

Medical group offers recommendations to governments for assisted dying laws



MPs have voted against the Assisted Dying Bill despite overwhelming public support

By: Sheryl Ubelacker The Canadian Press, Published on Thu Jan 21 2016

The Canadian Medical Association released a catalogue of recommendations Thursday aimed at helping Ottawa and the provinces draft legislation governing physician-assisted dying.

Key issues addressed in the document include assessing patient eligibility for medically aided death, physicians' responsibilities in providing the service, and how to balance doctors' freedom of conscience with timely access to life-ending procedures.

Last February, the Supreme Court of Canada overturned the ban on assisted suicide and euthanasia, giving Ottawa a year to craft legislation before patients with a grievous and irremediable medical condition could seek help to end their lives. Last week, the court granted a four-month extension on that deadline, meaning the federal government must come up with new regulations by early June.

By overturning the long-standing law prohibiting aid in dying, the high court has given doctors the task of helping eligible patients die, either with a prescription for lethal drugs (assisted suicide) or by administering injections of the life-ending medications (euthanasia).

"The clock is ticking on this

issue and we need to ensure that we are prepared," said CMA president Dr. Cindy Forbes. "The CMA's principles-based approach will help provinces and the federal government respond." The list of recommendations crafted by the 80,000-member doctors organization, after consultation with physicians, members of the public and other medical groups, is part advice, part wish list.

One of the key recommendations is that legislators should respect physicians' values, noting that no doctor "should be compelled to provide assistance in dying."

Nor should any physician, who refuses on moral or religious grounds to help a patient end their life, be forced to refer the person to a colleague who's willing to provide the procedure — though "this must not result in undue delay for the patient seeking to access these services," the document states.

"What we're talking about is a very small group of physicians who would find it equally as morally abhorrent to provide the service as it would be to directly refer to someone who would provide the service," Forbes said Thursday from Vancouver. That stance was condemned by Dying With Dignity Canada, an organization

See Page 4 Dying Laws

Motion calls for Montreal parties to recruit more minority candidates

Montreal, January 18, 2016

Statistics Canada indicates that about 30% of the Montreal population is composed of visible minorities.

Yet only 6 of 208 municipal elected officials on the island of Montreal are from visible minorities. Two are members of Montreal City Council (Frantz Benjamin and Alan De Sousa), two are members of various Montreal Borough Councils (Monica Rincourt and Nathalie Pierre-Antoine) while two are members of suburban town councils (Errol Johnson in Dollard des Ormeaux and Minh Diem Li Thi in Town of Mount Royal).

This number might be stretched somewhat by including several persons who hail from religious minorities but the reality is that even

using the most generous metric minorities particularly persons of colour are virtually invisible in municipal Councils in the agglomeration of Montreal.

In January 2013 Frantz Benjamin and Marvin Rotrand raised this issue at Montreal Council with a motion urging the political parties to address the issue. Rotrand would like to think that the record number of visible minority candidates in the 2013 municipal election in Montreal was at least partially spurred by this motion but the result was much the same as earlier election cycles - visible minorities remain severely underrepresented.

See Page 4 Motion to recruit



Sitting behind the table were people who want Montreal to pass a motion obliging its municipal political parties to start recruiting qualified VM candidates. The group included: Benoit Dorais (mayor of the Southwest & leader of Coalition Montréal); Érika Duchesne (Rosemont councillor); Peter Francis (of the Black Coalition); Erik Hamon (2013 candidate in Darlington); Khokon Maniruzzaman (Snowdon school commissioner); Marvin Rotrand (Snowdon councillor); and Steve Shanahan (Peter-McGill councillor). (Montreal Times)

OPINION ED.

The Guardian view on assisted dying: a clash of moral visions

Assisted dying forces us to ask what life is for and why it's valuable

The central question about Rob Marris's bill to allow assisted dying is whether it represents the beginning of a very slippery slope. By itself, the bill is modest and careful. It excludes all but the terminally ill, and people with dementia, even if they are terminally ill; it requires medical and legal approval for every case and it does not require doctors to perform an act of deliberate killing by administering the fatal dose. A very similar law in Oregon has been taken up by only 0.3% of those eligible in the last 18 years. So it's clear that by itself this bill would not allow the kind of brutal large-scale elimination of the unwanted and unhappy that opponents fear. It appears to have enough crampons to keep from sliding down towards the precipice of large-scale, state-sanctioned euthanasia.

At the same time, this wealth of safeguards must disappoint many supporters of assisted dying. This bill would not have eased the plight of many high-profile cases. Tony Nicklinson, for example, had a condition that was dreadful but not terminal. He would not have benefited. The most common fear of those people who say they would rather not be kept alive into extreme old age is dementia. They could not choose to die under this measure. Their relatives must watch them dwindle with all the emotional and indeed financial anguish this will entail.

It is hard to believe that the Marris bill, if passed, will satisfy those who argue for assisted dying on the grounds of personal autonomy. The libertarians of the Economist have already made it clear that the bill, and the Oregon legislation on which it is modelled, don't go nearly far enough. In their view the "right to die" should extend to anyone who really, sincerely wants to exercise it, whether or not their illness is terminal, and even if their suffering has no physical cause. Mental anguish alone should be grounds for demanding a lethal prescription,

according to the autonomists.

But of course the right to die, in this sense, already exists. Suicide is legal, as it should be, and is no longer condemned even as a very grave sin. It is also legal for any adult to refuse particular treatments, as it should be. These rights are proper and undisputed. The line that is being crossed by the proponents of autonomy is that they claim the right to ask other people to help us kill ourselves, and will in due course claim the right to compel them to do so. For if I have the right to demand a certain course of treatment, even if it is fatal, then the refusal to grant this right must come to seem immoral, and may come to be seen as something that should be illegal as well.

That is where the slope becomes impossibly slippery. Suicide is only apparently a solitary act. In reality, other people are always involved both in its causes and its consequences. There are cases where people are driven to suicide by others. Even an apparently neutral attitude by the rest of society to the act can push unhappy people over the edge, which is why newspapers don't publish details and often avoid the word itself when reporting death.

To accept the argument from autonomy unexamined would vastly increase the social acceptability of suicide, and thereby increase its prevalence. It would also implicate medical professionals in the business of killing. An absolute right to die – like so many of the rights claimed by libertarians – would strengthen the position of those strong enough to assert themselves and make life worse for the relatively weak and powerless. It would bring our dying under Thatcher's rule, that there is no such thing as society: there are only individual men and women and their families.

See Page 4 - A clash of moral visions

EDCA: A new strategic partnership January 18, 2016 | Featured, Opinion, PerryScope By Perry Diaz

Twenty-four years after the Philippine Senate rejected the extension of the American bases, the Philippine Supreme Court upheld the constitutionality of the Enhanced

Supreme Court's ruling, every time American warships docked at the Subic port (formerly Subic Naval Base), they were met by protesting leftist groups displaying anti-American signs. This time around, when the USS



US-Philippines bilateral meeting in Washington DC on January 12, 2016, the day the Philippine Supreme Court ruled the EDCA constitutional.

Defense Cooperation Agreement (EDCA). EDCA is an "executive agreement" between the U.S. and the Philippines that would allow the American military to once again set foot on Philippine soil. It didn't take long for the Philippines to act; she immediately offered eight strategic locations throughout the country where the U.S. could position equipment and personnel on a rotational basis.

A local marching band welcomes the arrival of sailors aboard the USS Topeka (SSN-754), a Los Angeles-class submarine, as it prepares to be docked at the Alava pier off Subic port.

It's interesting to note that prior to the

Topeka, a nuclear attack submarine, docked at Subic a few hours before the high court decision was announced, it was welcomed by a marching band composed of local students.

Changing times

The "Magnificent 12" of the Philippine Senate in 1991.

Indeed, times have changed since the Philippine Senate, by a narrow 12-11 vote, decided not to renew the U.S. bases agreement in 1991. A year later, after then President Cory Aquino's administration tried vainly to work out an extension, the U.S. flag was lowered in Subic for the last time. Since then, leftist and nationalist groups have

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vigilantly opposed any presence of Last week, I said the Supreme Court



The "Magnificent 12" of the Philippine Senate in 1991.

American forces on Philippine soil. It was a period when the nationalists proudly declared the Philippines as "truly independent." However, it was also a dark period when China started grabbing Philippine territories including the Panganiban (Mischief) Reef, Scarborough Shoal, and six other islands where she built artificial islands that could be used for military purposes. China has been trying to expel a contingent of Philippine Marines guarding the Ayungin Shoal in a grounded and rusty naval vessel, the BRP Sierra Madre [...]

MALAYA
(We have a lot to learn from our neighbors on how to promote and protect our national interests.)

Supreme Court.

was in a position to decide our fate in the next ten years. It has done just that!

Ten of the Court's members, led by the patently pro-American chief justice Maria Lourdes Sereno, an appointee of President Noynoy "Amboy" Aquino, declared that the lopsided Enhanced Defense Cooperation Agreement (EDCA) is not unconstitutional... notwithstanding the very clear and precise provision of Section 25, Article XVIII of the Constitution, to wit: "Section 25. After the expiration in 1991 of the Agreement between the Republic of the Philippines and the United States of America concerning Military Bases, foreign military bases, troops, or facilities shall not be allowed in the Philippines except under a treaty duly concurred in by the Senate and, when the Congress so requires, ratified by a majority of the votes cast by the

people in a national referendum held for that purpose, and recognized as a treaty by the other contracting State."

EDCA will not really help us deter Chinese aggressive designs, perceived or otherwise, in the West Philippine Sea/South China Sea. What it does is place us right smack in the middle of a possible armed conflict

long, but no one should risk lighting it."

Although the possibility of an event that can trigger the war in the South China Sea is getting stronger and for some, 'lighting the fuse' could be the only way to 'solve' their internal and economic problems.

Last year revealed signs of the



Chinese reclamation on Fieri Cross Reef

between China and the US [...]

Talking about the simmering tension in the disputed area in the South China Sea, Doug Bandow, a Senior Fellow at the Cato Institute and a former Special Assistant to President Ronald Reagan wrote – "The possibility of miscalculation and misjudgement makes it even more important that all participants step back from confrontation. China cares deeply about sovereignty; Beijing's adversaries believe the U.S. has their back; Washington would not tolerate an attack on its forces. No one wants to look weak. The fuse to war may be

imminent financial collapse that even China was hit and also the US, it is a global economic collapse. But as usual, like in China they will not open the books, so to speak for the world to see that their economy is also suffering. Both Washington and Beijing have to find an excuse to unite their citizenry against an outside enemy and one obvious reason is the return of the global war on terror (G
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From Page 1 Dying laws

committed to helping patients avoid suffering at the end of life, which had long lobbied for Canadians to be given the legal right to choose the time and means of their death.

Wanda Morris, CEO of the Toronto-based organization, said the CMA's list of recommendations on physician-assisted dying do not go far enough to protect patients' right to a peaceful death.

"Horribly ill Canadians, especially those in the last throes of terminal illness, must not be forced to strike out on their own to find a doctor who is willing to alleviate their suffering," said Morris. "Making patients fend for themselves is not a policy we can support."

However, Forbes believes patient access would not be impeded by respecting the conscientious objections of some doctors.

From Page 1 Motion to recruit

With the 2017 electoral cycle practically on the horizon again, Rotrand believes it is opportune to raise the issue again. He says he will devote much of his energy over the next six months or so to democratic reform as he is convinced our past system does not serve us well. But in that context he does not want Montrealers to lose sight of the fact that large segments of the population remain excluded from the halls of power where decisions are made.

To stimulate public debate, he tabled a motion for the January 25, 2016 City Council meeting. He wants the political parties and the public to be focussed on this underrepresentation of minorities.

To launch the debate Rotrand hosted a press conference at the Black Coalition of Quebec offices at 5201 Decarie Boulevard on January 18 at 11 AM. to hear about the support from various City Councillors and community leaders.

The following is one of many press reports from various media:

Visible minorities are under-represented on Montreal's municipal council and that is something a group of councillors wants to change with a call for action at city hall.

A motion calling for a commitment from all political parties to recruit solid candidates from the various ethnic groups living in Montreal will be presented at the next council meeting Jan. 25-26, said Marvin Rotrand councillor for Snowdon.

The motion is supported by Coalition Montréal, Vrai Changement and five independent councillors, Rotrand said. Project Montréal will raise it at their caucus meeting later this week and members of Mayor Denis Coderre's party have yet to respond.

The motion is a "challenge to the municipal parties to get serious and do something about the shocking under-representation of visible minorities at Montreal city council and at the borough councils," Rotrand said at a press conference Monday

"We really feel that physicians do have obligations and we feel they have the duty to inform patients of all of their options, including physician-assisted dying," she said. "And they must provide the advice and the information for them to access the service.

"And this could be through a (referral) system that is set up in each province. We know in other jurisdictions in the world they do have such systems in place."

The recommendations also say doctors should continue to support patients who seek aid in dying and they should not be "abandoned."

"If you're a physician that is not providing the service but you've referred the patient or they are accessing the service through a third party, but they're still your patient, then you're obligated to look after them for the remainder of their days," said Forbes.

morning, accompanied by Sud-Ouest borough mayor Benoit Dorais, Édouard Narcisse of the Ligue des Noirs du Québec, and Côte-des-Neiges-Snowdon school commissioner Khokon Maniruzzaman, among others.

Of 208 elected officials in the Montreal agglomeration, only six are of visible minorities, he noted.

"There is a problem right across Canada," Rotrand said, pointing out that some cities have a majority population who are from visible minorities but have even less or no representation on city council. "It's a national scandal."

While there was a record number of candidates from visible minorities during the last municipal election, Rotrand says many were put on the ballot at the last minute, and in places where they had little chance of winning.

Dorais, leader of Coalition Montréal, says the motion doesn't want to impose ratios on the number of minority candidates, but rather encourage political will from all parties.

"It's to represent the diversity of Montreal," Dorais said, adding that parties could hold information sessions for visible minorities to better explain what politics is all about and how to get involved as a way of encouraging candidates.

"We need to do things that are proactive," he said, adding that the issue extends to the provincial and federal levels.

Dorais points out that in the Montreal agglomeration, 30.3 per cent of the population is from a visible minority, while in Montreal it's 31.7 per cent.

In the 2013 municipal election, there were 485 candidates, but only 54 were from visible minorities and 61 people belonged to ethnic minorities.

Erik Hamon was one of those candidates in 2013, running for Coalition Montréal in the Darlington district of the Côte-des-Neiges-Notre-Dame-de-Grâce borough.

"I wanted to be in a position where I could affect change in my community, in the district and in the

city as a whole," he said of his decision to run for office.

"I learned that people felt that they weren't really represented at city council," Hamon said. "I actually met quite a few people who had never met their city councillor and couldn't name their elected representative."

He says voter turnout from the Philippine community in his district increased with his name on the ballot, and that is another reason to have members of visible minorities on the ballot.

"A city council that is more reflective of the people it represents

From Page 2 - A clash of moral visions

The arguments do not break down into religious and non-religious. As we can see by the example of Lord Carey, religious beliefs shift under the pressure of circumstance and experience. Death trumps dogma. At the same time, it is possible for unbelievers to have profound and justified reservations about a change in the law. Disbelief in a benevolent God does not compel belief in the benevolence of humanity.

No settlement can be perfect, and any line that the law draws – including the present one – must have deserving cases on the wrong side of it. This is perhaps the hardest thing to admit, but one of the most necessary for an adult discussion. You cannot frame a law that will wriggle like an eel around all the possible complications of the question. If we are both to protect unwanted people, and at the same time allow Tony Nicklinson's wife to help kill him, that is only going to be achieved by judicial discretion.

Everyone who has thought seriously about the problem agrees that death must be made kinder, or at least kept within the bounds of its inherent cruelty. Yet the wider problem of cruel and prolonged death is sidestepped in this debate. Hardly anyone wants to die in hospital, but more than half of us will do so. Nor will it be planned. Death in hospital is overwhelmingly associated with emergency

makes for a more effective city council," he said.

Narcisse believes it's time for community members to step up and take advantage of their right to run for office.

"Don't put pressure on an elected official to give you what you want, we can be elected officials and we invite each one of you to participate," he said. "Don't ask the other to do for you what you can do for yourself."

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admissions. The safeguards in the Marris bill are so stringent that it is difficult to believe they could form the basis of a workable national system. Some 500,000 people die in England and Wales every year – 15 times as many as in Oregon. If the same proportion of them choose assisted dying as have recently done so in Oregon, there could be several thousand cases a year before high court judges; several thousand extra interviews on a literal matter of life and death, each to be conducted by two psychiatrists at a time when NHS appointments are supposed to last 10 minutes. It's hard to see it working.

Such strains can only increase the pressure towards a later law more clearly based on an absolutist notion of individual autonomy. It may be that even the strongest crampons will buckle. MPs will on Friday confront a choice between two duties to protect. They have to decide which matters more. If they believe that their first obligation is to protect some of those who are weak because they are dying in anguish, then the bill should pass. But if they are more concerned about protecting those who are weak because they are no longer deemed useful to anyone, they should vote against.

(Reprinted from the Guardian editorial)

"If you take responsibility for yourself you will develop a hunger to accomplish your dreams."
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Quiambao's article to be included in the CRRF 150 stories

By Fely Cariño

Hundreds of stories all over Canada were submitted to the Canadian Race Relations Foundation's 150 stories.

One of those selected for inclusion in the 150 stories is Wilfred Quiambao's article on bullying which was published in the North American Filipino Star in November 2011 (see below the story which was edited for brevity). 150 stories was launched by the CRRF in connection with the 150 Canada Day in 2017. One story, which deals with Canadian values will be published every week. Check CANADA RACE RELATIONS FOUNDATION .

Peace, Love and Hope

Avy Loftus, a Montreal-based batik designer and art educator, was shocked when she found out in early 2007, that her 7-year old daughter was bullied at school. She knew that bullying was on the rise but she did not know the impact it had on victims, communities, and society.

"My daughter, who was in good health, began having stomach ache and headache before going to school. When the pain became severe, I brought her to the hospital for physical check-ups but the doctor did not find anything physically wrong with her. The problem was emotional."

The experience drove Loftus to know more about the cause of bullying and find ways to stop it. She visited the schools in greater Montreal and discusses bullying with the principals, teachers and students.

Concerned with the level of violence at schools and in the community, she decided to develop an art project to keep the students off the streets and think of positive and useful things, instead of bullying. She decided to use art vehicle to promote the message of non-violence through batik workshops. In 2007, she

launched Peace, Love and Hope to engage children in creative activities rooted in expressing compassion and kindness through the creation of batik-based textiles.

"For peace and non-violence in to prevail, we need to foster a culture of peace through our children. The project fosters love and understanding among children, regardless of cultural backgrounds," said Loftus. "But it gives them satisfaction and more motivation in their work. It creates awareness and friendship with one another as they work together. The children's art pieces are then assembled in a large-scale and exhibited at museums, hospitals, cultural centres, schools and international children's festivals, raising awareness and visibility for the anti-bullying cause.

Peace, Love and Hope children's art works have been exhibited in Montreal, Toronto, DC, Cincinnati, Bandung and Jakarta.

"I plan to exhibit them in more cities in Asia, Africa and Europe in the future," said Loftus. "My target is to reach at least 1,000,000 children all over the world. It is an ambitious project but I am determined to promote and to stop bullying among the children and to stop bullying in schools and communities. Through batik art workshops, talks and public exhibition of the children's collective art works. Loftus inspires hope in children, parents and communities and engage them love one another, and participate actively in their communities through actions, dialogue and random acts of kindness.



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Best of the Best in Men's Fashion

Here they are, 12 of the most outstanding Filipino fashion designers who have made us proud for making a significant creative impact in men's fashion. Their artistry and passion have brought the Filipinos' ingenuity and excellence in menswear design to the forefront:

and e-commerce and the proliferation of actors, singers and athletes who pay attention to fashion, men are now spending more money for their appearance. From clothes, shoes to accessories, menswear has gained traction in a territory that has always been dominated by womenswear. Such change will surely yield more extraordinary fashion designers specializing in men's couture. But with a list of some of the finest talents in the fashion world, it is certain that the Philippines will continue to rise in the global menswear market.

Albert Andrada, Luis Romero Ablaza III, Jun-Jun Cambe, Michael Cinco, Francis Libiran, Kaye Morales, Frederick Peralta, Jeffrey Rogador, Norman Pascual San Diego, Sidney Perez Sio, Edwin Uy, Simon Ariel Vasquez.

The growth of menswear cannot be denied. With the rise of the internet



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KAILANGAN NGA BANG MAGKARON NG HONORARY CONSUL SA QUEBEC ?

Nagkaroon ng malaking isyu nang ilipat ng Philippine Embassy sa Ottawa ang consular services sa St. Kevin church hall kamakailan. Naisulat sa isang diaryo, "There's still no talk yet to boycott the embassy. But thanks largely to embassy officials, Montreal Filipinos have become unsympathetic to them that they are now demanding the appointment of a consul for Quebec."

Hindi ako sang-ayon na magkaroon pa ng consul o honorary consul sa Montreal. Lalo nang magkakagulo ang mga Pilipino rito dahil magkakaroon ng power struggle. Kung malaking bagay sa mga ilang Pilipino ang title tulad ng pagiging presidente ng asosasyon kahit walang sueldo, higit pang mahalaga ang title ng consul/honorary consul. Nang mabakante ang posisyon ng honorary consul sa Quebec mga ilang taon na ang nakararaan, nagkagulo ang ilang mga interesado sa posisyong ito. May isang grupo na nag-campaign kaagad para sa kanilang kandidato na maging honorary consul. Ang nakatatawa, nalathala kaagad sa isang diaryo na magiging honorary consul na ang dati ay kaibigan ng grupo na may ari ng travel agency. Pero hindi naman pala totoo ang balita. Galit na galit ang may ari ng agency sa isinulat na maling balita. Ang isa namang dating honorary consul na matagal nang tapos ang term, ginagamit pa rin ang title niya. At hindi lamang honorary consul ang gusto niyang itawag sa kaniya kundi consul general. May nagsumbong tuloy sa Ottawa sa patuloy niyang paggamit ng honorary consul/consul. May lumabas pa na memo sa Montreal na nagsasabing mag-iingat sa fraud.

Ang ugat ng isyu ay ang pinagdarusan ng consular services na dati ay nasa FAMAS na ngayon ay nalipat sa St. Kevin church hall. Pero hindi ito sapat na dahilan upang pag-isipan kaagad na mag-boycott o humiling na magkaroon ng consul/honorary consul sa Quebec. Kung iisipin natin, malaki nga ang St. Kevin church hall. Sa aking palagay, tulad ng naisulat ko noon, naging diplomatiko lamang ang Ottawa sa pagsasabing maliit ang FAMAS. Ang totoo, may ilang tao na ang nakapagsabi sa akin na may volunteer sa FAMAS na namimilit magpa-member muna ng asosasyon sa mga nagpupunta sa center bago maka-avail ng services ng Ottawa. Ang nangyari, hindi nagkaroon ng pagkakaunawaan ang Ottawa at FAMAS.

At sa paggamit ng salitang

boycott o demand na magkaroon ng consul dito, naalaala ko ang sinabi ng dating consul na si Jerril Santos noong panahon ni Ambassador Francisco Benedicto. Privilege ang ibinibigay na serbisyo ng Ottawa sa mga Pilipino sa Montreal kaya sila nagpupunta rito upang gumawa ng consular services. Sa palagay ko, hindi nga yatang kailangan gawin iyon ng embassy dahil ilang oras lamang ang pagpunta sa Ottawa. Ang hindi inaalis ng Ottawa ay ang right ng mga Pilipino na maka-avail ng services ng consular services. Magpunta sila sa Ottawa at buong puso silang aasikasuhin doon.

Sa madaling salita, ang privilege, puedeng alisin pero ang right, hindi puedeng alisin.

KAILANGAN PAMINSAN-MINSAN, PAALALAHANAN ANG MGA PILIPINO SA KABAYANIHAN NI RIZAL

Noong Dec. 26, ginawa ng Knights of Rizal sa Ruby Rouge ang 119th Commemoration of Dr. Jose Rizal Martyrdom. Bahagi ng programa ang pagsasadula ng mga huling oras ni Rizal bago siya parilin. Hindi propesyonal ang mga gumawa ng pagsasadula pero nagawa nila ito nang mahusay. Ipinakita nang dalawin si Rizal ng kaniyang ina at mga kapatid na babae sa selda at barilin nang patalikod sa Fort Santiago. Haharap sana siya sa mga bumaril sa kaniya pero bumagsak na siya na nakatingin sa araw. Ito ang isa sa mga eksenang nakaaantig ng damdamin ng mga nakapanood ng dula. May nagsabi na ginawa na rin sa Montreal noon ang pagsasadula ng mga huling oras ni Rizal. Kung naisagawa na nga ito, ang mahalaga, muling naipaalaala ng Knights of Rizal sa atin, lalo na sa mga kabataan, ang kaniyang kabayanihan. Sabi ng isang nakapanuod ng dula noong Dec. 26, "Ganon pala namatay si Rizal."

Nagbuwis si Rizal ng buhay kaya dapat pahalagahan natin ang ating kalayaan sabalit hindi ito ginagawa ng mga ibang Pilipino. Halimbawa, noong isang taon, maraming asosasyon ang nakisama sa pagdiriwang ng Canada Day sa downtown. Lagi kong sinasabi, walang masama dahil nagkaroon tayo ng pagkakataon na magkaroon ng panibagong buhay dahil sa Canada. Pero sana, ang mga asosasyong iyon, nakipagdiwang din sa ating araw ng kalayan sa Cote des Neiges at Mackenzie King park noong nakaraang taon.

Pati sa mga pagkakataong dapat ay nagkakaisa tayo, kahit isang araw lamang at pakitang tao, nahahalaan ng pulitika. Hindi na yata mababago ang ganitong ugali ng mga Pilipino.

MALUNGKOT ANG PASKO NI BERT

Minsan, naitanong ko kay Bert Abiera kung bakit tinatawag siyang Godfather. Biniro ko siya na siguro, malaki siyang magbigay ng regalo. Galante. Nagmamalaking ni Bert na ginagawa siyang ninong sa kasal ng kaniyang mga kaibigan lalo na ng mga taong natulungan niya na nag-jump ship. Karamihan sa mga ito ay pansamantalang nakikitira bahay ni Bert. Likas siyang matulungin.

Bago magpasko noong nakaraang taon, nagkausap kami sa telepono at naitanong ko sa kaniya kung marami siyang bisita sa Pasko at may bumati sa kaniya ng Merry Christmas. Si Bert, kung minsan, hindi ko makausap ng seryoso dahil puro siya biro. Pero nang tanungin ko siya noon, naramdaman ko na may bahid ng lungkot sa boses niya nang sumagot. "Nitong mga last 5 years, marami. Minsan, nagpupunta pa sila dito sa bahay. Pero ngayon, wala nang bumabati at dumadalaw sa akin." Nauunawaan ko ang nararamdaman ni Bert lalo na sa panahon ng Pasko. Kung walang kamag-anak dito ang isang tao, nawawala ang kalungkutan niya kung kasama niya o naalaala siya ng kaniyang mga kaibigan. Hindi niya mararamdaman na nag-iisa siya. Pampalubag-loob na sinabi ko kay Bert, "Isang linggo pa, Bert. May tatawag sa iyo. Siguro, busy lamang sila."

Isang araw pagkatapos ng pasko, itinanong ko sa kaniya kung may personal na tumawag sa kaniya upang bumati ng Merry Christmas. "Alam mo, Willy, ikaw lamang ang tumawag sa akin."

Naalaala ko nang idaos ni Bert ang kaniyang ika-80 years noong Nov. 2014. Nang itanong ko sa kaniya kung bakit para siyang debutante na sa Hellenic pa ginawa ang birthday at nag-imbata siya nang halos 300 na tao, ganito ang sagot niya "Wala akong kamag-anak dito kaya sa sandali ng pangangailangan, sila ang pamilya ko."

Pero nasaan sila noong pasko na nangungulila at nag-iisa si Bert? Kung misan, sa kaabalaan natin sa buhay, nalilimutan natin ang maliliit na bagay na makakagdulot ng kaligayahan sa ating kapwa.

ANG MGA BEAUTY QUEEN SA KOMUNIDAD AY HINDI DAPAT NA PANG-DECORATION LAMANG

Malapit na ang FAMAS Miss Teen at FAMAS Bb. Pilipinas kaya indi ko maiwasang itipin kung ano talaga ang layunin ng asosasyong ito o ng mga ibang asosasyon sa paggawa ng mga beauty contest. Ang malalaking organisasyon na pang-internasyonal ay may mga layunin. And Miss Universe ay "to promote humanitarian causes at ang Miss Earth ay "to promote and get involved in the preservation of earth." Ang FAMAS at ang mga ibang assosasyon? Upang makapag-fund raise sa asosasyon. Pansarili. Kahit lokal lamang ang ating beauty pageants, maraming magagawa ang FAMAS upang magkaroon ng kahulugan ang mga title ng kanilang beauty queens. Kung gusto ng FAMAS o ibang asosasyon na ma-develop ang self confidence at magkaroon ng kalawakan ang pananaw sa buhay ng kanilang mga beauty queen, bakit hindi

sila padaluhin sa pagtitipon ng mga Pilipino upang mai-promote ang ating cultura. O pagsalitain sila tungkol sa halaga ng pagkakaisa ng mga Pilipino o problema ng mga kabataan tulad ng delinquency at drugs. Mga bata sila at makukuha nila ang atensyon ng mga matatanda. Ang isa pang paraan ay ang pag-contact ng FAMAS sa mga hospital na nangangailangan ng volunteers upang dalawin, kausapin at aliwin ang mga may sakit at mga senior na nakalimutan na nga ng kanilang mga pamilya. Kahit isang oras, isa o dalawang beses sa isang buwan, malaking bagay iyon. Sa ganitong paraan, mararamdaman ng mga beauties na nakatutulong sila sa ibang tao. May ilan akong kakilala na nagvolunteer sa mga hospital. Si Ric Aquino, dating presidente ng PBAM, ay dumadalaw sa Veterans Hospital upang kausapin ang mga seniors. Si Ronaldo Trono, may ari ng Miss Earth Canada, inaaliw ang mga pasyente sa hospital sa pamamagitan ng pagtugtog ng gitara at pagkanta.

Nakalulungkot isipin na parang walang kahulugan ang mga title ng mga beauty queen. Ginagamit lamang sila ng mga asosasyon para mag-fundraise.

MGA SALAWIKAIN NI BERT

Ang tawag ng marami kay Bert Abiera ay Godfather. Ako naman, kung minsan ay tinatawag ko siyang Don Rickles o Pilosopong Tasyo (karakter sa Noli me Tangere). Ang hindi nakakikilala kay Bert ay mapipikon, maiinsulto o matatawa na lamang sa kaniya. Bihira siyang makausap nang seryoso. Halimbawa, kapag nasabi kong masakit ang ulo ko, sasabihin niya, "Naku, nakakainggit ka. Sakit pangmayaman iyan. Gusto-gusto ng doctor na patingin ka sa kaniya." Kamakailan ay nag-usap kami kung sino ang mananalo sa pagkapangulo sa Pilipinas. Nang sabihin ko, "Bakit palaging huli sa survey si Roxas? Mataas naman ang pinag-aran sa States, mayaman at matino pa." Ang sagot ni Bert, "Iyan nga ang problema. Matino siya."

Ang ilan sa mga salawikain ni Bert na minsan ay nakatatawa pero minsan ay totoo ay ang mga sumusunod: 1. Ang Constitution ay para sa mga naniniwala lamang. Ang mga lider sa komunidad na gumagawa ng Constitution ay sila rin ang sumisira sa mga ito. Ito ang dahilan kaya nagkakagulo ang mga asosasyon". 2. Biro mo, ang mga kandidato sa mga asosasyon, lahat ay gustong maglingkod sa bayan. Gumagastos pa pero pagkatapos ng eleksyon, ilan na lamang ang makikita mo. Bakit? Na-elect na kasi sila. 3. Huwag kang magtatanong sa Financial Report ng mga asosasyon, lalo na iyong malalaki. Invasion of privacy iyon. 4. Tatakbo akong candidate sa asosasyon pero sa pag-treasurer lamang. 5. Hindi ako dadalo sa party kung hindi ako guest speaker at magsasalita nang mahaba kahit walang nakikinig. At kailangan, sa VIP ang upuan ko.

Ganoon si Bert – pilosopo, mapag-biro, mapang-inis pero matulungin. At kahit paano, may nagagawa siya sa komunidad. ■



Ask the Video Guy

Technological Tidbits
by

Al Abdon

Challenges for Multiple Camera Event

Video crews are preparing for a debutant ball using 3 different cameras. Matching cameras on a multi-camera operation is a daunting task for all videographer who landed a contract to cover an event using 2 - 4 cameras of different brands and types.

What needs to be done before hitting record?

Large monitors display the feeds from the handful of DSLRs on set. The talent is in position. The lights are set. The camera bodies and lenses are all the same make and model. Of course, each scenario is different. Differences in venues, budgets, goals and even subject matter can influence the size of a video team, the equipment that arrives on shoot day and the personnel manning each camera.

When everything is said and done, and it's time to capture a multi-camera video, or when working in a live-switched environment and pumping the video feed out to giant screens or a management team overseas, those cameras had better match up.

Whether we know it or not, properly matched capture from each of our cameras is not only the right thing to do, it is a professional expectation. When camera teams are hired to cover an event or shoot a corporate video and three cameras are to be used, there is an unspoken understanding that the footage from each device will match.

Even if the client doesn't yet realize it's a consideration, it's already a requirement.

There are effective ways in post-production to match footage between cameras, but the focus here is to ensure that what is captured between more than one camera is as close to matching as possible.

What needs matching?

Before hitting buttons, holding things up in front of the camera, and playing with settings, it's important to identify the qualities of a moving image that need to be considered to create a match.

Primarily, they are exposure, shutter speed, noise and/or grain and white balance. Some cameras make adjusting these settings simple. Others hide the settings away in deep, dark menus.

Either way, it's important to know the gear, and adjust it properly to push the images being captured as close to one another as possible.

How to set up equipment for matching

Matching cameras starts before heading to the set or event. Choosing equipment for a multi-cam shoot can be as much about matching camera

images as it is for capturing a specific look or feel.

That said, this first point might seem like a no-brainer, but ideally the cameras are the same make and model. This isn't always possible, but two Canon 5D Mark III DSLRs with matching settings are going to put the images in the same ballpark right off the bat, particularly if using the same lenses. The second best is using cameras of the same make, different model, but with the same or a similar sensor, like the Sony EX-3 and EX-1. Plenty of other camera manufacturers have lines of cameras with similar or matching sensors throughout the lineup. For interchangeable lens cameras, matching the lenses will certainly help too.

If they're the same camera, with identical settings, they should match, right? They'll be closer than totally mismatched cameras, but not necessarily. Many camera models are manufactured over a number of years, from different facilities with differing conditions, and subtle updates over time.

Whether we know it or not, properly matched capture from each of our cameras is not only the right thing to do, it is a professional expectation. Lenses can also differ. Two identical lens models, constructed at different times, or from different facilities, using different cleaners, coatings and constructors, can produce images that look a fair bit different.

If it's impossible to bring matching equipment, choosing all of the camera settings prior to the shoot and then monitoring and adjusting prior to shooting will make the difference.

The best bet is to try to make enough time to test and work with the cameras prior to a shoot starting to at least get them close. Usually the larger the budget, the more setup and testing time there will be, but even with no lead time, a basic knowledge of how to set up cameras is important.

The First Step – Frame settings

The first settings to set on each of the cameras will be the frame size and rate. Most North American shoots these days are in 1920 by 1080 pixels with a progressive frame rate of 23.976 frames per second (24p) or 29.97 progressive frames per second (30p), with the pro market trending toward UHD and 4K frame sizes.

Choose the frame size and rate that the project is to be delivered in and set each of the cameras to exactly those settings.

Shutter Speed/Angle

Next, ensure the shutter speed, also referred to as shutter angle, of each of the cameras is set the same. Shutter speed has a huge impact on the appearance of finished footage. Action sequences can benefit from overly quick shutter speeds, but a good starting place is generally around double the framerate of the camera.

Therefore, if you're shooting at 24p, set the shutter to 48, at least as a starting point. There may be a need to speed it up or slow it down slightly, but this is a good launch point.

The term "shutter angle" is a reference to older rotary shutters, where a disc would angle to let light in. The larger the angle, the slower the shutter speed. Although modern cameras don't use rotary shutters, the term has hung on as a simple and known way for those who make video to describe the appearance of motion blur. If the desired effect is a subject or subjects that are blurred for a greater percentage of their frame-to-frame displacement, then a larger shutter angle is the choice, and the opposite also applies.

So, why double the frame rate when choosing a shutter speed?

The rule of thumb for doubling the frame rate with the shutter speed comes from the same school of thinking as shooting in 24p. Achieving a cinematic look involves a number of elements, and the most common shutter angle setting for cinema is around 180 degrees, which equates to a shutter speed near 1/48 of a second at 24 frames per second. A larger angle, and the blur extends too close to the blur in the previous and next frames, causing a smearing effect. A smaller angle leads to a more stuttered appearance resulting from the blur gap.

Other factors, such as subject movement, will play a part in choosing shutter speed and angle, but start out there and adjust to suit the scene, just make sure to use the same setting across all of your cameras.

White Balance

Cameras are highly capable pieces of equipment but require some assistance in understanding how to interpret a scene. For instance, show a human being a white piece of paper, and they can tell that it's white whether it's in a dimly lit room or out in the bright sun. While a camera can compensate for either scenario, it needs some help to do so.

Each camera is different, but there should be tools for white balance on board. Most have a number of presets, and the more professional models will allow for custom white balancing, where a white card is held in front of the camera and set as the white that is recognized by the camera.

The key is to set the cameras to a similar setting to ensure that they're close. If they all offer custom white balancing, that is obviously the best option.

Often, there will be a few options using numbers in Kelvin units. Those numbers refer to color temperature, which can be adjusted to accommodate certain scenes in much the same way a consumer camera will offer white balance presets to handle different environments.

In very basic terms, color

temperature describes the apparent warmth or coolness of light. Simply, the lower the color temperature, the warmer the image. Roughly speaking, 2500-3500K represents the reddish, orange-y hues given off by tungsten bulbs, 3000-4000K is the oranges and yellows of sunrise, 5000-6500K moves away from the yellows into the blues of clear daylight, 6500-8000K is like the blues and greys of overcast daylight and 8000-10000K is like the darker blue-grey of shaded daylight. If a shot is too blue and needs warming up, the color temperature is likely too high.

There's a lot more to color temperature and tint, but a basic understanding of color temperature will help decide on a video's look and feel before starting to match up cameras. It also helps troubleshoot differences in looks.

ISO

ISO is an in-camera exposure setting, along with aperture and shutter speed. While some high-end cameras that shoot RAW footage can have exposure tweaked a bit in post production, setting ISO properly in-camera is essential.

Raising a camera's ISO basically makes dimmer portions of a shot lighter. As that ISO number increases, the camera is amplifying and filtering the signal before the clip is recorded, meaning whatever the effect of the ISO setting is gets baked into the captured footage. Therefore, it's important to be thoughtful when adjusting ISO. Adjusting it too high can increase noise and reduce dynamic range in a shot. Neither of these things are good for post-production.

Adjusting the camera's ISO to be as low as possible while delivering a nice, balanced image is key. Start with each camera set to the same ISO level and adjust. Many cameras have a default ISO, but the environment, lens characteristics, sensor characteristics or other factors can determine whether the level needs adjusting to more closely match other cameras.

Overall

These basics are key, but there is a very important lesson about shooting on a set or at an event that supersedes all others: When there are multiple operators, they must communicate effectively. If everyone stands at their camera and says "I'm at 1080 30 – everyone else at 1080 30?" the chance of missing a setting are slim.

Create a procedure or ritual for the beginning of each shoots. Once the cameras are set up and operators are at their stations, call out each critical setting and have each operator call back his or her camera's setting. Make sure it all matches, then check each unit to determine how close they appear.

It's going to be very difficult to get cameras exactly identical from simply adjusting settings and comparing monitors, but these basics will help get the process started. It's all about getting them as close as possible to minimize the work that will need doing in post-production.

Al Abdon

Hollywood Junkies Media ■

Phiippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi



Chili con carne

2 tsp. salt
2 tbsp. sugar
2 tbsp. liquid seasoning
1 tsp. hot sauce
1/2 cup bacon, fried and crumbled, for garnishing
(Cooking Measurements)

Cooking Procedures :
Boil kidney beans in water. Remove from heat. Cover and let stand for an hour. Again, boil the beans and then reduce heat and simmer until they are tender. Set aside. Alternatively, use canned of red kidney beans (or any kind of canned kidney beans according to your liking).
In a skillet, brown beef for about 4 to 6 minutes over medium heat. Drain excess fat. Add garlic, onion and tomatoes. Stir-fry until soft and wilted. Add celery and spices. Stir for a while until well blended. Heat to boiling and then reduce heat, cover and simmer for 30 minutes or until done. Stir in boiled beans (or canned, if

Ingredients :

- 1 cup uncooked kidney beans
- 3 cups water (or 1 can red kidney beans, optional)
- 1 lb. ground beef
- 1 tbsp. crushed garlic
- 1 cup chopped onion
- 1 cup chopped tomatoes
- 1 cup sliced celery
- 2 to 3 tbsp. chili powder
- 1 tsp. oregano
- 1 tsp. cumin

using). Correct seasonings. Boil and simmer uncovered for 10 minutes until the chili thickens. Remove from heat. Transfer to a serving dish. Garnish with crumbled bacon on top and serve.
Batchoy



Batchoy

This is another signature dish from the Visayas, a group of islands between the main islands of Luzon and Mindanao. It is originated from La Paz, Iloilo City — in the island of Panay. Through the years, Batchoy gained popularity and has been a favorite noodle soup enjoyed all across the country.

Ingredients :
8 cups water
1/3 lb. pork butt or pork loin (boneless or bone-in)
1/4 lb. pork or chicken liver
1 chicken breast (bone-in)
1/4 lb. fresh shrimp, shelled and deveined
2 tbsp. oil
one (2-in/5-cm) piece ginger, finely sliced
1 onion, finely sliced
3 cloves garlic, minced
1 tbsp. fish sauce
1 tbsp. shrimp paste
1/4 tsp. sugar
salt and pepper, to taste
8 oz (240g) fresh Chinese egg noodles or fettucine or 4 oz (100g) dried ramen noodles
Garnish
4 finely chopped green onions
4 tbsp. Fried Garlic
1/2 cup coarsely crushed fried pork rinds
(Cooking Measurements)

Cooking Procedures :
Pour water to a stockpot and bring to a boil. Add pork, liver and chicken; season with salt and pepper. Cover and cook over high heat for 15 minutes; skim off the fat.
Take out the meat and the liver; let it cool. Reserve the broth and set aside. By using your hands (or two forks – one to shred the meat and one to hold the bone) shred the pork and chicken meat; discard the bones. Slice the liver thinly. Set aside.
Heat 1 tablespoon oil in a large skillet over medium heat. Sauté ginger for 2 minutes. Add onion and garlic; sauté until onion is translucent. Remove from the pan and set aside.
In the same skillet, heat the remaining oil over medium heat. Stir-fry the shredded pork and chicken for about 5 minutes, or until lightly brown. Add shrimp; stir-fry for 5 minutes, or until shrimp turns pink and cook. Remove from the pan and set aside.
Add the sautéed ginger, garlic and onion to the reserved broth in the stockpot; bring to boil. Add fish sauce, shrimp paste, sugar and salt and pepper, to taste. Reduce heat and add the noodles. Simmer for about 2-3 minutes (for fresh

noodles) or 10 minutes (for dried noodles), or until noodles are soft. Ladle the broth and noodles into individual bowls. Top with the sautéed meat and shrimp and sliced liver. Garnish with green onions, Fried Garlic, and fried pork rinds. Serve hot.
Serves 4 to 6



Stuffed Lechon Roll

Recipe Ingredients:
2 kilograms of Pork belly slab


For the brine/marinade:
1 stalk of lemon grass (tanglad)
1 stalk on onion leeks (scallion)
2 pieces of laurel (bay leaves)
1 table spoon of ground black peppercorn
5 cloves garlic, crushed
1/2 cup rock salt
5 cups of water

For the fillings:
1 stalk of lemon grass (tanglad)
1 stalk on onion leeks (scallion)
2 cloves garlic, crushed

For the glaze:
3 part of evaporated milk + 1 part of water

Recipe Cooking Procedure:
1. Wash the pork slab with running water and make sure that hairs on the skin are shaved.
2. In a pot, put 5 cups of water then add lemon grass, bay leaves, onion, black peppercorn, garlic, and salt.
3. Make the brine/marinade: Bring water to boil then lower heat and simmer for at least 10 minutes. This will allow the herbs and spices to release its flavor and aroma.
4. Turn off heat. Set aside brine solution until it cools.
5. Pour the brine on the pork slab and marinate overnight.
6. After marinating, remove the pork from the brine. The surface of the pork is quite salty so we have to rinse with fresh water then pat dry with towel.
7. Lay the pork slab on flat surface and place the rolled lemon grass, leek, and garlic.
8. Now roll up the pork slab, form a roulade with the garlic, leeks, and lemon grass on the center. Tie pork with twine (string) to keep its roulade in shape.
9. Brush the surface with mixture of milk and water. Set aside for at least half to an hour to allow milk to set in the skin. Milk makes the skin color reddish brown when roasted.
10. Cook Lechon Using Turbo Broiler
10.1 - Set and preheat your turbo broiler at 375 deg F (190 deg C). Maintain this temperature up to end of cooking.

Average cooking ime - 2 to 3 hours depending on your oven.



BUSINESS HOURS

Mon. Tue. Wed.	8:00 a.m. - 5:30 p.m.
Thu. Fri.	8:00 a.m. - 6:00 p.m.
Saturday	8:00 a.m. - 5:00 p.m.
Sunday	Closed

Pork loin
Approximately 15 lbs

3⁻²⁵ lb

Half or Whole pork
Cut & Wrapped

2⁻¹⁹ lb

Fresh Pork Belly

4⁻⁵⁰ lb

Beef Blade steak

6⁻⁹⁹ lb

Boneless Pork shoulder - \$3.99 lb

Fresh Pork Leg

2⁻³⁵ lb

Ground Beef

6⁻⁵⁰ lb

Over 20 lbs 6.40 lb

Picnic Ham w/bone

2⁻⁵⁰ lb

Home smoked meat

Special 10⁻⁵⁰ lb

Regular smoked bacon

6⁻⁴⁹ lb

Ground Pork
Special 2.79/lb

BBQ

Rib Steak \$16.50/ lb

French Denver Steak \$9.99 / lb

• 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

The North American FILIPINO STAR PHOTO GALLERY



The 32nd anniversary of the Sinulog celebration in Montreal - photo shows the St. Kevin's social hall filled with parishioners waiting for the reception to start, Sunday, January 24, 2016. (Al Abdon)



Post New Year party held at Gilmore College International - Director-General Zenaida Kharroubi poses with students Armi Aguilar and Precy Billones 01/09/16.



The MMTV crew led by Executive Producer, Zenaida Kharroubi, visited a Filipino restaurant, "Something Sweet for You" with 4 branches in Toronto last Dec. 12, 2015. Photo shows the owner, Chalen Laserna, holding a copy of the North American Filipino Star. This restaurant is very popular because of its excellent Filipino cuisine. It's really worth the trip



Some of the guests at the post New Year Party held on January 9, 2016 - Monica Spoila, editor of the Bhara Times (in red) came with her family, and Carol Brown (on the extreme right) who came with her friend.



Souvenir photo from left: Laurisse Cruz, Cristy Hunter, Monica Regacho, Zenaida Kharroubi, Michele Lorraine Maniquiz, and Cora Abdon, taken on January 9, 2016.



At Gilmore College's Christmas party, Zenaida Kharroubi, Elenita Belgica, Juvy Vales Durocher, held on December 19, 2015. (photo by Derek Neal)

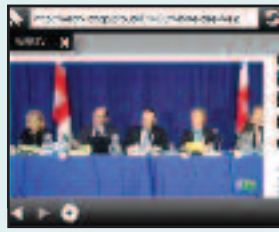


Taken at the Appreciation party after the elections, MP Anthony Housefather poses with his mom (on his left) and Lilia Esguerra (on his right), a volunteer in his campaign.

Côte-des-Neiges
Notre-Dame-de-Grâce
Montréal



Proud to have contributed to these accomplishments.



Meetings Webcast

Having initially launched the webcast of borough council meetings, I also instigated the change of rules to require their webcast. Additionally, the question period was formally extended from 30 to 90 minutes.



Urban Planning Committee Meetings Become Public

Since 2014, the public can attend the borough's Urban Planning Committee meetings. Making these meetings public was a big step for increased access and transparency.



Public Budget Tool

CDN-NDG residents were invited to express themselves on their borough's budget priorities with an interactive web tool as well as with a telephone survey. This interactive budget is part of the borough's desire to be an open and transparent administration encouraging citizen participation in municipal affairs.



Always listening to your needs, I invite you to send me your requests and comments in writing or in person.

Lionel Perez

Darlington City Councillor — lionel.perez@ville.montreal.qc.ca — 514 872-4879

Côte-des-Neiges — Notre-Dame-de-Grâce Borough
5160 boul. Décarie, 7th Floor, Suite 600, Montréal (Québec) H3X 2H9



There are many good reasons to plan your funeral in advance... there are no good reasons not to!

- 10 year financing available in pre-arrangement
- Personal consultations/group seminars
- Reception facilities
- Chapel ceremony recording
- Live webviewing for family overseas
- Repatriation services



Sandra Wong

Funeral Planning Counselor

(514) 342-8000 ext: 2258

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4525, ch. de la Côte-des-Neiges,
Montréal, Québec H3V 1E7
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FAMAS holds Christmas party December 12

By W. Quiambao

The Filipino Association of Montreal & Suburbs (FAMAS) held its Christmas Party on Dec. 12 at 6767 Cote des Neiges. Among the more than 250 people who attended the party were FAMAS members and non-members, their families and Councillor Marvin Rotrand.

The program started with the welcome address of Ruben Matienzo, followed by prayer by Angelita Vasquez-Ramos and Nativity Play by FAMAS Heritage Program director, Babylyn Gonowon. The intermission numbers included The 4G's and Munting Mutya at Lakan ng Pilipinas Montreal. Rotrand gave an inspirational talk.

Joining FAMAS' Christmas Party was the Kapampangan Association of Montreal.

"KAM was booking the center for its party but the place is already booked," explained Cora Aberin, FAMAS president. "Instead, I invited KAM to join us at 6767 Cote-des-Neiges."

Caroline Mallari, KAM's outgoing president, introduced the association's new Executive Board. The list is as follows:

President – Corazon Punzalan, Vice President – Raquel Canlapan, Secretary – Grace Bondoc, First Secretary – Cristina Capastrano, Treasurer – Jhun Evaristo, Asst. Treasurer - Melody Calma, Auditor – Angeline Egenias, Public Relations Officer – Mary Salenga, Business Manager – Monique Salas, Sports Coordinator – Reynaldo Cunanan

Following the induction of KAM's officers, Svetlana Suarez, FAMAS VP –External, introduced FAMAS' Miss Teen candidates. Kathleen Rebugio, FAMAS Secretary, and Ruth Conception Deac took charge of the games like hula hoop, Pass the Christmas Ornament, Shake the Box. Following the games was the gift giving to babies and teen.

The party ended at 3:00 p.m.

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Knights of Rizal (Montreal Chapter) commemorates the martyrdom of Dr. Jose Rizal

By W. Quiambao

About 300 attended the Knights of Rizal (Montreal Chapter) 119th commemoration of Dr. Jose P. Rizal martyrdom held at Ruby Rouge Restaurant on Dec. 26, 2015.

In his message, Sir Felix de Luna, Chapter Commander, said that Rizal showed us that we can make a difference without the use of violence or terror, to fight for what is right, to stand up for our beliefs and to promote the spirit of brotherhood and friendship amongst our people.

The Part 1 of the program started with the initiation of new members, elevation to KOR (2ND degree) and exaltation to KOR (3rd degree). Part 11 included the entrance of colors : Philippine flag – Sir Abel Gumagan, KOR, Canada flag – Sir Teofilo Alvarado, KOR, Quebec flag – Sir Reggie Cadano, KOR. The Philippine national anthem was sang by Sir Rowel Pangilinan, KCR, LT, Canada national anthem by Sir Rowel by Macahilas, Sir Gerry Danzil, KCR recited the Pledge

of Allegiance, Sir Bert Abiera, KCR. LT recited the opening prayer and Sir Felix de Luna, KCR, LT did the welcome address. The group singing Bayan ko, was sang by all Knights of Rizal and the audience.

There were conferment of Lifetime member, Distinguished Service Star Medal or Silver Cross Award, Distinguished Service Medal or Service Medal Award. Part 11 also included the induction of the Ladies of the Knights of Rizal and Auxiliary Ladies for Rizal. Part 111 was the entertainment. Huling Paalam directed by Sir Rowel Pangilinan, KCR, LT directed the re-enactment of Rizal's last hours. Lady Fatima Deguelera did the Ang Bayan Kong Minamahal and a group singing sang Pilipinas Kong Mahal.

Part 111 included the Wreath Laying Line up. Part 1V included the introduction of speakers : Sir Minister and Consul General Eric Tamayo, KCR, Sir James T. Marasigan,



Cora Aberin, president of FAMAS, posing with the pile of Christmas gifts to be given to the kids.



KAM newly elected executive board members were inducted by FAMAS Pres. Aberin.

KGOR, Sir Eduardo C. Prillo, Hon. Russel Copeman, Sir City Councillor Marvin Rotrand, KCR and City Councillor Lionel Perez.

Some of the highlights of the evening were the following: the announcement of Councillor Lionel Perez that a street near the former Blue Bonnet

Racetrack will be re-named after Dr. Jose P. Rizal, knighting of Perez and singing of Sr. James de la Paz which he dedicated to the wife of Sir Mauro Calaguio, Jr. who was celebrating her birthday.

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Newly inducted Knights of Rizal during the commemoration of Dr. Rizal's 119th death anniversary, December 26, 2015. (Facebook of KOR, Montreal chapter)



Re-enactment of the last hour of Dr. Jose Rizal's death by firing squad in 1896.



Social Tidbits

Fely Rosales Carino



Adieu green Christmas and hello white winter. Before welcoming 2016, there were action-packed social events as you remember them. I'd like you to look back to and smile as you remember them. Remember the Filipino Association of Montreal & Suburbs' (FAMAS) children's Christmas Party at 6767 Cote des Neiges. There was a sea of bouncing spirited children dressed in colorful outfits. While there were proud and protected parents to contain their little ones' exuberance, it didn't help that towards the end, the situation became "standing room only." At this time, the focus was the performances of the children taking the Filipino Languages program. There was a nativity scene where the children had to memorize their parts. Although they pronounced some Tagalog words with English events, the crowd cheered wildly in appreciation of their efforts. This part of the program was done under the stewardship of the principal of the heritage class, Mrs. Josefa Nicolas. Their intermission numbers were contributed by the 4G's and the Munting Mutya at Lakan ng Pilipinas Montreal, a brainchild of Mrs. Svetlana Suarez. The children also enjoyed the games such as Hula Hoop, Pass the Ornament and Shake the Box. In the end, the children got their gifts from Santa Clause. Well, well, needless to say FAMAS president Mrs. Cora Aberin and the Executive Board couldn't contain their smiles for a successful party. The youthful and vibrant emceeing style of Lourdes Fabia added to the ambience of the party. To top it all, Snowdon councillor Marvin Rotrand arrived to deliver his inspirational speech.

FAMAS party was followed by the induction of officers of the Kapampangan Association of Montreal. Introducing officers was Ms. Caroline Mallari, KAM's outgoing president.

The Living Waters International Fellowship (LWIT) under the guidance of Pastor Rene Saguing celebrated the 11th anniversary at the St. Mike's Anglican Church in the West Island, Nov. 8, 2015. The next month, the LWIF choir staged a cantata that was performed during the worship service. Leading the choir are the following: Don-Don Urganiza (drummer, guitarist), Ronald Meilly (drummer, guitarist), Rod Saguing (keyboard, guitarist, basist), Roy Loginer (guitarist), Paul Alvarez, Adel Saguing, Andrea de Jesus, Betty Lewis,

Christine Magsino (singers), June de Jesus (audio technician), Con Rafael (power point), and Fidel Guingab (power point). The choir was lead by the able leadership of Mrs. Charlotte Asigorado

The Federation of Filipino-Canadian Associations of Quebec (FFCAQ) held a social fundraising bingo at the St. Kevin church social hall recently. President Ed Tupaz and his Executive Board are encouraged by the outcome that they are holding again another Bingo Session at the same place on Jan. 31, 2016.

Way back in November, when the Executive Board of the Seniors of West Island and Suburbs (SWIS) planned the Christmas Party that was held last December 13, 2015 at the Olympia Reception Hall (West Island). It was just supposed to be a get together with 'dancing' as the main event of a full-blown extravaganza. Roger Ajero welcomed the guests after which Mrs. Bangalan gave the invocation. After dinner, the guests speaker, Mr. Frank Bailey delivered his message.

The SWISS members also took time to greet Lucy Salazar, one of the most hardworking members, to sing Happy Birthday, to her.

Enjoyed by everyone was winning some prize for the raffle ticket. This was taken cared by a group headed by Mr. Benny Bote, an outstanding SWISS member. He was assisted by SWIS officers namely Emy Bayala, Mrs. Nita Advincula, Mrs. Dorie Isada, Mrs. Lolit Odulio, Mrs. Rose Rillo, and Mrs. Elvie Maximo.

For entertainment, the SWIS choir sang a few Christmas carols. The choir was led by Mrs. Edith Valenzuela. For the final entertainment numbers, Mrs. Lita Bote, a choreographer par excellence, thought of an international beauty contest. The contestants were judged on facial beauty, physical attribute, poise and authentic costume. The contestants were: Miss Jamaica (Mr. Greg Guerzon) Miss Saudi Arabia (Mr. Flor Rillo), Miss Vietnam (Mr. Val Zarate), Miss Japan (Mr. Nards Alberto), Miss Africa (Mr. Cesar Bayan), Miss India (Mr. Ike Bas), Miss China (Mr. Pete Ison), Miss Hawaii (Mr. Jean Vilorio), and Miss Philippines (Mr. Felix Salazar). Thanks to their wives for their costumes and make ups. Last but not the least, it was a pleasure assisting Mrs. Neri Ajero, as emcee for the evening.

MEA CULPA: I have to apologize to the newlyweds, Mark and Sherling de la Paz Robles. Following their grand wedding celebration, I did a write of the event. Unfortunately, it was not proofread before it was sent to the press. It just did not do justice to a very memorable and beautiful wedding celebration. Another apology is directed to Mr. Dick Dahiroc, a well-known community leader. His most awaited "talumpati" didn't happen. I am sure many were waiting for this. It has been a while since we heard a "talumpati". People would have enjoyed Dick's style of imparting his message, especially savoring the contents he had to deliver. Sorry, Dick. This time, it was pure oversight of the emcee - me!

IN MEMORIAM: We, the SWIS FAMILY, mourn the passing of Mrs. Irene Santiago, mother Mrs. Dorie Isada, a very active SWISS officer. A mass was celebrated at the St. Kevin's church. Reception followed at the Kumon Restaurant along Cote des Neiges St. Dorie and her family wish to thank everyone who shared on their bereavement. May she rest in peace. On a brighter note, watch out for a deluge of Valentine Parties by different associations. Earliest to give notice is FFCAQ Ed Tupas' Valentine's Party on February 13 at 6767 Cote des Neiges.

The Knights of Rizal (Montreal Chapter held a grand party Dec. 26, 2016 at Ruby Rouge Restaurant in Chinatown to celebrate the 119th commemoration of Dr. Jose Rizal's Martyrdom. The occasion started with a Knighting ceremony beginning with the members: Mr. Joe D. Siatong, Mr. Antonio V. Zoraido, Mr. Gerardo R. Osis, Mr. Danny R. Novida, Eeymond E. Lastra, Mr. Mayoralgo B. Nino Cesar, Mr. Edgar P. Magat, Mr. Reynaldo Cabang, Mr. Edward Ujvary, Mr. Louis J. Oliver, Mr. Yves M. Gagne, Mr. Inocencop A. Silverio, Mr. Menard S. Esmeralda. Elevation to KOR (2nd degree): Sir Eduardo de Celis, KR, Sir Marc B. De Luna, KR, Sir Sylvain Cataford, KR, Sir Daryl Gascon, KR, Sir Dan Azuelo, KR, Sir Lito Laxamana, KR, Sir Henry Gumangan, KR, Sir Abel Gumangan, KR, Sir Ali Ansagay, KR, Sirolan Bueno, KR. There was only one Exaltation for 3rd degree, Sir Eric Tamayo, KOR,

Embassy of the Philippines. Conferment (Lifetime member) - Sir Angelito Manuel, KCR, LT and Rowel Pangilinan, KCR, LT, Distinguished Service Award Medal (DSS) OR SILVER CROSS AWARD: Sir Salvador Cabugao, KCR, LT, Sir John Linden, KCR, LT Distinguished Service Medal (DSM) OR SERVICE MEDAL AWARD: Sir Angelio S. Manuel, KCR, LT, Sir Reggie Villamor, KCR, Sir Paulino `Jun` Torrico, KOR, Sir Freddie Baculina, KCR, Sir Hector Racuya, KCR, Sir Remy Ramos, KCR, Sir Alfredo `Patrick` Gotera, KOR, Sir Norberto Mandin, Jr., KOR There were two guests speakers` Sir Jaime Marasican, KGOR and Russel Copemn, Borough Mayor, Cote des Neiges, NDG. Knights of Rizal honorary member.

Wreath Laying Line Up Philippine Embassy - Sir Minister and Consul General Eric Tamayo, Canada Regional Commander, Sir Jimmy Marasigan, KCOR, Montreal Member of the Knights of Rizal, Sir Mayor Russel Copeman, KCR, Borough Mayor of Cote des Neiges- Notre-Dame-de-Grace, Honorary Member of the Knights of Rizal, Sir Councillor Marvin KCR, Snowdon District, Knights of Rizal Regional Commanders, Toronto

The surprise numbers were: Sir James de la Paz, KCR, LT, Chapter Senior Adviser, Vocal solo, Astrid Torico, Philippine Canadian Idol Champion

Initiation: Mr. Joe Siatong, Mr. Antonio V. Zeraido, Mr. Gerardo R. Osis, Mr. Danny R. Novida, Mr. Reymond E. Lastra, Mr. Mayoralgo B. Nino Cesar, Mr. Edgar P. Magat, Mr. Reynaldo B. Cabang, Mr. Edward Ujvary, Mr. Venerado P. Pegano, Mr. Louis J. Olivier, Mr. Yves M. Gagne

Elevation to KOR (2nd degree): Sir Florentino Palas, Sir Mario Pantaleon, Sir Eduardo de Celis, Sir Marc B de Luna, Sir Sylvain Cataford, Sir Daryl Gascon, Sir Dan Azuelo, Sir Lito Laxamana, Sir Henry Gumangan, Sir Abel Gumangan, Sir Ali Ansagay, Sirolan Bueno, Skir Regino Cadano, Sir Jennifer Albert`Camacho, Sir Nixon de Vera, Sir Rafaelo Glorioso, Sir Renato B. Casipe, Sir Reynaldo Racadio, Sir Abrocio de Luna - Exaltation to KCR - Sir Eric Tamayo, Embassy of the Philippines ■

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FILIPINO STAR

SHOWBIZ GOSSIP

Regine Velasquez on success: You have to be passionate



Regine Velasquez believes that passion and hard work when combined is the key to one's success.

Regine Velasquez is one of those personalities who has been in the business for years, and still being looked up to by every generation.

The secret to her success? Passion.

"If you have passion with what you do, I think 'yon ang umaangat. 'Yon ang tumatagal sa industriya," she said about her staying power in the business, during the press conference for "Royals" on Tuesday.

A lot of talents today are being discovered through different talent-search shows or social media sites like YouTube.

Regine herself started by joining and winning different singing contests, but her win in "Bagong Kampeon" made her realize that she finally wanted to become a recording artist.

"So I won in 'Bagong Kampeon' and after that I had to work doubly hard pa. Kasi kumbaga hindi na ako nagko-contest, e, I wanted to be a recording artist na during that time. So I had to work really, really hard," she recalled.

Unlike today, winners in talent search shows before were not promised of a contract either with a network or a record label.

However, these contracts, Regine believes, are not enough to make it big and stay in the industry for the long run.

"Now a days, even if you have the backing of the network, you still have to work hard. Parang I've noticed also na parang hindi porket you have the backing of the network

is sisikat ka na agad. Hindi na rin pala gano'n ngayon," she said.

"You also have to prove yourself pa rin to the people, to the audience, gano'n," she added.

Regine's advice to the younger generation of singers is to "be passionate with what you do."

"Kasi you really have to be passionate with what you do," she explained. "I guess, kasama rin 'yon sa ibang work, kung saan ka passionate doon ka mas nagiging successful. I can't remember who said it but, 'God gave us special talents. All of us were given special talents.'"



So when you find yourself pursuing a career not lined with your college degree, Regine believes that it is because "yon ang passion mo, and you don't realize na that passion pala is your gift. So it's really up to us to find out what that gift is and you'll be happy whatever it is you do."

Regine will have a Valentine concert together with Martin Nievera, Erik Santos and Angeline Quinto. It'll happen on February 13 at the SM Mall of Asia Arena and on February 14 at the Waterfront Hotel and Casino in Cebu. ■

John Lloyd and Angelica have broken up but they remain friends: reports



Happier times: John Lloyd Cruz and Angelica Panganiban

Is it breakup season?

After his scoop on the Bea Alonzo-Zanjoe Marudo breakup, here comes entertainment insider Ogie Diaz with yet another separation scoop: John Lloyd Cruz and Angelica Panganiban have broken up.

Diaz confirmed on his dzMM radio show that the couple broke up on Jan 16.

"But they remain friends," Diaz says.

Contrary to rumors, Bea Alonzo, Cruz's long-time ka-love team, had nothing to do with the split, Diaz

clarifies.

The cause of death to the relationship, however, remains untold, at least for now.

Talks about Lloydie and Angelica breaking up have long persisted, as last year, they spent less and less time together. But both of them said they were just busy with work.

This is the third breakup the first month of the year has seen, following Bea and Zanjoe, and married couple Ciara and Jojo Oconer. ■

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Zanjoe Marudo admits breakup with Bea Alonzo



Zanjoe admits he and long-time girlfriend Bea Alonzo have broken up.

After weeks of speculation, Zanjoe Marudo admitted he and Bea Alonzo have broken up.

The actor made the confirmation in an interview with ABS-CBN's "Tonight with Boy Abunda" aired Wednesday.

"Wala namang madaling way, so kailangan talaga pagdaanan," Zanjoe said when asked how he is coping with the split.

In an earlier part of the interview, the actor said he is looking forward to new opportunities "dito sa career, syempre sa personal din, sa pamilya."

He added: "Excited ako kasi this year marami akong plano, like magpatayo ng farm house. Tapos, sa trabaho ko... excited ako."

Zanjoe is part of the upcoming ABS-CBN soap opera "Tubig at Langis."

Speculations that the two have broken up came about weeks ago, when they went to trips abroads separately; Zanjoe on a vacation in Europe alone, while Bea went to Japan.

Zanjoe and Bea admitted they were in a relationship in October 2011.

Last year, the two admitted that they are having problems in their relationship but both said they are "working it out."

"Siguro hindi ninyo mahal ang isa't isa kung hindi kayo nase-shake or wala kayong pinagdadaanan. That's not a relationship," Bea said in an interview with Philstar.com and other members of the press back in November. "A relationship is full of misunderstandings and love. Mahal n'yo ang isa't isa kung may pakialam pa kayo sa isa't isa." ■

Dingdong reveals baby's ninong and ninang



Dantes Family

Dingdong Dantes and wife, Marian Rivera-Dantes are busy preparing for the christening of their baby, Maria Letizia.

The couple revealed in an interview on "CelebriTV" over the weekend that they will mark the milestone this coming February.

They didn't mention where the rite will be held, but reports say the baptism will be at the Immaculate Conception Cathedral, the same church where the first-time parents wed on December 2014.

In any case, Dingdong named a few people they have listed as godparents for their baby.

"Si Ms. Ai ai (delas Alas) nandyan. Tapos sa mga lalaki, si Gabby Eigenmann, 'yan isa sa mga ninong. Tinatapos pa namin ('yung listahan)," he said.

DADDY DONG

In the same interview, Dingdong shared his experience as first-time father.

"Napakasarap. Sinasabi nila lagi na mapupuyat ka, pero actually wala kaming puyat eh, napakabait niya (Letizia), manang-mana sa nanay," he said.

Dingdong and Marian are hands-on in taking care of their baby, with the former usually taking the night shift.

The couple shares responsibilities during Baby Letizia's bath time. "Ako 'yung taga hawak (kay Letizia), araw-araw 'yun," Dingdong said.

Dingdong also shared how the baby now resembles her mother.

"Una kong nakita 'yung dimple... saka 'yung kanyang pilikmata saka ilong," he said.

Marian gave birth to Baby Letizia on Nov. 23 last year following 18 hours of labor.

"Alam mo (na) 'yung pinakahihintay mo saka gusto mong mangyari (ay paparating na) so parang ang bilis lang... Kahit 'yung antok hindi na masyadong mahalaga eh," Dingdong said.



He admitted to worrying about Marian though.

"Kasi nandu'n ako (sa mismong delivery room) eh, nakita ko lahat, 'yung procedure and everything so, medyo natakot din ako, kinabahan dahil syempre ang daming dugo," he said.

Dingdong then assured fans that Marian is eager to return to work. "Nagpapalakas siya ngayon dahil syempre nami-miss na rin niya (ang showbiz) at gusto na rin niya bumalik sa 'Sunday PinaSaya,'" Dingdong said. ■

Anne Curtis break silence about Erwan Heussaff and Jasmine Curtis Snapchat video



Anne Curtis (left) & the controversial photo of her sister Jasmine Curtis & Erwan Heussaff (right)

Anne Curtis finally break her silence about the controversial snapchat photo and video of her boyfriend Erwan Heussaff and sister Jasmine Curtis that went viral online. "This is the only time I will comment on this issue. So please STOP saying awful things about my sister & boyfriend," Anne Curtis said in a tweet post on Tuesday. Anne's official statement reads:

"Hey all, this is gting out of hand. It was all an inside joke between my boyfriend, my sister, myself and everyone at the party. My private account was wrongly screencapped and this is becoming ridiculous. We took down posts because so many people reacted maliciously to them automatically and we didn't want all of this to

happen. Case in point. Nothing happened, we are all fine.

I'm lucky that Erwan treats Jasmine like his own sister. He has known her since she was 13. So please STOP. It deeply saddens me that such viciousness is being thrown at the people I love. DON'T perverse their relationship. I mean, seriously. This is a non-issue."

Meanwhile, actress Solenn Heussaff, the sister of Erwan, also took to Instagram to react to the controversy.

She posted a photo of her and Erwan hugging with the caption: "OMG!!!! Nakakaloka sila!!!! Magkapatid sila!! Soo groosss! At tignan niyo shirtless pa si solenn!!! Full of malice!!!" ■

Showbiz Gossip *Continued from p.15*

Stunning photos of Miss Universe Pia Wurtzbach at homecoming parade Monday, Jan. 25, 2016 in Manila



Miss Universe winner says next dream is to be a Bond girl



Miss Universe 2015 Pia Alonzo Wurtzbach

The reigning Miss Universe has her eyes set on her next big dream: being a Bond girl.

Pia Alonzo Wurtzbach returned home to the Philippines for the first time since her crowning — and that awkward moment when host Steve Harvey mistakenly announced Miss Colombia as the winner instead of her. She said Sunday she's using the intense attention she got after that controversy to focus on her causes like fighting HIV and AIDS.

"I'm using the attention to talk about my causes. Now, I have everybody's attention," she said.

She told a news conference that she plans to be tested for HIV publicly in New York to encourage other people to be tested, including in the Philippines, where HIV cases have risen alarmingly in recent years.

Miss Colombia Ariadna Gutierrez Arevalo was briefly crowned Miss Universe at the pageant in Las Vegas last month before Harvey returned to center stage to apologize and announced he misread the card, which had Miss Philippines as the winner and Colombia as the first runner-up.

Asked about her plans after her reign, Wurtzbach said she would consider possible job offers in the United States, adding: "I might be the next Bond girl, who knows? So, we'll

see, that's the next dream."

Many international actresses have been cast alongside actors playing British agent James Bond and are popularly known as "Bond girls."

Wurtzbach, 26, has worked as an actress and model in the Philippines before winning the crown. The Miss Universe pageant is a big deal in the Philippines, where two other women have brought home the crown before her, with the last one winning in 1973.

On Monday, Wurtzbach will meet President Benigno Aquino III, a bachelor who is rumored to have gone on a date with her before. She'll receive a citation from the Senate for her victory then join a motorcade around Manila that will end with a fireworks show.

Wurtzbach told reporters she was so overwhelmed with her triumph that she constantly checked on her crown in the initial days and even took a nap beside it but decided not to do that again because she might break it.

"God forbid that would happen, the Filipinos are gonna kill me. I haven't even done my homecoming yet," she said, repeatedly touching the diamond-studded crown. ■

Coco shares blessings with the needy



Coco Martin

Primetime King Coco Martin is one actor who never forgets to show gratefulness to fans who paved the way for his successes, including the huge ratings enjoyed by his newest teleserye, "FPJ's Ang Probinsiyano;" and the box-office triumph of "Beauty and the Bestie," his entry to the MMFF 2015. The movie megged by Wenn Deramas

and also starred Vice Ganda is now said to be country's highest-grossing movie of all time.

Coco knows how to share his blessings especially to the needy. Just recently, he sent help and gave gifts to people of Brgy. 155 Zone 14 who were devastated by a fire on New Year's Day.

To further reach out to fans, the Primetime King also visited several provinces for the "Piyestang Pinoy ng Probinsyano." Last Jan. 16, he joined the Sinulog Festival at Ayala Terraces Cebu. On Jan. 23 he will be in Iloilo for the Dinagyang Festival.

Coco will also soon visit Baguio, Davao, Negros, Dagupan and Legazpi.

"Ang Probinsiyano" has been gaining praises from viewers worldwide (among them my relatives and friends in New York and California). Viewers still have a lot to watch out for as the series spills more thrills this 2016.

As Cardo, Coco is now out to solve Carmen's abduction. He has figured out Olga's (Gina Pareño) connection to the incident. To further his investigation, he has taken on the character of Paloma. Will Cardo be able to save Carmen from the hands of the syndicate? Don't miss "FPJ's Ang Probinsiyano," weeknights on ABS-CBN. ■

Anthony Housefather, MP

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NEWS FROM TORONTO

Educators Group Offers Mentoring Project For Internationally Trained Teachers

By : Tony A. San Juan, OCT.

In a purposeful drive as part of its community outreach service, the Philippine Teachers Association of Canada (PTAC) is rolling out its enhanced "Mentoring Project" under its established Professional Assistance Service Program. The Mentoring Project is being offered and disseminated to eligible members of the Filipino Canadian community in the Greater Toronto Area and other FilCan communities in Ontario.

The "PTAC Mentoring Project" aims to bring together internationally educated teacher - immigrants and experienced Filipino Canadian educators in teacher- specific career mentoring relationships. The Project hopes to contribute and meet the need of Philippine-trained teachers for successful career search, adjustment and integration into the Ontario education market. Immigrant-teachers entering the Project are given the opportunity to acquire information & insights and to receive guidance in teacher- certification procedures and network building in the profession through a one-to-one professional mentoring process.

PTAC, formed in 2006, is a socio-professional organization of Ontario - certified and Philippine- licenced educators who are currently teaching and / or seeking teaching assignments in Catholic, public and private elementary & secondary schools and colleges in Ontario. One of its ongoing programs is helping newcomer-teachers establish

professional connections through mentoring and, as well, developing strategies and tools to support newcomers with integration in Ontario. In addition to its current members, PTAC is encouraging and inviting other experienced & practicing Filipino Canadian education professionals to get involved by engaging and offering their expertise as Volunteer Mentors in the Project. On one hand, interested Filipino newcomer-teachers are encouraged to become members of the Philippine Teachers Association of Canada as well as to join the Project as Mentees.

To become a Mentee, one must be an Ontario resident and have limited or no Canadian teaching experience ; have at least a bachelor's degree in education ; be eligible to work in Canada; currently unemployed or underemployed ; and/or currently doing non-teaching jobs or in career transition or planning for Ontario teacher certification.

Mentees are requested to commit to a total of 24 hours over six months. Meetings between Mentee and Mentor can be in person, online, over the phone and include referral meetings on arranged schedules. For membership applications and further information about the PTAC Mentoring Project, contact Perly Santos-Laganas at: perly_laganas@yahoo.com, Tel. 416- 763-8724 or Maricon Bernasor at:mbernasor@yahoo.com Tel. 905-795-2617.(T. San Juan).

decades-old Live-In Caregiver Program (LCP). The new program: 1) ended the live- in requirement, 2) the imposition of quotas on the number of caregivers allowed to receive permanent residency, only 5,500 and 3) the division of caregivers into 2 pathways based on who they serve (those caring for children and those for high medical needs).

Queer Filipinos : Led by Dr. Robert Diaz of OCAD University, Queer Filipinos in Canada organized a 2-day conference and conversation for the first time on January 22-23, 2015 and a 3-week art exhibit that celebrated the contributions of the Filipino Canadian LGBTQ community.

Medical Mission : The Filipino-Canadian Medical Association, headed by Dr. Chelly Silva, completed a week-long medical, dental and relief mission in 14 municipalities in Leyte and Palawan in February, 2015. The mission includes five doctors, a dentist, a nurse, an accountant, two pharmacists and 21 non- medical volunteers, all FilCans from Ontario.

Catholic Parents Conference : The Filipino Canadian Parents Association in Catholic Education-FCPACE, organized and conducted the first conference of Filipino Catholic parents, students, youths and staff in Toronto on April 25th. The event discussed the issues, problems and concerns of the participants in the Catholic education system.

P'Noy State Visit : Philippine President Benigno Aquino made a state visit to Canada including a community reception "by invitation only" hosted by then PM Stephen Harper on May 8th at Roy Thompson Hall, Toronto. The visit, which sparked mixed reactions from the Filipino Canadian community, also did not generate the expected media frenzy and the traditional Filipino warm hospitality.

Child Care Benefit : The Conservative government extended the application deadline for Universal Child Care Benefit until May 15th for 4 million families to receive the enhanced UCCB cheque of \$2,000 per month per child under 6 and \$ 720 for

each child aged 6 through 17 in July, retroactive to January 1, 2015.

Political Capacity Building : The newly- organized Filipino Canadian Political Affairs Council - FCPAC, composed of 32 politicized community leaders in May, 2015 embarked a "Go Out To Vote" drive. The action encouraged Filipinos to participate in the Canadian political process and to get engaged in partisan activities by campaigning and supporting candidates from the 4 major political parties.

Filipino Heritage Day : The Toronto Catholic District School Board, through its Community Relations Office, hosted on May 23rd, Proudly Pinoy Day in celebration of Asian Heritage month. Secondary and elementary school students, staff, parents and youths joined in the celebration with its theme:"Proudly Filipino,Sa Puso, Diwa at Gawa". The Thorncliffe Neighbourhood Office, also held the Asian Heritage Day on May 27th at Overlea Recreation Centre, Toronto.

New Citizenship Law : The Canadian Citizenship or Act -Bill C-24 took effect on June 11th. Citizenship applicants, aged 14 and 64 must :1) be physically present in Canada for at least 1460 days,2) meet basic knowledge & language requirements, 3) declare intent to reside in Canada once they become citizens and 4) meet personal income tax obligations.The processing fee is \$ 630 i.e. \$ 530 for adult plus \$100 for right of citizenship fee.

June Events : The Fiesta Filipina Dance Troupe hosted the Search for Miss Manila 2015 Coronation Night at Korean Cultural Centre on June 6th. The Philippine Independence Day Council's Salusalo Picnic at Earl Bales Park, North York, Toronto,held on June 13th with Liberal leader Justin Trudeau and other political candidates in attendance and drummed up support in their respective campaigns.Also, the Filipino Centre Toronto- FCT's Pistahan Sa Toronto, Parada Ng Lechon at Santa Cruzan on June 12 & 13, 2015 with actor Erich Gonzales as celebrity

Top 20 Stories of 2015 in Ontario

'Tis the end of the year and traditionally, it is the season of aptly listing down the top news which impacted in the life and leisure of members of the Filipino Canadian community in 2015. Here's my personal take and summary selection, arguably, on the significant and interest-ing events, nationally and Ontario-wide, that occurred over the year past in our milieu.Chronologically, to wit :

Canadian Immigration : On January 1, 2015, the Canadian government launched the Express Entry system which managed applications for the Federal Skilled Worker Program - FSWP, the Federal Skilled Trades Program - FSTP, the Canadian Experience Class-CEC and the Provincial Nominee Program-PNP.

Live-In Caregiver Program : In early January 2015, a new set of regulations drastically changed the

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guest. On June 27th, the Philippine Canadian Charitable Foundation, with guest GMA star Heart Evangelista, celebrated its 5th anniversary with a Pinoy Fiesta, Trade Show and Pageant at MTTTC. Kalayaan with guest ABS - CBN star Kim Chiu, held its Fiesta ng Kalayaan on June 27th at Mississauga Celebration Square.

Summer Sports : The 9th Annual Victoria Invitational Basketball

Tournament was held at Centennial College on May 16- 17, 2015. The Philippine Colleges & Universities Alumni Association Summer Sportsfest was conducted on July 5th at Mississauga Valley Park with FEATI University and College of The Holy Spirit jointly winning the championship.

The PIDC Mabuhay Cup Invitational Basketball Competition

was held at the HoopDome, Downsview Park on July 31, 2015. The North York Pinoy Athletic Association, sponsored Basketball Fundamentals Clinic and house leagues at Antibes Community Centre, North York early this year.

Double-Whammy Day : Kapisanan's Kultura Filipino Arts and Culture Festival took place on August 9-13, 2015 at several venues including

a finale at the Yonge-Dundas Square, Toronto . H2O 's Halo-halo Filipino Festival which focused on multiculturalism, was conducted on August 9th at the Artscape Wychwood Barns in Toronto.

Fundraisers - for- a Cause : Two Filipino -oriented, and Christ-centred



Toronto's popular Talakayan Radyo Filipino AM 1430 (Saturday) & Vancouver AM 1470 (Sunday) broadcast team posed after their year-end radio show on December 26, 2015. L-R : Tony A. San Juan, Nelson Galvez, Karen Tan, producer Jess Cabrias, Karen Pascual - Binaday, Bobby Achacon, co- producer May Cabrias, & Joe Damasco at the Fairchild Radio Station, Thornhill, Ontario. (Photo by Nelson Galvez).



In the broadcast booth of Talakayan Radyo Filipino AM 1430 (Saturday) & Vancouver AM 1470 (Sunday) on December 26, 2015 at Fairchild Radio Station, Thornhill, Ontario. L-R : Karen Tan and her 2 daughters, Cecile Esguerra(special guest), May Cabrias, Karen Pascual- Binaday and Tony A. San Juan. (Photo by Nelson Galvez).

ENERGY EFFICIENCY WINTER TIPS 2015-16 FACTSHEET

Here are some simple tips to help reduce your energy costs and the impact of your winter activities on the environment

Adjust your thermostat

- Lowering your thermostat reduces your energy bills without affecting your comfort. You can save two percent on your heating bill for every 1°C (2°F) your thermostat is lowered. Make sure to turn the heat down when you are asleep or away. It makes good sense to get a programmable thermostat for whatever heat distribution system you have: gas, electric, forced air or radiant. Programmable thermostats allow you to set temperatures lower at pre-set times.

Decorate with LED holiday lights

- The initial low price of incandescent bulbs may be enticing, but LED lights offer significant savings. The amount of electricity consumed by one 7-watt incandescent bulb could power 140 LED bulbs. These lights pay for themselves in energy savings in two holiday seasons or less.

Follow best practices in the kitchen

- Use minimal heat and energy by preheating your oven only when baking. In other instances, preheating your oven is not needed and wastes energy. You can also turn off the oven a few minutes early as the remaining heat will finish the job. Similarly, once water is boiling, choose the lowest setting required to maintain the boil to save on energy.

- Keep the oven door seals clean and tight to prevent heat from escaping, and make sure the oven door is shut whenever possible. Every time it's opened during use, as much as 20 percent of the heat escapes.

- Use the right size and type of cookware. Opt for smooth, flat-bottomed cookware to ensure full contact with the cooking element and decrease cooking time.

- Today's cooktops, ovens and ranges are as energy-efficient as current technology allows. There are, however, a few simple techniques that help lower your energy consumption while cooking. Reading the owner's manual will provide you with tips pertaining to your specific model.

Get the most out of your clothes washer

- Today's clothes washers are at least 68 percent more energy-efficient than those produced in 1990. Both top- and front-loading models are better designed to use less water, energy and detergent. Opt for an ENERGY STAR® certified machine to drastically increase energy efficiency and savings.

- Wash with cold water whenever possible. And when cold water won't do, wash in warm, then rinse in cold. This warm-wash, cold-rinse setting can be found on most appliances and uses approximately half the energy required with washing in hot water.

- Instead of washing extra-dirty clothes twice, choose the pre-soak option. It is more energy-efficient and will help get tough stains out. Also look for the high-speed or extended-spin option. The more water removed from your laundry, the less time and energy it will take to dry.

For more tips on efficient use of your clothes washer, consult <http://ow.ly/DjiPn>

- Use your clothes dryer efficiently
- Clothes dryers joined the list of ENERGY STAR® certified products in January 2015. Today's clothes dryers use at least 17 percent less energy than those produced in 1990. Take advantage of improved designs that feature automatic controls to eliminate over-drying through the use of moisture sensors.

- Make sure to clean the lint trap before every load. It's a simple step that will improve airflow and maximize efficiency. Take it one step further and scrub the lint trap with a toothbrush once a month. Dryer sheets and lint leave a film behind that can build up, reduce airflow and overwork the motor.

- Before loading the dryer, sort items by thickness. Group thin, fast drying items into one load, then heavy items like towels into another, and adjust drying time accordingly. Make the most of a dryer that's already warm, and run the loads back to back.

- Look for the cool-down or perma-press setting. Finishing the cycle with cool air not only saves energy, it also reduces fabric wear and shrinkage.

Read up on more clothes dryer operating tips at <http://ow.ly/DjiWI>

Choose energy-efficient electronics

- Today's televisions project brighter colours, sharper images and sound and use less energy than devices made in the past. On average, ENERGY STAR® certified televisions are 25 percent more energy-efficient than standard models.

- Consider changing your television's brightness setting to the "home" mode. It still produces a clear and bright image but uses 25 percent less energy than the default "retail display" mode.

Reduce standby power consumption

- Did you know that many electronic devices, such as computers, gaming units and even microwave ovens, use power even when they are not turned on? Although the standby mode consumes less electricity for most devices, it still adds up to at least 5 percent of a household's electricity bill.

- Make sure to fully turn off all electronics when they are not in use. A convenient way to do this is by plugging all your home entertainment and office equipment into an easily accessible power cord and switching it off when these devices are not in use.

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Adele Lascano (October 2009)



The knowledge and skills I have learned at Gilmore College gave me the edge to work in the health care field where one needs to show willingness to render service to the sick and the elderly.
Ethel Tugna (March 2011)



PAB-PSW Nursing aide graduates, Batches 8 and 9. Ceremony held at La Cucina on Sherbrooke West, October 7, 2012. First row: From left to right: Annabelle Allosa, Ethel Tugna, Teachers: Terry White, Amy Manon-og, Director-General, Zenaida Kharroubi, Teachers: Edith Fedalizo, Josefina Toledo, and Lourdescita Lubang. Standing: Grace Galvo, Vilma Lagonilla, Mildred Mendoza, Giselle Arellano, Marilou Hechanova, Anne Signey and Joesie Bingayen.



Gilmore College gave me the opportunity to start a new career. I got a job easily because I learned new things from the course which focused on how to care for the elderly and the sick. I'm proud to be part of Gilmore College International
Giselle Arellano (October 2011)

PROGRAMS

- **PAB/PSW Nursing Aide**
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