

It's fiesta time for Filipinos in Montreal and suburbs.

By W. G. Quiambao

Mackenzie King park was chock-full of activities last July 15 during the FAMAS Pista sa Nayon, one of the much-anticipated events by many Filipinos in Montreal and suburbs. Friends seeing friends they haven't seen for a while, music lovers listening to Filipino songs, women playing volleyball, kids enjoying pabitin (a rack of items is suspended over a crowd who attempt to grab at the stuff as the wooden rack is lowered and raised several times until everything is gone), revellers enjoying a bounty of delicious foods - these are some of the activities during Pista sa Nayon in the Philippines which are also practiced in Montreal every year.

"Today, we celebrate the very best of being Filipino," said Au Osdon, FAMAS president. "The Bayanihan spirit is manifested by the support, participation and involvement of so many volunteers, associations, business enterprises, artists and entertainers. We hope you will experience the exceptional Filipino hospitality for which we are known for."



A few games of volleyball, arranged and managed by Mercy Sia Umipig and played by all-girl teams, was part of Pista sa Nayon (Photo: B. Sarmiento)

Part of Ambassador Leslie B. Gatan's message read, "I wish to extend my heartfelt and warm congratulations to the Officers and members of the Filipino Association of Montreal & Suburbs for their sponsorship of the annual Pista sa Nayon (town fiesta) with the main purpose of promoting Filipino cultural heritage and identity. I commend your earnest efforts to further enhance noble Filipino values such as family reunion which is one way of strengthening the

bond of unity in a foreign setting." The tradition of the Pista sa Nayon dates back to centuries to the rural areas and town in the Philippines. During Pista sa Nayon (called town festival or fiesta), Filipinos would gather for a fiesta in the middle of town to celebrate a good harvest. It would be time for people to focus on their neighbours, family and friends, solidifying the sense of community and hard work.

Preparations for Pista sa Nayon in the Philippines, as well as in Montreal, take months and involves a lot of hard work. But the FAMAS Executive Board and many supporters and volunteers can take pride in their efforts to bring joy to many Filipinos during the July 15 festivities. Among the volunteers providing security and logistics were the San Lorenzo Ruiz Assembly (consisting of Knights of Columbus 3 councils led by Peping Tolentino) and Filipino-Canadian Chess Club of Montreal (handled by its president, Peter Tan), respectively. Of course, the members of the Filipino Nurses Association of Quebec were on hand to provide first aid in case of emergency. Part of the festivities' success was due to the support of the CDN NDG Borough of the City of Montreal and sponsors.



Mourning Dolphy's passing page 16



Benjamin Bade's family name crest is displayed at the tent of the Abranian group during the Pista sa Nayon festival. From left: Magnolia Camat, Bang Barba, Zenaida Kharroubi, Dr. Leticia Barba, Santiago Barba, member of the Provincial Board of Abra, Nolia Bade, Carlito Bade, Jodie Perez, Mariano Barba, Benjamin Bade, and Jake Mendiola.



Mosaic of the logo of the City of Montreal at City Hall, 275 Notre Dame



L'Armoiries de la ville de Montréal (coat of arms) See story on page 3

See Page 4 Pista sa Nayon



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Editorial

Celebrating festivals is an interesting part of Philippine cultural tradition

The annual "Pista sa Nayon" should be recognized as one of the best ways to foster community spirit and the opportunity to focus on the positive aspects of our Filipino cultural heritage. Not only do we enjoy the fine weather during this time of the year but also the good food that we share with friends and strangers alike. The hospitality of the Filipino people is certainly evident in every tent installed in the park.

Holding fiestas or festivals is typically part of Philippine culture that we have managed to carry on wherever we settle down. In Montreal, we have two big celebrations during the month of June and July - the Philippine Independence Day and the "Pista sa Nayon." This year, we have been blessed with a nice weather on both occasions. Hence, the two festivals were very well attended,

A review of Philippine festivals offers an interesting array of cultural traditions in every town in different times of the whole year. Most Filipino Canadians remember the fiestas they used to enjoy back home. It is no wonder that the Pista sa Nayon evokes the nostalgia of those days gone by.

To illustrate the richness and variety of town festivals, we list some of the festivals held in the month of June and July. This is just a partial list for there are just too many fiestas in every town and province.

1. MUDPACK FESTIVAL Murcia, Negros Occidental 24 June

Oneness with nature is the underlying theme behind Murcia's annual mud-moving spectacle. Check on its cloudy highlight - a lively street dancing parade with the participant wearing nothing but mudpacks (well, almost...). It's a safe way to mix our ecological concerns with good, clean, cloddy fun - just be sure to shower afterwards!

2. PINYAHAN SA DAET Daet, Camarines Norte 15-24 June

Sweet, juicy pineapple is the fruit of choice for the people of Daet, Camarines Norte. In fact, they loved it so much that they made a festival in its honor. Join the locals as they celebrate the Pineapple Festival featuring a colorful street presentation set by art

exhibits, trade fair, cultural dances, and sport events. Feel rich when you go for a visit at Paracale Gold Mines, and be familiar with some Bicol heroes like Vinzon and Panganiban and Lucban.

3. PARADA NG LECHON Balayan, Batangas 24 June

A different sight and flavor are introduced in June with a festival in Balayan, Batangas, commonly known as the "Parada Ng Lechon". These luscious roasted pork form the highlight of the occasion, decorated out in their platforms with all kinds of décor. Since the festival corresponds with the feast of St. John the Baptist, be prepared to get wet as people observe the feast by repeating the ritual of baptism - pouring water.

4. TACLOBAN PINTADOS FESTIVAL Tacloban City 29 June

Back during pre-Hispanic years, tattoos denoted courage among the natives of Tacloban. These days they symbolize a cultural revival, and a wild, wild fiesta called the Pintados. Join the town residents as they decorate themselves out in body paint, imitating the warriors of old while dancing to the frantic beat of drums.

5. SANDUGO FESTIVAL Tagbilaran City 1-2 July

The Spanish colonization of the Philippines began with a blood-sealed peace treaty on the shores of Bohol. This historic event is considered today with an all-out fiesta at the island's capital city. Check out the Sandugo street dancing parade featuring ten colorfully-dressed groups dancing to the beat of drums. There's also a traditional Filipino carnival, a martial arts festival, and Miss Bohol Sandugo Beauty Pageant, among the dozen of other exciting activities.

After learning about these festivals, we are amazed at how people are able to find different ways of celebrating together. Needless to say, it will be a good reason to go for a holiday in the Philippines to attend these fiestas. How we wish these traditions would become better known to attract tourism into the Philippines.!

Zenaida Ferry Kharroubi

All aboard! VIA Rail Canada and the Institute for Canadian Citizenship collaborate to help Canada's newest citizens explore our country

TORONTO, July 3, 2012 /CNW Telbec/ - VIA Rail Canada and the Institute for Canadian Citizenship (ICC) have collaborated to provide new Canadian citizens, who are members of the ICC's Cultural Access Pass (CAP) program, with a one-time, exclusive travel offer: a 50 per cent discount on the lowest available fare, any class, one way or round trip, no blackout periods, for CAP members and up to four of their children under the age of 18.

The Cultural Access Pass program fosters inclusion, introducing our country's newest citizens to Canadian culture and experiences by providing them (and their children) a year of free access to more than 1,000 Canadian attractions from museums and historic sites to national and provincial parks (even offering access to volunteer and employment resources). With an average of almost 100 registrations per day, more than 50,000 new citizens have become Cultural Access Pass members.

"We are thrilled to join the Institute for Canadian Citizenship to bring train travel to our newest fellow Canadians," said VIA Rail President and CEO, Marc Laliberté. "Travelling by train is a truly unique experience, one that connects travellers with Canada's historical, cultural and natural beauty. We look forward to welcoming many new Canadian citizens on board as they discover all of the wonderful experiences this country has to offer." VIA Rail's significant travel offer complements the Cultural Access Pass's ability to engage new Canadian citizens with their country by discovering many of its remarkable

attractions. With services from Vancouver to Halifax, VIA Rail connects some 450 communities across the country, giving CAP members plenty of travel experiences to choose from.

CAP members are an engaged audience, interested in exploring their new home from coast-to-coast. In a recent ICC survey, 80 per cent expressed a desire to travel within Canada over the next year, listing their top Canadian travel destinations as Atlantic Canada, Vancouver, the Rocky Mountains, Montréal and Ottawa.

"Our relationship with VIA Rail is a dream come true to someone like me who was once a new Canadian wishing to discover a new country," said The Right Honourable Adrienne Clarkson, Institute for Canadian Citizenship's Co-Founder and Co-Chair. "The opportunity it presents for our Cultural Access Pass members is truly wonderful."

Gillian Hewitt Smith, the ICC's Executive Director & CEO adds: "Now, not only are we able to open doors to cultural attractions and parks, we can also provide new citizens with a wonderful way to travel. CAP is only possible because of organizations like VIA Rail Canada who work to meaningfully include new citizens in Canadian life."

CAP's ability to welcome and engage new citizens was recognized by the Honourable Jason Kenney, Minister of Citizenship, Immigration and Multiculturalism as well as the Honourable Steven Fletcher, Minister of State (Transport); both announced this exciting offer during Canada Day celebrations in Canada's Capital Region and Vancouver.

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With the vital support of Citizenship and Immigration Canada, the Cultural Access Pass is introduced to every new Canadian citizen at the time of their citizenship ceremony (approximately 170,000 people per year). As the diversity and value of CAP experiences increase, so too will the pace and rate of new registrations - this year alone, the ICC estimates an additional 35,000 new members! CAP is generously supported by the Canadian Museums Association and the RBC Foundation. Details about the Cultural Access Pass program, including the list of participating attractions as well as full details about the VIA Rail Canada offer, can be found here: culturalaccesspass.ca.

ABOUT THE ICC
The Institute for Canadian Citizenship is a national, non-profit organization that engages Canadians in citizenship through innovative programs, campaigns and partnerships designed to ensure new citizens are welcomed and included as equals, to create meaningful connections among all Canadian citizens, to foster a culture of active, engaged citizens and to celebrate what it means to be Canadian. Our Building Citizenship program brings together new and established Canadians at community citizenship ceremonies; our Cultural Access Pass (CAP) offers new citizens the chance to visit more than 1,000 attractions across Canada for free for a full year from the time they're sworn in; and our annual LaFontaine-Baldwin Symposium fosters a debate on the future of citizenship and Canada's civic culture. The ICC was founded and is co-chaired by the Right Honourable Adrienne Clarkson and John Ralston Saul. The ICC is supported by

Citizenship and Immigration Canada (CIC). For more information, visit icc.ca. You can also follow us on Twitter (@ICCICC).
ABOUT VIA RAIL CANADA
As Canada's national rail passenger service, VIA Rail Canada's (viarail.ca) mandate is to provide safe, efficient, environmentally sustainable passenger transportation, in the country's two official languages. Every week, VIA operates intercity, regional and transcontinental trains linking 450 communities across its 12,500-kilometre route network. Winner of the 2011 RAC Safety Award, VIA transports over four million passengers annually. Since 2007, the Government of Canada has provided VIA with nearly one billion dollars in capital investment funding. Follow the evolution of current projects at viarail.ca/transformingvia. Join the Evolution Blog at viaevolution.ca. Follow VIA on Twitter @VIA_Rail. Visit VIA on Facebook at facebook.com/viarailcanada.
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Mosaic gardens welcome visitors to City Hall

The president of the Montreal Executive Committee, Mr. Harout Chitilian, is pleased to announce that this year again mosaic gardens will decorate the grounds of City Hall for the great pleasure of the citizens and visitors. During the festival season and until the autumn, passers by will be able to admire six works, each marking a theme or event in the year 2012.

"Thanks to the remarkable work by gardeners of Ville Marie, the grounds of City Hall have become an alluring mosaic garden. This initiative is a colorful and original way of highlighting the important symbols of our City. I extend the invitation to all Montrealers as well as to all visitors to come and admire the mosaic gardens," declares Mr. Chitilian.

Passersby will also be able to

admire the works underlining the 50th anniversary of the construction of Place Ville Marie, the 20th anniversary of Musée Pointe-à-Callière, 400th birth anniversary of the founder of the City, Paul de Chomedey, sieur de Maisonneuve, the proclamation by the United Nations Organization of the International Year of Sustainable Energy, and the Crest of Arms and logo of the City of Montreal.

It was announced last March 2012 that the City of Montreal that the the Mosaïcultures Internationales de Montréal will return next year from June 22, to September 29, 2013. The theme is "Earth, the land of Hope" and will feature the works of 50 cities and provinces in 30 countries to be shown at the Montreal Botanical Gardens.



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From Page 1 Pista sa Nayon

Hundreds of Filipinos, and non-Filipinos too, who joined the festivities were surrounded by the sights, spirits and sounds of Filipino culture and heritage. More than 40

performers from various ethnic groups and most of all, the gun salutes by the Royal Canadian Police. Now, we have these beautiful and unique Pista sa Nayon celebrations."

What is important about Pista sa Nayon is that it certainly brought



Festival Chairman Monching Vicente with Hermana and Hermano Mayor. Filipino Star founder Bert Abiera, bearing the Philippine flag (Photo & caption by Budz Sarmiento).

tents, representing various associations and businesses, were used for the occasion.

"Filipinos are really fun-loving people", said Evelyn Garcia, a Plamondon resident. "They're still talking of the recent Independence Day celebrations' shows - the

back beautiful memories for many Filipinos in Montreal and suburbs. One of them is Budz Sarmiento, opinion columnist of the North American Filipino Star who just came back from his home town of Mendez, Cavite.

"There are things that I remember," said Sarimento. "I



Part of the big crowd that assembled at MacKenzie King Park (Photo: Z. F. Kharroubi)



Hermana Mayor, Cely Wan, poses with Maggie Calcetas, founder of FNAQ (Filipino Nurses Association of Quebec), during the Pista sa Nayun held on July 15 at Mackenzie King Park. (Photo: Budz Sarmiento)



Marching with the parade around the park: Melle Lugod, Rose Arellano, Au Osdon, Vangie Gabriel. (Photo: Caption: Z. Kharroubi, photo by: Budz Sarmiento)

remember the dula (play) and the betobeto, (form of gambling in the Philippines in which the operator would put a pair of dice in a small rack over them with another saucer and shake them). The players would choose a number from two to sixteen and then total the numbers on top of each dice

Flor Dimandan, owner of a video store, hails from Navacar, Ilocos Sur. "I also had fond memories of the dula and the comedy skit," said Dumandan. "What I miss most is the boat race in Navacar. Singing contests are also popular in Navacar."

Attending the Pista sa Nayon



Standing together on stage (from left) Ramon Vicente, FAMAS treasurer; Cely Wan, Hermana Mayor; Rodolfo Mendoza, Hermano Mayor and past FAMAS president. (Photo: Budz)

When the dice is uncovered, the one who guessed the total would win. People see the C-list actors and actresses hired as entertainers. I also remember the rat race, most of all, the San Miguel beer and lechon that Filipinos eat only on special occasions like fiesta."

were two former FAMAS presidents, Rodolfo Mendoza (1966-1967) and Alvin Veloso (1971-1972) who are not often seen in the community and Ottawa's Chief of Mission 11, Deputy Chief of Mission, Abraham Estavillo. *****



The Panday Tinig Choral Ensemble pose for souvenir with their coordinator, Edith Fedalizo (on the extreme left) and their musical director, Paul Imperial (3rd from left). Photo by Budz



The **Filipino Solidarity Cooperative, Inc.** (first Filipino solidarity cooperative in Canada) founded in August 1984, is inviting all Filipinos, members and non-members for a community pot luck picnic (*subject to a sunny weather*) on Sunday, August 26, 2012 at Beaver Lake (accessible by Bus 11, starts from Ridgewood Avenue, Cote des Neiges Road), from 11 a.m. to 4:00 p.m. For information: **Tel. 514-485-7861**. A brief meeting of the Cooperative will also be held at 2:00 p.m. for news update about the status of the Cooperative.



PBSSQ holds First Career Fair



Photo shows all the presenters and exhibitors at the conclusion of the First Career Fair held at St. Kevin's Church Hall. Amir Billones, in the front kneeling, worked hard in organizing this event which he hopes to be supported by more and more fellow citizens in promoting our local businesses.

Saturday, July 21, 2012 marked the first time that local businesses owned by Filipino Canadians were given some recognition of their importance in the community. Amir Billones, president of the Philippine Benevolent Scholarship Society of Quebec, succeeded in rallying enough volunteers and business participants in the first Career Fair initiative held at St. Kevin's Church Hall on Cote des Neiges Road, Montreal, from 10 a.m. to 4:00 P.M.

In his welcome address, Billones gave an overview of the program set out for the day and acknowledged everyone participating in the Career Fair. In spite of the low attendance on account of many picnics and people going on holidays during this time of the year, all the speakers on different topics delivered their messages according to the schedule.

First speaker was Andi Neufeld

brief talk about career planning. She pointed out that planning a career is quite personal and everyone has his or her own path to follow but what is most important is to know oneself first in order to find something one likes to do and enjoy doing it. As science has improved our longevity, many people now tend to have multiple careers in a lifetime. Furthermore, age is no longer a barrier to anything we are passionate about provided we are in good health.

The next speaker was Bogdan Negoita who spoke about graduate studies. He outlined the steps followed in doing a PH. D. program. He gave helpful information for anyone wishing to go into graduate studies.

Atty. Angely Pacis gave a narrative talk on how she became a lawyer. She acknowledged the role of her mother in her life as well as the difficulties she went through but never gave up as she was determined to be a lawyer. She believes that it is only



Zenaida Kharroubi, founder and director-general of Gilmore College International, is shown delivering her speech during the Career Fair about career planning.

who talked about the benefits of networking and the pointers that one should follow in order to succeed in making the proper connection with the right people. She was followed by C.J. Gotangco who spoke about his experience in starting his own business.

After the lunch break, Brian Morales gave a talk on community building and building the Filipino Brand. Zenaida Kharroubi gave a

through law that she could make an impact on people's lives. She said that she is willing to be a mentor to any future lawyer in the community.

Natalie Pelausa was the last speaker who acknowledged the people who became presidents of the PBSSQ.

In the conclusion of the Career Fair, Amir asked everyone who participated to come up to the front



Gilmore College International booth at the Career Fair was manned by two student volunteers, Edna Lorenzo (on the extreme right), and Remayette Danao (3rd from the right) Others in the photo are from left: Magnolia Camat, Benjamin Bade, Norma Laroza, Zenaida Kharroubi, and Edith Fedalizo.

and light up a candle. It was a ceremony for mentorship, empowerment, and engagement. A photo-op of the whole group of people

was taken as a souvenir of the historical beginning of a project that is expected to be held again next year.



Mrs. Natalie Pelausa, founder of the PBSSQ, is flanked by Amir Billones, current president, and Dr. Emy Pelausa, past president, while she delivers the closing remarks.

Montreal Westward Lions Club donates \$4000 to St. Mary's Hospital Foundation



From left: Mr. Hartley Barber, Danny Ganas, Myrna Maranan, Flor Rillo, Danny Gallegher, the Club Treasurer handing the cheque to Madame Ginette Morency. Direct Marketing and Communication Member, Dino Pugliese, the Club President, and Ben Bade.

Last April 2, 2012, the Montreal Westward Lions Club donated \$4000 to St. Mary's Hospital for the oncology department cancer research. Last March 1, 2012, the Club sent two

balikbayan boxes of used clothing to Cagayan de Oro Lions to help the typhoon Sendong victims. It was coordinated by Lion Danny Ganas.



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E - The Environmental Magazine

Dear EarthTalk: We've been hearing for years how producing red meat is bad for the environment while consuming it is bad for our health. How do other types of meat, fish, dairy and vegetable proteins stack up in terms of environmental and health impacts?

- Julia Saperstein, via e-mail

Not all forms of protein are created equal as to the environmental and health implications of raising and consuming them. A 2011 assessment by the non-profit Environmental Working Group (EWG) found that "different meats and different production systems have varying health, climate and other environmental impacts."

The quantity of chemical

raising, processing, transportation, cooking and even disposal of unused food (since some 20 percent of edible meat gets thrown away by Americans).

According to EWG, conventionally raised lamb, beef, cheese and pork also generate more polluting waste, pound for pound. Of these, lamb has the greatest impact, followed by beef and then by cheese—so vegetarians who eat dairy aren't off the hook. "Beef has more than twice the emissions of pork, nearly four times more than chicken and more than 13 times as much as vegetable proteins such as beans, lentils and tofu," summarizes EWG.

On the health front, EWG reports that "eating too much of these greenhouse gas-intensive meats boosts exposure to toxins and increases the risk of a wide variety of serious health problems, including heart disease, certain cancers, obesity and, in some studies, diabetes."

Besides cutting out animal-derived proteins altogether, the best thing we can do for our health and the environment is to cut down on our

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Green leaders say Canadian Prime Minister Stephen Harper's motives for weakening environmental protections stem from his interest in expanding and exploiting Canada's tar sands oil and gas deposits, which constitute the second largest petroleum reserve in the world (after Saudi Arabia's).

Credit: iStockPhoto

EarthTalk®

E - The Environmental Magazine

Dear EarthTalk: Why were some environmental websites blacked out all day back on June 4? Was this some sort of protest, or did they get hacked?--Ned Cooper, Detroit, MI

It wasn't hackers this time. In fact, a group of environmental and social justice organizations representing millions of Canadians blacked out their websites for 24 hours this past June 4 to protest efforts by Canada's conservative Prime Minister Stephen Harper to push through a budget bill that would significantly weaken environmental protections.

Organizations leading the black-out include the Canadian Association of Physicians for the Environment, the Canadian Parks and Wilderness Society, the David Suzuki Foundation, Ecojustice, Greenpeace, Nature Canada, Sierra Club Canada and World Wildlife Fund Canada, and several others. More than 13,000 other websites—including those of many major U.S. green groups including the Sierra Club—also participated in the black-out and continue to support the effort calling for stronger, not weaker, environmental protections. Reports the Black Out Speak Out website: "The environmental changes are particularly undemocratic and worrisome given the extent to which the government is going to please powerful oil interests..."

Green leaders say Harper's motives stem from his interest in expanding and exploiting Canada's tar sands oil and gas deposits, which constitute the second largest petroleum reserve in the world (after Saudi Arabia's). "Harper's attacks are happening for many reasons, not the least of which was the success of environmental groups in Canada, the U.S. and Europe in threatening what Big Oil wants most: unlimited tar sands expansion and pipelines like the

Keystone XL to send its oil around the globe," reports Michael Marx, director of the U.S. Sierra Club's Beyond Oil campaign, on the Huffington Post website. "He put the interests of the oil industry first and looked the other way when it came to enforcing laws about air and water pollution, endangered species and the health of downstream communities."

Marx says that "tar sands oil companies are destroying a pristine forest the size of England, accelerating the rate of climate change, causing thousands of wolves, bears, migratory birds, and caribou to die, and leaching toxic chemicals into rivers, as downstream communities experience a spike in cancer rates."

According to Marx, Harper's government is trying to disarm its opposition by threatening the charitable status (and thus the fundraising ability) of green groups who oppose tar sands, subjecting them to onerous tax reporting requirements to bog them down. "Black Out, Speak Out" is a warning that the Harper Government has gone too far," says Marx. "This protest has brought together a diverse array of Canadians to defend their democracy and right to have an open debate about the future of their country."

"Hopefully Black Out, Speak Out will mobilize thousands of Canadians and Harper will learn that it's one thing to attack environmentalists and quite another to attack freedom of speech," says Marx. "If the Harper government pursues this repressive policy, it should expect the backlash to spread in Canada, the U.S. and in Europe."

CONTACTS: Black Out Speak Out, www.blackoutspeakout.ca; Huffington Post, www.huffingtonpost.com; Sierra Club, www.sierraclub.org.

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Let's enjoy the summer weather for a get-together at Beaver Lake

Join the Filipino Solidarity Cooperative community potluck picnic Sunday, August 26, 2012

11:00 am - 4:00 pm

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Community PICNIC



A study by the Environmental Working Group assessed the climate impacts of 20 popular types of meat, fish, dairy and vegetable proteins and concluded that beef has more than twice the emissions of pork, nearly four times more than chicken and more than 13 times as much as vegetable proteins such as beans, lentils and tofu. Credit: iStockPhoto

fertilizers, fuel and other "production inputs" used, the differences in soil conditions and production systems and the extent to which best practices such as cover cropping, intensive grazing or manure management are implemented all affect the amount of greenhouse gas emissions a meat product is responsible for generating. To wit, lamb, beef, cheese, pork and farmed salmon raised "conventionally" (e.g. with inputs including hormones and antibiotics and feed derived from crops grown with chemical pesticides and fertilizers) were determined by EWG to generate the most greenhouse gases.

EWG partnered with the environmental analysis firm CleanMetrics to assess the climate impacts via lifecycle assessments of 20 popular types of meat, fish, dairy and vegetable proteins. EWG's assessment calculated the full "cradle-to-grave" carbon footprint of each food item based on the greenhouse gas emissions generated before and after it left the farm—from the pesticides and fertilizer used to grow animal feed all the way through the grazing, animal

meat consumption and choose only organic, humane and/or grass-fed meat, eggs and dairy. "Overall, these products are the least harmful, most ethical choices," says EWG, adding that grass-fed and pasture-raised products are typically more nutritious and carry less risk of bacterial contamination. "While best management practices can demonstrably reduce overall emissions and environmental harm, the most effective and efficient way to reduce greenhouse gas emissions and environmental impacts from livestock is simply to eat, waste and produce less meat and dairy." For more information, check out EWG's free online "Meat Eater's Guide."

CONTACTS: EWG Meat Eater's Guide, www.ewg.org/meateatersguide.

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Who is really our honorary consul? Or is there one in the first place?

At the United Pilipino Seniors' (UPS) monthly event last June 9, I got hold of a copy of the association's souvenir program. In that program, Mr. Salvador Cabugao was described as the Philippine Honorary Consul for the city of Montreal. Out of curiosity, I asked as many people as I thought would know whether or not Mr. Cabugao was indeed what he was described to be. Interestingly, nobody among those whom I asked had any idea, or at least could say for sure.

possibility of re-establishing the honorary consulate in Montreal. If there was no such consulate yet, how could a person supposed to occupy it be appointed already? That would be putting the cart before the horse, and I don't think that's the way the Philippine Embassy in Ottawa, let alone the Department of Foreign Affairs, does business.

In the late afternoon on that same day, I saw an opportune time to approach Mr. Cabugao as he was sitting under the CCAFAQ's tent with his wife seated beside

Upon checking with the Philippine Embassy in Ottawa a few days later, we learned that there was no such appointment in their records. That piqued our curiosity even more for why did the people in Montreal announce it when there was no such appointment?

Meanwhile, why wouldn't Mr. Cabugao bother to ask people to refrain from announcing it publicly if there was still a problem with his reappointment? Or was he really reappointed in the first place? Mr. Cabugao seems to enjoy being addressed "Consul" even though he knows that he is not a consul anymore? What role, if any, does his wife play in that charade? Is someone playing games with the community? What could be the ulterior motive for the premature, or even false, announcement? Is the reappointment an outright lie? And whose idea is it anyway?

Driving Filipino-style

Recently retired, I had a six-month sojourn in the Philippines from November to May. For someone who is so used to good transportation facilities, not having a car to drive in the Philippines can be very frustrating. So I asked my mom to buy me an SUV. She obliged, and last January 16, I started to drive a brand-new Toyota Innova V, the Filipinos' favorite vehicle in its class.

At first, I found it hard and confusing to drive on almost all local roads and streets, particularly in Metro Manila. Most local drivers use only two controls – the accelerator and the horn – most of the times. They are rude and reckless, and oblivious of traffic rules. They overtake even on double solid lines; change lanes without any warning, and so close to the oncoming traffic that if you were a passenger, you would likely fall off your

seat in nervous reaction.

If you are to drive in the Philippines, you must have very good reflexes otherwise you would have a lot of fender-benders before you reach your final destination. Unlike their Canadian counterparts, local drivers are quick to blow their car horns. To many of them, blowing horn is simply their way of saying "Hello, I'm here. How are you?" Likewise, there's no such thing as "right of way." What's there is "right of the faster and more prompt." What it means is that if you are too nice and courteous and yield to other drivers, you would be stuck in the same place much longer than necessary. I did that once, and my passenger, a cousin, couldn't help telling me sarcastically that if I would keep on driving the Canadian way, we would be in the same place for days before we could get to our destination. So I begrudgingly set aside my Canadian training and driving experience, and drove like local drivers did. It didn't take me that long to adapt to the Philippine driving conditions.

My problem at that point, though, was that the 90-day period within which I was allowed to drive with my Quebec driver's license would expire in 30 days. If you haven't already heard, foreign drivers are allowed to drive in the Philippines for only 90 days upon arrival in the country. After that 90-day period, a foreigner has to have a Philippine driver's license if he is to drive there legally. It's relatively easy for foreign drivers to have it if their licenses are in English. Those whose licenses are in other languages must have them translated into English by their respective embassies or consulates. For Quebec drivers whose licenses are in French, they have to go to the Canadian Embassy located at the Allied Bank Building on Ayala Avenue in Makati City. Translations from private entities are not acceptable.



Cabugao (on the right) with Sarmiento during the Philippine Independence Day celebration at Mackenzie King Park, June 17, 2012.

On June 17, at the celebration of the 114th anniversary of the Philippines' Independence at Mackenzie King Park, it was announced by the emcee that Mr. Cabugao was not only honorary consul for Montreal but also for the Maritimes. There was even report that Mr. Cabugao was consul general, not merely honorary consul.

It seems a bit odd that there was already an honorary consul on or before June 9 when it was only four days earlier that Philippine Ambassador to Canada Leslie B. Gatan announced in his speech during a reception at Montreal City Hall that he would bring up with Secretary of Foreign Affairs Albert del Rosario the

him. So I went up to him, and extended my hand to shake his. After a three-second hesitation, he eventually shook hands with me. Anyway, my ultimate objective was to raise with him the issue of his reappointment to the honorary consulate. After the usual niceties, I greeted him,

"Congratulations, Consul Cabugao." He replied with a question, "For what?" A little puzzled at his reaction, I answered, "For being reappointed honorary consul." He remarked in noticeably hushed tones, "Huwag na muna nating pag-usapan. Malaki pang problema." Perplexed, I decided not to pursue the subject matter anymore.



A typical view of Philippine road driving conditions, vehicles in different directions



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GOVERNMENT PRESS RELEASES

FORT ERIE, ONTARIO — The Honourable Rob Nicholson, P.C., Q.C., Member of Parliament for Niagara Falls, Minister of Justice and Attorney General of Canada, on behalf of the Honourable Denis Lebel, Minister of Transport, Infrastructure and

help U.S. businesses move their goods and products more efficiently across the border to help grow our national economy and create jobs.”

This project supports commitments under the Beyond the Border Action Plan announced by



Communities, today announced the installation of new technology at the Peace and Queenston-Lewiston Bridges to help people cross the border faster.

“Canada and the United States are taking action to promote the safe, secure and efficient movement of people and goods across the border,” said Minister Nicholson. “This technology will make cross-border travel easier and facilitate trade by providing reliable, up-to-date information to help drivers plan and choose the fastest crossing.”

New and advanced sensor technology near customs plazas and approach roads will measure and report delays, and relay this information to travellers. People will be able to plan their routes better, time their crossing, and select the bridge with the best wait-times.

“While driving to the border, we naturally wonder whether it will be faster to cross at Fort Erie or Queenston,” said Minister Nicholson. “With this new technology, accurate, up-to-the-minute crossing times will be posted well before you reach the border.”

This new system is expected to reduce border wait times for the travelling public and commercial carriers by up to one million hours per year. Up-to-date information on the Peace Bridge and Queenston-Lewiston Bridge websites will help drivers to plan and save money on fuel by avoiding congestion.

“This technology demonstrates significant progress on behalf of the Beyond the Border Action Plan by updating critical infrastructure at our ports and enhancement of the border-crossing experience for travelers,” said Acting Customs and Border Protection Commissioner David Aguilar. “This latest example of US-Canadian collaboration demonstrates our nations’ partnership to ensure continued economic competitiveness.”

“Freight movement is essential to commerce and a healthy economy,” said Federal Highway Administrator Victor Mendez. “This technology will

Prime Minister Stephen Harper and U.S. President Barack Obama on December 7, 2011. Under this Plan, Canada and the U.S. committed to reduce, eliminate and prevent barriers to cross-border trade and travel and install border wait time measurement technology at the top 20 land crossings.

The border wait time technology will also:

- o Help border agencies better manage traffic volume by providing reliable information for planning purposes.

- o Ensure more efficient border operations by allowing border agencies to focus resources on security.

- o Reduce environmental impacts by decreasing vehicle emissions from border congestion and delays.

“Border wait time measurement technology will improve accessibility across the border, increase efficiency at ports and enhance service levels,” said the Honourable Vic Toews, Minister of Public Safety. “By implementing border wait time technology at these ports of entry, travellers and commercial drivers will receive information to help them decide when and where to cross the border”.

This project was completed in partnership with the Federal Highway Administration, U.S. Customs and Border Protection, the Canada Border Services Agency and Transport Canada.

For information on the Peace Bridge, please visit: www.peacebridge.com

For information on the Queenston-Lewiston Bridge, please visit: www.niagarafallsbridges.com

Gilmore College's next educational trip - **Apple picking** Sunday, September 16 Details in the August issue Call 514-485-7861 for details.

Minister Kenney Hits the Reset Button: Sets the Foundation for New, Faster, More Flexible Immigration System

Calgary, June 28, 2012 — Citizenship, Immigration and Multiculturalism Minister Jason Kenney today announced the latest step in re-designing Canada’s economic immigration system.

Effective July 1st, 2012, Citizenship and Immigration Canada will place a temporary pause on new applications to the Federal Skilled Worker Program (FSWP) and federal Immigrant Investor Program (IIP).

“We have been making lots of changes to our economic immigration system,” said Minister Kenney. “We will take the next six months to do a lot of the heavy lifting to get us closer to a fast and flexible immigration system.”

The pause will allow CIC to make important changes to its economic immigration programs before accepting more applications. This is an important step in moving towards a faster, more flexible immigration system, while immigration levels are at a historic high.

Since the launch of Canada’s Economic Action Plan 2012, Minister Kenney has announced a series of changes to CIC’s economic immigration programs. They include:

- eliminating the backlog of old FSWP applications;
- improving the selection of FSWs;
- creating a new Federal Skilled Trades Program;
- modifying the Canadian Experience Class to help transition successful skilled temporary workers to permanent residence;
- changing business immigration programs to target more active investment in Canadian growth companies and more innovative entrepreneurs; and
- moving towards a new application management system, to develop a pool of skilled workers who arrive in Canada ready to begin employment.

“This temporary pause on new Federal Skilled Worker applications will allow us to set the program on a new course as we intend to launch revised selection criteria soon,” said Minister Kenney. “The pause has no impact on the number of workers Canada admits

into the country, as CIC continues to process applications already received. Current immigration remains at historically high levels.”

Application intake is expected to resume in January 2013, when the proposed FSWP regulatory changes – which will be published in the Canada Gazette in the coming months – are expected to come into force.

The Immigration and Refugee Protection Act allows the Minister to issue special instructions to immigration officers to enable the Government of Canada to best attain its immigration goals. Since the 2008 Action Plan for Faster Immigration, four sets of “Ministerial Instructions” have been issued relating to Economic Class applications.

Under this fifth set of Ministerial Instructions, CIC will also introduce a pause on new federal IIP applications. This pause will remain in place until further notice, allowing the Department to make progress on processing its existing inventory.

As Minister Kenney announced earlier in April, CIC will be consulting with provinces, territories and stakeholders on ways to reform the current IIP in order to maximize the economic benefit to Canada. The Department is also consulting on whether to create a new investor program on a short-term basis, to promote growth in the Canadian economy.

The temporary pause on FSWP applications does not apply to candidates with offers of arranged employment or those applying under the PhD eligibility stream. The full set of Ministerial Instructions will be available online in the Canada Gazette tomorrow.

Follow us on Twitter (new window to unfollow or login): twitter.com/CitImmCanada
Photo of Minister Kenney will be available later today at: www.cic.gc.ca/english/department/media/photos/high-res/index.asp.
For further information (media only), please contact:
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Fresh fruits and vegetables grown locally are for sale in public parks and parking lots during the summer



Instead of eating ice cream, this baby is chewing on a fresh zucchini



Baskets of fruits and vegetables are displayed on portable shelves in the park

Montreal, July 5, 2012 - For the second year in a row, "Fruixi" returns! Until October 16, 2012, thanks to the initiative of Marché solidaire Frontenac, five tricycles equipped with a cargo load of freshly harvested fruits and vegetables are operated by mobile, young vendors. They travel around to different public parks and parking lots in the boroughs of Ville Marie, Plateau Mont Royal as well as in the open spaces in front of three hospitals (Hotel Dieu, Saint Luc, and Notre-Dame). The residents, workers and visitors can also find these fresh fruits and vegetables at the public park Place Émilie-Gamelin, parc La Fontaine, Piknic Électronik, la Forêt urbaine du Musée McCord or in Vieux-Montréal.

On the road from 10 a.m. to 8 p.m., the Fruixis are attracting crowds. Their presence offer a refreshing sight in public places and at the same time they encourage and promote healthy eating habits. and focusing on local agriculture.

The Fruixis are the pilot projects of young people who inspired local food production. Enthusiasts give passers by free tasting of the fresh produce and give lectures about the

benefits of healthy food and proper eating habits, simultaneously promoting local agriculture.

This project of Marché solidaire Frontenac was realized through the support of several partners, notably the Boroughs of Ville Marie and Plateau Mont-Royal, CDEC Centre-Sud/Plateau Mont-Royal, and the La Direction Santé de Montréal.

For more information, go to the websites :
<http://ville.montreal.qc.ca/villemarie>
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Wikang Pambansa: Nanganganib Na Sari (Patuloy....)

Nang nakaraang taon ay tinalakay ko ang paksang Wikang Pambansa: Nanganganib Na Sari. Humantong hanggang sa makapanayam ko sa sulatan ang nag-imbento ng Jejemon na halos ipagbawal ang pag-gamit sa mga paaralan sa Pilipinas. Bukod sa nausong Jejemon ay may lumitaw pang Bekimon na may sariling diksiyonaryo na karaniwang gumagamit ay ang mga kapwa nating nilalang na may kakaibang sexual orientation. Sila ay tinatawag nating bakla o silahis kung lalake pero may pusong babae (gay) at tomboy o tibo kung babae pero may pusong lalake (lesbian).

Sa pangkaraniwan, ang umiiral na gamit pang-araw-araw ay mababasa sa isang halimbawa ng email na natanggap ko. Ihambing ang pagsulat sa Tagalog ngayon sa ating natutunan sa paaralan. Sadyang hindi na makahabol ang mga rebisyon ng mga magigiting na nangangalaga ng ating Wikang Pambansa. Mabilis ang pag-inog ng ebolusyon.

"...hi Lolo pasensya kana ngaun lng ako naka email ulit nag Holy week kz kaya mejo di ako naka2pag online...

sana nga po ay magamit nio ang mga email ko...

nursery at kindergarten po ang tinuturuan ni ti wilma...english, math, science, filipino ung mga major subjects nia... then

may arts & reading din po. nabanggit ko na rin po naka2pagkwentuhan tau sa email kinaka musta nia pos si Lola...

sa mga presyo ng bilihin naman po dati nagkaroon kami na pagtaas ng preso ng bigas umabot po ng 40-45 ang 1 kilo pero ngun balik na po halos sa dati ang 37 mo magandang bigas na un...marami na rin na imbento ang mga pilipino...pati mga seasoning na ihahalosa bigas para umalsa para magmuhang mamahalin ang bigas na isasaing naimbento na nila...

ang uling 10 piso po isang balot. sa mantika ang isang bote ng coke 1.5ml nag range from 90-110 pesos,,ang pandesal po ngaun 2 piso na, monay 5 piso ang piso nlang ngaun eh ung bonete o ang bowling kung tawagin dati... ang asukal po mejo wala me idea kz libra po ang asukal namin galing saudi galing sa asawa ko...hehe oero cge po research ko...ang asin may mabi2li pa rin pong 5 piso sa palengke...(rock salt). ang ice water na

nabibili nating 1 noon 3 piso na ngaun dahil karamihan nagamit ng ng mineral water pero sa tingin ko ung ibab khit hindi mineral 3 piso pa rin kung sumingil. paminta piso pa run...suka 14 isang gallon.... e un

napaka unique nman ng name nila...hehehe hope you could post some of their pic in FB...till next time lolo...yngat love you2!...."

Ulit-ulit kong tinataguyod ang kagandahan ng ugali ng mga Hapon, Intsik, Koreano at iba pang kapit-bayan natin. Ito lang ang tanging paraan para mailigtas natin sa panganib ang ating wika. Kausapin natin ang ating mga supling gamit ang Sariling Wika bago kusa nilang matutunan ang salitang banyaga.

Bekimon Nina Pechay at Pichu

Pichu: Ganders mo naman sa suot mo, Pechay.

Pechay O, ano namang ganders ang sinasabi mo, Kuya.

Pichu: "Yan ang salitang Bekimon na tinutukoy ni Lelong sa artikulo niya ngayon at ang ibig sabihin ng ganders ay ganda.

Pechay: Uy! hinango mo 'yan sa bekinary nila. ano? Umusod-usod ka nga riyang dahil mahogany ka.

Pichu: Ano? Kapapaligo ko lang kanina ay sasabihan mo akong mahogany! Aglipay ka talaga, Pechay.

(Dali-daling nagsumbong si Pechay sa Lelong)

Lelong: Pangit ka raw! (Binalikan ni Pechay si Pichu ngunit wala na at tumakbo na sa Lelang).



Unang hakbang ni Pechay sa pag-aaral ng Abakada

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Ask the Video Guy

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Tips to Promote Your Video Online

There has never been a better time for video aficionado and students to promote and distribute their own work. You don't have to hire someone to do it nor spend a lot of cash getting it done.

If you are a little digital-savvy, or if you already have a blog or website of your own, you can market your own video and services just as effectively as any professional marketing agency. You have put your heart and soul into your video production - now you want the whole world to see it, but you are not sure what to do about it. The good news is that these days you have many options from which to choose.

Podcasts

Often overlooked by videographers, Podcasts are a great way to distribute your work. Podcasts are audio or video clips that are downloadable at no cost. Because a podcast is subscription-based, use "teaser videos" like the behind-the-scenes of your video or interviews with cast members to get people to subscribe. Once you have a significant number of subscribers, you will be ready to debut your video or film.

Video Portals and Social Networks

Video portals and social networks can establish the value of your video with like-minded people sharing common interests. Getting their attention can be as effective as meeting in person. Your profile page can serve as your website, and using their tools, you can embed video clips, launch podca...and even link back to a blog or a website.

YouTube is the most popular video portal in the world. Create your own channel on YouTube, upload your video and send out invitations to people interested in watching your video. Asking for comments and feedback is a great way to establish relationships. Publishing videos on YouTube has propelled some videographers to celebrity status.

Amanda Baggs' video about autism caught the attention of CNN executives. Amy Walker's video 21 Accents has received four million hits and an invitation to appear on The Tonight Show.

VodPod is another social networking video sharing site. As with YouTube, you can get your very own video channel up and running in minutes. Use your video channel to power your own video site and connect your channel to your blog, Facebook, even Twitter. Take advantage of their stock templates or customize your video site from scratch.

Facebook is by far the most popular social network in the world. If you have a Facebook account, you can upload your video to your profile page and let the comments pour in. Flickr is yet another social network where you can show your video to millions. Upload your video as you would a photo and make it "public."

Do you have a Blog or Website? If you have your own blog or website, you are already ahead of the game. Use them to distribute your

video. However, before you upload it to your blog or site, you need to attend to a few technical details that are necessary to ensure optimal video quality. You will need to convert your video to a web-optimized format. The most widely used video format on the web today is Flash. Any video conversion program can help you with this. You might already have a built-in video conversion plug-in inside your video editing application. Some of the more popular video converters are Handbrake, Sorenson Squeeze, and QuickTime Pro.

You will want to add search engine friendly (SEF) metadata keywords along with your video as well as to your video page so that search engines can find it and list it. Use Google's Webmaster Tools to submit your video information so they can list it on their video index.

After you have converted and optimized your video for search engines, you can then upload it to your blog or site. Every video portal and social network site has its own uploading requirements. However, they are all very similar and not hard to figure out. If you are uploading to your own website, you can use an FTP client like FileZilla to upload your video.

But what if you don't have a blog or a website, and you don't know squat about how create either one? Lucky for you there are thousands of free tools available that you can use to create a blog or web site. Here are just a few of the more popular ones:

Blogger is one of the most used blogging tools in the world, no doubt in part because it is so easy to manage and because it is free. Using Blogger, you can have your own blog in minutes. Moreover, because it is a Google product, you can easily link all

of your other Google applications, like Google Docs, Spreadsheets and Gmail to your blog. These are useful tools to have for communicating with clients, buyers, and other distributors.

Hire A Professional.

Okay, all these services are great, you say, but you want something a little bit more customized, more professional, something that will say you are a serious video producer and you will spare nothing to get the attention your clients deserve. With so many videos on the web these days and so many "free" blogs and web sites to post them in, it's easy to get lost in the shuffle. You want to make sure you stand out above the crowd.

If you are in this position, then either you can build your own custom website or you can pay someone else to do it for you. Some domain and hosting companies provide free web design services when you sign up with them. However, these services are simple, and you will end up with a web site that looks "cookie-cutter" made. The next option is to have professional do it for you. There are countless web design companies, as well as freelance web designers, that you can commission to build your custom website. Shop around for good web designers. Ask friends or colleagues whom they might recommend. Make sure you commission a web designer who will understand what you want and what you need. Tell him or her what your goals are and what you would like your web site to accomplish for you.

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See Page 23 Video Guy



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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 service to the sick and the elderly. (Ethel Tugna - March 2011 graduate)



Gilmore College International provides immigrants the tools for a successful career change. The training and the skills that I learned gave me the confidence to work as a nurses' aide. (Adele Lascano - October 2008)



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 focuses on how to care for the elderly. I'm proud to be part of this college. (Giselle Arellano - October 2011)



At the conclusion of the Team Building course by Edith Fedalizo, PAB students held an appreciation party and gave their teachers flowers shown here. Standing (L-R) Marilou Hechanova, Lourdescita Lubang, Grace Calvo, Mildred Mendoza, Annabelle Allosa, Annie Signey, Joesie Bingayen, and Edison Taguba. Seated (L-R): PAB instructors Clarice Mackay, Sophie Toledo, Director-General Zenaida Kharroubi, PAB instructors Edith Fedalizo, and Amy Manon-og. Not in photo: Terry White, PAB instructor.



Frank McInnis explaining the course to a small group of students.

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STAR PHOTO GALLERY



Souvenir photo of the Caribbean Night at Edouard Dance School, July 7, 2012. Volvick Edouard, the dance school's proprietor (standing behind, center) poses with his students.



JHO DRIVING SCHOOL the first Filipino certified driving school, participated in the annual "Pista sa Nasyon" festival at Mackenzie King Park, July 15, 2012.



Gilmore College's Monday French class' despedia supper for Lynn Solis, (3rd from left) who is going home for a 3-week holiday to get married. Photo taken on July 9, 2012.



The monthly consultative meeting at the Filipino Youth Center had Joe Calugay, (3rd from the right, second row) as speaker about law and the youth held on June 30, 2012 which will be continued next meeting.



The Cordillera tent is one of the most colorful in the Pista sa Nasyon festival, July 17.



Benjamin Bade, one of the founders of the Filipino Solidarity Cooperative, remits a \$305 cheque to the president, Zennaida Kharroubi, to help maintain the coop.



Kids waiting for the "pabitin" to be lowered so they can grab a toy or candy. (Photo: Budz Sarmiento)

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Blueberry, 1 day - \$26, Charlevoix 2-day
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days \$238+, Across Canada 10-day tour -
\$699+, New York City 3 days tour \$78+, I
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Philadelphia, 4 days - \$128+, Little Europe -
Chicago 4 days - \$238+, Virginia Beach
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Brian Gans

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Villa Maria



21st Birthday

Surprise party for
RJ Corpus
July 21, 2012



First arrivals at the surprise birthday party for RJ - Great grandma Sally, Grandma Betty, Aunt Wennie and Uncle Oscar being welcomed by the staff of Le Chambertin



RJ Corpus coming through the door into the surprise birthday party



Grandma Betty Corpus with her one and only beloved grandson RJ.



RJ with his loving Grandpa and Grandma



Blindfolded, drink is poured into RJ's mouth, symbol of being 21, legal age for drinking.



RJ looking at his delicious birthday cake while Mom Rhoda looks on with delight



RJ's Mom and Dad having a good time dancing



"Three Musketeers" - RJ, JP, and Bobet



RJ with his grandma's friends (L-R), Zeny, Jean, and Emily



RJ with Mom, Rhoda (4th from the left) and Dad, Robert (2nd from the right), and their friends



Standing (L-R) Sarah, RJ, Siony, Betty (Seated) Zeny & Josie



Sarah and RJ poses with classmates and friends



Sarah and R.J pose with their friends



RJ poses with his grandma's friends



Sarah and RJ pose with their Filipino-Canadian friends

PERSONALITY OF THE MONTH

Morales shares with us the joy of giving

By W. G. Quiambao

For once in our lives, we experience the joy of giving and learn from it.

To support this statement, Brian Lester Morales, who has been working with an airline company for two years and also has been running part time an international e-commerce business, says, "I believe we all have an innate sense to give. A desire to add value to others. Whether it be gifts, time, money, a solution to a problem or a smile, we all naturally love giving. Sometimes, we get caught in a "rat race." The 9 to 5. I know I have. That's why I stopped volunteering for a few years. We all have heard the phrase before, 'Do what you love.' Well, I say, 'Do what you love and add value to others.' If you can combine the two, you wake up everyday doing what you love and making a difference. We're meant for significance. That's why we have this innate desire to give.

"I've good mentors in my life - business, spiritual, mental. I've learned a lot from my mentors that I'd like to give back to my community," Morales continued. "I've learned from my mentors that to succeed in life, I've to work on myself first. Personal development, the framework of leadership."

When Morales was about 17 years old, he was very active in CFC Youth for Christ. He regularly volunteered for events, campaigns, conferences and talks in large groups. In



addition, he volunteered with CFC Kids for Christ running camps. He also joined events to feed the homeless in Montreal.

In the beginning of this year, he became a member of the FAMAS Pagsibol, the association's youth project. A few times, he has volunteered to give talks on leadership training. Last spring, he also served as co-emcee of the FAMAS Miss Philippines-Montreal Ambassador of Goodwill.

But his biggest passion now is Gawad Kalinga (GK), a movement which is recognized globally as a world-class Filipino movement for nation building that has built close to 2,000 beautiful and thriving communities for the poorest of the poor. Its current mission is to lift 5 million families out of poverty by 2024, bringing the Philippines into First World status. This foundation began in 1995 in the largest slum in the Philippines.

Morales got involved with Gawad Kalinga in 2003 when it was making big strides globally. For the following two years, Gawad Kalinga had run various events in Montreal schools and campuses and formal events to build villages.

"But I became less involved and lost my focus for a few years and with it so did the presence of Gawad Kalinga in Montreal," Morales said. "But I loved the works that were done. I was more focused on building my business. Then, I was re-introduced to Gawad Kalinga by Amir Billones, a friend and a mentor. I couldn't believe how much progress had occurred. It's now 2,000 thriving communities and is recognized globally while its framework is being introduced in other Asian countries.

"This year's project, the Bayani Challenge (Hero Challenge) brought together over 10,000 volunteers over a 5-day period to build 3 provinces and 3,000 houses in the Philippines. Next year, we will challenge the impossible - 100,000 volunteers, 30 provinces, 30,000 homes - from March 22 to 27. Our goal for Canada is to bring 15 teams of 15 people to build."

Morales' interest in the Philippines was re-ignited when he went back there in 2008 for a family reunion. Unfortunately, he wasn't able to visit a Gawad Kalinga village.

"I've many friends who traveled to the Philippines to volunteer for Gawad Kalinga," said Morales. "They say that when you volunteer, you work hand-in-hand with the beneficiaries (tenants who earn their house with 600 hours of sweat equity, giving them a sense of pride and appreciation when given new homes.) You build homes, sleep in the same homes, talk with other volunteers and beneficiaries, connect

with everybody, plain old caring."

Billones, incumbent president of the Philippine Benevolent & Scholarship Society of Quebec, said: "Brian has organized many fundraisings for Gawad Kalinga with community groups from Quebec and Ontario. He started a group called the Hero initiative, also called the heroism or being bayani. His integrity and strength is what makes him a great community leader."

Morales just came back from Toronto where he attended a global summit participated by various sponsors like companies and the Philippine Ambassador to Canada last June 8 and 9.

"What I'm doing now is sharing stories with groups of friends to promote Gawad Kalinga," said Morales. "Gawad Kalinga has a very natural fit for me. I've a God-given desire and love for my country, the Philippines. And the most significant distinguishing factor is its focus on the individual, personal development, not just with the poor, but the middle-class, the corporations and government too."

At 28 years old, Morales has been successful in life. He says "Success is not about a good job, good money, facts and numbers. It's about what you became as a person. How you develop your character, yourself, principles of integrity, leadership and love. Self-development is significant to everyone. It does not work at what you have in the bank."

**Read the North
American Filipino Star
on line
filipinostar.org**

Cabugao's biggest hurdle is diplomacy

by W. G. Quiambao

When someone holds an important job, whether he is a president of an association or an honorary consul, he is expected to behave not only in accordance with his age but also with his title. Unfortunately, there are people who don't realize that. An example is Salvador Cabugao, former honorary consul.

My recent encounter with Cabugao at the Mackenzie King Park during the Independence Day celebrations last June 17 validated what many people have been saying about his demeanor.

It was noisy at the park but I heard an announcement by the emcee that Cabugao was re-appointed as honorary consul. I couldn't believe it. On June 5, in Ambassador Leslie Gatan's speech at the City Hall of Montreal, he announced that he would work on actualizing a twinning arrangement between Manila and Montreal on the opening of a Philippine Consulate. There was no reason for me to doubt him. But on June 17, I heard from the emcee that Cabugao would be re-appointed as honorary consul. Who is right? Important decisions, like the appointment of an honorary consul, do not happen overnight. Besides, I believe that important news like that should be officially announced by the Office of the Ambassador and published in a community paper.

But whether the announcement was true or not, since Cabugao and I were in the same tent, I graciously congratulated him. I don't think he acknowledged my congratulations. When I asked if he would like me to write about the public announcement, he indifferently said, "No." I asked him why. For me, the announcement that there would be an honorary consul in Montreal is news that concerns many Filipinos who need consular services.

Without looking at me, Cabugao laconically answered, "You've no credibility."

I must admit that I was a bit surprised. For a former and would-be honorary consul, that demeanor was unbecoming. Hearing what he told me, I said, "Now, now. I'm not surprised that you don't get the respect of many Filipinos here."

After our brief but sarcastic exchange of words, I realized why he had a negative attitude towards me. I remember a friend telling me that Cabugao was mad at me because he thought that I was the one supplying the information to Budz Sarmiento who attacked him a few times in the North American Filipino Star. For example, Sarmiento wrote about his rumored affair with a Filipina while waiting for his wife to join him here in Canada in the 70s or 80s. Although I've been in Montreal since 1969, how could I supply this information as I got involved in the community only in 1996. And his hunger for recognition which Sarmiento also wrote is a common knowledge in the

community. In fact, he enjoys being called consul, instead of honorary consul during and after his term years ago.

In a way, Cabugao's displays of rudeness aren't new to me anymore. I have a list of them but I'll cite only two.

I heard about the infamous 'scene' at the UPS' monthly party. Weeks before the party, a member of the UPS questioned Warlie Basbacio, the president, why Cabugao was always chosen as the association's guest speaker. People are fed up with his long and boring speeches. When Cabugao found out about the inquiry, he got mad. Instead of privately discussing the problem with the person who questioned Basbacio, Cabugao waited for an opportunity to embarrass the person. And the opportunity came at the UPS's monthly party. After his usual speech, he challenged the person to come on the stage and explain. Instead of embarrassing the person, Cabugao became a laughing stock when he made a spectacle of himself in front of the guests.

I heard about what happened last May 17, also at the event of the UPS, where ironically, Cabugao is the adviser. He was scheduled to be the guest speaker and Au Osdon, president of FAMAS, the emcee of the evening, it's known to many people in the community that the two are not fond of each other. Being a professional, however, Osdon accepted the invitation even though she knew that Cabugao would be the guest speaker. When it was time for Cabugao

to deliver his speech, Osdon called his name. Unknown to her, Cabugao sent a message that he would not be there. He could have made an excuse that he was sick. Instead, he sent a message that he would not attend the event because Osdon would be there. In people's mind, Osdon showed class, professionalism and diplomacy than Cabugao who acted like a spoiled brat. What would happen if he were really an honorary consul and he is invited to a gathering where his enemies would be there? What would happen if his enemies need consular services? Would he help them?

Let me tell you a story about Jackie Collins, famous author of trashy novels such as Hollywood Divorces and Poor Little Bitch Girl. I read that Collins wrote a blind item linking a married socialite to a married senator or an actor. When they met at a Hollywood party, the socialite confronted Collins. She then threw the glass of wine she was holding on the face of stunned Collins. But instead of getting mad, Collins kept her composure and said, "Honey, that tastes good. One more time."

The guests who witness the incident burst into laughter and it was the socialite who hurriedly left in embarrassment. Collins used diplomacy. That's what Cabugao lacks - skill in handling a delicate situation or tact in public considering he is representing the office of the Ambassador in Ottawa. He should have displayed a touch of class.

Meanwhile, if Cabugao's appointment is true, congratulations and good luck!

Philippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi

Recipes with Nestlé Cream or Coconut Milk



Chili clams

Ingredients

- 1 pound clams in shells, suitable for steaming (see notes)
- 1 pound mussels in shells (see notes)
- 2 tablespoons olive oil
- 1/2 cup minced shallots
- 1 1/2 tablespoons minced ginger
- 1 tablespoon minced garlic
- 1 can (13 1/2 oz.) coconut milk (see notes)
- 1 cup dry white wine
- 1/3 cup Asian sweet chili sauce (see notes)
- 2 tablespoons lime juice
- 1/3 cup slivered fresh basil leaves
- Salt
- 1/3 cup thinly sliced green onions
- Lime wedges

1. Scrub clams and mussels; pull beards off mussels if still attached. Discard any clams and mussels that don't close when you tap their shells.
2. Pour olive oil into a 10- to 12-inch frying pan over medium-high heat; when hot, add shallots, ginger, and garlic and stir often until shallots are limp, 2 to 3 minutes. Stir in coconut milk, wine, and chili sauce and bring to a boil.
3. Add clams, cover, and cook for 5 minutes. Add mussels, cover, and simmer, reducing heat if necessary, until all the shells have opened, 2 to 3 minutes longer. Gently stir in lime juice and basil; add salt to taste.
4. Pour into a large bowl for sharing, or ladle into individual bowls. Sprinkle green onions on top and garnish with lime wedges.

Per serving: 395 cal., 64% (252 cal.) from fat; 9.1 g protein; 28 g fat (19 g sat.); 19 g carbo (0.7 g fiber); 283 mg sodium; 15 mg chol.

- are green and I like the contrast of the white creamy carbonara sauce against the green noodles)
- 1 head garlic
- a dash of nutmeg
- a dash of pepper
- Olive Oil
- 1/2 cup parmesan cheese for topping

Preparation

1. Prepare the pasta (fettuccine noodles) based on instructions. Set Aside.
2. Fry the bacon until brown and not too crispy. Set Aside 1/4 for topping and the rest for the sauce.
3. In a sauce pan, saute garlic with olive oil. Add ham and 3/4 of the fried bacon.
4. Add the 2 cans of creamed mushroom soup with 2 cans of water.
5. Add the cream. Mix well.
6. Season with nutmeg and pepper.
7. If the bacon or ham you bought was too salty that it made the sauce salty as well, just mix in additional cream to neutralize the salty taste.
8. Serve the sauce and noodles separately. Top with bacon bits.

Serves 15-20 persons



Bicol Express

Ingredients:

- 1/4 cup Cooking oil
- 1 1/2 cups Bagoong alamang
- 2 tb Chopped garlic
- 6 cups Coconut milk
- 1/2 cup Chopped onions
- 3 cups Fresh hot green peppers (elongated variety) sliced diagonally into thin strips
- 1/4 cup Chopped fresh ginger (optional)
- 2 tbs Dilao(fresh tumeric)
- 1 kg Cooked pork sliced into 1/2? strips
- 1/4 cup Fresh red peppers (elongated Variety) sliced diagonally Into thin strips
- 2 tbs bird's eye chili (siling Labuyo)

Cooking Procedure:

1. Saute garlic in hot oil. Add onions and cook until translucent.
2. Stir in fresh ginger, dilao, and the sliced cooked pork. Stir continuously for 5 minutes.
3. Add bagoong alamang and chopped hot chilli(siling labuyo). Stir until the pork is completely covered by the mixture (about 15 minutes).
4. Pour in 6 cups of coconut cream and add the sliced hot green and red peppers. Continue cooking for about 20 minutes.
5. Add salt if necessary. Note: chillis and peppers to be added according to spiciness desired.
6. Best served with rice or as an appetizer.



Spaghetti Carbonara

The Real Carbonara Spaghetti is not really creamy. The noodles are coated in eggs and cheese. There is another way to cook Spaghetti Carbonara using processed foods at the grocery. This is really handy when you suddenly have guests that arrive or you are a beginner in cooking. The canned goods comprise of canned mushroom soup, cream, ham, bacon and fettuccine noodles. You are also assured that the taste will come out a best seller. Try this next time when you have surprise guests. Here is the creamy carbonara recipe:

Ingredients

- 2 cans Creamed of Mushroom Soup (preferably Campbell)
- 250 ml All Purpose Cream (Nestle)
- 200 grams sweet ham, in small squares
- 200 grams bacon, shredded
- Spinach Fettuccine (400 grams noodles)

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FILIPINO STAR SHOWBIZ GOSSIP

Entertainment industry grieves Dolphy's passing



The King of Comedy Dolphy was a 'true friend' to FPJ, says MTRCB Chairwoman Grace Poe-Llamanzares

Comedian Dolphy is so loved by people that network rivalries, even political conflicts, were put aside the day he died. Many recalled his humility, kindness and his unmatched contribution to the industry apart from his evident acting prowess.

Colleagues

With a career spanning seven decades, Dolphy starred in over 200 shows and has had the rare opportunity of working with stars from different generations.

Matutina, Dolphy's co-star in the sitcom "John en Marsha," aired her grief over his passing via an interview on "Umagang Kay Ganda," Monday.

"Siyempre malungkot tsaka nagdurugo ang puso po namin. Walang makakapantay sa kanyang ibinigay o inambag sa pelikula, telebisyon lalo na sa stage... 'Yang legacy na yan iiwan niya sa kanyang pamilya at sa kanyang mga anak at mga kaibigan sa lahat ng mga tumatangkilik sa kanya, nagmamahal sa kanya."

Nova Villa, who played wife to Dolphy in the sitcom "Home Along Da Riles," recalled to "Unang Hirit" what she learned from his good friend.

"Yung kababaang loob nung tao. Alam mo naman tayong mga tao 'diba? 'Pag may mga taong mabait

'yung mabait 'yung loob natin pagka ganoon na isang mataas na tao pero nagpapakababa. Na nakiki-level sa mga mabababa," said she.

Dolphy's biographer, Bibeth Orteza noted via a "UKG" phoner what the comedian values the most: "He was like that. Nagbibigay siya ng malaking value sa mga gathering ng mga pamilya. 'Pag nakikipagkaibigan siya sa tao hindi lang mismo doon sa kaibigan niya kundi pati pamilya dinadamay niya. Nung namatay ang mother ko, he was there. Nung nagkasakit ako at inoperahan in 2004, he was there."

The '80s sexy star Janice Jurado thanked the Quizon family for the veteran comedian's support in two previous operations that she had gone through.

"Tito Dolphy hindi ko kayo napasalamat sa lahat ng tulong niyo sa akin. Ikatlong operasyon ko binigyan niyo ako ng tulong kaya ako naoperahan. Ikalimang operasyon ko kayo nanaman. Nagpunta ako sa bahay niyo sa Marina, pinapasok niyo ako kahit hinang-hina kayo. Maraming-marami pong salamat, wala man lang po akong nagawa para sa inyo," said she.

Director Cesar Cosme, dubbed as the man who "lent" the name Kevin Cosme to Pido's character on "Home

Along Da Riles," a sitcom which he also directed, in a phone interview with "UH," underscored the late comedian's sharp wits as seen on "John en Marsha."

"Pag adlib ni Mang Dolphy tawanan na kami sa studio, eh rehearsal palang 'yun ah. Pag actual na, iba parin 'yung bibitawan niyang adlib," Cosme said.

Famed talent manager-host German Moreno, on the other hand, lamented in his "UH" interview how the controversial National Artist award, which many personalities had been lobbying for Dolphy, is belated if the comedian gets it now.

"Yun nga ang nakakahinayang eh na bakit kailangan pang pagtalunan 'yang National Artist award na 'yan eh. Ito na huli na. At parang sinasabi pa nila na ibibigay nalang bilang consuelo, wala na dahil alam naman na natin na ano pa ba ang dapat patunayan ng isang Hari ng Komedyang na ang binigay na kasiyahan sa mga manonood hindi lamang sa larangan ng isang bagay kundi 'yung bang entablado, pelikula, telebisyon, radyo. 'Yun bang pagbibigay aliw sa mga tao, napakahirap gawin niyan, hindi madali," he stressed.

Batangas Governor Vilma Santos, after visiting the remains of the 83-year-old superstar, via a text message sent to DZMM on Tuesday night, lauded how he's truly a "simple person in flesh" but a true blue comedian because "'pag nag joke, talagang matatawa ka..."

Politicians

Several political entities also recognized Dolphy's immeasurable contribution to local show business.

Actor-turned-senator Tito Sotto via his daughter Ciara Sotto's Twitter account said: "Dolphy has been called to perform for a far greater audience! God bless his soul!"

Senator Pia Cayetano also extended her condolences to the Quizon family: "The nation mourns the loss of a great Filipino. But the family of Mang Dolphy lost the man they loved. Let's pray for their strength."

Senator Miriam Santiago prayed for the eternal repose of Dolphy's soul and quoted numerous quotes about death being only a "physical separation" from a person's loved ones on her Twitter account.

Senator Bong Revilla, son of veteran actor and former senator, Ramon Revilla Sr., a contemporary of Dolphy, said via a statement that the death of the head of the Quizon family was a great loss to the industry.

"Bilang isa ring taga-industriya, masuwerte kung sino man ang makakaabot sa kanyang narating. With more than 200 movies and decades-long TV shows, we can only aspire for what he has accomplished," the statement read.

Businessman-turned-senator Manny Villar, whom Dolphy endorsed in the elections, reminded the public to never forget the comedian's talent and compassion. Ex-president Joseph Estrada, on the other hand, broached that Dolphy should receive the

prestigious National Artist award.

Vice President Jejomar Binay, who happens to be Dolphy's "kumpare," also grieves his passing, as with Manila Mayor Alfredo Lim, who said that he would command for the government offices and public schools to lower their flags to a half mast in commemoration of the illustrious actor's death.

Leyte Representative Lucy Torres was realistic on the subject, tweeting: "We all knew it was coming, but that still does not lessen the sadness of his passing. #RIP Mang Dolphy"

Other celebs, personalities

Both young and seasoned celebrities have, in their own small way, paid their last respects to Dolphy on Twitter.

TV host Bianca Gonzalez: "Today, let us all give honor to mang dolphy, as his son eric says, by smiling to the person next to us. :) #RIPDolphy"

Comedian Chokoleit seemingly gave deeper meaning to what Dolphy said just the other day about going "home."

"On the contrary, Mang Dolphy's request that he may be allowed to go home was granted... back in the arms of his Creator, God Almighty."

Actress-comedienne Angelica Panganiban posted: "Naging masaya ang childhood ko dahil kay Kevin Cosme... 'Home long da riles'.. Masakit 'to.."

TV host-entrepreneur Divine Lee, on the other hand, being an LGBT advocate told her followers: "I know beekies will never forget Markova & Facifica Falayfay. Mahal ka namin&will miss u. I'm sure u will keep our creator smiling up there."

Daphne Osen-Paez unabashedly confessed that she's been bawling her eyes out with all the tribute for Dolphy because "He was everyone's TV dad. And I feel orphaned."

Kapuso sexy actress Bubbles Paraiso reposted a tweet which read: "If you know 'Home Along Da Riles' and the comedy King of the Philippines Tito Dolphy, your childhood was awesome. #RIPDolphy"

Itchyworms front man-turned-TV-host Jugs Jugueta somehow made light of the sad news by tweeting: "John en Marsha are together again. #RIPDolphy Long live the King Of Comedy!"

Veteran actress Gina Alajar said: "The gates of Heaven opened, angels singing Alleluia to welcome The Great Tito Dolphy! He is in a better place than all of us. #RIPDolphy"

TV Host Kat De Castro underscored the best lessons which Dolphy imparted and wrote, "We all learned something from Dolphy. Laughter is the best medicine. Stay humble. Leave good memories. #RIPDolphy"

As of this writing, the hashtag "#RIPDolphy" remains at number two of top trending topics while the tags "Home Along Da Riles," "Rest in Peace," and "National Artist," are in the top 10. ■

Precious Lara Quigaman & Marco Alcaraz tie the knot



Marco Alcaraz and 2005 Miss International Precious Lara Quigaman tied the knot on Sunday, July 8, at Hacienda Isabella, in Indang, Cavite.

The teary-eyed bride and groom also took advantage of the situation to announce that they are expecting their first child in November.

"God really does answer prayers and more often than not He gives us more than we ask of Him, and He gave me, not a 'good man' but the 'best and perfect man' for me," Lara described her groom.

Pastor John Vidal Gay, the couple's close friend from Without Walls Ministries officiated the wedding.

Light lavender, blush and pink

Color motif was light lavender, powder, and blush pink. Lara wore a beige Veejay Floresca gown made of imported corded lace from the award-winning designer's recent trip to San Francisco. The skirt is made of 100 yards or bias cut silk organza with a surprise element.

Marco, on the other hand, wore a Randy Ortiz suit.

Marco said in a phone interview weeks before the wedding that he and Lara opted for a low-key garden wedding with only friends and family in attendance.

As it turned out, the only showbiz personalities in the list of principal sponsors are Marco's talent manager Noel Ferrer, ABS-CBN Channel Head Cory Vidanes, and GMA Network VP for Entertainment Lilybeth Rasonable.

Other principal sponsors are former senator Juan Miguel Zubiri, Governor Luis El Ray Villafuerte, and Vice Governor Deogracias Savellano.

The rest of the entourage was star-studded: Valerie Concepcion (who introduced the couple to each other three years ago), Maja Salvador, Gerald Anderson, Jason Abalos, Alfred Vargas, Luis Alandy, and director Dominic Zapata.

Lara's fellow beauty queens also made up the female entourage.

"Gusto ko lang ipagsigawan sa buong mundo na mahal na mahal ko si Lara. I want to give her the wedding that she wants... it doesn't have to be grand basta ang importante sa amin makasama namin ang family and close friends namin," Marco, who left all the details of the wedding to Lara, said in a media release.

The groom added in the phone interview that they chose vintage travel as the wedding theme since it reflects his and Lara's love for yes-travel.

Plans

Between the two, it is Lara, Marco added, who wants more children.

"We will open a fine dining restaurant in Alabang by August," Marco revealed.

Lara will buckle down to work in the restaurant after the wedding.

Quigaman (Precious Lara San Agustin Quigaman in real life) was born in Taguig City. She became popular after winning the 2005 Miss International beauty pageant held in Tokyo, Japan. After which,

Quigaman joined show business and appeared in several television shows in ABS-CBN.

Alcaraz was born in Cebu City and a former varsity basketball player at San Sebastian College-Recoletos before joining the entertainment industry. He rose to fame after appearing in a movie entitled "Aishite Imasu 1941: Mahal Kita" with actor Dennis Trillo. He appeared in several shows in GMA Network. ■

Piolo & Angelica: special relationship developing?



Piolo Pascual and Angelica Panganiban

After being paired with each other onscreen numerous times, is a special relationship developing between actress Angelica Panganiban and actor Piolo Pascual?

After their recent team-up for romantic-comedy film "Every Breath U Take," Panganiban and Pascual are teaming up anew in ABS-CBN's next big project, "Apoy sa Dagat."

Eight years since their first team-up for the TV series "Mangarap Ka," Panganiban admitted she has become very comfortable working with Pascual.

But is there anything more to their relationship than friendship?

"Ang alam ko kasi approve sakin si Iñigo (Pascual's son), nasa labas siya. Nagna-nod siya," Panganiban said in jest, when asked about their relationship.

The young actress, however, quickly clarified that their friendship has only served to better their working relationship.

"Si Papa P kasi, sobra akong komportable makasama siya at

makatrabaho. Hindi ako nahihiya sa kanya. Sobrang kapal na nga ng mukha ko 'pag kasama ko siya. May ganoon siyang personality eh. Sobra kang magiging relaxed, 'di ka kakabahan," Panganiban said.

Water world

For their latest project together, Panganiban even confirmed that she and Pascual will bare more skin than usual, as the new soap will prominently feature the sea as its setting.

Pascual, on the other hand, is excited to train for his role, which will require diving into deep waters sans any gear.

"I'm doing free diving, skindiving. Walang gear kasi maninisid kami dito. Medyo mas mahirap pero mas exciting, kaysa 'yung marami kang suot," Pascual said.

"I'm excited dahil napakalaking proyekto. I'm excited to train sa dagat, sa tubig," he added.

According to Pascual, filming for the series will start next week, in time for its primetime debut later this year.

Joining him and Panganiban in the cast of "Apoy sa Dagat" are Diether Ocampo, Angel Aquino, Liza Lorena and Sylvia Sanchez.

SHOWBIZ GOSSIP continued p.18

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Showbiz Gossip *Continued from p.17*

Ara to pursue cases against Cristine despite younger sister's public apology



Ara Mina plans to put up a catering business.

The war of the roses continues with the decision of former sexy star Ara Mina not to forgive her younger sister Cristine Reyes.

Ara will pursue the libel and grave coercion charges she filed against Cristine, as the former herself said on "Showbiz Central," July 1.

Ara said she has been thinking of what to do with her sister for days now, after Cristine gave a public apology on "The Buzz" a couple of weeks back.

"Wala naman sa pamilya ko ang nagsabi na iurong mo na ang kaso. Ang sinasabi ng pamilya ko, 'Ate, ikaw na ang bahala. Desisyon mo 'yan.' So, desidido ako na ituloy pa rin [ang kaso]," Ara said.

Enrique dela Cruz, Jr., Ara's legal counsel, backed up the actress' plan to pursue the cases.

"Hangga't hindi inaamin ni Cristine na nagkamali siya at ma-realize niya [kung] ano ba 'yung ginawa niyang mali na nakasakit sa kanyang kapatid [ay] hindi niya natutunan 'yung leksyon so hindi puwedeng iatras ang kaso," Atty. Dela Cruz said.

No To Reconciliation

Ara feels she's not ready to reconcile with her sister, saying, "Hindi ako mag-e-exert ng effort na kitain siya kasi parang sa akin sobra-sobra na iyong naibigay ko sa kanya."

What she wants is for Cristine to realize her mistakes and be humble enough to admit it.

"Sana matuto siyang magpakumbaba, matuto siyang tumapak sa lupa. Hindi porket sumikat ka [ay] puwede mo nang apak-apakan [ang] kung sino.

"I'm sorry and I would like to apologize if ever I offended you, sumama ang loob mo sa'kin. I tried my best na pumunta sa'yo, alam mo 'yan ate. Sinabi ko pa 'yan sa'yo na kung gusto mo luluhod ako sa harapan mo. Noon-noon pa 'to. Sana lumambot na 'yung puso mo sa akin para maayos na itong gullo, para tahimik na, para sa ikakatahimik ng pamilya natin," Cristine said on "The Buzz."

To this, Ara reacted, "Nakakadismaya lang. Parang for me parang balewala rin 'yong pagpa-public apology niya kasi hindi mo talaga mararamdaman 'yung sincerity."

She feels that Cristine's act was done "siguro dahil may promo, may promo for their show. Kailangan na ring banggitin 'yung ano... she's leaving."

She felt that Cristine should have reached out to her right after "The Buzz" interview.

Despite her ongoing family issue, Ara has something positive going on for herself, having recently graduated from a three-month culinary arts course.

The short course is in preparation for her and her relatives' plan to put up another food business.

"Pag may mga problema kang pinagdadaan, sumasarap ang luto ko. Hindi naman ibig sabihin na hindi masarap ang luto ko kapag walang problema." ■

'Idol' finalists Jessica & DeAndre find romance



"American Idol" season 11 finalists Jessica Sanchez and DeAndre Brackensick are now a couple, Brackensick said in his official Twitter account on Friday.

The 17-year-old Brackensick said he and the 16-year-old Sanchez are "officially dating."

Brackensick later tweeted that Sanchez is his girlfriend.

Sanchez was cryptic at first, saying she has a "secret" not related to her career as a singer.

She later confirmed that she is referring to Brackensick, the Idol finalist from San Jose, California.

Both finalists, however, did not mention when they officially started a relationship.

Brackensick, who sang "It Doesn't Matter Anymore" with Sanchez and Candice Glover, was eliminated third from the 10 Idol finalists.

The Filipina-Mexican-American Sanchez, on the other hand, finished as a runner-up to Idol winner Phillip Phillips. forward." ■

Derek now prefers to date non-showbiz girl



Ramsay with former girlfriend Angelica Panganiban.

After his much talked about breakup with actress Angelica Panganiban, hunk actor Derek Ramsay said he would rather date someone who is not from the entertainment industry.

"Yeah, definitely it's my rule now. I will have to date someone non-showbiz. By saying that it could bite me in the butt, I could be dating somebody from showbiz. But for now, I don't want to be so high-pro

with my love life because there's going to be a lot of pressure," Ramsay said in an interview with Push.com.ph.

Of his almost six-year relationship with Panganiban, he said: "I thought we

had a perfect formula. But I guess it did affect us."

Ramsay made the statement before leaving the country to cover the 2012 London Olympics.

Asked how he is doing after the breakup, the actor said: "Nung umpisa it was hard for me. Hindi ko alam kung saan ilagay sarili ko 'cause six years is six years. But now, I'm happy. I'm working. I've been keeping myself busy. I'm competing in Japan.

"And I know she's happy. So yeah, my heart is okay. All those great memories are tucked away deep inside [my heart]. But for now, I'm on my feet. I'm moving forward." ■

Iza Calzado more excited than nervous over comeback Teleserye



Iza Calzado believes making the decision to be with ABS-CBN has allowed her to spread her wings

talaga sa akin," the actress said.

On "Kahit Puso'y Masugatan" that airs starting July 9, Iza plays Andrea whose bond with her sister, Veronica (Andi Eigenmann), is put to the test when they struggle for power and fall for one man, Rafael (Jake Cuenca). Also in the cast are Gabby Concepcion, Jaclyn Jose, Malou de Guzman, Mylene Dizon, Assoua De Rossi, Cris Villanueva, DJ Durano, Mickey Ferriols and Barbara Perez.

Iza said that making the decision to be with ABS-CBN has allowed her to spread her wings.

"I always like new challenges, new things... [and] how can you soar higher if you feel na medyo tali ka?"

Asked if she feels pressured to "prove" herself again to people now that she is in a new teleserye, Iza agreed though pointing out that she'll be giving her best more for herself and her parents than for anyone else.

"I want them [parents] to be proud of me in as much as gusto ko talagang maging mas mabuting artista. At di yan magtatapos dito...I'll keep improving, learning," she said.

So, how does she cope with a wounded heart?

"Iiyak ko lang po, yun ang una kong gagawin. Maayos din naman ang lahat eventually. I keep faith in God."

"Kahit Puso'y Masugatan" airs after "Lorenzo's Time" in ABS-CBN's Primetime Bida. ■

All await Iza Calzado's return to doing teleserye that comes more than a year after her last one on a different network.

A Kapamilya now, she told Bulletin Entertainment and other members of media that she felt like the new kid in school when she resumed work though she's more excited than nervous over the prospect of starting fresh.

"Nung lumipat ako sa ABS-CBN, I braced myself for an environment na trabaho lang ito [para sa kin] kasi di ko alam kung makakahanap ako ng mga tao na tatratuhin ako ng pamilya dahil iba yung nakasanayan mo na pamilya," Iza admitted.

She soon realized that her fears were unfounded seeing how ABS-CBN took care of her as if she's been with them for the longest time.

"Wala akong masabi na negatibo o masama sa kanila...nakatutok po sila

Anne Curtis tops 100 most beautiful stars of 2012



Ann Curtis

Kapamilya actress Anne Curtis has proved to all and sundry that she's currently the country's prettiest star by topping Yes! Magazine's "100 Most Beautiful Stars 2012" list.

"Everyone wanted her. Parang they were saying pa, 'Overdue na 'yan'. Alam mo [kung] talagang most beautiful ka at most-talked-about, you're a cinch for the top cover," Jo-Ann Maglipon, Yes! Magazine editor-in-chief, explained on Anne's selection as most beautiful on "TV Patrol," July 2.

To this, Anne said, "It's an honor to be alongside obviously beautiful people."

Jo-Ann explained on "24 Oras" that same evening "kami ang nakakakilala sa mga artista [at] alam

namin kung sino 'yung mga artista na hindi lang beautiful pero nasa radar."

She discussed briefly what qualities they were looking for when it comes to their list of 100 most beautiful stars.

"Yun bang pinag-uusapan, mainit, nasa primetime o mga endorsers sila. Alam mo na, may impact sila sa showbiz landscape sa ngayon," she explained.



Kylie Padilla

Among the Kapamilya stars that made it to the list were "Walang Hanggan" stars Coco Martin, Julia Montes, Paulo Avelino, Dawn Zulueta, Richard Gomez, Rita Avila and Helen Gamboa.

Also on the list were Kylie Padilla, Daniel Padilla, Sarah Geronimo, Kim Chiu, Angel Locsin, Bea Alonzo, Vhong Navarro, Piolo Pascual, John Lloyd Cruz.

From the GMA fold, tween stars Barbie Forteza, Bea Binene, Jake Vargas, Kylie Padilla, Derrick Monasterio, Christopher Martin, Joyce



Julia Montes

Ching, Joshua Dionisio made it to the Breakthrough category, alongside Alden Richards and Louise delos Reyes.

Rocco Nacino was also listed as one of the most beautiful stars in the Filmfest star category; Sarah Lahbati, Julie Ann San Jose, Max Collin, Janine Gutierrez, Wyn Wyn Marquez and Ynna Asistio in the Newbie category; Gabby Eigenmann and Camille Prats in the Solid Support category; Aljur Abrenica and Carl Guevarra in the Dreamboat category; couple Dingdong Dantes and Marian Rivera in the A-listers; Bianca King, Heart

Evangelista, Kris Bernal, Carla Abellana and Lovi Poe in the Primetime category.



Vhong Navarro

TV host Julia Clarete, LJ Reyes and Jennylyn Mercado made it to the Hot Mama category while Vic Sotto, Vilma Santos and Nora Aunor were selected in the Reliable category.

TV host Raymond Gutierrez was included in the Turning Point category while Sam Pinto, Solenn Huessaff, Bela Padilla, Rochelle Pangilinan were chosen in the Sultry category.

"Eat! Bulaga" junior hosts Pauleen Luna, Jose Manalo and Wally Bayola were selected in the Most Beautiful Host category. ■

Sarah Geronimo wows Big Dome in two-night concert



A couple of glitches did not stop Pop Star Princess Sarah Geronimo

from staging a good show for her thousands of fans that trooped to the Smart Araneta Coliseum on July 21.

During the repeat of her birthday concert titled "24/SG," Geronimo accidentally slipped onstage and, a little later, was hit on the head by pyrotechnic material while performing the song "And I Am Telling You" from the musical "Dreamgirls."

The show must go on, as they always say, so the young singer continued belting the song which reaped thunderous applause from the audience.

"May na-skip ako na step sa hagdan. May pasa ng konti pero okay lang. Hindi ko naapakan 'yung isang step, dumiretso ako. Pero okay lang 'yun, the show must go on. Hayaan na natin, at least nag-enjoy tayo and nandito silang lahat para magbigay ng suporta, so okay na 'yun," she told a pool of reporters after the show.

The young superstar has proven herself yet again to be a stellar performer alongside her guests that rocked the Big Dome that night. These include balladeer Basil Valdez, co-Viva talent Anja Aguilar, rock star Bamboo Mañalac and her very own Daddy Delfin Geronimo, among others.

Having filled Araneta Coliseum twice with this concert series—the first time was on July 7—underscores the staggering amount of supporters that she has. And their loyalty wasn't lost on Geronimo, who was very grateful to her dear fans, collectively known as the Popsters, that braved the heavy rains on Saturday just to see her perform.


"Forever ko po kayong papasalamatan sa inyo pong walang sawang pag-suporta sa akin kahit pa bumabagyo. Maraming, maraming salamat po," she told the reporters.

Aside from the show-stopping numbers, many of her fans anticipated the appearance of her rumored boyfriend Gerald Anderson, who had been present at the concert on July 7.

Much to her fans dismay, though, the Fil-American actor was nowhere in sight that night. However, few of Geronimo's colleagues were seen in the audience, among them Sam Milby, Gary Valenciano and ABS-CBN Channel Head Cory Vidanes.

When prodded by the press after the show about Anderson's absence, she remarked, "Baka may commitment siya or may trabaho. Pero tomorrow maggi-guest po siya sa 'Sarah G Live.'"

She added, "Hindi naman niya kailangan magpaalam kung hindi siya makakarating. Siyempre nandito tayo para sa audience natin." ■



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Showbiz Gossip *Continued from p.19* Erik Santos not inclined to acting



Erik considers his tenure in show business his 'greatest achievement'

While most of his contemporaries have already crossed over to acting, singer Erik Santos opts to stick it out with his first love, singing.

While the 29-year-old singer is fully aware that acting on teleseryes does assure one of wider exposure, acting isn't really his cup of tea.

"Personal ko lang 'to, ah... makikipagsabayan ka ba kanila Piolo [Pascual], makikipagsabayan ka ba kila John Lloyd [Cruz]?" was his rhetorical question in an interview with PEP.

Clearly, Erik is not the type who'd pursue endeavors that just might yield "half-baked" results.

"Dun ka na lang sa alam mong mag-e-excel ka, which is singing. For me, on my personal opinion, 'yun 'yung stand ko," said Santos.

He fears that his acting would turn out to be lacking since, as he believes, it wasn't his "career-pathing" to begin

with.

"So, dun na lang ako sa singing which I can say na, 'Ay eto, dito ako, dito ako nag-e-excel.'

"So, dito ako kumikita, dito ko napu-provide-an yung family ko, at dito ako masaya."

Besides, the "Prince of Pop" would rather focus on and master his craft, which might lead to new ideas and innovations in making music.

Time surely flew fast for the "Star in a Million" champ who marks his 10th year anniversary in the industry in 2013.

How does he manage to stay on top of his game despite the proliferation of newcomers?

"Kung meron man kasing bagay na pareho kami ni Christian, 'yun 'yung dedication sa trabaho," he said of his good friend and colleague Bautista.

The secret, according to him, is not to be picky when it comes to projects.

"'Yung 'pag may dumating na work, tanggap lang nang tanggap nang tanggap. Kumbaga, ang hirap mag-say no, lalo na kung gusto mo 'yung ginagawa mo," he explained.

Although he sounds fairly comfortable with the idea of having competitors in the business, Santos acknowledged that he does feel threatened by these new rivals at times.

But, instead of succumbing to insecurity, Santos rechannels his energy towards improving in his craft.

"So, I think isa 'yun sa mga nagpapalakas ng loob ko, na imbes na ma-threatened, to improve yourself more," Santos said. ■

Zsa Zsa: 'I don't know if I will be able to let go of Dolphy'



Zsa Zsa Padilla

- I don't know if I will be able to let go of Dolphy," Zsa Zsa Padilla, the common-law wife, said in an interview with reporters Thursday at the public viewing of Dolphy's remains at the Heritage Memorial Park in Taguig City.

"I have a lot of friends who went through the same loss of a mother, of a father, of a partner, and sabi nila it really just gets harder," Padilla added.

Padilla said that members of their family were having a hard time but that they were trying their best to cope with the loss of a loved one.

"Alam ninyo the past few years nakasentro ang aming mga schedule at lakad kay Dolphy. Pag magbabakasyon kami talaga namang iniisip namin kung kailangan naming bumalik. Kadalasan nakikiusap kami sa family member kung pwedeng magbantay kung kailangan naming ng konting break," Padilla said.

"Naninibago kami na hindi na naming kailangan i-consider yung ganong bagay," she added.

Padilla said that Dolphy tried his best to mouth the words "I love you" to her during his last hours. She said that up to the last minute, she was being "makulit" with Dolphy by saying "Lovie, lovie, I love you."

She said that she knew that Dolphy did not want to let go for he loved his

family and the Filipino people.

"Alam ko yung pagkatao niya talaga kaya nga hirap na hirap siyang umalis sa mundo dahil sa sobrang pagmamahal," she said.

"Kaya palagi naming sinasabi lovie okay lang kami huwag mo kaming intindihin. I know that up there in heaven you will guide us. Nararamadaman ko naman yun na ituturo niya kami, yung mga mahal niya sa buhay sa tamang direksyon," Padilla said.

Padilla said that she continued to say goodnight to Dolphy and that Dolphy was blessed to have a wonderful children and family members who loved him dearly.

She said that the members of the family drew strength from one another during the trying times.

"We're constantly texting each other and assuring each other that we will always be around for each other," Padilla said.

She said that though it was still hard to accept what happened, the family would try its best to move forward.

"I think It's a process. Kung kailangan mag grieve counsel gagawin naming as a family," she said.

She described her relationship with Dolphy as an "unconventional" one and that if there was one thing she wished Dolphy could have done, it would be to "travel to Hongkong."

"Wala namang pinagsisihan kung hindi siguro mga wish pa . He wanted to go to Hongkong to travel and eat," she said. She said that she was truly grateful for the Filipino people for the overwhelming love and support for the family. ■

OFW Gets Big Break Via French Film



Dina Nietes Capistrano with her young French co-stars

A Filipino overseas worker may well have attained one of the biggest breaks of her life by snagging a role in the recently-released French film, "Un Bonheur N'arrive Jamais Seul (Happiness Never Comes Alone)."

According to a GMA News Online report, Dina Nietes Capistrano bested almost 500 other individuals who auditioned for the part – something which she considers a huge honor. She was cast alongside popular actors Sophie Marceau and comedian Gad Elmaleh in a film helmed by James Huth.

The romantic-comedy film, which premiered June 27, centers on a pianist (Elmaleh) who falls in love with Charlotte (Marceau), a career-oriented woman

who is legally married to a wealthy businessman, with whom she has three kids. Capistrano plays Nana, the Filipino-speaking nanny of Charlotte's children.

Capistrano, 52, recalled shooting for "Happiness Never Comes Alone" for 10 days, a gig which earned her a total of 5,000 Euros (an estimated R256,000).

Working with her French co-stars was a memorable experience for Capistrano. Marceau is said to have been "kind and very supportive" to her. Elmaleh, meanwhile, was quoted in the GMA News report telling Capistrano, "Dina, you're an actress." Huth was likewise all praises for Capistrano's natural acting ability. The child actors have also been endeared to Capistrano, calling her Nana even off-cam.

According to the same GMA News Online report, Capistrano was an undocumented worker for 10 years in Paris before scoring her film break. Capistrano has been granted a "permit to stay" through the movie's production agency.

Capistrano hails from Bicol and graduated with a degree in Communication Arts. She once worked as a leg woman for a local agency. ■

Pampanga town mayor shocked upon seeing Gloria Arroyo



Former President and now Pampanga Rep. Gloria Macapagal-Arroyo waves to her supporters outside the gate of La Vista subdivision in Quezon City, where she lives

Former president and now Pampanga representative Gloria Macapagal-Arroyo's body was very weak, Candaba Mayor Jerry Pelayo said Thursday in an interview with Radyo Inquirer 990AM. Candaba is a town in Pampanga famous for its swamplands visited by migratory birds.

"I was shocked when I saw her appearance," said Pelayo, who visited Arroyo in the Veterans Memorial Medical Center (VMMC)

after news that she was granted bail by Judge Jesus Mupas of the Pasay Regional Trial Court.

Pelayo described Arroyo physical condition as "pitiful" and said that her muscles were sagging.

Arroyo's weight was less than 100 lbs, Pelayo said, relaying information given to him by Arroyo's daughter, Luli Arroyo.

Pelayo said that Arroyo was only able to eat soup and not solid foods because of her weakened condition. Pelayo was with Arroyo inside the coaster that took her out of the VMMC.

He added that Arroyo already wanted to go back to work in the House of Representatives and to go to her home province of Pampanga, but he discouraged her saying she needs to regain her strength.

Arroyo had been suffering from hypoparathyroid and bone diseases which was affecting her neck. ■



Rediscovering Riesling, the Noblest of Grapes

By David White

If you ask a sommelier to name her favorite grape, there's a good chance she'll say Riesling.

If you're surprised, then it's probably because you associate Riesling with the sweet, simple German wines of yesteryear, like Blue Nun, Liebfraumilch, and Piesporter. These wines were -- and still are -- affordable and approachable. And they'll always have fans. But they do a disservice to true Riesling.

Fortunately, that could soon change. New York City sommelier and restaurateur Paul Grieco is on a mission to make sure that Americans give Riesling the respect it deserves.

Grieco's crusade began in 2008, when he announced a plan to focus on Riesling all summer long at Terroir Wine Bar in New York City's East Village.

In a "single-minded attempt to get guests to at least try this noble grape," Grieco offered only Riesling as his by-the-glass white wine offering. As he tells it, "the staff was incredulous and the guests suspect, but with 30 different

glass pours... we set upon a massive inspirational and educational scheme that was challenging and fun."

His campaign quickly took off.

In 2010, 14 wine bars in New York joined together to create a Riesling Pub Crawl; several well-known Riesling producers visited the city; and Grieco organized a concert where only Riesling was served. Last year, about 200 bars and restaurants across the country took part by hosting events, offering specials, and agreeing to spread the gospel of Riesling.

This summer, the "Summer of Riesling" attracted nearly 500 participants. (To see if anyone is participating in your community, head to www.SummerOfRiesling.com.)

Misconceptions still abound, but consumers are starting to recognize that Riesling is a serious grape. Over the past several years, Riesling sales have steadily risen. And sommeliers are finding that consumers are extremely receptive to the grape.

Riesling's greatest strength is its versatility.

First, there's its geographical diversity.

While its ancestral home is Germany, where Riesling has been grown in the Rhine and Mosel Valleys since the 14th century, it's also the most planted grape in the Alsace region of France. The grape is also experiencing a resurgence in the United States, especially in New York's Finger Lakes. And there are sizeable plantings of Riesling in Austria, New Zealand, and Australia.

There's also its sweetness.

Some Rieslings are syrupy and lusciously sweet -- and work as dessert. Others are bone dry, pairing best with raw fish, subtle cheeses, and other light dishes. Most fall somewhere in between,

and are the perfect match for spicy Asian cuisine, like Thai and Indian. All are marked by high acidity, which is why it's such an adaptable food wine. And all are extremely fragrant. It's no wonder why so many sommeliers love Riesling.

Don't ever let Riesling's sweetness trick you into thinking it's not a serious wine.

Sommeliers also evangelize about Riesling because it's so good at capturing terroir, or a wine's sense of place. In part, this is because most Riesling is fermented in stainless steel, so it isn't manipulated through oak aging or other winemaking techniques. The grape is remarkably transparent -- German researchers have found a link between soil type and flavor in Riesling. Riesling grapes sourced from slate vineyards tend to produce wines with citrus aromas, while grapes sourced from limestone vineyards typically result in more tropical fruit aromas.

As Robert Parker, the world's most famous wine critic, recently explained, "If you want to talk about terroir, talk about German Rieslings or Alsace Rieslings, where the wines are naked -- there's no makeup."

Even though Riesling sales have been rising, Grieco and other Riesling proselytizers still have their work cut out -- Riesling accounts for just 5 percent U.S. wine sales. But it's not by accident that Riesling has long been known as the "noblest of the noble grapes." So don't be surprised if the next time you dine out, your waiter steers you towards a glass of Riesling.

David White, a wine writer, is the founder and editor of Terroirist.com. His columns are housed at Wines.com, the fastest growing wine portal on the Internet.



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FOR IMMEDIATE RELEASE:

July 24, 2012

Press Statement

Reference: Yves Nibungco, National Chairperson, anakbayan.usa@gmail.com

Anakbayan-USA condemns the violent dispersal yesterday at the State of the Nation Address demonstration near Batasang Pambansa, where President Benigno "Noy" Aquino III delivered his speech. This recent case of impunity from the Philippine National Police has left 95 people injured and 21 hospitalized, mostly youth and students. We demand that the responsible officials of the PNP, namely the ground commander, Superintendent Marcelino Pedrozo and human rights monitor, Chief Superintendent Mario Dela Vega, Superintendent Nicanor Salamera, and Herbert Bautista, mayor of Quezon City be held accountable for this blatant abuse of power and violation of our people's basic human rights.

The violations started early on as the local government of Quezon City under Mayor Bautista failed to act on the request of Bagong Alyansang Makabayan (BAYAN) for a permit to rally. Under the Batas Pambansa 880 (BP 880) also known as the Public Assembly Act of 1985, Section 6 (b) states, "The mayor or any official acting in his behalf shall act on the application within two (2) working days from the date the application was filed, failing which, the permit shall be deemed granted." Mayor Bautista failed to respond and therefore the application was deemed granted and the people had all the right to peacefully assemble and march in front of Batasang Pambansa to protest air their grievances.

The government's violations continue to pile up as the PNP conducted an illegal blockade and showed clear lack of restraint by provoking and brutalizing the peaceful demonstration. Cops attacked, pushed and assaulted everyone in their sight. Some demonstrators were hit as many as 23 times with truncheons and shields. A garbage truck was also commanded by the PNP to disperse the crowd, attempting to run over and endanger the people. In addition, an overkill force of 6,000 police officers and 400 soldiers was deployed around Batasang Pambansa, militarizing the communities. This is a clear snapshot of the real state of the nation in the Philippines. There is a state of repression under Noy Aquino administration that uses deceit and violence to silence the truth.

Noy Aquino should know that repression only breeds more resistance and struggle. No truncheons nor shields can deter the people in exposing the real state of the nation. We are sure that the people's movement will only grow bigger and the struggle stronger. We call on the Filipino youth here in the US to organize, take action and expose the Aquino administration, as a violator of human rights in disguise. Let us

intensify our struggle to defend human rights and towards a society that upholds the universal and inalienable rights of the people. ###
SERVE THE PEOPLE!

Anakbayan (in English: "sons and daughters of the nation") is a comprehensive mass organization that aims to build unity among Filipino youth -- immigrant, US-born/raised, student, working, LGBTQI, women, artists, etc -- striving for nationalism and democracy and for the promotion of cultural awareness and the advancement of rights, welfare, and social justice. All Filipino youth are agents of social change, so all Filipino youth are welcome to join.

Anakbayan New York/New Jersey is a full-fledged chapter of Anakbayan in the Philippines and a member organization of BAYAN USA, MIGRANTE International, National Alliance for Filipino Concerns (NAFCON), International Migrants' Alliance (IMA) and International League of Peoples' Struggle (ILPS).

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Philippines: Two Years Under Aquino, Abuses Go Unpunished

No Successful Prosecutions of Security Forces for Killings, 'Disappearances'

(New York, June 28, 2012) – President Benigno Aquino III of the Philippines has not fulfilled his promises to hold accountable the security forces responsible for serious abuses since taking office two years ago, Human Rights Watch said today. The Aquino government has not successfully prosecuted a single case of extrajudicial killing or enforced disappearance, including those committed during his presidency, Human Rights Watch said.

In his inaugural speech on June 30, 2010, Aquino gave "marching orders" to the Justice Department to "begin the process of providing true and complete justice for all." Five months later, at an event to commemorate human rights, he said that, "The culture of silence, injustice and impunity that once reigned is now a thing of the past." And during his 2011 State of the Nation Address, Aquino reiterated this commitment, saying, "We are aware that the attainment of true justice does not end in the filing of cases, but in the conviction of criminals."

"President Aquino has not lived up to his promises to bring those responsible for serious abuses to justice," said Elaine Pearson, deputy Asia director at Human Rights Watch. "Concrete measures – rather than more promises – are needed now."

Human Rights Watch today released a video, "Philippines: No Justice for Victims of Enforced Disappearances," in which family members of the "disappeared" call on the president to live up to his promises of justice.

Human Rights Watch, in its 2011 report "No Justice Just Adds to the Pain," documented 10 cases of extrajudicial

killings and enforced disappearances since Aquino took office. No one has been arrested in any of these cases, and the three "disappeared" people remain missing.

The Aquino administration has not taken the needed steps to bring recent cases of serious abuse to trial, Human Rights Watch said.

In his first State of the Nation Address in July 2010, President Aquino noted the case of Francisco Baldomero, an activist from Aklan province who was killed on July 5, 2010, as among those "on their way to being resolved." An arrest warrant has been issued for Dindo Ancero in the case, but he has not been apprehended and the case was "archived" – put on hold – in January 2011.

An arrest warrant was issued but never served for one of two suspects in the killing of Rene Quirante, a left-wing activist who was beaten and shot by uniformed men on October 1, 2010, in Negros Oriental province. A relative of Quirante's has alleged that the suspect has been seen in the company of soldiers. "Nothing is happening," Quirante's relative told Human Rights Watch in April. "We're growing tired of waiting for justice."

Human Rights Watch has monitored progress on cases of killings and enforced disappearances under the previous administration of Gloria Macapagal-Arroyo. If progress has been made, it is often because of the perseverance and courage of family members, rather than aggressive action by police and prosecutors, Human Rights Watch said.

For instance, in the 2006 disappearance of two university students, Karen Cadapan and Sherlyn Empeno, family action was crucial in bringing the two soldiers to trial for their kidnapping and illegal detention. The trial for the two soldiers started in May. However, the men are not in civilian custody but are being held in a military camp. Two others implicated in the students' disappearance, including retired Maj. Gen. Jovito Palparan, the commander in the area at the time, have evaded arrest. Human Rights Watch has received information that military and business interests are protecting General Palparan.

In the past decade, state security forces in the Philippines have been implicated in the torture, enforced disappearance, and killing of hundreds of leftist activists, journalists, and clergy. The communist New People's Army and other insurgent groups have also been responsible for killings and other serious abuses. Under President Macapagal-Arroyo, government security forces conducted a massive campaign targeting groups deemed to be Communist Party fronts and their alleged members and supporters. The number of killings and disappearances implicating the military has gone down under the Aquino administration, but they continue.

The Philippines's human rights record was scrutinized at the United Nations Human Rights Council in Geneva during its Universal Periodic Review in May. Several countries – including the United States, Australia, Germany, the United Kingdom, Spain, the Netherlands, and the Holy See – raised alarm over the continuing killings,

enforced disappearances, and torture. During the sessions, several countries urged the Aquino administration to end impunity for these abuses.

Human Rights Watch has longstanding recommendations to Aquino to initiate the comprehensive reforms necessary to end impunity for serious abuses. He should order the National Bureau of Investigation to investigate police and military personnel, including at the command level, who have been implicated in killings. He should also make clear to the police that they are responsible for vigorously pursuing any crimes committed by government officials and police officers and that if they do not, they will become the target of a criminal investigation. He should order the military to cooperate with civilian authorities investigating military abuses or themselves face sanctions. And he should take immediate steps to ensure that the country's witness protection program is independent, accessible, and properly funded.

"As President Aquino himself pointed out, the conviction of those implicated in abuses is the true test of his commitment to his promise," Pearson said. "So the government needs to move beyond simply identifying suspects and obtaining warrants to actually apprehending the suspects and putting them on trial."

To watch the video, "Philippines: No Justice for Victims of Enforced Disappearances," please visit: <http://www.youtube.com/watch?v=pNY8QovO7f0&feature=youtu.be>

To read the report "No Justice Just Adds to the Pain," please visit: <http://www.hrw.org/reports/2011/07/18/n-o-justice-just-adds-pain-0>

To read the news release "Philippines: Military Leadership Should Act on Abuses," please visit:

<http://www.hrw.org/news/2012/04/01/philippines-military-leadership-should-act-abuses>

To read the news release "Philippines: Arrest Ex-General Accused of 'Disappearances'," please visit:

<http://www.hrw.org/news/2012/01/31/philippines-arrest-ex-general-accused-disappearances>

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From Page 10 Video Guy

An Online Video Platform is a software-on-demand-based solution that offers services for the management and publication of video. The services include asset management, encoding, video players, video editing, syndication, analytics, hosting, and distribution, to name a few. While they mostly cater to businesses and corporations, the entrepreneurial video producer can also use them. Brightcove is one company that produces an Online Video Platform. When you sign up with them, you upload your video to their servers and then take advantage of their services to create your custom video website. Brightcove has various service plans, starting at \$US99 a month.

Another company that will do it all for you is CreateSpace. On CreateSpace, you can sell your videos for a fraction of the cost of traditional manufacturing, while maintaining more control over your product. Your audience can choose "Download to Own and Download to Rent" your video through Amazon Video On Demand or they can purchase a professional DVD of your video on Amazon.com, your own website or other retailers without setup fees or inventory.

Filipinos are not behind on these bandwagon of producing video even it is a family based context. See for your self and browse the web for "Filipino videos" or "Philippine Videos" and you will see tons of videos to watch.

Joining Film Festivals
Filipino again has join the ranks of great

movies to be shown at FANTASIA FILM FESTIVAL to be held in Montreal starting July 19 to August 9 2012.

The following are entries from the PHILIPPINES:

Featuring cameos by Mercedes Cabral and Cherry Pie Picache, Marlon Rivera's THE WOMAN IN THE SEPTIC TANK follows a filmmaker and his crew on a mission to create a film about life in the slums in the simple hope of being selected at Cannes. Showing August 8 - 7PM

Khavn De La Cruz's MONDOMANILA, which opens our Camera Lucida section, will raise many eyebrows for its singular treatment of a delicate subject that is devoid of any political correctness. Showing July 20-10:15PM & August 1 3:00PM

Lawrence Fajardo's choral film AMOK plunges us into the chaos of one of Manila's most crowded areas where a group of characters will be united by tragedy. Showing July 24-7:50PM

Graceland by Ron Morales. A US-Philippine production shot in the US.

July 28 - 9:40 PM

July 31 - 3:25 PM

All these films will be showing at:

Salle J.A. Steve Theatre
1400 de Maisonneuve O.
(Métro Guy)
Montréal, QC

Al Abdon
Hollywood Junkies Video
(514) 264-8706

Alicia Natividad receives the Queen's Diamond Jubilee Award



Photo shows Alicia Natividad with Senator Viviebne Poy, June 23, 2012

Alicia Natividad, a barrister and solicitor who resides in Ottawa, was nominated by Senator Viviebne Poy to receive the Queen's Diamond Jubilee medal last June 23, 2012 at the University of Toronto main campus. This award was in recognition of her many contributions to the Filipino community in Ottawa. Senator Poy stated in her letter that this medal was created to pay tribute to those whose achievements have benefitted their fellow citizens, their community, and their country.



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

Prices valid from
July 26, to August 11, 2012

<p>Lorins Soy Sauce 1L - \$1.49 bottle</p>	<p>Mussels - \$2.99 each</p>	<p>Basa Filet - \$3.99 / 2 lbs pack</p>	<p>Jackfish - \$4.99 kg</p>	<p>Super Q Bihon - 99¢ each</p>
<p>Glutinous powder - 79¢ ea.</p>	<p>Diwa mackerel 425 g \$1.99 each</p>	<p>Alaska condensed milk 99¢</p>	<p>Thai Gold Shrimp head on \$8.49 / 2 boxes</p>	<p>Oishi Sundays drink 99¢ each</p>
<p>Chicken mix (Kentucky style) 89¢ each</p>	<p>Beef Ribs - \$7.99 kg</p>	<p>Pork Spare Ribs - \$1.99 lb</p>	<p>Bamboo shoot tip 800 g - \$2.49 pack</p>	<p>Steamed Banana 2 / \$3.00</p>



Renee Omlas
Scotia Tagapayo

“Si Renee ay tumulong sa pagbukas ng pintuan ng aming bago pag-umpisa sa Canada.”

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