

Irwin Cotler receives Law Society of Upper Canada’s first Human Rights Award



Law Society of Upper Canada Treasurer Janet Minor presents inaugural Human Rights Award to Irwin Cotler (photo: LSUC)

MMTV Anchor voted Most Beautiful Filipino-Canadian



Michael Davantes holding his award

Toronto: The Law Society of Upper Canada presented its inaugural Human Rights Award to The Honourable Irwin Cotler, PC, OC, MP, at a ceremony in Toronto on February 12, 2015.

Mr. Cotler received the award in recognition of his outstanding contributions to the advancement of human rights and the promotion of the rule of law.

“Mr. Cotler’s long and illustrious career as an outspoken advocate for human rights — both at home and abroad — have made him a most fitting recipient of The Law Society’s very first Human Rights Award,” said Law Society Treasurer Janet E. Minor. “He reflects the highest ideals of the profession, and his contributions to peace and human dignity are unparalleled.”

The award was established in 2013 by The Law Society as part of its longstanding commitment to human rights, the rule of law, and access to

See page 4 - Irwin Cotler

By Fely Rosales Carino

The word beautiful can be defined in many different ways. It commonly describes those with physical attributes; however, it can also describe someone who has demonstrated an extraordinary achievement or success. The International Professional Entertainment Network knows how important it is when somebody makes an impact in the community, or even in somebody else’s life. For this reason that the Executive Committee of the International Professional Entertainment Network had MMTV’s anchor, Michael Davantes, as one of the awardees for the Fifth Annual Most Beautiful Filipinos in Canada Award of Recognition held in Toronto last January 31st, 2015. The organization believes that Davantes is a beautiful person inside and out.

Davantes is a recipient of Vanier’s “Life Award” for scholastic achievement and tremendous community service. He has also been conferred the

“Outstanding Graduate of the Year” title by the Philippine Benevolent and Scholarship Society of Quebec (PBSSQ). In addition, he has been recognized as one of the “Most outstanding Filipino-Canadians” by the Bb. Pilipinas World Pageant for helping enhance a positive image for Filipinos in Canada.

A dynamic man, Davantes has focused his energy on important issues in different levels of human activities, be it cultural, political, or educational. He is a passionate individual committed to taking on projects that support health, innovation, and meaningful social change. He can be described as “multitalented” as he is not only an excellent communicator and photographer, but also an ingenious writer who can work in various fields. He has worked as a medical lab technician, model trainer and agent, international pageant director, PR and marketing consultant, musical theatre actor, and an environmental columnist.

See page 4 MMTV Anchor

Editorial

Why do snow plows bury cars on the roads?

There is no reprieve from the winter cold this year. It is now the number two topic for Montrealers to talk about the frigid temperatures second to hockey games. It's been acknowledged that 2015 is one of the coldest year ever.

Next to the -20 temperatures that easily go down to -35 due to the wind chill factor, is the problem of parking during successive snow storms. Besides having no where to park, a car owner's lament is having to dig out from the big pile of snow that seems to be part of the daily routine of snow clearing trucks. They just simply find it easy to dump all the snow from the middle of the street to the sides where most cars are parked. It seems that they are having fun doing this and then seeing people shovel their cars out of the plowed snow. This just

cleaned the street just did not think of how hard it would be for a car owner to dig out of the packed snow.

I am sure that I am not the only one that has experienced this hardship during winter. But it seems that no one is doing anything about it. This has happened to countless car owners, and they all seem to take it in stride because I have not heard anyone complain to the authorities about this common practice of snow clearing crews. Why can they not put the snow into a truck instead of putting them on people's cars?

Winter in Montreal has always been a difficult time of the year. Besides the danger of falling down and breaking a leg or hip due to the slippery streets and sidewalks, we also have to cope with the thoughtlessness of people who do not think of how difficult it is to



happened to me the other night after working late. I could not get out of the space where I parked because the snow was packed solid on the whole side of my car. It took almost an hour to shovel the snow that was piled high around my car. It was a very frustrating experience to think that the person who

dig a car out of a snowbank.

Millions of dollars are spent on snow clearing. With such a big budget for which we pay high taxes, can we not get at least the cooperation of crews not to dump snow on our cars?

Zenaid Kharroubi



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Published by: Filcan Publications, Inc.

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

Letter to the Editor

Time for a Medicare approach to climate change

Dear editor,

Over the past nine years Canada's international reputation has been damaged and the Keystone

XL pipeline has been stalled, all because our federal government has failed to deliver a sensible, credible approach to the environment and the economy.

At the same time, many provinces and territorial governments have begun their own initiatives because they know that climate change is real and that our children's future requires us to reduce carbon emissions. BC, Alberta, Quebec and, soon, Ontario—jurisdictions that represent over 85% of the economy—have all committed, in different ways, to a price on carbon.

History has shown that Canada works best when all orders of government work together to forge solutions to complex problems. Through provincial experimentation and federal leadership,

Medicare was forged and now provides one common standard of public healthcare for every Canadian across in the entire country. That's the approach we need to take to reduce our greenhouse gas emissions. As it stands, the Prime Minister has committed Canada to targets, but

we're not collectively on track to meet them, not even close. And no wonder, when the Prime Minister refuses to meet with the Premiers to coordinate climate policies—or anything else for that matter.

That's why a new Liberal government would, within 90 days of the upcoming Paris climate conference, hold a First Ministers meeting to work together on a framework for combatting climate change—including the creation of national emissions-reduction targets. A national standard would be set in partnership with provinces and territories, who will have the flexibility

to design their own policies to achieve it, including carbon pricing. The federal government would provide funding, similar to how it supports Medicare today. In this way, we will build on existing provincial initiatives, in the best spirit of Canadian

federalism. Through a healthy respect for regional differences, we will achieve progress on climate change; we will begin to repair our broken relationships and regain public trust.

Canada has solved bigger problems than this and we'll solve this one too, in the way we always have—together.

Yours sincerely,

John McKay, MP

Liberal Party of Canada Environment Critic
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Dr. John Calder, BSc., DDS

CPA supports the Federal Government's Supplementary Estimates: Doubling psychological services from \$1,000 to \$2,000 for Federal Workers and Retirees

(Ottawa, Ontario) February 24, 2015. The Canadian Psychological Association (CPA) applauds the federal government and Treasury Board President, the Honourable Tony Clement, for increasing coverage for psychological services for federal workers, their families, and retirees. The increases were tabled in the Supplementary Estimates 2014-2015 in the House of Commons and the changes came into effect last year.

CPA has been calling for increased access to psychological services for federal public servants for some time. In 2011, the disability plan for Federal employees, took in 3,875 new claims, more than 47% of which were for mental health conditions led by depression and anxiety.

Psychological treatments are among the most cost and clinically effective in treating those illnesses.

"Despite the significant toll that mental disorders take on the Canadian population, on the workplace and on the economy, psychological services are

not covered under public health insurance plans. When employee coverage does exist, the caps are often too low and many Canadians are unable access the care that they need for a return to sustainable recovery and productivity," said Dr. Kerry Mothersill, President of the CPA.

"As much as a third of employer losses related to mental illness could be recovered if employees were given timely access to effective psychological services and supports. As the country's biggest employer, the federal government is providing important leadership by showing all employers that access to psychological services can be increased in the context of overall cost savings. The government is to be applauded for this very important policy decision. We hope that the opposition parties will support these important changes," said Dr. Karen Cohen, Chief Executive Officer of the CPA.

The Canadian Psychological Association is the national association for the science, practice and education of psychology in Canada. With over 7000 members and affiliates, CPA is Canada's largest professional association of psychologists.

Meagan Hatch
Manager of Public Affairs and Communications
Gestionnaire, Affaires publiques et communications

Manny Pacquiao in basketball role ahead of Floyd Mayweather bout



Manny Pacquiao showing his basketball moves against a big player

Pacquiao, 36, faces unbeaten Mayweather in Las Vegas on 2 May in what is set to be the richest bout in boxing history.

He has made four appearances this term as player-coach for Kia Carnival and said he would play again on Saturday before flying to the US to train.

"I know what I'm doing," said Pacquiao,

who has scored one point so far.

At 5ft 6ins, Pacquiao is the shortest and oldest player in the Philippine league.

Last week ex-National Basketball Association player Daniel Orton was fired by a rival Philippine Basketball Association team for describing the WBO welterweight champion's basketball skills as a "joke".

Our business in life is not to get ahead of others but to get ahead of ourselves--to break our own records, to outstrip our yesterdays by our today, to do our work with more force than ever before.
(Thought of the day)

Aquino urges autonomy for Philippine Muslims despite misgivings

MANILA (Reuters) Philippine President Benigno Aquino called on Wednesday for autonomy for a Muslim region to end an insurgency there despite widespread misgivings after Muslim rebels killed 44 policemen.

Aquino has promised the largest Muslim rebel group in the predominantly Christian country autonomy in the southern region known as Bangsamoro in exchange for peace.



President Benigno Aquino III

But the Senate and House of Representatives suspended work on legislation for the autonomous region, the Bangsamoro Basic Law, amid an outcry after fighting on the island of Mindanao on Jan. 25 in which the 44 policemen and 18 rebels were killed.

Aquino, in a speech to a crowd of supporters marking the 29th anniversary of a "People Power" uprising that ended dictatorship, said the country had to seize the opportunity for peace.

"To all those calling for a stop to the peace process, and to the passage of the Bangsamoro Basic Law, we ask: How can they guarantee that such an opportunity will present itself once more?" he asked.

The killing of the police commandos by the Moro Islamic Liberation Front (MILF) rebels has blown up into Aquino's biggest political crisis. Some lawmakers, Catholic bishops and civil society groups have called on him to

resign because of what they see as his poor handling of the conflict. Aquino said everyone was obliged to pursue peace.

"It is only by realising a just and lasting peace that we can say that the sacrifices of those who fought in EDSA—together with those who gave their lives to put an end to the sowing of fear and violence in society—were worth it," he said, referring to the "People Power" uprising.

The 45-year insurgency by the MILF has killed 120,000 people, displaced 2 million and stunted growth in the poor but resource-rich south. The rebels said last month's clash happened because police had not informed them of an operation to arrest two wanted militants. They say they remain committed to peace.

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From Page 1 MMTV Anchor

Among his wide range of achievements include graduating Cum Laude at Concordia University with a Bachelor's degree in Communication, and prior to obtaining his BA, he also graduated with honors at Vanier College where he

The International Professional Entertainment Network or IPEN has been formed by the former co-producer of the Bb. Pilipinas Canada Pageant Edgar Sulit. Sulit was instrumental in producing beauty queens and kings who went on to become famous and successful nationally and internationally after winning their



Michael Davantes with Miss Teenager

studied Media and Theatre. In addition, he co-authored a book for cultural studies entitled "Crossing Borders," and helped in improving an environmental radio and television show for Tanggol Kalikasan in the Philippines. Currently, he works as the program director and host of Mabuhay Montreal TV (MMTV) broadcasted by International Channel (ICI), image consultant, fashion photographer, and also discovers and develops models and talents during his extra time.

About the International Professional Entertainment Network

From Page 1 - Irwin Cotler

justice. It is granted every two years to individuals for their devotion to these principles either over a long term, or for a single, outstanding act of service.

Irwin Cotler has served as an esteemed law professor, legal scholar, mentor, international human rights lawyer and as a Member of Parliament for Mount Royal (1999-present). From 2003 to 2006, Cotler held the country's most respected justice portfolios as Minister of Justice and Attorney General of Canada.

During that time, he issued the first

crown. He established IPEN, which is the only Filipino owned production company in Toronto, in order to give opportunities to young people to participate in an international competition. In the last three years, IPEN has sent over two dozens of its winners to international pageants, which he personally accompanies when they travel to compete in their respective national and international pageants. Winners from IPEN, such as Miss International Bea Santiago, have nothing but praises for Sulit's support, dedication and compassion.

National Justice Initiative Against Racism and Hate, and initiated the first prosecution under Canada's Crimes Against Humanity and War Crimes Act for incitement to genocide in Rwanda.

Mr. Cotler is the recipient of 11 honorary degrees and numerous awards, including the Order of Canada and recently received the Canadian Bar Association's President's Award, the International Raoul Wallenberg Foundation's Centennial Medal, and was elected 2014 Canadian Parliamentarian of the Year by his colleagues.



IPEN founder, Edgar Sulit, with Dana Marana - the reigning Mr. International Canada. Photo by Bong Molano



Beauty queens posing with the only male title holder, the reigning Mr. International

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IMAGE & FASHION

Michael Davantes
B.A. Specialization in Communication

Can we choose how we want our skin age?

The aging process itself cannot be changed. However, facial aesthetic treatments can reverse some of its effects. The following charts from SKINTOUR outline the signs of aging by decade and suggest appropriate corrective actions.

AGE 30		
	Aging Signs	How To Correct
Eyes	Upper eyelids gradually become hooded. Pouching of lower eyelids become more prominent. Fine wrinkling begins.	Optimize skincare products and sunscreen. Consider eyelid Thermage or eyelid Fraxel. Light Botox or Dysport for early wrinkles.
Forehead	Trace of frown lines in lower forehead and between eyes	Consider light Botox Dysport to prevent deepening. Consider full face light chemical peel or light laser treatment for all over collagen building.
Mouth & Lips	Fine wrinkling at outer corners	Consider right filler such as Juvrederm or Restylane to support corners.
Nose	Tip has not yet begun to droop with age, but shape of nose may suggest surgery	Consider nasal surgery or contouring with Restylane.
AGE 40		
	Aging Signs	How To Correct
Eyes	Upper and lower eyelids begin to sag, creating deep-set look, crow's feet develop.	Optimize skin care products and sunscreen. Consider Thermage, Fraxel or eyelid fractionated CO2 laser. Filler for hollow under eye area. Eyelid surgery
Forehead	Frown lines deepen, horizontal wrinkles develop.	Consider Botox in both forehead and frown lines to prevent deepening. Full face Fraxel or IPL to reverse sun damage and build collagen.
Jawline, mouth & lips	Vertical lines begin to appear and deepen around lips, wrinkling becomes more prominent.	Fillers like Restylane Juvederm for corner droop, support the parentheses around mouth, fill upper lip lines, hydrate the lips. Full face Thermage or lasers to lighten skin overall.

Age 50		
	Aging signs	How to correct
Cheeks	Fluid may accumulate in upper cheek area, causing pouches to form. Sagging of cheek down and in	Optimize skincare products and sunscreen. Camouflage pouches with Restylane around the eyes. Revolumize cheeks up and out with fillers Lasers for wrinkles. Mild facelift eyelid surgery.
Forehead	Horizontal lines now established forehead sags	Botox for horizontal line fractionated CO2 laser for wrinkles. Avoid forehead 'lifts'
Mouth and Lips	Vertical lines begin to appear and deepen around lips wrinkling becomes more prominent	Fillers like Restylane/Juvederm to treat corner droop support the parentheses around mouth, fill upper lip lines and hydrate the lips. Fractionated CO2 laser to treat wrinkles.
Eyes & Eyebrows	Eyebrows sag causing eyelids to appear hooded and heavy	Botox to lift eyebrows, forehead, Thermage to lift forehead. Restylane for hollow areas. Eyelid surgery
Jawline	Jawline sags, creating the impression of jowls	Revolumize cheek with Sculpta upward and out to reposition skin. Liposuction if fat pad. Consider lower facelift.
Age 60		
Face	Face loses elasticity, skin sags	Optimize skincare products and sunscreen. Revolumize cheeks with fillers and address wrinkles with CO2 fractional laser.
Forehead	Forehead sags, creating the impression of jowl.	Consider Botox in both forehead and frown lines to prevent deepening. Full face Fraxel or IPL to reverse sun damage and build collagen. Plus possible forehead lift.
Mouth and Lips	VERTICAL WRINKLING APPEARS AROUND LIPS	Fillers like Restylane/Juvederm to treat corner droop, support the parentheses around mouth. Fill upper lip lines and hydrate the lips. Fractionated CO2 laser to treat wrinkles and for lines on upper lip
Eyes	Eyebrows sag further, hooded appearance becomes more pronounced	Botox to the eyebrows, forehead. Thermage to lift forehead. Restylane for hollow areas. Eyelid surgery can get almost surgery results with 3 fractionated laser treatments.
Nose	Tip droops	Nasal surgery - rhinoplasty
Neck	Neck skin droops in fold, cords develop creating a turkey gloo	CO2 laser to tighten and improve crepiness. Platysmal bands repositioned with surgery Lower facelift and neck lift.

EARTH TALK

EarthTalk®

From the Editors of E - The Environmental Magazine

Dear EarthTalk: The collective impact of all the iPhones and other devices we buy, use and then discard must be mind-boggling at this point. Has anyone quantified this and what can we do to start reducing waste from such items?

Jacques Chevalier, Boston, MA

With a record four million pre-orders for Apple's best-selling iPhone 6 and iPhone 6 Plus, it's more evident than ever that consumers want the latest in smartphone technology at their fingertips. A new report by analysts at German market research firm GfK determined that global smartphone sales exceeded 1.2 billion units in 2014—a 23 percent increase over 2013.

With so many new smartphones and electronics being purchased, are users disposing of their older devices properly? According to U.S. Environmental Protection Agency (EPA) data, approximately 2,440,000 tons of electronics, such as computers, mobile

If Americans recycled the approximately 130 million cell phones that are disposed of annually, enough energy would be saved to power more than 24,000 homes in a year. If we went ahead and recycled one million laptops, too, we would save the energy equivalent to the electricity used by 3,657 U.S. homes in a year. Furthermore, for every million cell phones we recycle, 35,274 pounds of copper, 772 pounds of silver, 75 pounds of gold and 33 pounds of palladium can be recovered. Recovering these valuable metals through recycling precludes the need for mining and processing that much new material from the Earth, thus not only conserving natural resources but preventing air and water pollution as well.

Thankfully, recycling old smartphones and other electronic devices is an easy, typically cost-free process for consumers. Electronics retailer Best Buy offers the most comprehensive appliance and electronics recycling program in the United States, with more than 400 pounds of product collected for recycling each minute the stores are open. Best Buy offers free recycling for most electronics and large appliances, regardless of where they were purchased, allowing the company to achieve its ambitious goal of recycling one billion pounds of electronics and appliances by the end of 2014.



If Americans recycled the 130 million cell phones we throw away every year, we would save enough energy to power some 24,000 homes. Credit: Roddy Scheer

devices and televisions, were disposed of in 2010. Twenty-seven percent, or 649,000 tons, of that "e-waste" was recycled. Because some materials in electronics, such as lead, nickel, cadmium and mercury, could pose risks to human health or the environment, the EPA "strongly supports" keeping used electronics out of landfills.

"Recycling electronic equipment isn't quite as easy as leaving it in a bin in your front yard, as we've learned to do with paper and plastics, but the health and environmental benefits of recycling e-scrap are tremendous," said EPA Region 5 Administrator Mary A. Gade. "Also, we know that half of the devices thrown away still work."

Some charitable organizations, like Cell Phones for Soldiers, also offer free cell phone recycling. Since 2004, the non-profit has prevented more than 11.6 million cell phones from ending up in landfills. All cell phones donated to Cell Phones for Soldiers are sold either to electronic restorers or a recyclers, depending on the phone's condition. The proceeds from the phones are used to purchase prepaid international calling cards for troops and provide emergency financial assistance to veterans. "Cell Phones for Soldiers truly is a lifeline," says Robbie Bergquist, co-founder of the non-profit. "To withstand time apart and the pressure of serving our country, the family connection is a critical piece to survival."

CONTACTS: EPA Electronics
www.filipinostar.org

Recycling, www.epa.gov/ecycling; Cell Phones for Soldiers,

finding safer alternatives to MDI a priority in its Safer Consumer Products



Choosing soy-based spray foam insulation is one way to minimize synthetic chemicals in your indoor environment. Credit: Demilec

www.cellphonesforsoldiers.com.

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Dear EarthTalk: The cold winter we're having here in the Northeast has convinced me to finally beef up my home's insulation, but I've heard that spray foam can off-gas noxious chemicals and pollute the indoor environment. Are there safer options?
-- Rose Donahue, Framingham, MA

Making your home more energy efficient is certainly good for the planet and will cut your heating/cooling bills, but you're right to worry about chemical off-gassing. According to the non-profit Environmental Working Group (EWG), most common spray polyurethane foam insulation contains methylene diphenyl diisocyanate, or MDI, a synthetic chemical that has been linked to asthma, lung damage and even death.

"Because of the chemical's risks, the federal Occupational Safety and Health Administration has set the maximum legal limit for MDI exposure among workers who handle it and related chemicals at 0.02 parts per million in workplace air," reports EWG. "However, independent contractors and the general public, including homeowners who take on DIY insulation projects, may not be aware of these federal regulations or the risks associated with MDI exposure."

In 2011, the U.S. Environmental Protection Agency (EPA) announced that it was studying whether to regulate, restrict or even ban MDI in consumer products. (MDI is also used in a variety of adhesives and coatings like Gorilla Glue.) "Four years later, the agency has yet to take real action to protect ordinary people who go to their local hardware store and pick up a product that contains MDI," adds EWG.

There is hope from the West, though, as the state of California has made

program, which requires manufacturers to look for greener, healthier alternatives. Time will tell if this new initiative in California will move manufacturers there and elsewhere away from MDI. Meanwhile, EWG wants the federal government to step up on the issue and restrict or ban MDI insulation across the country.

Homeowners willing to spend a little extra do have some safer alternatives to polyurethane spray foam at their disposal. Soybean-based spray foam doesn't rely on MDI or any other synthetic chemicals but has a similar R-value (measuring the strength of the insulation in blocking air) as conventional spray foam. Leading soy-foam manufacturers include Biobased and Demilec. Castor oil-based Icynene is another chemical-free spray foam alternative great for green-minded home renovators.

Cotton denim batting—typically made from recycled scraps from denim factories—is another healthy alternative, but can't be sprayed in and costs almost twice as much in material costs as spray foam. Sheep's wool insulation is another effective choice, but also can't be sprayed in and costs significantly more than foam. These and other greener insulation options are available at mainstream and specialty home improvement stores, and also online via vendors including Green Depot, Green Home Solutions and Green Building Supply.

CONTACTS: Environmental Working Group, www.ewg.org; Biobased, biobased.rhinolinings.com; Demilec, www.demilecusa.com; Icynene, www.icynene.com; Green Depot, www.greendepot.com; Green Home Solutions, www.ghsproducts.com; Green Building Supply, www.greenbuildingsupply.com.

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Tagalog Seksyon

Opinyon/Komentaryo ni Willie Quiambao

Ang mga pagbabago sa konstitusyon

Sinisimulan nang baguhin ang konstitusyon. Huling binago ito ng FAMAS EB at grupo na kinabibilangan ni Alice Bustamante, Maggie Calcetas at Budz Sarmiento noong 2011. Nagkaroon tayo ng sinusunod na gabay pero may ilang bagay na hindi ako sang-ayon na tulad ng mga sumusunod:

Article V111 - Executive Board -

Sec. 5.1.1. - The candidate for president must be at least 25 years of age at the time of election.

Sec. 5.2.1 - A candidate for any elective position to the Executive Board must be 16 years old at the date of election. Paano kung mamatay ang kasalukuyang presidente o lumipat ng lalawigan o bansa? Nangyari ang huli nang magtungo si Claro Bermudez sa South Africa nang hindi pa natatapos ang kaniyang panunungkulan. Kung ang kanyang pangalawang pangulo ay 16 gulang lamang, magkakaroon ang FAMAS nang napakabatang pangulo na hindi kayang patakbuhan ang FAMAS. Kahit sabihing academically intelligent pa siya, kulang pa rin siya sa sapat na karanasan sa buhay para malaman ang pangangailanan ng ating komunidad. Higit sa lahat, sa Quebec, menor de edad pa rin siya.

Sec. 5.1.2 - A candidate for president must have served as a member of the Executive Board for at least one year, either as an elected director in regular FAMAS election, or as a duly appointed replacement to an absentee member or a member who had resigned from the Executive Board. Matagal ko nang naitanong sa mga naging opisyal ng FAMAS kung bakit kailangan munang maging direktor ang isang tumatakbo sa pagka-pangulo. Walang maibigay na magandang kasagutan. Sabi ng isa, "Kailangan malaman muna kung ano ang FAMAS." Ano ang kailangan malaman tungkol sa FAMAS? Kung aktibong miembro ng FAMAS ang isang tao at nagmamasid siya, alam niya ang pangangailangan at problema ng ating komunidad. Ang katwiran naman ng isa, "Tradisyon iyon." Kung minsan, ang tradisyon ay nasisira. Halimbawa, kailangan sirain ang tradisyon para umunlad ansg ating komunidad. Hindi tayo puedeng mabuhay sa nakaraan. At hindi naman lahat pero maraming naging direktor ng FAMAS na walang nalalaman. Kung minsan, ni hindi man nila alam ang konstitusyon at ano ang trabaho nila. Pero dahil naging

direktor siya, puede siyang tumakbo bilang pangulo. Paano kung may isang tao na may kakayahan maging presidente pero hindi naging direktor? Hindi siya magkakaroon ng pagkakataong makapaglinkod si ating komunidad? Ang lahat ng nagpapatakbo sa FAMAS ay mga volunteer lamang.

Ang isang malaking isyu noon ay ang paglilipat ng elektyon sa St. Kevin church hall at Community Center sa 6767 Cote des Neiges. Nuon, sang-ayon ako rito para mabawasan nang kaunti ang dayaan tulad ng bilihan ng boto na nagaganap sa park. Siguro, puedeng ibalik na ang eleksyon sa park para masaya pero kailangan ay may cut off date ang pagre-rehistro. Halimbawa, isang lingo bago botohan. Sabihin na ng mga kandidato sa mga supporters nila na mag-rehistro nang maaga. Pupunta na lamang sila sa park upang bumoto. Hindi maganda na magre-renhistro sa park at bumoto. Sa park nangyayari ang talamak na bilihan ng boto. Naglalakad ka lamang ay lalapitan ka para bayaran ang iyong boto. Pero maaari pa ring magpa-rehistryo sa park pagkatapos ng cut off date pero hindi na puedeng bumoto sa kasalukuyan eleksyon. Sa susunod na eleksyon na.

Itutuloy sa susunod na buwan ang mga puna ko sa Konstitusyon na dapat baguhin.

Filipino Time, ugaling Pilipino na dapat baguhin at kalimutan na

ilang taon na ang nakararaan, sa Question and Answer sa Miss Philippines-Universe ay natanong ng judge ang isang kandidata, "What Filipino tradition would you like to change?"

Ang sagot ng kandidata, - Filipino time.

Nagtawanan at nagpalakpakan ang mga nanunood. Kung isa ako sa mga hurado, bibigyan ko nang magandang score ang kandidata. Nanggaling sa puso ang sagot niya. Hindi aral.

Ang Filipino Time ay ugaling Pilipino na laging huli sa nakatakdang oras ng pagdating.

Halimbawa, kapag may pagtitipon

ang isang asosasyon mga Pilipino, kahit nakalagay sa imbitasyon ay 6:00 p.m. ito magsisimula, darating ang mga bisita ng 7:00 p.m. o 8:00 p.m. Sa akin, tama na ang 15 o 30 minutong palugit. Umpisahan na ang kainan, ang sayawan. O kung may kausap kang kaibigan na magkikita kayo sa Tim Hortons ng 3:00 p.m., darating ang kausap mo ng 3:30 p.m. Wala akong kasensiya sa mga taong ganoong na laging nahuhuli sa usapan. Ayoko ng pinaghihintay ako at ayaw ko rin pinaghihintay ang isang tao. Totoo na minsan, hindi maiwasang mahuli sa usapan pero hindi lagi. Kailangan ang disiplina.

Ang sabi ng isang Pilipino, kung dayuhan ang kausap natin, sisiguraduhin nating na hindi tayo

nahuhuli. Tama. Ang mga dayuhan, hindi sanay sa Pilipino Time. Naalaala ko nang maging panauhin si Martin Cauchon, dating MP ng Outremont, sa isang pagtitipon ng mga Pilipino. Hiyang hiya siya at humingi ng paumanhin dahil nahuli siya ng mga 15 minutos. Pero nagtaka siya ng magtawanan ang mga panauhing Pilipino. Ipinaliwanag sa kaniya na hindi siya huli. Ang totoo, sa Pilipino time, maaga pa nga ang dating niya.

Maraming magandang usali ang mga Pilipino, tulad ng pagiging magalang at hospitable. Pero alisin natin ang hindi mabuti tulad ng pagiging laging huli. Ang Filipino Time.

The battle for the presidency of the Federation continues

by W. G. Quiambao

It all started with a short announcement in the Eye Opener column of the Nov.-Dec. issue of the Filipino Forum that caught the eyes of Ed Tupaz. The announcement last year read, "The first agenda of the Federation for the coming year is the launching of the 1st 'FFCAQ Ambassador' which will be held on Feb. 21, 2015 at the Grand Hall of the CRC Building on 6767 Cote des Neiges Rd."

"Though I'm the president of the Federation of the Filipino-Canadian Associations of Quebec (FFCAQ), I didn't know anything about the launching of the FFCAQ Ambassador on Feb. 21 at the 6767 Cote des Neiges till I read it in the paper," said Tupaz. "Obviously, someone is still illegally using the Federation's name."

After the controversy last year in the FFCAQ general assembly, Felix Reyes, the incumbent president at the

time, and his Executive Board sought legal counsel. "In my lawyer's legal opinion, the FFCAQ, as an organization incorporated in Quebec, is governed by the Quebec Civil Code (CCQ) and the Quebec Companies Act (LCQ). The FFCAQ, like all non-profit organizations, is also governed by its Constitution and By-laws. In light of the analysis my lawyer conducted, it is evident that the events that took place during the FFCAQ general assembly on March 30, 2014 were in violation of the CCQ, the LCQ and the FFCAQ Constitution and By-laws. As a result, all actions and decisions taken during the general assembly are invalid ab initio. My lawyer even emphasized that if the election is postponed or cancelled, the current Executive Board continues to exist."

Tupaz continued. "After the FFCAQ election on May 15, my lawyer issued a Public Notice on June 6, 2014

See Page 8 The Battle

CARD OF THANKS



Alberto Baens Santos
May 21, 1936 - January 3, 2015

The loving wife of Alberto Baens Santos, Minerva Santos, and family wish to express their sincere thanks and appreciation to all those who have shared in their hour of bereavement.





Ask the Video Guy

Technological Tidbits
by

Al Abdon

Is it legal?

Documents, photographs, audio files, and videos are so easily accessible on the Internet, and so easy to copy, it is tempting to think anything you can view or hear is in the public domain. The fact is, however, you can use only a small percentage of content posted online in your productions without permission from the copyright holder.

THE COPYRIGHT ACT 1976

The Internet is merely a medium for distributing content; like newspapers, magazines, books, films, radio, television, satellite broadcasts, and DVDs. The difference, of course, is that the Internet has the potential to reach hundreds of millions of viewers immediately and simultaneously. When it comes to the Copyright Act, though, that does not represent a significant difference. Just because it's "public" doesn't mean it's in the public domain. Material distributed online can be protected just as words or photos in a book can be. The list of protectable material under the Copyright Act includes literary, musical, dramatic, and choreographic works, pantomimes, pictorial, graphic, and sculptural works, including the individual images of a motion picture.

Since the 1976 Copyright Act was enacted, a copyright holder need not even inform you that the content is copyrighted with a copyright notice. All content is now copyright protected upon creation. Therefore, an Internet-savvy video producer would be wise to treat any material he discovers on the Internet as protected by copyright unless he specifically learns otherwise. That goes equally for video productions and for websites advertising video services.

WORDS OF CAUTION

Beware: sophisticated computer programs can automatically discover your use of content and you may receive

threatening letters (or email) from the owners of the photos, music, or videos. It has become more and more common for unwary producers of video productions, designers of websites, and even businesses and manufacturers of consumer products to be "offered" the chance to avoid litigation by paying a certain amount of cash.

MATERIALS NOT PROTECTED

Certain material cannot be protected by copyright, such as facts, single words, titles, or short expressions. That is where trademark law may apply. And certain material is in fact in the public domain, and therefore available for your use without permission. You may have heard that Google, owner of YouTube.com, continues to display material on its site, even if it is under copyright, unless the copyright owner objects. This decision came in part from a viral wedding dance video that became Sony Music's 8th most popular song at one time. This means you can view or play videos that reside on YouTube, but it does not mean you can copy them with impunity. They are not free and residing in the public domain, they are still owned by the copyright holder and that party can still demand that you not copy the video or he may sue you for doing so.

Finally, finding and using music has always been problematic for independent movie makers on a budget. Fortunately, royalty-free music producers offer a variety of music and sound effects that circumvent the temptation to use professional songs and movies in your productions. Also, consider enlisting the help of local college students adept at composing and performing music. You may find that a small amount of effort and funds are all that is required to obtain the perfect sounds you need.

From page 7 The Battle

stating "Please take note that the legitimate members of the Board of Directors of the Federation of Filipino-Canadian Association of Quebec (FFCAQ), duly elected according to the Quebec Companies Act, the Civil Code of Quebec and the by-laws and statutes of the FFCAQ are Edgardo Tupaz, president, and the officers and administrators listed with the registre des entreprises du Quebec, which is a document of public record and available at the following link: <http://www.registreeenterprises.gouv.qc.ca>.

"The Public Notice issued by the lawyer was given to the Centre des Ressources Communutaires at 6767 Cote des Neiges."

Having read the announcement in the Nov.-Dec. issue of the Filipino Forum, Tupaz contacted the person-in-charge of the booking at the CRC building to find out who booked the Federation's Feb. 21 event. According to him, the announcement confused the community. He was then informed that the party was booked by Josefa Nicolas under the name of the Quebec Association of Canadian-Filipino Teachers.

The low turnout is in line with the administration's low-key celebration of the event.

Asked about the thin crowd, Communications Secretary Herminio Coloma Jr. quoted Executive Secretary Paquito Ochoa: "This year's celebration was made simple in view of the mourning period for those who died in Mamasapano last month. For the first time in five years, the holding of a Mass was a focal point of the celebration."

"This is to acknowledge that the Filipinos' faith in God was a major element in the peaceful revolution," Coloma said.

In fact, the number of presidential guards as well as the VIPs invited to the event nearly equaled the crowd that stood in front of the stage bedecked in yellow flowers.

Coloma added that a "bigger celebration is planned for the 30th anniversary celebration next year, which will be the last to be held in the Aquino administration."

Under the scorching heat of the sun, about a hundred civilians participated in the "short and simple" wreath-laying ceremony led by President Aquino at the People Power Monument.

'It was so simple'

"It was so simple. Only a few people attended, whereas before there were thousands," Luzviminda de la Rosa of the Department of Education (DepEd)-Special Events told the Inquirer.

The Metropolitan Manila Development Authority (MMDA), the Department of the Interior and Local Government and the

"I was promised that an investigation will be conducted," said Tupaz.

He also did his own investigation and contacted Fely Cariño-Rosales, founder of the QACFT, if she was aware of the teacher's association party on Feb. 21. Cariño-Rosales' answer was "No".

Joseph Gonzales, incumbent president of the QACFT, was also contacted by the North American Filipino Star to ask if he knew about the Federation's party on Feb. 21 that was booked at the 6767 Community Center under the name of the QACFT. He acknowledged knowing it. He even added that the association is allowed to do it because it is a member of the Federation.

But when asked which Federation, - the Federation of Nicolas or Tupaz - Gonzales did not answer the question. Instead, he excused himself and said that he was in the middle of his siesta.

"If Josefa truly believes that she's the legal president of the Federation, why did she book a party under the name of QACFT?" asked Tupaz. "Why did she have to lie?"

o0o

DepEd usually mobilized people for the Edsa celebration. This year they were told a crowd would not be needed for the simple wreath-laying, but at the last minute they called some students to join the audience, De la Rosa said.

About 20 teachers and 50 students came, mostly from Camp Gen. Emilio Aguinaldo High School. "Most of our classmates were not allowed by their parents because of possible disturbances due to the rallies," a student told the Inquirer.

First month of debacle

At the foot of the Santolan flyover on the southbound lane of Edsa, some 3,000 members of multisectoral groups calling for Mr. Aquino's resignation over the Mamasapano debacle were blocked by a police barricade.

The Edsa anniversary came a month after the Mamasapano debacle, the biggest challenge to the leadership of Mr. Aquino as Chief Executive and Commander in Chief.

The Mamasapano bloodbath has spawned several protests demanding truth, accountability and justice.

Members of the Cabinet led by Ochoa were in attendance and so were personalities like former Manila Mayor Alfredo Lim. Edsa heroes missing

But the prominent Edsa heroes were missing, notably former President Fidel V. Ramos, Sen. Juan Ponce Enrile and former Sen. Butz Aquino, the President's uncle.

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Baked Lumpia



- INGREDIENTS
- SERVINGS: 15
YIELDS: 60 rolls, or so
- 1 lb ground lean pork
 - 1 medium carrot, chopped fine
 - 1 medium onion, chopped fine
 - 1 (8 ounce) can water chestnuts, drained and chopped fine
 - 1 (8 ounce) can bamboo shoots, drained and chopped fine
 - 8 garlic cloves
 - 1 teaspoon grated fresh ginger
 - 2 teaspoons soy sauce
 - 1 teaspoon black pepper
 - wonton wrapper, 1 package
 - 1 large egg

- Dipping Sauce
- 1 4 cup packed brown sugar
 - 1 2 cup distilled white vinegar
 - 1 teaspoon soy sauce
 - 2 teaspoons water
 - 1 teaspoon cornstarch, mixed with the water
 - 2 -3 teaspoons freshly grated ginger

DIRECTIONS

In a large bowl combine the pork, carrot, onion, water chestnut, bamboo shoots, garlic, ginger, soy sauce and pepper. Stir mixture until thoroughly combined-at this point you can cover and stick in the fridge over night. Lay out about 10 wrappers at a time, roll the meat mixture into cigar shapes about finger thickness Roll, brush ends with beaten egg and finish the roll to seal. Place seam side down on a cookie sheet and repeat until done. Bake in a preheated 450 degree oven, turning once for around 20 minutes. They should be cooked through and the wrappers are golden brown. Serve hot. You can make these ahead of time and keep cooked lumpia in the fridge for up to 3 days, or frozen up to 4 weeks. To reheat (thaw if frozen) bake on baking sheet in a 450 oven for 10 minutes-turn rolls once.

Dipping sauce- In a 3 quart saucepan mix together the brown sugar, vinegar and soy sauce. Stir over high heat until sugar dissolves. Mix the cornstarch/water and add to the sugar mixture and stir until mixture boils. Remove from heat and stir in ginger. Makes 2/3 cup and you can double.



Pork Estafado

- Ingredients
- 700g deboned pork leg meat, cubed
 - 2 pcs Chinese sausage, sliced thinly
 - 2 pcs sweet potato (if not available use medium carrots as alternative), sliced
 - 3 pcs plantains(cardaba bananas), sliced
 - 1/2 cup vinegar
 - vinegar soy sauce
 - 3 tbsp brown sugar

2 1/2 cup pork stock
3 pcs bay leaves
1 tbsp whole peppercorn
6 cloves garlic, minced
oil
nstructions

Heat a frying pan and pour 3/4 cups of cooking oil.

When the oil is hot enough, fry the sliced plantains until the color of each side turns medium to dark brown. Set aside.

Pour 1/4 cup of cooking oil in a separate cooking pot then apply heat. When the oil is hot enough, put-in the garlic and sauté until the color turns light brown.

Add the cubed pork and cook for 7 to 10 minutes.

Put-in the soy sauce, water, whole peppercorns, and dried bay leaves then bring to a boil. Simmer until pork is tender.

Add vinegar and wait for the liquid to re-boil. Simmer for 5 minutes.

Add brown sugar and carrots. Stir then simmer for 10 minutes more.

Turn off the heat and transfer the contents of the cooking pot to a serving plate.

Garnish with fried bananas then serve. Share and enjoy!Ingredients



Bibingka (Cake)

- Ingredients
- 1 cup rice flour
 - 1/8 teaspoon salt
 - 2 1/2 teaspoon baking powder
 - 3 tablespoons butter
 - 1 cup granulated sugar
 - 1 cup coconut milk
 - 1/4 cup fresh milk
 - 1 piece salted duck egg, sliced
 - 1/2 cup grated cheese
 - 3 pieces raw eggs
 - Pre-cut banana leaf
 - Cheese
- Method
- Preheat oven to 375 degrees Fahrenheit. Combine rice flour, baking powder, and salt then mix well. Set aside. Cream butter then gradually put-in sugar while whisking. Add the eggs then whisk until every ingredient is well incorporated. Gradually add the rice flour, salt, and baking powder mixture then continue mixing. Pour-in coconut milk and fresh milk then whisk some more for 1 to 2 minutes. Arrange the pre-cut banana leaf on a cake pan or baking pan. Pour the mixture on the pan. Bake for 15 minutes. Remove from the oven then top with sliced salted egg and grated cheese (do not turn the oven off). Top it with graded cheese. Put back in the oven and bake for 15 to 20 minutes or until the color of the top turn medium brown. Remove from the oven and let cool. Brush with butter and sprinkle some sugar on top. You can also top this with grated coconut. Serve. Share and enjoy!



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**Monica Regacho's Birthday Party & Valentine's Day Celebration,
Sunday, February 15, 2015, CRC Building**



Monique posing with her friends and colleagues



Posing beside the huge birthday card are Lourdes and Monique



Sinulog dancers



Souvenir photo with the celebrant, Monique



Photo showing the sign of the 31st Anniversary of Pit Senor held at St. Kevin Church Hall on Sunday, January 18, 2015 headed by Marlene Birao Schachter



Youth Sinulog dancers



MMTV Spring Dinner Dance Party
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French, Philippine leaders appeal for climate action



Philippine President Benigno Aquino (R) shares a toast with French President Francois Hollande (L) during a state dinner at the Malacanang Palace in Manila on February 26, 2015 (Photo by Noel Celis)

French President Francois Hollande and Philippine leader Benigno Aquino appealed Thursday for urgent global action on climate change, seeking to On the first day of Hollande's visit to the Philippines, the leaders offered a show of unity they said could serve as a model for rich and poor nations who have long been divided over how to tackle climate change.

"We have a duty to act together and that's why I came here to the Philippines, to launch an appeal, to seal an alliance," Hollande told a business forum ahead of his joint appeal with Aquino.

Hollande is due to host the United Nations' summit in December aiming to seal a global pact that would save the world from the catastrophic impacts of climate change. He came to the Philippines as part of his campaign to ensure success in Paris because the disaster-plagued Southeast Asian archipelago is seen as a frontline state in the fight against climate change.

The Philippines is typically hit by 20 major storms a year and scientists say they are getting stronger and more unpredictable because of climate change.

In November 2013, Super Typhoon Haiyan smashed into the central Philippines with the strongest winds ever recorded on land, claiming more than 7,350 lives.

Hollande will on Friday visit the small town of Guiuan in the eastern Philippines that was devastated when Haiyan hit with winds of up to 315 kilometres (195 miles) an hour.

In their joint appeal on Thursday, Hollande and Aquino highlighted that people in the Philippines had "endured an unprecedented series of extreme weather events in the last few

years".

- Joint appeal -

"We are reminded that while the developing countries have contributed least to climate change, they are the ones that suffer the most from climate change impacts," the appeal stated.

The appeal, in the name of the two leaders but also including their delegations, said the outcome of the Paris summit would impact the lives of billions.

"We call upon the international community to conclude a universal, equitable and ambitious climate deal," the appeal said.

Hollande earlier said France's deepening relationship with the Philippines could be a model of co-operation between rich and poor nations, which have long been divided over who is responsible for fighting climate change.

He announced that France had offered the Philippines 50 million euros (\$56 million) to help prevent future weather-related disasters.

Aquino praised France's leadership in the global warming fight, emphasising that its emissions of the greenhouse gases blamed for global warming were among the lowest of any developed nation.

"We as a developing country welcome that countries like France has emerged as global partner," Aquino said.

The goal of the planned Paris pact, which must enter into force by 2020, is to limit warming to two degrees Celsius (3.6 degrees Fahrenheit) over pre-Industrial Revolution levels.

Scientists warn that on current trends,

Earth is on track for double that or more -- a recipe for catastrophic droughts, fiercer storms like Haiyan and other extreme weather events.

Hollywood glamour

However, most followers of the UN process are sceptical a pact can be secured that will be ambitious enough to achieve the two-degree goal because of the deep divisions between many rich and developing nations.

Hollande, the first French head of state to visit the Philippines, brought a high-profile delegation with him for his two-day visit.

His group included Oscar winner Marion Cotillard, who has been a long-time campaigner for environment group Greenpeace and read out part of the joint appeal in a ceremony at the presidential palace.

Fellow French actress Melanie Laurent,

as well as UN climate chief Christiana Figueres and Orthodox Ecumenical Patriarch Bartholomew I, were also with Hollande.

The Aquino government warmly embraced Hollande's trip as an endorsement of the Philippines' maturing democracy. France was the first nation to recognise the revolutionary government of Corazon Aquino, the current president's mother, in 1986 when she led a "people power" uprising that overthrew the dictatorship of Ferdinand Marcos.

A number of trade agreements on "green" sectors, including in transport, renewable energy and water treatment, were signed by Filipino and French corporations during Hollande's visit.

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HUMAN RIGHTS SUBCOMMITTEE UNANIMOUSLY CALLS FOR RELEASE OF RAIF BADAWI

Motion introduced by Irwin Cotler calls for imprisoned Saudi blogger to be reunited with family in Canada

Ottawa – February 26, 2015 – The House of Commons' Foreign Affairs Subcommittee on International Human Rights today unanimously passed a motion calling on Saudi Arabia to "end the corporal punishment of Raif Badawi, repeal his sentence, release him, and permit him to reunite with his family in Canada." The motion was introduced by MP Irwin Cotler, Liberal critic for rights and freedoms and international justice, who is also serving as Mr. Badawi's international legal counsel.

Cotler characterized the motion as "a matter of urgency, given the pain and plight of Badawi's torture and detention."

Detained by Saudi Arabia since 2012, Badawi has been sentenced to 10 years in prison and 1000 lashes for establishing an online forum and exercising his right to free expression. Saudi Arabia administered the first 50 lashes on January 9, but has postponed subsequent lashings. Badawi's wife and children have taken refuge in



Sherbrooke, Quebec.

The motion further calls for the release of Badawi's lawyer, Waleed Abu al-Khair, and asks the government of Canada "to continue to use all available means" to secure the release of Badawi and al-Khair, and "to bring about the reunification of Raif Badawi with his wife and children in Canada."

-30-

Contact: Michael Milech, Office of Hon. Irwin Cotler

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Social Tidbits



With the blink of an eye, the yuletide season has passed and the New Year is upon us. A wave of social activities swept over the Montreal social scene. There were despedidas for those who left to spend the holidays at home - Miling and her husband, Vangie Salvador, Emy and Cesar Bayan to name a few. Topping my list of events was the red letter day held for Mr. Robert Matue's 58th birthday. The celebration was held at St. Michael Church Social Hall in Kirkland, QC. Ladies arrived dressed to the nines and the men wore their Sunday best. Lovely Mariz, Robert's better half, was noticeably attractive in a red sweater and black pants; statuesque daughter Joanna was in a flowing pink chiffon; daughter-in-law Vernie looked smart in a tan and black fitted dress. Their grandson Daniel appeared in a stylish lavender dress shirt. The good looking trio (sons D.J, Timothy and Michael) demanded attention in their different shades of black shirts and dark pants. Among the guests were Nonoy and Linda Agustin, Gloria Fernando, Baby de Guzman, Lindbergh and Joy Borja, Edith Cavinta, Joy Rosales, Noel and Pearl Gonzales, Cookie Cossette, and Pastor and Mrs. Joe Faia. The celebrant looked youthful in a plaid shirt and radiated serene happiness as he watched his guests enjoy the evening.

Robert's birthday bash included lively entertainment numbers. Children performed a "Trip to Jerusalem" number. Adults were entertained with a "Mustache Contest" where the goal was to parade and imitate Robert's walk, while donning fake mustaches in order to best mimic him. The winner was Mr. Randy Vistal. Pastor Rene Saquing of Living Waters International Fellowship (Robert's brother-in-law) led the group in deep spiritual contemplation with his message citing the Psalms. Many of the guests recalled many of the good deeds of the celebrant. Robert had indeed touched many lives! Especially touching was the poignant tribute of DJ, Timothy, Michael, and Joanna. Mariz, the special woman behind the man, the chef extraordinaire, said her loving words! Not to be missed was a vocal solo performed by Vernie Matue. WOW-she can really sing!

January 18, 2015 marked the 31st anniversary celebration of the Senor Santo Nino de Cebu. This was celebrated with a Fiesta and Sinulog held at St. Kevin's Church, Cote-des-Neiges. The festive gathering was graced by celebrants Rev. Fr. Savarimuthu Yesappan, Rev. Fr. Herbert Schultz and deacon Shanmuga Nathan. After the celebratory entrance



Photo shows the good looking Matue family. From left: Vernie, DJ, Timothy, Mariz, Robert, Joanna and Michael. In front is Grandson Daniel.

by Faithful Navigators (Sk. Edwin Rosete, Assembly #3103, Rudy Vilan, and the Lady of Fatima Group, the CARUSA appeared. It was carried by Gerald Castillo, Max Autentiuco Jr., Roger Quenneville, and Anthony Del Rosario. During the mass, the head organizer, Mrs. Marlene Birao Schacter welcomed the congregation. This was followed by the "Prayer of the Faithful" delivered by Christian Omictin (Bisayan), Astrid Torrico (Tagalog), Sophia Mourchid (Spanish), Tiana de la Cerna (French) and Josee Natasha Crodua (English).

During the second part of the program, Mrs. Natalie Pelausa welcomed the guests. After the late lunch - a feast as usual- the FilCan Idols (Louise Omictin, Aldrich Aranas, Arnel Bermejo, Astrid Torrico, Chloe Malvar, Leslie Carmelotes, and Mary Jean Cullarin) entertained the guests. The Sinulog presentations were performed by the Kapampangan Association of Montreal (K.A.M), Kababaihang Bisaya Performing Artists (K.B.P.A), UPS Warlie Basbacio, UPS William Fabia, and the Twin Hearts of Ile Perrot. The famous Panday Tinig Chorale Ensemble performed the anthems, and the angelic voices of the Magnificat Choir lulled the congregation into a spiritual mood. The highlight of the Sinulog was the blessing of the different Santo Nino images. Emcee was Mr. Reynold Omictin.

January 21, 2015 saw the launching of Mrs. Pascale Dery's Nomination to represent the Conservative Party in the Mount Royal Riding. Campaign manager Mr. Alexander Meterissian, drummed up the services of our local media: Journal de Montreal, La Presse, T.V.A, Radio

Canada, The Huntington Post, The North American Filipino Star, Global and C.T.V. The first and only Filipino-Canadian made TV show called MMTV headed by its executive producer, Zenaida Kharroubi, and other crew members, namely, Al Abdon, Fely Rosales Carino, Amy Manon-og, Remy Monteagudo, Derwin Collantes and Michael Davantes were also present. At this launching, Pascale graced the stage in an elegant basic black dress with a single strand of white pearls. Her attire accented her delicate figure! Anyway, the sweetest smile that night

belonged to Mr. Eric Castro, Pascale's handsome husband!

On February 7, 2015 the C.R.C Social Hall was occupied by the Order of the Knights of Rizal for a "Non-Stop Disco" Valentine's Day Party. This was organized by Sir. Felix de Luna, his officers, and the Auxiliary Ladies for Rizal. Dancing non-stop (REALLY non-stop!) were Boy Galas, Brenda Visitacion, Pauline Atilio, Joan Fronderina, Emmanuel Cea, Esphie Manaog, Al and Cora Abdon, Warlie Basbacio, Vilma Kelly, and Tenne Rose Dayandante to name a few.

Serving a public notice of their emerging popularity in Montreal's Social calendar is Federation President Ed Tupas - Federation of Filipino Canadian Associations of Quebec. His organization held a Rock and Roll Valentine's Party on February 14th at the Centre de Resources Communautaires (CRC) on Cotes-des-Neiges. F.F.C.A.Q. President Tupas welcomed the guest celebrities - Pascale Dery and Eric Castro. A few main attractions were the food laden tables. Thanks to Mrs. Minda Mazzone and her brigade who prepared an enormous amount of gourmet food.

On February 14, 2015 the Seniors of West Island and Suburbs (SWIS) held their Valentine's Party at the Olympia Social Hall, DDO, Qc. Despite the very inclement weather, once guests were inside, there was line dancing like it was nobody's business. Leading the romantic pairs were SWIS president Mr. Roger Ajero and wife Neri, Dr. Jean Veloria and wife Paz, Ike and Chit Bas, Lito and Linda Catuncan, Salve Despres, Ipang Nicolas, Nancy Karides, Nora Peralta,

Fely Bisares, Pros and Gloria Martinez, Lou Asghar, Nida Quirapas, Darcy and Lucy Smith, Romy Emboscado and Valent Loyd Hughes, and many others. Expressing their delight at always being invited to S.W.I.S activities were Table 16 occupants: Adoree Silva, Hans Wilgehof, Fay Miranda, Lilia and John Megley, Charito Tapia, Jeannette and Jacque Perignon and Pete and Mary Bangalan. Busiest Ladies "at work" at the reception table were Connie Franco, Lucy Salazar, Nene Isada, Neri Ajero, Elvi Maximo, Pina, Fely Bisares and Cely Dagsaan.

UPS search for Ms. Philippine Independence and Ms. Canada Day 2015

After the Valentine parties have abated, preparations for summer activities have begun. Early bird seems to have fallen on UPS president Warlie Basbacio. Right after Valentine's Day, she was ready for the search of the 2015 UPS Ms. Philippine Independence and Ms. Canada Day 2015. This was held at St. Kevin's Church Social Hall. As usual, their lively program had 3 parts: I - Parade of Colors performed by Mary Paano, Tracy Patilla, Cipriani Galang, Felix de Luna and Reggie Villamor. Part II consisted of the anthems sang by Dolly Brouillette. Invocation was led by Alicia Ramos. This was followed by President Basbacio's welcome address and Mr. Buddy Cabugao's inspirational speech. Next was Glenda Lazatin's presentation of the following birthday celebrants: Paulina Atillo, Dante Acebedo, Dario Boco, Leonila Cabulina, Amerifina Casia, Alejandra Castro, Cesario de la Cruz, Domingo Belmonte, Jr., Brigida Derige, Leonardo Escobar, Marites Flores, Jackie Lante, Consolacion Nueva and Monica Regacho.

Highlight of the afternoon's event was the coronation of UPS Queen of Hearts 2015 by Mr. Buddy Cabugao and Mrs. Elvie Leanens. Candidates were Ms. Vicky Abergas, Ms. Helen Grace Ballerey and Ms. Remy Coserto. The trophies were presented by Mr. James de la Paz, President of the Council of Canadian Filipino Associations of Quebec and President Warlie Basbacio. The beauties were serenaded by Mr. Boy Lansanger and Mr. Julius Abad. Ms. Linda Agcaoili was the event's emcee. The special guests were Mr. and Mrs. Robert Libman.

Monica Regacho's birthday party was held at 6767 Cote des Neiges Social Hall on Sunday, February 15. It was an honest to goodness disco party. As soon as the music started, guests just stepped to the dance floor. Monique is considered by her many friends as the "Mother Teresa" of Montreal because of her passion for helping others who are in need of basic necessities of life such as food, shelter, clothing and services. She wore a beautiful red dress which she made herself. Guests arrived at all hours of the evening. Some were still arriving while others were already leaving. Monique, It was a very lovely evening with lovely guests, and with a very lovely celebrant. Happy Valentines to All!

FILIPINO STAR SHOWBIZ GOSSIP

Taking it To Twitter

by Pau Aguilera



Kathryn Bernardo and Daniel Padilla

The power of social media can make or break relations, from mere friendships to those within professions. Over the years, despite its reach and popularity, some people still don't seem to realize that every click of that 'Tweet' button brings their issues out in the open. Celebrities are not spared from this misconception. Then again, maybe that's the whole idea — that every 140-character message is really meant for public consumption, and netizens, a part of a new public forum.

Saying sorry

On Sunday, right after the airing of

"Gandang Gabi Vice," comedian Vice Ganda vented his frustration over complaints made by fans of Daniel Padilla and Kathryn Bernardo who felt the love team's appearance on his late night talk show was too brief.

Feeling under-appreciated even after giving their idols the chance to promote their film "Crazy Beautiful You" on the show, Vice took to Twitter to post his thoughts and gave it a hashtag: #HirapNyoPlease.

Twitter, however, is a place of sweet sorries and virtual warm hugs. What followed next were not only tweets of apology from the 'KathNiel' fans but, on her own initiative, one from Kathryn's mom, Luzviminda

Benardo, posted on Monday.

On her daughter's and Daniel's behalf, she reached out to Vice to thank him for featuring the teen couple on his show, saying, "I think upon watching the uncut version fans will realize why your show aired that much... Salamat po sa pagmamahal sa Kathniel."

Setting things straight

Reports of Sam Concepcion and Jasmine Curtis-Smith calling it quits have yet to be confirmed by both parties, but the uncertainty seems to be have affected their supporters.

Recently, Sam had to defend his friend Lesley Martinez from a basher who accused the latter of flirting with him. Buoyed by the anonymity provided by the medium, the Twitter user referred to the girl using a slur.

Sam, who was tagged in the post, immediately replied to the user, saying, "whoa relax friend namin ni jas yan."

Shortly, his followers took it upon themselves to cyber-gang up on the Twitter user for supposedly being an attention-seeker. Ouch!

Making a wish

Lea Salonga has one wish for her 44th birthday and this concerns the ongoing competition on "The Voice of

the Philippines" where she is coach-judge.

Encouraging viewers to "vote wisely," she urged the show fans to base their picks on talent, and not on the "best story."

"Their stories are for you to get to know them better as people, but not to elicit pity," she stressed. "So vote with



Lea Salonga

your ears as well as your hearts."

"The Voice PH" is down to its Final Four – Team Lea's Leah Patricio, Team Sarah's Jason Dy, Team Bamboo's Rence Rapanot and Team Apl's Alisah Bonaobra. The finale is set to air on Mar. 1. ■

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Cesar: 'I'm not a monster father'



Sunshine Cruz and estranged husband Cesar Montano

Sunshine Cruz has accused her estranged husband Cesar Montano of committing a scandalous act in front of their daughters (whose names we are withholding to protect their privacy). Even before she filed a case against Cesar in court, Sunshine has reportedly been feeding the tabloids similar stories.

Here's Cesar's official statement on the matter:

I vehemently deny all accusations being hurled against me by Sunshine Cruz, most especially this latest, most hurtful of all involving our daughters directly. I may not have been a perfect husband, but I am most definitely not a monster father.

I am grossly disheartened with Sunshine in using our innocent daughters to suit her own ulterior motive. While we are threshing out our property relations in connection with the pending cases we have filed against each other, she is dragging our children to gain leverage against me. Admittedly we have our own differences like any other ordinary

couple, but our children should not be affected and worse, be used by anyone of us just to force the issue upon each other. I must hasten to say that it greatly exasperates me to hear that Sunshine filed a complaint against me and immediately thereafter went to the media to announce to the public that a case had been filed against me. Her lawyer even discussed the merits of the complaint.

Sunshine should realize that the complaint involves our own daughters. As I understand it, the law on VAWC shields the minors, our daughters at that, from public embarrassment, humiliation and ridicule. Don't they realize that they have exposed our daughters to this kind of situation.

I respectfully appeal to Sunshine, if you want the property you have been clamoring, then so be it. I have signed the compromise agreement giving you what you want. But do not and never ever again drag our innocent daughters to settle our differences just to suit your own personal interest. ■

Why Mo Twister called out Manny Pacquiao



Radio personality Mo Twister (right) expressed disagreement with the way boxing champ Manny Pacquiao announced his upcoming much-awaited bout with American boxer Floyd Mayweather.

Actor Gerald Anderson finds "HaControversial DJ Mo Twister criticized Manny Pacquiao over the boxing icon's mention of God in an Instagram post promoting his upcoming bout with American Floyd Mayweather, Jr.

Mo Twister, whose real name is Mohan Gumatay, tagged both Pacquiao and Mayweather in a series of posts on Twitter over the weekend.

The radio personality said, unedited: "First of all, as a sports fan, thrilled about the @FloydMayweather @MannyPacquiao fight!

"But for Manny to say Glory to God that the fight is on, yet it's a barbaric form of entertainment wherein you hurt humans in exchange for massive wealth, doesn't make sense. You hurt people for a living, to be rich, for pride (ours and yours) so leave shouldnt God be left out of it?"

Gumatay's tweets were referring

to Pacquiao's February 21 announcement on Instagram that his long-awaited fight with Mayweather will finally happen on May 2 at MGM Grand Las Vegas.

Pacquiao's Instagram post read: "Finally he sign the contract so the fight is on, this is what im talking about that I sign already before, im just explaining to the fans and to prove that im not lying, i have the fear of the Lord. So this is it! The fight is on fans you deserve it thank you. to God be all the Glory."

Formerly Roman Catholic, Pacquiao is known to actively preach about the Bible as a born-again Christian. Before and after his fights, Pacquiao is always seen praying in one corner of the ring. ■

**More Showbiz Gossip
p.16**

Jammin' for a cause



Lea Salonga

More than 25 of the Philippines' world class performers are coming together on Feb. 23, 7:30 p.m. at Solaire's The Theatre for a spectacular event dubbed "Jammin For Help! Brave."

The event serves as tribute to the heroism of the Fallen 44, and their families. It will be headlined by Lea Salonga, Martin Nievera, Aiza Seguerra, together with maestros Ryan Cayabyab and Gerald Salonga.

Proceeds will go to the families of the Fallen 44 and the survivors of the Mamasapano carnage. ■



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Showbiz Gossip *Continued from p.15*

Ai Ai says sorry to ticket buyers over cancelled concert



Ai Ai Delas Alas

Ai Ai delas Alas has apologized to fans who have already bought their ticket following the cancellation of her pre-Valentine show dubbed "I Heart Papa," originally slated on Feb. 12 at Solaire Resort & Casino, Parañaque City.

"Humihingi ako ng paumanhin (kasi) hindi ko naman kontrolado 'yung nangyari," she said, noting how she was only informed a night prior the concert that it will not push through.

Ai Ai cited concert producer Jacob Fernandez's alleged failure to pay the concert venue, artist talent fees and other production costs behind the cancellation of "Papa."

"Nag-produce siya (Jacob) ng wala siyang pera kasi wala siyang nabayaran eh and dun sumasama (ang loob ko) kasi hindi naman siya nagsasabi ng totoo... 'Di ko alam anong problema niya, sa side ko okay naman ang ticket (sales) eh, ang dami kong sponsor..." she said.

Ai Ai admitted how she could have shouldered the venue expenses for the show to push through but refrained from doing so.

Jacob, on his part, reasoned in a previous interview that the cancellation was brought about by time constraints. He also refuted the notion that he failed to pay the venue.

Apparently, the show already had trouble two weeks before it was called off, with the withdrawal of main guest Richard Yap.

Ser chief's camp blamed the failure of the producer to give the standard down payment and other contractual violations.

Still, Ser Chief and Ai Ai say all is well between them.

Jacob, for his part, explained that the problem with Ser Chief stemmed from miscommunication.

Despite this, Ai Ai decided to give the producer a chance and carry on with the show, replacing one "papa" with two: JC de Vera and Aljur Abrenica.

"Nagmakaawa siya sa akin na tulungan ko siya, na gusto niya maredem ang sarili niya, binigyan ko siya ng chance kasi nga (I worked with him) noong first concert ko sa Folk Arts Theater that's why tumanaw ako ng utang na loob sa kaniya," she noted.

Following the fiasco, Ai Ai is thinking of consulting with her lawyer to review her legal options.

She said she also learned her own lesson: To produce her own shows from now on.

Ai Ai plans to produce and headline a free show on May 16, a few days after Mother's Day, to make it up to her fans. She hinted at the possibility of inviting her kids as guest performers in the show. ■

Julia Barretto meets dad after 'snubbing' incident



A photo posted by Julia Barretto (@juliabarretto) on Feb 25, 2015

It appears that teen actress Julia Barretto and father, comedian Dennis Padilla, have patched things up.

Barretto, on her Instagram account, posted a photo late Wednesday of her smiling with the 53-year-old with the caption: "Papa being his comedian self."

It comes more than a month after it was revealed that Barretto allegedly ignored Padilla during a party held last December.

The event, a gathering of stars and staff of Dreamscape-produced series, took place last December 14.

Padilla was a cast member of "Ikaw Lamang," while his daughter played the title characters in "Mirabella."

At the time, Padilla said that her daughter was aware of his presence but neither approached nor greeted him during the party.

The snubbing incident was alleged to have been caused by the 17-year-old's move to formally drop Padilla's

surname.

According to the camp of the "Mirabella" actress, the petition was to "prevent confusion" regarding her name, being a public figure.

In an interview shortly after the September 2014 report, Padilla claimed that it was because of his inability to provide financial support. "Talagang hindi na ako nakapagbigay because I have no more projects," he said at the time.

The meeting between the two may also prove timely as Barretto is set to celebrate her 18th birthday on March 10. Her father have already expressed his willingness to be part of the occasion.

A daughter of actress Marjorie Barretto and Padilla, Barretto was dubbed a "showbiz royalty" when she was launched in 2013 as a Star Magic artist. She is also a niece of actresses Gretchen and Claudine Barretto. ■

Boyz II Men to serenade Manila in September



Boyz II Men

The immensely talented group is composed of baritone Nathan Morris with tenors Shawn Stockman and Wanya Morris.

The September concert was in response to many Filipinos' clamor to have the popular American R&B vocal group to once again visit the archipelago and perform their very much loved hits of the 1990s. Filipinos possess an unwavering love for romantic ballads, and Boyz II Men - the ones behind soulful tracks such

as "I'll Make Love to You," "End of the Road," "On Bended Knee," "Water Runs Dry," "One Sweet Day" (with Mariah Carey), and "4 Seasons of Loneliness" among other hits -will more than satisfy this craving.

Boyz II Men's vast success soared to great heights in the 1990s after releasing "End of the Road" which reached the top of the charts and conquered the number one place of Billboard Hot 100 for thirteen weeks. This caused one of the best vocal groups to break Elvis Presley's record of longevity in the charts.

Boyz II Men wowed the world once more by breaking their own record with the songs "I'll Make Love to You" and "One Sweet Day" (with Mariah Carey), at fourteen and sixteen weeks respectively. The latter track still holds the all-time record for longevity in the Billboard Hot 100. ■

What Piolo says about son Inigo's acting



Piolo Pascual (right) with son Inigo

Piolo Pascual critiqued his son Inigo's acting in the just-released film "Crazy Beautiful You," where the younger Pascual co-stars with teen sensations Daniel Padilla and Kathryn Bernardo.

In joint interview on "Aquino &

Abunda Tonight" on Thursday, Piolo advised his only child to be more confident and comfortable in front of the camera, but agreed that the "potential [in acting] is there." ■

Sarah G keeps it simple amid success



Sarah Geronimo

Blessed with an enviable mix of talent and beauty, singer-actress Sarah Geronimo is one of the country's biggest stars whose personal and professional life remain rosy.

Sarah confirmed in a recent interview that her movie with Piolo Pascual, originally slated for a Valentine's Day release, will push through but at a later date. She said they might start working on the film after the second season of "The Voice of the Philippines," where she is coach-judge.

There's also talk of Sarah being paired in a movie with Korean star Lee Min Ho. While Sarah could only be hopeful about this, she has yet to discuss the matter with Viva big boss Vic del Rosario.

What's sure is that her beautiful

relationship with real-life leading man, boyfriend Matteo Guidicelli, continues to bloom. Despite being loaded with work – which even kept them from celebrating Valentine's Day together – she makes it a point to find time for Matteo, and vice versa.

"Every day halos ang trabaho (pero) singit-singit lang ng oras minsan (para sa amin)," Sarah explained.

Asked what she considers the best Valentine's gift ever, Sarah said it all boils down to love and understanding.

Sassy lass

Her happy love life helps her keep a pleasant demeanor, which translates to her looking good all the time. Sarah maintained that being beautiful starts in the mind.

"Marami tayong insecurities. That's a fact na hindi natin maiwasan, especially kapag may nakikita tayong mestiza, mas maganda sa 'tin, mas sexy. Pero you have to find in yourself kung ano ang strengths mo, what makes you special," she said. "Kaya nga mentally, kailangan paniwalaan mo na espesyal ka, maganda ka; (na) iba lang ang ganda mo sa kanila. Kanya-kanyang ganda lang 'yan."

Sarah practices what she preaches. Some say she looks quite refreshing even with minimal makeup. Despite being the newest endorser of San San Cosmetics, Sarah believes natural beauty also shines through.

"Minsan tinatago natin 'yung natural beauty natin, parang feeling natin mas magiging maganda tayo pagka kino-conceal natin 'yung totoong features natin," Sarah said. "Pero with San San, pinapaalala nila na, 'Believe in your own natural beauty.'"

Sarah added, "(Dapat) paniwalaan mo na magandang tao ka. Hindi lang siya 'yung dahil sa skin mo or sa features mo, dapat 'yung buong pagkatao mo mahalín mo. It's a process (of acceptance)." ■

Martin Nievera sings and write songs for therapy



Martin Nievera

People do various things to heal themselves both physically and emotionally. For "Concert King" Martin Nievera, therapy comes in the form of "singing, writing poetry and composing songs."

Today is "Hearts' Day" but Martin has no date. In fact, he will be working, being among headliners of "Ultimate," the second leg of which will be held at the Sm Mall of Asia Arena tonight. Also featured in the show is Gary Valenciano, Regine Velasquez and Lani Misalucha.

It's the first time that the four of them are singing together, but Martin has teamed up with Gary V., and Regine numerous times in the past.

Martin said he enjoys working with Gary being that he learns a lot from him. "I really study him – his moves, his songs, everything. And I've learned a lot. He and Angeli are one of the most successful marriages in showbiz but they went through a lot too. Imagine Angeli waking up in the wee hours to see if her husband is still alive."

Note that Gary has been dealing with diabetes since he was in his teens.

Martin has also teamed up with the former Mrs. Martin Nievera, "Concert Queen" Pops Fernandez, and the clamor for them to perform together continues. Both are open to this, professionals as they are, but for fans wishing for them to rekindle their love, Martin said, "If we get back together as a couple, it should be for us. We had the kind of love that I wish could have been forever."

He added, "We have different lives already, but we are friends, we talk, we give advice to each other, I know her private life, she knows mine, alam niya babaaero ako, and for hurting her, my guilt is endless. And though how much I failed in this business of love, I still believe in love, I still believe in family... and whoever marries me the next would be very lucky because I've learned a lot."

Not many people are aware that Martin is a sought-after wedding singer. "I'm not a party-goer and unless I am invited to sing for the occasion, you won't see me in parties."

When he was still based in the US, Martin said he loved performing for his fellow Filipinos in such places as Las Vegas. While most singers would hide before the performance, Martin actually go where the audience are, signing autographs and posing for photos.

"Actually, I stay with them longer than when I perform," he related. "I know that many Pinoys work in the casinos. There are those who work in the kitchen, and I go there to say hi. I go to the restaurants where they eat. I sit with them and I love it. They've always been there for me all those years, and so when they ask 'can we have a picture taken with you?' I say, 'sure.'"

No wonder Martin is well-loved by his fans. ■

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PERSONALITY OF THE MONTH

"Playing volleyball requires discipline" says Garcia

by W. G. Quiambao

Volleyball has always been part of Sherie Garcia's life. For twenty years, she has been playing the game.

"I started playing street volleyball when I was still in the elementary," said Garcia, a resident of Cote des Neiges. "I was influenced by my aunts and cousins who all played volleyball."

In high school, she was a varsity player at Siena College, a private school in Quezon City, Philippines. She also played in the collegiate volleyball, representing the School of Business Administration.

"Volleyball is a fun game," said Garcia. "It needs leadership and discipline. You'll have a chance to demonstrate your ability to be a team player. You have to motivate your players."

Garcia arrived in Montreal in 2008. Four years ago, she was playing with friends in Long Sault when she was spotted by Mercy Sia who was impressed by her skills in volleyball. It didn't take long for Garcia to accept Sia's offer to join the latter's team. She has been representing the FFCAQ when the association plays against other teams from other ethnic groups.

For four consecutive years, she has been receiving the MVP awards from the FFCAQ at Long Sault.

"Sherie is the sports coordinator of the Filipino-Canadian Volleyball Association of Montreal which I recently founded," said Sia. "She's an asset to our association. She's very skillful and talented and the best of all the players of women division. I'm confident that she can handle the

growing number of our players now"

Though the association is still young, Garcia is proud of it. It has nine teams now. In fact, she encourages men and



women of all ages to play volleyball.

"It's for their well being. They'll have something to look forward every Sunday."

The season's tournament starts in April. Those interested in playing volleyball can register by calling Mercy Umpig-Sia at 514 586 1737.

1:43 to pursue acting career with Viva

AFTER three successful albums and a string of hit songs, the members of Filipino boy band 1:43 believe they are ripe to pursue their acting careers, either as a group or individually.

Last week, the group composed of four stylish and talented young men

1:43 popularized "Sa Isang Sulyap Mo," the monster hit song that won the 2013 PMPC Star Award for Music "Song of the Year" and the "Most Promising Performing and Recording Group" in the Guillermo Mendoza Memorial Scholarship Foundation's 45th Box-Office Entertainment Awards.



Anjo Resurreccion, Gold Aquino, Yuki Sakamoto, and Yheen Valero together with their founder and manager Chris Cahilig signed a co-management contract with Viva Artists Agency (VAA) owned by Vic Del Rosario. The strategic move aims to fulfill 1:43's long-term plan to become television and movie stars aside from being pop idols.

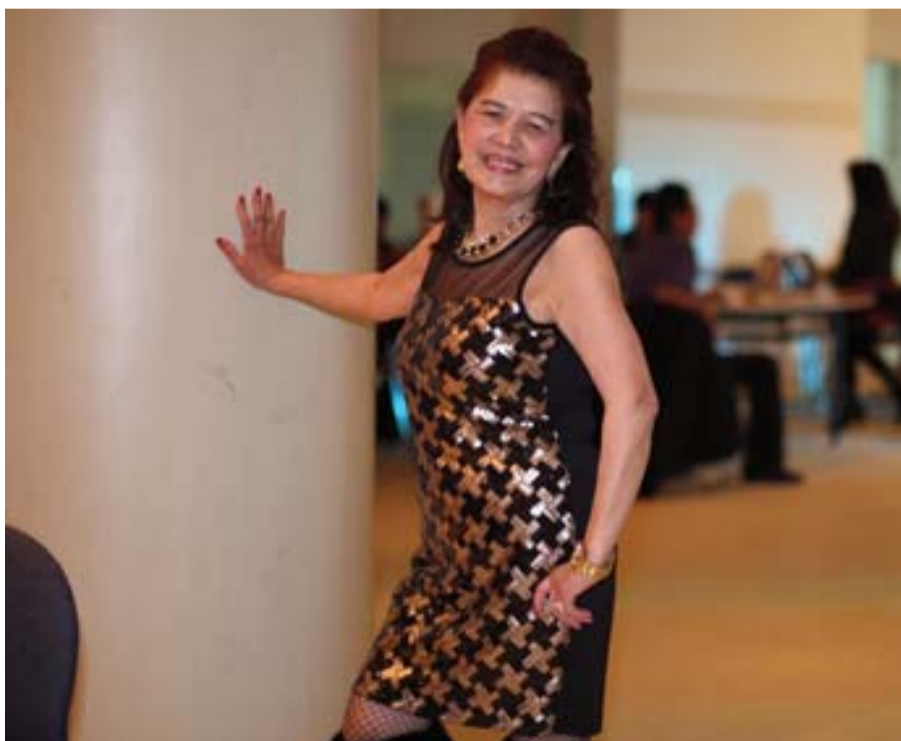
"While we will remain intact as a boy band, we feel that it's the right time to take our showbiz careers to a higher level. We are thankful that Boss Vic (Del Rosario) readily and warmly welcomed us as Viva's newest talents," explains 1:43 spokesman Anjo.

"We hope to start doing commercial movies and television appearances as well as viral videos and short films anytime soon. We are confident that Viva will take care of us," he adds.

They are also behind hit songs "Ang Saya-Saya" which became the official theme song of GMA 7's sitcom "Ismol Family" and the Youtube hit "Hayop Sa Ganda."

New Member

The resignation of Argee Golding in early January paved the way to the entry of top ramp and commercial model and rapper Yheen to the pop group. Argee, an international taekwondo medalist from the University of Santo Tomas (UST), left the group with heavy heart to enroll in a school for pilots in Subic.



Nora Antenor Cruz at Monique's birthday party, February 15, 2015.

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Pinoy registered nurse to compete in Mister Global

A standout during the Mistery of the Philippines pageant for his utter handsomeness and fantastic personality, Joseph Doruelo was selected to represent the Philippines at the 2015 Mister Global Pageant



Joseph Doruelo Mr. Philippines 2015

which will be held in Bangkok, Thailand.

The pride of Caloocan, Doruelo is also a registered nurse who is passionate about supporting health programs that conduct awareness and affordable medicines in the community. "As a health ambassador, I can be an agent that Health can be on the hands of each Filipino. Stroke,

heart attack and cancer are only three of some of the leading causes of death among men and women in our country today. As I model of a healthy lifestyle, I can educate Filipino people about healthy habits and proper exercise. For in education, I impart myself to them and eventually empower the people to live with a healthy body, mind and spirit."

Aside from promoting health, Doruelo joined pageantry to promote the Philippines to the world. For him, pageantry is important because "it showcases the Philippines' culture, festivities, beautiful destination spots (like the underground river in Palawan), classic delicacies and products. With this carries the hope that other countries will invest in the Philippines whether through business or tourism, and it will help our government and our society to be more progressive."

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Filipino Police Officer wins Mister International



Neil Perez, The Philippines' First Mister International

Popularly known as the hot cop from Manila, PO2 Mariano Perez Flormata Jr. AKA Neil Perez has won the Mister International 2014 pageant held in Ansan, South Korea. Lebanese Rabi El Zein was 1st Runner Up, Czech Tomáš Dumbrovský was 2nd Runner Up, Rafal Maslak from Poland was 3rd Runner Up, and Mitja Nadizar from Slovenia was 4th Runner Up. Perez also came in 2nd Runner Up in the Best National Costume category.

Before flying to South Korea, Perez, an Explosives Ordnance Disposal technician of the PNP Aviation Security Group, had dedicated his efforts in the contest to his fellow police officers who perished in the Mamasapano clash on January 25. Seven of the slain SAF troopers were Flormata's classmates in basic training at the Police National Training Institute in 2008.

Perez joined pageantry to obtain additional opportunities that could help him financially, and to promote healthy living, which is his advocacy.

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Adele Lascano (October 2009)



The knowledge and skills I have learned at Gilmore College gave me the edge to work in the health care field where one needs to show willingness to render service to the sick and the elderly.

Ethel Tugna (March 2011 graduate)



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

Giselle Arellano (October 2011)



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PAB students pose with their teachers during an orientation seminar at St. Margaret CHLSD in Westmount. Standing at the back: Ethel Tugna, Anne Signey, Janet Haydock, Lourdescita Lubang and Annabelle Allosa. Not in photo: Joesie Bingayen. PAB Nursing instructors, from left: Edith Fedalizo, Amy Manon-og, Director-General Zenaida Kharroubi, Instructors Clarice Mackay and Josefina Toledo.



Standing behind are: Adele Lascano, Melanie Bangit, Salvacion Battad, Leilani Galsim, Concepcion Dupali, Joyce Liwaliw, and Milet Daquioag, members of Batch 5, School term September 2008 to March 2009. Seated from left: PAB teachers Clarice Mackay, Nina Schiff, and Director-General Zenaida Kharroubi.



PAB students on training at St. Margaret, Batch 3, school term from May to December 2007 are: Daisy Morales, Rafael Agaloos, Daisy Castillo and Leah May Paradillo supervised by Amy Manon-og and Herminia Arguilles.