back straight; legs shoulder width apart; knees slightly bent and your elbows close to your body. If you are handholding a small camcorder with an LCD screen, hold the camera with both hands in front of your body, elbows tucked into your sides. If shooting from the shoulder, tuck your elbow into your side and use your right hand and arm for support, while your left hand controls the focus and iris.

If you have to move while actively shooting, do so slowly and as smoothly as possible, keeping your subject composed well in the shot and maintaining good solid posture throughout the entire move.

The World Around You

If you find yourself in a situation where

you don't have a tripod, any solid surface can act as a camera platform. You can set your camera on a rock, fence post or parked car, or lean up against a tree or the edge of a building. Use a table or chair to steady your shot. If shooting on the beach, lay some plastic down and steady the camera on the sand, or set the camera up on the steps of the lifeguard tower.

When using a solid platform to shoot from, you will most likely have to tilt the camera to get the best shot. Once again, objects around you might be useful: credit cards, cardboard, newspapers, pencils, even gum wrappers can be used to stabilize your shot. Once you compose your shot, press the record button and take your hands away.

TriPods

Every videographer should own a good tripod. A tripod lets you shoot solid, steady video with little effort. There are, however some things you need to keep in mind when using a tripod. Always set your tripod and camera up so that one of the three legs is pointing towards your subject. This will create a space for you to stand in between the other two legs. If you know you are going to pan in one particular direction a lot, point the front leg of the tripod halfway between the farthest left and farthest right your subject will move so you won't have to walk around or step over one of the back legs. When adjusting the height of your tripod, use your subject as your guide, instead of setting it at a level that makes you feel comfortable. Set your tripod up so that the camera, when completely horizontal, is pointing at the neck of your subject. Unfortunately, this might mean that you will find yourself in some uncomfortable shooting positions, but that's a small price to pay for better-looking video.

If you do not have to move the shot and the subject will not be moving, lock down the tripod, press the record button and let go. If you do need to move, position yourself with the camcorder so

that you are as solid and comfortable as possible and slowly move in the direction you have planned. Always plan and rehearse camera movements before making them.

Monopods

A monopod is like a hiking stick with a camera mount at the top. Monopods are primarily still-camera tools, but can be quite handy when must be mobile and you still need to shoot steady video. You will often see camera operators on the sidelines at football games or other sporting events using monopods. The monopod is lighter and more manageable than a tripod. While the monopod prevents vertical movement of the camcorder, it does nothing to prevent the horizontal or tilting movement.

Flying Supports

If you have a little extra cash in your pocket, you might want to check out one of the many types of flying camera supports on the market. These handheld counterbalanced supports allow you to move freely while shooting and produce gliding, shake-free video. The most famous flying camera support is the Steadicam and the brand name has become a shorthand for the entire class of products. Beyond simple handheld devices, you can get complex vests and harnesses that will help you hold the camera during long shoots. The professional gliding camera stabilizers are so smooth you can barely tell the camera is not sitting on a tripod. One note of caution: if you are considering buying one, try it out first to see if it will work with your camcorder.

You can create a flying camera support of sorts by mounting your camcorder onto your tripod or monopod and lifting it off the ground, using the weight of the legs to act as a counterbalance for the camcorder to keep it upright. This will not produce anything close to the results you'd get from a precisely engineered and finely balanced flying camcorder

support, but you may be pleasantly surprised at the look of the shots.

Image Stabilization

Image stabilization is the video engineer's gift to amateur videographers. Your camcorder's built-in image stabilizer seeks to smooth out handheld video, minimizing camera shake. Image stabilizers are found in most camcorders today. There are two types: electronic and optical. Optical is generally better, and is typically found on higher-end camcorders. Although they can be quite handy if you find yourself in a situation where you must shoot handheld, they do have a couple of limitations. First, electronic image stabilization can reduce the overall number of pixels on the CCD that are used to capture an image. This can result in a general softening of the picture. Second, when the stabilizer is used during a pan, the smooth pan might jump slightly from one point to the next as the stabilizer tries to correct your intentional movement. Still, image stabilization, both electronic and optical, can be a shotsaver when shooting handheld.

Keep It Steady

There are times to move the camera and times to hold it still, but, unless you are trying to create an earthquake effect, there are seldom times when shaky video is good video.

The holiday season is here. This is the best opportunity for you to practice with your camcorder to your love ones, kids, relatives and friends.

Happy Shooting

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and a Happy New Year**

**Maligayang Pasko at
Masaganang Bagong Taon**



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Marvin Rotrand
City Councillor, Snowdon
Leader of the majority



Michael Applebaum
Mayor of the Borough
Chair of the
Executive Committee



Helen Fotopulos
City Councillor, Côte-des-Neiges
Executive Committee member



Susan Clarke
City Councillor,
Loyola



Peter McQueen
City Councillor,
Notre-Dame-de-Grâce

**On behalf of the Borough of
Côte-des-Neiges—Notre-Dame-de-Grâce,
we offer you our best wishes for a peaceful and prosperous New Year.**

**Seasons Greetings to everyone!
Maligayang Pasko at Masaganang Bagong Taon!**



The North American Filipino Star Photo Gallery Gilmore's Christmas Party - December 10, 2011



FAMAS Carolling at Gilmore College International, December 8, 2011



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As a nursing aid graduate, I believe that self discipline and determination enabled me to achieve my goals in life. Gilmore International College provided me the opportunity to find a job easily. The knowledge and skills I have learned during the course of my studies gave me the edge to work in the health care environment where one needs to show the willingness to render service to the sick and the elderly. (ETHEL TUGNA, March 2011 graduate) (Ethel is very happy to work and care for people who need her services).



Gilmore International College provides immigrants the tools for a successful career change. The training and the skills that I learned from the program gave me the confidence to work as a Nurses' Aide. (ADELE LASCANO, October 2009 graduate)

Note: Adele worked in Montreal, in a full time position and became very busy because of the shortage of health care personnel. She moved recently to Toronto where she found a job in a hospital.



Gilmore College International students shown here are taking a CPR course conducted by Mitz Katz-Zeitlin of Reurgences Animation Reg'd., CPR specialists, held on December 4, 2011. From left: Joesie Bingayen, Annie Signey, Edison Taguba, Vilma Lagonilla, Mildred Mendoza, Laura Dizon, Grace Calvo and Marilou Hechanova.

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Gilmore College International's new headquarters showing three business signs on each bay window - Marche Coop, Gilmore College, and the Filipino Star. An outdoor new sign for the college will be installed soon.



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Beef Morcon

Ingredients:

3 lbs. beef shoulder roast
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garlic powder
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1 whole pickled cucumber, quartered lengthwise
1 pc. hickory smoked sausage, quartered lengthwise
4 slices hickory smoked bacon
1/4 cup all purpose flour
3/4 cup vegetable oil
1 medium sized onion, chopped
6 cloves garlic, minced
1/2 cup tomatoes, diced
1/2 cup tomato sauce
2 bay leaves
2 cups beef stock
3/4 cup pineapple juice
1/4 cup soy sauce
Parsley flakes, for garnish

Procedure:

*Makes 4 rolls

1. Slice the beef into thin sheets. Season with salt, pepper and garlic powder.
2. Wrap a quarter of carrot, celery, sausage and pickled cucumber with a slice of bacon. Put on one end of each slice of beef. Roll the beef, keeping the filling in the center. Tie with kitchen twine to ensure that the roll won't open up while cooking.



Beef rolls dredged in flour

3. Dredge each beef roll in flour. In a big skillet over medium heat, fry rolls in vegetable oil until they are evenly light brown. Remove from pan and set aside.
4. In a large saucepan over medium heat, saute garlic, onions and tomatoes in 2 Tbsp oil (where you fried the rolls) for a minute. Add the stock, bay leaves, pineapple juice, soy sauce and tomato sauce. Mix well and bring to a boil.
5. Season with salt and pepper to suit your taste. Reduce heat to medium low. Add the beef rolls and simmer for about two hours or until tender. Remove beef rolls from saucepan and allow to cool down a little.
6. Meanwhile, strain the sauce and then simmer until thick.
7. Remove kitchen twine from the rolls. Cut into slices, approximately 1/2 inch thick and arrange on a serving plate. Pour sauce over the roll slices. Garnish with parsley flakes then serve.

Mayor Tremblay holds round table conference with the Ethnic Media

By Zenaida Ferry Kharroubi

Montreal, December 8, 2011 - Twelve journalists from the Ethnic Media were invited to a round table conference with Mayor Gerald Tremblay at City Hall.

hoped to achieve in her post in the area of relations with cultural communities. She said that she works laterally with several projects, and that she makes sure that employment is open to



Twelve ethnic media members represented communities such as Filipino, Russian, Moslem, Chinese, Haitian, African, Armenian, Indian, Tunisian, Portuguese, Spanish, and Greek shown here for a photo op with Mayor Gerald Tremblay, and his team, December 8, 2011.

He was assisted by Mrs. Mary Deros, responsible for relations with communities of diverse origins and the youth, M. André Beauvais, directeur des Communications, and Ariane Lareau, Attachée de presse, Cabinet du maire et du comité exécutif. Nahed Koussa, Conseiller principal of the Mayor's office, coordinated the event.

Mayor Tremblay made a brief opening remarks, explaining his objectives in inviting the media to a round table conference. He said he wanted to share the good news for a change as often times it would seem easier to spread the bad news. He cited some of his administration's salient points of achievements. Montreal is the only city from North America that is a member of an intercultural organization internationally. Pamphlets about different subjects were given to the journalists, in particular, Montreal's Charter of Rights and Responsibilities.

Every member of the round table conference was given three minutes each to ask questions, or make any comments.

Mrs. Deros was asked what she

minorities but due to budget restraints, the City is unable to hire more, however, she said that she keeps the human resources department informed about policies on cultural diversity issues.

The Mayor admitted that not everything is perfect yet but he wanted to let us know that he is willing to listen and will keep trying to improve the work he and his team are doing for the City, politics aside.

As a result of this conference, some important information was relayed to the journalists - that an Interfaith dialog will be held in March 2012. It was also brought up to the Mayor's attention if it is possible to have the City sponsor an ethnic press exhibition similar to the one being held annually in Toronto. Mayor Tremblay promised to look into this possibility as well as into visiting other cities besides the ones he already visited through the international association of mayors. He was also requested to be more present in the important celebrations of cultural groups as it would appear that he had not been present in many of them in the past.

Philippine Trade Mission visits Montreal

Montreal, December 3, 2011 - A small group of business people accompanied by town mayor, councilor, visited Montreal to contact entrepreneurs who may want to invest or to buy the products from Region 2

consisting of Batanes, Cagayan Valley, and Isabella. They stopped for a two-hour open forum with the Filipino-Canadian community in Montreal which was held at the FAMAS center from 1:30 to 4:00 P.M.



From L-R: Monique Racacho, Eva Collado, Gina Medina, Miguel Decena, Vice-Mayor Audrey Herrero of Bogao, Cagayan; Shinette Khoury, Bienvenido de Guzman, Councilor, Tuguegarao City; Councilor Jude Bayona of Tuguegarao City; Nora Garcia, Research Specialist, DOT; Sofia Narag, Division Chief, DTI; Councilor Diosdado Felipe of Malig, Isabella; Atty Maria Esperanza Banares, Dinah Fabri, Municipal Planning Officer, Mahatao, Batanes; and Mayor Pedro Poncio, Mahatao, Batanes,

From Page 8 Any Which Way

president of FAMAS, and has been since September 1, 2011 and will be until August 31, 2013.

Dapat na nilang itigil ang kanilang kahibangan at panggugulo, at maghintay na lang sila ng susunod na eleksyon sa 2013 at muling kumandidato. Kaya lang baka hindi na sila kwalipikadong tumakbo sa dami ng election rules na kanilang nilabag at patuloy na nilalabag. At any rate, we'll deal with it in due time.

Samantala, mali na naman si Fraud tungkol sa perang ginastos nina Au Osdon ukol sa cease-and-desist letter na binanggit ng una sa kanyang artikulo. Ang perang ibinayad ni Ms. Osdon sa kanilang abogado ay hindi nanggaling sa kaban ng FAMAS. Sa halip, nanggaling iyon sa sariling bulsa ng mga supporter ni Ms. Osdon sa pangunguna ni Ms. Shinnette Khoury. In fact, meroon na silang \$50K na donasyon ng isang pilantropo. Nilalaan nila iyon sa napipintong habla na posibleng isampa nina Cesar Manuel sa darating na maikling panahon. But assuming without conceding that the money came from the FAMAS coffer, tama pa rin iyon dahil bilang opisyal ng nasabing asosasyon, at hindi bilang mga pribadong tao, ang ugat ng reklamo laban kina Ms. Osdon.

Kung mahahabla si Gerald Tremblay bilang mayor ng Montreal, tiyak na pera ng ciudad ang kanyang gagastusin para sa abogado. I can't

imagine that Mayor Tremblay would use his own money to defray the cost of litigation that stemmed from his being the city mayor in the first place. Conversely, kung mahahabla si Ms. Osdon bilang presidente ng FAMAS, walang mali at masama kung pera ng FAMAS ang ipambayad nila sa abogado. Isa pa, sila naman ang nagpakahirap para magkaroon ng ganoong halaga. Hindi naman iyung mga tao na hindi tumutulong at wala nang ginawa kung hindi mag-criticize lang ng mag-criticize porke hindi nila kayang manduhan o tutain ang mga nakaupo.

SINUNGALING NA, MAKULIT PA – Hindi lang sinungaling itong si Magallanes, makulit pa. I am pleased to paraphrase what he wrote in his latest tabloid, to wit, "Why does Magallanes keep on banging on and on and on about Lina Flores having been found guilty of election rule violation? Is he nutty or what?" Hiniram ko iyon kay Fraud, iniba ko lang nang bahagya para sa aking sariling gamit. (Refer to Filipino Forum, November 2011, Page 33).

During the hearing of Lina Flores' case last July 28th, the complainant presented Ms. Nora Dulla as their eyewitness. The defendant didn't present her own witness to rebut Ms. Dulla's testimony. Their best defense was based on mere technicality. They insisted that the case should not have been heard in the first place because the complaint was filed

beyond the 48 hours within which a complaint of transgression could be filed.

Furthermore, the Samahang Makabayan literally begged Ms. Dulla not to testify against Lina Flores. Why then did they beg Ms. Dulla not to testify if they strongly believed that Ms. Flores did not violate that particular election rule? Why didn't they present their own witness to refute Ms. Dulla's testimony? And where were Magallanes, Felix Reyes and Salvador Cabugao, the supposed legal eagles of Samahang Makabayan, during the hearing? Why didn't they lawyer for

Lina Flores and the rest of the Samahang Makabayan if they were as smart as they thought they were? Bakit ngayon lang sila nagdadadadad ng nagdadadadad? Sana noon pa. Anyway, the case has long been decided on and is now closed.

Sabi pa ni Fraud Crass Magallanes sa kanyang malabasurang diaryo, my days are numbered na raw. Gusto pa n'ya ngayong mag-*Nostradamus*. Mas bagay sa kanya ang mag-Madam Auring na lang.

FAMAS Miss Teen runner up in Miss Quebec 2012 competition

Romina Gabrielle Avelino has successfully landed in the top 12 finalists of the prestigious Miss Quebec 2012 which will be held in January 2012. She was chosen among more than 240 candidates from all over the province and succeeded several eliminations since July 2011. She was the only Filipino, the only Asian, the only immigrant and the only Anglophone that made it to the finals.

During the final eliminations on October 13 2011, Romina impressed the audience with her grace in dancing & walking, poise and personality. She also notably charmed and unexpectedly astounded the judges and audience with her unique but charismatic French accent, which won her the loudest applause among all the semi-finalists.

Romina is the reigning 1st Runner up of the first Miss Teen Fammas Montreal 2011 held in March 23, 2011 where she also bagged most of the special awards, namely: Miss Photogenic, Miss Talent and Miss Congeniality. Romina is very thankful for her experience in the Miss Teen as well as the support of the Filipino community. Fammas has generously sponsored her during the semi-finals held last month.

As a Miss Quebec finalist, Romina will be able to participate as one of the official candidates for the Miss Canada 2012 and will also have the chance to participate in other international pageants to be sponsored by the Miss Quebec organizers, e.g. Barbados, Guatemala, Las Vegas etc. She will be doing a show for Le Château and other known boutiques. Romina's webpage can be viewed on the Miss

Quebec website soon, which will include two video capsules, photoshoots, chronicles and her profile summary. She will also be featured in two local newspapers in the city of Laval (Echo Laval and Courrier Laval) as the only Lavalloise to represent the city in the Miss Quebec pageant.



Romina Gabrielle Avelino



Mrs. Josie Zapanta (Jhun Zapanta's mom) and Budz Sarmiento on board an All Nippon Airways jet plane en route from Narita to Manila on November 24th.

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FILIPINO STAR

SHOWBIZ GOSSIP

Zsa Zsa petrified, incensed over house burglary incident



Zsa Zsa Padilla was on her way home from taping 'Budoy' when her house got burglarized

Singer-actress Zsa Zsa Padilla is scared and enraged after an unidentified man burglarized her and long-time partner Dolphy's house in Marina Subdivision in Parañaque City recently.

Chuck Gomez, Padilla's publicist, related the story to Bulletin Entertainment in an exclusive interview. "More than galit, natatakot siya... Parang na-violate 'yung privacy niya. [Sabi niya], 'Diyos ko, bakit gano'n, na-violate ako... it's my home, 'yun dapat 'yung pinaka-safe na place. Bakit gano'n?" said Gomez.

The Divine Diva lost "some cash and a gadget" according to Gomez.

Gomez added that only their helpers were in the house when the burglary happened. At the time, Padilla was on her way home from taping for the primetime drama series "Budoy." Dolphy was out, and their daughter Zia Quizon was at school.

Recalling the incident as told to him by Padilla, Gomez recounted, "Merong isang lalaki na maliit na nakapag... na nakapasok sa master's bedroom ni Zsa Zsa tsaka ni Tito Dolphy..."

"Yung isa sa mga kasama nila sa bahay nakita 'yung lalaki na binubuksan 'yung drawer. Sumigaw ngayon 'yung katulong. Tinutukan

ngayon 'yung katulong ng panaksak. 'Yung katulong, stunned, [then] tumakbo. Nakaalis 'yung magnanakaw."

Padilla had already reported the incident to the police, and had also hired her own security—something that she hasn't done before, Gomez noted.

While the incident is still under investigation, Gomez said that Zsa Zsa deemed, "These people, they don't mean naman to harm unless mahuli."

Meanwhile, Balita reported on Dec. 9 that according to SPO2 Reynaldo Aroja and PO2 Joel Romantico of the station management and detective

management section of the Parañaque Police, there was no forced entry from the main door of the premises. They further speculated that the alleged thief might've used the veranda to escape.

Gomez also clarified earlier reports, which stated that the break-in occurred at Padilla's condominium.

"Zsa Zsa and Dolphy don't have a condo [unit] although they rented one [in the same vicinity] during the renovation of their house," he related.

Through it all, Gomez said, "Nagdadasal kami na sana maayos na 'to kasi hindi tama 'yung nangyari kasi mabubuting tao 'yung mga 'to." ■

Christian Bautista receives elusive Diamond Record Award



Asiansation Christian Bautista joins the elite group of awardees of Diamond Record Awards with his "A Wonderful Christmas" album, which has sold more than 200,000 units. He was formally awarded last Dec. 4 during ASAP Rocks Platinum Circle Awards.

"A Wonderful Christmas" includes

Christian's heartfelt renditions of "Nakaraang Pasko," "Gloria," "Little Drummer Boy," "Christmas Shoes," "What A Wonderful World," among others.

"I feel so blessed with this recognition," says Christian. "I would like to express my heartfelt gratitude to everyone who made this possible. I will be eternally grateful."

Because of this achievement, Christian has been elevated to ASAP's Elite Platinum Circle, alongside music legends Sharon Cuneta, Freddie Aguilar, Jose Mari Chan, among others.

"A Wonderful Christmas" and Christian's latest album "Outbound," which includes the hit "All That's Left," are still available. ■

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Stop bugging me: Rhian ramos files restraining order against ex-bf



TV host Mohan "Mo Twister" Gumatay (left) and actress Rihan Ramos

GMA 7 actress Rhian Ramos has filed a temporary protection order suit against her ex-boyfriend, former TV5 host Mohan "Mo Twister" Gumatay, on Monday in Muntinlupa City.

Lorna Kapunan, Ramos' counsel, told the Inquirer that Ramos is asking the court to stop Gumatay from further using the media and social networking sites to defame her.

Ramos also wants Gumatay "to stop calling, texting and e-mailing" her. Emotional violence

"He's still trying to get in touch with her," Kapunan said. "Hopefully it will later become a permanent protection order."

Kapunan said Gumatay violated Republic Act No. 9262 (Violence Against Women and Children Act) by inflicting "psychological and emotional violence" on Ramos.

In a video posted online last week, Gumatay claimed that Ramos had aborted their love child due to pressures from show business' elders and her family. Gumatay has repeatedly denied uploading the video.

Ramos said Gumatay's actions have traumatized her and her family. "More than what people have seen, I've been hurting over a longer period of time," Ramos told the media. The pain was "unnecessary and undeserved," she stressed.

'Final' statement

The actress added that, by filing the case, she hoped to "put an end to the issue now, so that I can move on." Kapunan said Ramos would like Gumatay to be able to do the same.

In his "final statement" released on Sunday, Gumatay apologized to Ramos: "I'm sorry ... that our roller-coaster relationship ended the way it did ... But I love you. I always have."

Kapunan remarked that Gumatay surely had a strange way of showing affection. "He's very inconsistent. He professes love, but has made Rhian free game online."

In the statement, Gumatay apologized to GMA Network, which earlier threatened to file a libel case against him. "The decision to have an abortion was not something the network instructed us to do," he said.

Symptomatic

But he went on to criticize Ramos' mother Clara Ramos and aunt Ida Ramos-Henares, head of GMA Artist Center, and blamed them for the abortion.

Kapunan put Gumatay to task for not sparing Ramos' mother, who is a recovering cancer patient.

"Rhian said that this is between the two of them. Mo shouldn't involve other people in their quarrel," Kapunan said.

The whole issue, the lawyer pointed out, was "symptomatic of a bigger problem."

Kapunan said it was important to file the case against Gumatay if only because no one is above the law. She elaborated: "If he is not afraid of media, he should be scared of the legal repercussions. Some personalities create scandals because they want to become media sensations."

Gabriela hands off

But they shouldn't violate the rights of other people in their quest for infamy, she said. "The problem with social networking sites [is that] people can easily deny any wrongdoing. But anything posted online can assume a life of its own."

Kapunan hopes the scandal would die a natural death soon and that "next week, people will have another breakup to feast on."

Meanwhile, Gabriela, a party-list group for women, is distancing itself from the issue because it found the "charges baseless and its source doubtful." Gabriela party-list Rep. Luzviminda Ilagan, however, said the group would support Ramos "if she asks for help." With a report from Gil Cabacungan. ■

Charice recalls memories with her father in a CNN interview taped weeks before dad died



Charice on CNN.

It has been two months since Charice's father Ricky Pempengco was murdered in Laguna. Even before this sad chapter in her life, the international singer had recounted memories of her late father in a taped TV interview.

As guest on CNN's "Talk Asia," Charice went emotional when CNN correspondent Anna Coren touched on the 19-year-old singer's bitter-sweet relationship with her then estranged father. CNN notes that Charice's interview with "Talk Asia," which aired Dec. 2 and 3, was filmed several weeks before her father's death.

Asked by Coren if she misses her father, in tears Charice answered, "I actually don't know. I don't know. Maybe sometimes when I see some kids with their families. Sorry I keep crying. Maybe when I ask them sometimes, how does it feel to have a dad? And you know they tell me these great answers and sometimes I wish my dad is here. Maybe I do, sometimes. But at the same time, I don't because of what happened. It's hard. It's really hard."

Since Mr. Pempengco left the family when she was three, Charice took over as head of the family.

"I told my mom to stop working because it was really hard. By the age of six I was cooking rice and some stuff for my little brother. I was giving him milk and everything..."

"Every time, I did all the singing contests and it was horrible. You start from 10 p.m. in the night and you finish at 7 a.m. in the morning and I had to go to school. She used to cry and she told me to stop and I said 'no' because that was the only way we could get a lot of money from it."

"I really sacrificed everything but at the same time it felt great and it was worth it. Seeing my mom's face every time I won made me feel great," Charice said.

Dubbed by Oprah Winfrey as "the most talented girl in the world," the pint-size diva behind the hit song "Pyramid," went a long way – from appearing on different US shows ("The Ellen DeGeneres Show," "Oprah," "Glee" among others) to becoming the first Asian singer in history to rank in the Top 10 of the "Billboard 200" albums chart in 2010.

Her rise to fame still overwhelms Charice, she admitted.

"It happened so fast but at the same time, I worked hard for it and I'm still working hard for it," she added.

Although a lot has changed in her life now, Charice claims, "I'm still me."

"From the hard life, from a really tough life and now I actually gave stuff that I really wanted to give to my mom," the singer proudly said.

In the Philippines, Charice described living a "really tough life, not really easy."

Her mother, Raquel Pempengco, used to be her vocal coach, Charice revealed. "I really admire her. She's definitely my inspiration and I look up to her a lot. I mean I decided to be a singer because of her. It was a tough life before but now this whole thing that happened to me really helped me a lot." ■

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Showbiz Gossip *Continued from p.17*

Kris reveals alternate career path



Kris would've followed in her family's footsteps if she weren't Queen of Talk

Just like her brother Noy and their late parents Ninoy and Cory, loquacious TV host Kris Aquino could have been in politics had she not chosen to work in show business.

"The only other thing I could see myself doing... ang nakita 'ko siguro public service talaga. At this point kung hindi po ako nag-artista, I'm of age, I'll probably be [a] senator [or] Senate President.

"Inagawan talaga si Enrile [Senate President Juan Ponce Enrile] ng posisyon!" Kris said on her show "Kris TV" on Dec. 14.

She continued, "The only other thing I could think of talaga would be politics. Kung hindi ako naging celebrity after college, I would've taken law. Kasi yun ang frustration ng both mom and dad ko. My dad actually finished it but didn't take the bar. My mom took two years of

law and then got married. So baka ako yung naging lawyer talaga."

Prior, Kris admitted that she honestly didn't know what she could have been since she has been in entertainment for so long.

"Yung totoo talaga, kung hindi po ako naging... actually wala talaga!

"From the time I was two years old talaga, gano'n kaaga, I knew I would perform and this was it. Ito na, nagsasalita na 'ko, tumutula, nagtatalumpati, sumasayaw [pero] wala namang talent sa sayaw, nagta-try kumanta, nagde-declaration, umaarte-arte. 'Yun na eh," she related.

Aside from these, Kris also considered being a judge, saying, "Bongga 'yun, 'di ba?"

"At by now, kung ako yung naging judge, annulled na 'ko. Hindi loko lang!" she shrieked, laughing.

Speaking of her marriage, Kris wishes for "freedom" from it this Christmas. Recall that she filed the annulment case against cager husband James Yap last year.

"My Christmas wish would have been sana a solid family, who would not want that. Since it didn't work out, I want freedom for him and freedom for me. And I want finality," she was quoted as saying in an article on abs-cbnnews.com posted on Tuesday.

"Right now I don't have that freedom because we [James and Kris] are not legally free to do so. Iba kasi ang sitwasyon sa lalaki. Lalaki si James, sa kanya walang mawawala. Ako, may mawawala sa akin," she added. ■

Marian gifts Dingdong with an expensive motorcycle at Christmas



Marian Rivera & Dingdong Dantes

Spending much for a gift to Dingdong Dantes is no big deal for Marian Rivera, who considers her actor-boyfriend "priceless."

The "Amaya" actress reportedly spent almost a million for her Christmas gift to Dingdong — a Ducati motorcycle.

"Actually, wala sa mahal 'yan. Kung anong bagay 'yan. Kasi si Dong, hindi mo maitutumbas kahit gaano pa kamahal or ka-cheap na regalo. Para kasi sa akin, priceless si Dong," Marian told PEP in an interview.

She continued, "Deserve niya 'yan dahil sa pagmamahal na ibinigay niya sa akin, kulang pa 'yang materyal na bagay na 'yan."

Marian revealed that Dingdong was surprised by the early Christmas gift from his girlfriend.

"Kasi alam ko, 'yan talaga ang gusto niyang bilhin. At bilang magki-

Christmas na, siguro para hindi na rin ako mag-isip, binili ko na lang," she added.

Although she has invested on a pricey gift, Marian doesn't expect an expensive gift in return.

"Hindi... alam naman ni Dong at alam naman ng mga taong malapit sa buhay ko na hindi naman ako mahirap i-please. Kilala niya ako, eh... Kahit ano pa 'yan, madali akong pasayahin.

"Dahil kahit ako rin naman sa family ko, kahit anong ibinigay ko, wala akong ine-expect. Basta happy lang ako na masaya sila kung ano ang binigay ko," the actress maintained.

Marian's Christmas wish

Throughout 2011, Marian feels so blessed. She's thankful that "Amaya" is doing well in ratings. She's also contented with her two-year plus relationship with Dingdong.

Marian says she could only wish for continued happiness.

"Ang wish kasi, hindi nauubos sa isang tao. Pero siguro ako, bilang ako, makukuntento ako kung ano ang meron ako.

"At siguro, ang isa pa, palalawakin ko na maging masaya lang ako palagi. Yun ang pinakamagandang remedy sa lahat ng nangyayari," she said. ■

Saving what's left of Piolo

By Nestor Cuartero



Ex-couple Piolo Pascual (left) & KC Concepcion

After that devastating KC Concepcion interview on "The Buzz," the task at hand confronting ABS-CBN centers on how to save what's left of Piolo Pascual's reputation.

The almost tell-all interview opened the floodgates to various interpretations, most of them malicious and certainly damaging to Piolo's image as the country's No. 1 actor. As is common practice around here, rumors get a life of their own, mutating and permutating into various forms and shapes.

Before you know it, it will be senseless or even too late to arrest it. People believe what they hear or what they want to believe, no matter how incredible some of the ramifications of the original story may be.

It's quite ironic that KC, who claims she minced her words to protect her ex-boyfriend, has wittingly or unwittingly, turned the key to the public scrutiny of Piolo, the man she claims she loves dearly.

By speaking in riddles but intelligently dropping clues left and right, here and there, she had successfully tarnished his image and the body of work he had labored for for years.

In this instance, KC isn't unlike Mo Twister, who has also successfully caused a dent in the reputation of ex-girlfriend Rhian Ramos by dropping hints here and there. Some of the tweets hint at, for heavens' sake, abortion!

The Questions: People now ask the following questions.

Why did KC have to do that public interview if all she wanted anyway was to let it out of her chest?

She could have done it with more class and dignity if she discussed it openly among her closest friends, family, even high school classmates.

To do so on national TV reeks of an ulterior motive. What could it be?

Why did ABS-CBN allow "The Buzz" to air that interview which has nothing to do with national security or the state of the nation's economy? Piolo is the network's leading talent, someone who has fetched millions of fans and pesos for the company and who has also remained loyal to the network despite offers of higher pay elsewhere.

With just the flick of a button, all this seems to have been forgotten for the sake of good ratings.

This act of careless abandon

makes television such a cruel, cruel medium. It feeds on the very people that work hard to keep it on top of the game. It tells something about the down side of being too loyal. The Piolo incident is a reminder that loyalty isn't always of prime consideration in the business actors are in.

Some people in the network might think Piolo's days as an actor may be numbered, which could have prompted them to air the damaging story.



KC interview on "The Buzz" Nov 27

Following this line of thought, network could still conveniently use his story as a fodder for high ratings. Thus, there's no stopping the Piolo-KC reality-telenovela.

Why should network stop? The continuing saga fetches great ratings in both news and entertainment departments. I wouldn't be surprised if the ratings are higher here than when Piolo and KC co-starred in "Lovers in Paris."

Damage Control: It's not certain how Piolo can weather this latest blow in his image, although signs of damage control are brewing.

On the other hand, there are those who trust in the common characteristic among Filipinos to be ever forgetful as well as forgiving. In time, this too will pass and blow away, like nothing happened, or was ever said or done.

Meanwhile, names are being dropped ridiculously, such as those of Maricar Reyes' and Boy Abunda's, but one wonders how this new round of affairs can help improve or vindicate Piolo in the long run. At best, they only muddle up the story, which is probably the point.

I think there wouldn't have been a need for damage control had not "The Buzz" opted to mine the Piolo-KC story in such light.

ABS-CBN should have exercised the same good taste in judgment it used in handling the Maricar Reyes sex video scandal opposite Hayden Kho to the Piolo-KC case. The network successfully shielded Maricar from any interview or even the slightest reference to the incident. Why hadn't it done the same thing to Piolo, who has brought in much more prestige and profit to the network than Maricar Reyes could ever dream of? ■

Angelica Panganiban on overcoming insecurities

Notwithstanding her strong relationship with Derek Ramsay, Angelica Panganiban feels insecure at times when she's with his family.

The matter was brought up during her guest appearance on "Kris TV," Dec. 16, when host Kris Aquino asked Angelica's thoughts on the common notion that a pretty lady isn't brainy.

"Siyempre may pressure," Angelica began, to which Kris interjected, "Kasi matalino si Derek, at matalino 'yung angkan niya?"

Answering in the affirmative, Angelica added, "Mahirap kasi hindi mo alam kung paano ka makikibagay sa kanila. Tapos minsan, parang nagse-self pity ka na may mga bagay ka na hindi mo maintindihan."

The Kapamilya actress said that when she wants to understand something, she researches about it or asks Derek directly.

"Nagtatanong ako, 'Ano daw?' Ganon. Polite naman sila kapag ganon. 'Yun ang natutunan ko sa kanila, kapag meron kang hindi naiintindihan, tatanungin mo lang and then, eventually, marami kang matututunan, [at] mas marami kang nalalaman," said Angelica.

The actress-comedienne likewise had insecurities growing up. She admitted to have thought that she looked "pale," "walang dating," and "walang buhay."

"Boring 'yung tingin ko sa itsura ko dati," she added.

It was, however, when she got too

chubby that she felt ugly, Angelica related, recalling, "16 or 15 years old ako [no'n]. Kasabayan [ko] sina Heart [Evangelista], talagang ang papayat nila n'on."

Her showbiz career proved pivotal in pushing her to slim down. Angelica said



Angelica admits she felt ugly when she got very chubby

she worked hard to achieve her present voluptuous figure.

"Hindi ako nag-rice. Tapos gutom na gutom na ko, hilong-hilo na talaga ko, nasa school ako buong araw tapos wala akong kinakain. So tiniis ko talaga kasi kailangan. Nag-start ako crash diet talaga. 16 years old pa lang ako. [Then] dahan-dahan akong nag-work out, nagjigym ako no'n, so nakuha ko 'yung figure na medyo okay-okay na then naging mas healthy 'yung diet ko," she recounted.

The actress eventually triumphed over these insecurities.

"Ngayon... parang wala nang mas gaganda pa sa'kin," she quipped.

She apparently doesn't have a reason to feel insecure, what with the love being showered to her by her family, friends and, of course, Derek. The latter even gave Angelica a sweet message in a phone interview during the same episode.

"Thank you because the past few weeks I've been moody because of my injury... Thank you for putting up with my mood swings. I'll get out of this pretty soon and I know you're gonna be there and sometimes I might take you for granted because of that but trust me I do appreciate that you're always there for me."

"I wouldn't know what would happen to me if you weren't there to take care of me. Thanks, Babe," said Derek, who accidentally broke his arms in a Frisbee tournament last month.

The hunk-actor assured that Angelica is the only woman in his heart and his life.

"It's the longest relationship I have had. It's the last relationship I plan to have," he declared.

Angelica, likewise, doesn't see herself with any other man but Derek.

"Siya na 'yun eh, alam ko. Kaya I give my all. Ikaw na, kahit ano pang kontra ng lahat, kahit si Derek 'yung kumontra, wala siyang magagawa," she said with a smile.

■

like her elder sister Toni—Alex doesn't forget the simple yet precious things that count.

"Let's not be selfish during Christmas but be giving, pero never expect anything in return kasi once a year lang naman ang Christmas. So it's better to spend it with your loved ones, and siyempre don't forget to go to church," she said.

Amid the blessings that her family received this year—something she's extremely grateful for—Alex wishes for "peace of mind, contentment, and happiness" not just for herself but for everyone as well. "Pag meron tayo nito, mawawala na 'yung greed and envy. Mas male-lesser 'yung paggawa ng masama at pag-abuso ng ibang tao (If we have these, greed and envy will vanish. Misdeeds and abuse of people will be lessened)," said she. ■

From Page 4 Citizen's Arrest

build on the existing legislation and would authorize an owner, a person in lawful possession of property, or a person authorized by them to arrest a person within a reasonable amount of time after having found a person committing a criminal offence either: on their property (e.g. the offence occurs in their yard); or in relation to their property (e.g. their property is stolen from a public parking lot).

The citizens' arrest authority would only apply when it is not feasible in the circumstances for a police officer to make the arrest. The police will continue to have the responsibility to preserve and maintain the public peace as Canada's first and foremost criminal law enforcement body.

This bill would also reform "self-defence" and "defence of property" provisions in the Criminal Code, which the police, prosecutors and the courts have acknowledged to be confusing and overly complex. These laws would be simplified so that it would be easier to determine whether individuals who claim to have defended themselves, others or their property should be charged with or convicted of a criminal offence.

"The legislation in no way compromises the principle that police are the first line of protection against crime. Police will continue to have the responsibility to preserve and maintain public peace as Canada's first and foremost criminal law enforcement body", said Robert Goguen, Parliamentary Secretary to the Minister of Justice and M.P. for Moncton—Riverview—Dieppe. "The legislation simply recognizes that the police cannot be everywhere at once and that Canadians must be able to protect themselves and their property in urgent situations."

This bill follows the introduction of the Safe Streets and Communities Act, one of the key initiatives the Government has taken to help make Canada a safer and more secure place for law-abiding Canadians and their families.

An online version of the legislation will be available at www.parl.gc.ca.

Background: Reforming Citizen's Power of Arrest and Self-Defence and Defence of Property Provisions. ■

Patrick wishes Jennylyn would find true love

Now that Jennylyn Mercado, his former sweetheart and mother of his son, Alex Jazz, has found a new love, Patrick Garcia wishes nothing but the best for her.

"I wish her the happiness and I wish her success because she's the mother of my kid. And of course, wala akong hangad o ginugusto sa kanya na masama. Lahat gusto ko okay, lahat positive," said the returning Kapamilya actor in a recent interview on "Kris TV."

"And I wish makahanap din siya ng lalaki na mamahalin siya nang tunay and mamahalin 'yung anak namin."

Jennylyn and Patrick were a couple for over a year in 2007. When they broke up, he reportedly refused to communicate with her who was then pregnant with his son.

A 'public' breakup

Recall that their breakup was mired in controversy, which even involved Patrick's mom, Bing Garcia, and Jennylyn's manager, Becky Aguila. But three years since they parted ways, the former matinee idol maintains that he only learned their relationship had come to an end through a TV interview that Jennylyn granted.

Garcia said: "When I saw [the interview], I was [like] 'Ah, kaya pala hindi ko na siya [Jennylyn] ma-reach. Hindi ko na siya matawagan sa cell phone.'"

Patrick added that he had wanted to set things straight between them, but the actress stood by her decision.

"I tried talking to her. Actually, we met up a few times. I tried, you know,

winning her back, but she seems very ano na eh, nakapag-desisyon na siya na ayaw na niya eh," he explained.



Patrick is back to the Kapamilya network where a drama series for him awaits; (inset) Jennylyn

Despite this, he said he and Mercado have maintained a civil relationship for the sake of Jazz.

In fact, he said he was grateful to the "Protégé" host for giving him an opportunity to become a part of their son's life.

"I could see him anytime, any day. I pick him up from school, sometimes I bring him to school. And there's a time na he stayed with me for two weeks or one week, and Jen allowed that," he said. ■

Alex Gonzaga cherishes Christmas with family



Alex Gonzaga

A busy schedule doesn't just mean more work for TV host-actress Alex Gonzaga but it also reminds her about looking forward to spending quality time with her family this Christmas.

It doesn't matter, apparently, whether her family would spend the holidays abroad (like they did two years ago) or—as is the case for them this year—at home. What's important, Alex emphasized, is they're together.

The in-demand princess of TV5 told Manila Bulletin that on Dec. 25, "We'll eat Christmas lunch together. And usually talaga sa Christmas day, my dad will hold Bible study with the family."

She feels the Christmas spirit best, though, through the family gatherings they hold during Dec. 24.

"We invite our relatives both sa side ng father and mother namin to spend Christmas with us. That's the time na we really feel Christmas. We also go to church before dinner," the TV host-actress enthused.

In spite of being one of the most in-demand young personalities today—

Aleandrino-Tabunar named One of the Outstanding Filipino-Canadians by Binibining Pilipinas (Toronto)

By W. G. Quiambao

Caring Aleandrino-Tabunar was honored last December 3 as One of the Outstanding Filipino-Canadians at St. Ignatiuff, University of Toronto, by the Binibining Pilipinas (Toronto).

In addition to a Bachelor of Arts degree from the Lyceum of the Philippines, she also has a Certificate

social isolation.

Aleandrino-Tabunar has volunteered for various organizations including: Kidney Foundation, Diabetes Foundation and Vigi Sante Seniors Residence, a semi-private nursing home.

She held various positions in many associations that include: Founder, Philippine Centre Foundation



in Management from Concordia University and a Certificate in Vocational Practices from the Minister of Education of Quebec.

She is a community leader who organizes and stimulates Filipinos by drawing attention to the pressing needs of the community. One of her latest projects is the Seniors in Motion which offers activities to improve the health of seniors and reduce the risk of

From Page 21 Saxophone man

by practising at home or performing for friends in the Philippines.

About six years ago, he and his wife were sponsored by their children in Toronto. Years later, when his wife died in Toronto, his son bought him a saxophone that cost more than a \$1,000. so he could play Amazing Grace and Sampaguita at his wife's funeral. Playing these songs was a special tribute to his beloved wife.

When he moved to Montreal to be with his daughter, he brought

of Greater Montreal (2004); Chairwoman, Philippine Foundation of Montreal (2009-to present); President, Philippine Benevolent & Scholarship Society of Quebec (1990-1994).

For her excellent services to the PBBSQ, she was awarded the Presidential Award for Leadership.

She is married to Rodolfo Tabunar and has four children.

with him his saxophone. He did not expect that he could use it again. Six years ago, while attending an event, he met an Italian man who played trumpet with an orchestra. Since the two of them shared love for music, they became fast friends. Lucena was offered to join his friend's orchestra. The orchestra, consisting of 20 members, has been playing at churches in St. Jacques and in Somerled in the summer. Oftentimes, it plays Ave Maria in church processions.

Lucena is often invited to perform in Filipino functions. He

Memorable Christmas stories from the readers

by W. G. Quiambao

It's Christmas time. The North American Filipino Star has interviewed two active members of the community to share with us their memorable Christmas stories - sad and happy. Two of them gladly granted our request for interviews.

Ebby Landicho - Landicho, auditor of the United Filipino Seniors, recalls the happy memories she had in Calamba, Laguna - the hanging of colourful Christmas lantern, attending midnight mass, preparing of sumptuous food on the table and joy of being together with her family. But the happy memories ended when she went to Italy and worked as a contract



Ebby Landicho

worker in 1979. Her salary as a teacher was insufficient to support her family.

But after less than a year in Italy, she moved to Canada to work as a caregiver. Unfortunately, two years later, she had to go back to the Philippines when her husband suddenly died. She was briefly reunited with her family. After forty days, she had to go back to Canada to work.

Going back to Canada was memorable for Landicho because Christmas was just around the corner. Her heart was breaking. Her three young children, aged 4, 7, 9, did not want her to go back to Canada but she had no choice. Her employer was waiting for her. Who would buy gifts, shoes, dress for her young children on Christmas Day now that their father had died? Contacting her children on Christmas Day just to hear their voices made matters worst because they lived far from town. She had to contact her brother-in-law who was a principal and begged him to bring her two daughters to his office where there was a telephone. Her son was still very young to join his sisters.

"Any mother would understand what I felt then," said Landicho. "I couldn't help feeling jealous of other mothers who were with their children on Christmas Day.

played at the St. Kevin's Church last year during the FAMAS Christmas Party.

People become nostalgic when they hear him play 50s and 60s oldies music but they enjoy them.

Every night, when I was alone, I would cry. When will we be together again at Christmas? I asked."

Finally, her question was answered in 1984 when her young children she sponsored arrived in Montreal. They were accompanied by a stewardess she hired to bring them here.

For twenty six years now, Landicho and her family are spending Christmas together. The whole family will be together at her place in St. Laurent with her grandchildren.

Rose Arellano - White Christmas used to be the favorite song of Arellano, FAMAS' Director of Special Projects and Services. When she was in the Philippines, she would ask herself, "When would I experience a white Christmas that I see only in movies?"

Her dream came true when she arrived in Chicago in December more than forty years ago. She was in a bus going to the hospital where she worked as a nurse when she saw the bare trees. It was a strange feeling. She knew it was winter but she did not expect what she saw.

And she was at work when for the first time, she saw snowflakes. She stood by the window and watched the snowflakes with her mouth agape.

"I was completely mesmerized, Arellano said. "I left the four rambunctious boys I was taking care of and dashed outside."

Like a child, she made snowballs, lay in the snow and stuck her tongue out to taste the snow. Her co-workers were teasing her and



Rose Marie Arellano

laughing at her because they could not believe that she had not seen snow. Rose's friends took pictures of her playing in the snow.

Arellano can't help smiling whenever she recalls her first experience of snow. Christmas is still Arellano's favourite song but she also sings "I'll be Home for Christmas." She still longs for the traditional Christmas she used to know in the Philippines.

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Dreaming of a Wine Christmas



By David White

always feel like "one friend recommending a great bottle of wine to another."

Today, they offer artisanal wines from across California at a number of different price points. The entry-level option -- the "Premier Club" -- starts at \$49.95 per shipment.

TastingRoom.com is also worth exploring -- as it literally brings the tasting room to your living room. Launched just two years ago by a successful tech entrepreneur, the company transfers wine into miniature bottles (in a sealed, zero-oxygen chamber), allowing consumers to sample a host of wines without having to purchase an entire bottle. Wine club membership starts at \$29.99 per month.

Newspaper wine clubs are also fun, especially for a novice. Over the past three years, the New York Times, Wall Street Journal, USA Today, and many other papers have entered the wine business. Wine Spectator reviewed these clubs, and gave its highest praise to the New York Times for offering "the most interesting selection in terms of both quality and diversity." These can be pricey, though. The New York Times' "Sampler" club costs \$90 per shipment.

Books also make good gifts.

If you're shopping for a budding oenophile, pick her up a copy of Kevin Zraly's "Windows on the World Complete Wine Course." For good reason, it's been in print for nearly 30 years.

If you're shopping for a wine enthusiast who already has a stocked

bookcase, pick him up a copy of Evan Dawson's "Summer in a Glass," which chronicles the story of New York's Finger Lakes wine region by profiling 12 key winemakers and growers. I've read about 25 wine books this year, and Dawson's was my favorite.

Actual wine also works. But to make an impression, you'll want something that isn't easily found at the supermarket but is also recognizable. Napa Valley Cabernet Sauvignon is always memorable, and Hall Winery, Chimney Rock, and Robert Craig would fit this bill. They're pricey but delicious. Of course, if you go this route, don't hesitate to ask the knowledgeable staffer at your local wine shop for advice!

If you're shopping for your boss or a client, personalized and custom-engraved wine bottles are fun. At PersonalWine.com, you can do this on bottles ranging from \$20 (for a Chilean Chardonnay) to \$119 (for a world famous Super Tuscan).

Whatever you do, don't waste money.

I've never seen the point of a wine stopper (even if it looks like a chimney, with Santa perched on top), and no wine enthusiast wants a kitschy wine glass, even if it's painted with a drunken reindeer. The latest gadgets, too, are typically a waste -- cordless rechargeable wine bottle openers always seem more difficult to use than traditional waiters tools.

The holidays are supposed to be a time about giving, but receiving is also fun. So hopefully, the wine enthusiasts in your life will share the bounty -- and pull some corks with you this season!

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

Lucena -

The Saxophone Man

W. G. Quiambao

Playing saxophone for more than six decades could be boring to others but 73-year old Marcial Lucena still finds it interesting and exciting. That was his first love.



"I was in 4th grade when I first learned how to play saxophone," said Lucena. "My music teacher taught me. Initially, I wanted to play violin but I knew I could play saxophone better."

Because of his talent in music, Lucena was given a scholarship in high school. He was a member of the high school band. After high school, he joined the Aviya and His Lyric Boys Orchestra in Arilao, Nueva Vizcaya in the late 50s until 1969. The band, which consisted of 15 members, played during town fiestas in carnival. He recalls with fondness the songs the orchestra played like Day by Day, You Never Know and Moonlight Serenade.

Although he was at the peak of his popularity during his heyday, he left the orchestra in 1969 to devote more time with his growing family. But he still honed his skill in playing the saxophone

See Page 20 Saxophone man

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Miriam elected as judge to Int'l Criminal Court

abs-cbnNEWS.com Posted at 12/13/2011 8:59 AM | Updated as of 12/13/2011 1:07 PM

MANILA, Philippines (2nd UPDATE) - Senator Miriam Defensor-Santiago has been elected as a judge in the International Criminal Court, the Department of Foreign Affairs (DFA) said on Tuesday morning. This marks the first time a female judge from a developing Asian country has been elected to the ICC.

"I will be the first Filipino to sit there. Plus, I will be the first Asian from a developing country. So this is an

honor for the Philippines actually and for President Aquino who nominated me," Santiago said in an interview with ABS-CBN News Channel.

Santiago won as judge in the ICC elections during the 10th session of the Assembly of States Parties in New York on Monday (US time).

"It's really an achievement of our people there in the UN. It's really our Department of Foreign Affairs that needs to be congratulated," she said.

She topped the first round with 79 out of 104 votes, making her the first to be elected out of 18

candidates vying for 6 seats in the ICC Judicial Division.

Will not immediately resign

Winning a seat in the ICC would mean that Santiago would have to give up her post as a member of the Philippine Senate. The new post has a 9-year term of office.

"I'd have to resign. But I don't have to resign immediately. People think that once I am elected I have to take the first plane out to The Hague and sit in a court. No. I will take my oath of office in March together with 6 other new judges. They are still in the process of being voted upon. The Philippines was number 1 in the first round of voting. That is something for

the Philippines," she said.

The senator added that the new ICC judges cannot assume office immediately "until we are officially called to report for work".

"There are 18 judges in the ICC. The rule is, once a judge has participated in the trial of a case, he has to stay beyond his retirement date, until after the trial is finished."

"That is why I will not leave the Philippine Senate immediately. I might stay for 6 months or a year or more. I can continue my work in the Senate but once I am called to The Hague I will resign," she said.

'More than qualified'

Foreign Affairs Secretary Albert del Rosario hailed Santiago's victory, saying the senator is more than qualified for the post of ICC judge.

"Dr. Santiago is eminently qualified. She has shown competence and commitment in defense of the rule of law. She has demonstrated her intelligence and legal acumen through her decisions that have been cited by the Philippine Supreme Court. She has shown independence and integrity in her actions. She is more than qualified for this position," del Rosario said.

"This is the message that we emphasized in the campaign. We are pleased that the international community has listened to us. Indeed, it is a new day for the Philippines, a day of pride for our country and a day of honor, knowing that this is a tremendous responsibility and mandate placed upon our compatriot."

Philippine Permanent Representative to the United Nations Ambassador Libran N. Cabactulan, likewise, praised Santiago's win. "Dr. Santiago's triumph is a victory for the entire Philippines and a demonstration of the international community's complete faith and confidence in her outstanding abilities and of the country's commitment to the global fight against impunity... We are elated that a Filipina will sit as Judge at the International Criminal Court." - With report from ANC, Don Tagala, ABS-CBN North America News Bureau



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TELL THE WORLD'S LARGEST JEWELER TO PROTECT THE WORLD'S LARGEST WILD SALMON FISHERY!

Urge Kay and Jared Jewelers' parent to pledge not to buy gold from the Pebble mine proposal

The largest open pit mine in North America could be built at the headwaters of the world's largest remaining wild salmon fishery -- Alaska's Bristol Bay. The mine would generate as many as 10 billion tons of harmful mine waste.

Year after year, the salmon return to Bristol Bay in astounding numbers, like no other place on earth. The fishery is the region's economic engine, generating \$400 million and supporting 10,000 jobs.

Bristol Bay communities are asking all jewelers to support their efforts to protect Bristol Bay, their source of sustenance and livelihood.

Jewelry retailer gold demand represents 80% of annual global mine production. Over 50 jewelry retailers, including Tiffany & Co and Zales, have already signed the Bristol Bay Protection Pledge.

The Signet Group (owner of the Kay and Jared brands) was one of the first to sign the Golden Rules -- a comprehensive set of principles for more responsible gold sourcing.

Now we're asking Signet to apply those principles to the Pebble Mine to protect the world's richest wild salmon fishery.

That's why we took out a full page ad in the Nov. 14th western edition of the New York Times urging Signet to sign the Pledge. And we're asking you to chime in as well.

TAKE ACTION: Send a letter urging Kay and Jared Jewelers to sign the Bristol Bay Protection Pledge

Instructions:

Read the sample letter to Signet in the right hand column.

Edit/personalize the letter and subject header.

Personal letters have much greater impact.

Click "Send Your Message" to send the letter to Signet CEO Michael Barnes.

For more information:

See the full page New York Times ad urging Signet to sign the Bristol Bay Protection Pledge

Read the Bristol Bay Protection Pledge

Read the jewelers' statements on signing the Bristol Bay Pledge

Read about how more jewelry retailers are opposing dirty gold production at the No Dirty Gold website.

Read the recent editorial in National Jeweler comparing the Pebble Mine to the BP oil spill

Go to Our Bristol Bay's website.

Subject:

Please sign the Bristol Bay Protection Pledge

Your Letter:

Dear Mr. Barnes,

I write to urge Signet Jewelers to support the protection of Alaska's unique Bristol Bay Watershed from plans for irresponsible gold mining that threaten the fishery.

Over fifty prominent jewelers, including U.S. jewelers Tiffany & Co., Zales, and Helzberg Diamonds, and U.K. jewelers Goldsmiths, Mappin & Webb and Beaverbrooks have already made this commitment by signing the Bristol Bay Protection Pledge. Signet should do the same.

The Bristol Bay watershed is an internationally significant ecosystem, supporting the world's largest remaining wild sockeye salmon fishery. Year after year, the salmon return to Bristol Bay in astounding numbers, like no other place on earth. It is the economic backbone of

Michael Barnes C/o Mark Jenkins
Signet Jewelers
Signet Jewelers Limited
15 Golden Square
London, W1F 9UG
GB

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