

FAMAS elects new president and executive board

By W. G. Quiambao



Cora Aberin

Samahang Makabayan

Au Osdon served as FAMAS president from 2009-2013 and Nida Quirapas held the same position from 2013 until next month. Will FAMAS have a woman president again or man president? That's the million dollar-question in the community now.

The Filipino Association of Montreal & Suburbs, the oldest and

“The show must go on,” say organizers of Philippine Independence Day celebrations

By W.G.Quiambo

In show business, there's an expression that says The show must go on. That's what the officers of the Council of Canadian-Filipino Associations of Quebec did on June 28. The Philippine Independence parade and program went on as planned. The incessant rain which started as early as 8 a.m. didn't dampen the spirit of the organizers and participants in the festivities. They were dancing and singing in the rain. Real troupers. Some were wearing rain coats, using plastic bags and carrying umbrellas to protect themselves against the rain, but many stayed in their tents to keep themselves dry. Some of the participants that joined the parade and braved the rain were UPS, Canadian People Helping People, Kababaihang Rizalista, Pangasinan Association, CAFSQ, Knights and



Dante Tabamo

Malaya Team

largest associations in Montreal and Suburbs, will hold the election of its president and executive board on August 9 at the Van Horne Park.

The two candidates vying for presidency are currently serving as FAMAS officers - Dante Tabamo, the internal vice president and Cora Aberin, the treasurer.

Ladies for Rizal. After the parade, which wended its way along Victoria St. , right to Van Horne Ave., left to Legare St., the participants proceeded back to Mackenzie King Park where they were introduced as they marched in the Parade of Color. For the first time, the Black Watch Bugle Corps and Bag Pipes joined the Filipino festivities while the 3 Batam Canadian Artillery fired a gun salute. The singers and dancers and ethnic groups that included Philippines, Mexico, Columbia, Ireland and Japan continued to perform to the delight of the crowd. Each of the ethnic groups showcased its beautiful, colorful costumes and unique dances. The crowd went wild and asked for an encore when Maiara Galvez belted rock songs. Some of the following performers who provided equally superb numbers were: Mona Seguilon and her daughter, Jessica Reyes, Levy

Tabamo, of the Malaya Team, hails from Pangasinan. He finished BSEED (Bachelor of Science in Elementary Education). Some of the titles he has held is as follows: founder and past president of the Alcalenians of Montreal and Suburbs, former president of the Pangasinan Association of Quebec, FAMAS director (4 times), parishioner of the Filipino Catholic Mission of Montreal, Knight Commander of the Order of Knights of Rizal. He received a Plaque of Performance Award in 1997 from FAMAS for chairing the Heritage Program. Among his team's platforms are: To empower the general membership in their involvement in attaining the goals and objectives of FAMAS, to make the center more welcoming to the Filipino community, to solicit funding from various government agencies.

On the other hand, Aberin of the Samahang Makabayan, comes from Bulacan. She worked at a house ware company while finishing her studies at Vanier College. The list of her community services includes: : Has

served as a church warden of the Church of St. Malachy, served as director of PBBSQ and FAMAS. For her community services, she was chosen as one of the recipients of the 50th FAMAS anniversary award. Her platforms include recognizing the contributions of the past FAMAS presidents and getting them involved in the community, encouraging them to continue the important activities of the past administration like the Pagsibol (youth program which received fundings from the City of Montreal started by Au Osdon's administration, and developing programs for the seniors.

The list of candidates is as follows:

Malaya Team	Position
Dante Tabamo	President
Romeo Remegio	Vice Pres. Int.
Reynaldo Balansi	Vice-Pres. Ext.
Joseph Gonzales	Secretary
Lorenza Penular	Treasurer
Angelina Taligan	Auditor
Sally Carillo	Accountant

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Philippine Ambassador Petronila Garcia being interviewed by MMTV hosts Tenne Rose Dayandante and Michael Davantes at the Mackenzie King Park, June 29, 2015. (Photo courtesy of Cristy Hunter)

Lumibao, Mariel Dimayuga, Jennifer Duka, Seniors in Motion, Kababaihang Rizalista, Knights & Ladies for Rizal, Doce Pares.

Among the prominent people who joined the celebrations were Philippines Ambassador to Canada

Petronila Garcia and her entourage, politicians that included Councillors Lionel Perez, Marvin Rotrand, Outremont MNA Helene David and

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Editorial

FAMAS elections, an opportunity to focus on the qualities of community leadership

Once again we will be electing a new set of officers of Famas, the oldest and biggest organization of Filipinos in Montreal, Quebec. Campaigns of candidates among their friends and neighbors are common during the limited time of about a month before August 9, 2015. It is also a common practice to vote for the people one knows, but if one has to choose between two people who are both known, what determines the final choice is usually based on an evaluation who can present a more favorable platform, and who is considered to be a better community leader.

It is probably a useful exercise at this time to review the qualities of leadership, in particular, what will make a community stronger by its type of leadership.

The following excerpt serves as a springboard of reflections on what is a true leader:

As for the best leaders, the people do not notice their existence.

The next best, the people honour and praise.

The next, the people fear; and the next, the people hate ...

When the best leader's work is done the people say, "We did it ourselves!"

Lao-Tsu

As can be gleaned from this quote, the best leader is not the one who is hated and feared but the one who allows others to work with him or

her and get the best out of every member of his or her team, without calling attention to himself or herself. He or she is ideally a person who has most of these characteristics: honesty, transparency, charisma, ability to organize, thoroughness, fairness, loyalty, dependability, ability to listen, respect for the people, ability to communicate, and several others that many authors include in their dissertations on leadership.

With the growing importance of FAMAS, it is undoubtedly necessary to elect the right kind of people who will guide this organization throughout a period of two years. Their backgrounds, experience, and education are easy to see but what is difficult to know is their personal motivation. Perhaps, the best we can do is to ask questions like those asked during job interviews:

1) Why do you think you are the best candidate for the job?

2) What are your past achievements that you are proud of?

3) How do you approach problems in general?

4) What do you see as the biggest issue of the community?

5) Who do you consider a role model?

6) If it is in your power to change something, what will it be?

Answers to these questions may reveal a lot about the candidate's personality that will give an insight into his or her potential to be a good leader.

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One hell of a start July 20, 2015 | Featured, Opinion, PerryScope

PerryScope

By Perry Diaz

Subic-BayNo sooner had the Philippine military announced the reopening of the Subic Bay base than the leftist politicians started screaming and denouncing the United States for violating the country's sovereignty. But for a country who doesn't have the means to defend her sovereignty, the politicians' concerns –and fears – seem to emanate from their myopic view that the U.S. is the enemy. But what they forget to realize is that the Philippines – their beloved Inang Bayan – would have lost her sovereignty long time ago if not for her

country who'd use force to nibble at our territory, the U.S. and the Philippines signed a Visiting Forces Agreement (VFA). According to the Philippine Department of Foreign Affairs, the VFA states that US forces in the Philippines have to follow Philippine law and have to adhere to behavior that is consistent with Philippine law. The Senate ratified it on May 27, 1999, which makes one wonder how the senators who voted to remove the U.S. bases in 1991 voted this time around? But once again the nationalists went up in arms claiming that VFA violates the Philippine constitution.

"But the nationalists backed off when China took possession of Panatag Shoal (Scarborough Shoal) in August 2012. China then roped off the narrow and only opening to the shoal's lagoon; thus, preventing Filipino



Miscief Bay Reef of the Chinese installation

alliance with Uncle Sam.

And what they failed to remember is that ever since the Philippine Senate rejected the renewal of the U.S. bases agreement in 1991 and closed all the American bases the following year, the country was left with nothing to defend her sovereignty. It didn't take long for China to start nibbling at the Philippines' territory.

Mischief-Reef-Chinese-facility.6In my article, "What price sovereignty" (January 20, 2014), I wrote: "Two years after the U.S. bases were closed in 1992, China seized the Panganiban Reef (Mischief Reef) in the middle of the night. And the Philippine Armed Forces couldn't do anything to take it back.

"As an afterthought to the Senate's folly of booting out the Americans from Philippine soil, which left the Philippines at the mercy of a foreign

fishermen from getting in."

Artificial islands

Chinese-construction-on-Chigua-ReefAnd once again, the Philippines lost another piece of her territory, which begs the question: When will China stop grabbing Philippine territory? Not anytime soon. Right now, China started reclaiming reefs in the Spratly archipelago and there's not much the Philippines can do to stop it.

To date, China has reclaimed seven reefs: Panganiban (Mischief), Zamora (Subi), Kagitingan (Fiery Cross), Kennan (Chigua), Mabini (Johnson South), Burgos (Gaven) and Calderon (Cuarteron). In at least two of them, she is building runways and deep harbors that can be used to launch fighter jets, bombers, and missiles and provide berthing for her warships. And

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from these militarized artificial islands, she can then project power all the way to the Second Island Chain. No region in the Philippines would be spared from the threat of Chinese incursion. With an air force without warplanes and a navy without warships (well, she has two refurbished lightly-armed former U.S. cutters), how can the Philippines defend her territories?

“Code of silence”

Vice President Binay and Chinese ambassador to the Philippines. Vice President Binay and Chinese ambassador to the Philippines. But what is really strange is that these vocal nationalist and leftist politicians have seemingly adopted a certain “code of silence” when the question of



Vice-President Binay and the Chinese Ambassador to the Philippines, Zhao Jianhua

Chinese aggression comes to fore. Many believe that these politicians wouldn't criticize China because a lot of them receive huge campaign contributions from Chinese-Filipino taipans. As an old adage goes: Don't bite the hand that feeds you. I am not saying that these Chinese-Filipino taipans are disloyal to the Philippines. It's because a lot of them have businesses in China. Simply put, no taipan in his right mind would put his business in jeopardy by contributing to politicians who are critical of China.

Subic Bay Naval Base

Reopening the strategically located Subic Bay base as a Philippine military base — not American — couldn't be closer to strengthening the country's defense capability. However, that will take a long time and it requires tens of billions of dollars, which the government doesn't have.

What's on the plate right now is an order for 12 South Korean-made fighter jets, two of which will be delivered in December. The two refurbished cutters that the country already has will be

home-ported at Subic. Together with the fighter jets, they will form the bulwark of the country's defense against foreign intrusion or invasion. But is it enough to stop China? Hell, no!

Scarborough Shoal

Scarborough-Shoal-aerial-view.2

It has been anticipated that China would turn Scarborough Shoal — which is only about 125 miles from the main island of Luzon — into an artificial island constructed with a runway and deep harbor. What would the Philippines do about it? Are a squadron of fighter planes and two refurbished Korean War vintage cutters enough to stop the land reclamation? Not if China deploys her fleet of destroyers, submarines, and cruise missiles to protect the project from “Philippine invasion.” Remember, China has now claimed undisputed sovereignty over the Scarborough Shoal.

In the end, China will militarize Scarborough Shoal just like she did with the seven reefs in the Spratlys. And that's when a direct threat to Philippine sovereignty and security becomes imminent.

Just imagine China claiming a 200-mile exclusive economic zone (EEZ) around the Spratlys and the Scarborough Shoal, and declare an Air Defense Identification Zone (ADIZ) over 90% of the South China Sea bounded by an arbitrary imaginary line that China calls “nine-dash line,” which runs parallel to the 12-mile territorial boundary of the Philippines from the northern edge of Luzon down to the southern tip of Palawan. What that means is that Filipino fishermen can no longer fish beyond the 12-mile territorial zone. The Chinese Coast Guard would intercept anybody who attempts to go beyond that.

Hard choice

Aquino-and-Obama-presscon-4-28-14 In my article, “Sovereignty or security?” (April 13, 2015), I wrote: “On April 28, 2014, the U.S. and the Philippines signed the Enhanced Defense Cooperation Agreement (EDCA). The purpose of EDCA is to strengthen the U.S.-Philippines security relationship by allowing the U.S. to station troops and operations



Subic Naval Base

on Philippine territory. But the agreement clearly states that the U.S. is not allowed to establish a permanent base and also stipulates that the U.S. is not allowed to store or position any nuclear weapons on Philippine territory. That's like tying Uncle Sam's hands behind his back and yet expect him to defend his little brown brothers who have no means of defending their beloved Motherland.

“At the end of the day, something has to give. The Philippines has to choose between sovereignty and security. She cannot have it both ways.”

Indeed, the reopening of the Subic Bay base is the best thing that has happened since the departure of U.S. forces in 1992. And once again, with

the rotational deployment of U.S. military assets and personnel to the Philippines, Filipinos and Americans will fight foreign intruders — shoulder to shoulder — just like they did in World War II.

The reopening of the Subic Bay base is just a start, but it certainly is one hell of a start.

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From Page 1 - The show must go on

Mount Royal MNA Pierre Arcand, who came early and left early. He praised the Filipinos for their bravery in celebrating their Independence Day despite the rain. Arcand presented a Certificate of Recognition to Budz Sarmiento on behalf of the CCFAQ, for his outstanding leadership, uncompromising and principled acts of fairness and determination to keep the Filipino community in Montreal from those who wish to destroy and tarnish the reputations of other rightful leaders. In attendance too were the three candidates for Mount Royal MP - Anthony Housefather, Robert Libman and Mario Rimbao - pitching their platforms.

One onlooker, a Mexican woman who patiently watched the show till the end, said, "This sharing of culture is beautiful."

The festivities will not be made possible without the assiduous work of James de la Paz, president of CCFAQ, and some of his directors like Dario



In spite of the rain, Vilma Kelly and her friends are all smiles for the camera (Photo by Cristy Hunter.)

Boco, Gerry Danzil, Rey Balansi, Doris Tabo-oy, Linda Agcaoli, Estela Bajojo, Vangie Visaros.

The dynamic duo of Fely Rosales-Cariño and Ed Vasquez emceed the show.



Pierre Arcand, MNA for Town of Mount Royal and Quebec Minister of Energy and Natural Resources, handing a Certificate of Recognition to Bernardo 'Budz' Sarmiento given by Council of Canadian Filipino Associations of Quebec for his outstanding leadership and valuable contributions to the Filipino Community in Montreal and Suburbs. The ceremony was held at Mackenzie King Park, June 29, 2015.

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Election will be held on August 9, 2015 at the Van Horne Park from 9:00 a.m. to 5:00 p.m. Advance voting will be on August 2, Saturday at 4708 Van Horne, from 9:00 a.m. to 5:00 p.m. and Sunday, August 2, from 12 noon to 6:00 p.m.

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One of the ethnic groups that participated in the Philippine Independence is the Japanese folk dance troupe who always participates every year.

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Understanding Melasma

Having beautiful skin is crucial to one's image so that both men and women nowadays would go to extremes to attain flawless complexion. Indeed, maintaining or achieving a healthy looking skin can be a challenge.

When I hit my 40's I noticed some discoloration or hyper pigmentation on my face that looked like brown skin patches. So I went to see a dermatologist who then told me that this condition is called melasma. The cause? The sun. Melasma is thought to be the stimulation of melanocytes (cells in the epidermal layer of skin that produce a pigment called melanin). Uncontrolled sunlight exposure is considered the leading cause of melasma, especially in individuals with a genetic predisposition to this condition. Clinical studies have shown that individuals typically develop melasma in the summer months, when the sun is most intense. In the winter, the hyperpigmentation in melasma tends to be less visible or lighter.

People with a genetic predisposition or known family history of melasma are at an increased risk of developing melasma. Important prevention methods for these individuals include sun avoidance and application of extra sunblock to avoid stimulating pigment production.

The most common melasma therapies include 2% hydroquinone (HQ) creams like the over-the-counter products Esoterica and Porcelana and prescription-strength 4% creams like Obagi Clear, Tri-Luma, NeoCutis Blanche, and 4% hydroquinone. Certain sunscreens also contain 4% hydroquinone, such as Glytone Clarifying Skin Bleaching Sunvanish SPF 23 and Obagi's Sunfader sunscreen. Products with HQ concentrations above 2% sometimes require a prescription or are dispensed through physician's practices. Clinical studies show that creams containing 2% HQ can be effective in lightening the skin and are less irritating than higher concentrations of HQ for melasma. These creams are usually applied to the brown patches twice a day. Sunscreen should be applied over the hydroquinone cream every morning. There are treatments for all types of melasma, but the epidermal type responds better to treatment than the others because the pigment is closer to the skin surface. Nonphenolic bleaching agents, and/or kojic acid may also be prescribed.

In conjunction with home cream applications, in-office treatments include chemical

peels (chemical exfoliation), microdermabrasion or diamond peeling (mechanical exfoliation), and laser therapy. These additional treatments may be useful for some cases of melasma, although the beneficial effects are not very impressive.

Many types and strengths of chemical peels are available for different skin types. The type of peel should be tailored for each individual and selected by the physician. In treating melasma, 30%-70% glycolic acid peels are very common. Various combinations, including a mix of 10% glycolic acid and 2% HQ, can be used to treat melasma.



Melasma from Wikipedia

Microdermabrasion utilizes vacuum suction and an abrasive material like fine diamond chips or aluminum oxide crystals to exfoliate the top layers of the skin. The vacuum pressure is adjusted depending on the sensitivity and tolerance of the skin. Typical microdermabrasion sessions can last anywhere from a few minutes to one hour. Minimal to no recovery time is needed after microdermabrasion. Microdermabrasion techniques can improve melasma, but dramatic results are not generally seen or expected after one or two treatments. Multiple treatments in combination with sunscreen and other creams yield best results.

There is no guarantee that melasma will be improved with these procedures. However, Melasma may clear spontaneously without treatment and may clear with sunscreen usage and sun avoidance. That's why I now avoid the sun, or never leave it unprotected when exposed to sun.

(With excerpts from medicinenet.com)



Michael Davantes, MMTV host (6th from left) shown with the first ever Waraynon Association of Montreal and Suburbs that had just been formed.



Photo from left: Wiseman, Maira (Maria Janice Galvez), Vilma Kelly, and a friend.



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PERSONALITY OF THE MONTH

Alexi Van Houtte Cochero is a hockey star in the making

By W. G. Kimbao



Alexi Van Houtte Cochero

People who know 10-year old In the Filipino community, few Filipinos have heard of 12-year old Alexi Van Houtte –Cachero who not only excels in school, but also in hockey. But in a few more years, Filipinos will be proud of him when he becomes a famous hockey star. Alexi, a Pointe Claire resident, is the eldest son of Jason Cachero, a native of Ilocos Norte and Michelle Van Houtte. He was born and raised in Montreal. He has two sisters – Clara Mai, 9-years old and Mackenzie Mai, six- years old, who both play hockey and soccer.

Aside from baseball, he loves hockey. He practices hockey about six hours a week and plays games on the weekends. In between, he focuses on his studies which is his priority. In fact, when he graduated from elementary school at Ecole Pointe Claire School this June, he obtained a 91% average.

Alexi, who stands 5 feet 2 in and weighs 105 lbs., is one of the top 10 players in his category in Canada. He represented the East Coast Selects in Bolzano, Italy for the World Tournament in May 2015. In Italy, he was nominated for the North American All Star Team. At the international peewee tryout in January 2015 at the Guttersom Field House in Vermont, he earned a spot on the East Coast Select-Q peewee hockey team that travelled to Bolzano, Italy to compete against European all-star teams from the Czech Republic, Germany, Russia, and Slovakia. About 80 players from Ottawa, Quebec, New Brunswick, the Maritimes and the United States that included Maine, Connecticut, Massachusetts, Vermont, New

Hampshire, and New York participated in the tryout. Alexi was the only one from Montreal to make the team.

“Van Houtte-Cachero was superb at the tryout,” said head coach Billy McCreary. “He not only showed he has a skill to be a top hockey prospect but also demonstrated an incredible work ethic and passion on the ice.”

Alexi has previous elite experience. In 2013, he represented Quebec at the Brick Tournament Invitational Novice.

“The tryout camp and the Brick Tournament were awesome,” said Alexi, who enjoys competing against the best. “I enjoyed the tryout because I was surrounded by all these great players.”

A good skater and puck handler, he goes to Lachine's Ste Anne High School next September. Ste. Anne High School, one of the top 10 schools in Quebec, has a sports program called defi-sports, basically combines excellence in sports and academic.

“It's much demanding in that school,” said Alexi's father, Jason. “What the students do is practice multitude of sports like cycling, water sports and rock climbing. The goal is to develop all-round athlete as well to excel in school.”

Alexi, who was chosen Athlete of the Week by the Suburban in January, is a recipient of awards for his academic performances from the Philippine Benevolent Scholarship Society of Quebec and Quebec Association of Canadian-Filipino Teachers. ■

It's fiesta time for fun-loving Filipinos!

By W. G. Kimbao



The Hermano Mayors of the Pista sa Nasyon

Pista sa Nasyon, one of the most anticipated events in the Filipino community in summer, was held last July 19 at the Mackenzie King Park. About 800 people, Filipinos and non-Filipinos, gathered at the park to meet friends and acquaintances and simply have fun. Camaraderie was felt everywhere while revellers enjoyed the sumptuous food. More than 50 tents, representing associations, business establishments promoting their products from insurance and crafts and food vendors, were assembled for the occasion.

In the morning, Rev. Fr. Savarimuthu Tessapan officiated a mass, then the emcee introduced the Parade of Colors participated by various associations and groups like Knights of Columbus, Philippine Embassy Officials and FAMAS reigning beauties. After the rendition of the national anthems by the Panday Tinig Choral Ensemble, the following Hermano and Hermana Mayors were introduced: Bert Abiera, Flor and Rose Rillo, Rosario Canivel, Rey and Espie Balansi, Trinidad Jimenez.

In the afternoon, some of the following activities took place: delivery of message by Hon. Norman Uriel Garibay, Hon. Russel Copeman, Hon. Anthony Housefather, Hon.

Lionel Perez; acknowledgement by FAMAS president, Nida Quirapas; socio cultural-presentation, parlor games and volleyball and chess competitions; crowning of Mutya ng Pista sa Nasyon 2015, participation of the sagalas that included Anjie Lou Penular, Diandra Medalla, Elaine Fabia. For entertainments, following is the list of some performers who danced and sang: ZUMBA group, Salinggawi, QACFT dancer, Seniors in Motion, Maiara Galvez, Michelle Lao, Romelyn Remegio, Levy Lumabao, Mona Soguilon, Jessica Reyes.

Politicians took advantage of the event. The three candidates for the federal level – Anthony Housefather, Robert Libman and Mario Rimbao were introduced. Given a chance to campaign too were the FAMAS candidates of the two teams - Malaya Party and Samahang Makabayan Party.

Romeo Remegio, external vice president of FAMAS, and Danny Florentino, membership director, said, “It took us about two months to prepare for this event. There's a lot of work involved but we're happy to see that everybody is enjoying.”

Joseph Gonzales and Cynthia Puray served as emcees. ■

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Bago mo hatulan ang ibang tao, tignan mo muna ang iyong sarili

Sa May-June isyu ng Forum, isinulat ni Fred Magallanes ito: “Willie Quiambao does not have much career left as a reporter, but his future looks assured in the world of black propaganda.” Ang mga salitang ito ang dapat niyang ginamit upang ilarawan ang kaniyang sarili at hindi sa akin. Ang problema, bulag siya. Hindi niya nakikita ang masakit at mapait na katotohanang nagaganap sa kaniya.

Sa tagal nang pagsusulat ko bilang free lancer sa Montreal Gazette noon at sa The North American Filipino Star hanggang ngayon, hindi pa ako nahatulang lumabag sa journalistic ethics ng Quebec Press Council at nai-demanda tulad ng nangyari kay Fred. Naparangalan pa ako ng NAFS noong April sa pagiging volunteer writer ko sa diaryong ito at serbisyo ko sa komunidad. Ayaw ko sanang itayo ang sarili kong bangko pero gusto kong patunayan kay Fred na kung masama ang reputasyon ko, bakit nagkaroon ako ng award galing sa Toronto, (One of The Ten Most Outstanding Filipinos in North America), sa Federation, sa FAMAS. Si Fred, kahit “Kalabasa (squash) Award”, walang natanggap. Isinulat din ni Fred na “You’ll not get always with those verbal tricks designed to blacken me, my family and the Filipino Forum.” Paano ko siya mada-damage at ang kaniyang diaryo ay damaged na sila. At alam niya ang salitang “family.” Naisip niya ba ang mga pamilya ng siniraan at sinisiraan niya tulad ng mga pamilya ni James de la Paz, San Tino, Au Osdon, Alex Robles, Felix Reyes, Ed Tupaz at marami pang iba?

Isinulat din ni Fred na nahatulan siyang lumalabag sa journalistic ethics dahil hindi niya raw maunawaan ang pagkakaiba ng balita at opinion. Totoo iyon. Pero ang malaking dahilan kaya siya nahatulang lumabag sa journalistic ethics ay dahil sa kaniyang mga kasinungalingan. At isinulat niya rin sa nakaraang isyu ng Forum na “The Press Council did not say that I could not write because that would curtail the Filipino Forum the press freedom.” Hindi alam ni Fred na sa

isang demokratikong bansa tulad ng Canada, may kalayaan tayo sa pagsusulat pero may limitasyon. At ang anumang kalayaan ay ginagamit sa mabuting bagay, hindi sa kasamaan. At kung press freedom pala ang gusto niya, bakit nagalit siya nang isinulat ko ang pagkatalo niya sa kaso nila ni Budz. Siya lamang ba ang may karapatang magsulat?

Bago nahatulan ng Council ng paglabag sa journalistic ethics si Fred noong 2005, sinabi niya sa una, “Once a writer is caught lying, that is the beginning of his end as a writer”. Hanga ako sa lakas ng loob ni Fred na magsabing, “Willie Quiambao does not have much left career as a reporter”.

ANG RESPONSIBILIDAD NG REPORTER AT DIARYO AY MAG-ULAT NG TAMANG BALITA

Minsan ay iniisip ko na hindi na sagutin ang mga personal na atake ni Fred sa akin dahil alam ng mga tao ang mga kasinungalingan ni Fred. Pero alam ko rin na kaming mga reporter at media ang tinig ng ating komunidad. Ang isa sa mga responsibilidad ng reporter at diaryo ay mag-ulat ng mga kumpleto at tamang balita at kung mali ang mga ito, dapat ay ituwid. Mabuti at mayroong The North American Filipino Star na minsan ay nagtutuwid sa mga maling balita isinusulat ni Fred. Kamakailan, isinulat niya na ang anak ni Cora Aberin ang nagdala ng malaking pera para mabayaran ang mortgage ng FAMAS. Kasinungalingan iyon at maraming makapagpapatunay. Si James de la Paz, Dante Tabamo, Jim Aquino. Sa huling isyu ng Forum, sinabi ni Fred na nag-u turn ang FAMAS Executive Board. Ayon kay Fred, susundin ng FAMAS Executive Board and mungkahi niyang ilagay sa mga balota ang katanungan “Sang-ayon ba ang miembro ng FAMAS sa “proposed FAMAS constitution” sa araw ng eleksyon sa Aug. 9. Kasinungalingan na naman

iyon. Sinabi sa akin ng FAMAS na hindi totoo na nag-u turn ang FAMAS dahil isa ako sa mga dumalo at ang kaniyang BFF (Best Friend Forever) na si Julie Parado noong general assembly. Tapos na ang ratification ng constitution noon pang April 18. Sa isinulat ni Fred, umaasa ang mga tao na magkakaroon ng ratifications sa Aug. 9, araw ng eleksyon. Lumalabas tuloy na ipinagwalang bahala at binastos ng FAMAS ang mga taong bumoto na i-ratify ang constitutions noong April 18.

Hindi opinyon o komentaryo ang isinulat ni Fred tungkol kay Cora at ratification ng konstitusyon. Balita nga ang mga ito pero sinadyang maling balita upang lokohin ang mga tao. Hindi na nakatatawa ang mga ginagawa ni Fred sa mga asosasyon tulad ng FAMAS at Federation. Kung patuloy na mananahimik na lamang ang mga asosasyon, patuloy din na gagawin ni Fred ang ginagawa niya. Wala tayong makukuhang tamang balita at wala tayong ibang masisisi kundi ang ating sarili. Sabi nga ni Rizal, alang mang-aapi, kung walang magpapa-api. Mabuti na lamang, may Budz Sarmiento at Felx Reyes na lumalaban kay Fred.

ANG FAMAS MEMBERSHIP FEE AY VALID FOR TWO YEARS

Marami ang nagtatanong kung bakit wala pang dalawang taon ang kanilang FAMAS membership ay kailangan na naman nilang i-renew ito upang makaboto. Naitanong ko rin ito sa FAMAS at COMELEC pero wala akong nakuhang malinaw na kasagutan.

Ang mga sumusunod ang sinasabi ng FAMAS constitution: Sec. RESPONSIBILITIES F OF FAMAS MEMBERS By Laws BL 6.2.1 Membership dues shall be reviewed and established by the Executive Board every two (2) years (Ganito naman ang sinasabi ng konstitusyon noong 2005, Art. VII, Sec. 4, Biennial Membership shall be: Couple \$10.00 Senior \$4.00, Single \$7.00 Student \$4.00.) BL 6.2.2. in order to be qualified to vote, membership must be paid ON or BEFORE the FAMAS election day Sec. 3 BENEFITS OF REGISTERED MEMBERS Sec. 3.1 The right to participate and vote in any FAMAS general meeting

Ang FAMAS eleksyon ay ginagawa tuwing ikalawang taon at ikalawang lingo ng Agosto. Halimbawa, ang eleksyon noong 2013 ay Aug. 11 at ngayong taon ay August 9. Bakit kailangan na naman ng isang miembro na mag-renew at magbayad ng membership fee ay valid pa ito hanggang sa Aug. 10.

Ang sagot sa akin ng isang direktor, “Iba ang membership fee at iba ang election fee. “ ” Ang sagot ko naman, “Ano ang pagkakaiba noon? At malinaw na sinasabing karapatan ng nagbayad ng membership fee ang bumoto. At ano ang ibig sabihin ng “ON or BEFORE the election? One month, two months or three months before the election? Kung ang ibig sabihin nito ay 3 months before the election at kung nagbayad ng membership fee ang isang tao ng May 8, 2015, ang ibig bang sabihin ay magbabayad uli siya bago mag-election ng Aug 9, 2015? Ang sagot naman ng isang COMELEC member, “Talagang ganoon. Tignan mo ang membership card mo noong last election. Ang lahat ng membership card ay July 31 ang expiry date” “Bakit nga ganoon?” ang tanong ko. Mas nakatatawa at nakaiinis naman ang sagot ng isang COMELEC member, “Pambihira naman. Four dollars lamang lamang sa seniors.” Ang sagot ko, “Hindi \$4.00 o kung magkano ang halaga ng membership fee ang isyu. Isang tasang kape at donut lamang iyan sa Tim Horton pero ang prinsipyo ang pinag-uusapan. Kung may mali, dapat itama. O kaya, linawin ang wordings ng konstitusyon.”

Na-alaala ko ang madalas sabihin ng isang dating presidente ng FAMAS. “Ang lahat ay tama kung walang magsasalita. ” Ibinulong naman ng isang miembro ng media na ang asawa ay nagtatanong din kung bakit kailangang mag-renew rin ng membership ay valid pa ito, “Ang hirap kasi sa mga ibang tao, kung minsan, alam nilang mali sila pero ayaw nilang tanggapin.”

MAYROON DING MGA TAONG MARUNONG TUMANGGAP NG PUNA TULAD NG CONSUL GENERAL

Sa floral offering noon kaarawan ni Rizal, panahuhing tagapagsalita SI Consul Geneal Eric Tamayo ng Ottawa. Sinabi ko na maganda ang speech niya sa English pero mas lalong gaganda kung hinaluhan niya ng Tagalog dahil ipinagdiriwang natin ang araw ng kalayaan. Sa halip na ma-offend, ganito ang sagot niya dahil alam niya na maganda ang aking intensyon, “Bago ako nag-deliver ng speech, naisip ko nga iyon. Pero your suggestion is well taken.” Ang ibig sabihin, may point ako. May pinag-aralan at diplomatiko si Eric pero kung sa isang taong nagbigay din ng speech sa English ng araw na iyon sinabi ko ang aking mungkahi, mamumula ang mukha ng huli sa galit. Masyadong mataas ang pagpapahalaga niya sa kaniyang sarili.



2015 ELECTION

Sunday, AUGUST 9, 2015 9am - 5pm @ VAN HORNE PARK, MTL. QUE.

PLATFORM

VISION:

-To work for the welfare of all Filipino-Canadian migrants, unify and strengthen Filipino Ethnicity, reduce the barriers caused by regionalism and isolation, and encourage members to exercise their rights and privileges as citizens.

MISSION:

- To bring about changes for the betterment of FAMAS
- To uphold the dignity and traditions of FAMAS
- To empower the general membership in their involvement and participation in attaining the goals and objectives of FAMAS
- To encourage cooperation and partnership, and to bring together other organizations with similar programs, activities, objectives, and goals to develop unity and discourage competition
- To make the Philippine Community Center more welcoming to the Filipino Community by training volunteer receptionists on better customer service
- To inject new programs and preserve traditional activities for children, youth and seniors
- To solicit funds from different government agencies as well as the private sector to finance and ensure continuity of the on-going programs
- To maximize the potential of the members of the Executive Board towards their efficiency in their assigned tasks
- To be open to suggestions and recommendations on the management and administration of a certain project

FAMAS ELECTION
Sunday, AUGUST 9, 2015
9 am - 5 pm
Van Horne Park

Malaya Team

			
Romeo Remegio Vice Pres. Internal	Dante Tabamo President	Reynaldo Balansi Vice Pres. External	
			
Joseph Gonzales Secretary	Lorenza Penullar Treasurer	Angelina Taligan Auditor	Sally Carillo Accountant
			
William Gomez P. P. R. O.	Leah Baldeovar Dir. Education	Sherrie Anne Garcia Dir. Sports & Youth	Alona Amano Outreach Services
			
Myrlin Umipig-Sia Special Projects	Naty Floresca Dir. Membership		

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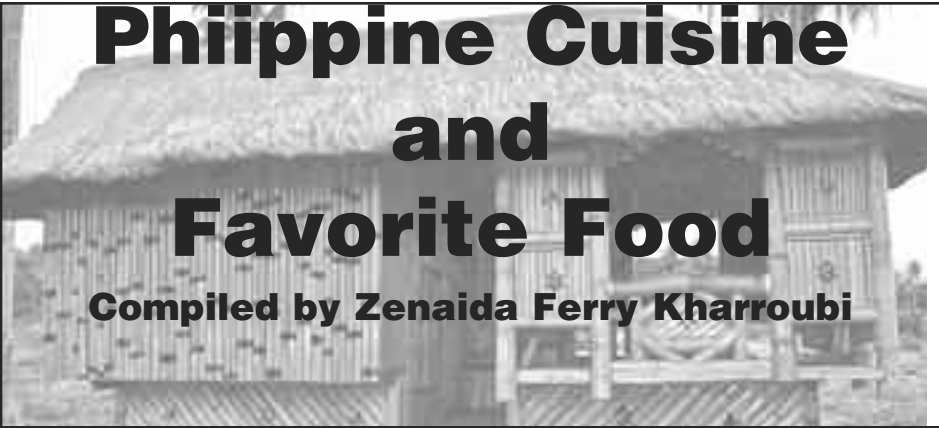
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Sunday, August 2, 2015 12pm - 6pm

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Phiippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi



Pininyahang Manok (Chicken with Pineapple)



Ingredients
2 lbs. chicken, cut into serving pieces
12 ounces pineapple chunks, canned
2 medium sized tomatoes, chopped
1 cup bell pepper, cut into thick strips
1 medium sized carrot, wedged
2 1/2 tbsp fish sauce (patis)
1/2 cup fresh milk
2 tbsp garlic, minced
1 medium sized onion, sliced
2 tbsp cooking oil

Instructions
Marinate the chicken in pineapple juice/concentrate (derived from the can of pineapple chunks) for 20 to 30 minutes
Pour the cooking oil in a cooking pot / casserole then apply heat
Sauté the garlic, onion, and tomatoes
Put-in the chicken and cook until color of the outer part turns light brown
Add the pineapple juice/concentrate marinade and fresh milk then bring to a boil
Add the pineapple chunks and simmer until the chicken is tender and half of the liquid evaporates (about 20 to 30 minutes).
Put-in the carrots and simmer for 5 minutes
Add the bell pepper and fish sauce then simmer for 3 minutes
Remove from the cooking pot / casserole and transfer to a serving dish.
Serve hot. Share and enjoy!
Serving size: 6



Pork Afritada

Ingredients
2 lbs. pork shoulder, cut into cubes
1 large yellow onion, minced
4 cloves garlic, minced
6 pieces hotdogs or wieners, sliced diagonally
1 (16 oz.) can tomato sauce
1 1/2 cups frozen green peas
4 pieces potatoes, cleaned and quartered
2 teaspoons granulated white sugar
3 tablespoons cooking oil
2 to 3 cups beef broth
Salt and ground black pepper to taste

Cooking Procedure
Heat the cooking oil in a cooking pot or deep pan.
Saute the garlic and onion when the oil becomes hot.
Once the onion is soft, add the pork and cook until light brown (around 3 to 5 minutes).
Pour-in the tomato sauce and beef broth. Stir. Let boil. Cover and simmer for 45 to 60 minutes or until the pork becomes tender.
Add the hotdogs and potatoes. Cook for 8 minutes.
Add the green peas, sugar, salt, and pepper. Stir and cook for 3 minutes.
Transfer to a serving bowl. Serve.
Share and enjoy!
Number of servings (yield): 4Watch video



Beef caldereta

Ingredients :

2 lb. beef, cut into cubes
1 cup vegetable oil
3 cloves garlic, chopped
1 onion, chopped
1 tsp. chili flakes
4 cup water
1 cup tomato sauce
1/2 cup liver spread
3 bay leaf
2 cup potatoes, quartered
2 cup carrots, sliced
2/3 cup green olives
1 red bell pepper, sliced
1 green bell pepper, sliced
salt and pepper, to taste
(Measurements Cooking)

Cooking Procedures :
In a large pan, heat oil. Fry the potatoes and carrots until color turns light brown. Remove and set aside.
Add beef to the pan; stir-fry for a few minutes until lightly brown. Remove and set aside.
In the same pan, sauté the garlic and onions until translucent. Add chili flakes. Return beef and accumulated juices to pan. Stir-fry for a few minutes. Add water, tomato sauce, liver spread and bay leaf; stir to combine. Bring to a boil then simmer, about an hour or until meat tender. Add potatoes, carrots and green olives; simmer for another 6 to 8 minutes. Season salt and pepper to taste. Add bell peppers, cook for additional 2 minutes. Transfer to a platter. Serve hot and Enjoy your Kaldereta.




Kale with garlic

Ingredients

Original recipe makes 4 servingsChange
Servings
1 bunch kale
2 tablespoons olive oil
4 cloves garlic, minced

Directions
Tear the kale leaves into bite-size pieces from the thick stems; discard the stems. Heat the olive oil in a large pot over medium heat. Cook and stir the garlic in the hot oil until softened, about 2 minutes. Add the kale and continue cooking and stirring until the kale is bright green and wilted, about 5 minutes more.

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Cut & Wrapped

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The North American FILIPINO STAR PHOTO GALLERY

All photos are courtesy of Cristy Hunter



Anthony Housefather Cote St. Luc Mayor and Liberal Party candidate as MP for the Mount Royal Riding visited the MMTV tent during the Philippine Independence Day celebration, June 29, 2015.



The Philippine Ambassador, Hon. Petronila Garcia, braved the rain and stood among the participants in the Philippine Independence Day parade held annually.



The Pamana ng Luzviminda dance troupe represented by many of its members marching along in the rain



The Black Watch Bugle Corps and Bag Pipes, first time in the Philippine Independence Day celebration, are marching in the rain



Michael Davantes and Tenne Rose Dayandante, MMTV hosts, standing in the crowd in the Bicol Association tent while the others are happily waving to the camera.



This looks like a group from Thailand showing a typical dance from this country. These dancers performed on stage while the rain continued to pour.



Armando Villapando (2nd from the right) and other members of the community smile for the camera. Vilma Kely (3rd from the left) a member of MMTV poses with the group.



Mario Rimbao (center) with his supporters holding signs in support of his candidacy to the post of MP of the Mount Royal Riding under the banner of the NDP.



Rev. Father Motu celebrated the Holy Mass during the Pista sa Nasyon held at MacKenzie King park, July 19, 2015.



Mayor Anthony Housefather of Cote St. Luc and Liberal candidate for MP of the Mount Royal Riding shown here with his supporters holding his banner during the Pista sa Nasyon.



Robert Libman, Conservative Party candidate for MP of the Mount Royal Riding (at the left, standing with the other people and Bert Abiera (on the right) solemnly listening to the Mass being said during the Pista sa Nasyon.



Souvenir photo (from left) Ronnie Manglinwedan, daughter Renzlee, Zenaida Kharroubi, Fely Pineda, and Jam Pineda. Welcome and goodbye till we meet again to Ronnie and Renzlee. Taken on Friday, July 24, 2015 at Gilmore College.

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Social Tidbits

Fely Rosales Carino



A coronation night is always exciting! Think about it - coronation envisions beauty, poise, beautiful gowns, graceful movements, and dazzling smiles! Such were in abundance during the Ms. FILGA (Filipino Golden Ages) 2015 Coronation Night held at the Hellenic Community Center, Wilderton Avenue, Montreal, last June 20.

As always, programs do start with the singing of the two national anthems (Filipino and Canadian). This was followed by the Invocation given by FILGA Secretary Mrs. Josefa Nicolas. Up to this point, nothing was out of the ordinary. Then came the very pleasant surprise – the welcome address by the FILGA President Mrs. Patria Magallanes, who delivered it while on a wheelchair. Someone with lesser courage couldn't have done that but her temporary illness didn't deter her from doing so. This lady has a lot of heart. She felt she had to do her duty and she delivered. And the Guest Speaker, Honourable Anthony Housefather (Cote St. Luc Mayor and at present the Liberal Party of Canada MP candidate for Mount Royal Riding) acknowledged the FILGA Executive Board in his message: 'I congratulate FILGA and the efforts of the Executive Board and its President, Mrs. Patria Magallanes in organizing this contest.' He also congratulated the reigning Miss FILGA 2013 Carmelita Cuizon. He observed that the association and the contest itself are tremendous examples of the Filipino community spirit when it comes to helping others. The proceeds of the event went to the association's Sympathy Fund which assists the family of a deceased member at the time they need it most.

As the evening progressed, Ms. Carmelita Cuizon made her farewell walk escorted by Fawad Chata. Next came the crowning of Miss FILGA 2015 Mrs. Sally Ann Carillo by Anthony Housefather. The processional march was a sight to behold. (Just imagine the beautiful gowns and glittering jewelry!)

Before surrendering the dance floor to the very enthusiastic crowd of line dancers, there was the Award Presentation. The following were awarded trophies for different contest categories such as Sally Carillo (Miss Popularity), Deve Pongo (Miss Charity), and Sylvia Lemaire (Best in Evening Gown). The crowd enjoyed the dancing music. Ms. Svetlana Suarez was the gracious emcee for

teachings of Dr. Jose Rizal.

Before the coronation, inspirational messages were delivered by great guests of the evening. Among them were Sir Miguel Luis Moreno, (the Guest Speaker Protocol Officer and attaché, Consular Assistant in charge of Visa and Dual Citizenship, Philippine Embassy), Mayor Russell Copeman (City Councilor, Darlington district), and Councilor Lionel Perez, (Borough Councilor of Darlington District, Honorary Member

Vicente (2nd Princess), Charelle Hernaez (1st Princess), and Amber Jo Antenor Cruz (Munting Maria Clara 2014-2016).

Highlight of the evening was the entrance of Bb. Maria Clara 2015 entourage. They were Miss Vanneire Dorado (2nd runner-up) with escort Mr. Gio Dorado, Miss Leslie Joy Rosario, (1st runner-up) with escort Mr. Abner Lapitan, and last but not least, Miss Katherine Liz Danzil, Bb Maria Clara 2015-2017 with



From left Fely R Carino, Ed Tupaz, Wendy Singh

the evening.

Last June 27, the St. Kevin's Social Hall was filled to capacity. This is the day the Order of the Knights of Rizal, Eastern Canada Region, Montreal Chapter held their Closing Rites Rededication and the renewal of their Pledge of Allegiance to Dr. Jose Rizal, Philippine National hero. For the members, this knighting is a very solemn ceremony. There were two parts - INITIATION and EXALTATION. Initiated to the Knights of Rizal were: Mr. Javier Inabiohan, Mr. Fernando David, Mr. Carolina Hataie, Mr. Servando Bulda, Mr. Rowel Pangilinan, and Mr. Edwin Soriano. Exalted to Knight Commander of Rizal were Sir Hector Racuya, and Sir Dante Tabamo.

After the knighting, the coronation of Binibining. Maria Clara 2015 began. Sir James Menzi, Sir Lito Manuel, and Sir Rolando Villanueva led the parade of colors. This was followed by the anthems performed by Sir Julius Abad and Sir Edmond Valdez. The Rizalian prayer was recited by Sir Dario Boco, Deputy area Commander, Eastern Region. Their Pledge of Allegiance was led by Sir Gerry Danzil, Deputy Chapter Commander, who thanked the auxiliary ladies of Rizal, the Kababaihang Rizalistas, and his fraternal brothers for their support of the party tonight. Chapter Commander Sir Felix de Luna welcomed the guests and thanked the Knights of Rizal supporters and urged them to grow and move forward and be involved in the Order's role in the promotion of the

of the Knights of Rizal). Sir Ray Balansi (Area Commander, Eastern Canada) notes, "The Knights of Rizal was organized to commemorate the martyrdom of Dr. Jose Rizal." In addition, Marvin Rotrand (Borough Councilor of Snowdon CDN/NDG, Honorary Knight Commander of Rizal), said, "It has been a pleasure to attend these events so meaningful for those tracing their origin to the Philippines." As well, Honourable Anthony Housefather (Mayor of Cote St. Luc, Honorary Member of the Knights of Rizal) commented, "I am proud to work with all the different organizations. I'll do my best to assist in anyway I can." Furthermore, Honourable Petronila Garcia (Philippine Ambassador to Canada) inspires with this: "The Order of the Knights of Rizal has carried on the ideals of Dr. Jose Rizal. Continue to uphold the universal ideals and aspirations of Dr. Jose Rizal and see them bloom."

The Coronation of Bb. Maria Clara 2015 began with the entrance of the flower girls. They were dressed in tiny bouffant ballgowns in red and in blue. Eye catching were their tiny crowns perched on their heads. They were regal in their brushed-up hairdos and lovely makeup. Flower girls were Marie de la Cruz, Ericka Cabico, Ava Antonio, Marie Cabradilla, and Gracella Bandola. You should have seen the crown bearers Aldrich Abobo, and Peter Danzil in their crisp barong formals. Following the flower girls and crown bearers were the entourage of Munting Maria Clara 2014. They are Alliyah

escort Mr. Aaron Dalangin.

Of course, if there are beauty candidates, there are corresponding awards: Miss Vannerie Dorado received her sash from Mr. Joseph Gomez & Mrs. Remia Dorado, her bouquet from Sir Reggie Villamor & Lady Cherry Palmos, and her trophy from Sir Dario and Lady Claire Boco. Miss Leslie Joy Rosario received her sash from Mrs. Norma Rosario & Sir Rowel Pangilinan, her bouquet by Sir Willy and Lady Berlita Pasion, and her trophy from Sir James & Lady Rose de la Paz. Bb. Maria Clara 2015-2017 Miss Katherine Liz Danzil received her sash from Sir Peter & Lady Revelina Danzil, her bouquet from Sir Ben & Lady Elena Balaus, and her trophy from Sir Gerry & Lady Linda Danzil. The "Revolving Trophy" was presented by Sir Rey & Lady Espie Balansi, and Sir Felix & Lady Marlene de Luna.

If there is an incoming Bb. Maria Clara, there has to be an outgoing one. Miss Maria Cecilia Fernandez, Bb. Maria Clara 2012, did her farewell walk. The new Bb. Maria Clara, Miss Katherine Liz Danzil was crowned by Sir Miguel Luis Moreno, Protocol Officer, Embassy of the Philippines. She was then proclaimed as the new Bb. Maria Clara by Sir Edmour Valdez, Chapter Commander ex-officio. To close the coronation, the Royal Court was serenaded by Sir Julius Abad and Levy Lomabao rendered a vocal solo. Masters of Ceremonies were Sir Marc de Luna and Lady Sweet Maralli. The crowd enjoyed dancing to the sound and music

provided by Sir John Torrico.

June 28, 2015 is a red-letter day for every Filipino. It represents the commemoration of the 117th ANNIVERSARY OF THE PHILIPPINE INDEPENDENCE. This day, our shared patriotic feelings come to the fore. It is this day that we honor the selflessness, the courage, and the passion of our forefathers that gave us our liberty and distinct identity as a nation. It is for this reason too that Mr. JAMES DE LA PAZ, President of the Council of Canadian Filipino Association of Quebec never fails to put up a celebration that even defies Mother Nature's abundant 'sprinkles', a miracle of sorts! As usual, being friendly to the political personalities in the surrounding boroughs, he has at his fingertips the different personnel to call for whatever he needs when it comes to the requirements of his association (or those of other associations for that matter!) To date, Mr. James de la Paz can boast of friends in the right offices, local, provincial, AND federal level! A testament to his political acumen, one will be hard-pressed to find an equal to Mr. De la Paz in this regard! Political leaders in attendance during Independence Day were: Honorable Russell Copeman (Mayor of CDN,NDG), Honorable Lionel Perez (City Councilor, Darlington District), Honorable Marvin Rotrand (City Councilor, Snowdon District), and Honorable Pierre Arcand (MNA, Town of Mont Royal). From the Philippine Embassy, the delegation was led by the Philippine Ambassador to Canada, Honorable Petronila Garcia. Her entourage included Consul general Eric Tamayo.

The rain poured like an angry lightning but the tents were full! There were still their displays and food galore. The rain did NOT dampen the crowd, perhaps thinking the rain to be blessings pouring in! Although the wet grounds didn't allow the cultural dances to be held there, every ethnic dance numbers were danced on stage. Everyone watched from their perspective tents. Countries who sent their dancers to perform were Japan, Mexico, Colombia, Ireland, and the Philippines. Every Independence Day, Mr. Willy Quiambao keeps track of their scheduled participation. Despite the rainy occasion, several Filipino Associations participated and enjoyed the parade. The ANNUAL GUN SALUTE performed by the Batan Artillery gave a distinct military flavor to the Independence Day! How about that! Also adding to the regal celebration is the presence and the performance of the Black Watch Bugle Corps and Bagpipes! There's something new every year! Perhaps another magic surprise awaits us next year.

CANADA DAY last July 1, 2015 symbolizes unity. Even in diversity, unity seems to surface. What I mean is, even when

people belong to different ethnic backgrounds, or even when people belong to competing/opposing associations, the fact that everyone was there spelled U-N-I-T-Y. Our Filipino Group was led by the Federation of Filipino Canadian Associations of Quebec President Ed Tupas. Another Federation President is the parade was Mrs. Josefa Nicolas. You see, during Canada Day, people are in the one box. We are all Filipino Canadians. According to Mrs. Minda Mazzone, Fil-Canada Day spokesperson, there were 25 beautifully decorated floats. Seen 'patrolling' on the sidewalks were UPS President William Fabia, Nick Mazzone, and the FAMAS Comelec Chairman Felix Salazar. The skies were thick when we were watching for the parade to start. Once the parade started, the rain also started to pour. Hence, we were soaking wet after the parade. Torrents came down that even threatened our umbrellas! Puddles of water were unfriendly to our shoes. After a challenging walk, we said we have done our civic duty! Our consolation? We were treated to a sumptuous meal at our friendly Chinese restaurant Kam Shing, courtesy of Mr. President Ed Tupas!!! All is well that ends well!!!

Finally, the June/July United Pilipino Seniors (UPS) held its birthday celebration activities on July 12, 2015 at the St. Kevin's Parish Social Hall located at Cotes des Neiges, Montreal. The association listed twenty celebrants in June and sixteen in July. June celebrants were Nenita Abenojar, Adela banding, Jeffrey Buenafe, Pepito Campos, Lilia&Ardie del Campo, Robert Corbett, Dardanela Castillo, Mylene Chaves, Teddy Dedote, Hilda Etrata, Luita Escobar, Annie Galang, Leticia Geronimo, Raymond Lotino, Ester Nuguid, Roel Perio, Remy Ramos, Azucena Villareal, and Edita Yapan. The July celebrants were Julius Abad, Victoria Abeva, Joyce Anders, Alex Basbacio, Mike Brouillette, Evelyn Castillo, Charito Estiguy, Lilian Gonzales, Aida Llamas, Margarita Marcelo, Agustin Mercado, James de la Paz, Lolita Rimbao, Nenita Sahagun, Inocencio Silverio, and Doris Tabo-oy. AS usual, their program was in three parts: Part One was the parade of colors performed by Julius Abad, Leo Cabusas, and Cesario de la Cruz. Part Two was the singing of the Philippine and Canadian Anthems. Invocation was done by Leonora de la Cruz and the inspirational message was delivered by Yours Truly in lieu of Mr. Salvador Cabugao, President of the National Council of Canadian Filipino Association in Canada. A highlight of the party was the presentation of the Father of the Year 2015 in the person of Mr. Alejandro Castro. And Part Three was the line dancing and rock&roll dancing, 1950 style

! Closing the party was the announcement of the next party to be held September 13, 2015 at the usual place, aka St. Kevin's Church. Get ready with your leis and Hawaiian shirts and skirts. It will be a Hawaiian Night!

"May Saya Kung Sama Sama." "Together we make a difference." The above are the headline banners that announced the holding of this year's Pista Sa Nayon held July 10 at Mackenzie King Park on Cote St. Catherine, Montreal.

Pista Sa Nayon Honorary Chairman, FAMAS President Nida Quirapas, Overall Chairman Mr. Dante Tabamo and Co-Chairman Mr. Romeo Remegio did not leave a page unturned when planning the party. They focused their attention to important people who sent messages such as Mrs. Petronila Garcia (Philippine Ambassador to Canada), Honourable Denis Coderre (Mayor of Montreal), Honourable Russell Copeman (Mayor of CDN/CDG), Honourable Lionel Perez (City Councilor, Darlington District), Honourable Marvin Rotrand (City Councilor, Snowdon District), Honourable Anthony Housefather (Mayor of Cote St. Luc), Honourable Norman Uriel Garibay (Chief of Missions from the Philippine Embassy).

Pista Sa Nayon started with a mass officiated by Reverend Father Savarimuthu Yessapan. The National Anthems were performed by the Panday Tinig with Ms. Edith Fideliso (pianist), and Mr. Paul Imperial (conductor).

Giving their best smiles during the parade, the Hermanos and the Hermanas commanded the attention of the audience! They are as follows: Mr.&Mrs. Flor and Rose Rillo, Mr.&Mrs. Rey and Espie Balansi, Mr. Bert Abiera, Ms. Rosario Canivel, and Miss Trinidad Jimenes. Earlier in the day, pouring rain came-a-calling. The skies were so dark and the clouds were so thick and heavy that for a while, many thought the Pista Sa Nayon would be cancelled. But when the skies decided to clear out, the bright sun staged its appearance. Hence, the Masters of Ceremonies Ms. Cynthia Puray-Pacheo and Mr. Joseph Gonzales unveiled the following full-packed program starting with the presentation of the SAGALAS: Anjie Lou Penullar, Elaine Fabia Timbang, Sally Carillo, Marietta Vinas Ella Isobel Paranos, Diandra Medalla, Ella Marie Turcmanovic, Deve Pongo, and Babylyn Gonowon.

The next performers followed: Panday Tinig Chorale Ensemble, PCCAQCordillera, QACFT Dancers, Sallinggawi, Seniors in Motion, Aloha Lani, kababaihang Visaya, Sally Carillo, and Mabel Polo. The FBCFI Dancers who performed were KAM's Mutya and

Munting Mutya ng Pilipinas, Kababaihang Rizalista, FFCAQ, Jason Patrimonio Palulan with Anak ng Banya n Migrant and Pinay. Maiara, A Filipino super singer, performed a very special number. There were participating bands too, namely: FBCFI Band, RJ Uptown Tattoos, Tunog Uptown, Addictions Remedy, and Frozen Flame.

Needless to say, the day turned out to be not a "soaking wet" day but a "humid indulgent" day. Filipinos turned out by the hundreds and enjoyed the numerous tent displays. Games played were volleyball under Mrs. Mercy-Sia-Umipig, and Chess under Mr. Manny Lagasca.

Last but not least, if you notice, included in most programs is a PRAYER authored by Mrs. Natalie Pelausa. Her PRAYER writeups are always thought provoking and solemn. They do not fail to calm the soil. Praise the Lord for her Prayers !!!

I Anthems, the Panday Tinig Chorale Ensemble rendered 3 beautiful Tagalog songs: Sa Piling Mo, Pandanggo ni Neneng, and Pandanguhan. These songs never fail to bring back memories of our beloved Philippines! Other intermission numbers were performed by Annie Lou Penullar, the QACFT Dancers (weren't they graceful?) – Eppang Nicholas, Elsa Montealegre, Nancy Karides, Elma Bolatao, Nenita Licayayo, and Melanie Somejo.

One of the evening's highlight was the invocation given by Montreal's Grand Dame Mrs. Natalie Pelausa. She delivered with ease; she still has it! She will turn 88 on July 25, 2015. Advance Happy Birthday greetings from everyone!!! After the song and dance numbers were the messages from Honourable Irwin Cotter, Honourable Anthony Housefather, Honourable Mary Deros (a city councilor who represented Mayor Dennis Coderre), Honourable Marvin Rotrand, and Honourable Uriel Norman Garibay (representing the Philippine Embassy). Their messages had one common denominator, that of wishing the Filipino Community a Happy Independence celebration. Honourable Anthony Housefather even tried to dance the Tinikling with the Salinggawi dancers who were there to give 2 wonderful dance exhibitions. After a lot of dancing, event chairperson Naty Floresca acknowledged everybody's presence. Wait, I'm not quite finished. The Seniors of West Island (SWIS) were seen enjoying the boogie-woogie dance numbers, 1950 style! The dancers were SWIS Chairman Roger & Neri Ajero, Comelec Chairman Felix & Lucy Salazar, Dr. Jean & Paz Viloria, Cely Dagsaan, Edith Valenzuela, Flor & Rose Rillo, Elvi Maximo, Dick & Linda Dahiroc. Showing their line dancing skills were Connie Fabro and Nita Advincula. Nard Alberto displayed his terpsichorean grace while swaying to the rock music numbers.

Until the next issue ■

FILIPINO STAR

SHOWBIZ GOSSIP

Jerome Ponce thankful for success in showbiz

By Joyce Jimenez



Jerome Ponce is happy for the good reponse to his love team with Jane Oineza

Jerome Ponce is thankful for the success he's having in the show business.

He started in the morning TV series "Be Careful With My Heart" which ended November last year.

"Ngayon pa nga lang ang laki na ng pasasalamat ko dahil nabubuhay ko ang sarili ko at mga tao sa paligid ko," he said in an interview on Friday.

"Yong iba, 'yong ganitong edad ko tapos hindi pa ako graduate ng college, ito na nagagawa ko. Ang sarap sa feeling, e," he added.

The Kapamilya actor didn't expect such reception from the public, saying that the opportunity to work with Jane was enough for him.

"Masaya sa feeling na may love team ako and sinusuportahan siya. Kaya pinagbubutihan pa namin," he said.

Although their love team worked, Jerome still would also prove himself as a solo actor.

"Pag solo naman okay ka kasi universal ka, kumbaga nakadepende 'yong arte mo sa mga ka-eksena mo, hindi sa ka-love team mo," he



Jerome Ponce & Jane Oineza

"Nagagawa ko dahil sa industriya na 'to. Kaya malaking pasasalamat sa mga taong nasa likod ko."

He's also thankful for everyone who supported his team up with Jane Oineza in his current show "Nasaan Ka Nang Kailangan Kita."

explained.

Know what will happen next to Jerome and Jane's characters in "Nasaan Ka Nang Kailangan Kita" in its new season starting on Tuesday, July 28, after "Flordeliza." ■

Confirmed: Willie Revillame's weekly 'Wowowin' on GMA 7 canceled



Willie Revillame: "'Maraming nagmamahal sa iyo sa industriya pero mas mahal in mo ang sarili."

The last episode of "Wowowin" was aired on Sunday afternoon. But supporters of Willie Revillame need not be sad.

His show may be canceled but his fans will never leave him. Willie's hiatus is only temporary as talks have been going on between him and GMA 7, bringing up the possibility that his weekly show may even turn into a daily one.

"Wowowin" has been receiving positive feedback since May 10. It gets good ratings, sometimes even surpassing the shows that came before it. But there are other factors to

consider when producing a show, not just ratings.

GMA is now looking for a good time slot for "Wowowin" as it thinks 3:30 in the afternoon is not a good time for a variety game show.

If it were up to the GMA executives the Sunday program will continue, but it is Willie himself who decided to wait for the right time before airing "Wowowin" again, this time on a daily basis.

The Filipino audience will be delighted once Willie's show starts airing daily, just like it used to. ■

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Sarah Geronimo celebrates birthday with Matteo, friends



Sarah Geronimo celebrates her 27th birthday in advance with boyfriend Matteo Guidicelli and some of her friends.

Sarah Geronimo celebrated in advance her birthday with boyfriend Matteo Guidicelli and some of her friends.

The "Popstar Princess" turns 27 on Saturday, July 25.

On Thursday, Nadine Tengco posted on her Instagram account some photos of their small celebration.

Matteo denies relationship with Sarah is on the rocks

fine," replied Matteo when asked if their relationship is on the rocks, in a separate interview aired in ABS-CBN's news program "Bandila" on Monday.

"Siyempre there are challenges here and there, [but] we're just busy with work," he explained as to why they seldom spend time together.

Sarah was busy doing and promoting her film "The Breakup Playlist" with Piolo Pascual, while Matteo got caught up rehearsing for

KC Concepcion: I'm dating but not exclusive



KC Concepcion said she's waiting for a man who would pursue her

KC Concepcion admitted she has been dating again but not exclusively.

The Kapamilya actress said she's happy with where she is right now, but of course waiting for a guy who will "pursue" her.

"I'm looking for someone who will also look for me, pursue me," she said, in an interview aired in "Aquino and Abunda Tonight" on Thursday. "Kasi I think na women should be pursued, women should feel special, and women should be taken care of. Kasi ibabalik naman lahat ng babae 'yon e."

When asked whether she finds dating someone from showbiz more difficult than having a family from showbiz, KC chose the former.

"Kasi may choice naman ako

do'n so magkamali man ako o di mag-work out ginusto ko 'yon e," she expalined. "But I'm friends with all my exes and masaya naman ako do'n."

Meanwhile, KC is busy with charity works while waiting for her upcoming projects with ABS-CBN.

Her most recent projects are the photo exhibit with photographer Mark Nicdao and donating her P300,000 cash prize from "Kapamilya Deal or No Deal" to the kids in Mindanao.

She explained that doing charity works is her way or "giving back" by showing youth that they can make a difference.

"Mayro'n silang magagawa to help," KC said. ■

Lovi Poe gets hospitalized after being bitten by her pet dog



Lovi Poe (left), her boyfriend Rocco Nacino (right)

Lovi Poe was hospitalized due to dog bites not once but twice. Guess who gave this dog to her as a gift.

Lovi Poe spent her early morning of weekend inside a hospital room after being bitten by her pet dog. According to an Instagram post of her boyfriend Rocco Nacino, Señor (a maltese) and Seth (a shih tzu) had an altercation.

"My poor baby.. Got bitten during Señor and Seth's altercation

straight to the hospital now..:(", Rocco wrote on his post.

This is in fact the second time Lovi was bitten by Señor, the pet dog which her bestfriend Heart Evangelista gave to her as a gift a few years ago.

We wonder if these dogs had some issue regarding Lovi's #pabebe video posted before the fight.

What do you think? Anyway, get well soon Lovi. ♥ ■

SMatteo Guidicelli: Everything's fine. We're just busy with work

Matteo Guidicelli denied that his relationship with Sarah Geronimo is on the rocks.

The speculations about problems in their relationship came out after the Sarah's guesting in ABS-CBN's "Gandang Gabi Vice" on Sunday, where she admitted they're having some "trials."

"Hindi naman maiiwasan 'yong mga trials. Pero okay kami," she said.

"No, we're fine, everything's

his upcoming concert "Dream Boys" with Daniel Matsunaga and JC de Vera.

"Work's first every time and we'll do whatever it takes [to meet]. Our schedule's full and we just focus on work. When we have free time [we meet]," he added.

Now that Sarah's film is out and his concert will happen on July 11, Matteo hopes that they will get to spend more time together. ■

Showbiz Gossip *Continued from p.15***Kris Aquino clarifies she doesn't get financial support from Phillip Salvador, James Yap in raising her sons****Kris Aquino**

"To clarify, we don't communicate & he has no active role in Kuya Josh's life."

This is what Kris Aquino frankly stated amidst queries why she never mentions ex-flame Phillip Salvador, the father of her eldest son Josh, in her social media posts.

This stemmed from Kris's Instagram post last July 24, where she shared a photo of Josh who excitedly got his hands on his smartphone after being grounded for two days from using it.

Phillip Salvador 'out of the picture?'

In the comments section, several fans of the Queen of All Media asked if Phillip is "out of the picture" since she never mentions him in terms of raising their son Josh.

Kris, for her part, said that she was fortunate enough to be able to afford her eldest son's financial needs without asking any form of support from his father.

The Queen of All Media further explained: "Together w/ my siblings, and w/ much gratitude to my Mom, we all took on the responsibility of raising Kuya, and I have always been open about his having special needs..."

"I have been solely financially responsible for Kuya's upbringing for most of his life, let me EMPHASIZE I'm not calling anybody out—God truly blessed me w/ the financial capacity to care for my panganay."

With that, Kris reiterated that there's no point mentioning Phillip, alluding to the fact that he has long since chosen not to be involved in their son's life.

"This is my account, and this chronicles my life, and my family."

"Why will I mention someone who isn't part of our lives?"

"Parenting requires effort."

And it's a choice on how involved you'll choose to be."

On a lighter note, Kris said that she has been blessed with a loving family who actively helps her in showing love and support towards her children.

"That being said, I have been extremely blessed to have siblings, Josh's pretty ninang @boss1020, when they were alive Lola Cory & Lola P, his Lolo Esting & all my dear friends who surround him w/ LOVE, UNDERSTANDING & UNWAVERING PRESENCE & SUPPORT..."

"I hope that puts this issue to rest."

"We are peaceful & that's what is important. ■"

Enchong in tears as brother gives message**Enchong Dee (left) listening to his older brother**

It was a rather uncomfortable experience for actor Enchong Dee, who, in silence, had to listen to his older brother's message through one of the housemates of the ongoing season of "Pinoy Big Brother."

In an episode of the reality show that aired Tuesday, Dee, still donning the robot persona of "EToy," was forced to sit through the ordeal unable to move or speak.

"Gusto ko lang malaman mo na bilib na bilib ako sa iyo. Mataas ang respeto ko sa iyo pag dating sa mga pangarap mong gusto mong marating," AJ, who was speaking through Franco Rodriguez, told Dee.

"Alam kong kahit gaano kahirap at gaano ka-complicated, pag ginusto mo yan, makukuha mo iyan. Pagpatuloy mo lang iyan. Sana bisitahin mo ako. Ikaw na muna bahala kina mama at papa at sa mga kapatid," he added.

AJ, who has appeared in the afternoon television series "Pasion De Amor," has been vocal about leaving the entertainment industry in order to settle down in Norway with his wife and two kids.



"Kung may mga dumadating na pagsubok sa iyo, alam kong kaya mo iyan, alam kong malalampasan mo iyan dahil pinalaki ka ng magulang mo ng maayos," he continued. ■

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Bea on split rumors: Do I look broken?



Bea Alonzo

Bea Alonzo on Monday reiterated that she and boyfriend Zanjoe Marudo are still trying to work things out following her admission early this month about some challenges in their relationship.

The actress graciously answered questions about her personal life during the press conference of her upcoming movie "The Love Affair."

"Mukha ba akong in pain and broken?" she asked while flashing a huge smile on her face. "Okay naman ako, okay naman kami."



"Oo, may mga pinagdaanan. Lahat naman tayo hindi nawawala 'yan, 'di ba? Ang pinakaimportante doon is kung paano mo iha-handle ang sarili mo pagkatapos ng lahat ng ito. We are working it out and masaya naman kami. Okay naman kami," she explained.

In fact, Alonzo shared that she

and Marudo had a great time in London together just recently. The two were in the UK for the Kapamilya Barrio Fiesta event along with other Kapamilya stars.

"Happy naman kami. Responsibilidad mo sa sarili mo maging happy ka," she said.

Pictures and videos of Alonzo and Marudo while in London have been making the rounds online, dispelling rumors that they have broken up.

On Paulo Avelino

Meanwhile, Alonzo also addressed rumors romantically linking her to Paulo Avelino after they were supposedly spotted on a date.

Alonzo said it is true that she and Avelino went out but she stressed that they were with a group of friends.

"Lumabas naman talaga kami kasama ang mga kaibigan namin kasi meron akong mga kaibigan na mga lalaki din. Definitely, it wasn't a date. [Magkaibigan lang kami ni Paulo] and marami naman akong ibang kaibigan," she said.

Alonzo said Marudo was even aware of that.

Avelino and Alonzo last worked together in the 2014 series "Sana Bukas Pa ang Kahapon." ■

Did Taylor Swift get Kim Chiu's album?



Taylor Swift holding Kim Chiu's CD, real?

In the caption, Chiu even wrote, unedited: "OMG!!!!!!OMMGGG!!!! look @starmusicph daddy swift and taylor swift with my album!!!!"

But Chiu herself didn't fall for it as she praised the photo-editing skills of the one who made the picture.

moko!!!! Haha i wish for real!! hahahha love you @taylorswift," she also wrote.

Chiu is a self-confessed Taylor Swift fan. In fact, during the pop star's most recent concert in the Philippines, Chiu secured a VIP ticket just so she could watch Swift perform up close.



Kim snapped these pictures herself at Taylor Swift's concert

"Cant believe!!! grabe IBA!!!!!! ANG GALING! ANG GANDA! SOBRA!!!!... ng pagka edit....!! kung sino kaman thank you napasaya

The actress even took to Instagram to express her joy when she was able to hold Swift's hand twice. ■

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Jinkee Pacquiao's post with their luxury car draws mixed reactions from netizens



The picture came with the caption: "When you soak in His presence and in the Love of God you will be refreshed. Have a blessed and lovely morning!"

Some netizens singled out that Jinkee's post seemingly goes against what she was preaching with her photos' captions. A check on Jinkee's Instagram would show that Manny Pacquiao's wife is fond of quoting bible verses.

"marigreyzall bible verse but u always show off ur wealth. no good" one commented.

Others went to question her humility and claimed that Jinkee is just "humble bragging" or making herself appear humble when it fact she's just showing off.

"Make another instagram account for your selfies showing off all the thousands of \$\$\$ you have on. Nothing wrong with bragging about it if you can afford it. I would do it too, but to use bible verses on selfies to show name brand, very expensive clothes, shoes, jewelry, handbags, cars, houses, resorts, etc it's not being 'humble' at all.#JustSaying," commented one user.

Another one said, "Showing

being rich having all the husbands money and fame is not being humble you're still sinning you need to give up those sins repent it help other people."

"Nice bible passages against backdrop of materialism from the labor of hubby. Ironical," said another.

While there are those who lauded her faith, they wondered, "I absolutely LOVE how devoted to God you and your family are and I enjoy reading your bible posts and seeing your pictures, but sometimes I wonder... Would it be the same if you didn't have all that name brand clothes, shoes, handbags, expensive cars...? No offense." A certain user even quoted a line from the bible in what seemed like a response to Jinkee's post.

"Love not the world neither the things in the world. If any man love the things in the world the love of the father is not in him. Store your treasures in heaven and not in this world," said the commenter.

Some went to call her attention that greed is one of the mortal sins.

"Isn't greed a mortal sin? Regardless of how you earned such a fortune but spending on this kind of luxury and posting it on the internet with bible verses to boot is a bit... (cant find the right word). I was taught by my lola to never spend too much money on things that I don't really need nor want, if you can see a cheaper substitute then go for that instead kasi daw marami ka pa magagamit sa matitipid mong pera. I know a really wealthy family na so genuinely humble. Simple house with no pools or whatever, one simple car, simple lifestyles, etc. And they are super religious also. Hey don't hate I'm just stating my opinion like you do and have no ill intention. I'd just like to hear from people who do read the bible on this perspective," said another commenter.

Another user stressed, "You cannot serve both money and God.

You have to lose one so you can stay faithful to the other one."

One person even went on comparing her ways from her husband's saying that, "Act like Manny his [sic] humble at di niya pinapakita lahat mg mayron siya."

There were a few fans of Jinkee who defended her and their family, stating that they only deserve what they have today especially since Manny earned it the hard way.

"Kung anong mayron sila pinaghihirapan nman po nila yun. Kung ibigay lahat ang mayroon parang di kaya aasa nlang lahat hindi na magtrabho kung lagi kung nagbibigay aasa nalang sayo ginawa mo silang tamad. Wag ng manira ng kapwa maging masaya nalang," a user said.

There are those who stressed that Manny and Jinkee are still putting God as their first priority.

"They don't deserved (sic) to be judged and criticized just like that. Some people's comments are very hurtful and even using bible verses to bring down a sister in faith. Where is the love people? The Pacquiao's are helping a lot of poor people, brought honor to the Phils, sharing bible verses, etc. Only God knows each person's heart. Pls have some respect. We are not heading to the beginning of times but to the end. We are all guilty of something, so stop finding rocks to throw to our sister in faith. There's a lot of unsaved souls, there are wars, chaos all over the world and the devil is so busy deceiving a lot of people. We have a lot to worry/pray about than bringing and hurting a sister in faith," a user commented.



Jinkee's picture from her Instagram account

Meanwhile, there are some who digressed and said, "Dressing up branded and 'displaying' expensive cars dont have anything to do with 'religion' at all. In fact, with their millions of money, it's just appropriate. They live within their means. And kaya buong angkan branded ang damit kasi nga po they share their blessings because it's what they believe in sa 'religion' nila, to share what you have." ■

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Buenas Coconut gel - 2/\$3.00



San Miguel Ice Cream \$6.99 ea.



T.A.S. Banana blossom \$1.19 can



Grace Condensed Milk \$1.59 can



B.S. Steak 2/\$9.00 (2 lbs/pack)



Aquaworld Cooked Shrimp \$2.99 pack



Knorr tamarind - 2/\$1.00



Datu Puti vinegar \$1.19 bottle



San Miguel Purefood Corned Beef \$4.49 ea



Red Delicious Apple \$0.99 lb



Nappa - \$0.49 lb



Pork Spare Ribs -\$2.49 lb



Chicken leg- \$0.99 lb



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

We are moving only on September 16, and will inform you of our new address in the August issue of the North American Filipino Star.



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 2009)



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



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

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www.gilmorecollege.com (This address is only until September 15)

PROGRAMS

- **Nursing Aide (PAB)**
- **Early Childhood Education Assistant**
- **Office Systems Technology**
 - Secretarial
 - Medical
 - Legal
 - Administrative
- **Accounting Technician**

WORKSHOP

How to start and manage your own business - 30 hours - Days or evenings

COURSES

- **Second Languages**
English, French
Filipino (Tagalog)
Mandarin, Spanish
- **Computer Software**
 - Microsoft Office
 - Sage Accounting
 - Keyboarding
- **Interest courses**
 - Fashion Photography
 - Video Production
 - Practical Writing
- **Tutoring (English & French)**



PAB-PSW Nursing aide graduates, Batches 8 and 9. Ceremony held at La Cucina on Sherbrooke West, October 7, 2012 Standing (from left) Vilma Lagonilla, Mildred Mendoza, Giselle Arellano, Marilou Hechanova, Edison Taguba and Annie Signey. Seated from left: Grace Calvo, Annabelle Allosa, Ethel Tugna, Lourdescita Lubang and Joesie Bingayan. (Photo by: Budz Sarmiento)