

Quebec to legalize assisted suicide



Quebec junior Social Services Minister Veronique Hivon, right, accompanied by lawyer Jean-Pierre Ménard, left, walks to a news conference to comment on a report called Dying within dignity, Tuesday, January 15, 2013 at the legislature in Quebec City. (Jacques Boissinot /THE CANADIAN PRESS)

Quebecers afflicted with a terminal illness may soon be able to seek the help of a doctor in ending their life.

A panel of legal experts has recommended the provincial government allow what it is calling "medical assistance to die" in rare cases where a patient is close to death and unable to endure the physical or psychological pain — and the Quebec government says it believes it has found a way of not running afoul of Ottawa with the measures.

Euthanasia and assisted suicide are illegal in Canada under the Criminal Code.

However, Quebec junior health minister Veronique Hivon said Tuesday the panel determined that provinces have the legal jurisdiction to legislate in matters of health and that the future Quebec legislation would clarify how acts to end a life wouldn't be considered suicide.

Mike Sholars: The ongoing fight for

See Page 4 Medically assisted

PHL confers Legion of Honor on US Sec. of State Hillary Clinton



AFP News - US Secretary of State Hillary Clinton hosts a ceremony for outgoing US Ambassador to Ireland Dan Rooney January 9, 2013 at the State Department in Washington, DC. Clinton will appear before lawmakers

The Philippine government has conferred the Legion of Honor on outgoing US Secretary of State Hillary Clinton for her steadfast support to the Philippines and commitment to strengthen ties between Manila and Washington.

Foreign Affairs Secretary Albert del Rosario bestowed the

recognition on Clinton on behalf of President Benigno S. Aquino III in simple ceremonies at the US State Department in Washington D.C. on Tuesday.

Expressing appreciation for the honor, Clinton reaffirmed the US

See Page 11 Legion of Honor

5 years proud association with the
Just For Kids Foundation
 Dancing With The Stars Event
Top Studio Award

centre ballroom dance sport DANCE SPORT MONTREAL 2010 2011 2012

Friends, Fun Passion and

ChaCha Rumba Salsa Valse Tango Swing Merengue Bachata

Ballroom!

514.484.8346
 5034 Sherbrooke West
(Between Grey & Claremont, METRO Vendôme, BUS #24, 63, 356)
www.BallroomDanceSport.ca
info@BallroomDanceSport.ca

FREE Trial Lesson
 No partner necessary
Leçon d'essai GRATUITE
 Avec ou sans partenaire

centre ballroom dance sport

mise en forme **ZUMBA** fitness
 Every Sunday!
 Tous les dimanches!
 from de 10 h à 11 h
 10\$ per class

Classes de **Jazz** Classes
 Contemporain et classique
 Contemporary & classical
 Vendredis/Fridays 19h/7pm à to 21h/9pm
 Samedis/Saturdays 10h/am à to 12h/pm
 15\$/ x1 classes
 120\$/ x10 classes
 200\$/ x20 classes

Marché Coop

The Filipino Solidarity Cooperative, Inc.
5320-A Queen Mary Road
(between Decarie & Coolbrook)
Tel: 514-485-7861
E-Mail: filipinocoop.com
Website: marchecoop.com



Business Hours

Monday - 1:00 - 9:00 p.m.
 Tuesday - 10:00 a.m. - 6:00 p.m.
 Wed. to Friday - 1:00 - 6:00 p.m.
 Saturday - 10:00 a.m. - 4:00 p.m.
 Sunday - 1:00 to 5:00 p.m.

Members can make appointment to shop outside these hours. Phone your orders and you can pick them up by appointment as well.

Delivery service available for Cote des Neiges & NDG areas between 6:00-8:00 p.m. (\$5.00 delivery service fee.)

We sell phone cards & gift certificates.

Montreal Mayor Michael Applebaum refutes allegations he has connections with the Mafia

MONTREAL - Montreal's interim mayor says the fact he attended an event at a restaurant that was once popular with members of the city's underworld doesn't mean he's tied to the Mob.

"I am not afraid of the Mafia, I don't hang out with the Mafia and I do not know the Mafia," Michael Applebaum told a news conference Tuesday.

Applebaum was moved to deny newspaper reports he was being investigated for real-estate deals conducted while he was mayor of Montreal's largest borough.

On Tuesday, he reiterated he is not being investigated and insisted he is not being targeted.

"In my role as an elected official,



Montreal Mayor Michael Applebaum, left, and Montreal chief of police Marc Parent speak at a news conference on Jan. 11, 2013, where they announced the formation of a new anti-corruption unit. Mr. Applebaum has since denied allegations that he has ties to the Mafia. (Graham Hughes /The Canadian Press)

They are not friends of mine." Applebaum has been the subject of rumours and allegations in the last few days —with the latest involving his visit to a Montreal restaurant for a fundraiser a decade ago.

The restaurant was frequented by members of Montreal's Mafia.

Applebaum said the 2003 fundraiser was perfectly legal and was organized by the Union Montreal party at a time when he was simply a city councillor responding to a party request to attend.

The event was held at La Cantina, an Italian eatery. A prominent member of the Mob, Federico del Peschio, 59, was shot and killed in 2009 outside the establishment, which he owned.

Applebaum described himself as a man of integrity and transparency who has nothing to hide.

The mayor insisted there was nothing scandalous about his visit to the eatery and he hasn't been there in recent years.

It was the second time in less than a week that Applebaum convened journalists to address allegations.

Last Friday, he called an end-of-day news conference to address reports he was being investigated by Quebec's Charbonneau Commission, which is looking into corruption within the construction industry.

the Charbonneau Commission decided to meet with me ... we discussed many, many dossiers," Applebaum said.

"If they want to invite me, it's a pleasure to meet with them and I will shed light on any dossiers they may have and will respond to their questions."

He accused enemies he has picked up over 18 years in municipal politics of attacking his attempts to change the system at city hall.

He said he has never given or received kickbacks or been involved in any cases of preferential treatment.

"For there to be a scandal, there has to be a scandal," Applebaum said. "And there is no scandal here."

Richard Bergeron, one opposition leader at city hall, said he believes Montreal remains governable and the parties remain committed to the coalition formed in the wake of the departure of former mayor Gerald Tremblay.

But Bergeron said he is still concerned.

"I'm starting to worry about the evolution of the situation concerning Mr. Applebaum," he told reporters. "I've called for a quiet transition to the next election (in November) ... but I begin to worry if it will be possible."

Marché Coop Gift Certificate

A gift for: _____
 Value: _____ Dollars (\$)
 From: _____
 Authorized signature: _____ Date: _____
 Expiration date: _____ No. _____

Coopérative de Solidarité Filipino / Filipino Solidarity Cooperative, Inc.
 5320-A, chemin Queen Mary, Montréal (Québec) H3X 1T7
 Tél: 514-485-7861 / filpinocoop@gmail.com / www.marchecoop.com

 Brown sugar, 1 lb - \$2.29	 Buenas Coco Gel, Kaong \$1.79	 Creamsilk \$4.49 + tax
 Brown Rice, 2 lbs - \$1.99	 Mang Tomas sauce 99¢ bottle	 Whole Milkfish, big size \$3.69 lb

ALL-IN ONE MOVING & TRANSPORT INC.
 Residential & Commercial
 Local & Long distance
 SPECIAL FOR
 Toronto - Montreal - Calgary - Saskatoon
 Edmonton - Vancouver & USA
Tel: 514-825-4779 - 416-826-5113
 Email: info@allinonemoving.ca
 web: www.allinonemoving.ca



Send your Boxes Door to Door to Philippines

GRAND OPENING PROMOTION

More info: 514-400-1271

www.allinonemoving.ca
 allinonemoving@yahoo.com

Share Ride Montreal to Toronto EVERY DAY Toronto to Montreal



Editorial

Is medically assisted suicide necessary?

Helping someone to end his or her life is illegal and considered a criminal offense in Canada but the Quebec government is planning to legalize it after a committee submitted a report recently that stated that health care is under provincial jurisdiction. For this reason, there is a way to circumvent federal law that prohibits medically assisted suicide.

Before anyone can make a clear decision on which side to support, we must first have to deal with the terms or language used in the debate. Euthanasia and legally assisted suicide are not the same. Euthanasia is not initiated by the patient who is under the control of a doctor who decides to stop the treatment if he is absolutely certain that the patient is going to die. Under this situation, the patient is given palliative care to make his remaining days more comfortable by the use of certain drugs.

The moral issues involved in doctors assisting patients to die with dignity are of absolutely central concern to the medical profession, ethicists, and the public at large. The debate is fueled by cases that extend way beyond passive euthanasia to the active consideration of medically assisted suicide.

From the review of various articles on the issue of "death with dignity" and "respect of the patient's rights", it appears that the basic contention of those who are opposed to the legalization of medically assisted suicide is the fear that we are going on a "slippery slope" and we face the danger of abuse of the law similar to the Belgian style euthanasia while those who advocate the approval of

the legalization of medically assisted suicide argue that the law would be rigorously followed to make sure that the patient's rights are respected and that he or she is mentally competent and whose resolve has been tested over cooling-off period of a few weeks.

Dr. Sheriff Emil, a pediatric surgeon at the Montreal Children's Hospital warns that the proposal to legalize medically assisted suicide is "dangerous" and will be against the Hippocratic oath which is "not to kill." He is dismayed by the "culture of death" which he said is often disguised as the concept of "dying with dignity." He believes that Quebec should be focusing its attention on improving palliative care instead of encouraging "medically assisted suicide."

Allowing a patient to seek his own death before the natural course of time is not only against one's religious beliefs but also a painful experience for the family. Besides, the patient can always refuse treatment if he or she wants to die. There seems to be no need to hasten death by having a law that may be subject to abuse. Hopefully, the law will be rejected by a majority of legislators if they still have their Christian moral values intact. Furthermore, most religions consider it a sin to take one's life.

Another point to consider is the fact that our health care system is in need of reforms to make it more efficient to serve the patients' needs. Instead of spending time and effort in introducing a law that is not needed, why not focus on finding more resources to solve the problem of overcrowding in emergency wards.

Zenaida Ferry Kharroubi

2012 is another banner year for the North American Filipino Star

by W. G. Quiambao

Last year, the North American Filipino Star brought us informative community news stories that were accurately reported. It also brought us inspirational articles that touched the readers. The most important, the NAFS has maintained its credibility and its readership.

Below are the news and stories we're talking about.

January - Jelly Herrera arrived in Calgary in 2006 as a tourist to visit her sick sister. When her sister died and her visa expired, she decided to stay in Montreal to avoid her abusive husband in the Philippines. She applied for a refugee status. Then, she met a man who married and sponsored her. While waiting for her sponsorship visa to be approved, she was diagnosed with breast cancer. Since she had no medicare card yet, she was stuck with mounting hospital and medical bills. Because her story had human interest, it was picked up by the Gazette, CTV and even the NAFS. Outpouring of support from various organizations poured in. MP for Outremont Thomas Mulcair promised to help. Unfortunately, her husband died of heart attack before her problem was solved. Prayer, hope and positive outlook in life kept her going. Last December, she received the best

March - Dr. Juan Anton, a scholar and professor at Notre Dame University in Indiana, USA delivered a lecture about the Philippine culture that many Filipinos, especially those living abroad, had forgotten. For example, he discussed the origin of zarzuela.



Dr. Anton Juan

Everyone who attended said that Dr. Anton isn't only witty but also funny.

April - The resignation of Saulie Zajdel, former CDN/NDG councillor known for his help to the Filipino community, surprised many people. Hired as an adviser to the federal heritage minister, he mysteriously resigned in the wake of allegations that the government was using him as a 'shadow MP' to undermine an elected Liberal MP. He is still missed by those who know him well.



Jelly Herrera

Christmas gift - her immigrant visa. And her health was improving. Herrera's story, with a happy ending, has inspired other people not to lose hope in time of trials and tribulation. Life is still beautiful.

February - CDN-CDN borough donated \$2,000 to the Philippine disaster relief fund. Councillor Marvin Rotrand sent an email to the community saying, "In the wake of tropical storm Washi which devastated the island of Mindanao in December, Montrealers responded by donating to the relief fund." This act of kindness in time of need is a proof that the Filipino community and its existence are recognized by the city.



Mariel Dimayuga, Miss Philippines-Ambassador of Goodwill 2012

May - Mariel Dimayuga was crowned as FAMAS Philippines-Montreal Ambassador of Goodwill. She

See page 4 Star's Banner Year

THE NORTH AMERICAN FILIPINO STAR
 Montreal, Quebec, Canada

5320-A Queen Mary Road
 Montreal, Quebec H3X 1T7

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

Zenaida Ferry Kharroubi
 Chief Editor & Publisher

W.G. Quiambao
 Community News

Al Abdon
 Alberto Baens Santos
 Columnists

Sam Kevin
 News & Layout Editor

Bert Abiera
 Founder

Bernardo Sarmiento
 Opinion Editorial

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.

Filipino Dentist
DR. GENE SANTANDER
 DENTAL SURGEON/CHIRURGIEN DENTISTE
 5165 Queen Mary Rd., Suite 304
 Montreal, Quebec H3W 1X7
TEL. (514) 484-3110




From Page 3 Star's Banner Year

treasures all the opportunities, like building self-confidence, given to her by FAMAS. Joining the Miss Earth-Canada pageant, meeting former Mayor Gerald Tremblay at the city hall and Senator Tobias Enverga, Jr. at the FAMAS Christmas party are new experiences for her. The journey of Dimayuga as FAMAS Philippines-Montreal Ambassador of Goodwill is still being followed by the NAFS young readers.

June - Philippine Ambassador Leslie B. Gatan's visit to the city hall strengthened the friendship of the Filipinos and the borough council executive members. In addition, the Council of Canadian Filipino-Associations held the 115th Philippine Independence Day, literally, with a bang, when the Royal Canadian Forces fired a



The Royal Canadian Forces doing their gun salute during the 115th Philippine Independence Day celebration in MacKenzie King Park, June 12, 2012.

gun salute at the Mackenzie King Park. The participation of the ethnic groups in our celebrations drew criticism from a few people. They asked, "Why did we invite them?" But Canada, the country that welcomed and adopted us, is multicultural. In fact, on July 1, the organizers of the Canada Day invited various ethnic groups, including the Filipinos, to join the celebrations. Filipinos are very welcoming. Tobias Enverga, Jr. said it best when he was appointed as senator in Ontario, "Ignorance of one's culture bridges racism."

July -It was fiesta time in Montreal for fun-loving Filipinos. The Pista sa Nayon held at the Mackenzie King Park by FAMAS attracted hundreds of revellers. The bayanihan spirit was there. No matter where we are, we work together to continue and promote our unique and diverse culture. We're known for these traits.

August - She didn't win but Angely Pacis made news when she ran for MNA. At least, she gave it a shot.

September - When her auto parts business in the Philippines flopped, Jacinta Panganiban immigrated to Canada to work as a caregiver. Determined to succeed, she found ways to study and work at the same time. She's a graduate now, with a Bachelor of Commerce degree, major in accounting. In addition, she passed her Financial Planner Board in 2011. She has a good-paying job now. Another inspirational story.

October - PQ announced that its priority would be to attack anticorruption while promoting Quebec's French in Quebec. Good and bad news, especially for immigrants who don't speak French.

November - Michael Applebaum was

elected interim mayor of Montreal. It was good news to many Filipino Montrealers who had known Applebaum for many years. Will he keep his promise not to turn this coming November is a big question.

December - Filipinos were saddened when Manny Pacquiao lost to Juan Manuel Marquez but were elated when Nonito Donaire knocked out Jorge Arce, the Mexican brawler. Janine Tugonan, who placed 1st runner up in the Miss Universe pageant, brought honour to the Philippines. Storm killed 600 in the Philippines. It was devastating but at least, the prediction that Dec. 21 would be a doom's day didn't happen. It tuned out that the Mayan calendar was just like our ordinary calendar on our kitchen wall.

From Page 1 Medically assisted

the right to die

Deaf twins killed by legal euthanasia had to search two years before they found someone who would do it

Gloria Taylor, B.C. woman at centre of assisted suicide court battle dies

B.C. woman's exemption from ban on doctor-assisted suicide upheld on appeal

What Oregon's experience can teach us about assisted suicide

Hivon said she hopes to present legislation setting out the rules for medically assisted end-of-life procedures in the province before the provincial assembly adjourns for the summer.

Hivon said she would be guided in framing the dying-with-dignity law by the 400-page report she received Tuesday, prepared by three lawyers who examined the legal implications of such a law. The report states "the Quebec legislature has the constitutional power to organize the required legal framework for end-of-life care within the health-care system."

Julie Di Mambro, a spokeswoman for federal Justice Minister Rob Nicholson, said Tuesday Ottawa's position remains the same.

"This is a painful and divisive issue that has been thoroughly debated in Parliament," she said. "We respect Parliament's decision."

Hivon, though, said the Quebec government can now pass a law with strict guidelines that will respect the wishes of the dying to shorten their suffering and provide doctors with a clear legal framework.

Under the recommendations, patients themselves would have to make the request to a doctor on the basis of unbearable physical or psychological suffering. Two physicians would have to approve the request, which would have to be made in writing.

Doctors would not face criminal charges in these circumstances, the report said. Any law should state that the refusal, interruption, abstention from care or the application of a terminal sedative in those circumstances could not be considered a suicide, the report said.

It's not the doctor's decision, it's not the system's decision, but the patient's decision'

Linda Couture, director of a group called Living With Dignity, said she was pleased the legal committee's report said the province needs to expand its palliative care services.

"There are two million Quebecers who don't have a family

doctor and want to open the door to a new practice (assistance to die) that requires the consent of two doctors. We need to talk about what unites us, and that is increased palliative care so people can die at home."

Last March, Quebec's so-called Dying with Dignity commission recommended allowing people with terminal illnesses to seek the help of a doctor to end their own lives in rare circumstances.

The committee proposed that a patient wanting help to die must have a serious, incurable disease, be unable to endure the physical and psychological pain and be able to express themselves.

"Just because you are diagnosed with Lou Gehrig's disease, you don't have access to this," said Dr. Gaetan Barrette, president of the Federation des medecins specialistes du Quebec.

"You have to be at a point in the evolution of the disease that it is intolerable."

Barrette said he is happy with the report because it puts the patient at the centre of the decision.

"It's not the doctor's decision, it's not the system's decision, but the patient's decision," he said.

Last summer, British Columbia's Supreme Court ruled Canada's ban on doctor-assisted suicide violates the Charter of Rights because it discriminates against the physically disabled.

After the landmark ruling, a B.C. woman, Gloria Taylor, was granted a legal exemption giving her the right to die with the aid of a physician.

However, Taylor, who suffered from Lou Gehrig's disease, died of an infection four months after the ruling.

Although the committee of legal experts claims its report is not opening the door to assisted suicide, some of the protocols that are likely to be included in upcoming legislation are similar to what takes places in other countries that allow physician-assisted death.

In the Netherlands, a terminally ill patient must be suffering terribly and make a request to die. A second doctor must approve the decision to help the patient die.

Since Oregon passed its Death with Dignity Act in 1997, almost 600 terminally ill adults have used prescriptions from their physicians for lethal doses of medications that are self-administered.

- With files from The Canadian Press Facebook Find National Post on Facebook



INSURANCE FOR HOUSE, CAR, BUSINESS, PROFESSIONAL LIABILITIES
Cases with cancellation, interruption, legal complication ... are welcomed.

Dung Le
514-738-2516

Assurances Tony Chiu, Inc.
Casualty Insurance Broker

205 Viger Ouest, Suite 110
Montreal, H2Z 1G2

Representing these companies:



Tel.: 514-861-3939 Fax: 514-861-2472

Harper Government Announces Major Investment in First Nation Water and Wastewater Systems

OTTAWA, ONTARIO (January 13, 2013) - The Honourable John Duncan, Minister of Aboriginal Affairs and Northern Development, announced today the Harper Government's plan for new investments in First Nation water and wastewater systems on reserve.

"Our Government is committed to addressing water and wastewater issues on reserve to ensure that First Nations communities have access to safe drinking water," said Minister Duncan. "That is why we are taking concrete action to support First Nations in operating their water and wastewater systems on reserve."

The Harper Government will invest \$330.8 million over two years to sustain progress made to build and renovate water and wastewater infrastructure on reserve and to support the development of a long-term strategy to improve water quality in First Nation communities. Aboriginal Affairs and Northern Development Canada (AANDC) will prioritize capital investments to target high and medium risk systems, in over 50 First Nation communities, including Canoe Lake, Saskatchewan; Tallcree First Nation, Alberta; and Nazko First Nation in

British Columbia.

Year one of this funding will be allocated by AANDC in 2012-2013 in three areas of planned expenditures: \$47.7 million for operations and maintenance, \$32.1 million for training for First Nations and \$47.3 million for capital investments. Health Canada will support First Nations with an investment of \$27.4 million each year to build capacity, enhance drinking water quality monitoring, maintain a national wastewater program, increase public awareness and review project proposals from a public health perspective. Chiefs and Councils will continue to be responsible for public health measures, such as issuing drinking water advisories in the affected communities, communicating the information to residents and addressing drinking water quality problems.

"All First Nation communities now have access to trained personnel who can monitor their drinking water or test water quality at the tap," said the Honourable Leona Aglukkaq, Minister of Health. "This provides First Nation residents with the information they need to make informed decisions about their health."

This investment builds on the approximately \$197.5 million the Harper Government invests annually for water and wastewater programs in First Nation communities.

Between 2006 and 2014, the Harper Government will have invested approximately \$3 billion across the country to support First Nation communities in managing their water and wastewater infrastructure and in related public-health activities.

Backgrounder: Canada's Economic Action Plan 2012: Investing in First Nations On-Reserve Water and Wastewater

This news release is also available on the Internet at www.aandc.gc.ca.
Date: January 13, 2013

Through Canada's Economic Action Plan 2012, the Government of Canada is improving the health and quality of life of people in First Nation communities by assisting First Nations to provide better water and wastewater services to their residents. The two lead federal departments are Aboriginal Affairs and Northern Development Canada (AANDC) and Health Canada.

This \$330.8 million investment over two years will be targeted to reduce risk levels and deliver results for water and wastewater systems on-reserve that improve access to safe clean water. These goals will be accomplished by increasing investments to support the training of operators and the

operations and maintenance of facilities. Operation and maintenance (O&M), operator training and certification, and record keeping and reporting alone account for nearly 60 per cent of the risk identified in Annual Performance Inspections of water and wastewater systems. In addition, investments for water and wastewater treatment facility construction and renovation will be prioritized to address high and medium risk systems.

Canada's Economic Action Plan 2012 funding will support important public health activities on reserves. These activities include environmental public health assessments that provide services such as site and installation inspections, providing recommendations related to on-site sewage disposal systems and reviewing plans for wastewater treatment plants, and enhancement of the drinking water quality monitoring program from a public health perspective.

Health Canada will continue to provide recommendations on drinking water quality in First Nation communities to Chiefs and Councils. Chiefs and Councils will continue to be responsible for public health measures, such as issuing drinking water advisories in the affected communities, communicating the information to residents and addressing drinking water quality problem.

See Page 11 Federal Government

EMPLOYMENT OPPORTUNITIES

Our Registered Agency needs Shoppers, Survey Agents, Admin/office Assistants, Drivers, Customer service Reps, General labourer any where from Canada and most especially at locations closer to you. The job is on a p/t or f/t basis depending on how you want it and it is very flexible. Each position is suitable for full time workers and students. We offer \$40 for a start and other monthly benefits and Grants. Respond to us via ptworkcal@gmail.com for more info.

*Work Starts immediately.

Little Learners Home Day Care

3770 Van Horne

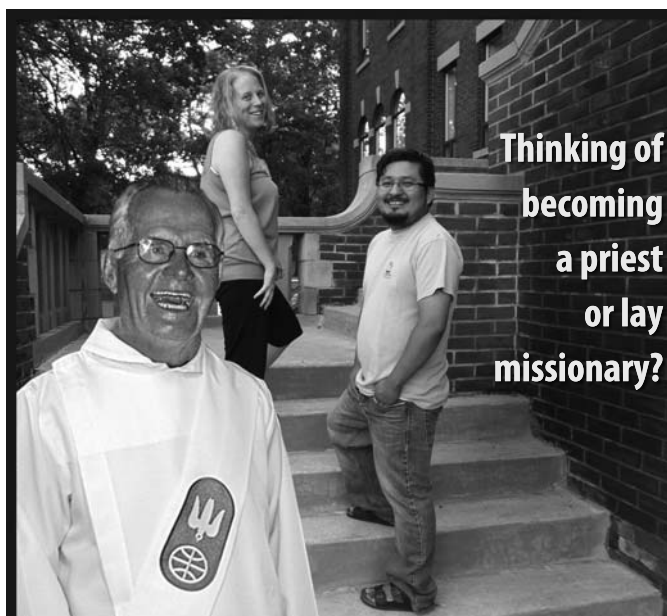
(near Pharmaprix Cote des Neiges)
Montreal, QC H3S 1R8

2 Hot Meals & Snacks provided

Educational Activities for Early Childhood Development

Reliable, Professional Care

Call Susan 514-654-1404



Thinking of becoming a priest or lay missionary?

IS GOD CALLING YOU?

SCARBORO MISSIONS

SERVING IN FAITH
GUIDED BY THE SPIRIT



Contact us at:

www.scarboromissions.ca

1-800-260-4815 Ext. 265

E-mail: lmo@scarboromissions.ca

2685 Kingston Road, Scarborough, ON M1M 1M4

EARTH TALK

Questions & Answers
About Our Environment

Dear EarthTalk: How is it that climate change is negatively affecting the health of rivers and, by extension, the quality and availability of fresh water?

-- Robert Elman, St. Louis, MO

Global warming is no doubt going to cause many kinds of problems (and, indeed, already is), and rivers may well be some of the hardest hit geographical features, given the likelihood of increased droughts, floods and the associated spread of waterborne diseases.

For one, rivers are already starting to lose the amount of water they channel. A 2009 study at the National Center for Atmospheric Research (NCAR) found that water volume in the Columbia River in the Pacific Northwest declined by 14 percent since the 1950s. This trend is similar in major rivers all over the world.

"Many communities will see their water supplies shrink as temperatures rise and precipitation patterns shift," reports the nonprofit American Rivers, adding that a rise in severe storms will degrade water quality and increase the risk of catastrophic floods. "Changes in the timing and location of precipitation combined with rising levels of water pollution will strain ecosystems and threaten the survival of many fish and wildlife species." These shifts will have dramatic impacts, threatening public health, weakening economies and decreasing the quality of life in many places. In the U.S., the number of storms with extreme precipitation has increased 24 percent since the late 1940s—and the trend is expected to continue.

Another certain impact on rivers is more pollution as more frequent and powerful storms increase runoff from urban and agricultural areas that contain fertilizers, pesticides, chemicals and motor oil. "In older communities where storm water and sewage are transported together in one pipe, heavy storms can overwhelm the system and send raw sewage and polluted storm water into nearby streams and rivers," says American Rivers. "These combined sewer overflows will grow more frequent as extreme storms increase."

Lower water flows and rising temperatures compound problems caused by more runoff. "More frequent droughts and shifting precipitation patterns lower water levels in rivers, lakes and streams, leaving less water to dilute pollutants," says the group. "Higher temperatures cause more frequent algal blooms and reduce dissolved oxygen levels, both of which can cause fish kills and do significant harm to ecosystems."

American Rivers reports that the health of our rivers in the face of increasing warming will depend largely

on community preparedness. Municipalities that fail to address aging infrastructure "will experience greater increases in storm water runoff and sewer overflows." And communities that have damaged their wetlands, forests, streams and rivers will have fewer natural defenses to protect



Rivers may well be hard hit by climate change, given the likelihood of increased droughts, floods and the associated spread of waterborne diseases. Pictured: The Columbia River in the Pacific Northwest, which has lost 14 percent of its water volume since the 1950s due to higher temperatures and shifting precipitation patterns. Credit: iStockPhoto

against the effects of climate change.

There is much we can do to protect rivers besides reduce our carbon footprints. American Rivers is promoting green infrastructure—an



So far, 15 different projects, from New York State to Hawaii, have been certified as "Living Buildings." The likely 16th is Seattle's Bullitt Center (pictured here in progress), a six-story solar-powered "net zero" building designed to make extensive reuse of rainwater and day lighting and which features many other green amenities. Credit: Joe Wolf, courtesy Flickr

approach to water management that protects, restores or mimics the natural water cycle—as the way to bolster the health of rivers. "It means planting trees and restoring wetlands rather than building a new water treatment plant. It means choosing water efficiency instead of building a new water supply dam. It means restoring floodplains instead of building taller levees."

CONTACTS: NCAR, ncar.ucar.edu; American Rivers, www.americanrivers.org.

Dear EarthTalk: What is the Living Building Challenge and how does it

differ from the LEED certification program?

-- Jason Marshall, Richmond, VA

Both Leadership in Energy and Environmental Design (LEED) and the Living Building Challenge (LBC) were created with the same goal in mind: to encourage more sustainability

developers followed through on implementing what they committed to on the LEED checklist. Upwards of 7,000 projects spanning some 1.5 billion square feet of development area across the U.S. and 30 other countries have qualified for some kind of LEED certification so far.

Meanwhile, LBC, created in 2006 by the Seattle-based non-profit International Living Building Institute (ILBI), is a performance-based standard where a building only qualifies if it achieves its energy, water and waste efficiency goals moving forward after the ribbon is cut. In fact, since LBC certification is based on actual, rather than modeled or anticipated performance, projects must be operational for at least 12 consecutive months prior to evaluation by the ILBI.

Given the focus on performance, LBC does not provide as much detailed guidance, let alone a checklist of green attributes, instead letting the developers of each individual project decide for themselves how to best achieve their efficiency and conservation goals via means appropriate to the project and to the region.

That said, each project vying for LBC status must follow 20 general imperatives arranged under a system of seven general performance areas (or in the lingo of LBC: "petals"): Site, Water, Energy, Health, Materials, Equity and Beauty. Given that the imperatives are general, they can be applied to any conceivable project type, be it a building, infrastructure, landscape or community development. But whatever type of project, if it is to meet the exacting standards of LBC it must live up to each one.

One of the imperatives under the Energy petal, for instance, is "net zero energy" meaning the structure must harvest or generate as much power as it needs via alternative renewable sources. Within the Materials petal, another imperative is avoiding any of hundreds of building materials on ILBI's "Red List" of banned materials and substances. Yes another imperative, under the Site petal, is "car-free living."

Fifteen different projects, from New York State to Hawaii, have so far been certified by ILBI as "Living Buildings." The likely 16th is Seattle's Bullitt Center, a six-story solar-powered net zero building designed to make extensive reuse of rainwater and day lighting and which features many other green amenities.

CONTACTS: LEED, <http://new.usgbc.org/leed>; Living Building Challenge, <http://living-future.org/lbc>.

EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine (www.emagazine.com). Send questions to: earthtalk@emagazine.com. Subscribe to: www.emagazine.com/subscribe. Free Trial Issue: www.emagazine.com/trial.



Beyond the Pale
with Bernardo Sarmiento

Ang kontrobersyal na Reproductive Health Bill at diborsyo sa Pilipinas

Pagkalipas ng 14 na taon, at sa kabila ng matinding pagtutol at pananakot ng Simbahang Katoliko, ganap nang isang batas ang Reproductive Health Bill matapos itong lagdaan ni Pangulong Noynoy Aquino noong Disyembre 21, 2012. Nagsimula na itong ipatulad noong Enero 17, 2013 sa kabila ng apela na inihayin ng isang abogado na sa aking hinala ay sa utos at bendisyon ng mga pari at obispo.

Ang susunod na pagtutuunan ng pansin ng Kongreso ng Pilipinas ay ang Divorce Bill na siyam na taon nang nakabinbin sa Mababang Kapulungan ng naturang Kongreso. Isusulong daw ito ni mismong House Speaker Sonny Belmonte. Nakikinikinita ko na na aalma at mananakot na naman nang husto ang mga pari at obispo sa balak na ito ni Speaker Belmonte.

Sang-ayon ako sa pagiging ganap na batas ng RH Bill. Sa aking pananaw, dapat lamang na pahintulutan na ang bawala't mag-asawang Pinoy na magplano ng kanilang pamilya sa anumang paraan na gusto nila, kabilang na rito ang paggamit ng kondom, IUD at iba pang artipisyal na paraan ng pagpapalano. Kung nanaig ang kagustuhan ng mga pari at obispo na ibasura ang ngayo'y isa nang batas, baka wala nang paglalagayan sa ipanganganak pang mga Pilipino sa liit ng Pilipinas at sa dami na ng mga naninirahan dito.

Alam n'yo ba na ang probinsya ng Quebec ay limang beses na mas malawak kesa buong Pilipinas subalit ang bilang ng mga tao rito ay sa ikatlo lamang ng bilang ng mga tao sa Kalakihang Maynila? Ayon sa 2011 census, ang populasyon ng Quebec ay humigit-kumulang sa walong milyon lamang kumpara sa may 25 milyon ng Kalakihang Maynila (2012 census). Halos 98 milyon naman kung buong Pilipinas kumpara sa wala pang 35 milyon ng buong Canada.

Napipintong maging isa ring malaking kontrobersya ang Divorce Bill pag ito'y puspulang isinulong ng mga mambabatas. Maliwanag pa sa sikat ng araw na tututulan din ito ng Simbahang Katoliko, at sasabihin nila na ang pinagsama ng Diyos ay hindi dapat paghiwalayin ng tao.

Sang-ayon ba kayo na merong diborsyo sa Pilipinas? Sang-ayon ako, pero sa susunod na isyu na lamang natin talakayin ito.

TRIBUTE TO THE FAMAS STANDARD-BEARERS

Congratulations to FAMAS President Aurora Osdon and former FAMAS Vice-President ShINETTE Khoury, now a member of FAMAS Board of Trustees, for being awarded the Queen Elizabeth II Diamond Jubilee Medal and certificate each for their respective contributions to the community.

On behalf of the Government of Canada, Sen. Tobias C. Enverga, Jr. on

December 16, 2012 presented the awards to the two ladies during the FAMAS Christmas Party held at the Centre Communautaire Cote des Neiges (Cote des Neiges Community Center) on Cote des Neiges Road.

Among those who witnessed the presentation were Ms. Osdon's and Ms. Khoury's many loyal friends and staunch supporters, the most prominent of whom were Montreal Mayor Michael Applebaum, the first Anglophone mayor in the last 100 years; Mr. Lionel Perez, the newly-elected borough mayor of CDN/NDG; Councilor Marvin Rotrand, the longest serving member of the Montreal City Council at 30 years and running; and Ms. Zeny F. Kharroubi, this newspaper's chief editor/publisher and owner of Gilmore College International.

SEN. TOBIAS C. ENVERGA, JR.: A QUICK STUDY

Within a short period of time during the FAMAS Christmas Party last December 16, I was able to have a glance of what might have persuaded Prime Minister Stephen Harper to appoint Sen. Tobias C. Enverga, Jr., a native of Quezon Province, to the Canadian Senate. I learned firsthand what made the senator tick.

He's witty, effervescent and personable to a fault. His master's degrees point to his long intellectual reach. His warm handshake is firm enough for anyone to feel his sincerity, and he looks straight in the eyes when talking with people. He would seek anyone out, and make an effort to strike a meaningful conversation with them regardless of their social standing. And if being married to a smart and affable wife named Rosemer Enverga is any clue of his decisional aptitude, he's a nifty decision-maker.

Prime Minister Stephen Harper couldn't have appointed a more qualified Filipino-Canadian to the Senate than Sen. Enverga. The senator may be representing the province of Ontario to the Senate, but we here in Quebec should also take pride in his appointment to that plum position because he is another proof that Filipino expatriates can also be as world-class as other immigrants from other countries, and the locals even.

MUCH ADO ABOUT NOTHING

My editor-in-chief has candidly told me that some readers decry my proclivity for using what they consider "deep words." Presumably catering to the Filipino Star's general readership, she suggested that I curb my taste for applying to my sentences words that most readers couldn't readily understand without having to use a dictionary. According to her, readers want me to write my articles in accordance with the level of their intellect or educational attainment. I refuse to do that because my column is largely aimed at university graduates

whose high education is supposed to be sufficient enough to comprehend what I have to write every issue. My argument is, if those university graduates don't have the degree of comprehension that a university graduate should have already acquired in the first place, the onus of adjusting is not on me but on them. That they don't know the meanings of the words I use and their unwillingness to know them should not be my fault. I would have gladly used the simplest and most commonly-used words if I were writing news or if I were writing for Sesame Street kids, Barney and his friends, or a bunch of 5th-graders.

I can't help feeling unhappy at the implication that it's my fondness for using unfamiliar or infrequently used words to blame for the inconvenience those readers feel when reading what I have to write in my column, and unhappier still that some people who I thought would understand took those readers' side, and virtually buttressed their unwillingness to enrich their vocabularies. I believe that there is nothing really deep with the words that I use from time to time, and the fact that certain readers don't know what those words mean doesn't make those words "deep." Example: Slake. It means "quench," the more common term for satisfying or allaying one's thirst, appetite, curiosity, desires, passion or other similar needs and feelings. While "slake" isn't used as often as "quench" is, it is hardly a deep word, is it?

Another word that I have used is "innocuous," which means harmless, inoffensive, safe, or innocent. Many people have used "harmful" over and over from grade school to university. Why not use "deleterious" or "pernicious" instead? They aren't deep words, either. The bottom line is, why use the same common boring words all the time when there are beautiful alternatives available? And why limit your vocabulary to the words you already know by refusing to consult a dictionary?

At any rate, isn't it better to simply take that particular inclination of mine in a positive way, and seize a good opportunity to increase their vocabulary rather than tear me to pieces for using words that are unfamiliar to them? In my opinion, that kind of criticism usually has more to do with one's own insecurities than anything else, and it's more convenient for my critics to scapegoat my writing style than owning up to their feeling of inadequacy.

MAGISING NA SANA ANG MGA AMERIKANO

Dalawampung paslit na mag-aaral at anim na kababaihan na pawang nasa hustong gulang ang walang-habas na pinagpapatay ng isang 20 anyos na lalake na diumano'y nasisiraan ng bait. Nangyari ang nakasisindak na trahedyang noong bandang alas-nuwebe ng umaga ng nakaraang ika-14 ng Disyembre sa Sandy Hook Elementary School sa bayan ng Newtown sa Connecticut.

Bago pa nangyari ang pamamaslang, nauna nang pinatay ng pinaghihinalaang salarin ang sarili n'yang ina roon mismo sa kanilang tahanan, at sa pamamagitan ng baril na pag-aari ng biktima na napag-alaman na mahilig sa baril. Pagkatapos n'yang patayin ang noo'y mahimbing na natutulog na ina, nagmadali s'yang pumunta sa nasabing eskuwelahan, maneho ang kotse ng kanyang ina na isang kawani sa nabanggit na paaralan. Sapilitan n'yang pinasok ang gusali, at saka walang-habas

n'yang niratrat ang walang-kamalalaymalay na mga bata, mga guro at iba pang mga empleyado ng paaralan. Nang humupa ang kaguluhan, 20 batang paslit at anim na kababaihan na pawang nasa hustong gulang ang natagpuang nakahandusay at wala nang buhay.

Tulad ng mga nakalipas na katularing pangyayari, paksa na naman ng mga tuluksaan ng mga pulitiko at mga komentarista ang karapatan ng bawala't Amerikano na bumili at magkaroon ng baril upang mapangalagaan nila ang kanilang mga sarili, pamilya at ari-arian ayon sa *Second Amendment* ng *US Constitution*. Ang awtomatikong pinagtatalakayan sa tuwing may nagaganap na ganitong malagim na insidente ay kung dapat na bang tuldukan ang karapatan na magkaroon ng baril ang mga mamamayan, lalung-lalo na iyong hinggil sa tinatawag nilang Bushmaster at iba pang *assault weapons*.

Nakakasawa na ang makinig sa kanilang mga pagtatalo dahil kagaya ng nakaraan tiyak na wala na namang mangyayaring pagbabago ukol sa karapatan na magkaroon ng baril ang bawala't nasa hustong gulang na mamayan ng Estados Unidos. Sa isang bansa na talamak na ang kultura ng pagkakaroon ng mga baril, halos imposible nang maputol ang ganoong kinagawian. Unang-una nang nagpahayag ng mabagsik na pagtutol ang mainpluwensya at makapangyarihang *National Rifle Association (NRA)*. Heto ang sabi ng kanilang lider, "*The only one who can stop a bad guy with a gun is a good guy with a gun.*" Istupidong argumento. Pero bago pa iyon, nakapagsalita na si Presidente Barack Obama, at buong tapang n'yang sinabi, "*We're going to have to come together to take meaningful action to prevent more tragedies like this regardless of the politics.*" Gayunpaman, puwede pa ring mangibabaw ang kagustuhan ng NRA sa kabila ng matindi at mabigat na mga salita na namutawi sa bibig ng Pangulo. Ilang beses na iyong narinig ng mga taumbayan sa Amerika mula sa mga labi ng mga naunang presidente nguni't sa bandang huli ay wala ring nangyari. Ni Kongreso o sinuman ang presidente ng Estados Unidos na nakaupo ay walang lakas ng loob o *political will* na sumalungat sa kagustuhan ng nasabing organisasyon.

Gayunpaman, sana nama'y maisakatuparan ni Pres. Obama ang kanyang binitiwang mga salita, at brasuhin n'ya ang Kongreso na baguhin nila ang batas tungkol sa pagkakaroon ng baril ng mga mamamayan ng kanilang bansa. Nawa'y hindi na madagdagan pa ang mahaba nang listahan ng mga walang-saysay na pagpatay, tulad ng trahedyang sa Columbine, Colorado may 13 taon na ang nakakalipas at 13 ang nasawi at 21 ang nagtamo ng sugat, ng isang Amish school sa Pennsylvania noong Oktubre 2006 na kung saan ay limang batang babae ang pinaslang, sa campus ng Virginia Tech University sa Virginia noong Abril 2007 - 33 ang namatay, sa Tucson, Arizona noong Enero 2011 - anim na tao ang patay at apat ang sugatan kabilang si US Congresswoman Gabrielle Giffords na noo'y nasa tuktok ng kasikatan sa larangan ng pulitika, sa isang mataong *shopping mall* sa Oregon noong Disyembre 12, 2012 na kung saan dalawa ang namatay at isa ang sugatan, at ang pinakahuli ay ito ngang pangyayari sa Newtown, Connecticut.

Community & Social News

Tenne Rose Dayandante gets hitched in Naga City

By Bernardo Sarmiento

Tenne Rose Dayandante made her first ever trip down the aisle in her native Naga City, Camarines Sur last December 21 at 2:30 in the afternoon, and exchanged "I do's" with her fellow expatriate Ruben Salvador, Jr. amidst the gaze of the couple's friends, family members and other well-wishers. The Roman Catholic wedding, also the first for the groom, was celebrated by Fr. Louie Occiano at the Naga Metropolitan Cathedral, an imposing 400 year-old Romanesque-Baroque style church.

A lavish wedding reception followed at Villa Caceres Hotel on Magsaysay Avenue, also in Naga City. Tenne Rose, a former employee of the Philippine Broadcasting Network TV-5



December 21, 2012, the last day of the Mayan calendar. Obviously, the world didn't end as prophesied.

Still blushing when she is



in Naga City and the current secretary of the Bicol Association of Quebec, said tongue-in-cheek that her decision to enter the often-daunting married life wasn't prompted by the Mayan prophecy that the world would end on

addressed "Mrs. Salvador," Tenne Rose says that she and her dashing husband are not in honeymoon mode yet, and don't mind holding off for the most propitious time to have it.

Joy and togetherness felt at the FAMAS Christmas party

by W. G. Quiambao

The Christmas party of FAMAS, in collaboration with the Lions International Club (Montreal Westward) held on Dec. 16 at 6767 Cote des Neiges, was a huge success. About 250 people, from children to seniors, enjoyed the party. Gracing the occasion were Senator Tobias C. Enverga, Jr. (Province of Ontario), Mayor Michael Applebaum, Borough Mayor Lionel Perez, Councillor Marvin Rotrand and even movie actor Luis Alandi of Broken Vow. Noticeably present were some of the former FAMAS presidents and directors like James de la Paz, Linda Baltazar, Benny Parial, Manny Lagasca and Eric Esplana.

The first portion of the program which started at 2:00 p.m. were the presentations of Christmas carols, Panunuluyan (tableau) by the FAMAS Heritage Class kids, introduction of the Munting Binibining 2013 candidates, appearance of Santa Claus Elves and his Little Helpers, clown who was invited by Flor Rillo (courtesy of Shiners and Mason). The seniors had

their "moments" too. Showcasing their talents to the delight of the audience were Leonie Eugenio who rendered a Filipino song despite suffering from a sore throat, Chris Velasco and Marciano Lucena who played the saxophone and the Daughters of Isabela who performed a Hawaiian dance.

Since it was Christmas, the children received gifts from FAMAS and the first 50 seniors who arrived received food baskets, courtesy of FAMAS, Lions and other donors.

One of the highlights of the day was the presentation by Senator Tobias Enverga, Jr. of the Queen Elizabeth II Diamond Jubilee awards to Au Osdon and Shinette Khoury for their community services. The party, emceed by Mariel Dimayuga, ended at approximately 9:00 p.m.

**Advertise
in the North American
Filipino Star
Call 514-485-7861**

Pinoy honored five years after he died saving two children in California

January 8, 2013 1:30pm

A Filipino who saved two young kids who fell into a frozen lake – at the cost of his own life – was honored five years after the tragic incident on Christmas day in Wrightwood, California.

According to a report of the Asian Journal, Claro Claridad's family was presented a memorial bench

He managed to pull the children out but he was unable to get himself out of the freezing lake and suffered hypothermia.

Rescuers took Claridad to the Desert Valley Hospital in Victorville but he was pronounced dead after a few hours.

His daughters, all Girl Scouts,



which will be placed near the highway with a nature trail leading to Jackson lake, where he saved the children.

A monument is also being planned to be put up at the Jackson lake.

Memorials were also held for Claridad in Victorville City where his family resides.

Claro's wife Judith said she felt very honored and happy that five years after her husband's death, "people still remember his story."

In 2007, Claridad, then 41, was enjoying Christmas day with his wife and four daughters at the Jackson lake in Wrightwood.

Suddenly, Claridad saw two girls, unrelated to them, fall into the freezing lake.

A US Army veteran, Claridad didn't think twice and jumped into the lake to save the children.

wrote the book: "Meet Our Dad, Our Hero."

To this date, the identities of the two children saved by Claro is still a mystery.

The incident brought up the need for ice rescue training for the locals of Wrightwood. – Andrei Medina, VVP, GMA News

The best and the most beautiful things in the world cannot be touched. They must be felt with the heart

Helen Keller

Need Money?

Do you have a full time job?
If yes, call (514) 344-1499

AND GET CASH NOW!

Good & Bad Credit Accepted



Samot-samot, Sari-sari, Bala-balaki (Dito at Doon)

(Dito) May magandang pahayag ang Pasuguan ng Pilipinas na ang consular outreach program dito sa Montreal ay gaganapin buwan-buwan. Nangangahulugan ba na hindi na magdedestino ng honorary consul? Darating sila sa Enero 18 at 19 (Biyernes at Sabado).

(Doon) Kahit na-Sunday punch si Manny Pacquiao ay nanatili siyang kampeon sa damdamin ng mga kababayan lalo na sa mga biktima ng mga bagyong sumalanta sa kanilang lugar. Malaki ang milyon-milyong naitulong ng may ginintuang pusong para sa kapwa.

(Dito) Malaking karangalan sa ating mga kababayan na napabilang sina Evelyn Calugay, Shinette Salcedo Khoury, Angelita Ogerio at Aurora Osdon sa pagtanggap ng Queen Elizabeth II Diamond Jubilee Medal (basahin sa iba pang pahina ang ulat tungkol dito).

(Doon) Ang Catholic Bishops Conference of the Philippines (CBCP) ay matinding tumututol sa RH Bill na naaprobahan kamakailan. Lalong matataranta ang CBCP sa susunod na panukalang magkaroon ng batas sa diborsyo. At maaaring makarating din ang lalong kontrobersyal na "same-sex marriage."

(Dito) Ako naman ang nagngingitngit (nag-ngi-ngit-ngit)!!! Tabi-tabi po sa

World Games of Policemen and Firemen in Montreal 2017, the City of Montreal gives financial support of \$650 000 and services worth \$510 000

Montréal, January 16, 2013 - During the Executive Committee meeting this morning, the Committee granted a \$650 000 financial support to the organization of Jexu mondiaux des policiers et pompiers — Montréal 2017.

"This support granted for the year 2013 will allow the organization to begin the preparations for this prestigious event to be held in Montreal. Thanks to its numerous infrastructures of quality, it will have the privilege of receiving them in 2017," declared M Christian Dubois, responsible for public security in the Executive Committee.

The support by the City of Montreal to the international event was approved by a resolution in June 2011 and established a 5.5M\$ budget divided into the following parts: : 1 M\$ in funds and 4,5 M\$ in materials and services. The global budget of the event is estimated to be 21.9 M\$.

It can be recalled in 2011 that the World Police & Fire Games Federation (WPF) chose Montréal the host city of the Jeux mondiaux des

napiling anawnsar na lalaki sa FAMAS News Round-up. Wala na po ba sa mga kababayan natin ang kasintalas niyang magsalita ng Ingles o baka mas magaling pa?

(Doon) Panalo na tayo bilang 1st runner-up sa Miss Universe inaakala nating tinalo pa rin tayo. Kung na-Bradley si Pacquiao sa boksing ay na-Culpo naman si Tugonon sa pageant. Atras pa tayo nang hanggang Mayo, 2012 at di ba na-Phillip naman si Jessica sa kantahan?

(Dito) Laking tuwa ng mga Pilipino dahil sa pagiging Senador ng Canada, Kgg. Tobias C. Enverga, Jr. KCR noong Setyembre 7, 2012.

(Dito at Doon) Timbang-timbang lang ang mga pangyayari. Si Harper ay sinadyang makarating sa Pilipinas na nilaktawan ni Obama.

Karaniwang Resolusyon Sa Bagong Taon

Taon-taon, kapag sumasapit ang Bagong Taon ay naglilista tayo ng ating mga resolusyon. Ang hamon ay kung hangang saan aabot ang mga ito. Ilan sa mga popular na pangako ay - Ititigil o babawasan ang paninigarilyo. (Di mapigil? Kalahating kaha na lang sa halip na isang buo sa isang araw).

Ititigil o babawasan ang pag-inom ng

policiers et des pompiers (JMPP). This multi-sport international compétition is open to all active or retired members of the force of the order of services fighting against fire coming from around the continent.

The sports and family event attracts more than 20 000 people of which around 10,000 participate in 60 disciplines. The economic spin-offs of the Games are estimated as JMPP – Montréal 2017 at 100 M\$. Moreover, JMPP – Montréal 2017 will coincide with the 375th anniversary of Montreal, and will have a positive impact on the feeling of belonging and pride of Montrealers. They will also favor a physically active lifestyle, the development of expertise locally in matters of big sports events as well as in the standards of installations. The forthcoming Games in 2013 will be held in Belfast (Ireland), in Fairfax (Virginia) in 2015. The JMPP in Montréal will be held for a period of 10 days from July 28 to August 6, 2017.

Source: Robert-Charles Longpré, Attaché de presse C abinet du maire et du comité exécutif 514-872-9859

alok. (Di mapigil? Kalahating bote na lang sa halip na isang bote sa isang araw).

Ititigil o babawasan ang mahjong. (Di mapigil? Ang laro ay gagawing 1:2 sa halip na 2:4para makapaglaro din si Mang Bert.

Ako naman ay baligtad ang resolusyon. Sa halip na bawasan ko ay daragdagam ko ang pagdalo sa mga party.



Piniil turuang kumanta si Mang Bert nina Shinette Khoury at 'Omel' Masalunga.

Pichu: O, Enero na, tuturuan na ba natin si Lolo Jerry ng Tagalog?

Peras: Akala ko ba 'Tito,' e bakit ngayon 'Lolo' na.

Pechay: Psssst! Gimmick lang namin ni Kuya Pichu para

pampabata kaya lumaki ang regalo sa atin noong Pasko.

Peras: At saka, sa isang taon, baka tunay na lolo na siya dahil ikakasal na si Tito Ben kay Tita Julie sa Hunyo.

Pechay at Pichu: Yay-y-y-y!!! Magiging apat na tayo.

Peras: Ano ba? Hyper naman kayo kaagad. Turuan na natin si Lolo Jerry, Ikaw ang titser, Kuya.

Pichu: Sige, umpisahan natin sa

Pichu: O, Enero na, tuturuan na ba natin si Lolo Jerry ng Tagalog?

pagbati na sa Ingles ay Happy New Year. At ang karaniwang salin sa Tagalog ay Manigong Bagong Taon, 'Yan lang po ang leksyon sa ngayon at ang homework po ninyo sa Pebrero ay mga titik ng alpabeto.



Shinette Salcedo Khoury hosted her New Year's Eve party wittingly a night earlier to gather desired attendance. Filipinos traditionally stay together at home on Christmas and New Year's Eve. From Toronto came three musical luminaries to entertain the guests led by Au Osdon, FAMAS President, members of the executive board and close friends. It was an enchanted evening of old favorites and classics which lasted past the stroke of midnight. Picture: from L-R Shinette whooping with the professionals, Lara Solnicki, Lilac Cana and Romeo "Omel" Masalunga on the piano. (Photos by: Joy Casanare)



GILMORE
International

Gilmore Dance Club
accepting new students

Sundays - 4:00-5:00 pm
Mondays - 5:00-6:00 pm
Tuesdays - 6:00-7:00 p.m.



Other schedules possible if there are at least 7 students.

Call 514-485-7861
to register by appointment

5320-A Queen Mary
(between Coolbrook and Decarie)
Snowdon





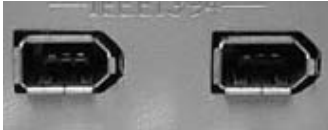
Ask the Video Guy

Al Abdon

Making Online Video

On this topic we have to look a little deeper at improving the content and understanding some of our options when making online video.

The first thing that we're going to want to look at is the type of video camera that you're using. It doesn't have to be the best. It doesn't have to shoot high definition video. You can use any type of camera that you want. Just remember that you need to capture your video to computer and there are some things that you should look for.



Tip No. 1 Make sure that it comes with a microphone input. Viewers can forgive you with a bad video and with a bad audio, they will crucify you with criticism. Having a mic input allows for more clarity when capturing voice overs, and sound effects.

There are a few different mics that you're going to look at and decide which one is right for your needs. A lavalier is a small mic that attaches to the shirt or collar that are generally used to pick up subjects voices during interviews. A shotgun mic focuses on a certain subject by picking up audio in a given direction. A cardioid mic is a standard microphone used by reporters and picks up audio in a heart-shaped pattern. When using a mic, remember that closer is better.

Tip No. 2 Make sure that your camcorder has the ability to hook up to your computer. Most older camcorders have a firewire input and most AVCHD camcorders come with a USB input. If you end up going with a flash camcorder, be sure that your computer has a SD card slot.

Tip No. 3 Use a tripod. With three legs of support, using a tripod creates shots that are stable and

eliminates bad, shaky video. There are multiple different types of tripods and camera supports to choose from that you might want to consider. A



monopod is a single staff or pole used to support a camera. People generally like to use monopods if they want the ease of a handheld shot, but the support of a tripod. It's lighter and much more convenient if you're on the go.

A gorilla pod is a smaller tripod that has bendable supports, which allow for it to mount onto a tree branch or an otherwise hard place to put a full size tripod in.

Tip No. 4 Use Lights. They say that a painter paints with his brush and a videographer paints with his lights. This means the better you light your



scene, the more professional it can look. You can also add elements of style based upon how you light. The foundation for all professional shoots is known as three-point lighting,

essentially placing one light source in front of the subject, another light off to the side to fill in the shadows, and a light in behind the subject to separate them from the background. The same technique can be applied with normal house lights. Simply place one in front of the subject and one behind the subject. Sure, it's not as good, but some light is better than no light.

Tip No. 5 Reliable editing software. Mac users can go with

iMovie and PC users can use Windows Movie Maker. These have enough to them to make sure that you are cutting out the bad and just using what you need. When shooting your videos, be sure to use multiple takes from different angles to give yourself the most amount of options to use later on in the editing process.

Tip No. 6 Fast Internet Connection. In case you're unaware, you must have a fast internet connection to upload videos online. This means dial up isn't going to help you much and broadband is the way



to go. You're looking at a 768 kilobits per second minimum to upload video, which can be found in a cable modem service or DSL.

Now that we know what to use to make better online videos, it's time to go out there and apply these techniques on your next video shoot.

The final step is to find a suitable carrier which will post your video such as Youtube, Facebook, Vimeo and many more. Goodluck to all aspiring filmmakers and hope to see your work in youtube!

Al Abdon
Hollywood Junkies Video
514-264-8706



RESTAURANT	
LA MAISON NEW KUM MON	
6565 Côte-des-Neiges Road (near Corner Appleton) Montreal, QC	5047 Henri Bourassa Est Montréal, QC H1G 2S1 Tel.: (514) 322-3133, 322-3130
Bean Curd Seafood Soup 1/2 Crispy Chicken Salt and Pepper Pork Loin Stuffed Bean Curd with Shrimps Sauted Seasonal Vegetables Steamed Rice \$45.95 4 persons	Fish Maw Seafood Soup Baked Lobster with Ginger Seafood with Chinese Broccoli Salt and Pepper Cuttle Fish Fried Sea Bass Fish Steamed Rice \$68.95 4 persons
Bean Curd Soup 1/2 Crispy Chicken Shrimp Cake with Chinese Broccoli Sweet and Sour Pork Seafood with Bean Curd in Hot Pot Salt and Pepper Squid Fried Sea Bass Fish Steamed Rice \$75.95 10 persons	Fish maw seafood soup 2 Baked Lobsters with Ginger Seafood with Eggplant in Hot Pot Stuffed Bean Curd with Shrimp Seafood with Chinese broccoli Fried Sea Bass Fish House Fried Rice Special Fried Noodles \$145.95 10 persons
FREE DELIVERY Minimum order of \$10 Delivery hours: 11:30 a.m. - 3:30 p.m. 5:00 p.m. - 11:00 p.m.	
514-733-6029 514-733-1067 For party menu, call Kenny	

<p>DR. EMILIA ESPIRITU</p> <p>CHIRURGIEN DENTISTE / DENTAL SURGEON</p> <p>5790 Cote des Neiges Rd Suite A-024 MONTREAL, QUEBEC H3S 1Y9</p>		<p>PHONE: 514-340-8222 (4077) E-Mail: dr_e_pin@yahoo.ca</p>
---	--	---

From Page 1 Hillary Clinton

government's commitment to strengthening the Philippines' defense capabilities.

Sen. John Kerry (D-Mass.), 69, will replace Clinton, who earlier announced that she would leave the post.

The Philippine Legion of Honor is the highest honor that the President of the Philippines may grant an individual without the concurrence of Congress.

The highest rank, Chief Commander, is normally conferred on heads of state or governments, and distinguished individuals in recognition of their importance to the Republic or for life achievement.

The first American to be conferred the rank of Chief Commander was US President Franklin D. Roosevelt (posthumous). Other Americans who have received the same honor include President Dwight Eisenhower, General Douglas MacArthur, and Senator Daniel Inouye.

As Secretary of State, Clinton has signed with Del Rosario the Manila Declaration, confirming the two countries' commitment to the objectives of the Philippines-US Mutual Defense Treaty (MDT).

On the margins of the 2012 official working visit to the US of President Aquino, she also signed with Del Rosario a statement of support for the construction, outfitting and training of a new National Coast Watch Center for the Philippines that will enable Manila to patrol and secure its maritime borders. She also strongly backed Manila's advocacy for a rules-based approach in resolving competing claims over the West Philippine Sea through peaceful and diplomatic processes within the framework of international law.

On various occasions, she spoke up for the common interest in maintaining freedom of navigation,

unimpeded lawful commerce, and transit of people across the resource-rich waters also claimed in part or in whole by China, Taiwan, Vietnam, Malaysia and Brunei.

Clinton likewise oversaw the Obama administration's pivot to Asia and reaffirmed the strong military relationship between the US and the Philippines.

It was during Clinton's term when Manila and Washington held the first Philippines-US Ministerial Consultations in April 2012 that provided the framework for intensified dialogue and cooperation on defense and security issues. —KG, GMA News

From Page 14 Mental Health

The initiative aims to help people like Arto Tienaho, who silently struggled with anxiety for decades.

In his 20s, Tienaho would have up to 10 panic attacks a day at work. The stress and the attacks forced him to take some time off, but when he returned to his workplace, he found little support from his bosses. Eventually, he quit.

Tienaho said the voluntary standard "is a real golden opportunity" to advance the conversation about mental health in the workplace.

Development of the voluntary standard was supported by funding from the government of Canada, the Great-West Life Centre for Mental Health in the Workplace, and Bell Canada.

George Cope, president and

CEO of CTV's parent company BCE and Bell Canada, believes the new standard will support and promote mental health in the workplace and the broader community.

"As part of the Bell Let's Talk mental health initiative, we are dedicated to implementing programs and practices that support the mental health of all Bell team members, and to working with other Canadian organizations in the development of their own mental health programs," he said in a statement.

The company has already launched an initiative to promote Canadian mental health called Bell Let's Talk. It's a five-year, \$50-million program that aims to combat the stigma of mental health issues, as well as to improve mental health care, access and research, as well as to improve workplace best practices.

The Mental Health Commission of Canada estimates that mental health problems and illnesses account for about 30 per cent of short- and long-term disability claims in Canada every year.

They say that 500,000 Canadians miss work each day because of a mental illness, costing the Canadian economy millions of dollars every year.

Bonnie Rose, the president of standards at CSA Group, one of the groups that helped draft the standard, says promoting and protecting workers' well-being, self-esteem and job satisfaction are not just good for workers; they can also help to improve a company's "bottom line."

"There is also a clear business case which supports the need for

continual improvement of psychological health and safety in the workplace," she said in a statement. With a report from CTV's Scott Laurie Read more: <http://www.ctvnews.ca/health/new-voluntary-standard-aims-to-help-improve-mental-health-at-work-1.1116508#ixzz2IDMITjbd>

From Page 5 Federal Government

The Government of Canada responded to the release of the 2009-2011 National Assessment report with a commitment that on-reserve water and wastewater issues would be addressed on a priority basis, identifying three key areas for action:

- enhanced capacity building and operator training;
- enforceable standards and protocols; and
- infrastructure investments.

The Economic Action Plan 2012 investments will support improvements in each of these areas by:

- increasing funding for operator training and operations and maintenance;
- supporting the creation of regional hubs to monitor and, where feasible, operate systems remotely;
- developing new circuit rider training guidelines;
- supporting First Nations in development of regional hubs of expertise; and
- prioritizing capital investments to target highest risk systems.

Year one of this funding will be allocated by AANDC in 2012-2013 in three areas of planned expenditures: \$47.7 million for operations and maintenance, \$32.1 million for training for First Nations and \$47.3 million for capital investments.

See Page 20 Federal Government

ECOLE DE CONDUITE

PAUL

Driving School



Call Paul

Cell: 514-998-9604

Office: 514-509-9300

Highly qualified, experienced,
patient instructors

Payment plan available

Class I

40 hrs - theory

20 hrs - observation and driving

16 hrs - driving

Class II = Autobus

40 hrs - theory

20 hrs - observation and driving

10 hrs - driving

Class III = Straight Body Truck

40 hrs - theory

20 hrs - observation and driving

10 hrs - driving

4781 Van Horne, Suite 200, Montreal, QC H3W 1J1

Concord Tours & Travel

Head Office)
1071 St. Urbain, Suite R06,
Montreal, QC. Canada H2Z 1Y6

(Southshore Office)
8080 Taschereau, A-7, Brossard, QC.
Canada J4X 1C2

514-485-7861

for information or reservation



Tours in Canada

Algonquin Park, Thousand Islands, Toronto 3 Days \$138
Toronto Niagara Falls 2 Days Tour \$68+
Toronto Niagara Falls 3 Days Tour \$88+
Charlevoix 2 Days Tour \$68+
Gaspese 3 Days Tour \$108+
Maritime provinces 5 Days Tour \$188+
Maritime provinces 6 Days Tour \$238+
Across Canada 10 Days Tour \$699+



Tours to U.S.A

New York City 3 Days Tour \$78+
I Love NY - Free Bird 3 Days Tours \$108+
New York City - 4 Days Tour \$118+
I Love NY - Free Bird 4 Days Tours \$138+
Washington DC, NY, Atlantic, Philadelphia 4-Days Tour 128+
Boston & Rhode Island 2 Days \$68+
Boston & Rhode Island 3 Days \$108+
Little Europe - Chicago 4 Days Tour \$208+
Ivy Lea 4 Days Tour \$228+
Virginia Beach Deluxe 5 Days Tour \$298+
Florida Disney World 8 Days \$428+
Across USA 10 Days Tour \$699+



Special fare for one way or round trip air ticket to Beijing, Shanghai, Guangzhou, Hong Kong, Taipei, Bangkok, Manila, Singapore and other Asian cities as well as major cities in USA and Canada. Please consult our agent for details

We offer you best price and best service!

Pizza Mima

"PIZZERIA & POUTINERIE CAFÉ"



"C'est frais, c'est bon!"

514 5889 - A, Av. Victoria
(entre le métro Côte-Sainte-Catherine et Plamondon)

737 - 6462

SPÉCIAUX AU COMPTOIR SEULEMENT WALK-IN SPECIAL ONLY

LA VIANDE ET LE FROMAGE EXTRA COMPTENT POUR 2 INGRÉDIENTS / MEAT AND EXTRA CHEESE COUNT AS 2 TOPPINGS

#1 Mima's UNO 1
1 PIZZA EXTRA FROMAGE
OU 1 PEPPERONI
OU 1 GARNITURE / OR 1 TOPPING
1 Petite 10" 1 Moy. 12" 1 L. 14" 1 X.L. 16"
5.99 7.99 9.99 11.99

#2 Mima's UNO 2
1 PIZZA TOUTE GARNIE / ALL DRESSED
OU 3 GARNITURES AU CHOIX /
OR CHOICE OF 3 TOPPINGS
1 Petite 10" 1 Moy. 12" 1 L. 14" 1 X.L. 16"
8.99 10.99 13.99 15.99

#3 Mima's DUO
2 PIZZAS TOUTES GARNIES / ALL DRESSED
OU 3 GARNITURES AU CHOIX /
OR CHOICE OF 3 TOPPINGS
2 Petites 10" 2 Moy. 12" 2 L. 14" 2 X.L. 16"
15.99 17.99 21.99 24.99

#4 Mima's TRIO
3 PIZZAS TOUTES GARNIES / ALL DRESSED
OU 3 GARNITURES AU CHOIX /
OR CHOICE OF 3 TOPPINGS
3 Petites 10" 3 Moy. 12" 3 L. 14" 3 X.L. 16"
20.99 25.99 33.99 40.99

Choix de pizzas : fromage-pepperoni, toutes garnies ou 3 garnitures. Les viandes et fromage comptent pour 2 ingrédients.

COMBOS MIMA

Pizza choices : cheese-pepperoni, all dressed or 3 toppings. Meat & cheese count as 2 toppings.

#2
1 MEDIUM PIZZA 12"
15 CHICKEN WINGS
1 MEDIUM FRIES
3 COKE (355ML) OU / OR 1L COKE
23.99 + taxes

#3
1 LARGE PIZZA 14"
20 CHICKEN WINGS
1 MEDIUM FRIES
6 COKE (355ML) OU / OR 2L COKE
28.99 + taxes

#4
1 EXTRA LARGE PIZZA 16"
25 CHICKEN WINGS
1 LARGE FRIES
6 COKE (355ML) OU / OR 2L COKE
34.99 + taxes



MEGA SPÉCIAL MIMA

#2
2 MEDIUM PIZZAS 12"
10 CHICKEN WINGS OU / OR
1 POUTINE MOYENNE
3 COKE (355ML)
OU / OR 1L COKE
26.99 + taxes

#3
2 LARGES PIZZAS 14"
10 CHICKEN WINGS OU / OR
1 POUTINE MOYENNE
6 COKE (355ML)
OU / OR 2L COKE
31.99 + taxes

#4
2 EXTRA LARGES PIZZAS 16"
10 CHICKEN WINGS OU / OR
1 POUTINE MOYENNE
6 COKE (355ML)
OU / OR 2L COKE
37.99 + taxes

PIZZAS

**ACHETEZ UNE PIZZA ET OBTENEZ LA 2^E À 50%
BUY 1 PIZZA AND GET THE SECOND ONE 50% OFF**

INGRÉDIENTS : Sauce Tomates, Sauce Philipin, Fromage, Feta, Parmesan, Double Fromage**, Bœuf**, Bœuf Haché**, Pepperoni**, Viande Fumée**, Poulet**, Bacon**, Ananas, Champignons, Piments Verts, Tomates Tranchées, Oignons, Olives Vertes, Olives Noires, Épinards, Huile d'Olive, Ail, Basilic.
TOPPINGS : Tomato Sauce, Filipino Sauce, Cheese, Feta, Parmesan, Double Cheese**, Beef**, Ground Beef**, Pepperoni**, Smoked Meat**, Chicken**, Bacon**, Pineapple, Mushrooms, Green Peppers, Sliced Tomatoes, Onions, Green Olives, Black Olives, Spinach, Olive Oil, Garlic, Basil.

** Compte pour 2 ingrédients / Count as 2 toppings

www.pizzamima.ca

facebook/pizzamima



**Heures de Livraison
Delivery hours**
DIM. AU. JEU.
10h à 22h
VEN. & SAM.
10h à 23h

SUN. TO THUR.
10h AM à 10h PM
FRI. & SAT.
10h AM à 11h PM



**Service gratuite
Free delivery**
MINIMUM
AVANT TAXES
15\$



Modes de paiement



North American FILIPINO STAR PHOTO GALLERY



Recipients of the Queen Elizabeth II's Diamond Jubilee Au Osdon and Shinette Khoury, pose with the first Filipino Canadian Senator, Tobias Enverga, and his wife, Rosemer Enverga, and Mayor Michael Applebaum. The awards were presented during the FAMAS Christmas party. (Photo by B. Sarmiento)



FAMAS Executive Board with the Filipino Canadian Senator Tobias Enverga, Mayor Applebaum, and Santa Claus. The Christmas party was held on December 16, 2012 at the CRC Building and co-sponsored by FAMAS and the Montreal Westward Lions Club. (Photo: B. Sarmiento)



"Happy Gilmore Girls" pose for souvenir of the UPS induction party, January 5, 2013. L-R: Precy Billones, Felix de Luna, Joesie Bingayen, Juvy Solis, Edna Lorenzo, Zeny Kharroubi, and Manny Cea. (Photo taken by Bert Santos)



Mrs. Waryl Basbacio (4th from left), re-elected president of UPS, poses with her executive board members during the induction and birthday celebrants party held on January 5, 2013



Gilmore College International students from Cambodia together with Filipino Canadians who attend the Monday evening class - L to R: Siv Er Lim, Armenda Tula, Zenaida Kharroubi (teacher), Remy Amila, Zenaida Garcia, Sokun Soy. In front are Souvy Kuoch and Joseph Cempron.



Souvenir photo of the Christmas party held at Edouard Dance Studio on December 16, 2012. Gilmore Dance Club members and students of the studio happily pose with Volvick Edouard (seated at the center) their dance teacher.



Gilmore Dance Club

5320-A Queen Mary Road (between Decarie & Coolbrook)
accessible by Snowdon Metro, Busses 166, 151

Schedules:
Monday, 5:00-6:00 p.m.
Sunday - 4:00-5:00 p.m.
Other schedules on request

Call 514-485-7861 for more information

Course taught by a professional dance teacher



PERSONALITY OF THE MONTH

Enverga, Jr. - Pride of the Filipinos in Canada

by W. G. Quiambao

Senator Tobias C. Enverga, Jr., 58, made Canadian political history by being the first Filipino-Canadian elected to public service in Toronto and the first Filipino-Canadian appointed to the Canadian senate by Prime Minister Stephen Harper on September 6, 2012.

"It's a big honor for me and a big honor for our community at the same time," Enverga, Jr. said.

Enverga, Jr., who worked at the Bank of Philippine Island in the Philippines, is successful because he is unafraid to face new challenges in life "I came here looking for adventure and a better job," said Enverga, Jr.

Enverga, Jr., who was born in Lucena, Philippines, graduated with a degree in Bachelor Of Arts in Economics from Letran College in Manila, a Master Certificate in Project Management from the Schulich School of Business at York University and a Computer Studies Certificate from Centennial College. Prior to his appointment, he had worked at a project manager at the Bank of Montreal for more than thirty years.

"I'd to give two week notice to the bank because I couldn't hold two jobs at the same time," explained Enverga, Jr.

Enverga, Jr. is actively involved in various organizations. He is co-chair of the Asian Heritage Month celebration for the Greater Toronto area and was previously a director of the Canadian Multicultural Council - Asians in Toronto. In addition, he is the



Senator Tobias Enverga, Jr.

founder and adviser to the Philippine Canadian Foundation where his wife, Rosemer, is the Executive Vice President.

To serve the community better, he ran for Catholic School Trustee in 2010 and won the election. That was the beginning of his political career.

Because he came here as an immigrant, Enverga, Jr. emphasized the importance of a culturally diverse society. "Canada's national policy of multiculturalism strengthens the community socially, politically and economically in many ways. Ignorance of one's culture bridges racism," he said.

On his appointment, Enverga, Jr. admitted that he was shocked when he received a call that he had been appointed as a senator. "I didn't even know that I was nominated and I didn't even know what the job of the senator

was then. Never in my wildest dreams did I think I was going to be in one of the highest positions in the land. I'm not sure what the new challenges will be because this is the first time I've heard about the position actually," Enverga, Jr. said.

Enverga, Jr. was reported to have said that he backed the government's Senate's Reform Plans but said he still needed to go through details of the regulation. He will advocate for the care of those with special needs, including one of his daughters, who has a Down Syndrome.

Also, one of his priorities is promoting an inclusive Canada,

Filipino excellence continues to gain recognition in the highest echelons of Canadian officialdom. We hope that his appointment will inspire other Filipino - Canadians to improve their own high aspirations in this welcoming land of opportunities."

Enverga, Jr. married Rosemer Albobias with whom he has three daughters, is the recipient of the 60th Diamond Jubilee Award in 2012. In the Philippines, he was conferred the Linkapil Award from the Office of the President in 2008 for his outstanding contribution to the reconstruction, progress and development in the Philippines. These included medical missions, building schools, churches



Senator Tobias Enverga, Jr. being interviewed by Willie Quiambao, Community News Editor, and Zenaida Kharroubi, Editor/Publisher of the North American Filipino Star, at the FAMAS Christmas party on December 16, 2012 at the CRC building.

immigrant issues and protection of migrant workers.

Leslie B. Gatan, Philippine Ambassador to Ottawa, congratulated Enverga, Jr., saying "The Philippine Embassy in Ottawa hails the appointment of Senator Enverga, Jr. together with Filipino communities across Canada. Slowly but surely,

and artisan wells, supporting Bantay Bata and GK villages in Camarines Norte and Manila. He is a member of Rizal Dinmasalang Chapter in Scarborough, and had served as a Deputy Commander of Rizal in Central Canada area.

New voluntary standard aims to help improve mental health at work



Caring Tabunar

Travel & Cruise Consultant
Cruises, land tours, religious based tours, Wedding destinations, holiday packages



Expedia
cruiseshipcenters

Fax: (514) 421-2933
Cell: (514) 501-0658

Tel.: (514) 626-7635
(514) 421-7006

Ofc: 209 - 3633 Sources Blvd, DDO, QC H9R 2K4

E-Mail: ctabunar@cruiseshipcenters.com

Website: www.cruiseshipcenters.ca/CaringTabunar

Lic. No. CV201012308732

Canadian employers looking to create a mental health policy in their workplace now have a new set of guidelines to get them started.

On Wednesday, the Mental Health Commission of Canada along with several other groups released a voluntary national standard that organizations can use to help them bring in measures to promote and protect their workers' mental health.

The standard, called "Psychological Health and Safety in the Workplace - Prevention, promotion and guidance to staged implementation," is focused on promoting the good mental health of employees, as well as preventing psychological harm from workplace stressors.

Voluntary National Standard of Canada for psychological health and safety in the workplace

The standard offers guidelines to developing a psychologically healthy workplace, with steps that include: The identification of psychological hazards in the workplace

The assessment and control of the risks in the workplace associated with hazards that cannot be eliminated (e.g. stressors due to organizational change or reasonable job demands)

The implementation of practices that support and promote psychological health and safety in the workplace;

The growth of a culture that promotes psychological health and safety in the workplace

The implementation of measurement and review systems to ensure sustainability.

Mental Health Commission of Canada President and CEO Louise Bradley notes that one in five Canadians will experience a mental health problem in any given year, and many of the most at-risk are in their early working years.

"It's time to start thinking about mental well-being in the same way as we consider physical well-being, and the standard offers the framework needed to help make this happen in the workplace," she said in a statement.

The voluntary standard can be used differently by businesses of all sizes, depending on their needs.

Some might use the standard as a starting point for creating policies and processes in their workplace to promote mental health. Others might decide that several aspects of the standard are already in place but will use it to build on their existing efforts.

See Page 20 Mental Health

Philippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi

Milkfish Recipes (Bangus)

This month, we are featuring milkfish (bangus) which is considered like a national fish of the Philippines. It is a very versatile fish as it can be cooked in many ways and with a variety of ingredients that are easily available. Marché Coop, a Filipino cooperative store (see page 2 advertisement) always has this fish on stock together with other Oriental and Asiatic groceries.

Milkfish braised in coconut cream

Ingredients

- 2 whole bangus belly fillets (about 700 g. total weight), each cut in half
- 1 tbsp. of cooking oil
- 1 onion, finely sliced



- 1 tomato, diced
- 1 tbsp. of finely minced garlic
- 1 tbsp. of finely minced ginger
- 2 bird's eye chilis, finely sliced
- patis (fish sauce), to taste
- 1 and 1/4 c. (or more) of coconut cream
- finely sliced scallions (onion leaves), to garnish

Instructions

Heat the cooking oil in a wok or

frying pan.

Saute the onion, garlic, ginger, tomato and chilis until fragrant, about one minute.

Arrange the fish fillets in a single layer on top of the sauteed vegetables. Drizzle with fish sauce.

Pour in the coconut cream. Bring to a simmer then lower the heat and continue simmering, uncovered, for about seven minutes.

Turn off the heat, taste the sauce, if it needs more fish sauce, then add more. Or just serve extra fish sauce on the side.

Scoop out the fish fillets and arrange on a serving platter. Pour the sauce around them. Sprinkle with sliced scallions and serve with hot rice.

Preparation time: 5 minute(s)

Cooking time: 10 minute(s)

Number of servings (yield): 4

Milkfish with Tausi (black bean sauce)



- 2 tbsps. of black bean garlic sauce (or the equivalent if using tausi and garlic)
- 1 celery stalk
- 1 bird's eye chili
- 2 to 3 scallions (onion leaves)
- sesame seed oil
- crisp onion slices, to garnish

Instructions

Start boiling water in the steamer. Rub the black bean sauce on the cut fish fillets.

Thinly slice the celery and chili. Thinly slice the scallions as well. You can slice them into rings or you can cut them into two-inch lengths and finely slice them vertically. Your choice.

Take two shallow heat-proof bowls and lightly brush the bottoms with sesame seed oil.

Arrange the fish in the bowls in a single layer. It is okay if they overlap slightly. But only slightly. You want them to cook uniformly so expose them to the heat as evenly as possible.

Sprinkle the celery and chili over the fish followed by the scallions.

Place the bowls in separate steamer baskets and steam over briskly boiling water for 15 minutes.

Remove from the heat. Drizzle with a little sesame seed oil. Sprinkle with crisp onion slices. Serve.

Steamed bangus (milkfish) with black bean and garlic sauce

Preparation time: 5 minute(s)

Cooking time: 10 minute(s)

Number of servings (yield): 3 to 4

Sinigang na bangus (Milkfish stew)



There are two earlier version of this recipe for steamed fish with tausi (salted black beans), one using fish head and another with a whole fish, but this is, by far, the easiest procedure and the one that cooks the fastest. Fifteen minutes of steaming plus five minutes of preparation.

Steamed bangus (milkfish) with black bean and garlic sauce

If you have the time, you can use whole tausi and mash the beans with a couple of cloves of garlic using a mortar and pestle. But if you're pressed for time, you can do the shortcut which doesn't detract from the deliciousness of the dish. Lee Kum Kee Black Bean Garlic Sauce

Black bean garlic sauce in a jar. Available



in most groceries. Keeps longer in the fridge than whole tausi.

Ingredients

- 2 bangus belly fillets, each cut into six squares

Ingredients

- 1 piece large bangus, cleaned and sliced into serving pieces
- 2 pieces tomatoes, quartered
- 2 medium eggplants, cut into serving pieces
- 5 pieces string beans, cut into serving pieces
- 2 cups kangkong leaves
- 1 teaspoon salt
- 1 small ginger, sliced
- 1 medium onion, sliced
- 5 cups water
- 1 small pack tamarind powder

Method

1. Bring water to a boil together with the ginger in a casserole.
2. Add the bangus, tomatoes, and onion and simmer for 10 minutes.
3. Add the tamarind powder and salt to taste.
4. Add the eggplant and string beans and simmer for another 5 minutes.
5. Remove from heat, add the kangkong leaves, and let stand covered for 5 minutes. Serve hot.

BUSINESS HOURS

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

<p>Pork loin Approximately 15 lbs</p> <p>2.69 lb</p> <p>Half or Whole pork Cut & Wrapped</p> <p>1.89 lb</p> <p>Fresh Pork Belly with skin</p> <p>3.29 lb</p>	<p>Beef Blade steak</p> <p>3.99 lb</p> <p>Boneless Pork shoulder - \$2.89 lb</p> <p>Fresh Pork Leg</p> <p>1.99 lb</p> <p>Beef short ribs</p> <p>3.99 lb</p> <p>Ground Beef</p> <p>4.49 lb Over 20 lbs 4.09 lb</p>	<p>Picnic Ham w/bone</p> <p>1.79 lb</p> <p>Home smoked meat</p> <p>7.99 lb</p> <p>Regular smoked bacon</p> <p>4.99 lb</p> <p>Ground Pork Special 2.29/lb</p>
--	---	---

- Frozen pork blood
- Fresh liver
- Pork skin

Goat Available on order

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

FILIPINO STAR

SHOWBIZ GOSSIP

Jessica Sanchez done working on debut album, focuses on array of projects



Things are moving fast for Jessica Sanchez who has a slew of high-profile activities this year.

The budding diva announced recently via MTV News that she had just wrapped up work on her much-anticipated debut album.

"I've been working on my album since the 'Idol' tour and I just finished it up," Sanchez said.

She would not reveal the title of her first single, however, which is set for release in February. She said that the album took this long to make because she "wanted to make it perfect for the fans."

Jason Morey, executive vice president and worldwide head of music for 19 Entertainment, the company that produces the "Idol" franchise, also told MTV News that they want to take time "developing" Sanchez.

"We wanted to develop her into an artist with longevity, and wanted her to put out a product that truly showcased her as the artist she wants to be and we wanted to take the time to make it perfect," he said, adding, "She is truly a world class singer and we wanted to put her with the biggest producers and writers in the business ..."

"She literally blew everyone away in the studio with her talent and as she began working, more opportunities arose for her to work with different people."

Among several named producers and songwriters involved in the project are Ne-Yo, Toby Gad (One Direction, Kelly Clarkson), Harvey Mason Jr. (Britney Spears, Justin Timberlake) and Rykeyz (Wiz Khalifa, Fantasia).

"I've worked in the studio before, but going to that next level with such high producers? It was crazy ... working with Ne-Yo. Everything was such a blur and I was just a fangirl the whole time," shared Sanchez.

The 17-year old describes her album as "soulful but more dancey." Morey described Jessica's album as upbeat with an R&B edge but still quite radio-friendly.

It goes without saying that there are ballads in the bag since Sanchez made her name on "Idol" with passionate covers of such.

Meanwhile, fans can also look forward to Sanchez's appearance in an upcoming four-episode arc on "Glee." The singer said she doesn't know yet the character she will play but that creator Ryan Murphy, himself, invited her to join the show. She's been taking acting classes since, calling the chance to work with Murphy a huge honor.

Filipino fans of the singer have one more exciting thing ahead and soon: Sanchez' first-ever headlining gig in the country on Valentine's Day! ■

Manila mayor reveals plan of erecting Dolphy monument



DOLPHY; (inset) Mayor Alfredo Lim

Manila Mayor Alfredo Lim believes the late King of Comedy and his close friend, Dolphy, deserves to have his own monument and if things go to plan, it would be erected along Roxas Boulevard near Pasay City.

Lim told Bulletin Entertainment and select members of media at the Hospicio de San Jose Tuesday during a set visit for his biopic "The Turning Cradle: The Untold Story of Alfredo Lim" that the showbiz icon's contributions to the film industry and the nation are truly immeasurable.

"Hindi matutumbasan ang kasiyahan na binigay ni Dolphy sa tao. At bilang tao, siya 'yung tipong hindi nag-a-advertise kapag may ginagawang kabutihan. Kahangahanga talaga," Lim explained, adding that he already has a sculptor in mind for the job.

Recall that last month, Lim paid lasting tribute to another showbiz luminary, the late Fernando Poe, Jr., whose monument now stands at the corner of Roxas Boulevard and Kalye Arquiza. The mayor envisions lining up a portion of Roxas Boulevard with statues of former Philippine Presidents, where monuments to Ramon Magsaysay, Manuel Roxas, and Corazon Aquino are already in place.

Lim has always been about honoring heroes, especially in the movies. He frowns on glorifying people who may have led exciting lives that could play out well onscreen, but are actually "hoodlums," "gangsters."

"Ang dapat isapelikula ay mga bayani ng bayan. Masama ba ang sinasabi ko?" he quipped.

Before Lim arrived at Hospicio de San Jose, actor Cesar Montano was

telling media how "consistent" Lim is when it comes to his life story.

"May mga ibang pelikula na fabricated [ang detalye], pero si Mayor Lim, ang sabi niya, 'Kung ano 'yung andyan, 'yun lang ang ikwento natin,'" said Montano referring to Lim's biography "May Langit Din Ang Mahirap: The Alfredo Siojo Lim Story" that's written by Nick Joaquin and serves as basis for the upcoming movie.

As in previous interviews, Montano said that "The Turning Cradle: The Untold Story of Alfredo Lim" will focus on the softer side of the subject. The actor, who is also directing the flick, purposely minimized the action scenes though Lim's life, being a former police officer, was full of derring-do.

"Mayor Lim bilang tao ang makikita ng moviegoers dito. Dito, makikita niyo na marunong din pala siyang umiyak; na every night pala dito sa Hospicio ay umiyak siya," said the actor.

Asked if such an ambitious project would cost as much as 50, 70 million pesos to make, Montano just let out a laugh, before pointing out what could be an answer: "This is a period film with present time in the '60s and flashbacks in the '40s. At colored ang film."

Montano reported that "The Turning Cradle: The Untold Story of Alfredo Lim" is halfway done and that they aim to complete it by Jan. 31 in time for its Feb. 27 playdate.

Montano's leading lady in the film is now Melissa Ricks instead of Denise Laurel as previously reported. The best friend of Lim will be played by Gardo Versoza and no longer Aga Muhlach. ■

Zsa Zsa finds solace in Dolphy's clothes



Dolphy and Zsa Zsa were together for 23 years.

Six months after the passing of Comedy King Dolphy, her longtime partner, Zsa Zsa Padilla, is still in mourning.

"It really takes a while—it's a long process," she said. "That's the way it is."

When loneliness creeps in—usually after a grueling day at work—Zsa Zsa finds solace in her late partner's clothes. She would take Dolphy's favorite black shirt and wrap its sleeves around her body.

"Lovey ko! I don't cry. It's as if Dolphy and I are hugging [each other]!" Zsa Zsa told a few select reporters during a recent visit to the set of her coming ABS-CBN action-fantasy series "Juan de la Cruz."

On the day of the interview, Zsa Zsa turned up in a red checkered, long-sleeved shirt that she had given Dolphy. "He loved wearing this with short pants," she pointed out, fushing with the shirt that was a skosh too big on her.

'Coffee moments'

Every so often, the singer-actress said, she would sit in a corner or by the window at home and have her "coffee moments" with Dolphy. "I tell him about my fears. I ask him for help and guidance in raising the kids. I tell him about work."

More than anything, Zsa Zsa misses the times when she would

come home from work to find Dolphy waiting for her. "I was drama-tweeting just recently," she said. "I posted, 'To come home to you would have been (sic) the best part of any day. I miss you.'"

She continued: "We were together for 23 years. Whatever condition he was in, I always knew he would be there. When you lose that, it's hard."



Zsa Zsa turned up at the press con wearing this old shirt that belonged to her "lovey."

Despite the longing she was apparently feeling, Zsa Zsa tried to make the conversation light-hearted and fun. Asked about Valentine's Day, she said, laughing: "I miss preparing the gifts every year. But yes, malaki na natitipid ko sa birthday niya at Christmas (I already saved a lot on his birthday and Christmas)!"

continued on page 18

Tulfo's raps vs Claudine dismissed; Raymart indicted

The Office of the City Prosecutor of Pasay City has dismissed charges of attempted homicide, grave coercion and oral defamation filed by journalist Mon Tulfo against actress Claudine Barretto.

In a resolution penned by Teresita B. Punzuelo, the prosecutors' office said the complaints were dismissed for lack of probable cause.

The resolution said Barretto could not be charged for grave coercion since she "did not participate in any way in hitting or inflicting injury against Tulfo" during their much-publicized brawl at the Ninoy Aquino International Airport last May.

The resolution noted that "it was only after she was physically hurt that she reacted, in a way to defend her person."

The attempted homicide complaint was also dropped since the court was not convinced that there was an attempt to kill Tulfo.

For the case of oral defamation, the court noted that "it is important that

the alleged utterances should be heard by third person to make the remarks defamatory." The decision said Tulfo "failed to submit evidence to prove that remarks were made and heard."

The prosecutor's office recommended that only Barretto's husband, actor Raymart Santiago, be indicted for physical injuries and grave coercion, and their companion Eduardo Atilano be charged for inflicting injuries against Tulfo.

Meanwhile, Santiago and Barretto welcomed the court decision. In an statement, the couple's legal counsel said Barretto and Santiago are "humbled and thankful for this decision for it shows that indeed the court in dispensing justice is insulated from public opinion and considers not quantity but the quality of evidence submitted by the parties."

below: images of the tussle captured on May 6, 2012



MORE SHOWBIZ GOSSIP page 18

Dental Clinic

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

Comprehensive Gentle Dental Care for The Whole Family

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

(514) 731-6479

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

Commissioner No. 170 586
Reynaldo L. Balansi
Commissioner for Oaths

Affidavit, Will/Codicil, Power of Attorney, Deed of Sale, Travel Permit, Contract/Agreement, Support & Consent, Invitation & Sponsorship Letters

Cell: 514-297-4365 Fax: 514-738-3927
Tel.: 514-738-7999
E-mail: nardingbalansi@msn.com
4089-A Kent Ave.
Montreal, QC H3S 1N5

Showbiz Gossip *Continued from p.17*

TV icon Pepe Pimentel dies



Pepe Pimentel

Pepe Pimentel, host of the long-running game show "Kwarta o Kahon," was pronounced dead just before noon on Thursday after being found unconscious inside the bathroom of his home in Brgy. Laging Handa, Quezon City.

ABC-CBNNews.com, citing barangay official Carlos Reyes, reported that Pimentel "was found unconscious inside his house's bathroom past 10 a.m." and was eventually confirmed dead at 11:20 a.m. by PO1 Rodante Balmeo of the Quezon City Police District Station 10.

Reportedly living with Pimentel in his home were his wife Cecilia, grandson James, and a number of house helpers.

In a separate story on DZMM.com.ph, James detailed that it

was Cecilia who found the TV host lying on his back on the bathroom floor with blood on his head and no more pulse after deciding to check on him 30 minutes after he went inside. Unfortunately, no action was immediately taken as Pimentel's companions "had no idea what to do and had to seek the help of the neighbors," according to the same ABC-CBNNews.com report.

Pimentel is believed to have slipped after suffering a heart attack, causing him to hit his head. Authorities, on the other hand, have already dismissed the possibility of a foul play, as reported by DZMM.

Apparently, Pimentel wasn't feeling well prior and had already planned to see his doctor, his nephew, Ramon said. He also divulged his uncle's wish to have his remains cremated immediately after his death.

Pimentel's ashes reportedly will be brought this evening to the Pinaglabanan Church in San Juan.

Aside from "Kwarta o Kahon," which ran for 38 years, Pimentel is also best remembered for co-hosting the defunct hit show "Student Canteen." More recently, he had served as barangay captain of Brgy. Laging Handa. ■

Nora Aunor reveals plans, projects for 2013



Nora Aunor

Her indie film "Sa Sinapupunan (Thy Womb)" may not have been a big earner at the recent Metro Manila Film Festival (although it got her the Best Actress trophy) but Ms. Nora Aunor, dubbed the country's one and only superstar, remains unfazed and in fact is looking forward for a more bountiful 2013 what with the many projects she has at hand.

In a recent interview, Ms. Aunor said she is raring to do another indie film and in fact she has already met with the director, the multi-awarded Joel Lamangan, for her next indie movie, "The Edith Burgos Story." If both Lamangan and Aunor are super excited about this project, it's because Lamangan is an avid Noranian since he was young, and for Nora because like the director's recent films, it's another advocacy film. Edith Burgos is the mother who is still grieving over the disappearance of his activist son.

"Excited talaga ako sa project na

ito and to be working again with Joel Lamangan. Marami akong gustong gawin sa taon na ito at sana magawa ko lahat," the superstar intimated.

And most importantly, she said she wants to recover her voice. "Gusto ko nang makakanta ulit alam niyo naman na ito ang greatest love and passion ko, nakilala ako dahil sa boses ko, naging Nora Aunor ako dahil sa boses ko at ito ang pinanghanapbuhay ko ng matagal na panahon..."

She has been receiving offers to do concerts again and there's nothing she would like more to do than mount the concert stage once again, Ms. Aunor stressed. She is really looking forward to this opportunity to share her voice again to her fans and supporters.

Ms. Aunor is currently working on her second TV series for TV5, "Never Say Goodbye," which teams her up with action star-director Cesar Montano, Gardo Verzosa and some young Kapatid stars led by "Artista Academy" winners Vin Abrenica and Sophie Albert, and after finishing her scenes Ms Aunor will fly to Boston for her much delayed vocal cords operation. She said her doctor is the same doctor who treated international star Julie Andrews.

Ms. Aunor also revealed her intention to direct a movie herself and if ever, it will be for her own movie company, NV (Nora Villamayor) Productions which she plans to revive very soon. During her prime, NV Productions churned out a number of movies. ■

Bianca's gift of love not for everyone



Bianca King broke up recently with Dennis Trillo

To me, love is a gift," said actress Bianca King, who recently broke up with boyfriend Dennis Trillo.

Bianca, however, clarified she was willing to give love only to people who want her to be with them.

"My heart beats only for those who are grateful for my existence," she stressed in an exclusive interview with the Inquirer. "If you see that they give you love, like the fans for example, you want to give back."

Asked how she was holding up after her failed one-year relationship with the Dennis, Bianca didn't mince words: "I'm doing just fine."

Dennis first admitted to "laying low" from their relationship last December. He confessed to not seeing Bianca for three weeks.

Despite the breakup, Bianca said she has maintained a positive outlook. "I've been a better person in 2012 than I was in my entire life," she declared. "I tried to share what I could with the

people around me—love, friendship, even monetary blessings."

She went on: "As a daughter, I'm not the type to self-praise, but my dad kept saying I'm his hero. To my mom, I'm the biggest blessing."

The 27-year-old actress shouldered most of the expenses for her Canadian father's recent quadruple bypass operation. She also took care of him when he suffered an aneurysm in 2011, as well as the recent treatment of "something like skin cancer." Bianca recently flew to Canada to join her family.

While she's a relatively good girl, Bianca said she also has a naughty streak. "I'm the type of girl who likes to have fun. I'm not a kill-joy. I'm game for anything."

She recalled accepting a "very random" invitation from "Soso Problems" costar Solenn Heussaff to see Paris. "That was naughty. We were supposed to be shooting the film but we had a couple of days blocked off...to go to Paris."

Bianca, who appears regularly in the GMA 7 Sunday variety show "Party Pilipinas," said the naughtiest thing she has done so far was "to enter show business" because she was forced to drop out of school for two years.

"My mom kept asking me to go back to school until she got tired of it," she recalled. "I surprised her one day when I said, 'Mom, I'm enrolled again.'" ■

'Zsa Zsa', continued from page 17

She added: "I'm celebrating Valentine's Day with Kris Aquino. We're going to the beach."

Meanwhile, five months after undergoing laparoscopy to take out a tumor in her kidney (which turned out to be benign), Zsa Zsa is getting back to the grind.

Prior to "Juan," the singer-actress' last television series was "Budoy," which ended in March last year.

She turned up at the press con wearing this old shirt that belonged to her "lovey."

"I was nervous on my first day of taping 'Juan.' I was scared and worried that I might get too tired and wouldn't recover. But so far, everything's going great," she said. "I've started a workout regimen to improve my stamina."

Eating healthy

She has been doing Pilates, Zsa Zsa said, and eating fruits and lots of fresh food to get back into shape. "Being healthy takes a lot of discipline. I plan to go back to the gym in February," she said.

In "Juan," Zsa Zsa is one of the lead villains. She plays Laura, a shape-shifter, who alternates

between taking the form of a human and a vampire-like, man-eating aswang. "I'm doing some action scenes here," she said.

The biggest challenge for her, however, is not what goes on in front of the camera, but the preparations for the shoot. "Our special make-up takes one-and-a-half to two hours to apply. You have to be really patient," she said.

Zsa Zsa recalled: "Sometimes, we're already in full makeup, but the shoot will be packed up because it wouldn't stop raining or we didn't have enough time. That happened about three times already."

Bonding time

But if there's anything good about all that waiting on set, she said it's the bonding among the cast whose members include Coco Martin, Erich Gonzales, Ahrn Villaflo and Albert Martinez.

"We share music with one another. We talk about it and sing. We talk about movies," she related. "So in a way, we get to improve our social skills."

Zsa Zsa said she was grateful to be doing a daily soap. "It helps me take my mind off all the sad things," she said. "Being home alone can be quite lonely." ■

'Wowowillie': of the people, by the people, for the people



Willie Revillame

Feeling truly blessed, Willie Revillame admits he has nothing more to ask for. He maintains that he could actually stop working and still live a very comfortable life.

That said, he will nevertheless go on with the launch of his newest baby,

the noontime show, "Wowowillie," that is set to air on Saturday on TV5. According to him, the driving force behind it is the need to protect and nurture the people who helped him get to where he is today.

"Ano pa nga ba ang hihilingin ko? Sobra sobra na pong blessings ang natanggap ko. Hindi naman po natin madadala 'yan sa kabila. Ang sa akin na lang ay i-share ang blessings na ito sa mga nagmamahal sa akin at minamahal ko din," he shared with members of the media during a recent gathering at Wil's Event Place on Jan 23.

The closest to this multi-millionaire's heart are the people who surround him: his ever-loyal staff.

"Eh sino nga ba ako kung hindi rin dahil sa kanila? Uulitin ko, wala ako ngayon dito kung hindi din dahil sa grupo ko, sa staff ko. The best sila talaga. sa buong mundo. Puwede ko nga sila ikumpara sa staff ni Oprah sa galing. Saludo ako sa loyalty nila, Kaya ako aaminin ko, patuloy tayo sa pagtrabaho para sa kanila para patuloy ko ding maibalik ang pagmamahal na ibinigay nila sa akin,"

he said.

"Tulad ni Jay (Montelibano, Wil Productions business head), hindi ako iniwan niyan, 'yung mga dancers, 'yung sa likod ng camera, hindi ko na isa-isahin 'yan... pero malaki utang na loob ko sa mga 'yan. Sila 'yung dahilan kung bakit tayo patuloy na nagpupursige. Siyempre may mga pamilya din 'yan eh kung mag-retiro tayo, pa'no na lang sila?"

Gusto ko sila ilagay sa ayos din."

And then there are the fans.

"Sa totoo lang, hindi mo talaga maisip tumigil [sa pagtrabaho] lalo na kapag nakikita mong patuloy na umaasa sa iyo ng kahit kaunting kaligayahan ang taumbayan," said the 52-year-old former musician who was also a perennial sidekick to big action stars of the '90s.

"Nakakasama ko eh, nakikita ko, nakakausap ko... nararamdaman ko sila," he related.

According to Revillame, this is very much the impetus behind "Wowowillie," which he describes as a heartfelt effort centered simply on cementing a stronger bond with the people as a means to establishing

their legacy.

"Ito na 'yung product ng years of working together namin to come up with the best entertainment para sa mga tao. Ito na 'yung sa tingin ko pinaka in terms of concept, in terms of laki. 'Di biro ang ginastos namin dito para lang siguradong maibigay namin talaga ang nararapat para sa mga tumatangkilik sa amin," he said.

Revillame went on to relate that they actually created a thousand-seater state-of-the-art studio in Quezon City specifically for the show.

"Ang sabi ko kasi 'pag tinipid mo ang audience, titipirin ka rin niyan," he explained. "So ito, tinodo na namin."

Asked if he is afraid that his move to the noontime slot will once again allow for the renewal of his rivalry with "Eat Bulaga," he insisted, "Wala. Sa akin, hindi ako tumitingin na sa ratings eh. Ako ang focus eh, ang makapagbigay kasiyahan sa mga tao."

The comebacking noontime show host also pointed out, "Ganun din naman sila eh. Actually nanunuod din naman ako ng 'Eat Bulaga.' So, hindi ko iniisip 'yun [rivalry] sa ngayon." ■

The curious case of Kimпой Feliciano



New Zealand-based social media sensation Kimпой Feliciano's online fame is a curious case, one for the books.

He's not incredibly good-looking, and nor does he sing exceptionally well, but somehow, with all the cutesy stuff he posts online—pick-up lines, love advice, daily musings, photos and videos—Kimпой has charmed hundreds of thousands of followers in cyberspace, most of them starry-eyed prepubescent Filipino girls living thousands of miles away.

His popularity on the Internet is something that Kimпой himself can't explain. He was doing it for fun; amassing throngs of fans didn't cross his mind.

"I connect with all my followers. I'm just a normal person following my dreams. Perhaps they admire that and see me as a role model," Kimпой told

the Inquirer. "My fans told me that the things I post are nakakakilig. Maybe it's also the way I talk or tweet my thoughts."

Peace envoy

Even Malacañang took notice, tapping him as a peace ambassador for social media in the "I Am for Peace" campaign last year.

Currently, Kimпой has more than 450,000 followers on Twitter, 100,000 on Tumblr, 96,000 on Facebook and 47,000 on Instagram—very impressive for someone who's not a celebrity or in mainstream media. Well, not for long.

The 19-year-old Internet personality utilized the social media as a bridge to cross over to the mainstream market. Kimпой has been doing the rounds and making appearances on local TV shows, capitalizing on his huge online presence by releasing "Kimпой Feliciano," his self-titled debut album on Universal Records.

Debut album

The record has six tracks: "Right Next to Me," "I'll Be Your Hero," "Ngiti," "Ikaw Lang," "Una at Huling



Charice says her heart is in a good place these days

Mamahalin" and "Alipin." Included in the package is a DVD of music videos of all six songs.

"It just happened. There was an opportunity, so why not take it? This is a gift to my fans," he said.

He's not a trained singer by any means, but Kimпой does have a pretty decent singing voice and can definitely carry a tune. And while the record isn't going to break into Rolling Stone magazine's 500 Greatest Album of All Time list any time soon, it

perfectly serves its purpose, which is to delight giddy tween fans.

Kimпой doesn't see the album as a stepping stone to an acting career or anything bigger. He just wants to make his fans

happy, he said. "I want to reciprocate their love."

Is he ready to face the bile of detractors scoffing at the idea of another non-singer releasing an album?

"Bashers have been a part of my online life. I can't blame them since I'm really not the best singer out there. But like I've said earlier, I'm just following my dreams," he said.

He continued: "What's important is that the positive comments outweigh the negative ones. Also, criticisms keep me grounded."

Is Kimпой fearful that he will lose his Internet fame once he grows old, and doing the things he does now are no longer cute? "They'll grow old with me; I hope they stick with me," he said. "I hope they won't leave me." ■

More Showbiz Gossip on p.22

 <p>Law office of Monica Lee</p> <p>We accept legal aid mandates</p> <p>Member of Quebec Bar Association</p>	<p>Practice areas</p> <p>Family law</p> <ul style="list-style-type: none"> • Divorce • Custody & Child support <p>Immigrating to Canada</p> <ul style="list-style-type: none"> • Skilled workers and professionals • Family Class Sponsorship • Temporary workers • Humanitarian and Compassionate Considerations <p>Dedicated to fighting for your best interest.</p>	<p>Contact</p> <p>(514) 482-2297 monicalee@bellnet.ca www.monicaleeavocate.com</p> <p>5115 Trans-Island suite 236 Montreal (Quebec) H3W 2Z9</p> 
--	--	--

A tribute to a friend, Nestor Ambas

by W. G. Quiambao

I remember when James and Rose de la Paz, Budz Sarmiento and I visited Nestor Ambas at the Jewish General Hospital in December 2012. Haggard face, unshaven moustache and long unkempt hair - he wasn't the same Nestor I knew.



James, with the assistance of Budz, trimmed his moustache and cut his hair. After the makeover, Budz took a picture of Nestor. I got from Budz the "then and after" picture and showed it to Nestor, telling him, "Nes, whenever we meet, I'll show you this picture to remind you not to go back to your "old habit." He just smiled. And although he didn't say a word, I saw in his eyes that he appreciated our visit. It meant a lot to him.

That was the last time I saw and spoke to Nestor because when I called him a couple of days later to visit him again. I was told that he already left the hospital. No one knew his address.

He died at the Jewish General Hospital on January 18.

The first time I met Nestor was in 1996 at the Oriental Doo, a karaoke bar where many Filipinos hang around. We hit it off immediately because we

had something in common. We were both in the media. I was starting to work as a freelance writer at the Gazette while he was hosting TV Pinoy. Funny because we used to talk about the media people - Eddie Mercado, Cesar Nucum, Eddie Ilarde, Ben Aniceto, Teodoro Valencia - in the Philippines in the 60s and 70s.. And he knew a lot of people in the business. I recall when he asked me to do a food review of a Chinese restaurant on Sherbrooke street and a campaign flyer of a Greek restaurant owner who ran for councillor in NDG.

In a way, apart from James, Nestor was instrumental why the mortgage of FAMAS center was paid in full. James, who was the president of FAMAS then, wanted to pay the mortgage to avoid the exorbitant interest. He asked Nestor to televise the meeting. attended by many FAMAS former presidents and community leaders. Those who didn't agree with James' proposal were asked to raise their hands. Nobody did to avoid being accused of not pro community in front of the television. It was after the meeting that those who did not agree with James voiced their complaint. But there was nothing they could do. The mortgage was paid in full, a decision that many of his political opponents appreciated later.

For a few years, Nestor entertained the community with his program. It showed events in the community and in the Philippines. One reason why many viewers watched the program was because of his voice - big and deep.

Now, that voice is gone. He'll be missed by his friends.



Study on aging among Filipino seniors: Participants needed

The study examines the aging experiences of Filipino seniors aged 65 years and older. Interested participants will be interviewed on their experiences of aging, immigration, and care in Canada. Each interview will last approximately one to two hours. Participants will be given a \$25 gift certificate (e.g. Pharmaprix, Tim Hortons) as compensation.

This study is also looking for Filipino adult children taking care of their older parent(s) (aged 65+). In this context, adult children will be interviewed on their perceptions of aging based on their caretaking experiences. A \$25 gift certificate will also be given as compensation.

The results of this study will highlight experiences of aging within the Filipino community, and has the potential in identifying potential needs of older Filipino men and women as they age in Canadian society.

For more information or to participate, please contact:

Ilyan Ferrer
ilyan.ferrer@mail.mcgill.ca
(514)652-9890

Principal investigator:
Ilyan Ferrer, PhD Candidate
McGill University School of Social Work
ilyan.ferrer@mail.mcgill.ca
(514)652.9890

Academic Supervisor:
Shari Brotman, Associate Professor
McGill University School of Social Work
shari.brotman@mcgill.ca
514-398-7054

OBITUARY



**Ricardo Jun Corpuz
1941-2013**

Ricardo Jun Corpuz passed away at age 71 on January 21, 2013, at 12:15 a.m., with his wife Betty at his side, at St. Mary's Hospital on Lacombe Avenue in Montreal.

Visitation will be on Saturday

and Sunday, January 26 and 27, 2013 from 2:00 to 9:00 P.M. at Résidences Funéraires Collins Clarke MacGillivray White on 5610 Sherbrooke West near Marcil in NDG, Telephone 514-342-5310 ext 2282. A funeral mass will be held on Monday, January 28, 2013 at 11:00 A.M. at St. Kevin's Church, 5600 Cote des Neiges Road, Montreal.

Jun Corpuz as he was popularly known was a former director of FAMAS. He will be greatly missed by many people, specially those with whom he used to spend most of his time.

He is survived by his wife, Betty Corpuz, his son, Robert, daughter-in-law Rhoda., grandson, R.J., mother-in-law Rosalia Cerin, sister Winnie and brother Mario, and nephew P.J.

From Page 11 Federal Government

Health Canada will support First Nations by investing \$27.4 million each year to build capacity, enhance drinking water quality monitoring, maintain a national wastewater program, increase public awareness and review project proposals from a public health perspective.

The Economic Action Plan 2012 investment builds on the approximately \$197.5 million the Harper Government invests annually for water and wastewater programs in First Nation communities.

Progress Since the 2009-2011 National Assessment of First Nations Water and Wastewater Systems

As mentioned above, the Government of Canada responded to the release of the 2009-2011 National Assessment report with a commitment that on-reserve water and wastewater issues would be addressed on a priority basis. The following three key areas were identified for action: infrastructure investments; enhanced capacity building and operator training; and, enforceable standards and protocols.

Since then, the Government of Canada has continued to meet its commitment and has made progress in each of these areas:

- increased the percentage of systems with operators certified to the

level of the system from 51 per cent to 60 per cent for water systems and from 42 per cent to 54 per cent for wastewater systems;

- introduced the Safe Drinking Water for First Nations Act after extensive outreach and engagement, which, if passed, will ensure that First Nations have the same health and safety protection for drinking water in their communities as other Canadians;

- strengthened the annual inspection process to improve consistency across the country and to ensure First Nations and AANDC have accurate information to support sound decision-making regarding water and wastewater system investments;

- confirmed planning for 286 infrastructure projects in 2012-2013, supported by the Economic Action Plan 2012 funding and other departmental resources;

- enhanced access to water monitoring programs. All First Nation communities now have access to trained personnel to monitor drinking water quality;

- increased the number of public water systems that meet the recommended weekly monitoring for bacteriological parameters by more than 60 per cent since 2006;

- increased the number of public water systems that meet the recommended annual monitoring for chemical parameters by over 25 per cent since 2006;

lisi



Lisi Aerospace, Canada Corp., a leading supplier in manufacturing fasteners for the aerospace sector is recruiting candidates to fill the following positions:

**CNC MACHINE OPERATORS
CNC MILL WRIGHT
GRINDING OPERATORS - CNC AND CONVENTIONAL
GENERAL MACHINING - HOT & COLD FORGING, BAR CUTTING**

Send your resume to:

Lisi Aerospace Canada Corp.
2000 place Transcanadienne
Dorval, QC H9P 2X5
Fax: (514) 421-2104
Human.resources@lisi-aerospace.com



Drink Better in 2013

By David White

Ask a wine enthusiast to name his favorite value wines, and he'll likely to steer you towards bottles that cost between \$15 and \$25 each.

This makes sense -- many oenophiles think nothing of dropping \$25 or more on each bottle of wine. But this ignores market realities. The average bottle of wine in the United States sells for just \$6.22, according to Nielsen. A full 90 percent of all wines sold cost less than \$12 per bottle. Americans like to drink cheap.

So a wine enthusiast's "value" wine is a regular wine consumer's "splurge" wine.

In 2013, resolve to splurge more often. Even if this means drinking less wine to keep your budget balanced, your palate will thank you.

This isn't to say that wines costing less than, say, \$10 per bottle are inevitably bad. There are plenty of satisfactory options at that price point. The shelves at stores like Trader Joe's are full of such wines. But spending so

little generally relegates one to mass-market brands that benefit from economies of scale.

Spending \$15-25 per bottle dramatically increases the possibility of finding a wine that's exciting -- a wine that's both delicious and intellectually captivating.

One could compare it to the difference between Olive Garden and the local Italian joint. The former is predictably adequate, offering heaping piles of salad, breadsticks, and focus-group-tested entrees. The latter is hit-or-miss, but investigating such restaurants is always exciting. And exploration -- with food, wine, and so much else -- is the only way to discover underappreciated gems.

A few years ago, I interviewed David Denton, a well-known wine educator and sommelier in Washington, DC. In explaining how he developed his passion for wine, Denton eloquently summarized the cerebral appeal of wine.

Wine is like travel in a bottle," he explained. "For the cost of a bottle of wine, you can escape to somewhere exotic. You can get lost in the label, thinking about where the wine came from and who made it."

That sense of place -- where a wine came from and who made it -- is the primary reason wine is so engaging. While it's possible to find wines that inspire and pique curiosity for \$10, it's much, much easier if you're willing to spend a bit more.

Once you're at the \$15 to \$25 price point, the number of options is virtually endless. Sure, even at \$25, it's nearly impossible to find Champagne, Napa Valley Cabernet Sauvignon, or high-quality Pinot Noir. But if you're willing to drink bravely -- to explore the unfamiliar by trying unusual grapes from unusual regions -- you can sample some of the greatest wines in the world.

Last weekend, for example, I enjoyed a remarkable Blaufrankisch -- the signature red wine of Austria -- from Anton Iby, one of the nation's best producers. It was fruity, spicy, distinctive, and absolutely delicious. The cost? Just \$16.

Some of the best reds from Spain, Portugal, Italy, and even France can be found at similar prices.

On New Year's Eve, I enjoyed two sparkling wines from France -- a Cremant d'Alsace from Joseph Pfister and a Cremant du Jura from Hubert Clavelin -- that wowed my friends. Both bottles were purchased for just \$15 per bottle. Sparkling wines from Alsace and the Jura have long offered exceptional value.

With whites, the options are similarly expansive. In recent months, I've become obsessed with a Kerner, an extremely aromatic variety that was bred in 1929 by crossing Trollinger and Riesling. One of my favorites, which

retails for \$17, comes from Abazia di Novacella, a winery that was founded a whopping 850 years ago by the Augustinian order of monks. Talk about history in a bottle!

So long as you're willing to spend \$15-25, you can easily explore some of the most renowned whites from South Africa, France, Italy, Austria, and Germany.

Early January is the perfect time to reflect on the previous year and make resolutions for the new one. For those of us who take wine seriously -- or at least want to -- it's smart to include wine in our New Year's resolutions. The world of wine offers endless possibilities. So in 2013, make sure to explore those possibilities -- and drink better!

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



JHO

Association québécoise du transport et des routes

AQTR

AU CŒUR DES TRANSPORTS

École De Conduite

Driving School

1871 St. Louis Suite 7, St. Laurent QC
 Tel: (514)439-7373 Fax: (514)439-7374
 Email: jhodrivingschool@ymail.com



Association des Écoles de conduite du Québec (AECCQ)

WWW.AECCQ.NET

We Offer:

- **New Program = 24 hours theory (2hrs during weekdays/weekend) + 15 hours Actual Driving.**
- **Payment plan for the New Program**
- **Exchange Licence for New Immigrant**
- **Accompanying Driving w/ Different packages.**



Driving with Confidence.....

The 1st Filipino Certified Driving School in Montreal

Classroom & Road Instructions / Techniques in Road test.

The North American Filipino Star Classified Ads

ADVERTISING

Classified ads - cheapest way to advertise! Personalized subject heading (counted as 2 lines), First 3 lines = \$10, additional lines = \$2 per line. E-Mail your text to find out cost

filipinostar2@gmail.com

ART OF DRIVING

Art de Conduire
 Certified Driving School
 514-419-8280 Cell: 514-815-2873
artofdriving@yahoo.ca
 4755 av. Van Horne Suite 106
 (Plamondon Metro)
 Mr. Reza, Certified Instructor

BEAUTY SALON

COIFFURE MERIAM

Elle et Lui, 22 years experience
 Call for appointment **514-777-9743**
5865 Decarie Boulevard
 (between Bourret & Van Horne)
 Montreal, QC H3W 3C9

CLEANERS

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

DRIVING

Licensed driving instructor
 Complete driving course, 24 hrs theory & 15 hrs road practice, \$25/h.
 Exam car available.
Jason 514-691-1816.

• Exam Car available
 • One hour practice, \$25 only
KHALIL, 514-965-0903

3D VR Driving School

3D VR Driving School
 Recognized Driving School;
 Operated by Dr. Xu
 Professional + Patient + Responsible + Trustworthy
 Theoretical & practical courses; Unique online learning for passing the knowledge test easily; High passing rate. Exclusive training makes you drive well and spend much less money! You will find giant differences after comparison!
 1495 Rue MacDonald (Metro Côte-Vertu)
 St-Laurent, H4L 2A8
www.3dvrd.com 514-678-8989

LANGUAGES

Filipino and Mandarin courses to start soon, Call **514-485-7861** to register.

IN HOUSE ASSISTANCE NEEDED

Mature, kind gentleman with movement disorder requires an attendant to assist during overnight hours (11:00 pm to 7:00 am). Individual should be energetic, motivated and reliable. **Experience is not necessary** as full training will be provided. This is a part-time position: 2 or 3 nights per week. Location: Sherbrooke / Atwater area in Montreal, close to a metro station. Salary: **\$30 per hour / \$240 per shift.**

Send your CV to:
caregivermontreal3@gmail.com
 or call Izak: **(514) 243-4510.**

TOURS

Concord Tours & Travel - Bus tours, International flights, competitive rates, inquire for information or quotes
514-485-7861

LAUNDROMAT

PALABAHANG PILIPINO
LMKD Buanderie et Nettoyeur
5865 Decarie Boulevard
 (Between Bourret & Van Horne)
 Open 7 days
Drop off laundry service
 Call Meriam or Lacson
Tel. 514-777-9743

PAB/PSW NURSING AIDE

Intensive 600-hour training for qualified candidates who wish to work in nursing homes or hospitals as a personal support worker known in Quebec as PAB. Course is taught by registered nurses with a lot of working experience in Quebec
 100% Job Opportunity!

Call Gilmore College
514-485-7861 to register.
 Tax deductible tuition fees
 Budget payment plan
 Flexible schedules

Showbiz Gossip *Continued from p.18*

Celebrities topbill cases in QC

Known for years as the “city of the stars,” Quezon City has been the home of the country’s major television networks and many of their prized celebrities. But this year, some of these personalities have starred not just in movies or television programs but also in a number of cases filed at the QC Hall of Justice.

Among the more serious cases involving celebrities is the murder case filed against model **Althea Altamirano** and her boyfriend, Fernando Quiambao Jr., who were both tagged as masterminds in the killing of model and part-time ABS-CBN talent **Julie Ann Rodelas**.

Rodelas was shot dead and pushed from a sport utility vehicle in Cubao on Nov. 6, hours after she was abducted while she was with Altamirano near the World Trade Center in Pasay City.

After her arrest on Nov. 11, Altamirano admitted that she agreed to her boyfriend’s plan to teach Rodelas “a lesson” for spreading rumors about her. She insisted, however, that she did not expect that Rodelas will be killed.

During their arraignment on Nov. 19, the couple refused to enter a plea, prompting Judge Caridad Walse-Lutero of the Regional Trial Court (RTC) Branch 223 to enter a “not guilty” plea for them.

Another suspect, **Jaymar Waradji**, entered a not guilty plea on the murder charges filed against him. He admitted his participation in the abduction of Rodelas but insisted that he has nothing to do with her murder. He expressed his willingness to become a state witness.

Nation (Article MRec), pagematch: 1, sectionmatch: 1

The court is currently hearing a petition to quash the case, filed by the camp of Quiambao, who said his arrest was unlawful as he was taken into custody without a warrant.

The prosecution has since filed its comment, asking Walse-Lutero to dismiss the petition on the grounds that Quiambao was arrested during a “hot pursuit” operation.

Libel cases

Most of the cases involving celebrities at the city’s hall of justice were libel cases that they filed or were filed against them.

On June 4, Judge Eleuterio Bathan issued a warrant of arrest against talent manager **Annabelle Rama** for failing to attend the court hearings involving 14 counts of libel filed by actress **Nadia Montenegro** over the alleged libelous remarks that Rama posted on her Twitter account.

Montenegro claimed that she was the one that the talent manager called “piggy” on Twitter. She also said Rama alleged that she had an affair with another man and is unable to pay her bills.

Rama, however, denied the



Clockwise, from top left: Actress Nadia Montenegro is still in a legal wrangle with talent manager Annabelle Rama; columnist Ramon Tulfo gestures during an interview shortly after his brawl with celebrity couple Raymart Santiago and Claudine Barretto; couple Reynold and Anna Liza Marzan plead not guilty to charges they abused their former maid, Bonita Baran.

allegations, noting that she only had a single post that was addressed to Montenegro.

In relation to the case, the talent manager filed unjust vexation charges against the actress. The case was raffled to the Metropolitan Trial Court (MTC) Branch 42. Both cases are currently under judicial dispute resolution.

Also in June, actress **Amalia Fuentes** filed 11 counts of libel against Rama over her alleged libelous Twitter posts.

Unlike the case of Montenegro, however, assistant city prosecutor John Patrick Corpuz dismissed the libel charges, noting that there is no such thing as Internet libel under the Revised Penal Code.

The city prosecutor’s office also dismissed a libel case filed by showbiz writer **Jobert Sucaldito** against comedian **John Lapus** over the latter’s alleged derogatory statements uttered in the now-defunct GMA-7 program “Showbiz Central.”

In the resolution, assistant city prosecutor Leonardo Raul Gonzales dismissed the case for lack of probable cause, noting that Lapus was merely appealing to Sucaldito to “stop writing what he felt were untruthful articles about him.”

Meanwhile, still pending before the City Prosecutor’s Office is a libel case filed by detained former policeman Rizal Alih against movie director **Carlo Caparas** and his wife, **Donna Villa**.

In his complaint, Alih said his reputation was damaged when he was portrayed in Caparas’ 1989 film “*Arrest Patrolman Alih – Zamboanga*

Massacre” as the one who beheaded Brig. Gen. Eduardo Batalla.

Alih claimed that he did not kill Batalla, citing the latter’s death certificate, which showed that the general died of heart attack.

In their joint counter-affidavit, Caparas and Villa said that Alih only has himself to blame for his infamy. They said that Alih’s notoriety was well-known to the public regardless of the movie.

Tulfos vs Claudine, Raymart

On May 6, celebrity couple **Raymart Santiago** and **Claudine Barretto** figured in an altercation with columnist **Ramon Tulfo** at the Ninoy Aquino International Airport Terminal 3.

And while the cases that stemmed from the incident were filed before the Pasay RTC, separate cases were also filed in Quezon City against Tulfo’s brothers Erwin, Raffy, and Ben over their alleged threatening statements aired on their TV5 program “T3” on May 7.

On May 24, judge Bayani Vargas issued a temporary protection order that prohibited the Tulfos from getting within 500 meters of the Santiago couple.

In relation to the alleged threatening statements, assistant city prosecutor Rowena Balagtas recommended on Nov. 23 the filing of two counts of grave threats against Erwin and Raffy and one count against Ben for uttering threats that “alluded the infliction of physical harm upon complainant spouses.”

Bonita Baran

www.filipinostar.org

Aside from cases involving celebrities, the media also followed cases this year that turned those who were involved into personalities themselves.

In July, housemaid **Bonita Baran** – who was partially blind, with her face still swollen from supposed beatings – shocked the nation as she recounted the maltreatment that she suffered under the hands of her former employers.

In August, Baran formally filed charges against couple Reynold and Anna Liza Marzan, who later surrendered to the National Bureau of Investigation.

During the trial on serious illegal detention charges, Baran narrated how Anna Liza detained, abused, maltreated, and threatened to kill her several times when she was the family’s housemaid from 2007 to 2012. Baran also implicated Reynold, saying he just tolerated the actions of his wife.

In his resolution of the bail petition of the Marzan couple this December, Judge Germano Francisco Legaspi allowed Reynold to post a bail of P150, 000 in exchange for his temporary liberty.

Legaspi noted that the prosecution failed to show evidence that the couple conspired to detain their former housemaid. He denied, however, the motion of Anna Liza, noting that the defense failed to discredit the testimony of Baran.

The court has yet to resolve the partial motion for reconsideration filed by Baran’s camp. ■

Healthcare workers are required to have an up to date training in CPR and PDSB courses. We are prepared to help you become truly competent and confident in making sure you have the ability to work safely and responsibly. Contact us for more information about our programs. Call 514-485-7861



Collège
GILMORE
International

**5320-A Queen Mary Road
(between Decarie & Coolbrook)
Snowdon Metro, Bus 151, 166
Montreal, QC H3X 1T7**

Tel.: 514-485-7861



Schedules of classes are subject to enrollment minimum and maximum.



CPR - 8 hours - \$85 + tx
PDSB - 16 hours - \$275+tx
PAB - 600 hours
Tuition fees - \$430 (per month) for 10 months
Uniforms & books extra.
Tax credit receipts & certificate



**6430 Victoria Avenue, Montreal, QC
Telephone: 514-733-7816**

**Sale prices valid from
January 25, to February 5, 2013**



Magic Flakes - \$2.99 each



Almaric Rice Stick - \$2.49 pack



Philippine Palabok - 454 g - \$1.79 pack



Datu Puti Soya Sauce - \$1.79 ea



Buenas Coconut Gel - 2/\$3.00



Lorenzana salted anchovy - 340g - \$4.49 ea.



UFC Banana Sauce - 99¢ ea



Lorins vinegar 1L - 99¢ ea



Pork Zhao Mai - \$3.49 pack



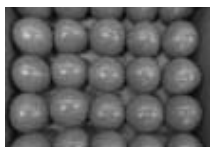
Komal condensed milk \$1.99 ea



Komal White Shrimp - \$1.99 pack



Galunggong 21-25 pcs - 2/\$4.99



Tomatoes - 99¢ lb



Pork Shoulder - \$1.79 lb



Thai Eggplant \$1.29 lb



Chicken Drumstick \$1.39 lb

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



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.

PROGRAMS

- Early Childhood Education
- Personal Support Worker (PAB/PSW)
- International Trade
- Office Systems Technology
 - Secretarial
 - Administrative
 - Legal
 - Medical
- Accounting



COURSES AND SEMINARS

- English (ESL) & Toefel
- French (FSL)
- Spanish
- Mandarin
- Filipino (Tagalog)
- Practical Writing
- Writers Helping Writers
- Cooperative Education



Be a certified international trade professional (C.I.T.P.) recognized anywhere in the world.

Enroll in a full time or part time programme in International Trade. Also offered on line by FITT (Forum for International Trade Training) www.fitt.ca

- Global Entrepreneurship
- International Marketing
- International Trade Finance
- International Logistics
- International Market Entry and Distribution
- International Trade Research
- Legal Aspects of International Trade
- International Trade Management
- Intercultural Aspects of International Trade



Collège

GILMORE

International

5320-A Queen Mary Rd.

(between Decarie & Coolbrook)

Tel.: 514-485-7861

www.gilmorecollege.com



SNOWDON



Accounting course taught by a C.A. (Chartered Accountant, Frank McInnis)

A fast and easy way to understand how to do your own financial reports required by the government.

A 2-day workshop designed for individuals with no prior accounting experience. Pre-requisite to the course is an understanding of Microsoft Excel. Course fees: \$195 + taxes (covers materials)

Course consists of two 6-hour small group lessons plus one home assignment. Tax receipts and certificate will be given at the end of the course.

