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THE NORTH AMERICAN FILIPINO STAR

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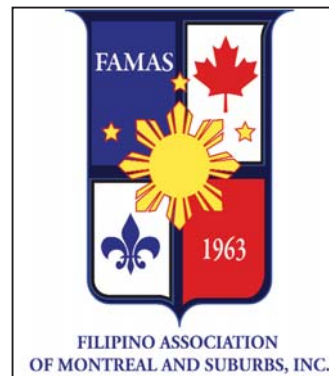
FAMAS holds general assembly to ratify constitutional amendments

MONTREAL, Quebec, February 14, 2011 - The oldest and biggest Filipino organization is set to hold its general assembly to ratify the amendments to its constitution on Saturday, February 19, 2011. It will be held from 1:00 to 5:00 p.m. at St. Malachy's Church on 5330-A Clanranald Ave., corner Isabella. Bus 129 brings you close to the church.

All members in good standing are urged to attend this important assembly. President Au Osdon has sent out a personal message in which she stated that members' involvement and active participation are important for the success of this event. Vice-President Shinette Khoury also sent out another message appealing to members: "We need you as FAMAS members, to understand and get involved so that you may help us preserve and protect our community



The 112th Philippine Independence Day celebration began with a flag raising ceremony held for the first time in front of the FAMAS building on June 12, 2010, with the participation of Laging Handa Scouts Group, the Girl Scouts of the Philippines Montreal Chapter, the Youth Group of FAMAS. Montreal City government dignitaries and community leaders were invited.



Manny Coquia won \$300 as his prize for designing this new logo of FAMAS.

center as we, your elected officers, continue to volunteer our time and resources in working together on your behalf, towards positive changes and progress, unity and pride for the

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FAMAS

Egypt like Edsa, Aquino hails people power to free, reform society



Egyptians praying at Tahir Square

MANILA, Philippines (February 13, 2011)—The Philippines on Saturday congratulated Egypt for winning its freedom in a revolution that ended with the resignation of Hosni Mubarak, a historic moment that came 25 years after Filipinos introduced people power to the world on Edsa.

President Aquino on Saturday hailed the "relatively peaceful resolution" of Egypt's political crisis that forced President Hosni Mubarak to step down, making a reference to Filipinos' bloodless people power

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Aquino hails

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COOPERATIVE NEWS

Marché Coop is still waiting for more support of members

The weather seems to be a factor for the low turnout of customers in small businesses. It seems as if only big stores like Walmart, Loblaws and Vietnamese or Chinese owned stores are able to attract all kinds of customers all the time. Or it can also be due to the location which evidently plays a big factor for a business to get ahead. Marché Coop, being located in the basement of Cuisine de Manille, is not visible to the passers by on Victoria Avenue near Cote Ste-Catherine. To make it easier for everyone to locate us, we will put another sign soon as many people have claimed that they don't know where the Coop is located in spite of our newspaper advertisement. But then there are those who really know where we are but do not come to shop anyway.

In order to make the Coop more competitive against other stores selling the same thing, we will try to adapt the same strategy - make the prices lower than anywhere else. We would like all our fellow citizens or kababayan to try us for a change. Our Phoenix rice that used to sell for \$35.85 for 20 kilos is now being sold at \$34 only for the month of February to see how our community will respond to this offer. A Chinese owned store who buys in big quantities sells this at this

price so we are obliged to do the same thing in order to make people come to the Coop. If they try us, they will be surprised to find out that other items are also lower than at a popular Vietnamese-owned store.

We would like to acknowledge our loyal customers and supporters. The members of ICF (International Chritian Fellowship) headed by Pastora Emma Denny have been buying regularly from us. Mr. Bert Santos, Reuben Santos and Cuisine de Manille are also our regular customers, to name a few. But we are still waiting for more members who have not yet visited us since we moved to our new location. Needless to say, the more members buy from their own store, the better it will be for all of us.

We have introduced a new item in our store - a truly Philippine delicacy called "balut" is available and quite popular. As the supply is limited and not predictable, we need to receive your orders at least a week ahead of time so that we can reserve the quantities you require. Please call us at 514-733-8915 or at 514-485-7861 to place your orders. You can also e-mail your order to: filipinocoop@gmail.com. Check our website: marchecoop.com.

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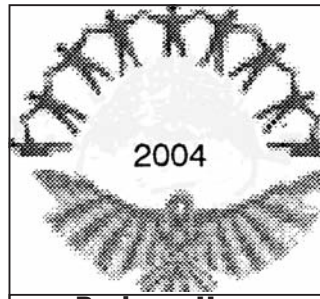
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Entrance door to the Cuisine de Manille Restaurant is the same entrance to the Marché Coop in the basement.



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Editorial

Can people power really change the world?

The idea that people power can almost do anything to change the world is something amazing. Where did this power come from? Is it not from one little act of one person which has been repeated many thousand fold until the whole country is involved? The Philippines can be proud of its own people power for the non-violent uprising against Marcos. This has become a model for the European uprising in 1989 that ended communism. And now it is the same idea that has been applied in Tunisia and Egypt. It is also spreading fast across nations in the Middle East. It is exciting to note that the whole Arab world may change because of people power.

When we talk about people power, we have to look at the source of such power. Those who participated in the uprising are people from all walks of life – men, women, and children, rich or poor, educated or not. The idea to rise against a 30-year autocratic rule of Mubarak is supposed to have begun from social networking. When the internet was shut down by the government, people became more enraged and this led them to go out into the streets to connect with one another. Perhaps, the action of one person that leads to influence another person in itself is not a big thing but then when a chain of communication linking one another until it becomes an incredible awakening of a sleeping giant – the consciousness of common people to change their own destiny becomes a powerful force that can no longer be contained.

As the euphoria about people power is currently in vogue, there is a sobering question we should ask ourselves – can this people power be harnessed to sustain good governance, economic prosperity, peace and security in all parts of the world? Perhaps, this is such a complicated issue that a simple answer should not be given without a thorough and careful study of what constitutes people power and what motivates people to act the way they do under certain conditions. It is obvious that by nature, human beings are resilient, and can almost take any kind of sufferings and still survive. But there is always something that breaks the camel's back, or what we can refer to as the "last straw." In all cases

where people power toppled a government, the last straw seems to be the blatant acts of the dictator to cheat in the elections, and the plundering of the country's treasury. Marcos was said to have cheated Cory Aquino. This led to protests of the Comelec people and this snowballed into other parts of the government. But why does it take so long to realize that something wrong is going on? Why does it take many years before the people rise up against the government?

From what we have read, it seems that in most cases the government has been able to muzzle the press and control the media. If the radio and television stations are owned by the cronies of government, and if the newspapers are also owned and controlled by a few rich people, it is easy to keep the people ignorant of what goes on behind closed doors. In fact, the first thing that dictators do is to shut down the TV and radio stations in order to keep the people from knowing the truth. Yet, we also know that repressive practices cannot last forever. Somehow, people get tired from being poor and not having access to employment. In Egypt, it is said that the unemployment among the youth is 40%. The young people are reported to have played a major role in the uprising.

Both history and current events lead us to conclude that the change to make this world a better place only can come from the people themselves. As Dr Jose Rizal wisely said - there are no tyrants where there are no slaves. But the question remains – how do we harness and sustain people power to develop a country into becoming truly democratic and progressive? How do we protect our democratic institutions?

In a true democracy, the freedom of the press is very crucial in disseminating ideas to influence the people to think about their rights and their responsibilities. A responsible press is considered to be an important factor in making the people aware of issues so that when they go to the polls, they have the information they need to make a wise choice. But this is not to say that the press cannot be manipulated and used as propaganda. We still need to be critical of everything we read or hear. Critical thinking is a skill that can only developed by means

of a well rounded education, experience, training and exposure to different cultures.

It goes without saying that living in a country where there is real democracy and freedom allows us to make choices to be the best we can be. Hopefully, this choice should be not only to think of ourselves but also of others as this is what makes the world a better place. If people power can be sustained and go beyond politics, we can be sure to end poverty and corruption in many parts of the world. Unfortunately, 25 years have passed since Edsa I and Edsa II but the Philippines has not yet become as progressive as its nearest neighbors. Most of the people have remained poor. Without the foreign remittances from overseas workers, the Philippines would probably find itself in a worse situation. Somehow, the magic solution to the poverty problem has not yet been found.

If only people power can be sustained to go beyond politics, perhaps we can really find the way to create the type of society we want.

A challenge to learn from history and plan for the future of FAMAS

FAMAS has grown and developed over the past four decades. Its importance in the community's life cannot be overemphasized. It has seen many types of leaders at the helm. As can be seen from its past record, there have been problems but there have been successes, too. It reflects the life of the community.

An important event such as the ratification of the constitution will undoubtedly guide its activities for the next decade or until there is a need to adapt it to the changing times.

An effective leader is obviously needed. Just like any other organization or business enterprise, the leader of this organization must be able to inspire, motivate, unify, protect, and direct its course according to sound principles of human relations and business management. But it must be recognized that a leader must also be recognized, appreciated, valued, respected and supported. To be a president of FAMAS requires a great sacrifice for this person must take a

considerable amount of his time to work as a volunteer and be willing to accept a huge responsibility of finding ways and means to improve what needs to be improved or find innovative ideas in order to help the greatest number of people who may find themselves in need of its services.

There is such a high expectation from a FAMAS president, hence, there is a danger that people may become too demanding and impatient. If he or she wants to be a FAMAS president, the position comes with a high cost of being always the subject of public scrutiny. As it is impossible to please everyone, a high tolerance level is required in order to withstand the onslaught of criticisms that may come from idle tongues. Many past FAMAS presidents have had a sad experience of being humiliated and embarrassed. The future presidents of FAMAS must learn how to handle this kind of adversary and do what is right and just.

It is not an easy job to be a president of FAMAS. Before making a decision to run for this position, it is necessary to reflect on one's personal motivation - is becoming a FAMAS president a real commitment to serve others and not for egotistical reasons? Is the person qualified for the job and has all of the skills required to do an effective job?

On the other hand, how can members contribute to the progress of the organization? One obvious way is to be one of the volunteers who are always required in a non-profit organization. The reason why the Jewish community center is smoothly operating is due to unselfish volunteers. It is sad to say that we do not have this luxury in our community. It is not easy to find enough volunteers for non-profit organizations. Speaking from experience, it is rare for people to find the time to share as they seem to be too busy with their own lives. But perhaps, if the habit of sharing becomes part of our culture, then and only then we can find more willing volunteers in spite of their busy lives.

The next election is almost here. The new constitution seems to have been designed to prevent any of the past mistakes and make our elections truly democratic and clean. It is hoped that the members will be willing and able to do their part.

The North American Filipino Star

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The opinions expressed by the writers and columnists do not necessarily reflect that of the management of the North American Filipino Star and its editors.

From Page 1 Egypt like Edsa

uprising that overthrew strongman Ferdinand Marcos in February 1986.

"Egypt's 'people power' transition shows that the aspirations for a more free and fair society are universal," Mr. Aquino said in a statement read by Deputy Presidential Spokesperson Abigail Valte.

"As Filipinos did in 1986, Egyptians must now begin the work of rebuilding their institutions. We stand in solidarity with Egypt and all people who long for peaceful and meaningful change," he added.

The Philippines will mark the 25th anniversary of the first Edsa People Power on February 25. The event in 1986 marked the rise to power of President Aquino's mother, the late icon of democracy Corazon Aquino. The revolt restored democracy to the Philippines after 14 years of one-man rule.

In Cairo, Egyptians woke to a new dawn on Saturday after 30 years of autocratic rule under Mubarak, full of hope after achieving almost unthinkable change, with the Army in charge and an uncertain future ahead.

As the muezzin's call to prayer reverberated across Cairo, the sound of horns honking in jubilation grew louder after a night when millions across the Arab world's most populous nation joyfully celebrated the fall of the president.

People power sweeps thru region

"The people overthrow the regime," "The Revolution of the Youths forced Mubarak to leave," said front-page headlines in the semi-official al-Ahram newspaper.

It remains to be seen how the Armed Forces' high command will create the foundations of democracy for the first time in a nation that traces its history back to the pharaohs more than 5,000 years ago.

A wave of people power has roared across this key American ally in the Middle East, just four weeks after Tunisians toppled their own aging strongman. Now, across the region and beyond, autocratic rulers are calculating their own chances of survival.

"The Jan. 25 Revolution won. Mubarak steps out and the Army rules," said the official newspaper Al-Gomhuria.

Mubarak, 82, was thought to be at his residence in the Red Sea resort of Sharm el-Sheikh. Undreamt success

Eighteen days of rallies on Cairo's Tahrir, or Liberation, Square, resisting police assaults, rubber bullets, tear gas, live rounds and a last-ditch charge by pro-Mubarak hardliners on camels, brought undreamt-of success.

"We are finally going to get a government we choose," said 29-year-old call-center worker Rasha Abu Omar. "Perhaps we will finally get to have the better country we always dreamed of."

The Army dismantled checkpoints on Saturday morning around Tahrir Square, which has become the epicenter of the protest

movement, and some makeshift barricades were being removed.

There was a party atmosphere and people were once again streaming in to the square not to demonstrate but to celebrate.

Hours after word flashed out that Mubarak was stepping down and handing over to the Army, it was not just Tahrir Square but, it seemed, every street and neighborhood in Cairo, Alexandria and cities and towns across the country that were packed full.

Through the night fireworks cracked, cars honked under swathes of red, white and black Egyptian flags, people hoisted their children above their heads. Some took souvenir snaps with smiling soldiers on their tanks on city streets. All laughed and embraced in the hope of a new era.

Celebrating population

Journalists long used to the sullen quiet of the police states that make up much of the Middle East spoke of feeling the optimism of a celebrating population anticipating a new chapter in Egyptian history, however uncertain that might be.

Relayed by satellite television channels, SMS messages and Internet social networking sites, Egypt's newfound euphoria flashed around a region where autocrats hold sway from the Atlantic to the Gulf.

Mubarak was the second Arab leader to be overthrown in a month. Tunisian President Zine al-Abidine Ben Ali was forced to flee his country when the generals told him they were not prepared to defend him against protesters.

Now Mubarak, who at the start of the year seemed ready to establish a new dynasty on the Nile by handing over to his businessman son, sits, impotent, in Sharm el-Sheikh and his generals hold power in Cairo. Protests in Algiers, Bahrain, etc.

In Algiers, thousands of police in riot gear were preparing to stop a planned demonstration there on Saturday from mimicking the uprising in Egypt. Officials have banned the opposition march, setting the stage for possible clashes.

"It's going to be a great day for democracy in Algeria," said Mohsen Belabes, a spokesperson for the small RCD opposition party, one of the organizers of the protest.

In Bahrain, the oil-rich Gulf kingdom, officials were handing out cash worth over \$2,500 to every family, to appease them ahead of protests opposition groups plan for Monday.

In non-Arab Iran, leaders hailed the victory of the people over a leader seen in Tehran as a puppet of Washington and Israel. But the White House said a clampdown on media coverage of the events in Egypt showed that Iran's Islamist rulers were "scared" of prodemocracy activists who have said they may renew the street protests that rocked Tehran in 2009.

Beyond Arab world

"It's broken a psychological barrier not just for North Africa but across the Middle East. I think you could see some contagion in terms of protests; Morocco, perhaps Jordan,

Yemen," said Anthony Skinner of political risk consultancy Maplecroft.

Beyond the Arab world, China—wary of any foreign upheavals that could reflect badly on its own authoritarian controls—gave its first reaction in the official China Daily.

"Social stability should be of overriding importance. Any political changes will be meaningless if the country falls prey to chaos in the end," the English-language newspaper said. The end, at last

Mubarak's political end was swift, coming less than a day after he had stunned protesters by insisting that he would not step down despite widespread expectations that he was about to do so.

Vice President Omar Suleiman said a military council would run the country of 80 million for now. The council gave few details of what it said would be a "transitional phase" and gave no timetable for presidential or parliamentary elections. It said it wanted to "achieve the hopes of our great people."

The people have spoken

Some question the Army's appetite for democracy. Western powers, and Israel just across the Sinai desert border, worry about the electoral strength of Islamist groups.

In the United States, Mubarak's long-time sponsor, President Barack Obama said, "The people of Egypt have spoken."

He stressed to the US-aided Egyptian Army that "nothing less than genuine democracy" would satisfy people's hunger for change.

He also acknowledged: "This is not the end of Egypt's transition. It's a beginning. I'm sure there will be difficult days ahead, and many questions remain unanswered."

Washington has pursued a sometimes meandering line since the protests began on Jan. 25, apparently reluctant to lose a bulwark against militant Islam in the Middle East but also anxious to endorse calls for political freedom.

(Philippine Daily Enquirer)PHOTO

From Page 1

FAMAS

Filipino immigrants in Montreal and suburbs.

Under the proposed amendments, FAMAS is the acronym for "Filipino Association of Montreal and Suburbs." It took eight months for the FCBL Committee convened in March 2010 to analyze and consult with different individuals and interest groups before coming up with a constitution that would represent the sentiments of the membership.

The FCBL (FAMAS Constitution and By-Laws) committee was composed of the following: Leandro Tolentino, chairperson; members: Erlinda Baltazar, Marlene Birao-Schachter, Alice Bustamante, Maggie Calcetas, Denie Guloy, Paz Guloy, Melle Lugod, Felix Salazar, and Bernardo Sarmiento.

It would appear from our review of the document presented by the FCBL Committee that they were quite thorough in their effort to cover all areas and that they did an excellent job.

China: No one is above the law

MANILA, FEBRUARY 17, 2011 (CANADIAN PRESS) Chinese supreme court upholds death sentence for 3 Filipinos convicted of drug trafficking The Canadian Press By The Associated Press | The Canadian Press – Tue, 15 Feb, 2011 9:00 AM EST

The Philippine government said Tuesday that China had upheld death sentences for three Filipinos convicted of drug trafficking, and the mother of one of them appealed to the president to help her "victimized" daughter.

The foreign affairs department said it received information on Friday that the Supreme People's Court in Beijing had reviewed and rendered its decision on five cases of Filipinos sentenced to death by courts in Fujian and Guangdong provinces. The court gave two-year reprieves for two of the Filipinos — such reprieves are usually commuted to life in prison — but upheld the death sentences by lethal injection for the three others.

The department said it was disappointed and saddened by the decision and continued to seek lesser sentences for the two women aged 32 and 38 and a 42-year-old man.

Edith Ordinario, the mother of one of the convicted women — 32-year-old Sally Ordinario-Villanueva — tearfully appealed on ABS-CBN television to President Benigno Aquino Jr. to "help my daughter who was just victimized by a drug syndicate."

Villanueva, a mother of two, was convicted of smuggling more than four kilograms of heroin to Xiamen on Dec. 24, 2008.

Ordinario said her daughter went to China thinking she had got a job as a cellphone dealer, and was given a bag by her recruiter in the Philippines to give to the boss when she arrived there. The bag turned out to have drugs hidden inside, she added.

She said the foreign affairs department had told her that her daughter was scheduled to be executed on Monday.

"As ordered by our president, our engagement with the Chinese authorities continues," said Foreign Undersecretary Esteban Conejos on television.

Smuggling at least 50 grams of heroin or other drugs is punishable by death in China. The Philippines has no death penalty.

Under Chinese law, a death verdict may be commuted to life imprisonment if the prisoner displays good behaviour in jail.

The foreign affairs department warned citizens against carrying luggage for strangers and agreeing to carry items for individuals befriended through the Internet.

Corruption among law enforcers and officials and vast stretches of unpatrolled coastline make the Philippines an attractive narcotics source and transshipment point.

By Delon Porcalla (The Philippine Star)



Any Which Way ...

Bernardo "Budz" Sarmiento

Fraud Crass Magallanes vs. BS in the next FAMAS Election (?)

RIDICULOUS REQUIREMENT - Being a director or former director of FAMAS is one of the requirements a regular member has to meet to be eligible to run for the presidency of said organization.

I believe it is a preposterous requirement and, therefore, should be voted out of the new Constitution and Bylaws slated to be ratified on Saturday, February 19, 2011, from 1:00 p.m. to 5:00 p.m., at St. Malachy's Church Social Hall.

The proponents of that requirement argue that since a director or former director already knows the inner workings of FAMAS, it will be easier for him or her to perform the daunting tasks of the presidency. But when asked if they could guarantee that a director or a former director would be a better president than a member who is not or has not been a director of FAMAS, they could not. In my opinion, it will be an unnecessary waste of manpower and talents if the candidacy for presidency is limited to the aforementioned small group of people. More importantly, it is discriminatory. And just imagine how many able leaders cannot run because of that one silly disqualification.

How many directors or former directors of FAMAS are there? 50, 75? How many of them are really serious to run for president? 5, 10? Of those who are serious to run, how many have leadership skills? 1, 2, or even 0? The short answer to all those questions is most probably "very few."

What if nobody among those directors and former directors is not interested to run for president? Or assuming that some of them are willing to run but do not have what it takes to be president? Then FAMAS would end up being run by second-rate leaders just because of that ridiculous requirement.

Any member of good standing - whether or not he or she is or was a director - should be allowed to run for

president subject to the other requirements.

On Ratification Day on February 19, 2011, vote against that ridiculous and unfair eligibility requirement.

SHINETTE, ELVIE AND RIZA - August is drawing nearer and nearer, and certainly, so is the next FAMAS election.

Already, the names that are often mentioned in the discussions among Tim Horton's Van Horne and the Plaza Cote des Neiges' Food Court Pinoy habitués belong to Shinette Khoury of the Mabuhay Team, Elvie Maximo of the Samahang Makabayan, Riza Esmeralda of the Ogerio-Parado-Magallanes Group, and even the perennial presidential also-ran Mel Domingo. There are also dark horses, like Manny Lagasca, Rey Balansi, Cesar Manuel and Svetlana Suarez, among probable candidates.

In the meantime, let me be very clear here that no one among the aforementioned individuals has categorically signified, let alone declared, their intention to run for said position. Mine is mere speculation born of the irresistible urge to write something that has to do with the next FAMAS presidential election.

Assuming that they - particularly Shinette, Elvie and Riza - would indeed run against each other, it promises to be a cliffhanging election among three women of different backgrounds, experiences and demeanors, and comparably different circles of friends.

Each of the three women is the best candidate for FAMAS president depending on whom you are listening to. But for me, personally, the best - and the one I would love to see elected - is the one who is honest, not just perceptibly honest but genuinely honest. Furthermore, I want the next FAMAS president to be also at least fairly smart, competent and presentable because he or she will deal with people from different rungs of social and/or political ladder.

Dull, dense or quixotic people, meek-types and introverts need not apply

because they simply cannot cut the mustard. They would only be devoured alive by the exacting demands of the presidency, and FAMAS will be the worse for it.

I want a president with brains and eager willingness to serve the community, and who is gung-ho about defending the Association when it is maligned by its detractors.

FRAUD CRASS MAGALLANES VS. BS

What if Fraud and I run against each other in the next FAMAS election? Actually, I've been for the last few months silently, and seriously, toying with what might be an attention-grabbing idea. Any office will do, except the presidency. I cannot run for president because the absurd and discriminatory requirement that one has to be, or been, a director first before he can run for president has rendered me ineligible. I have never been a FAMAS director or any officer, for that matter.

I'll leave it up to Fraud which office he would like to run against me. In any case, I would only run if he runs, and only if Brujulita des Parado will manage his electoral campaign and James de la Paz will manage mine. The problem is Fraud might be too cowardly to accept my dare and take on me.

There are people who think that I'm controversial and might pull down any party I would run under. I'm not convinced that it's true. But whether or not it's true, I would run independently.

My main - but not the only - purpose is to put an end to speculation which one of Fraud and I is hated less - or loved more - by the community than the other. It isn't necessary for either one of us to win; whoever gets the higher number of votes is enough for our purpose. And by extension, who between Brujulita and James still has more friends and supporters after all these years. That's like the proverbial "killing two birds in one shot."

Brujulita always claims that the community loves her because of her numerous charitable undertakings and her "unselfish" devotion to community service. She also brags that she has tons of awards to show for it. She has also publicly declared that she has much more friends than I do. Next August's election is the most opportune time to prove her claim and prove me wrong. And for James, that he is still the power to be reckoned with in the

community.

I'm looking forward to reading Fraud's reply in his newspaper. I hope Fraud won't tell me that I'm out of my mind, crazy, preposterous, stupid, idiotic, moronic, and what have you. Let's stop using derogatory words to describe each other and each other's articles. It's monotonous already and has lost its appeal and novelty. Anyway, I'll wait for Fraud's response.

BEWARE OF BRATTY CANDIDATES

Ayaw ko rin ng mga kandidato na pagkatapos ma-elect ay hindi magseserve ng kanilang mga terms dahil lamang sa hindi nila gusto ang ibang mga nanalo. Sasayangin lang nila ang panahon at pagpapagod ng mga botante.

There were already candidates like that in the past elections. They won, but never served their terms merely because they didn't want to work with the other winners, particularly the president-elect, from the opposing party. That's ridiculous and childish, not to mention counterintuitive. I'm not fond of mature people who are supposed to act their age behave like spoiled brats. I'm sure that my fellow Pinoy who are worth their salt aren't fond of them either.

I heard that those brats might run again this coming FAMAS election. Anyway, to me, refusing to serve after having been elected merely because the other winners come from the opposing party is stupidity of

the first degree. It is an indication of emotional immaturity. And I don't want stupid and emotionally immature people to be running FAMAS. Kahit pa mga kaibigan ko sila. When I vote, I go for dedication, competence and good leadership skills, and not friendship, of the candidates.. At iyon namang mga tao na alam nilang wala silang panahon para gumanap ng kanilang mga tungkulin at responsibilidad ay huwag nang kumandidato kahit pilitin pa sila. At saka pag nanalo na, huwag nilang laging sinasabi at ipinamumukha sa mga tao na sila nama'y mga volunteers lamang at hindi suwelduhan. Wala namang namilit sa kanila na sila'y mag-volunteer. Meron ba? Sila lang naman ang namilit sa kanilang mga sarili. They always complain about the heat, but don't want to get out of the kitchen.

BS IS INDEED BAD FOR BUSINESS

There is another thing that I have no problem agreeing with Fraud Crass Magallanes, albeit not entirely. The problem is, the Fraudulent conveniently did not make it clear to his readers that it was his lying business that my limpid articles were bad for.

Fraud had been getting away with all the lies that he had been peddling to his readers (mostly composed of his most loyal and most credulous friends and associates), until I came into the journalistic scene almost a

See Page 7 Any Which Way



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EARTH TALK

Questions & Answers
About Our Environment

Dear EarthTalk: Global population numbers continue to rise, as does the poverty, suffering and environmental degradation that goes with it. Has the U.S., under Obama, increased or at least restored its family planning aid to developing countries that was cut when the Bush Administration first took office?

-- T. Healy, via e-mail

The short answer is yes. President Obama is much more interested in family planning around the world than his predecessor ever was. One of Obama's first acts upon assuming office in 2009 was the restoration of funding for the United Nations Population Fund (UNFPA). George W. Bush had withheld some \$244 million in aid to the UNFPA over the previous seven years. UNFPA works with developing countries around the world to "reduce poverty and to ensure that every pregnancy is wanted, every birth is safe, every young person is free of HIV/AIDS, and every girl and woman is treated with dignity and respect."

Reinstated U.S. funding will help the agency pursue its goals of universal access to reproductive health services, universal primary education and closing of the gender gap in education, reducing maternal and infant mortality, increasing life expectancy and decreasing HIV infection rates.

Along with restoring UNFPA funding, Obama also overturned the so-called "Global Gag Rule" that prohibited groups funded by the U.S. Agency in International Development (USAID) from using any government or non-government funds for "providing advice, counseling or information regarding abortion, or lobbying a foreign government to legalize or make abortion available." Foreign nonprofits were already not allowed to use U.S. funds to pay for abortions, but the Global Gag Rule—first instituted as the 'Mexico City Policy' in 1984 by the Reagan White House, then overturned by Clinton and later reinstated by George W. Bush—went further by restricting the free speech rights of government grantees and stifling public debate on the contentious topic. Foreign NGOs that accept U.S. funding still cannot perform abortions, but can discuss the options openly with the families they serve.

"For too long, international family planning assistance has been used as a political wedge issue, the subject of a back and forth debate that has served only to divide us," said Barack Obama upon overturning the policy as one of his first acts in office. "It is time that we end the politicization of this issue."

Of course, advocates for increased family planning are pressuring the Obama administration to step up its efforts abroad even more. The Institute of



The Obama administration's reinstatement of funding to the United Nations Population Fund helps the agency's efforts around the world to reduce poverty and to ensure that every pregnancy is wanted, every birth is safe, every young person is free of HIV/AIDS, and every girl and woman is treated with dignity and respect. Photo courtesy CIMMYT/Flickr

Medicine, one of four government-affiliated nonprofit "academies" of experts, recommended last spring that the U.S. increase its spending on global health by some 50 percent over the \$63 billion pledged by the Obama White House over the next six years.

Groups providing family planning services domestically would also like to see the Obama administration step up funding for their programs, not

agree that antibiotic drugs—which stave off bacterial infections from staph to salmonella to bacterial pneumonia—are among the most important tools in modern medicine. But public health advocates, environmentalists and even many doctors worry that our society's overuse and misuse of antibiotics is making bacteria more resistant and thus limiting the effectiveness of these lifesaving drugs.

Bacterial resistance to our antibiotics simply means longer, more serious and more costly illnesses. The Alliance for the Prudent Use of Antibiotics, a nonprofit that conducts research around the world on antibiotic resistance, estimates that antibiotic resistance has been responsible for upwards of \$16 billion annually in extra costs to the U.S. health care system in recent years. The U.S. Centers for Disease Control and Prevention (CDC) considers antibiotic resistance one of its top concerns.

While misuse of antibiotics for human health problems is definitely a concern—those with a valid need for antibiotics who don't finish off their prescriptions, for example, could effectively help bacteria develop resistance and make it stronger for when it infects its next host—a larger issue is the misuse of antibiotics to treat the common cold and flu and other viral

obsolete.

Of even greater concern is the preponderance of antibiotics used down on the farm. "Antibiotics often are used on industrial farms not only to treat sick animals but also to offset [the health effects of] crowding and poor sanitation, as well as to spur animal growth," reports the Pew Campaign on Human Health and Industrial Farming. Indeed, researchers estimate that up to 70 percent of all antibiotics sold in the U.S. are given to healthy food animals to artificially expedite their growth and compensate for the effects of unsanitary farm conditions. "The routine use of antibiotics in food animals presents a serious and growing threat to human health because it creates new strains of dangerous antibiotic-resistant bacteria," says Pew.

So what can we do to curtail the overuse and misuse of antibiotics? For one, we should not prescribe or use antibiotics to (mis)treat viral infections. Beyond being conscientious with our own bodies, we should also urge farmers to reduce their use of these drugs. Pew and other groups are trying to muster public support for the Preservation of Antibiotics for Medical Treatment Act (PAMTA, H.R. 1549/S. 619), which if enacted would withdraw from food animal production the routine use of seven classes of antibiotics vitally important to human health unless animals are diseased or drug companies can prove that their use does not harm human health. Hundreds of groups, including the American Medical Association, American Academy of Pediatrics, Infectious Diseases Society of America and World Health Organization support the legislation. Pew is urging concerned citizens to call their Representatives and Senators and advocate for pushing the legislation into committee hearings.

CONTACTS: Alliance for the Prudent Use of Antibiotics, www.tufts.edu/med/apua; CDC, www.cdc.gov; Pew Campaign on Human Health and Industrial Farming, www.saveantibiotics.org.

SEND YOUR ENVIRONMENTAL QUESTIONS TO: EarthTalk®, c/o E – The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; earthtalk@emagazine.com. E is a nonprofit publication. Subscribe: www.emagazine.com/subscribe; Request a Free Trial Issue: www.emagazine.com/trial.



According to the Pew Campaign on Human Health and Industrial Farming, the routine use of antibiotics in food animals -- used not only to treat sick animals but also to offset the health effects of crowding and poor sanitation and to spur animal growth -- presents a serious and growing threat to human health because it creates new strains of dangerous antibiotic-resistant bacteria. Photo courtesy: Farm Sanctuary/Flickr

only to improve the quality of life for American families but to save money and reduce abortions as well: A 2009 report by the nonprofit Guttmacher Institute concluded that publicly funded family planning services at both hospitals and non-profit clinics saves taxpayers \$4 for every \$1 spent by preventing nearly two million pregnancies and 810,000 abortions per year.

CONTACTS: UNFPA, www.unfpa.org; USAID, www.usaid.gov; Institute of Medicine, www.iom.edu; Guttmacher Institute, www.guttmacher.org.

Dear EarthTalk: I understand that the use of antibiotics in raising farm animals is threatening to make bacteria overall more resistant to antibiotics, which has serious life and death implications for people. Can you enlighten and advise what is being done about this? - Robert Gelb, Raleigh, NC

Most medical doctors would

infections which do not involve bacteria. The more antibiotics we use willy-nilly, the faster bacteria will develop resistance, rendering many of the drugs modern medicine has come to rely on



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Involvement and Commitment

I was asked by a friend, "Do coops really work?" What are the differences between coops and corporations or other business structures? According to him, maybe a coop is harder to manage and make it thrive.

He also asked, "Why do I help build coops and help other people? Why don't I make an economic activity for myself alone where there cannot be any problem with other people and no worries about dividing the income when it becomes profitable?"

First, I do not have any disagreements with other organizational structures. For me it depends on what is your purpose and objectives. Do you plan to build a business firm because you want to enrich yourself or do you want to help other people so that they can help themselves?

My answer to the abovementioned questions of a friend is both "yes" and "no." Of course there are so many factors that differentiate coops from other business structures, or the other way around. There are points that I personally do not like with other business structures and there are also a handful of reasons that I do not like about cooperatives.

I was first encouraged to be involved with cooperatives maybe because of my experience as a person. I was born in a war-stricken area, grew up in the southern part of the Philippines, where one could see fighting, hatred, and greed everyday. I opened my eyes and rose as a person in a community where majority of its people were under the poverty line, and mostly lived in dilapidated houses.

During my younger years, I experienced working in a rice farm where I stood all day under the heat of the sun together with other poor people like me. Those were the experiences of mine that break my heart every time I see people who could have had better lives if only they had a chance.

The prime objective of a coop is to help its members, who are at the same time the owners, while other private entities work for its shareholders. The coop members have the same voice and voting rights in choosing their officers regardless of the amount of their investments, however, in big businesses they normally weigh executive positions based on shares or investments - the greater amount of money you invest, the louder your voice in the organization.

However, the sum of investment sometimes becomes one of the weaknesses of cooperatives. There are members who want to manage a coop and become one of the members of the

board of directors. Because the investment is just a small amount it seems that the commitment is not that big, too. Of course, this doesn't apply to everyone. There are people who really want to help other people and the community even if their investment in the coop is not that much. In general, this unbalanced investment has become a serious problem of cooperatives.

To solve the commitment issue, the coop board of directors should set a standard of how much should be the investment of a coop member before he could run for any position. Officers should analyze the effect of investments. A sufficient or higher investment of one member could mean a deeper involvement. One member who has a \$10,000 or \$100,000 investment with the coop has a big difference of commitment with a member who has only a \$100 investment. On the other side, one should remember that money must not always be the center of every decision.

I believe that to manage a cooperative and make it big is not that easy. We couldn't make muscles in one push-up. It requires a lot of effort and dedication. The structure of a coop is people-centered. A coop is built for the benefit of people, without enough participation from them; it would cause a coop's downfall.

A coop is not a bed of roses. It's full of thorns. People's betterment is the main reason of a coop's existence. Officers should not stop encouraging their members to give ideas. Appreciate and deliberate on members' different types of contributions. Coops will not live long to serve its members if the members themselves do not get involved nor participate.

Do coops really work? It depends on how deep is the commitment of its officers and members in helping others and the community.

From Page 5 Any Which Way

year ago. Not surprisingly, he did not like that someone had finally stood up against him and courageously and convincingly exposed his many risible articles of lies and hypocrisy - from the classic Magallanes tall tale about Tony-Siddayao in 1976 to the most recent Rey-Balansi-kicked-me-out-of-the-UPS-election story. He tried to silence me with threats of lawsuits, but he did not succeed. That has made him even more in a froth over my exposé. I don't know what kind of epitaph his family would put on his tombstone when he dies. How about "Here lies ..." No pun intended.

In his article (BS is simply bad for business, Page 33, January 16-February 15, 2011 Edition, Filipino Forum), the Fraudulent wrote, "Turning the Filipino Star into a Bernardo ("BS") Sarmiento rag is to dig its grave." He added, "Before BS joined the paper, it had at least over 21 ads or seven pages of ads in a 24-page issue. This January it had only four pages of ads in a 24-page issue." The only grave that my articles may be digging belongs to him and his trashy tabloid. That's the big reason he is getting desperate to stop me from thwarting his endless lying since writing lies is his bread and butter.

Fraud seems to give more importance to the quantity rather than the quality. Number does not necessarily tell the whole and true story about the success or failure of local Filipino newspapers, including, and especially, the Filipino Forum. Assuming without conceding that Filipino Forum has more advertisers than the Filipino Star has, it does not necessarily follow that the former is a success and the latter is a failure. For all we know, Fraud might have published many of the advertisements in his newspaper without the prior knowledge or approval of those advertisers that he claims to be patronizing his publication. Mrs. Kharroubi is too decent and honest to resort to that underhanded strategy. She is actually paid by her advertisers. And she never publishes any advertisement without prior consent of the corresponding advertiser. I cannot, in all honesty, say the same about Fraud and his activities.

Meanwhile, I don't think Zeny is unhappy with my involvement in the

Filipino Star. It's the contrary. In fact, she's so pleased with my contributions that she voluntarily increased my paycheck last Wednesday, February 9th. Would she do that if the Filipino Star is worse off today than before I was around? Of course, she would not. No shrewd businessperson would do that under unfavorable circumstance. I am sure that even an intellectually-challenged person like Fraud would be able to figure it out? Right, Fraud? I hope he's not dumber than I am inclined to think he is.

FRAUD IS FOOLISHLY AGAINST HIS OWN ADVICE - The Fraudulent does not really know what he is saying or writing anymore. I would love to turn the table on him and remind him to get his facts straight. If he does, he will be following his own advice regarding the cardinal first rule in journalism.

He wrote in the latest issue of his there's-nothing-like-it Filipino Forum that Rey Balansi "asked me to leave the hall or something might happen to him." Mr. Balansi was too occupied with the UPS electoral matters to pay attention to something that did not have anything to do with the UPS elections. I am profoundly amazed how he could come up with such a barefaced lie. I am absolutely sure that Mr. Balansi - and many other eyewitnesses, for that matter - will deny this story not because of me, but more because of the truth that Fraud is clearly hiding from the public to tailor his story to his evil intention.

Furthermore, Fraud wrote "The numbers don't add up." Yes, the numbers don't add up, but they are his numbers, not mine. Fraud said that my daughter was 17; that is another lie. My youngest daughter, the one Fraud referred to in his article, is only 12 being born in January 1999. And I got divorced in July 1997. That said, how can it be only 10 years ago? I'll leave it to Fraud to do the math. But since he seems to be deficient in Math, I suggest to him that he studies at Kumon in Cote des Neiges area where my daughter is a student and teacher's assistant.

Hey, Fraud! Will you please do a better job in gathering your information so you won't get those factoids again? Filipino journalists in the Philippines use the term "kuryente" or "nakuryente" for taking a piece of factoid at its face value and then use it in their reports.

Anyway, you don't have to rush, Fraud. There's plenty of time to tell lies

See Page 10 Any Which Way

Philippine Embassy Consular Outreach MISSION

Philippine Community Center
Saturday, March 19, 2011

If you are renewing your passport, kindly call the Embassy to obtain appointment slots. They will not entertain walk-in applicants.
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COMMUNITY NEWS

UPS Induction of Officers for 2011-2013 – a resounding success



Au Osdon, FAMAS president (at left), inducted the newly elected officers of UPS. The association re-elected Mrs. Warlie Basbacio (Courtesy of Budz Sarmiento)

One of the brightest and most active organizations in the Filipino Community, the United Filipino Seniors (UPS) held its induction of officers last January 7, 2011 at the Ruby Rouge Restaurant at Chinatown in Montreal. As the Master of Ceremony, Ed Vasquez, a successful businessman, carried the event with his poise and presence, and skilfully commanded the attention of the audience. Ms. Aurora Osdon, the unflagging and industrious president of the Filipino Association of Montreal and Suburbs (FAMAS), inducted the new officers while Hon. Martin Cauchon, the former Minister of Justice in the Jean Chretien administration and who is reportedly being groomed as the next prime minister, delivered the inspirational speech as the guest speaker. He was introduced by James de la Paz, a former president of both FAMAS and Federation of Filipino-Canadian Associations of Quebec (FFCAQ).

The new officers are the following: Warlie Basbacio – President, Alex Castro – Vice-President, William Fabia – 2nd Vice-President, Josie Tapia – Secretary, Merle Valiente – Assistant Secretary, Mae Ong – Assistant Secretary, Florinda Esteras – Treasurer, Pacing Castro – Assistant Treasurer, Merle Nuñez – Assistant Treasurer, Trans Liganor – Auditor, Luz Feniza, Assist. Auditor, Charito Canivel – Assistant Auditor, Rene Aberin – Business Manager, Tessie Mamagat –

Assistant Business Manager, Fermin Cosejo – Assistant Business Manager, Bert Abiera – Public Relations Officer, Jess Olivares – Assistant-PRO, Tony HU – Assistant-PRO, Remy Domingo – Peace Officer, Lucing Bulchand – Peace Officer, Ding Castillo – Chief Security Officer, Orlando Javier – Security Officer, Clemente Bernardo – Security Officer and Armando Noche – Security Officer.

Romie Basbacio, the adviser, also joined the oath-taking. Mrs. Warlie Basbacio, still fresh from her landslide re-election victory last November, called on the presidents and other leaders of the invited organizations to work harder towards unity and cooperation in the Filipino community.

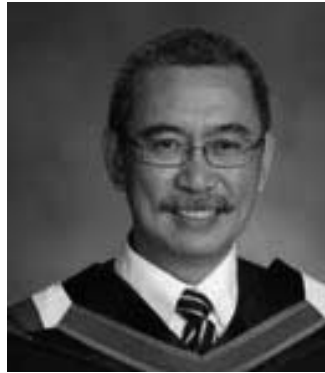
Former Justice Minister Martin Cauchon, after being introduced by James de la Paz – a former president of both the FAMAS and the FFCAQ, amused the audience with his keen observation that members of UPS looked so young to be senior citizens already.

Dr. Gene Santander, a respected leader in the community, led the invocation. Echoing Mrs. Basbacio's concern about unity problem in the community, Dr. Santander exhorted members of the audience to be more understanding and forgiving of one another, and work towards unity.



50TH BIRTHDAY of Edmondo Poso (2nd from right), with wife Lully, and some long time friends from Maimonides Hospital. From left: Rod Garcia, Nick Lacquiao, & Raymundo (extreme right)

Rev. Dr. Victor C. Gavino, former Star contributor, ordained Minister of Word and Sacrament, Presbyterian Church in Canada



Dr. Victor C. Gavino was ordained by the Presbyterian Church in Canada as Minister of Word and Sacrament. The ordination took place on December 5, 2010 at the Westminster Presbyterian Church, Pierrefonds, where he now serves as Minister.

The Rev. Dr. Gavino completed his theological studies at McGill University and the Presbyterian

College in Montreal, earning a Bachelor in Theology and a Master of Divinity. He is the first Filipino-Canadian to be ordained by the Presbyterian Church in Canada, which is one of the three historical mainline Protestant denominations in the country. The service of ordination drew friends from the English, French, Filipino and Arabic communities, as well as clergy from all over Montreal and as far south as Huntingdon in the Chateauguay valley. In addition to his ministry at the church, Gavino is also a member of the Board of Governors of the Presbyterian College, and remains a professor at the Université de Montréal, Department of Nutrition at the Faculty of Medicine.

Dr. Gavino used to write the "Health & Science" column in the North American Filipino Star which enjoyed a wide readership. His topics were very well researched and were greatly appreciated by the community.

He and his wife, Dr. Grace Ramos-Gavino, live in Ville St-Laurent.



A big crowd gathered around Rev. Dr. Victor Gavino kneeling in front of the Rev. Dr. Joseph Reed, Moderator, Presbytery of Montreal.

PRESS RELEASE

Outstanding Citizen Awards: Borough of CDN—NDG invites citizens to nominate candidates

Montréal, Monday, February 7, 2011 – Michael Applebaum, Mayor of Côte-des-Neiges—Notre-Dame-de-Grâce borough, is proud to announce the opening of nominations for the second edition of the Outstanding Citizen Awards. Citizens have until April 1, 2011, to nominate individuals or groups they feel deserve the title of Outstanding Citizen. This honour pays tribute to people who make an exceptional contribution to building the community.

"Many citizens and groups help enhance our living environment and shape our social fabric," Mr. Applebaum said. "Through the Outstanding Citizen Awards, we want to acknowledge their contributions to the borough's reputation and encourage citizens to pursue their

commitment to community betterment."

An independent, non-political jury consisting of five well-known people, each from a separate area of expertise in the borough, will be appointed in March. This jury will select the recipients in six categories:

- * Architecture and Heritage
- * Volunteerism and Social Involvement
- * Organizations and Community
- * Ambassador and Outreach
- * Sports and Culture
- * Economy and Innovation

Citizens will be asked to submit a comprehensive file meeting the selection criteria outlined in the information leaflet available at the main CDN—NDG borough points of service or on the borough website at www.ville.montreal.qc.ca/cdn-ndg.

Recipients will be honoured at a recognition event to be held in June. Source: Borough of CDN—NDG Information: Magdalena Bober Communications Officer 514 868-4018



Wikang Pambansa: Nanganganib na Sari (Blg. 3)

(Erratum - The following article is reprinted in its entirety as there were errors in the previous issue which may have made the article incomprehensible.)

Sa pagpapatuloy ng pagsusuri. . .

"Ang pagbabago ng alpabeto ay dapat lang samahan ng angkop na rebisyon sa mga tuntunin sa paggamit ng alpabetong ito.

Sentral sa mga pagbabagong ito ang nauukol sa paggamit ng walong dagdag na letra, ang pinakamatingkad na manifestasyon ng modernisasyon at intelektuwalisasyon ng Filipino, bagaman, siya ring ugat ng maraming kalituan at debateng pangwika. Ang 1976 Tuntunin, ang 1987 Patnubay at 2001 Revisyon ay dapat na tingnan bilang patuloy na pagsisikap na ayusin at pinuhin, gawing kapaki-pakinabang at katanggap-tanggap ang mga gabay sa pagbabaybay lalo na ang nauukol sa walong dagdag na letra."

"Sa pinakahuling rebisyon, halimbawa, pinaluluwag ang paggamit ng walong dagdag na letra. Ano ang kahulugan nito?

Sa 1976 Tuntunin at 1987 Patnubay, nalilimitahan ang paggamit ng mga dagdag na letra sa pagbabaybay ng mga (1) katutubong salita mula sa iba't ibang wika sa Pilipinas, (2) salitang pang-agham at teknikal, (3) mga simbolong pang-agham at (4) mga salitang Ingles at iba pang banyagang wika na makabubuting pansamantalang

hiramin sa orihinal na anyo tulad sa kaso ng mga salitang malayo na ang ispelang kung sakaling baybayin ayon sa alpabetong Filipino. Sinasabing maluwag ang 2002 Revisyon dahil, bukod sa nabanggit na kondisyon, pinagagamit na rin ang walong dagdag na letra maging sa pagbabaybay ng mga (1) salitang may internasyonal na anyong nakikilala at ginagamit, at (2) lahat ng hiram na salita, anuman ang varayti nito, kasama ang hindi pormal at hindi teknikal na varayti, o iyong tinatawag na karaniwang salita."

"Isang mahalagang konsepto sa rebisyong ito ang paghahati ng mga dagdag na letra sa dalawang pangkat: iyong may ponemikong katangian gaya ng F, J, V at Z, at iyong may kinakatawang higit pa sa isang tunog tulad ng C, N, Q at X. Sa pagbabaybay ng mga hiram na salita sa Filipino, gagamitin lamang ang mga letrang may ponemikong katangian. Sa ganitong paraan, napapanatili ang halos ganap na ponemikong katangian ng dating 20 letrang abakada. Batay sa ganitong tuntunin, madaling pagpasyahan kung paano babaybayin halimbawa ang figurasyon, fragmentasyon, formalismo, fetisismo, defamilyarisasyon, sabjek, vernakular, volyum, varayti, variedad, voltahe, zoolohiya at iba pang espesyalisadong terminong hinihiram o inaangkin natin sa Filipino. Gaya ng mahihiwatigan sa mga halimbawang salita, ang bagong

See Page 10

Sariling Wika

Filipino? Tagalog? Pilipino?

Compiled by Bernardo Sarmiento

The basis for the Philippine national language is Tagalog, which had primarily been spoken only in Manila and the surrounding provinces when the Commonwealth constitution was drawn up in the 1930s. That constitution provided for a national language, but did not specifically designate it as Tagalog because of objections raised by representatives from other parts of the country where Tagalog was not spoken. It merely stated that a national language acceptable to the entire populace (and ideally incorporating elements from the diverse languages spoken throughout the islands) would be a future goal. Tagalog, of course, by virtue of being the lingua franca of those who lived in or near the government capital, was the predominant candidate.

By the time work on a new constitution began in the early 1970s, more than half the Philippine citizenry was communicating in Tagalog on a regular basis. (Forty years earlier, it was barely 25 percent.) Spurred on by President Marcos and his dream of a "New Society," nationalist academics focused their efforts on developing a national language — Pilipino, by that time understood to be Tagalog de facto. Neologisms were introduced to enrich the vocabulary and replace words that were of foreign origin. A much-remembered example is "salumpuwi" (literally, "that to support the buttocks") for "chair" to replace the widely adopted, Spanish-derived "silya." Such efforts to nativize the Philippine national language were for naught, however, since words of English and Spanish origin had become an integral part of the language used in the everyday and intellectual discourse of Filipinos.

This reality was finally reflected in the constitution composed during the Aquino presidency in the latter half of the 1980s. The national language was labeled Filipino to acknowledge and embrace the existence of and preference for many English- and Spanish-derived words. "Western" letters such as f, j, c, x and z — sounds of which were not indigenous to the islands before the arrival of the Spaniards and the Americans — were included in the official Filipino alphabet.

The aforementioned evolution of the Philippine national language is taught as part of the school curriculum in the Philippines, such that when you ask a Filipino what the national language of the

country is, the response is "Filipino." In the same way that there are English (composition, literature...) classes in American elementary, secondary and tertiary schools to teach the national language of the United States, there are Filipino classes (not Tagalog classes; Filipino literature classes, not Tagalog literature classes) in Philippine schools. So what is the difference between Filipino and Tagalog? Think of Filipino as Tagalog Plus. Filipino is inclusive of the contributions of languages other than Tagalog. For instance, it is quite all right to say "diksiyunaryo" (from the Spanish *diccionario*) in Filipino, whereas a Tagalog purist (or someone stuck in the "Pilipino" era) might insist on a native Tagalog word like "talatinagan." It is also more politically correct to refer to Filipino, not Tagalog, as the Philippine national language. For Filipinos from other parts of the country, Tagalog is not their first language; they learn to speak Filipino because it is constitutionally the national language and taught in schools.

In practical terms, most people, especially Filipinos overseas who have come to realize that foreigners favor "Tagalog" to refer to the Philippine national language, don't strictly differentiate among the words Filipino, Pilipino and Tagalog, and have learned to adapt to how Americans or Canadians perceive the meaning of each word. That is why when you go to a bookstore in North America, for example, you are more likely to find a "Tagalog (or Pilipino) dictionary" than a "Filipino dictionary." Postscript: Philippino, Philipino and other such misspellings are unacceptable and are jarring to Filipino eyes. Remember: Filipino is the noun that refers to the Philippine national language and to the Philippine people (Filipinos); it is also an adjective to describe people, things and such from the Philippines (the other adjective being Philippine). The country itself is called the Philippines (currently the Republic of the Philippines; formerly, and actually still, the Philippine Islands) in English, Las Islas Filipinas or simply La/Las Filipinas in Spanish, and Pilipinas in Filipino (Tagalog).

Cultural Note: Although the word "Filipino" is acceptable in Filipino (the Philippine language), most Filipinos will still say Pilipino when referring to a Filipino person while speaking in Filipino/Tagalog. For example: "Ako ay Pilipino." ("I am Filipino.")

See Page 10 Filipino, Tagalog,



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Video Camera Techniques

This topic is often discussed among videographers at WEVA (Wedding Event Videographers Association) town hall meeting in Atlanta Ga. Although it seems simple enough to understand and learn the tricks of free style shooting techniques, the end result of an acceptable video is learning the skills of basic camera handling.

Many videographers I know rely on the magic of post-production editing and ignore the importance of a steady shot. This means the trick is to slow motion the scene to make a slow effect simulating a smooth flow of movement. Not a good idea. The results are artificial that smart editors and audience knew it was just a trick to cover a shaky hand cameraman.

1. How do I get a steady shot?

Tripods are generally the first place to start making your shot steady. Putting your camera on a tripod allows you to not think about the camera and start thinking about the shot. But tripods are not just great way to get stationary shots, they are also good for movement.

Attach a tripod to the camera for moving handheld shots. The extra weight will help steady the shot because more force will be required to change the direction of the momentum of the camera allowing your camera to be steadier.

Almost all DV video cameras have a flip out LCD screen. While using the flip out LCD screen greatly reduces the life of your battery, it can greatly increase the steadiness of your shot. With the screen flipped out, you are afforded the ability to hold the camera

Ask the Video Guy

Al Abdon

closer to your mid-section. At this position you have much more strength than holding the camera up at eye level.

Another trick to making a shot steady is to lean on some object, like a wall, a car, or a tree. The added support will show in your steadier shot. Try to avoid walking during a shot. If it is necessary for the camera to move during a shot, try to find a way to roll the camera or yourself. Try sitting in a wheel chair and getting a friend to push. The shot will become smoother and lack the bouncing motion you get when walking with the camera.

2. What is the best way to keep everything in focus?

Every DV video camera is equipped with auto focus. However, auto focus is not "auto-perfect." Many times auto focus will constantly readjust itself depending on what is going on in the shot. It could be a lighting change, or a moving object that could change the focus.

To assure your focus is steady, it is best to turn off the auto focus whenever possible. After turning off auto-focus you need to manually focus. Use a technique called "Rack Focusing."

To Rack Focus, zoom in on the object as close as possible, turn off auto focus, then manually set the focus. When the camera is zoomed in, the depth of field is reduced, allowing you to have a better idea of what is in focus. As you zoom out, you will find that your object stays in focus as long as neither the object you are shooting nor the camera move.

If you know that the distance between the camera and the objects you are shooting will be moving, it is best to zoom out as far as the shot will allow. This ensures that you will have the largest depth of field possible, allowing your objects to appear less blurry.

3. How do I frame the shot?

A common mistake for many beginners is to place the subjects head directly in the middle of the picture. This is very displeasing to the eye because you have just left half the picture with empty space.

Instead think of the viewfinder as having a 5 x 7 grid. Then watch your favourite television shows and see how the people fit in on the grid. TV shows aren't necessarily the ultimate "framers," but it is a good place to start. Take notes and practice, practice, practice!

Framing is one of the most important things to remember when getting a good shot. Imagine a 5 x 7 grid and keep your subject within it.

Remember to practice those steady camera handling as if it is a second nature on you.

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From Page 9 Sariling Dila

tuntunin ay higit na mapakikinabangan sa mas matataas na lebel ng pag-aaral, sa antas na higit na kailangan ang panghihiram ng mga konsepto bunsod na rin ng mga espesyalisasyon ng kaalaman."

"Ang kontrobersiyal sa bagong tuntunin ay ang tungkol sa mga hiram na salita na dati nang binago ang ispelang o umangkop na sa orihinal na sistema ng ispelang sa Filipino. Sa 2001 Revisyon, ang mga salitang ito ay mananatili ngunit ituturing lamang na lehitimong varyant ng ispelang. Tinatanaw ang panahon na ang mga salitang ito ay maginging makaluma, hindi karaniwan at diyalektal. Halimbawa rito ang salitang pabrika, pamilya, paborito, posporo, prutas, baka, bakasyon, baso, bintana, Biyernes, sapatos, at iba pa. Marami ang naniniwala na na dapat na itong manatili lalo't napalahok na ang mga ito sa isang mapagkakatiwalaang diksiyonaryo. Kung hindi magkakaroon ng mas malinaw na tuntunin, maaaring magresulta ito ng mas maraming kalituhan at sigalot." (Prof. G. S. Zafra)

Matutunghayan sa susunod at katapusang labas ng pagsusuring ito kung bakit pinamagatan ko ang mga artikulong ito ng ganoon. Hindi lamang ang mga pagpipilit ng mga kabataan tulad ng bagong usong wikang Jejemon at pagbabalikwas ng mga panlapi sa mga kataga noong araw ang sanhi ng nanganganib na sari: ang Wikang Pambansa. Hindi rin nakapagtataka na ang survey na ginawa sa bungad ng paksang ito ay nagdulot ng napakababang resulta.

May gantimpalang naghihintay sa mga masugid na sumubaybay sa mga araling ito. Pagkatapos ay hihilingin kong ilathala ang mga obra maestra sa panitikan na nagdaan sa editor na sumunod sa mga rebisyon. *****

From Page 9 Filipino, Tagalog

Why? Primarily because a "p" sound is easier for a Filipino to pronounce than an "f" sound. In fact, even though the letters c, f, j, x, z, etc. have formally been included in the Philippine/Filipino alphabet, there is still an overwhelming tendency to transliterate foreign words into native pronunciation forms.

Examples: kompyuter, kwalipikasyon, okasyon, kendi, indibidwal... (With files from the tagaloglang.com)

From Page 7 Any Which Way

about me since I will be around much longer than you might have subconsciously wished Mrs. Kharroubi had kicked me out of the Filipino Star.

By the way, I wonder why Fraud placed "(sic)" after "Mrs. Nene Francisco's" in the phrase "...Mrs. Nene Francisco's and Mrs. Warlie Basbacio's camps" when it is perfectly in accordance with grammatical rules on apostrophe. The term "sic" is used within brackets or parentheses to indicate that what precedes it is written intentionally or is copied verbatim from the original, even if it appears to be a mistake. There is no mistake in that particular sentence.

It seems that the bright editor-in-chief is not that bright after all. I suggest that Fraud re-acquaint himself with the rules not only on apostrophe, but also on other punctuation marks. It's embarrassing for an editor-in-chief to make such a minor error. But it is Fraud. He isn't capable of getting embarrassed since he is afflicted with Narcissistic Personality Disorder, and an NPD sufferer has no shame

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FAMAS in a capsule

By Wilfredo Quiambao

(Editor's Note: This article has been written in an attempt to make the community become aware of the history of the oldest and biggest association of Filipinos in Montreal. Due to limitations of time and space as well as the pressure of deadlines, this article should not be considered complete and final but only as a starting point. It is also to be noted that this article is the result of references provided by Bert Abiera, Lina Fernandez, Budz Sarmiento and the present editor of the Filipino Star, Zenaída Kharroubi who believes that all Famas presidents should be acknowledged for their volunteerism and personal sacrifices.)

Founded in 1963, the Filipino Association of Montreal and Suburbs (FAMAS) is turning 48 this year. The Association has come a long way since its formation, and Filipinos who were around during its infancy and still with us today can bear witness to its evolution into a progressive and recognized organization it is today. From about 50 members, it can now boast of more than 4,000 members.

The primary goal of FAMAS when it was founded was for Filipinos in Montreal to get to know each other



FAMAS building which is serving as the Philippine Community Center located on 4708 Van Horne Avenue in Montreal. (Photo taken February 13, 2011)

but were confronted with more and bigger challenges. They realized that FAMAS should be community-oriented if it was to be relevant. To accomplish this goal, essential services to the community had to be provided. FAMAS officers, consisted of volunteers, who had to work hard not only to recruit members and raise funds but also to develop projects. The

amount to make a down payment for a duplex on Van Horne Avenue with the approval of the officers and the board of trustees. They utilized the services of Nemía Saldúa, a realtor, who was a member of the board of trustees. The mortgage was signed by Marlene Birao Schachter and Bartolome Javier who represented the board of trustees.

It was decided to convert the duplex into a community center where the services that the association wanted to provide to the community could be served but it was not easy since zoning bylaws existing at the time got in the way. When James de la Paz became the president, he assiduously lobbied Montreal City Hall to grant a rezoning permit. However, the neighbors were opposed to the prospect of converting the duplex into a community centre because of the noise and disturbance it might bring to the otherwise quiet neighborhood. Despite the rezoning snag, de la Paz's request was granted within a year. With the help of volunteers, the duplex was renovated in the late '90s, and worthwhile activities like Heritage classes were introduced thereafter.

In addition to the successful conversion of the duplex to become a center, de la Paz made a controversial decision. He called an assembly to present his proposal to pay the mortgage of FAMAS in full since it had enough money for that purpose. He believed that payment of the mortgage balance would save money by avoiding the high and ever-

increasing mortgage interest rates.

FAMAS made more changes in the '90s. For example, it amended its constitution and bylaws to allow the president to serve for two years rather than just one year. The Executive Board at the time was convinced that one year was not long enough for any president, but particularly a good one, to accomplish the association's goals and objectives. For reasons of their own, many community members came out of the woodwork, and became more and more interested in becoming president, or at least to be an officer. FAMAS has become one of the most talked about and anticipated events in the community, particularly in the summertime. Like the Independence Day and the Pista sa Nasyon, the Election Day has always been an event for many Filipinos to meet friends they have not seen in a while.

In 2009, the leadership skill of Au Osdon, who has a background in management, was put to the test after winning the presidency of FAMAS in that year. Despite her detractors' skepticism, or perhaps because of it, she managed to keep the affairs of FAMAS in order. The regular activities like the Binibining Pilipinas, Binibining Munti, Pista sa Nasyon, Heritage and French classes are still existing. New projects are still being developed or at their early stages. The just-recently launched Miss Teen FAMAS and the fledgling Project Pagsibol, a youth development program, are two such projects.

In spite of criticisms hurled against James de la Paz by those who have personal issues with him, FAMAS has substantially benefited from his political connections that he shrewdly cultivated when he was president of the organization. Arguably, he paved the way for the Filipino community to be more visible in the mainstream politics when he was FAMAS president. He once said, "Politicians used to say 'The Jews, Italians, Chinese, etc.' It was frustrating for Filipinos because they were systematically relegated to 'others.' They didn't have any identity until de la Paz came into the local political scene. Now, politicians from municipal, provincial and federal levels recognize the existence not only of FAMAS but



The Comelec headed by Butch Aracenas of the Filipino Catholic Mission pose for souvenir during the August 14, 2005 FAMAS elections.

better and to make their separation away from the families they left behind in the Philippines much less unbearable. In the early days, the number of Filipinos was comparably small, and FAMAS was not as community-oriented then as it is today. In fact, the money left by each president after his tenure was spent more for socializing than anything else. Even the FAMAS election was so simple that mere raising of hands by the voters was enough to elect a set of officers. Sometimes, it was held at Beaver Lake in Montreal; other times, at Angrignon Park in La Salle. It was also in any one of those places that a small group of Filipinos usually had their occasional picnics and only a handful was keen on running for office, more particularly the presidency.

In the '70s, the community saw the changing times, the economy and the ever-growing number of Filipinos in Montreal and suburbs. The aspiring FAMAS officers decided to aim higher,

biggest source of income for FAMAS then and even now has been the Munting Binibining Pilipinas beauty pageant.

In 1978, Mrs. Norma Villarosa started the building fund in the amount of \$500, unlike the previous FAMAS presidents who usually spent leftover funds after their term on picnic or any other social activities because at that time FAMAS had no specific project. Therefore, it was during this time when massive fund raising was dedicated to the community center building fund. Every FAMAS president began to work harder in order to turn over an amount to the building fund. In 1986-87 during the term of Bert Abiera, a committee was formed to adopt a "copy cat" fund raising idea used in the Philippines, the Munting Bb. Pilipinas which was a success. It raised more than \$20,000. At the end of his term, he made a handsome turn over which rapidly grew. When Marlene Birao Schachter took over, FAMAS had the sufficient

See Page 15

FAMAS



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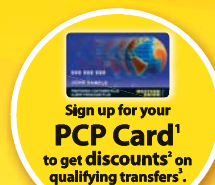
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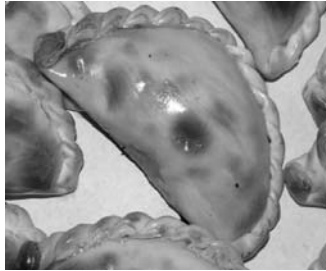
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Philippine Cuisine

How to make Empanada



Ingredients

3 cups flour (plus a little more for kneading)
1 teaspoon salt
1/2 cup cold water
1 egg
1 egg white
1 teaspoon vinegar
3 tablespoons shortening

Directions

In a bowl, beat the water, egg, egg white and vinegar together. Set aside.

In a separate bowl, mix together the 3

cups of flour and salt.

Cut the shortening into the flour mix with a pastry blender or two butter knives. Make a well in the center of the flour mix and pour the liquid ingredients from the first bowl into the center.

Mix the wet and dry ingredients with a fork until it becomes stiff.

Turn the dough out onto a lightly floured surface. Knead it just until all the flour is incorporated and the dough is smooth.

Wrap the dough in plastic and refrigerate for at least 1 hour, but never more than 24 hours.

Prepare the work surface by lightly flouring the area where you plan to roll out the dough.

Tip: If you want to keep the dough longer than 24 hours, you can freeze it.

2 stems kinchay (coriander); chopped
1 bell pepper
1 teaspoon ground black pepper
Cooking oil
MSG (optional)
Beef Mechado Cooking Preparation:

In a bowl, marinate beef in soy sauce and ground black pepper for 1 hour.

Sauté garlic and onion in a saucepan. Add the marinated beef, and kitchay. Continue sautéing until most of the broth coming out from the meat has evaporated (add water if necessary to soften). Boil until beef is tender and until little broth is left.

Add tomato sauce. Bring to a boil and then add the potato and carrot. Cook in medium low fire until potato and carrot are tender. Drop the bell pepper. Simmer for few minutes before serving. Serve hot!

1 carrot; cut in 1 inch chunks (fry in 3 minutes)
4 cloves garlic; pounded
1 onion; chopped
1 can liver spread or ground liver
1 tomato; quartered
1 can tomato sauce
15 green olives (stoned or pitted)
1 tablespoon pickles
2 tablespoons peanut butter
1 grated cheese
1 bell pepper; chopped
1 tablespoon ground black pepper
2 stems kinchay (celery); chopped
1/2 cup soy sauce
Cooking oil (Olive oil preferred if available)



Beef Mechado Ingredients:

1 1/2 kilo beef; cut into desired pieces
1 potato; quartered (fry in 3 minutes)
1 carrot; cut in 1 inch chunks (fry in 3 minutes)
1 onion; minced
4 cloves garlic; mined
1/2 cup soy sauce
1 can tomato sauce

Beef Caldereta



Beef Caldereta Ingredients:

1 1/2 kilo beef, cut in chunks
1 potato; quartered (fry in 3 minutes)

MSG (optional)
Beef Caldereta Cooking Instructions:

In a bowl, marinate beef in soy sauce and ground black pepper for 1 hour.

In a saucepan, sauté garlic and onion. Add the marinated beef, tomato, and kitchay. Continue sautéing until all liquid has evaporated and meat starts to render fat. Add water enough to cover the beef. Boil until beef becomes tender.

Add tomato sauce and pickles. Simmer for 10 minutes. Add cheese, peanut butter, liver spread, potato,

green olives, and carrots. Simmer for 5 minutes. Drop the bell pepper. Simmer for 1 minute before serving. Serve hot!

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Famas in a Capsule - continued from page 11

also the entire burgeoning Filipino community.

Giving due recognition to de la Paz's role is not meant to diminish other presidents before or after him who made valuable contributions to the stature of FAMAS as a community organization. All past presidents of

who worked with her are still felt. Norma Casaclang Villarosa who died in a very tragic car accident several years ago was known to have been the first one to put aside some funds for the purpose of acquiring a community center. Dr. Bart Javier together with Marlene Birao Schachter were the



Hon. Jason Kenny, member of the present Conservative government, visited FAMAS when he was the Secretary of State and Multiculturalism, and is the current Minister of Citizenship and Immigration.

FAMAS, without exception, had given up their time, and made some personal sacrifices in order to do their job. It can be stated without any doubt that no one has a monopoly of accomplishments for there have been other past presidents who tried to do what they thought was good for the community. For example, Lee Sanga (who already passed on) introduced the Heritage classes, Joe Bustamante was responsible for the conversion of the duplex garage into a classroom; Bert Abiera's term saw the creation of Bb. Munting Pilipinas and Pista sa Nayon for fund raising projects, Carlos Reyes (who already passed on) for the installation of the flagpole, Alberto Floresca for the construction of the balcony, Claro Bermudez (who is now working in South Africa) for celebrating Philippine Independence Day jointly for the first time with FCAWI, Flor Rillo for the construction of the patio with the help of the CDN-NDG Borough. Perhaps, the name of Carmelita Sideco who passed away not too long ago must also be mentioned for being the first female FAMAS president. Her contribution is not visible but her influence over those

signatories to the deed of sale of the FAMAS building on April 1, 1989.

There may have been other accomplishments of some presidents that have not been included above but it is hoped that their place in FAMAS history is an acknowledgement of their volunteerism and service to the community. Those who are still living in Montreal may wish to let us know about their own contributions which are omitted in this article. Their names are listed from the earliest to the latest period: 1963-1964 - Vicente Sison, 1964-1965 - Dr. Ben Oteyza finished the term of Emil Assistores; 1965-1966 - Dr. Ben de Guzman, 1966-1967 - R. Mendoza finished the term started by Dr. Carlos Borromeo; 1967-1968 - Dr. Diego Rosales gave up in favor of John Alvarado. Then in 1967, a crisis occurred that led to the formation of two associations. John Alvarado continued to be president of PAM (Philippine Association of Montreal) while Orlan Racacho became president of a new association called Filipino Association of the Province of Quebec. In 1968-1969, George Poblete became president of PAM, and Dr. Deo Esguerra was at the helm of FAPQ. In

1969, according to Jake Maguigad's article, FAMAS made its maiden appearance with Dr. Nap Magadia and later Mr. T. Patricio as President while the name of Andy Palomar was recorded by Bert Abiera as the president during the period of 1969-1970. Abiera also provided the names of other past presidents, namely, 1970-1971 - Simeon Orejudos; 1971-1972 - Alvin Veloso; 1972-1973 - Roberto Bernas; 1973-1974 - Carmelita Sideco; 1974-1975 - Orlan Racacho; 1975-1976 - Dominador Rosales; 1976-1977 - Dr. Bartolome Javier; 1977-1978 - Henry Casuga; 1978-1979 - Norma Villarosa; 1979-1980 - Dr. Edilberto Pelausa; 1980-1981 - Liwanag Sm. Sanga; 1981-1982 - Angelita Ogerio;

replace him for the balance of his term until August 2009. The current president, Au Osdon, started in September 2009 and will finish her term on August 31, 2011.

FAMAS had, and still has, its ups and downs. As already noted, even during its beginning, there had been a short lived feud between the east side and the west side, resulting in two associations, one called Philippine Association of Montreal (PAM), and the other the Filipino Association of the Province of Quebec (FAPQ). It cannot be denied that bickering and differences among different factions have been a constant threat to the solidarity among Filipinos. Nevertheless, they are always there for



A typical scene during FAMAS elections held at MacKenzie King Park. Voters line up, rain or shine, just to cast their votes for their candidates.

1982-1983 - Salvador Cabugao; 1983-1984 - Nemias Saldia; 1984-1985 - Dr. Genoveva Santander; 1985-1986 - Julita Parado; 1986-1987 - Alberto Abiera; 1987-1988 - Aurora Osdon; 1988-1989 - Marlene Birao Schachter; 1989-1990 - Mario Umali; 1990-1991 - Erlinda Baltazar; 1991-1992 - Limneo Collao; 1992-1993 - Dick Dahirot; 1993-1994 - Marlene Birao Schachter; 1994-1995 - Emma Resurreccion; 1995-1997 - James de la Paz (2 continuous terms); 1997-1998 - Ricardo Cosico; 1998-1999 - Jose Bustamante. The change in the terms of presidents began in 1999-2001 with Carlos Reyes; 2001-2003 - Venancio Parial; 2003-2005 - Santiago Tino; 2005-2007 - Alberto Floresca; 2007-2008 - Claro Bermudez who had to leave for a job opportunity in South Africa and appointed Flor Rillo to

each other in time of great need. It is like a family. After all, other cultural associations have had their own problems, too.



Dr. Jose Rizal

The Order of the Knights of Rizal and the Ladies of Rizal, Montreal chapter will celebrate Dr. Rizal's 150th birth anniversary, June 4 - 19, 2011. More details to follow next issue. Contact R. Balansi, Tel. 514-738-7999.



Vigie Asiatique (a committee composed of members of 11 ethnic communities) and Montreal Police headed by Marc Parent who is now head of the Police Department held one of their meetings at Famas center on May 20, 2008.



Mayor Gerald Tremblay visited FAMAS together with CDN-NDG councillors. From left: Shinette Khoury, Mayor Tremblay, Helen Fotopoulos - CDN councillor, Au Osdon, Marvin Rotrand - Snowdon councillor, Borough Mayor Michael Applebaum, Lionel Perez - Darlington Councillor, and Gina Medina. Photo taken on September 25, 2009.

FILIPINO STAR SHOWBIZ GOSSIP

Katrina: Fight ain't over



The fight ain't over yet, as far as Katrina Halili's lawsuit against Hayden Kho is concerned.

The 25-year-old actress recently filed a notice for appeal before the Pasig City Regional Trial Court, to have her case against Kho restudied.

In May 2009, Halili sued the cosmetic surgeon for allegedly violating Republic Act No. 9262 or the Anti-Violence Act Against Women and Children of 2004—at the height of the public scandal over a series of videos that showed Kho engaging in sexual acts with her and other women.

Last month, Judge Rodolfo Bonifacio of Branch 159 of the Pasig City Regional Trial Court dismissed the case for "insufficiency of evidence."

Halili admitted she felt hurt when people said she was only exploiting the issue for personal gain. "Is admitting that you have a sex video something to be proud of? I'm not doing this to promote myself. This is about seeking justice from the person who has wronged me," she told Inquirer Entertainment. "Before I decided to file this case, I had no work and contract with GMA 7, and only recently put my house on sale. I was only lucky that, shortly after this, I got a call from my GMA 7 bosses, who told me to get back to work ..."

Her most recent acting stint was in the romantic drama "Beauty Queen" on the Kapuso network.

Grateful

She said she is grateful to the members of the human rights group Gabriela who showed their support by showing up at her court hearings.

"I met victims with similar cases in some of the sessions I've attended with Gabriela. One girl didn't know that her boyfriend had videotaped her. When they broke up a year later, his new girlfriend decided to upload the sex video on the Net for everyone to see," Halili recalled.

She wanted to make a stand, she said. Otherwise, "these horrible men will continue doing what they do."



Well aware that her fight could go on for years, Halili declared, "I'm ready for anything ... 'di na ako aatras. I'm prepared for the emotional stress ... If I don't do this, lalakas lang lalo ang loob niya (Kho)."

In November 2009, the Professional Regulation Commission (PRC) revoked Kho's medical license due to the sex video scandal. In a resolution, the PRC's Board of Medicine found the cosmetic surgeon guilty of committing "immorality, dishonorable and unethical conduct" after he recorded his most private moments with various women without their consent.

Halili expressed one wish: "Sana maraming babaeng maging kasing kulit ko ... We need to fight. I don't want this to happen to anyone again." ■

Sarah Geronimo still dwelling in the past?



Sarah Geronimo performing at her recent Valentine concert

It seems like Pop Princess Sarah Geronimo needs more time to mend her heart after turning emotional at a recent Valentine concert.

During the "What Love Is" concert with Concert King Martin Nievera, a teary-eyed Geronimo shared her insights on love as she said: "Hindi masasaktan ang isang tao kung hindi siya totooong nagmahal o nagmamahal. Pero sabi nga nila, hindi lahat ng gusto natin ay para sa atin sa lahat ng bagay, hindi lang ito sa love life, sa buhay pag-ibig."

Holding back tears, the 22-year-old performer, though referring to no one, added: "Hindi lahat ng hilingin natin ay ibibigay sa atin ng Diyos dahil ang

totoo, mayroon siyang nakapagandang plano sa atin."

In December, Geronimo and sultry actress Cristine Reyes figured in a controversy after the latter hurled negative comments in the microblogging site Twitter.

Meantime, actor-dancer Rayver Cruz, who was formerly linked to Geronimo and now the boyfriend of Reyes, claimed responsibility for the tiff.

Cruz also admitted that he had loved Geronimo, but decided not to pursue the singer in deference to the wishes of the Pop Princess's parents.

Was Geronimo referring to Cruz during the concert?

Instead of dropping names, Geronimo opted to give advice to young girls experiencing the same fate in love.

"Gusto ko lang sabihin sa lahat ng mga anak, mga anak na babae, most especially just like our parents, God only wants the best for us, His children. And if it's not meant to be, one has to let go and move on," she said.

And before singing her rendition of "Almost Over You", Geronimo said: "Kapag nakapag-move on ka na, only then will true love find its way to your heart." ■

Fil-Am Bruno Mars dodges prison, goes on probation for drug possession



Bruno Mars

New Grammy awardee Bruno Mars avoided a possible jail sentence following his guilty plea before a Las Vegas court last Feb. 16 for cocaine possession.

Online reports say that in lieu of staying behind bars, the renowned Fil-Am singer-songwriter will go on a one-year probation. He was also required to undergo drug counseling at a private institution in Los Angeles, render 200 hours of community service and pay a fine of \$2,000 (about P90,000).

Mars himself appeared briefly before judge Jessie Walsh of the Clark County District. His lawyer, Blair Berk, entered the plea on behalf of the

singer.

The reports added that if the Hawaii native, a first-time offender, fulfills his part of the plea deal, the drug charge can be dismissed and will be erased from his record. However, if he fails to do so, the judge said he may serve up to four years in prison.

Although Mars (Peter Hernandez in real life) has declined to comment on the matter, Atty. Berk said his client is grateful of the possibility that his case could be dismissed.

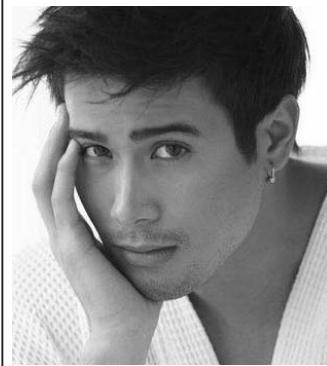
Mars was caught with 2.6 grams of cocaine in the bathroom of Hard Rock Hotel and Casino in Las Vegas last Sept. 19 after a performance at the said venue. The singer reportedly told the police that he never used drugs before.

Regarded as one of the hottest commodities in music today, Mars won one out of his seven Grammy nominations (as a singer and/or songwriter)---Best Male Pop Vocal Performance---for his solo number one, "Just The Way You Are" off his debut album, "Doo-Woops and Hooligans."

His performance with B.o.B. and upcoming tour mate Janelle Monae in a medley of their respective songs "Nothin' On You," "Grenade" and "Cold War" during the awards show held Feb. 13 at the Staples Center in LA, earned the trio a standing ovation.

Mars is set to hold two concerts in the Philippines in April ■

Cute hunk as easy rider



Sam Milby

On dirt tracks somewhere in Bicutan, Kapamilya hunk Sam Milby plays the role of daredevil to the hilt – steering a motorbike through hairpin twists, revving up and soaring from one hill to the next.



For the past four years, Sam has been seriously engaged in motocross; lately, he's been training with the National Motorcycle Sports and Safety Association (Namssa).

"I always ride with Kenneth San Andres and his dad Jun. Kenneth is a national champion," Sam says.

Last year, he rode only five times.

This year, he seems determined to make up for lost time. Barely a month into the new year, he had joined at least three meets.

Racing runs in the family, he says. "My dad Lloyd introduced me to the sport. My brothers Bret and Bryan are also into racing. I started riding at age 10." He admits he has fallen off the bike "many, many times. Once in the US, I ran into a tree and broke my left hand."

Still, he hits the tracks. "I have a need for speed," he enthuses. He



Sam Milby (center) with fellow motocross enthusiasts at a motocross meet.

shares his passion with friends Billy Crawford and KC Concepcion.

"I'd love to ride a motorbike in my movies and TV shows," Sam says, sighing, "but management would rather use a stuntman." ■

James Yap wishes for peace; Glaiza de Castro back to support role



James Yap

If his estranged wife Kris Aquino "prayed" for "freedom" on her recent 40th birthday, James Yap wished for "peace" on his 29th birthday last Feb. 16.

"Sana maging peaceful na lahat. Okay naman. Sana wala nang away," James said on "Showbiz News Ngayon."

Describing his relationship with Kris these days as "okay naman," James stressed that "masaya,

masaya lahat."

The two even exchanged gifts: Bruno Mars tickets for him, a bracelet for her.

"Alam ko naman na gusto niya bracelet. Okay naman kami. Siyempre, Mama naman siya ng anak ko. At least masaya ako na nagustuhan niya 'yung gift," said James.

On "Juicy" aired that night, Glaiza de Castro expressed willingness to again play support role to Marian Rivera on a forthcoming soap.

"Hindi ko pa sigurado 'yung role ko. Malalaman ko pa this week kapag nag-storycon na kami. Kahit na ano'ng ibigay ayos lang 'yon sa akin. Kumbaga, the more challenging, the better," she said.

Previously, Glaiza's camp said that she will refrain from playing kontravidas on soaps because she has already played lead on "Grazilda."

Glaiza was non-committal on her rumored romance with Felix Rocco. "Malayo pa 'yong itatakbo. Marami pang kailangang ano... pagtuunan muna ng pansin," she said. ■

Phil Younghusband says sorry to Angel over 'big fuss'



Angel Locsin

Phil Younghusband

Philippine Azkals' soccer striker hearthrob Phil Younghusband has publicly offered his apology to actress Angel Locsin after creating a big fuss when he invited the latter for a Valentine date over Twitter.

In an interview with ABS-CBN News, Younghusband revealed that he did not really intend to publicize the matter that much.

"I didn't realize it at that time that it would become so public...I apologize for making it public to Angel because it pretty brought too much attention. I apologize," he said.

Furthermore, the football player said that he does not want things to be blown out of proportion and so he just wants to keep things down low.

"There's a lot publicity about Angel...I want to keep it down low. I respect Angel because she's very talented and a great person so as like one says, I want to keep everything down and not make anything too much

publicized," he said.

Azkals reveal showbiz crushes

Meanwhile, it seems that Younghusband is not the only Azkal who has a crush on Locsin.

Younghusband's older brother James and their teammate Reymark Palmes admitted they too have eyes for Locsin.

But it seems both will be hands-off after Phil bared his intentions to date the actress.

Also, midfielder Chiefy Caligdong wants to show off his football skills to his own crush, versatile actress Angelica Panganiban.

He even jokingly challenged the Panganiban's boyfriend, actor Derek Ramsey.

Jerry Barbaso, on the other hand, invited comedienne Melai Cantiveros for a date. "Melai, puwede ba tayo magkita," he said.

Azkals team captain Aly Borromeo, meantime, said his dream girl is Hollywood star Jessica Alba. ■

A lonely Valentine for Jason Abalos



Jason Abalos

Who would ever believe that someone as handsome and as charming as Jason Abalos had a lonesome Valentine's Day last week?

He who has been the subject of endless controversies about women had no Valentine date to speak of.

"I didn't have a Valentine date. It was just like an ordinary day last Valentine's Day," Abalos exclaimed Thursday night at the birthday bash of Daisy Chua, owner of Cotton Club apparel, at President Restaurant along Ongpin Street in Binondo, Manila.

"Wala po akong magagawa kung hindi kayo maniniwala pero 'yon po

ang totoo," he announced emphatically to some guests.

It was work that made Abalos busy the whole day last Monday. "Trabaho lang po. Shooting. Then, umuwi lang po ako ng bahay. 'Yon, mag-isa na ako," he confided.

Although his daily soap "Alyssa" will soon end, he has to tape and shoot other shows for ABS-CBN.

As a matter of fact, observed Chua, Abalos has lost weight probably due to staying out late at night taping and shooting.

Or is it because he has no sweetheart to take care of him and beef him up?

Abalos was advised by Joel Capulong, marketing manager of Cotton Club, to put on some pounds.

"Kailangan tumaba pa nang konti si Jason bago kami mag-pictorial for our new line," said Capulong.

Abalos is the image model of Cotton Club along with young star Ria Garcia. His contract expires in May.

"It looks like we're renewing Jason's contract with us, though," Capulong revealed. ■

Sharon slams Hayden anew over billboard ad



Megastar Sharon Cuneta did not mince words on Sunday when she addressed anew an issue involving her controversial Marie France billboard ad.

In her live interview on "The Buzz," Cuneta noted that it doesn't make sense that Marie France would put up a billboard with her altered photos and risk ruining both their reputations and credibility. She said they are "not stupid" to do that.

"You come out with a billboard like that and then you see this girl on TV shows like 'The Buzz' or 'Star Power' every week, tapos iba 'yong itsura. Parang ang laki laki ko naman sa 'Star Power' tapos sa billboard sobrang liit ko, sino po bang mag-mumukhang tanga doon, di ba?" the megastar said, referring to a singing competition she's currently hosting.

She added: "Napakalayo ba ng itsura ko doon sa 'after' picture dito sa nakikita ninyo sa TV?"

According to Cuneta, she is picky when it comes to accepting endorsements and that when she endorses a product or service, "I have to believe in it." She said she would never deceive the public.

She said endorsers are also made "to sign something [because] there has to be truth in advertising."

She also pointed out that all her photos were done by noted photographer Raymond Isaac, who is known for his ability and honesty.

"Walang dinaya doon. Bakit? Kasi po it's a series of billboard na lalabas over the coming several months, yong progress ng weight loss ko... hanggang you reach the ideal weight para makita na it's working and it's gradual," she said.

"I can assure you, and God is my witness, those pictures are not altered to make me look thinner than I was at that time," she added.

She said she is not surprised that her detractors are making up these controversies. "Let's just say, puwedeng competitor, puwede din na isang tao with an ax to grind.... Mahirap magsalita kasi ayokong pumatol sa isang hindi kapatol patol."

Sharon vs Hayden

Cuneta recently lambasted former celebrity doctor Hayden Kho after he allegedly took a swipe at her billboard on Twitter. Kho is the boyfriend of Dr. Vicki Belo, owner of the Belo Medical Clinic.

The target of her fury was this statement made by Kho last January 28: "There's a billboard ad in EDSA developed by advertisers who think consumer are stupid. Guess."

The megastar believes that Kho was referring to her controversial Marie France billboard.

Kho has already made a denial that he was referring to Cuneta's billboard. Kho said Cuneta's statement was "quite a wounding tirade from someone I respect. Ironic, really. Very ironic."

Despite the denial, Kho is not yet off the hook as far as the megastar is concerned.

On Sunday, Cuneta said she got a piece of information saying that Kho, the central figure in the 2009 sex video scandal, was referring to the billboard of Joel Cruz of Aficionado Perfumes that came out in July 2010.

She wondered though why it took Kho 7 months to react to Cruz's billboard.

She also noted Kho's timing. She said he made that post when rumors about plans to remove her billboard along EDSA began to circulate.

Cuneta also countered: "I don't understand. What's ironic is that he respects me and that I have to treat him like this? I don't treat people in a bad way unless... I know how to protect myself. There are times na kailangang tahimik ka lang pero there are times na you have to stand and fight for yourself."

During the interview, she also brought up the 2009 sex video scandal. Her daughter, KC Concepcion, was dragged into the scandal.

"If he respects me so much, bakit nadamay ang anak ko?" Cuneta said. "I think that time lagi niyang tinext ang anak ko. I never said anything kasi alam ko ang totoo... although nakakainis ma-associate sa ganoong issue ang isang bata na alam mong pinalaki mo ng ubod ng disente."

She also noted that it was "so convenient" for Kho not to name the billboard he was referring to, so that later on he could easily issue a denial when confronted.

Nonetheless, she thanked all her detractors because people are now talking about her billboard because of them. "Effective na effective ang endorsement. Parang nataranta kayong lahat ng bonggang-bonga." ■

Piolo admits relationship with KC



Piolo Pascual

Hunk actor Piolo Pascual on Sunday finally broke his silence on the real score between him and actress-TV host KC Concepcion.

Pascual admitted on The Buzz, where Concepcion is a host, that he and the daughter of Megastar Sharon Cuneta are in a romantic relationship.

Concepcion became his girlfriend on October 21 last year, he revealed.

"It took me 2 years (before she said yes). Tsaka na 'yung detalye. Basta that's one of the best days of my life. For the first time in more than 8 years, I'm getting into a relationship, a commitment. And I'm planning to keep it," he said.

Asked about his term of endearment to Concepcion, Pascual said, "I call her my princess."

For months, Pascual and Concepcion have been mum on the status of their relationship, saying that they want to stay away from the "huzzles and buzzles" of showbiz.

Pascual, in particular, wanted to keep things private so as not to affect his 13-year-old son, Inigo.

"The reason why I never admitted naman was because may pinoprotektahan ako. I have a son, ayaw mong magkaroon ng ibang reaction 'yung bata. He's only 13 years old," he explained.

He continued, "Mahirap talaga (for her) and I found it too unfair kasi siya lagi ang nagsasalita. So finally a couple of days ago I said na it's time for me to speak up...it's also my responsibility para she's not left in the



KC Concepcion

dark, para hindi siya nahihirapang sumagot."

The hunk actor also apologized to Concepcion, "Sorry if it took me this long. It's a thorn off my chest, I must say."

'KC is taken'

Pascual said he also decided to announce his relationship with Concepcion so the latter's admirers would no longer consider courting the actress.

Among those rumored to have expressed interest in the Megadaughter are Azkals football player Phil Younghusband, actor Sam Milby, and apl.de.ap, the Filipino member of American hip hop group Black Eyed Peas.

"Para matigilan na rin 'yung mga nagpaparing kay Kristina (laughs)," Pascual said.

He added, "I wouldn't want to watch another interview para may magsabi na may crush sa kanya or gustong makipag-date. I just want them to know that she's taken."

Pascual thanked Concepcion for "sticking it out with me" and for being "sobrang sobrang patient and understanding."

Asked if Concepcion is the woman he's willing to spend the rest of his life with, the hunk actor said, "Siguro di naman ako aamin nang ganito or magta-take ng risk kung sa tingin ko di ko siya gusto makasama habangbuhay." ■



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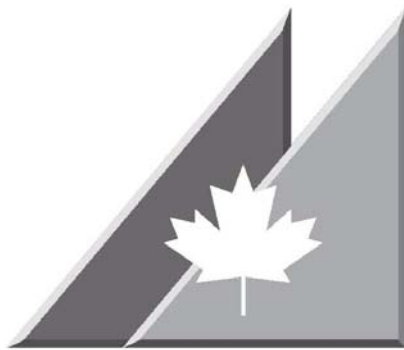
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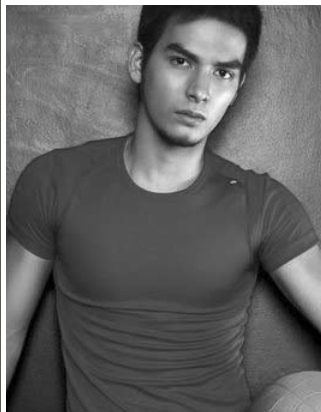
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Basketball player Simon Atkins wants to meet Kim Chiu



Simon Atkins



Kim Chiu

If in the past, Twitter was the venue for warring personalities to spite each other, these days the social networking site has taken a whole new purpose – that is, it's venue for people, and now a number of celebrities, to express their willingness to meet someone.

Don't look now but after football player Phil Younghusband made public his intention to date actress Angel Locsin, another heartthrob ball player is taking his chances on Twitter to meet his crush.

Simon Atkins, De La Salle basketball player and model, took to Twitter to signal his intention to meet Kim Chiu. Through his friend Josef Elizalde, a "Pinoy Big Brother" alumna, Atkins expressed his idea.

"@josefelizalde pssst kim chiu! pakilala mo ako haha", Atkins tweeted.

Chiu was immediately swarmed with questions about Atkins when she was presented in a presscon recently.

"Simon Atkins? Actually, hindi ko siya kilala," Chiu reacted on "Showbiz News Ngayon," Feb. 15.

Without mentioning the name of Atkins' friend, Chiu admitted she has already been introduced to her newest

admirer through cellphone.

"Yung isang friend niya pinakausap sa akin. Kanina (lang). Sandali lang, eh, kasi may ginagawa pa ako. Hindi ko siya kilala tapos gusto niya ako makausap," Chiu shared.

Asked what are the chances of her meeting up with Atkins, Chiu quipped, "Hindi ko pa alam."

The actress echoed the same uncertainty if she will end up being Atkins' girlfriend in the future.

"Hindi ko alam. 'Yung pagmamahal, 'yung boyfriend darating at darating din 'yan, eh. Hindi naman hinahanap 'yan. Darating nang kusa 'yan nang hindi mo alam."

Meanwhile, "SNN" TV host Bianca Gonzalez gave her insights about the issue. "Kasi alam ko for the longest time merong mga fans si Kim na parang, 'sige, 'wag kang mahiya mabait si Kim... boto kamin sa 'yo.' May mga ilang gano'n. I think si Simon got in touch with Ate Heidi, make-up artist ni Kim Chiu and do'n yata sila nag-uusap," Gonzalez said. ■

Ogie busy helping organize 25th anniversary of EDSA People Power



Ogie Alcasid

Ogie Alcasid, who had to endure numerous attacks for his appointment as EDSA People Power commissioner, seems only too eager to silence his critics.

But while others would have wasted time countering the allegations by defending the appointment, Alcasid

put one over his detractors by spending a great amount of time preparing for the upcoming week-long celebrations to mark the 25th anniversary of the historic revolution—and he made sure they knew about it.

Alcasid called for a press conference recently to inform media that he is currently very busy—more than he ever did in his three decades as actor-singer-songwriter—making the landmark event a truly memorable experience.

The singer-songwriter crowed that among his notable contributions to the event is having gathered—through the help of the country's three biggest TV networks—a number of local showbiz luminaries for a grand musical extravaganza.

"We have yet to confirm the

Toni confirms reconciliation with Mariel



Toni Gonzaga



Mariel Rodriguez

All's well that ends well for tv host-actress Toni Gonzaga after patching up her friendship with actress Mariel Rodriguez.

Gonzaga confirmed that she had a 4-hour, closed-door meeting with Rodriguez in preparation for their upcoming noontime show.

"I came from Pampanga [because] I had a pictorial. Tapos iniisip ko kung itext ko siya, kung anong sasabihin ko after 6 or seven months, after everything that we've been through, kahapon at kagabi lang kami talaga magkikita. I prayed about it and composed a text message para sa kanya, finorward ko na yung pagkikita natin mamaya sana we could talk about a lot of things and I just want to start over," she said.

In September 2010, Gonzaga admitted that she and Rodriguez are not on good terms after she found out that the latter had been badmouthing her.

The "Multi-media star" added that meeting Rodriguez after the controversial rift was one of the most awkward events in her life.

"Yun na ata ang pinaka-awkward na moment sa buong buhay ko... Tumayo lang siya. Sabi niya, 'Hi Toni'. Sabi ko, 'Hi Ma'. We were trying to be normal... parang bago lang kami nag-meet, pinaka-awkward na conversation," she laughed.

"Until the food came, then I started asking questions, she started answering questions. She also started asking me questions. Bigla na lang

kaming maiiyak. Nawalan na lang kaming gana kumain, umiyak na lang kami," said Gonzaga.

The 27-year-old actress said the experience taught her several things.

"Ang daming nangyari, ang daming na-involve, siguro 'yung pinakapangit lang, may ibang tao na na-involve. Yung media, maraming nasabi against both of us. Sa loob ng apat na oras na iyon, I'd love to believe in my heart and she also said to me that we ended it on a good conversion, that it was a good talk. Everything was cleared."

"We were given a big blessing. It's a big responsibility for us na pagbutihin ang trabaho natin and to set aside our personal emotions to start anew, clean slate lang, maayos lang kasi I've worked with her for 6 years now," she said.

Gonzaga also extended her apologies to tv host Bianca Gonzales, their common friend, who made an effort to patch things up between her two Pinoy Big Brother co-hosts.

"I'd like to apologize to her [Bianca] kasi minsan nasisigawan ko na siya... Bianca kept her belief na maayos ang lahat and ayun naniwala naman ako na maayos na, naayos at nagtapos ng maayos at binigyan kami ng chance na magsimula muli," said Gonzaga.

Gonzaga and Rodriguez are set to host a noontime show with singer-host Randy Santiago and actor John Estrada. ■

attendance of the likes of Gary [Valenciano] and Jed [Madelia], pero there are others, like my wife [singer-actress Regine Velasquez] syempre, who already agreed to take part in the concert," he said.

Alcasid added that he also had a hand in organizing an exhibit featuring authentic memorabilia from the 1986 revolution.

"Meron 'dun yung tanke na ginamit ng militar nung 1986," he shared.

"Syempre hindi na ito tumatakbo pero puede kayo mag-picture duon tapos makinig ng audio presentation na may boses nina Cardinal Sin, ni JPE [senator Juan Ponce Enrile] at FVR [former president Fidel V.

Ramos]."

Alcasid proudly shared that the projects were made possible sans tax money.

"Walang gagamiting pera ng bayan dito," he maintained. "Ito'y puro private enterprise, mga sponsors."

According to Alcasid, being part of the commission was a handful in that he even had to give up some personal projects.

Still, it's worth it. Ogie admitted that being a member of the commission comes with many benefits, including getting the support of the House of Representatives for his advocacy to improve the local music industry. ■

'Eat, Bulaga' continues to win pinoy's heart



Eat, Bulaga! continues to lord over every Pinoy viewer's heart on its 32nd year in July.

It has proven itself to be nothing short of a daily habit as it delivers pure fun and entertainment day in and day out with more new talents to discover, more innovative games and trendsetting dance moves, like the monstrous hit Shembot, to offer.

Over and above all these, the brains behind Eat, Bulaga!, Tape, Inc., had taken their goal a notch higher by reaching out to the masses through noteworthy projects concerning education for instance.

On its 30th year, the show launched what it called the EB Scholars, which was followed by selfless involvement in the construction of dilapidated classrooms in a town somewhere in Quezon.

Last Oct. 9, Eat, Bulaga! introduced the Plastic ni Juan campaign, which was able to collect over a million plastic bottles from different barangays.

These plastic bottles were recycled into school chairs which were donated to the Aplaya National High School in Sta. Rosa, Laguna, the Tanza National Comprehensive High School in Tanza, Cavite, the Libsong Elementary School in Lingayen, Pangasinan, the San Juan Bano Elementary School in Arayat, Pampanga and the Nazarene Ville Elementary School in Antipolo, Rizal.

Then there's the popular Juan for All, All for Juan segment which is able to generate more chairs for more schools all over the country.

To date, 261 barangays have, so far, benefited from this Eat, Bulaga! drive which, incidentally, paved the

way for the PNB or Pambato ng Barangay segment where raw talents like EJ Salamante, the so-called Sleeping Diva, was discovered.

Also worth mentioning are Sen. Tito Sotto's initiative to provide jobs for unemployed viewers featured in the Jose Manalo, Wally Bayola and Paolo Ballesteros segment; Vic Sotto's generosity to send less fortunate but deserving students to school; and Allan K's tireless effort to help launch the careers of Eat, Bulaga!'s new discoveries.

Other than the show's socially relevant missions, the now-famous Pinoy Henyo game portion has also become a trademark. Never has there been a successful segment on Philippine television landscape such as this that wherever one goes — be it in Christmas parties, reunions or fiestas — chances are, he/she will find himself/herself being a willing participant in the tricky game of will and wit.

This year, Eat, Bulaga! still stands to be the only program with a positive spirit and heart.

Rain or shine, whatever comes, the show and its hosts will remain true to their mission and vision: That is, to give back all the love and support loyal Pinoy viewers have showered them each and every lunchtime of their lives, Mondays through Saturdays on GMA 7.

As the Puso ng Eat, Bulaga! continues to beat and serve televiewers, so will the program be forever etched in the hearts and minds of Pinoy followers. ■

Belo OKs Hayden's showbiz comeback



Vicki Belo

It looks like true love has made celebrity cosmetic doctor Vicki Belo approve of her boyfriend Hayden Kho's return to show business.

Amid previous controversies, Belo decided to let her partner embrace the entertainment world anew as she said: "For me naman, it's very hard kasi alam ko he's good at it. Alam ko oportunidad 'to. And then he's earning money. It will help his business kasi sisikat na naman siya, so Hayden fragrances will be known."

The beauty clinic owner has also divulged that Kho, her partner for more than 2 years, vowed to give up his showbiz career if Belo asked him to do so.

"Nagustuhan na naman [siya] ng executives. They keep calling, giving him so many offers. So right now he's just going to try it out until the end of the month," said Belo.

"And then we will have a serious talk together and he promised me that if I don't like, he won't go," she told ABS-CBN News.

Previous reports said that Belo prohibited Kho from doing any work for any media-related outfit after the latter's video scandal with sexy actress Katrina Halili and doctor-commercial model-actress Maricar Reyes surfaced on the Internet.

Shortly after the incident, Belo and Kho called it quits and later

reunited in 2010.

Meantime, Belo shared that those painful experiences have taught her and Kho valuable lessons.

"Both of us think, 'yun [showbiz] ang maling step namin sa relationship kung tatanungin mo. Kasi we're already together for 2 and a half years prior to going to showbiz. We were very happy and quiet," Belo said.

"Because of my desire na makilala siya, kasi pagod na akong



Hayden Kho

marinig na boyfriend ni Dr. Belo, kasi may pangalan itong taong ito, si Hayden, the fastest way to get sikat is to go showbiz [kaya] pumasok siya," she added.

Though she already gave her go signal, Belo admitted that she feels wary about Kho's showbiz comeback.

"I'm thinking kung pwedeng hosting na lang, but still natatakot pa rin ako. In our relationship, we have to weigh what's important and what's not. Na-trauma na ako dati. Hindi ko alam kung kaya niya ngayon," she said.

Despite her fears, the surgeon said she has been giving her partner some advice. "I think I always tell him, 'Don't let it get into your head'. Kasi dati talaga, pumasok talaga sa ulo niya 'yung na-excite siya, the glamour, parang nawala siya ng konti. So this time, 'Keep your feet on the ground and reach for the sky'." ■

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'Miracle,' Chinese mercy will save 3 Filipinos from death

President Benigno Aquino 3rd on Friday made a personal appeal to the people to unite in praying for three Filipinos who are set to be executed next week in China for drug trafficking.

At the same time, he expressed belief that a "miracle" was not too much to hope for if that would spare the condemned Filipinos.

President Aquino's plea came a day after the Chinese government approved the Philippines' request that Vice President Jejomar Binay be allowed to go to Beijing to appeal for clemency for the three Filipinos facing the death penalty.

"The entire Filipino nation is united in appealing for leniency before the top officials of the People's Republic of China, so that our countrymen meted out the death penalty may be granted clemency," the President said in a statement.

Mr. Aquino assured that his administration is exhausting all possible possible efforts to save the lives of the Filipinos, citing a letter of appeal to Chinese President Hu Jintao and the trip of Binay to Beijing.

Binay, who left Friday morning for China, also personally brought with him the letter from Mr. Aquino to the Chinese president, asking Beijing for leniency for the condemned Filipinos.

In a statement issued also on Friday, he said that he respected the decision of the Chinese courts but would argue that the three deserved a lighter penalty.

"We do not condone drug trafficking. However, we believe that these Filipinos were merely victims of international drug syndicates," Binay added.

According to the President, "We believe we have found a soft spot in the hearts of China's ranking officials."

"We have been told several times that there is no more hope, but I believe that while there is still time, hope springs eternal in the nation's breast," Mr. Aquino said.

He added that the government will

most quiet and meditative times consistent with our respective faiths," Mr. Aquino said.

"All our prayers will soar to the heavens to touch the heart of God — the God who 'will make a way where

the Chinese president was based on "humanitarian grounds."

"By our efforts, we do not mean to say that we are condoning the acts of the three [Filipinos] but yet we are appealing for a reprieve for humanitarian reasons," she added.

The same grounds were cited also on Friday by the Department of Foreign Affairs (DFA).

Admitting that there are no more legal remedies left to save the lives of the three Filipinos, Eduardo Malaya, DFA spokesman, said that the department remains optimistic that the Chinese government will hear the sentiments of Mr. Aquino on the matter.

DFA Undersecretary for Migrant Affairs Esteban Conejos Jr. left for Beijing with Binay on Friday morning and arrived there at noon time.

The Vice President will meet with President Wang Shen Jun of the Supreme People's Court of China and other high-ranking Chinese government officials on Friday afternoon.

Muslim civil group and religious leaders also on Friday joined the nation in praying for reprieve or commutation of the death sentences on the three Filipinos, lawyer Nabil Tan of the Alliance of Tausug Professionals told The Manila Times during an exclusive interview.

Tan, a former vice governor of the Autonomous Region in Muslim Mindanao and a former deputy adviser on the peace process, said that he respects laws of other countries that impose the death penalty on drug traffickers.

There are more than 500 Filipinos facing drug charges in the world and they are implicated in 209 cases in China. ■



Vice President Jejomar Binay arrives in China on Friday to meet with the head of the country's Supreme Court.

sustain all efforts to get clemency or reprieve for the three Filipinos — Sally Villanueva, Ramon Credo and Elizabeth Batain — convicted of drug trafficking in China.

Villanueva and Credo are set to be executed in Xiamen on Monday next week and Batain in Shenzhen the next day.

Mr. Aquino thanked the Chinese leaders "for tempering justice with mercy."

The President called on all Filipinos to unite in offering prayers for their compatriots.

"May I call on all Filipinos, led by our religious leaders of all faiths to unite ourselves in prayer beginning today [Friday] at sundown, at the pealing of the bell for the Angelus or during the

there seems to be no way," the President added.

He said, "And as we bend our knees for earnest prayers, we ask the Divine to provide daily strength to Sally, Ramon and Elizabeth and their families, as we all await a miracle."

On Thursday, Beijing turned down Manila's request to allow Binay to come to China, citing the "inappropriate" timing of the trip.

Binay, also the presidential adviser for overseas Filipino workers' concerns, is set to meet with the president of the Supreme People's Court of China and other high-ranking Chinese officials there.

During a briefing in Malacanang, deputy spokesman Abigail Valte said that the letter of appeal of Mr. Aquino to

Aquino: Don't advertise in sensationalist papers

Benigno Aquino III on Thursday urged the Advertising Board not to support the media companies engaging in sensational reporting.

He urged advertisers to help the country by using their advertisements—the lifeblood of the print, radio and television industry—to "encourage media to police its own ranks."

"Unfortunately in our country, sometimes sensationalism is a lot better than spreading the truth," Mr. Aquino ad libbed in his speech at the induction of the 2011 AdBoard officers and directors in Malacañang.

"Sometimes the truth seems to be a forgotten concept by some of our media practitioners.

"Those of us who will support them [the media] in their endeavors [sensational reporting] undoubtedly contribute to the problems we are facing."

Presidential spokesman Ramon Carandang, however, said Mr. Aquino was not calling for an advertising boycott of some news organizations.

"What we are saying is put your

money into media that are responsible," he said.

"Advertisers have power, [and they can use it] by channeling their advertisements into things that help promote good things for the country.

"Anywhere you go, there are good eggs and there are bad eggs, but the President never threatened to put controls on media. The speech was absolutely not a boycott call."

AdBoard chairman Andre Khan of J. Romero and Associates said Mr. Aquino's call on advertisers to support responsible media reporting was "valid."

"We have seen on some occasions where what President Aquino said was correct. There is a tendency for media perhaps to oversensationalize," Khan said.

"We can definitely discuss the treatment of the news with the news editors and ask them for their cooperation." ■

Pacquiao meets Obama, Biden at White House



Boxing superstar Manny "PacMan" Pacquiao and his wife, Jinkee, met with US President Barack Obama and US Vice President Joe Biden at the White House Oval Office on Tuesday (Wednesday in Manila).

"It was a great honor to be invited and to meet the President of the United States," Pacquiao said.

Obama presented Pacquiao with a watch bearing the presidential seal.

Pacquiao, a first-term lawmaker for Sarangani province, in turn invited Obama to his May 7 defense of his world welterweight title against Shane Mosley at the MGM Grand in Las Vegas.

Obama declined but said that he would watch the fight on pay-per-view television.

Pacquiao's chief of staff Jeng Gacal said that the meeting lasted more than 10 minutes, adding that the Filipino boxing icon was extremely delighted to

meet with top American officials.

The conversation between Pacquiao and Obama centered mostly on boxing, basketball and some politics.

Earlier, Pacquiao was honored in the US Senate by Majority Leader Harry Reid of Nevada.

Reid, a former amateur boxer, walked the visitor through the Senate floor, and later joined him in a joint press conference at the Mike Mansfield Room in the US Senate.

The American senator paid tribute to Pacquiao for his accomplishments in an out of the ring.

When asked how long he would last if he were to fight Pacquiao in his prime, Reid said, "Five seconds."

From Malacañang, President Benigno Aquino 3rd on Wednesday described the meeting between Obama and Pacquiao in Washington, D.C., a recognition of Filipino talent and worth.

During an interview President Aquino hailed the meeting between Pacquiao and Obama.

"It highlights the fact that we have an outstanding Filipino athlete worthy of being talked to by arguably one of the most powerful men in the world," Mr. Aquino said. ■

Report as to Final Dissolution of the PCFGM (2004) Inc.

This is to clarify an article written by Abel Desprez in the December 2010 issue of the North American Filipino Star.

Note that the writer is not a member of Management Team, nor a Director of the Foundation, he is a volunteer auditor. In addition, a report as to distribution of Foundation funds was published in a local community newspaper. The article was submitted by the Treasurer who is authorized to issue the report.

Here are the facts:

1) As to dissolution of the Foundation - there is no dissention within the group, except for 1 or 2 directors, the rest of Management team members are unified and work cohesively. Unfortunately and because of the fact that one director could not get along with the majority, it was for the best interest of the members to dissolve the Foundation.

2) As to lack of support from the Filipino community and the many Filipino Association leaders - this is the writer's sole opinion. Did the writer ever consider asking the question "why he thinks the community is not supporting the Foundation"? Did it ever occur to him that perhaps the Foundation was improperly or maliciously represented by one of the directors; or perhaps there is the lack of trust and credibility within the ranks.

3) As to a thank you letter from FAMAS - FAMAS verbally acknowledged and thank the Foundation during one of FAMAS social events. FAMAS also issued a written acknowledgement published in one of the local community newspaper. In addition, a Certificate of Appreciation was presented to the Foundation (accepted by one of the Directors) during the FAMAS Christmas event.

4) As to the incessant begging of one Director who did not raise much funds for the Foundation - the writer failed to understand the following:

- \$10,000 donation to FAMAS was approved by the board not because of the incessant begging of one director.

- a director not raising much funds for the Foundation - the writer must bear in mind that the Foundation is composed and managed by a group

of people who rely on each others strength. Fortunately, we have a team member who is strong in fund raising and raised more funds than the others. Management team members are not in competition as to who raise the most funds. Bear in mind that without the Foundation, a director cannot raise funds. If the sole purpose of the Director raising the most funds is to let the world know she raised the most, then this Director's motive is not for the best interest of the Foundation.

5) As to the Seniors in Motion project - this project was approved by the majority of Management Team members. The writer has knowledge of this project - he was present when this project was discussed.

As to return of cheque of \$10,500.00 - this action definitely jeopardized the project. For the writer's information, here is an excerpt of a letter received from Service Canada to Caring Tabunar regarding the Seniors in Motion project, to wit:

".....As you requested I'm sending you a written confirmation of the current situation of the NHSP project 9077801 "Seniors in Motion", submitted by you under the Philippine Centre Foundation of Greater Montreal. As you know, due to the peculiar situation the Philippine Centre Foundation of Greater Montreal and its members were going through, Service Canada representatives tried to accommodate both parties by signing a Novation Agreement. This agreement would have transferred all the rights, responsibilities and funds to another body, i.e., the newly formed body called "Philippine Foundation of Montreal" chaired by you and your associates. Unfortunately, the party representing the Philippine Centre Foundation of Greater Montreal was not committed to sign the Novation Agreement and thus transfer the rights, responsibilities and fundings to the Philippine Foundation of Montreal. In this case, NHSP cannot interfere in internal affairs of parties involved., we will be closing the file at is".

Perhaps the writer, who is not a Filipino, may want to reflect on the "crabbing mentality" innuendo - now who has a crabbing mentality.

MANAGEMENT TEAM
CARING TABUNAR
NORMA VOHRA
GENE SANTANDER
CIONY NUEVA
VALENT LLOYD HUGHES

FILCAN CHESS & SOCIAL CLUB

Sa unang pagkakataon ang Fil-Can Chess & Social Club (FCCSC) ay magdaraos ng isang pagdiriwang buhat nang manumpa sa panunungkulan ang pamunuan nito noong Disyembre 4, 2010.

Paparangan ang mga kasaping may kaarawan nitong buwan ng Enero at Pebrero sa Fireside Restaurant, 4759 Van Horne sa ika- 6:00 n.h., Pebrero 19, 2011. Isang gabi ng salo-salo, satsatan, sayawan, tugtugan at pawang kasayahan ang naghihintay.

Inaasahang magiging tagumpay ito sa masigasig na pangangasiwa ni Randy Noriega, VP External Affairs.

Avoid identity theft in five easy steps

(NC)—According to Sigma Assistel, a Desjardins Financial Security subsidiary specializing in telephone assistance services, identity theft is becoming more common in Canada. In fact, you may already know someone who has been victimized by this crime. Worse yet, you may become a victim sometime in the future.

What is identity theft?

It occurs when someone obtains another person's personal information without consent (such as a credit card number, driver's license, social insurance number, date of birth, etc.) to commit a crime like fraud. Once armed with this information, an identity thief can easily defraud victims of thousands of dollars.

Luckily, there are steps that you can take to prevent this crime from happening to you.

Five easy steps to protect yourself against identity theft

- Systematically shred all unnecessary documents that contain any personal

information that could be used to identify you, such as your date of birth, home address or social insurance number.

- Never confirm your PIN, credit card numbers, SIN, driver's license or other personal information over the phone or e-mail unless you initiated the request.
- Collect your mail every day. Or, if you're about to go on vacation, ask a trusted friend or member to collect it for you.

- Only do business over the web with reputable companies that have high Internet security standards.

- Use a credit card with a low credit limit when making online purchases. Identity theft is a troubling trend, but forewarned is forearmed. Know the risks and know how to protect yourself. And if identity theft should happen to you, contact your financial institution immediately. For more information about protecting yourself, visit www.assistel.com.

www.newscanada.com

AFOD, according to the quality assurance manager.

The original label, which declares that the product contains soya oil and soy protein, was covered by another label which bears a French translation of the ingredients, Sayas explained.

She said the label over the original failed to include in its translation the product's soy content.

"Tampered 'yung label. Natakpan yung original label (The label was tampered. The original label was covered)," Sayas said.

Century Pacific has a separate label for products shipped to Canada, bearing a French translation of the ingredients as required by Canadian laws, she stressed, saying the official label clearly indicates the product's soy content.

While Century Pacific's export and legal departments are now trying to contact AFOD, Sayas said it is possible that AFOD bought cans of Century Bicol Express from supermarkets in the Philippines and then shipped them to Canada.

"We have to clarify this, though na-post na 'yung alert (the alert has already been posted) and the damage has been done. We will clarify with the CFIA," Sayas said.

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Century Bicol Express canned tuna has been recalled from Canadian markets after the Canadian Food Inspection Agency (CFIA) discovered that the product contains soy which allegedly is not declared on its label.

The Century Pacific Group which manufactures the product, however, has denied that it failed to declare the soy content, saying the labels of the product in question were tampered with by an unofficial distributor.

In a release posted on its website, the CFIA, along with product distributor AFOD Ltd., warned people allergic to soy not to consume Century Tuna Bicol Express.

"Consumption of this product may cause a serious or life-threatening reaction in persons with allergies to soy," the CFIA release stated.

It added, however, that there have been no reported illnesses due to consumption of this product.

The CFIA said the Century brand, a product of the Philippines, is sold in 180-gram cans bearing the code UPC 7 48485 10033 3.

The product has been distributed in British Columbia, Alberta, Saskatchewan, Manitoba, and Yukon.

"The importer, AFOD Ltd., Richmond, BC, is voluntarily recalling the affected product from the marketplace. The CFIA is monitoring the effectiveness of the recall," the CFIA said.

In an interview with GMA News, Century's Pacific's quality assurance manager Honelet Sayas said it appears that the labels on the canned tuna product, pictures of which are on the CFIA website, have been tampered with.

The official distributors of Century Tuna — the brand name of Century Pacific — in Canada are Apo Products Ltd. and Uno Foods Inc., not

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Seated from left: Edith Fedalizo, Amy Manon-og, PAB instructors, Zenaida Kharroubi, director-general, Clarisa Mackay and Sophie Toledo, PAB instructors. Standing (backrow) Ethel Tugna, Annie Signey, Janeth Haydock, Lourdes Lubang and Annabelle Allosa, PAB students doing their practicum at St. Margaret CHSLd on Hillside Avenue in Westmount.



Mrs. Clarice Mackay (seated) poses with her students in the PAB course



Seated from left: Bunsong Ung "Ti", Zenaida Kharroubi, Sokhon Chou, Standing: Sopheap Chann, Ninh Sam, Sereyoth Veng, and Channa Huot. These are full time students from Cambodia and are studying English and French at Gilmore College.

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