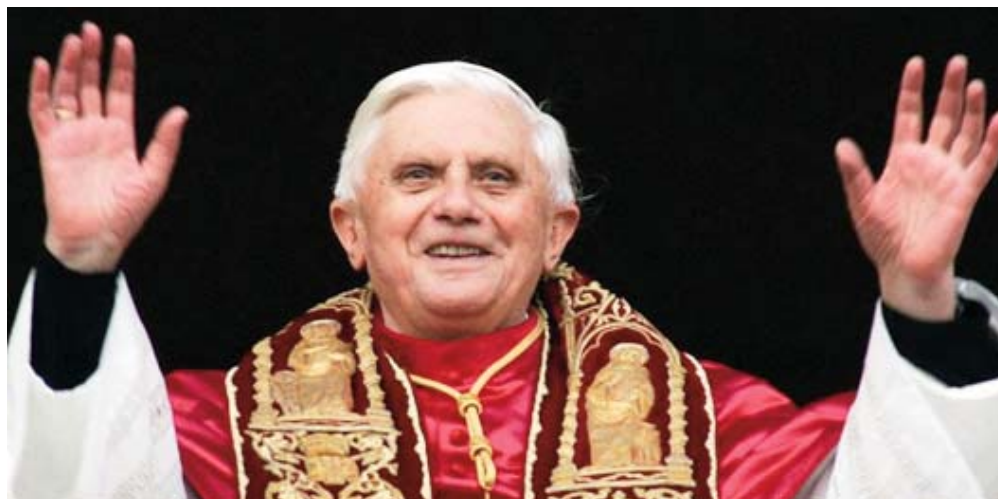


Pope Benedict XVI resigns



Pope Benedict XVI's resignation explained

By Susannah Cullinane, CNN
 updated 11:06 AM EST, Tue February 12, 2013

(CNN) -- In an unexpected move, Pope Benedict XVI -- born Joseph Ratzinger -- has announced that he is to resign. Benedict was elected pope in 2005 after the death of Pope John Paul II. We explore what the surprise announcement means for the Catholic Church.

Why has Pope Benedict XVI resigned?

In his statement, Pope Benedict -- who turns 86 in April -- said he had come to the certainty "that my strengths, due to an advanced age, are no longer suited to an adequate exercise of the Petrine ministry."

Vatican spokesman the Rev. Federico Lombardi said Pope Benedict had the right and potentially the duty to

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Pope Benedict XVI greeting the crowd from the central balcony of St. Peter's Basilica. Photo: AP Filipino nurse hailed as role model in Obama's State of the Union address



Filipino nurse Menchu Sanchez (2nd from right, front row) is flanked by US First Lady Michelle Obama to her right and Ms Jill Biden, wife of the US Vice President, to her left minutes before President Barack Obama delivered the State of the Union address in Washington DC Tuesday before a joint session of Congress. AP PHOTO

LOS ANGELES—A Filipino nurse who led the rescue of hospitalized infants as super storm Sandy battered New York last year was hailed by President Obama as a role model in his State of the Union Address Tuesday (Wednesday in Manila) in Washington DC. "We should follow the example of a New York City nurse named Menchu Sanchez. When Hurricane Sandy plunged her hospital into darkness, she wasn't thinking about how her own home was faring," Obama said in his

address before a joint session of Congress. "Her mind was on the 20 precious newborns in her care and the rescue plan she devised that kept them all safe."

Sanchez -- a 56-year-old registered nurse who was born, raised and educated in the Philippines -- had been chosen as one of the "extraordinary Americans who exemplify the themes and ideals laid out in the State of the Union Address,"

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Filipino nurse

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Will the Philippines Finally Become an Asian Tiger Economy? philippinenews.com Editorial

We hope...but don't hold your breath. We've been hearing a lot of rumbblings about how great the Philippine economy is doing. Makati City skyline The World Bank through its country director for the Philippines, Motoo Konishi stated that "The Philippines is no longer the sick man of Asia, but a rising tiger." And lately there are plenty of bright spots to point to, the most important of which is the country's GDP (gross domestic product) growth: 6.6 percent in 2012—the highest in Southeast Asia—beating even the government's high-end target of six percent.



Even tourist arrivals are up despite Hong Kong's continued blacklisting of the country as a tourist destination since the 2010 Manila hostage crisis where 8 Chinese tourists were killed. And the Philippine Peso is now stronger than it has been since 2008—to the consternation of millions of OFWs who have seen the value their remittances steadily decline over time.

So are we seeing the start of the Philippines as a major economic player in the region, another Japan, Taiwan, South Korea, or maybe another Singapore? Well, as we stated earlier: don't hold your breath because it is unlikely to happen anytime soon...probably not in our lifetime.

Why? Because sadly, Philippine society and culture leave much to be desired! Since America returned the islands back to the Filipinos almost 70 years ago there has been talk about the Philippines becoming a Southeast Asian powerhouse—and back then we were already way ahead of any of our neighbors. Instead we Filipinos dropped the ball and slowly but surely our Southeast Asian neighbors began surging ahead of us.

As a society, we need to do some honest-to-goodness soul-searching. A country does not go from first to almost last purely by accident. You almost have to make an effort to drop to the bottom the way we did. Do we, as a nation just have mediocre goals and aspirations? We seem satisfied to have our youth go abroad to work as maids or street sweepers. We are okay with the fact that millions of squatters live

in stomach-turning squalor? We have slowly denuded our forests, polluted our rivers, fouled our air and we're fine with all that. Manila, the once proud and most cosmopolitan of Southeast Asian cities is today a dirty, crowded, smelly eyesore that foreigners and even locals avoid—and even that doesn't seem to bother us one bit. Are we indeed a society with such low expectations?

A Philippine bancalan the mid sixties, national artist Nick Joaquin addressed the same issues we talk about here in a telling article titled: A Heritage of Smallness. In it Joaquin laments our societal and cultural predisposition towards the small or tingi as well as our preference for always taking the easy way out. Today, half a century later you can still buy cigarettes by the stick or shampoo in a tiny single-use sachet. Centuries ago other nations were already building large, ocean-going vessels, yet Filipinos have never seen the need to create anything larger than jumbo-sized bancas. Sure, we helped build Spanish galleons then, and today we're building ships in Subic Bay, but both those instances have been foreign owned and managed endeavors.

While there are always exceptions, Filipino society can generally be described as "lazy." Many locals who have lived in the West and return home are often appalled by the slow and casual attitude Filipinos have towards work. Have something made and it usually takes longer than it should...and when you finally get it, the quality and workmanship is often disappointing.

It is thus not surprising that Cambodia and Myanmar for the first time last year surpassed the Philippines in Foreign Direct Investments (FDI). Global investors have grown weary of the Philippines as its disadvantages are starting to significantly outweigh its advantages. According to UNCTAD (United Nations Conference on Trade and Investments), FDI to the Philippines in 2012 dropped to a paltry \$1.5 billion. By comparison, Singapore, a country roughly the size of Laguna de Bay in Luzon received \$54.4 billion in Foreign Investments last year.

In the end, it boils down to a failure in education. Since we know what our problems are, we should have long ago devised curriculums that addressed and corrected those problems. But neither public schools nor the much-ballyhooed Catholic schools have bothered to do so. And so our problems remain.

As an example: after World War

See Page 3 Asian Tiger Economy

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Editorial

What will be the impact of the resignation of Pope Benedict XVI on the future of the Church?

For over a billion Catholics in the world, the resignation of Pope Benedict XVI is at first shocking and unprecedented in 600 years but upon a closer look at the circumstances surrounding his decision to leave the highest post of the Church, they have begun to see that this historic event will have a lasting impact which will only be felt over a period of time.

As one writer notes: "The ultimate effects of the pope's resignation are thus far impossible to predict. But it is clear that previous certainties will now be up for debate – certainties that were once just as firm as the understanding that the position of pope was for life."

Religious scholars, writers and editors have a variety of opinions – ranging from a pessimistic view of the Church in crisis to a more hopeful outlook that the resignation of Pope Benedict presents an opportunity for innovation and change but it is also a challenge for the next pope to be elected by the College of Cardinals.

Among all the possible impacts of Pope Benedict XVI resignation seems to be the possibility of changing some of the Church doctrine. For instance, the Archbishop of Berlin Rainer Maria Woelki calls it a "demystification of the papal office." Mr. Christopher Ljungquist, a writer of the Geopolitical Monitor, wrote:

"If as Benedict implied in his statement of resignation, the office is too difficult for one man in the modern world, power must then be ceded to Catholic bishops and to world regions. If the Petrine office can be vacated like a seat in parliament, then it's time to put an end to the church's rigid stance on other questions of doctrine. Why exactly should spouses remain together until

death if the pope can simply resign from his post?"

Although history may hold clues in divining impact of a pope's resignation, however, "problems surrounding how to treat Benedict, what to call him, how he will be dealt with in his life after the papacy, how his death will be dealt with, all of these are new questions" said Joshua Birk, a fellow at the American Academy in Rome and expert in medieval Mediterranean history.

On the other hand, some religious writers give Pope Benedict XVI some credit for his self-abnegation and recognition of his own weakness that he would not be able to do his job as the head of the Church which has been undergoing tremendous pressures from a modern society that now recognizes contraception, gay rights, abortion and other issues that have been repeatedly brought to the table for discussion such as priests' celibacy, ordination of women into the priesthood, and divorce.

An optimistic view of Pope Benedict XVI's resignation is expressed in the following quote:

"The resignation of Pope Benedict XVI is the Catholic Church's opportunity to send a strong signal by electing a new Pope committed to rooting out corruption in the Church."

It is apparent from comments and discussions about the Pope's resignation that there is a need for new ideas and innovations. We hope that a new pope will be elected who will lead us to a renaissance that will make the Catholic Church stronger but more transparent and accountable.

Zenaida Ferry Kharroubi

From Page 2 Asian Tiger Economy

If the term "made in Japan" meant a product was cheap and substandard, a

only did he transform his small company into a global giant, he was instrumental as well in changing the global perception of what "made in Japan" meant. That is the kind of drive the



Makati City skyline

low-quality item that would likely end up in the trash. Akio Morita, the founder of Sony Corporation early on realized that to succeed in the global marketplace, Sony's products had to be the very best in order to overcome that negative perception. During in his years at the helm, he saw to it that Sony produced nothing but the very best. In the end, not

Philippines needs if it is ever to become "world class." In essence, we need to remake who we are as a people. Until then all this talk about becoming an Asian Tiger or a world-class player is nothing but a pipe dream. So don't hold your breath, instead roll-up your sleeves and help change the culture.

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From Page 1 Pope Benedict XVI

resign.

But he stressed that the pope's decision was not because of any external pressure. Is the pope in poor health?

Lombardi told reporters the pope was not unwell.

"There isn't any disease specifically -- it's all to do with deterioration and weakness in his body, as the holy pontiff has said in his statement," he said.

Lombardi said the battery in the pope's pacemaker -- which he has had since he was a cardinal -- had been replaced in the last few months, but he stressed that it was a routine procedure.

When will he step down?

The pope said that he would step down at 8:00 p.m. on February 28, Rome time.

Lombardi said as far as he knew, the day was "just an ordinary day" without particular significance but that Pope Benedict might have chosen it to ensure a new pope was in place for Easter.

He said he understood the pope usually finished his working day at 8:00 p.m. which was why he had chosen that specific hour to step down. Could the next pope be from Africa or Latin America?

Is it normal for popes to resign?

It is the first time a pope has resigned in nearly 600 years.

The last pope to resign was Pope Gregory XII in 1415. He stepped down to end the "Great Western Schism" -- during which there were rival claims to the papal throne.

In 1294, Pope Celestine V resigned after only five months, preferring the simple life of a monk to the majesty of being pope.

According to the National Catholic Weekly, modern popes have felt that resignation is unacceptable and could encourage factions within the church to pressure pontiffs to step down.

Canon law states that a resignation must be made freely and properly manifested and that the pope resigning must be of sound mind.

Who is Pope Benedict XVI?

When will the next pope be elected?

A meeting of the College of Cardinals to elect the next pope will be held. The gathering is known as a "conclave."

Vatican spokesman Federico Lombardi said there would be elections some time in March and he anticipated that there would be a new

pope before Easter.

Lombardi said Vatican scholars were studying the constitution to determine exactly when the conclave would begin.

What is the election process?

By law, the conclave begins in the Sistine Chapel. On that morning, the cardinals will celebrate the Votive Mass, "Pro Eligendo Papa." That afternoon, the cardinals begin the election process.

The cardinals draw lots to select three members to collect ballots from the infirm, three "tellers" to count the votes and three others to review the results.

Blank ballots are then prepared and distributed. The ballots are rectangular in shape and must bear in the upper half, in print if possible, the words "Eligo in Summum Pontificem," meaning "I elect as supreme pontiff." The electors write the name of the candidate on the lower half and fold it in two.

After writing the name of one man on his ballot, each of the active cardinals -- those under 80 years of age -- walks to an altar in order of seniority and pledges to perform his duty with integrity. Each cardinal then places a folded ballot containing his choice onto a small disc made of precious metal and drop it inside a chalice.

After all votes are cast, the tellers tally the ballots and the result is read to the cardinals. If a cardinal receives two-thirds plus one of the votes, he is the new pontiff.

If there is no winner, another vote is taken. If there is still no winner, two more votes are scheduled for the afternoon.

How is the result of the vote broadcast?

After the votes are counted each time, the ballots are burned. If there has been no winner, a chemical is mixed with the ballots to produce black smoke when they are burned.

Sight of the black smoke emerging from the roof of the Vatican Palace tells those waiting in St. Peter's Square that a pope has not yet been selected.

When a winner has been selected, the ballots are burned alone, and the white smoke indicates there is a new pope.

What do you think of the Pope's decision?

What will the pope do until he officially steps down?

Lombardi said the pope's appointments up until the end of February -- including audiences with

the presidents of Romania and Guatemala -- had been confirmed.

On February 27, the pope's last general audience will take place. Lombardi said the Vatican was trying to arrange for it to be held in St Peter's square so that more people could attend and "to make it a sort of tribute to the holy pontiff."

What will Pope Benedict do after his resignation?

Lombardi said it was expected that Pope Benedict would devote his time to reflection and prayer.

In his statement, Benedict said he wished "to also devotedly serve the Holy Church of God in the future through a life dedicated to prayer."

Lombardi said he didn't expect the pope to be given any other duty, given his age, and he said Benedict would no longer be involved in decision making or administrative duties.

Pope Benedict was "very discreet" and was "not someone who will interfere" or create issues in terms of his successor, he said.

Where will the former pope live?

From Page 1

Filipino Nurse

the White House said. Sanchez was invited to join the First Lady in her viewing box. She sat between Mrs. Obama and the vice president's wife, Jill Biden.

When the hurricane cut power at NYU Langone Medical Center, Sanchez created a plan to transport 20 at-risk infants to intensive care units around the city, according to a White House blog site.

"She organized the nurses and doctors to carefully carry the babies down eight flights of stairs with only cell phones to light the way," the blog site said. "Even as Menchu's own home was flooding, she thought only of protecting the babies in her care." In an interview with NorthJersey.com, Sanchez said that when the hurricane knocked out power to the hospital and the East River flooded the backup generators, they knew that the ventilators keeping the newborns alive would stop working.

"We knew immediately we had to get the babies downstairs," Sanchez said. "With the elevators out, we didn't have a lot of choices."

Hospital officials later praised Sanchez for finding a way to get the babies down safely.

"She's the one who thought of taking the babies down in a warming pad, cradled in the arms of a single nurse to keep them warm and secure," Kimberly S. Glassman, senior vice

After he steps down, Benedict will move to the pope's summer residence, Castel Gandolfo.

At a later date he will move into a monastery at the Vatican.

The monastery has recently been renovated and extended to include a small chapel.

What will Pope Benedict be known as once he has stepped down as pope?

According to the Catholic Bishops' Conference of England and Wales, Pope Benedict will return to being known as Cardinal Joseph Ratzinger. It said he would be addressed as his eminence or Cardinal Ratzinger.

However, Lombardi later told reporters it was hard to imagine that the pope would be called a cardinal.

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president for patient care services, told a nursingpublication. Migrating to



Menchu Sanchez

the United States in the 1980s, Sanchez has worked as a nurse in New York for more than 25 years and has been at NYU Langone Medical Center since 2010. She lives in Secaucus, New Jersey with her husband and two children, both of whom are in college. Sanchez is the second Filipino nurse honored by Obama within the past several months. Last year, nurse-turned-community activist Corazon Basa Cortes Tomalinas from La Union province was honored at the White House as a "Champion of Change." Tomalinas was recognized for her work to prevent youth violence in communities as part of the National Forum on Youth Violence Prevention.



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February 17, 2013 | Opinion

AS I WRECK THIS CHAIRBy William M. Esposito
The Philippine Star

In announcing his resignation, Pope Benedict XVI said: "In today's world, subject to so many rapid changes and shaken by questions of deep relevance for the life of faith, in order to govern the ship of Saint Peter and proclaim the Gospel, both strength of mind and body are necessary, strength which in the last few months, has deteriorated in me to the extent that I have had to recognize my incapacity to adequately fulfill the ministry entrusted to me."

We have to admire Pope Benedict XVI for knowing when to relinquish power and privilege for the sake of the big mission. His era was one of the most challenged with a series of sexual abuse scandals, financial embarrassments including expose of a 100% Vatican owned company that was producing porn. In a way, more than old age, it may have been the enormous burdens of our New Age that really caused the resignation of Pope Benedict XVI.

Pope Benedict XVI shall turn over a Catholic Church in turmoil and in decline. The Philippine Catholic Church is in the same crisis. The recent writings of Jesuits Fr. Joel Tabora and Fr. Joaquin Bernas about the mistakes of the Catholic Church in confronting the RH Bill had been very popularly received on Facebook and were shared because these captured what majority of Filipinos felt about the bullying tactics of several Catholic Bishops, priests and nuns who have gone rabid over the RH Bill issue.

"People have been leaving the Catholic Church. People are about to leave the Church. It is time, I think, for Mahar

Mangahas to take out his social survey tools to help us understand what is happening." Fr. Tabora wrote in his February 7 blog posting titled The Catholic Church: Between the Sublime and the Ridiculous. Mahar Mangahas is the research guru of the SWS (Social Weather Station) to whom we run to get the social trends.

Fr. Tabora added: "People are tired of lousy homilies that ramble in inanities that begin and never end, and never end because they should never have begun. People are tired of being preached at, of being treated as if they were younger than adolescents, of being lectured, of being scolded, of being dictated upon. People are tired of obstinate claims to absolute truth, when the thinking world continues to seek truth. People are tired of being told how to think, when they can think for themselves, and how to choose, when they can choose for themselves, and how to have sex when they can have sex for themselves."

He continued: "People are tired of the reproductive health (RH) discussion, debate, disaster, debacle. All right, they are willing to receive a clear statement of the teaching of the Church on this matter, and they understand that the hierarchy is serious about conveying its message, and that there are lay persons very passionate about making sure that that message gets conveyed. But hey, was it really necessary to devote the whole of Advent to it, including all of Simbang Gabi, and for Christmas fare, was it really so necessary to talk about Reproductive Health and the Virgin Birth through Conception by the Holy Spirit? And when New Year's came, was it really so necessary to preach on Reproductive Health and Child Circumcision?"

The Roman Catholic Church has been experiencing sharp decline in numbers all over the world and it's wrong to

assign the cause to sexual abuse scandals. The sexual abuse scandals merely accelerated what is already in the woodwork — decay, rot, arrogance of narrow-minded clerics and a growing detachment from the reality of peoples' lives.

The Week editorial of April 30, 2010 had this to say: "It's 'the largest institutional crisis in centuries, possibly in church history,'" says the National Catholic Reporter. Worldwide, the Roman Catholic Church now has 1.1 billion members, compared with 1.5 billion Muslims and 593 million Protestants. In the US, all the major denominations have seen their numbers decline in recent years, but the Catholic Church has taken the biggest hit. Since the 1960s, four American-born Catholics have left the church for every one who has converted, according to a 2009 Pew study. In 2008 alone, Catholic membership declined by 400,000. More than 1,000 parishes have closed since 1995, and the number of priests has fallen from about 49,000 to 40,000 during that same period. Some 3,400 Catholic parishes in the US now lack a resident priest. "Catholicism is in decline across America," says sociologist David Carlin."

In Europe, the editorial added: "The situation there is even more dire, especially in the most historically devout countries. In 1991, 84 percent of the Irish population attended Mass at least once a week. Today the weekly attendance figure is less than 50 percent. In Spain, 81 percent of the population identifies itself as Catholic, but two-thirds say they seldom or never attend services. And the priest shortage is acute — in England and Wales, the church ordained only 16 clergy members in all of 2009."

My February 3 "Where's Jesus

Christ" column elicited many responses that reflect this declining affinity and respect for the Catholic Church. Again, the loss of faith in the leaders of the Roman Catholic Church didn't just result from the RH Bill issue. The RH Bill merely provided the trigger for expressing what's already in many Catholic hearts and minds.

Over here, some leaders of the Catholic Church have crossed the line between church and state and are said to be actively campaigning for the downfall of President Benigno S. Aquino II (P-Noy) — the person they blame for the passage of the RH Bill. There's a Jesuit, a nuisance more than a threat, that's been actively meeting with military men, and reportedly agitating them. The Jesuit community, my source of information, doesn't sanction this Jesuit's activities. The Jesuits are generally supportive of P-Noy's brand of good governance that targets inclusive growth and meaningful reforms.

The more the Catholic Church leaders here dabble into politics, especially when they seek the ouster of one of the best presidents this country has had, all the more they're seen with dirty hands and are perceived as Pharisees. Times have changed. Peoples' needs have changed. Sadly, some Catholic Church leaders are still in medieval mindset mode.

In a world where the pace of technology is dizzying, there's an avalanche of new ideas and concepts — admittedly not all of them good. The Catholic Church couldn't relate to its flock in this modern era unless it discards their medieval mindset and retrace their footsteps from Vatican II.

In Vatican II lies the Catholic Church's redemption. The Pope's resignation could be the opportunity to reform and attune the Church to the New Age.

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Dear EarthTalk: I understand that many of the world's fisheries are on the brink of collapse, "fished out," to put it bluntly. How did this happen and what is being done about it?
-- Mariel LaPlante, New Orleans, LA

Many of the world's fisheries are indeed in crisis today due to years of overfishing, pollution and habitat destruction. According to the United Nations' Food and Agriculture Organization, 57 percent of global fish populations are "fully exploited" and another 30 percent are "overexploited or collapsed." This leaves just 13 percent in the "non-fully-exploited" category, down from 40 percent less than four decades ago.

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When Teflon is exposed to high heat it can release its constituent chemical, PFOA, as a gas. There are no known cases of direct health problems for consumers, but workers producing Teflon are at increased risk for certain cancers, prompting the U.S. government to call for a complete phase-out of Teflon and related products by 2015.

reports that many of the most popular fish, such as cod, snapper and tuna, are dangerously depleted yet continue to be overfished.

Fishing operations have only been able to satisfy rising demand for fish and shellfish in recent decades by using increasingly high-tech strategies like on-vessel refrigeration and processing, spotter planes and GPS satellites. Furthermore, says Matthew Roney of the non-profit Earth Policy Institute, "Industrial fishing fleets initially targeted the northern hemisphere's coastal fish stocks, but then as stocks were depleted, they expanded progressively southward on average close to one degree of latitude annually since 1950."

"The escalating pursuit of fish...has had heavy ecological consequences, including the alteration of marine food webs via a massive reduction in the populations of larger, longer-lived predatory fish such as tunas, cods and marlins," reports Roney. In addition, he says, sophisticated fishing techniques aimed at maximizing catches, such as longlines and bottom-scrapping trawls, kill large numbers of non-target species such as sea turtles, sharks and coral.

Roney is optimistic despite the trends. "In several well-studied regional

systems, multiple fisheries have bounced back from collapse after adopting a combination of management measures," he says. "These include restricting gear types, lowering the total allowable catch, dividing shares of the catch among fishers, and designating marine protected." He cites an example of Kenyan communities removing beach seine nets and creating "no-take" zones leading to an increase in total fish, fish sizes and fishing income. And



Many of the world's fisheries are in crisis today due to years of overfishing, pollution and habitat destruction. According to the Natural Resources Defense Council, some of the most popular fish -- including cod (pictured here), snapper and tuna, are dangerously depleted yet continue to be overfished.

no-take reserves established around parts of Australia's Great Barrier Reef led to a doubling of fish stocks and size within the boundaries of protected areas and larger populations throughout the region.

"It's not too late to get our fishing practices back on track," reports NRDC. "Using smart laws, policies, incentives, and market demand, we can help sustain fish populations at healthy levels for years to come."

The decisions of policymakers play the key role in marine protection, but individual choices and consumer advocacy also make a difference. "We can all support sustainable fishing by wisely choosing which fish to eat, spreading the word to friends and family, and contacting our lawmakers to make sure they support responsible policies," says NRDC. Consumers can learn which fish are OK to buy by consulting with the Monterey Bay Aquarium's Seafood Watch program, available for free via the web and phone apps.

CONTACTS: NRDC, www.nrdc.org; Earth Policy Institute, www.earth-policy.org; Seafood Watch, www.montereybayaquarium.org/cr/seafoodwatch.aspx.

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Dear EarthTalk: I've read conflicting reports about the dangers of non-stick cookware. I have a set of older non-stick pans and am not sure if I need to replace them. Are they harmful to use, particularly if they have a few scratches?

Miriam Jones, Montgomery, AL

It may be time to upgrade your pans, given that the U.S. government has called for a complete phase-out of polytetrafluorethylene (PTFE,

PFOA exposure led to testicular, pancreatic, mammary and liver tumors in rats doesn't bode well for what the chemical may do to humans.

Of course, the risk of exposure is much lower for a person frying an egg at home than for a factory worker manufacturing PTFE for DuPont. In 2007, Consumer Reports Magazine tested PTFE-based non-stick pans from several manufacturers and found harmful airborne emissions of PFOA to be minimal. "The highest level was about 100 times lower than levels that animal studies suggest are of concern for ongoing exposure to PFOA," reported the magazine. "With the aged pans, emissions were barely measurable."

Some manufacturers are working on safer non-stick cookware using ceramic or silicone coatings free of PTFE or PFOA. But a 2009 survey of eight such alternatives by Cook's Illustrated magazine did not identify any of the new choices out there high marks. "Not a single one of these 'green' pans was without flaws," said the magazine. "In some, delicate eggs burned, thin fish fillets stuck, and steak charred on the outside while remaining raw within. Others stained or transferred heat inconsistently." Some pans accumulated the browned bits known as fond when steak was seared, indicating unwanted sticking power.

Many foodies have resigned themselves to the likelihood that the idea of a non-stick pan might in and of itself be too good to be true. As such, cast iron, aluminum, copper and stainless steel each rate high for even heat distribution and for holding up well at high temperatures and frequent use. Used properly—such as by employing a little oil or butter to inhibit food from sticking—such pans can last decades.

CONTACTS: Care2, www.care2.com; Consumer Reports' Kitchen Cookware, www.consumerreports.org/cro/kitchen-cookware.htm; Cook's Illustrated "Green Skillets," www.cooksillustrated.com/equipment/overture.asp?docid=20400.

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Beyond the Pale

with Bernardo Sarmiento

Nestor Ambas: TV Pinoy's original host

Last October 28, FAMAS Board of Trustees Chairman James de la Paz and his wife Rose, Filipino Star writer Willie Quiambao and this columnist paid Nestor Ambas a visit in his room on 7NW at the Jewish General Hospital. Upon seeing him, I knew right away that he was not in good shape, but never thought that he would not be around for good a few

for my native town of Mendez (Cavite) if the kindly prince of the Roman Catholic Church gets elected to the papacy because he was once its parish priest a few decades ago. The local parishioners loved him so much for his brilliance (graduated summa cum laude), genuine humility and exceptional leadership skill that they made him the town's adopted son. So



Budz Sarmiento and Willie Quiambao with Nestor Ambas at the Jewish General Hospital on October 28, 2012.

months later.

When we saw him that day, he was a far cry from the handsome and robust Nestor Ambas that hosted TV Pinoy on Channel 14 many years ago. He looked like someone who hadn't been seen by a barber in weeks, if not months. His beard was so dense, his moustache was so thick and his hair so long that James and I had to take turns in barbering him. But after about half an hour, there emerged a good-looking man that Nestor always was during his heyday as a TV host and journalist. Now that he is gone, also gone is his promise to share with me a cornucopia of salacious pieces of information about the usual egregious member of the community whose thinking is so obnubilated by his mental disorder that his only enjoyment in life is writing outrageous items usually found in tabloids like the National Inquirer.

FROM THE CARDINAL'S RED HAT TO THE POPE'S MITRE? -

Luis Antonio Cardinal Tagle becoming the next pope may be highly implausible, at least at this time, but his name keeps on cropping up among those who might succeed the resigning Pope Benedict XVI.

It's particularly a huge honor

far, he's the only one so honored by the townspeople of Mendez.

At least three things may work against his chance of becoming the next pope: He's too young at 55, he was promoted to cardinal only last October, and he comes from Asia, the continent that has the smallest number of Roman Catholics. However, Catholics are wont to say, "God works in mysterious ways." Besides, who would have thought that then Cardinal Karol Józef Wojtyła - a Polish, not Italian - would be pope? Arguably, John Paul II's papacy is one of the most successful ones in the history of the Roman Catholic Church, and he was one of the most-loved among the popes.

THESE PROVISIONS IN THE FAMAS CONSTITUTION NEED TO BE AMENDED

As the community already know, I was a member of the former FCBL Committee that drafted the present constitution and bylaws of FAMAS. I was for the abolition of the ridiculous requirement that a member must be or have been a director of the organization first before he could run for president. I believed, and still do, that being a director wouldn't



James de la Paz trimming the hair of Nestor Ambas during his visit in the hospital

necessarily make one a better president than the one who wasn't. So, why require it in the first place? Unfortunately, I was on my lonesome on this. I was outvoted by the rest of the committee..

Likewise, I disagreed with the idea that 16-year old members be allowed to run for the Executive Board. It was my position that they were too

It's even sillier that a member has to be at least 25 years old to be able to run for president while those who are 16 years old may run for vice-president. What if for some reason the 25-year old president becomes incapacitated, and the 16-year old vice-president has to succeed him? That will effectively defeat the purpose of, and the legislative intent for, the



The then-Archbishop Luis Antonio Tagle with the author in February 2012.

young and inexperienced to lead an organization as big and as complicated as FAMAS. Besides, I thought that it didn't make sense that a 16-year old person could be president when they couldn't even enter into a contract without the permission of their parents.

constitutional requirement that the president should be at least 25 years old.

Some employers pay workers just enough so they will not quit and the workers do just enough so they will not be fired.

Pim Patrick

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Consular Outreach Mission sa Montreal

Ginanap noong Enero 18 at 19 ang unang Consular Outreach Mission sa Montreal sa pamumuno ni Minister at Consul General Neil Frank R. Ferrer. Kasama niya ang apat na butihing kawani ng pasuguan.

ay nagbiyahe nang isang maghapon at magdamag para maabot ang kanilang pangangailangan dito.

Sa taong ito ay anim na ulit pupunta rito ang mga sugo kaya,



Kaliwa-pakanan: Nakatayo - ConGen Neil Frank R. Ferrer at Albert Jerome Ilagan. Nakaupo - Rhodora Manlapaz, Edna Pataunia at Josephine Gonato. Kuha ni Mang Bert

Sa umaga ng unang araw ay kinapulog ni ConGen Ferrer ang mga boluntaryo ng FAMAS na kinabibilangan ng mga direktor upang ipaliwanag ang gagawin at maging maayos ang daloy ng pagproseso ng mga papeles.

Bukod sa mga nais magpanotaryo at mag-apply ng dual citizenship ay ipinakilala ang bagong paraan kung paano magkakaroon ng bagong pasaporte. Sinabing nauna pa ang ating bansa na mag-isyu ng e-passport na hindi pa ginagawa sa Canada.

Sa ginagawang Consular Outreach Mission sa Montreal ay dinadayo ito ng mga kababayan natin na buhat pa sa ibang lalawigan ng Canada tulad ng Halifax, Nova Scotia. May isang grupo na nagsumiksik sa isang sasakyan at sila

tuwing ikalawang buwan.

Minumulat ko sa aking mambabasa na ngayon ay wala pa rin tayong Honorary Consul dito sa Montreal. Marami ang sabik sa posisyong ito. Buhat sa tuktok ng Luzon at pumupustang Bisaya at hindi pahuhuling Muslim sa Mindanao ay gustong maluklok. Ang kailangan natin ay si LuzViMinda na ang damdamin ay nasa hapag kainan at hindi sa batalan.

Araw ng mga Puso

Ang lathalaing ito ay hango sa akda ni Dr. Khalid Baig ng Impact International, London, U.K. Isa lamang ito sa iba't ibang bersiyon na kalipunan ng iba pang manunulat. May sumulat na ang latigong tinutukoy sa artikulo ay yari sa balat at tinawag na **februa** at

ang akto ng paghagupit sa mga babae ay **februatio**. Ito ang naging salitang-ugat ng buwan ng Pebrero (February), ang buwan ng pagdiriwang ng Araw ng mga Puso.

"Ilang araw na lamang ay ang pagdiriwang sa 'Araw ng Puso' ng mga kuffar. May ilang mga pahayagan at babasahin ang naghihiyakat sa pagdiriwang na ito. Maging ang mga mangangalakal at mga nagmamay-ari ng mga hotel at kainan ay ginagawang pang-akit sa mga tao para sa kanilang sariling kapakanan."

"Ang araw ng puso ay matagal nang patay sa Europa ngunit isang lagapan na pagdiriwang sa Britanya at Amerika. Sino ba si Valentine? Bakit ang araw na ito ay ipinagdiriwang?"

"Ang Araw ng Puso ay nagsimula bilang pagdiriwang ng mga pagano na sinimulan ng mga Romano

magdudulot sa babae upang magkakaanak. Tulad ng dati, ang Kristiyanismo ay nagsusumikap ngunit nasawi na itigil ang masamang pagdiriwang ng Lupercalia. Unang pinalitan ang lotarya sa pangalan ng lotaryo na pangalan ng mga santo. Ang balak ay sa susunod na taon ang kabataang kalalakihan ay tutularan ang buhay ng santo na ang pangalan ay kanilang binunot. Ang Kristiyanismo ay nagtapos sa Roma at sa iba pang lupain tulad ng ginawa ng mga Romano."

"Ang kaisipang panatilihin ang anyo ng isang bantog na kasamaan subalit ang layuning katangian ay napanatili. Ang tanging tagumpay na nakamit ay ang pagpalit sa pangalan ng Lupercalia ng 'Saint Valentine Day.' Nagawa ito ni Papa Gelladius sa taong 496, bilang parangal kay San



Larawan ng bagong pasapote ng Pilipinas

noong 4th siglo BCE upang parangalan si Lupercus, ang diyosa ng 'kalusugan at kalipunan'. Ang kanilang pangunahing pang-akit ay ang ginagawang lotarya na kanilang ipinamimigay ang mga kabataang babae sa mga kabataang lalaki para sa pang-aliw at kasayahan hanggang sa susunod na taong lotarya."

"Bahagi ng nakakahiyang kaugalian na ginagawa sa araw na ito ay ang hampasin ang kabataang babae ng dalawang kabataang lalaki, na nakasuot lamang ng damit at sapatos na yari sa balat ng kambing na binahiran ng dugo mula sa inialay na kambing o aso. Ang hampas ng 'sagradong tsinelas nitong 'Banal na Kalalakihan' ay pinaniniwalaang

Valentino. Subalit may aabot sa limampu (50) na Valintino sa kasaysayan ng Kristiyanismo. Ang dalawa sa kanila ay nakakahigit ng katanyagan ngunit ang kanilang buhay at asal ay nabalot ng kababalaghan."

"Ayon sa isang kasaysayan na malapit sa tunay na kaparaanan ng pagdiriwang na ito, si San Valentino ay isang 'Santo ng umiibig' na nabighani sa anak na babae ng taong nagpakulong sa kanya."

"Dahil sa malubhang kaguluhan kasama sa lotaryo, ang pamahalaan ng Pransiya ay ipinagbawal ang ritwal ng Valentino noong 1776. Ang pagdiriwang na ito ay nawala rin sa Italya, Austria, Hungariya at Alemanya. Noong 17



(Kaliwa-pakanan: Bernard Palparan, Lucille Palparan, Rachelle Lebantino, Jensen Sarmiento, Mario Daiz at Allan Fajardo (kuha ni Mang Bert)).

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siglo sa kalakasan ng mga Puritano ay ipinagbawal din sa Inglatera subalit noong taong 1660 ay muling binuhay ni Haring Charles II."

"Mula sa Inglatera ang ritwal ng Valentino ay dumating sa bagong daigdig at nasilip ng mga negosyante na isang magandang pagkakataon ng pagkakaperahan. Si Esther A. Howland noong 1840 ay siyang nagpalabas sa kauna-unahang ipinagbibili na 'American Valentine Day' card at nabenta ang halagang \$5,000 sa unang taon. (Noon ang halagang \$5,000 ay napakalaking halaga). Mula noon ang kalakal ng Valentine ay lumago."

"Katulad din ito sa kasaysayan ng Halloween na ang pananamit ay kakaiba sa pangkaraniwang damit, tulad ng multo at tiyanak o duwende sa muling pagbuhay sa isang lumang ritwal ng mga naunang pagano na sumasamba sa diyablo. Ang tawag ng mga pagano sa pangyayaring ito ay Sanhain (binibigkas na sow-en). Katulad ng sa 'Valentines Day', ang mga Kristiyano ay pinalitan ang pangalan subalit hindi ang mga palagay o paniniwala ng mga pagano."

"Maging ang malinaw na mapayapang pagdiriwang ay

maaaring may kasaysayang mula sa mga pagano. Mula sa isang pagsasalaysay, sa mangkukulot ng mga pagano, ang mga tao ay takot sa masasamang espiritu lalong-lalo sa kanilang kaarawan. Isang pangkaraniwang paniniwala na ang masasamang espiritu ay higit na mapanganib sa isang tao kung siya ay nakakaranas ng pagbabago sa kanyang pang-araw-araw na pamumuhay tulad ng pagiging matanda ng isang taon (kaarawan). Kaya't ang pamilya at mga kaibigan ay papaligiran ang tao ng tawanan at kagalakan sa kanilang kaarawan upang ipagtanggol siya laban sa kasamaan."

Lumipat, Lumapit si Peras

Pichu: Pechay! Alam mo bang lumipat na si Peras? Malapit na siya sa amin ni Lelong. Ang tantiya ko labinlimang minutong lakad lang.

Pechay: Walastik! Inggit naman ako sa inyo. Pero okay lang sa akin dahil kapit-bahay ko pa rin si Lolo Jerry. At saka, tingnan ninyo ang time card

returning to balanced budgets by the end of this Parliament."

G-20 Finance Ministers and Governors will discuss the appropriate policies needed in light of weaker-than-expected global growth. Continued cooperation among the G-20 is necessary to build on some initial signs of improvement in business and investor confidence. Discussions will also cover progress on a wide range of financial sector reforms, the continued strengthening of the international financial system and the impacts of commodity price volatility.

Canada will continue its leadership role as co-chair of the Working Group on the G-20 Framework for Strong, Sustainable and Balanced Growth. This group is tasked with providing policy advice to ministers and governors and developing the principal action plan for endorsement by G-20 leaders at their summit in St. Petersburg in September.

FOR FURTHER INFORMATION, MEDIA MAY CONTACT:

Kathleen Perchaluk
Press Secretary
Office of the Minister of Finance
613-996-7861

ninyo sa fridge ni Lelong, e di ako ang pinakamaraming attendance.

Peras: Attendance? Akala ko ba sa eskuwela lang 'yon.

Pechay: Tama ka, Peras. Pero attendance din ang tawag sa pagpasok ng Tatay at Nanay mo sa trabaho. Kay Lelong naman para malakas tayo sa Court of Appeals kapag napapagalitan na tayo ng Nanay o Tatay natin.

Pichu: Hoy! Nakakalimutan na naman natin si Lolo Jerry. May homework siya, di ba? Lolo...! Yahoo-o-o-o!!!!, Lolo Jerry? Nasaan na ba 'yun?

Pechay: Siyanga pala. Bago ako nagpunta rito pass the paper na lang daw siya dahil absent na naman.

Pichu: Sige nga, basahin natin ang assignment kung tama. (binabasa)

"Dear Pichu,
The Filipino Alphabet started with 20 letters before your gramps went to grade school. In 1977, they added

eleven foreign letters like C, CH, F, J, LL, Ñ, Q, RR, V, X and Z. Ten years after, they decided that it was too much and removed CH, LL and RR and up to now we have twenty-eight letters called alpabeto. And they are A, B, C, D, E, F, G, H, I, J, K, L, M, N, Ñ, NG, O, P, Q, R, S, T, U, V, W, X, Y and Z." (Sgd.) Lolo Jerry)

Pichu and Pechay: Wow! Galing ni Lolo!. Saan kaya nagsaliksik ng pag-aaral?

Peras: Oo nga pero pagdating sa bigkasan lagot na siya sa NG gaya ng ngayon, ngipin o nguya.

Pechay: Hindi naman siguro. Pansin ba ninyo na kapag Pranses ang salita niya maraming salitang parang ngongo siya? Tuloy-tuloy na iyon sa ngalangala Huwag ninyo akong isusumbong, ha?

"If winter comes, can spring be far behind?"

**Percy Bysshe Shelley
Ode to the West Wind**

CANADA FOCUSED ON JOBS AND GROWTH AT G-20 MEETING IN MOSCOW

The Honourable Jim Flaherty, Minister of Finance, will be in Moscow this week for the first meeting of the Group of Twenty (G-20) Finance Ministers and Central Bank Governors in 2013 under Russia's presidency.

"The priority of the G-20 is to work together to achieve strong, sustained and balanced growth," said Minister Flaherty. "Global growth has been weaker than expected, and we will need to work together to reduce uncertainty and build confidence by following through on our commitments and ensuring that policy settings are supportive of growth."

Discussions will focus on efforts to balance debt reduction with job creation and sustainable growth amid continuing global economic uncertainty.

"It remains critical for our actions to be anchored in robust medium-term fiscal plans," continued Minister Flaherty. "For our part, Canada is well on its way to meeting its G-20 fiscal commitments and is focused on job creation and

CARD OF THANKS



**RICARDO JUN CORPUS
1941-2013**

The family and relatives of Jun Corpus wish to thank everyone who has expressed their condolence during the hour of their bereavement. Betty Corpus, his beloved wife, son Roberto, daughter-in-law Rhoda, grandson RJ, nephew PJ, mother-in-law Sally Cerin, are very grateful to all their friends and relatives who came and gave their time to visit, pray for the repose of his soul and pay respects to him. Jun Corpus was a former director of FAMAS, and a respectable member of the Filipino-Canadian community in Montreal for many years.

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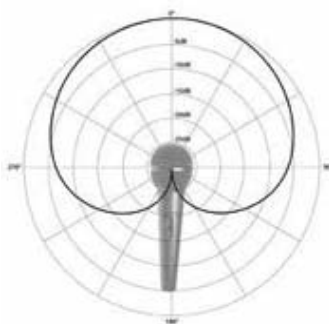
Ask the Video Guy

Al Abdon

What is a Lavalier Mic?

Producing the Balitang FAMAS News Round Up (YouTube & www.famas.ca) will not be complete without the lavalier microphone.

A terrific little audio accessory every videographer should have is a lavalier mic. They're good for many setups such as interviews, interactive speeches, movies sets and television production.



Cardioid pattern

What's a Lavalier?

According to the dictionary, a lavalier is a decorative pendant hung around the neck. Back in the days before micro-sized condenser microphones, we had to use small dynamic mics - about the size of a cigar tube - and attach them to what looked like a necklace. The talent wore the whole thing, including the cable, outside of the clothing. And it looked pretty silly. Fortunately, condenser mics shrank in size and completely eliminated the lavalier. Broadcast people, being slow to change their ways kept the name and assigned it and its abbreviation to every body-worn mic afterward. That's why you'll still hear them called lavalier and lav today. In theater and cinema circles, they're often called body mics. Regardless, we're all talking about the same thing.

The modern lav mic is tiny. They range from pencil eraser size to that of the head of a pin. This makes them easy to hide. They also come in different colors. While black is the standard, you'll find lavs in gray, white and beige. Mounting is also more flexible today. In addition to the tie clip mount, there are clothing pins and magnetic mounts. A far cry from the goofy necklace mount of yesteryear.

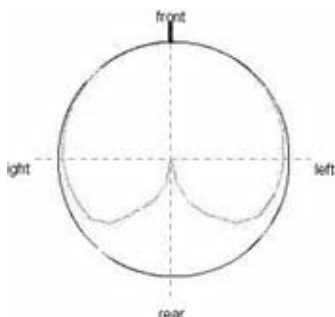
Current models also come in omnidirectional and cardioid patterns. While omni is the standard, a directional pattern could be a real problem solver in the right situation. You also have a choice between wired and wireless versions. A wired lav is the perfect solution for controlled circumstances - indoors, fixed location shoots like a sit down interview or news set. A wired lav is also a great backup on location if you have interference problems with the wireless

versions. And they're cheaper; a wired lav mic could sell for as little as \$50 and excellent models are available in the \$200 range. Their wireless counterparts typically start around \$300 and go up from there. Of course, a wireless lav offers great flexibility minus the cable dangling from the talent. In any case, a good lav mic is highly recommended for every serious shooter.

Placement

Because of their small size, lav mics are easy to use in most situations. When shooting an interview, it's quite common to simply clip the mic on the talent - attaching to a tie or lapel about mid-chest level. This is the standard application and, if you don't mind seeing the mic in the shot, it's a great way to get good sound and a fast setup. Assuming the talent faces forward most of the time, the mic always has a clear shot at "hearing" what they say. Minor head movements won't make much difference and you'll get a nice, clean recording.

If your shoot requires more stealth, lav mics work well there too. In many instances, the microphone should be invisible and, with a little creativity and some trade-off, it's possible. Start by looking at the talent's clothing. Button-front shirts offer an easy way to hide the mic while still keeping it in the open. With a little gaffer's tape, it's not difficult to



Omnidirectional

place the mic behind the buttons. This works well with polo shirts too, just place the mic at the bottom of the button-up section and secure the cable with a little tape. You may find clothing with folds, lapels and collars. Each is a great place to hide a microphone. The trick is identifying the magic location that provides good cover yet doesn't mask the mic element from the talent. This often takes some experimentation and there are no set rules. If it works, you win. Inevitably, you'll have to shoot someone in a t-shirt - this is a bit trickier. The standard method is to tape

the mic element to the chest with gaffer's tape or medical tape. If your subject has a hairy chest, this may be difficult, and painful! If the talent is female, it's common to have them tape the mic inside their bra and run the cable out the back. If all else fails, carefully tape the lav mic inside their shirt. You'll likely see the crease where the tape lives, but those are the common options.

There are plenty of models to

choose for. There are VHF and UHF frequencies. I suggest to use UHF although a bit expensive, the interference is less.

If you are serious to make movies or instructional videos for youtube or for your personal portfolio, get one and you will be amazed at the audio it will produce.

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February 2013

Philippine Embassy Consular Service:

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For application for passport renewal, applicants are required to contact the consular section of the Philippine Embassy in Ottawa (Tel. No. 1-613 233-1121) immediately for an appointment slot.

Appointment slots are available only for the first 180 callers and will be given out on a first come, first served basis.

For more information call: FAMAS at 514-3417477, Philippine Embassy: 1-613 233-1121. Forms can be downloaded from www.philembassy.ca

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February 4, 2013

Zenaida Ferry Kharroubi
North American Filipino Star
5320-A Queen Mary Road
Montreal, Quebec H3X 1T7

Dear Mrs. Kharroubi,

This year is an important one for the Filipino community in the Borough of Cote des Neiges - Notre Dame de Grace and indeed through the Montreal region. Thus, allow me to share news that I think readers of The Star will find of great interest. This year marks the 50th anniversary of the founding of the Filipino Association of Montreal and Suburbs (FAMAS), the main organization serving the needs of Quebec's 25,000 strong community of persons of origin and heritage tracing to the Philippines.

FAMAS can be proud of its excellent record in delivering services of a social, cultural and recreational nature that has consistently met the needs of thousands of persons in our Borough and elsewhere in our city. FAMAS has aided Filipinos in Quebec make the transition to their new society while retaining their sense of pride in their country of origin.

As City Councillor in a district and Borough with a growing population of Filipino origin and heritage, I recognize how vital FAMAS is as the bedrock organization of the Filipino community in Montreal and understand the resonance this upcoming 50th anniversary has for so many residents in our neighbourhood. It is for that reason that I am delighted to support two major events to showcase FAMAS and the Filipino community.

Recently I had the pleasure of meeting with President Aurora Osdon and the FAMAS Board. I was able to inform the Board that the Cote des Neiges - Notre Dame de Grace Borough will contribute \$7500 for Pista Sa Nayon which will be held this year at Mackenzie King Park on July 21.

Moreover in recognition of the 50th anniversary, the Borough will also support FAMAS's Golden Gala which will take place at the Hellenic Centre, 5757 Wilderton, on June 15. This event celebrating FAMAS' 50 years is expected to draw more than 500 persons and will honour past Presidents of FAMAS as well as Filipinos who have made exceptional contributions to Montreal, Quebec and Canada. The Borough will arrange an additional grant of \$1500, to help assure the success of the event. The public can obtain tickets directly from FAMAS by calling 514-341-7477.

.../2

I can also alert your readers to another important event. Mr. Rey Balansi, the Knight Commander of the Montreal Chapter of the Knights of Rizal, informs me that the Knights of Rizal World Congress will be held in Montreal at the end of August. This is good news and will bring hundreds of delegates to our city to honour the extraordinary contribution of Jose Rizal, the national hero of the Philippines and a beacon of light for those who believe in racial equality, democracy and peaceful and fraternal relations between nations. The Borough will be meeting with the Knights soon to see what role we can play in assuring the success of this Congress. I remind Star readers that there is a monument honouring Jose Rizal in Mackenzie King Park

Our Borough will also continue its support for the Philippines Independence Day celebration in Mackenzie King Park, will contribute to the United Filipino Seniors, the Fil-Can Chess and Social Club and will aid both the Philippines Basketball Association of Montreal and the Marquis Basketball Club in their efforts to provide recreational services to the youth and young adults as well as work with other groups delivering services to our city's Filipino population.

I look forward to participating at these events. FAMAS' 50th anniversary is a testament to the deep roots the Filipino community has in Montreal. The Knights of Rizal Congress also speaks to the growing influence of our city in the Filipino diaspora. The continuing good work of the other organizations is a sign of success that wins the recognition of local government.

Yours truly,

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**Assembly place: Plamondon Metro
(Van Horne Exit)**

Time: 9:00 A.M.

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Second list of Designated Countries of Origin announced

Ottawa, February 14, 2013 — The Minister of Citizenship, Immigration and Multiculturalism, Jason Kenney, announced today that the list of Designated Countries of Origin is expanding to include an additional eight countries.

As part of the improvements to Canada's new asylum system that came into effect on December 15, 2012, the Protecting Canada's Immigration System Act included the authority to designate countries of origin—democratic countries that offer state protection, have active human rights and civil society organizations, and do not normally produce refugees.

"Faster processing of asylum claims from generally safe countries is an essential feature of Canada's new faster and fairer refugee system," said Minister Kenney. "Our new system provides protection more quickly to genuine refugees, while removing individuals whose claims are rejected from the country faster."

The second list of designated countries includes:

Mexico
Israel (which excludes Gaza and the West Bank)
Japan
Norway
Iceland
New Zealand
Australia
Switzerland

Including the designation of these eight countries, effective February 15, 2013, 35 countries appear on the designated countries list, which already includes most countries in the European Union (EU), Croatia and the United States.

Under the new refugee system, all eligible asylum claimants from designated countries continue to receive a full and fair hearing on the individual merits of their claims at the independent, quasi-judicial Immigration and Refugee Board of Canada (IRB) within 30-45 days. Claimants from non-designated countries receive a hearing within 60 days. Failed claimants from designated countries may still appeal to the Federal Court to review a negative decision; however, they do not have access to the newly-created Refugee Appeal Division at the IRB.

To be considered for designation, a country must meet objective criteria related to the number of finalized asylum claims that Canada receives from that country. For countries with 30 or more claims in any consecutive 12-month period during the three years preceding designation, quantitative criteria are used. At least 60 percent of claimants from the country must have withdrawn and abandoned their own

claims, or at least 75 percent of claims from a country have been withdrawn, abandoned, and rejected by the IRB.

In the case of countries with low numbers of asylum claims (namely, no consecutive 12-month period with 30 or more finalized claims during the three years prior to designation), objective qualitative criteria are used, including the existence of an independent judicial system, recognition of basic democratic rights and freedoms, and the existence of civil society organizations.

Many developed democracies use a similar authority to accelerate asylum procedures for the nationals of countries not normally known to produce refugees. These states include the United Kingdom, Ireland, France, Germany, the Netherlands, Norway, Switzerland, Belgium and Finland, among others. Most EU states also have accelerated procedures for the nationals of other member states.

The United Nations High Commissioner for Refugees, Antonio Guterres, has recognized that "there are indeed Safe Countries of Origin and there are indeed countries in which there is a presumption that refugee claims will probably be not as strong as in other countries." He has also recognized the legitimacy of providing expedited processing for asylum claimants from those generally safe countries.

The Protecting Canada's Immigration System Act is expected to save provinces and territories at least \$1.6 billion over five years in social assistance and education costs.

Follow us on Twitter (new window to unfollow or login):

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Photos of Minister Kenney are available.

For further information (media only), please contact:

Alexis Pavlich
Minister's Office
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Zenaida Ferry Kharroubi, B.A., M.A.
 Founder & Director-General, Gilmore College
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North American FILIPINO STAR PHOTO GALLERY



Three birthday celebrants at Ballroom Dance sport - Wendy, Stefan, and Christine - holding their birthday cakes, January 25, 2013.



Two January birthday celebrants, Siv Er and Zenaida Garcia, holding a little cake with one candle, posing for souvenir with their classmates in French and other guests, January 21, 2013



Benjamin Bade (seated 3rd from left) celebrated his birthday on January 28, at a Chinese restaurant. Posing with him are seated from left: Aida de la Cruz, Magnolia Camat, Zenaida Kharroubi and Edna Lorezon. Standing behind are other students, friends and family of Ben, in particular, Jojie Perez, and Joesel.



Crossing paths with former Gilmore College students, from left: Aida Baldesco, Maribeth Sernal, and Rosa Basilan, during the UPS induction on January 5, 2013 at St. Kevin's Hall.



Juvy Solis and a friend, Precy Billones and Grace Ban-coog, enjoying themselves during the UPS Induction party at St. Kevin's Hall, January 5, 2013



From left: Manny Cea, Alberto Santos, Zenaida Kharroubi, and Al Abdon. Taken at the UPS Induction Party, January 5, 2013 for souvenir of the annual get together of the Star staff at Pacini. Willie Quiambao left before this photo was taken, hence, we asked Manny to replace him, but decided to publish picture as is.

PERSONALITY OF THE MONTH

Lumabao, the Singing Caregiver

by W. G. Quiambao

When Levy Lumabao joined the Fil-Can Idol singing competition, all she wanted was to have fun and meet a lot of friends who have interest in music. That's why she was surprised when she won the Fil-Can Idol, Adult category, Division 1 - (14-34 years old), with her powerful rendition of Shy Guy and Listen.

"I really couldn't believe it," admitted Lumabao.

Lumabao, who was born in Laoag, Ilocos Norte, arrived in Canada in 2010. At the age of four, she already knew that she wanted to become a singer. Her aunt, the singer of Noel Marques band, a musical composer, spotted her talent. She sang in Ilocano, Tagalog and English. To jump-start her singing career, her aunt would bring her to Barangay events like town fiestas and parties.

"I was very young but attending these events wasn't difficult for me," said Lumabao. "Actually, I enjoyed it. People



Levy Lumabao

in our town would give me money.

helped pay household expenses and school allowance." When she was in high school at Ilocos Norte College of Arts and Trade, she'd enter singing competitions, many of them she won. For example, she represented her school in a competition in the whole province of Ilocos Norte and won it. In high school, she sang on a radio station. While singing there, she received an offer to record songs in Ilocano. But she refused it. She put her musical plans on the back burner and focused on her studies.

In her teens, she became a member of INCAT Rhythm Harmony Band and Sweet Divas., a girl band composed of five members. They would accept gigs during their spare time.

"Although we're performing, I'd bring my books and study during breads," said Lumabao. "But I maintained my good grades."

After high school, she took a course in midwifery at the urging of her father because the tuition was cheap and the course was short. Only for two

"Initially, I wasn't interested but I eventually liked it," said Lumabao.

She graduated in midwifery in 2003. She worked as a midwife in 2010, then immigrated to Canada to work as a caregiver. She found an employer in Outremont. Though she's working as a caregiver, she still nourishes her passion for singing.

"I sing while babysitting or cleaning," Lumabao said.

She then met Grace Virginiza, a friend who is also a singer. Virginiza prodded her to compete in the Fil-Can Idol.

"I was initially doubtful because I haven't sang publicly for two years," said Lumabao. "Beside, I was a bit intimidated by the other singers who have been here for a long time."

Lumabao, whose singing idols are Martin Nievera in the Philippines and Whitney Houston in the United States, is willing to be trained and vocalized if discovered by a talent agent.

"Meanwhile, I'm focusing on how to get my immigration paper."

By W. G. Quiambao

Past FAMAS Bb. Pilipinas-Montreal - Where are they now?

In conjunction with the celebration of FAMAS' 50th anniversary, we approached a few of the past winners of the Bb. Pilipinas-Montreal. So far, there are only three who responded to our request for an interview, namely, Mimi Katergaris, Leila M. Salazar and Jillian Ruiz. In their own words, they shared with us their fondest memories and experiences during their reign.

We thank these three title holders for their time. They truly deserve to be named FAMAS Bb. Pilipinas-Montreal and the Association is definitely proud of them.

Jillian Ruiz - Bb. Pilipinas-Montreal 2002

"I remember enjoying every moment of it - from learning more about our heritage, to meeting new friends



and to traveling to Filipino communities in and around Canada and the US. It was such an honor to be an ambassador of our proud community. And I definitely do take pride. I guess so much of it has to do with the way my parents' generation was brought up and all the sacrifices they have in order to provide the best for us. I appreciate that so much more now and continue to work hard everyday so that I can also do the same for my children. "And

if there's anything more I could share, it would be just a simple thank you. A thank you to FAMAS and all the hard-working organizers that volunteered their time to celebrate and support our youth - it certainly left a positive impact on me and for that I am grateful."

I'm now working as an event planner and expecting my first baby boy in June 4, 2013."

Leila M. Salazar - Bb. Pilipinas-Montreal 1993

"It has been 20 years since I won the title of Bb. Pilipinas-Montreal and still to this day, I remember the excitement and the overwhelming happiness I felt that night. With the unconditional support of my family and friends and the whole Filipino community, my reign was an unforgettable experience which I will forever treasure. The title enabled me to



meet new people, to participate in many events and be an ambassador of goodwill for our community.

"After my reign, I continued my involvement with the Filipino community by choreographing Bb. Pilipinas-Montreal 1997, emceeing various charity events and acting as a

youth director for various committees. Also, I found time to pursue one of my favourite hobbies - dancing. This paved the way for me to become a member of the Filipiniana Dance Company for over 10 years, which gave me the opportunity to perform in different countries in Europe, the US and Canada. Meanwhile, I taught hip-hop dance to your kids and ball room and Latin dances at Arthur Murray Dance School.

"I have pursued my studies and have earned two Bachelors degree in Exercise Science and in Nursing. My work experiences as a nurse included working in various hospitals in the US, Ontario and Quebec. I am presently working as a Nurse Clinician at the Main Operating Room of Royal Victoria Hospital.

"I am married to my wonderful husband, Costa, and we are gifted with four amazing kids - Trinity (8), Mikaela Jasmin (6), Jaryd Steven (4) and Nathaniel James (5 months). We are currently living in Laval. "Winning the title of Bb. Pilipinas-Montreal was both an honor and a huge responsibility. It has taught me to believe in and to stay true to myself. I no longer carry the crown on my head but I will always carry it over my heart!"

Mimi Flores-Katergaris - Bb. Pilipinas-Montreal 1992

"No one really dreams at the age of 16 being crowned Miss Philippines-Montreal. At least, I didn't. It was all surreal, exciting and a life learning experience for me. When I was scrutinized by one community paper, I was extremely hurt. I was an innocent 16-year old girl trying to make my parents, family and friends proud. But as I got older, I realized a little criticism just motivates one to succeed more. I learned to love myself regardless of what people thought and to be proud of who I was and where I came from. That

experience changed my life. I gained self-confidence and strength because that incident made me the woman I am today.

"Life throws you curve balls, sometimes all at once and it's up to you to find a way to catch them. I speak from experience. Some people



may think it's too personal to share one's 'curve ball' or experience as we say, but in my case, I learned a great deal from it and it made me see my life in a different way. Basically, my life began at 30. On my 30th birthday, I found out I had a brain tumour. As a mother of one and half-year old boy, I was frightened if I would ever get to see him grow up. I stood strong and told myself to stay positive and to pray that everything will be okay. Four weeks later, I was operated and miraculously told that it was benign and that I will be okay. This journey gave me my life back and I am stronger than ever.

"I graduated from Concordia University with a Major in Sociology and a Minor in Education. I am an Administrative Assistant and have been working at the Jewish General Hospital for the last 6 years.

"A Laval resident, I am now 37 years old, married and my son Kiro is soon to be 9 years old."

Philippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi

Ukoy is the Filipino version of shrimp fritters. Small shrimps (usually with head and shell on) are mixed in a batter and fried until crispy. This can be an appetizer, a main dish, or a mid afternoon snack. Several variations of this dish exists, the most common ingredients that are mixed with shrimps are mung bean sprouts (togue) and julienned squash. There are also other ukoy variations wherein small fishes such as dulong or dilis are used instead of shrimp.



The secret to a good Ukoy is its texture. You can put any ingredient that you want as long as it is within the norm but it should come out extra crispy

Ingredients:

- 1 cup small shrimps, cleaned
- 1 cup cornstarch
- 1/4 cup flour
- 1 1/2 cups mung bean sprouts (togue)
- 1/2 teaspoon salt

- 1/2 teaspoon ground black pepper
- 1 piece raw egg
- 1/4 teaspoon baking powder
- 1 1/4 cups water
- 2 cups cooking oil

Cooking procedure:

1. Combine cornstarch, flour, baking powder, egg, water, salt, and ground black pepper then stir until diluted.

2. Add the shrimps and mung bean sprouts in the mixture and lightly stir to distribute.

3. Heat a frying pan or small cooking pot and pour-in the cooking oil.

4. When the oil is hot enough, scoop about 2 to 3 tablespoons of the mixture and quickly (but cautiously) drop it in hot oil.

5. Cook each side for 2 to 3 minutes or until the color turns golden brown. Please note that cooking time may vary. Repeat this step until the entire mixture is consumed.

6. Remove the deep-fried ukoy from the pan and place in a plate lined with paper towel to absorb the oil.

7. Remove the paper towel and serve with sinamak.

8. Share and enjoy!

How to cook Chicken Tinola or Tinolang Manok

Chicken Tinola Recipe is a nutritious dish and one of the authentic Filipino recipes and it is one of a kind among Asian dishes. It is simmered for quite a time to bring out the natural flavors of chicken, ginger and other ingredients. Eventually, this gives off a pleasant aroma that dominates one's senses.

- 5 pieces of tomatoes small sized, sliced (optional)
- 1 red onion, diced
- 4 tablespoons oil
- 2 tablespoons patis (fish sauce)

Chicken Tinola Cooking Instructions:

In a large pan, heat oil and saute' garlic, onion, tomatoes, chicken and ginger.

When the tomatoes are cooked add water and lemongrass.

Bring to a boil and simmer for about 20 minutes or until chicken is almost done.

Season with patis or salt.

Add papaya and Siling Haba (chili) and continue to simmer for an additional 5 minutes or until papaya softens but not overcooked.

Add Chilli leaves then turn off the heat.

Serve steaming hot with plain rice.



HOW TO MAKE SUMAN:

INGREDIENTS:

- 2 cups white glutinous rice
- 1 1/2 cans (13.5 oz) coconut milk
- 1/2 cup sugar
- 1 teaspoon salt
- banana leaves for wrapping
- Rinse the rice until water runs clear then drain.

In a wok or heavy pot, combine rice, coconut milk, sugar and salt.

Bring to a boil. Simmer for about 30 minutes in medium heat while stirring constantly then reduce to lower heat.

Mixture is done when rice becomes very sticky and almost dry.

Let the temperature cool down before wrapping.

Prepare the banana leaves by wiping away any white residues with a damp cloth.

Remove the spine and trim (size preference).

Scoop the rice mixture and place it over the prepared banana leaves.

Start rolling to secure the rice mixture and fold the sides.

Repeat until rice mixture is finished. Set up the steamer.

Arrange the wrapped mixture into the steamer. Single layer or on top of each other.

Steam over medium heat for about 45 minutes.

Remove from steamer. Serve with sugar. Enjoy!



Chicken Tinola or Tinolang Manok Recipe is best served with rice during cold and rainy seasons. It eventually becomes a highlight since it provides a warming effect. More so, the soup of Chicken Tinola Recipe is a good and delightful option for sick individuals. It contains the essential nutrients that the body needs during the recuperation process.

In this recipe we added tomatoes in sauteing the chicken, this process will seal-in the taste of the chicken making it more delicious. Give it a try you will surely love it.

Chicken Tinola Ingredients:

- 1 kilo Chicken drumstick choice cuts
- 1 small young papaya, cut into small pieces.
- 2 tablespoons ginger, crushed and sliced into strips
- 1/2 cup Chili leaves
- 1 liter of water
- 3 siling haba (chili)
- 1-2 stalk lemongrass
- 5 garlic cloves, minced

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FILIPINO STAR SHOWBIZ GOSSIP

Getting to know Zendee – fears, quirks and all



Zendee Rose Tenerefe's life story has practically become an open book, with the 21-year-old diva herself sharing it to the world via GMA's, "Kapuso Mo, Jessica Soho." She has also become a household name, thanks in part to an appearance on "The Ellen DeGeneres Show" – a celebrated affair much like Charice's guesting way before her – after she gained great notice following her video performance of Jennifer Holiday's "And I Am Telling You" going viral on YouTube.

Judging from facts she divulged in those interviews, which included anecdotes about her audaciously joining numerous singing contests despite having no formal background in singing, one would easily conclude that not only is Tenerefe quite a tough young lady, she is also very daring and brave indeed.

That said, did you know that this young singer has several fears that she has been keeping close to her heart? Well, until now that is. Here are a few of Zendee's secret fears revealed.

Leftover rice gone bad

"Ayoko talaga [nun]. Hindi ko rin alam! Pero kasi ano, ayaw ko talaga 'yung amoy ng panis na kanin," she explained.

"Sa sobrang takot ko, kapag alam ko na, halimbawa kagabi pa 'yung kanin, ni buksan 'yung takip ng kaldero 'di ko magawa!"

Mathematics

"Sobrang takot ako sa subject na ito, lalo na dati 'pag sa school, 'pag Math time na, kinakabahan na ako!" She also added, "Ewan ko pero sabi nila ganun' daw 'pag singer ka, hindi ka raw magaling sa Math talaga. 'Di ako sure pero ganu'n feeling ko sa subject na 'yan!"

Girlfriends

"Ito talaga aaminin ko wala akong close friend na girl. Lahat ng matalik kong kaibigan boys or, kung hindi, beki. Kasi ano, noon, nagkaroon ako ng bad experience

continued on page 18

Fil-Am hopeful makes it past American Idol Vegas round



Adriana Latonio

Following her inclusion in Hollywood Week in the latest season of "American Idol," Filipino-American Adriana Latonio makes it past the hit reality show's Las Vegas Round Part 1 when she was named among the first five that would complete the Top 20 finalists.

Latonio, who belted out Aretha Franklin's "Ain't No Way" during the show's Top 40 Semi Finals (dubbed "Sudden Death") on Wednesday night (Thursday morning in Manila), was commended by the judges Keith Urban, Nicki Minaj, Randy Jackson and Mariah Carey. The two male judges even stood in awe of the 17-year-old's solo performance.

Urban started off by exclaiming, "Now the night has started!"

"Your emotions belied your age," he told the young singer, who hails from Anchorage, Alaska. "I felt like you were channeling all the soul that song requires. It's a big song. The thing is, sometimes I want to be careful (of my reactions) when you are performing this close... I don't want to emote too much and have you become aware of people's reactions that may unhinge your performance. But it was really hard to not react because it was so damn good."

Minaj, meanwhile, asked the five-foot tall Latonio if she is a Filipino.

"Yes, ma'am," Latonio answered, making the audience roar with enthusiasm.

The R&B singer then told her, "Within the two seconds of you

walking out, this is what I wrote down: 'Little tiny thing but commands the stage from the second she walks out.' There is no fear, and being so close to you guys, we can see you trembling and shaking and everything. I did not see one ounce of fear in you."

"Apart from the vocal being great, I think that you're poised and ready. You almost feel that you've already been doing this. Congratulations my little lady bug," Minaj added.

Jackson echoed, "Nicki, you know why she walked out like that? This girl is born to do it. That kind of confidence at 17 and to come that close to us, it's like 'Yo! I'm getting this!'"

He also noted, "And at the end, that last note, it was almost there. Keith and I, I was looking at him, and you hit it in the end with the vibrato, it worked right in the tune like that. This girl is a pro. I loved it. I loved, loved it."

Carey, for her part, believes that an Aretha Franklin song is too big for just anyone to tackle, and for Latonio to do so successfully has made her really happy and proud of the young hopeful.

"It can be a really rough thing to do that and have it not turn out the way you want it to turn out. Because she's (Franklin) amazing and she can basically do anything. I really loved how you came through with your version of the song. I think you worked it out and I enjoyed the front half where you took your time. Really nice," she said, before giving Latonio an A+.

Latonio, for her part, told Carey of her performance: "I feel great. It went better than I thought it."

"I rehearsed and I was not so sure about it but now that I came out here, I'm just glad that I did my best and it all worked out," Latonio told host Ryan Seacrest after the judges' comments.

As announced on the show's official Twitter account, five "Idol" girl hopefuls to move on to the Top 20 are Latonio, Amber Holcomb, Angela Miller, Kree Harrison and Tenna Torres. ■



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Jessica Sanchez conquers Filipino hearts on Valentine's Day



Jessica Sanchez sings 'Ikaw' in Manila Concert

After waiting for about half an hour, the jam-packed crowd at the Smart Araneta Coliseum in Quezon City was starting to get impatient, repeatedly calling out her name: "Jessica! Jessica! Jessica!"

But the long wait was worth it when American Idol Season 11 runner-up Jessica Sanchez emerged on stage in a silver mini dress singing her own version of "Can't take my eyes off of you."

It was her fellow American Idol finalist Colton Dixon who opened her Valentine's Day concert at 8:30 p.m. last Thursday.

Dixon performed six songs that included Lifehouse's "Everything" and "Meant to Love" by Switchfoot.

When Dixon's 15-minute front act ended, the lights went off, leaving the crowd in anticipation of Sanchez's first number.

So when the Filipino-Mexican of "Idol" fame finally appeared a little past 9 p.m. and did her opening song, eager anticipation was replaced by deafening cheers and applause from the audience.

"Mabuhay Manila!" Sanchez told her screaming fans, who were unstoppable when she gave her own version of "Human nature," "Love on top," and "Someone like you."

Dixon returned on stage to do a duet with Sanchez of "Love the way you lie".

The highlight of the show was when Sanchez, this time clad in a white dress, sang "Ikaw" popularized by megastar Sharon Cuneta.

The crowd went wild and gave Sanchez a standing ovation after.

The screams only got louder when she belted out Whitney Houston's "I will always love you" and Jennifer Holiday's "And I am telling you."

Sanchez dedicated a song to her dad, "Dance with my father" who she wished "could be here tonight".

Sanchez's finale was an upbeat song "Fairy Tales."

"Thank you Manila! I love you so much! Happy Valentine's Day. Mahal ko kayong lahat. Thank you so much!" she told the audience.

She returned for her encore and sang another upbeat song, "Jump in."

Sanchez's performance alone only took about an hour but she didn't fail her fans who lined up outside the venue as early as 5 p.m.

"Amazing!" a young girl exclaimed after the show.

"It was a great!" another fan said.

A 23-year-old teacher, Juddielene Caceres, came all the way from San Pedro Laguna and took a leave of absence just to watch her idol. She even brought her 17-year-old student, Kimberly Malunes, whom she said looked like Sanchez.

Because they could not afford to pay for an expensive seat close to the stage, Caceres said they brought a binocular, which they also used when Sanchez first held her first concert along with other American Idol finalists last year.

"Malayo kapag general admission na pero ok lang worth it naman pag nandoon ka na," she said.

Caceres said she liked the singer even more when Sanchez replied to her tweet in May last year.

"Kasi noong malapit na yung finale ng American Idol, nag tweet ako kay Jessica tapos nag reply sya kaya lalo ko syang nagustuhan," she said.

"Kasi napapansin ko yung mga heels nya ang gaganda Sabi ko how many heels do you have..? Nagreply sya: 'I have a lot, thank you'."

Sanchez's crowd also included a 59-year-old employee, Anne, from Bulacan who was with other family members to watch their idol.

Also spotted at the concert were former Chief Justice Renato Corona and his wife, and former Pagcor chairman Efraim Genuino. ■

The sexiest woman alive?



Esquire Philippines seems to think so.

The French Pinay actress-model (and oh yes, singer) appears on the cover of the magazine's February 2013 issue literally butt naked, with only her tats and a well-positioned arm covering her.

Inside, *Esquire* devotes 10 pages to Solenn, with "nearly nude" shots taken by photographer BJ Pascual.

The cover story, written by movie critic Philbert Dy, reads, "We've been seeing a lot of her these days, with ads for vodka, pizza and condos. But we've also been seeing her with a lot less—less clothing, inhibitions, and fear. Sexy has become synonymous with Solenn."

Indeed, Solenn has not been in the least self-conscious about baring (nearly) all, going toe-to-toe with Lovi Poe as the go-to stars for risqué (but

classy) photo shoots. Lovi was featured topless in the December 2012 issue of *Rogue Magazine*.

"It's really hard to know what people mean, anyway," she tells *Esquire* about being labeled sexy.

"Like here, when reporters ask me how sexy I'm willing to go, they just mean how much am I willing to show. "And I'm like, is that it? If I show my boobs, that makes me sexy? I think there are other ways that people can be sexy."

It is this attitude that makes Solenn sexy, the article notes. "It is a cliché, but it isn't any less true. Solenn genuinely doesn't seem to care about being perceived as sexy, and that is what makes her so entirely appealing. It is just her natural state, a byproduct of her actually enjoying what she does for a living." ■

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Showbiz Gossip *Continued from p.17*

Too hot for TV?



Rocco Nacino and Lovi Poe

The Movie and Television Review and Classification Board (MTRCB) has put "Party Pilipinas" under probation for at least six months in relation to the airing of a dance number of Lovi Poe and Rocco Nacino on the Sunday variety show that some people deem too sexy, if not too hot for daytime TV.

Ironically, a video copy of the

performance, which shows Poe and Nacino seemingly simulating a sexual act of sorts on a bed and via harness, can still be seen on YouTube. It has received over 18,000 hits with netizens divided on the matter.

Although there were some who agreed with MTRCB's finding, deeming the performance lewd and improper, there are also those who found it quite entertaining.

"yung kalaswaan nasa isip lang natin 'yan," proffered one user.

Nonetheless, apart from putting the show on probation, the MTRCB has also ordered the "officers, director, producer of Party Pilipinas to undergo gender sensitivity training."

More, the agency directed the producers of the show to issue a public apology on air during its upcoming episode on Sunday and in a newspaper of general circulation not later than Feb. 9.

GMA hasn't issued an official statement on the issue though the MTRCB has already extended its appreciation to the network via Twitter for its supposed "candor, maturity, and cooperation" in addressing the matter. ■

Richard's long, long distance love affair with Sarah



Richard defines love as 'the anchor of life. It doesn't let you drift away'

True love is said to stand the test of time, personality differences and, in the case of Richard Gutierrez and Sarah Lahbati, even great distance.

The lovebirds were forced apart, at least temporarily, when Sarah left the country following a messy falling out with their mother studio, GMA-7. She is currently in Switzerland to resume her studies.

"It was a big adjustment," Richard told Bulletin Entertainment exclusively, noting that he and Sarah were almost inseparable in the past year, having done the TV series "Makapiling Kang Muli" (where their romance bloomed) and "Seduction," their first movie together.

"In the beginning, when you make a decision and you say, 'Kaya natin 'yan,' madaling sabihin eh. But once you're actually in the situation, you learn how to adjust, and it's not that easy but it's something you have to cope with," he said.

If there's any lesson learned from what he calls an "all of a sudden" setup, it's "just being there for each other, sticking it through kahit mahirap." Keeping their optimism, as well as their love and understanding for one another, would help them overcome the storm, he added.

At one point, he even quipped that their favorite love song, Robin Thicke's "Lost Without You," makes more sense now than ever before.

Richard used to keep his previous relationships away from the prying eyes of show business. His openness about the relationship now has actually proven invaluable for him and Sarah, thanks to fans offering encouragement during these trying times.

"Now I appreciate [it] also kasi people show their support; they appreciate that we share our love for each other with them, so it's good that we're inspiring people," he said.

After he fulfills all his commitments here, Richard hopes to visit his Filipino-Swiss sweetheart for a post-Valentine rendezvous. But thanks to modern technology, the two are able to communicate every day, albeit virtually.

His advice to couples in a similar situation is to "have faith, stay strong, and always communicate."

"I was thinking, back in the days, pa'no kaya 'yung mga lovers na they write letters, it takes months bago makarating. We're lucky na we can actually communicate with each other for free every day. Also, keep yourself busy with work and whatever your hobby is, 'di ba? That's what I do. It's been working so far," he added with a chuckle. ■

Jinkee Pacquiao's foray into politics



After making a name of her own as a celebrity beauty endorser, the wife of People's Champ Manny Pacquiao has set out to make her mark in politics.

Jinkee Pacquiao is running for vice governor of Saranggani, the province represented by her husband who is now seeking a second term in Congress, reports said.

The Pacquios filed their certificates of candidacy at the local Commission on Elections office Tuesday, along with Saranggani Vice

Governor and gubernatorial bidder Steve Solon.

Jinkee's decision to run was finalized only hours before Manny's scheduled filing, reports claimed, noting that it was the outcome of consultations between Manny and some allies.

Pacquiao leads a regional political party called the "People's Champ Movement," which is affiliated with Vice President Jejomar Binay's United Nationalist Alliance (UNA). ■

Getting to know Zendee, from page 16

"Lalo na ngayon, siyempre kailangan ko boses ko, mahirap magkasakit; sayang ang mga gigs!"



Zendee Rose Tenerefe with Ellen DeGeneres on "The Ellen Show."

with a former friend, as in nightmare talaga," she divulged.

"In fairness naman, gusto ko lang din sabihin na ang saya din lang kasi kasama ng mga beki, 'di ba?"

Rain

"Naku natataranta ako diyan! Kahit ambon lang. Kasi ano, ambilis ko magkasakit! 'Tas pag sinipon ako matagal mawala tapos namamaos ako kaya takot ako sa ulan," she explained.

Tickling

"Naku takot ako sa kiliti! Hate na hate ko 'yun! Lalo na 'pag sa tuhod pababa, tatakuhan talaga kita 'pag ganun."

Currently busy promoting her debut single "Runaway," a slice of modern pop sung in English that is now making the rounds of radio stations nationwide, Tenerefe is also hard at work finishing her CD for Warner Music Philippines, which is set to drop very soon. ■

What love does to Alex Gonzaga

By Dolly Anne Carvajal



Alex Gonzaga

Alex Gonzaga is in full bloom. That's what love can do. She's blissfully happy with her boyfriend, Jed Tiu Lim. "He's very supportive," she told me, beaming. "I don't mean to sound holier-than-thou but I think our relationship works because we put God in the center."

What's Ate Toni's love advice to her? "She tells me to trust our parents'

discernment and wait for God's time." Don't they have professional rivalry? "None at all," Alex said. "Competition pa siguro (laughs). I look up to my Ate. I learn much from her."

Via Instagram, Toni posted a pic of Alex to go with her very touching birthday message. On the other hand, Alex posted a pic of her Ate Toni's gift to her (Tori Burch items) with a matching sweet caption. The fab sisters are forever in each other's corner.

Cool host

Chiz Escudero is a natural at TV hosting. Being paired with Kris Aquino in ABS-CBN's "Kris TV" yet again this week (he was guest host for two cycles last year) is no small challenge but he's definitely up to it. The cool senator comes across as a seasoned trouper.

"I thank Kris for this opportunity," he says. "I've long wanted to be a TV host, though my real calling is public service."

Chiz has become a YouTube sensation, too, because of the "Oppa Gangnam Chiz" video, which can be viewed via his Facebook account. "It

wasn't that easy to do," he confesses. From whatever angle you look at it, Chiz ticks!



All systems go

It's all systems go for Aga Muhlach after the Comelec (Commission on Elections) declared him a natural-born Filipino. Amid all the intrigues hurled his way by his political rivals, he remains undaunted. "I never venture into anything unprepared," he said during a press con. "[I] hope [I'm given] a fair chance to show what I can offer." He's bursting with excitement when he talks about his plans for CamSur. You can

tell that his heart is 100 percent in it. With Aga's childlike enthusiasm, I can tell that he will stop at nothing to do what needs to be done and give what needs to be given.

Keeping silent

Since I have been quoted in various articles online and interviewed on TV about the marital woes of my BFF (best friends forever) Cesar Montano and his wife, Sunshine Cruz, people have been badgering me for the latest score.

Out of respect for this couple, whom I love dearly, I'd rather not say anything at this point. I don't want to rock the boat. Amid the controversy, I salute Shine for carrying on with her motherhood duties and I also doff my hat to Buboy for working hard to finish "Turning Cradle: The Untold Story of Alfredo Lim." It's not easy to raise kids and face the camera with a heavy heart. I believe so much in the love that Buboy and Shine have. Hopefully, when the noise dies down, they can still hear their hearts telling them that they have more reasons to hold on than to give up. ■

Pinoy TV shows we kinda miss

By NR Ramos

Pinoy TV shows come and go through the years but chances are, the series you avidly watch today are just mere rehashes of successful shows from the past retooled to suit a new generation of TV viewers.

Here are some old Philippine shows that made channel flipping then very much an adventure in itself, despite fewer choices.

'See-True'

It is said that many of today's showbiz talk shows are copycats of "See-True." We disagree. No one can compare to the one and only Inday Badiday or Ate Luds.

Of course, beyond its charismatic host, "See-True" was also fun in so many ways: from the unscripted verbal tussle between colorful stars, equally colorful reporters, to the revealing anecdotes that almost always makes headlines a day later.

Remember Janice de Belen's confession about doing the deed with Aga Muhlach? "God was with us when we did it," she said. How about the violent altercation between Divina Valencia and deceased

manager to bold stars, Rey dela Cruz, that ended with her conking him on the head with a microphone?

We could only imagine what would happen if, say, Mon Tulfo, Raymart Santiago, and Claudine Barretto appeared on such a show today. As Inday Badiday herself would say: "Careful, careful."

'That's Entertainment'

This show was conceptualized by another irreplaceable showbiz personality, German "Kuya Germs" Moreno. Seemingly the first-ever reality show on Philippine TV, it featured a never-ending parade of showbiz wannabes.

Many of today's stars, including the likes of Tony Award winner Lea Salonga, danced and sang on the show. The cast would also perform a cultural number or two from time to time, and hone their skills in acting on cam based on impromptu scripts. The show also catapulted different dance groups to popularity including The Maneuvres, Streetboys, Abztract Dancers, Kids at Work, and the Universal Motion Dancers.

As campy as it may seem,

"That's Entertainment" was a big hit, with hordes of fans trooping to Broadway Centrum to watch their idols who were grouped into five units: Monday, Tuesday, Wednesday, Thursday and Friday. Saturday was when they would try to outdo each other via spectacularly choreographed production numbers.

'Batibot'



An approximation of the hugely popular American TV invention, "Sesame Street" done in local context, it popularized characters such as Pong Pagong (a clumsy, pink turtle wearing a baseball cap) and Kiko Matsing, both sharing lots in common with Big Bird and Oscar The Grouch respectively.



Pong Pagong

Equally popular to children are the human characters Kuya Bodjie, Kuya Mario, and, of course, Ate Sienna, whom many young boys eventually developed a huge crush on.

"Batibot" actually has a real address that children could recite on cue: "12 Saint John Street, Cubao, Quezon City. Ang zip code namin ay 1119." In that matter at least, they have one-upped over "Sesame Street," which is just a fictional address in Manhattan. ■

More Showbiz Gossip on p..22



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Born from Filipino parents, Dr. Villafranca was born in Montreal and grew up in South Shore Brossard.

Her clinical experience is extensive. Upon completing her studies at McGill University in 2002, she continued her training at the Montreal General Hospital dental clinic, caring for medically compromised patients. Since then, she

care for patients of all ages. In addition to maintaining a private practice, she became an assistant professor at McGill University and came back to the MGH as a clinical teacher and Site Director, helping to train new dentists. Her work has also allowed her to become one of a small team of dentists responsible for the care of head and neck cancer patients at the MGH.

Her passion is teaching and she conveys this even in the interaction

with her patients. Be it through prevention via hygiene instruction or a cancer screening at every exam, or via discussion of options before beginning any treatment, Dr. Villafranca believes knowledge is the key for any patient to make their own informed decisions. Dr. Villafranca's "care for the patient and drive to satisfy the patient's needs set her in a special category high above your average health professional," says Dr. Hilal Sirhan, Associate Director at the MUHC Department of Dentistry, "Her integrity, listening skills and approachability complement her character, making her someone I have been honoured to know and privileged to work with."

"I just love her. She has a very light and caring touch. Magaan ang kanyang kamay," says Allison Abrigo, a patient.

Prime Minister Stephen Harper announces support for defibrillators in community hockey arenas

Saskatoon – Prime Minister Stephen Harper today announced that the Government of Canada is working with the Heart and Stroke Foundation of Canada (HSFC) to put in place Automated External Defibrillators (AEDs) and related training in community hockey arenas across the country in order to help save lives.

"Our Government is committed to protecting the health and safety of Canadians while encouraging active and healthy lifestyles," said the Prime Minister. "We are proud to work with the Heart and Stroke Foundation of Canada and its partners to provide defibrillators and trained personnel to use them at community arenas across the country."

This initiative will expand the availability of defibrillators for many Canadians, as recreational arenas are a focal point for many communities throughout the country, particularly in rural regions.

Government of Canada support for this four-year initiative – which is being provided through the Public Health Agency of Canada's Automated External Defibrillators program – will allow the HSFC to coordinate the installation of, and training for, defibrillators. This initiative delivers on a commitment made by the Prime Minister in April 2011.

Phase one of the initiative, currently underway, will assess the needs of 3,000 community hockey arenas in Canada and will result in an implementation plan. Phase two, beginning in spring 2013, includes providing the necessary training to attendants and will see the rollout and installation of the defibrillators, according to the plan.

According to the HSFC, up to 40,000 Canadians experience a sudden cardiac arrest each year and, on average, only about 5% of them survive. Access to early cardiopulmonary resuscitation (CPR) and defibrillation could potentially save the lives of thousands of Canadian children and adults each year.

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Envisioning Wine's Future

By David White

On Super Bowl Sunday, some 1.25 billion chicken wings were consumed alongside 11 million pounds of potato chips, 4 million pounds of pretzels, and 2.5 million pounds of nuts. Massive quantities of beer helped wash all that down -- nearly 50 million cases worth were sold on Sunday alone. It's no wonder why Anheuser-Busch purchased four and a half minutes of ad space during the big game.

Americans also drank wine. While 42 percent of Super Bowl viewers told Nielsen they planned on consuming beer during the game, 33 percent told pollsters they planned to drink wine.

This number caught me by surprise. Sure, the United States surpassed France as the world's largest wine-consuming nation in 2010. But wine still intimidates many consumers.

Fortunately, as the Super Bowl statistics help demonstrate, this is

quickly changing. Across the country, Americans are embracing wine.

For evidence, look no further than your closest grocery store.

Thirty years ago, the local market sold little more than jug wine like Gallo's Hearty Burgundy -- if wine was even stocked. Today, the average upscale supermarket carries 1,500 wine selections or more. The number of breakfast cereals pales in comparison.

As the number of choices has increased, so has bewilderment. As Mike Veseth, an economics professor in Washington, once explained, "Wine buyers have never had it better in terms of the number of choices available from around the world. And we've never had it worse regarding the possibility of confusion and the pressure to find our perfect wine. It's the Age of Anxiety for wine."

But consumers are eager to learn. And the market is responding.

Consider the rise of specialty wine shops. Across the country, boutique retailers are filling their shelves with interesting, small-production wines -- and helping consumers learn about wine by paying attention to their preferences, offering food-and-wine pairing advice, and answering questions without judgment.

Or look at wine bars. They're sprouting up across the country, providing opportunities for people to explore wines.

High-end restaurants are also approaching wine differently. Whereas sommeliers were once glorified sales agents who intimidated guests by pushing expensive, predictable wines, today's sommeliers are wine educators, eager to share their passion and palates. Most are keen to help patrons find the perfect wine, regardless of budget.

This list could go on. Bookstores are now packed with easy-to-navigate wine guides. Wine classes are more popular than ever before. The

world of wine is clearly changing.

Chain restaurants aren't just profiting on America's growing interest in wine -- they're leading the charge.

Consider Olive Garden. With 730 locations, it's no surprise that the chain serves more than 600 million breadsticks and 165 million bowls of salad annually. But the restaurant also serves more wine than any other chain in the United States. In 2006, Olive Garden sold more than 500,000 cases of wine.

In part, Olive Garden sells so much wine because it takes education seriously. As Mike Veseth has written, "many restaurants expect that their wait staff will pick up wine knowledge -- Olive Garden really works at it, by providing literally hundreds of thousands of hours of training." The restaurant also gives away free samples, where legal. In 2006, it gave away 30,000 cases of wine, which equates to 4.5 million pours.

These efforts help demystify wine.

Several years ago, I stumbled into a conversation with David Kent,

who at the time was president and CEO of The Wine Group. The company, which makes brands such as Cupcake Vineyards, FishEye, and flipflop, is the third-largest wine producer in the world. As we chatted, he described his vision for American wine.

He began by asking me to picture a group of 20-somethings at a beach house. He then asked me to visualize the cooler they'd pack before heading to the beach. As you might guess, my mental sketch included sandwiches, chips, and a few dozen light beers. One day, Kent hopes that group will instead bring a few bottles of wine.

That's an optimistic future, to be sure. And we're still a long way off; America's beer market is nine times larger than the wine market. But it's a future worth rooting for.

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

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Showbiz Gossip *Continued from p.19*

Cesar Montano admits to marital problems



Cesar Montano & Sunshine Cruz-Montano

Actor Cesar Montano admitted to the press on Tuesday that he and wife Sunshine Cruz-Montano are having problems in their marriage.

"But I'm trying to fix it," Montano said.

"I love my family. I will never do anything that would destroy my family. I want my children to grow up with us, Sunshine and I, together," he added.

The marriage recently had a rift when Montano was allegedly caught by Cruz-Montano having an affair with young starlet, Krista Miller.



Krista Miller

Miller had a bit role in Montano's recent film, *"The Alfredo Lim Story"*. ■

How Belo makes Anne Curtis shine



Anne Curtis

She has won three major acting awards, has starred in countless commercials and advertisements in all forms of medium and had a sold-out first-time major concert. This makes Anne Curtis the ultimate star, aptly earning the moniker "Diyosa" (goddess) as she goes along.

And we all know that Anne gave more justice to her "Diyosa" title, moreso because of her face, rocking body and skin. To get that perfect formula of looking like a show biz goddess, Anne entrusts her beauty needs to the best --- only at Belo Medical Group.

The Face

With her daily TV appearances, Anne doesn't have the luxury of time to always put make-up on. She even admits that there were times when she goes on cam without make-up, just her signature stunning red lips. But that never seemed a problem with her. Anne

regularly goes to Belo Medical Group for her facial cleaning and Powerpeel. Powerpeel by Belo uses corundum crystals to exfoliate dull and dead skin. This stimulates the production of new skin cells and collagen. The treatment improves age spots and fine lines. It also reduces the appearance of unwanted facial scars and gives one a stunning glow.

The Well-Sculpted Body

Who can forget Anne Curtis's animal-print swimsuit in her movie, "No Other Woman?" Aside from the fact that the swimsuit fits her perfectly, her waist and abs are to die for. Anne watches her diet and works out, of course. But that perfectly-sculpted abs and curves were created with the help of Sculptor Plus by Belo. It is a non-invasive technology that improves cellulite and tightens skin by heating fat cells in both deep and superficial layers of the skin. It melts and burns fat, tones muscles and tightens skin.

Hair-Free and Fuzz-Free

Anne Curtis is known for consistently taking risks in surprising people with what she's going to wear. Just like her series of stunning peek-a-bow gowns. Anne always confidently parades these outfits because she has nothing to hide. She is well aware that plucking, shaving or waxing can lead to darkening of the armpits, chicken skin and folliculitis, and is only temporary. The best way to effectively remove hair is using lasers. Belo Medical Group has four different types of lasers for every skin type. The most popular is the Harmony laser, which is painless.

She might call herself, Annebisyosa, but with everything she has proven and how lovely she is today, Diyosa is a more appropriate title for Anne Curtis. Even Dr. Vicki Belo agrees! ■

KC Concepcion not yet ready for another relationship



KC Concepcion

KC Concepcion is not about to get into a serious relationship as she just might not be prepared for it yet.

"I've decided na rin na ayoko munang i-push through," said she as quoted in a report on absbnnews.com.

Concepcion's declaration surprised many people, particularly those who had been ardently following the twist and turns in her love life after her tumultuous breakup with heartthrob Piolo Pascual in 2011.

Only last year, Concepcion publicly acknowledged a blossoming romance with French

Pierre Emmanuel Plassart, a filmmaker whom she is said to have met in an international sortie.

Talks that the affair was getting serious grew in September when Concepcion trumpeted Plassart having supposedly "bought" her a star -- a gesture that she deemed "sweet." Not soon after, Concepcion's mother came out as well to readily recognize

Plassart, describing him as "lalaking-lalaki" but things seemingly plateaued quickly following Plassart's Christmas visit.

Concepcion denied having any problems with Plassart.

"Ang sweet niya, ang bait niya, sobrang lambing, na sa kanya naman 'yung mga hinihingi ko, pero it's just that ayoko muna maging serious talaga," she said.

She hinted that she is now "very open to getting to know people."

"Ayoko pa pong maging seryoso talaga, at very honest po ako sa kahit na sinong ma-date ko o makilala ko, that I don't want to be so serious yet."

Concepcion, it seems, is more than willing to let fate be the master of her heart.

"Kung meant naman po, meant. Kahit ano naman pong pagpa-plano natin, at the end of it, pag maramdaman mo na... siguro hindi ko pa nararamdaman," she said. ■

Rayver moves on



Rayver Cruz

It didn't take long for Rayver Cruz to find the strength to move on following the dissolution of his relationship with controversial actress Cristine Reyes.

According to Cruz, he can now only love Reyes as a "friend."

"Hindi naman magbabago 'yung samahan namin, magkaibigan pa rin kami...Mahal ko siya bilang kaibigan," he told Push.com in a recent interview.

But Cruz didn't hesitate to reveal that he didn't give his beloved friend

a gift on her birthday, Feb 5.

"Binati ko siya sa birthday niya. Okay na 'yon, di kailangan laging may regalo," said he.

The actor believes they both made the right decision to part ways, confessing that he is in a happy place right now.

"Mas okay na 'yung ganon. Happy pa rin naman kami sa mga buhay namin," Cruz said.

Prior, not a few wags wondered aloud if the breakup would make things awkward between them on the set of the series "Bukas Na Lang Kita Mamahalin."

"Okay naman kami. Wala namang nagbabago," he said, adding, "Minsan nagkaka-text kami tapos siyempre nagkikita kami minsan kasi neighbors na kami, eh. Ang lapit na lang ng bahay namin sa [bahay nila], mga 10-15 minutes. Malapit so magkikita-kita kayo do'n. Ang liit lang ng Parañaque."

Cruz and Reyes became a couple in 2010. Rumors about them having broken up emerged late last year but they repeatedly denied it. They eventually admitted to the disintegration of their union only in January. ■

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

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