

Manuel and Tabamo vie for FAMAS Presidency

By W. G. Quiambao

Running for FAMAS presidency next month are Cesar Manuel and Dante Tabamo. They've few things in common. Manuel has a BSE degree (social science) while Tabamo holds a degree in Bachelor of Science in Elementary Education. Both of them think that lack of unity is the biggest problem in the community. Both of them have run for FAMAS presidency and lost. In 2011 Manuel and Au Osdon garnered votes of 821 and 762,respectively. Although Manuel won by 69 votes, he still lost the election due to the implementation of 150-vote deduction from his total votes. One of his directors violated the COMELEC's Rules and Regulations. On the other hand, Tabamo ran for presidency last election but lost to the outgoing president, Cora Aberin.

Who will win the election is the million dollar question. It's hard to predict because both of them have loyal and



Dante Tabamo

staunch supporters.

Below is the North American Filipino Star In-depth Interview with them.

NAFS – What is your reason for running as president?



Cesar Manuel

Manuel – Not long after Cora Aberin was elected, a rumor circulated around that I would be the next one running for president. A few months ago, it was published that I would be running unopposed. There's no grain of truth to

the rumors. In fact, I didn't know then if I would run or not until recently. After nights of soul searching, I decided to run because of the disunity in the community that has been going on. It's sad. I've to do something about it. Uniting the community will be a big challenge but I'm ready to do it. I'll do anything for the community.

Tabamo – I have served a few FAMAS presidents and learned from them. Now, I am convinced that I will be able to serve the community better. I want to have a legacy of clean, dynamic, progressive and productive leadership, not only for myself and my family but for the whole community.

NAFS – What do you think is the biggest problem in our community and what is your plan to solve it?

Manuel – As I've said, disunity' of the Filipinos is one of the biggest problems

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Trump's pick for ambassador to Canada to push for even stronger ties

OTTAWA -- President Donald Trump's choice to serve as the next ambassador to Canada said she will work hard to maintain -- and improve - - the strong economic relationship between both countries during her time in Ottawa.

"I will work tirelessly to further enhance our strong economic partnership -- the most extensive and integrated economic relationship of any two nations in the world," Kelly Knight Craft said Thursday during her Senate confirmation hearing in Washington, D.C.

"I believe we can do better," she added.

"If confirmed, I will seek new opportunities to foster further growth to create more jobs for both countries, while promoting free and fair trade to ensure that American businesses and workers can compete on a level playing field."



Kelly Knight Craft

The Trump administration wants to have its ambassador in Canada quickly, since negotiations for the new North American Free Trade Agreement are set to begin next month.

Knight Craft did not divulge many other details about the role she expects to play in the NAFTA talks, except to say that she will work closely with U.S.

Trade Representative Robert Lighthizer and U.S. Commerce Secretary Wilbur Ross on advancing American priorities on the file.

Later on, when asked to share her plans for promoting U.S. exports to Canada, Knight Craft mentioned softwood lumber, dairy and poultry as

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**Montreal Westward Lions Club
 Recycle for Sight - Page 3**

EDITORIAL

A choice between two candidates - who will win the popular vote?

The Filipino Association of Montreal and Suburbs, popularly known as FAMAS, is the oldest and biggest organization of Filipino-Canadians in Quebec. Each time there is an election, community issues are brought up for discussion. Each leadership candidate offers his or her own solutions.

Sometimes, FAMAS elections seem predictable and we readily can guess who will win the popular vote. But based on the interview of the two candidates, they have some similarities in their vision of what Famas needs - to see a united community. Both have loyal followers and common goals - to improve Famas and serve all the members better.

Community unity has always been an issue and may not be easily solved. By having so many organizations that split up due to personal conflicts of its leaders, it really seems that we are not united. We do not seem to go out of our way to patronize our local businesses. We find it easier to buy from the bigger stores rather than go to the smaller ones usually owned by Filipinos. When people habitually make negative comments about each other, we also think that this is a sign of disunity. Our lack of unity was also shown when another association was formed to raise funds for a community center instead of approaching the administration of FAMAS to see what could be done together. Eventually, this other group folded up and realized how difficult it was to raise enough funds to build a bigger center.

Past presidents of FAMAS were able to purchase the building while other presidents renovated and improved it. Obviously, something more needs to be done in order to accommodate our community that has grown bigger and we need to find a way to achieve our long felt dream to have a place which can accommodate all kinds of activities of different associations.

FAMAS, being an established organization has a lot of potential to play the biggest role in the community. Many past presidents had already

started some projects that had some value. . Reviewing them and selecting which ones are worthwhile continuing will show appreciation of past efforts and give credit to those who tried to serve the community with their best intentions.

On the other hand, after so many years, our community needs to build something more substantial and meaningful. The incoming administration of FAMAS must seize the opportunity to do greater things in promoting unity. What else is better than building a lasting institution such as a community cultural center?

We commend all candidates in this election. We encourage them to keep up their good work. And when the election is over, may they become united in the pursuit of a bigger goal - to make FAMAS reach its full potential. Politics should last only as long as campaigning for an election and should end after the last ballot is counted. More important things can be done in different capacities - being a leader is just one of them but also being a good follower is another.

"Unity to be real must stand the severest strain without breaking" according to Mahatma Gandhi. These strains are the challenges that any Famas president is often faced with and must decide between doing something or nothing about them. Being the head of the organization, he must be able to give a good model to follow. He must also understand the strengths and weaknesses of his followers in order to delegate tasks appropriate to each one's ability.

To sum it all, we find this quote inspiring: "Individual commitment to a group effort--that is what makes a team work, a company work, a society work, a civilization work." ..

May all the candidates find this election a starting point to do greater things, whether they win or lose, and keep their commitment to serve the community even better.

Zenaida Ferry Kharroubi



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The folly of federalism redux

PerryScope
By Perry Diaz

President Rodrigo Duterte's top legislative agenda is the federalism of the Philippines. Actually, federalism was not the idea of Duterte, two of our

efficiently cater to the needs of the country despite its diversity. He said that the primary goals of a constitutional amendment is to increase decentralization, greater local power and access to resources most especially among regions outside Metro Manila which has long been



Apolinario Mabini and Gen. Emilio Aguinaldo.

national heroes, Emilio Aguinaldo and Apolinario Mabini, were the first to suggest dividing the Philippine Islands into three federal states: Luzon, Visayas, and Mindanao.

More than a half century later, former president of the University of the Philippines Dr. Jose Abueva proposed and argued that a federal form of government was necessary to more

dubbed as rather imperial. Aside from Abueva, senator Aquilino Pimentel Jr. was a prominent supporter of federalism who had advocated federalism since 2001. He saw the proposed system as a key component in alleviating the Mindanao crisis and appeasing Moro insurgents. He argued that federalism will also hasten

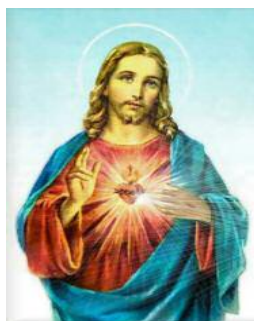
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Letter to the Editor

Dear Editor,

It has been three years since former Philippines Ambassador to Canada Leslie B. Gatan took his retirement after a distinguished career in the Department of Foreign Affairs.

He now resides in New Jersey as his wife Debbie works at the United Nations. They will eventually return to the Philippines when she retires. It has been my pleasure to maintain contact with Mr. and Mrs. Gatan since they left

Embassy in Ottawa.

There is good news. Manila adopted a motion to move forward this past February and our Borough reciprocated by adopting my motion to that effect on June 5. It now only requires Executive Committee ratification.

Leslie Gatan suggested we could easily integrate cultural and sporting exchanges. But he wants to see tangible economic gains for the partners.



Former Philippine Ambassador Leslie B. Gatan and City Councilor Marvin Rotrand

Canada.

Recently we had the occasion to meet during the Gatan's short visit to Montreal. Leslie wanted Montreal's Filipino community to know that he maintains a keen interest in assuring the success of the growing relationship between Canada and the Philippines.

He lauded the hard work of the Philippines Embassy in Ottawa under the leadership of current Ambassador Petronila Garcia in its efforts to enhance the Canada - Philippines relationship to foster trade, tourism and cooperation. He especially praised the continued success of the annual Ambassador's Winter Escapade to the Philippines, a program he initially launched.

Leslie was very aware of my efforts to build on the Montreal - Manila agreement and urges the Filipino community to support my desire to have the entente be more than just a simple expression of friendship.

When the original agreement was adopted in 2005 after discussions between Manila Mayor Lito Atienza's office and myself it was hoped that there would be substantive cooperation between the municipalities. For a variety of reasons, this just never happened.

Over the past years I have visited Manila City Hall twice, meeting with Mayor Joseph Estrada and then Vice Mayor Isko Moreno to push for a new and stronger agreement. These visits were facilitated by the Philippines

Together we have discussed that Montreal could provide expertise that would aid Manila improve public transit and reduce traffic congestion. As the former Vice President of the STM, I feel this is certainly an area where Montreal could help make a difference.

Leslie wisely cautioned that this is an election year in Montreal and hoped the agreement would not be a political football. I will count on the wisdom of the community to assure that we work together in a cooperative and non-partisan manner to assure that the final product is something in which everyone can take pride.

Recently I held a meeting at FAMAS to hear citizens' proposals as to what we would like to see in the agreement. Readers of the North American Filipino Star can help the process by sending their proposals to me at mrotrand@ville.montreal.qc.ca

I will ask the new FAMAS Board which will be elected soon to also offer counsel as to what it believes should be part of the agreement. I am convinced that this agreement - now still only statement of friendship - will one day offer the partners real and tangible benefits.

Yours truly,

Marvin Rotrand
City Councillor - Snowdon

From Page 2 - The Folly of Federalism

economic development since resource and financial mobilization is upon each states' or provinces' discretion without significant constraint from the central government. [Source: Wikipedia]

During the presidential elections of 2004, president Gloria Macapagal Arroyo campaigned for constitutional reforms. After winning the elections, she created the Consultative Commission, headed by Dr. Abueva. The task of the commission was "to propose the necessary revisions on the 1987 Constitution that included a shift to a unicameral parliamentary form of government, decentralization of national government, and empowering local governments by a transition to a parliamentary-federal



government system."

Rally against Pres. Gloria Macapagal Arroyo's Charter Change movement in 2004.

The proponents of charter change, while agreeing on a parliamentary system, are divided between the supporters of Federalism and those that decry Federalism as an unworkable political system. Instead, the anti-federalist group is pushing for the adoption of a unitary parliamentary system.

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President Rodrigo Duterte campaigns for federalism.

Today, President Duterte is pushing hard to change the government to a federal system using the model similar to the one proposed by Abueva in 2004. He has been pressuring the House of Representatives to pass legislation to effect a charter change. Well, it doesn't seem as easy as it sounds.

While a unitary government – the central government — has all the power, federalism would seem to be more democratic. But don't be fooled by it. There are lots of variables and unknowns before the House could responsibly fashion the necessary amendments to fit the fundamental tenets of a Philippine democratic system as enshrined in the 1987 Constitution.

Australia divided into six states.

Allow me to share excerpt from my column, "The Folly of Federalism," which I wrote in October 2005. I said, "To get a pretty good 'feel' of how Federalism works, let's look at Australia. In 1901, Australia adopted

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**Montreal
Westward
Lions Club**

From Page 1 FAMAS Election

here. One cause of disunity is the lack of communication that leads to misunderstanding.

To avoid misunderstanding, there should be communication - an open communication. I plan to reach out to our kababayan here. Should I win, I'll make sure that the centre will be open to everybody, not only to Filipinos but also to non-Filipinos. Sometimes, people ask me "Bakit nandiyan si Pedro? Bakit nandiyan si Jose? I want people to know that FAMAS doesn't belong to the incumbent administration. The centre is for everybody. To reach out to our kababayan, I'll ask them to have coffee at the centre, I'll talk to them. I'll make them feel important. I'll make them know that I care. I'll give them a feeling of belonging. Things will be easier if we can work together in harmony.

Tabamo--The biggest problem that besets the community at the moment is the division and the lack of unity and cooperation. Others would say there are lots of other pressing problems in the community, but for me, if only we're united, other problems would not be too difficult not to be solved. Nothing is impossible, when people work together, or when people are governed by the same vision. Ultimately, we are all working towards the same goal - to be able to serve the Filipino-Canadians in Montreal and its suburbs. This is very good starting point for unity to be attained. We can harness that motivation and use it as a catapult for the community to be sprang into a different direction - that of brother-

From Page 1 - New U.S. Ambassador

areas where she would direct some of her efforts.

Otherwise, Knight Craft, who shared the stage with other, more high-profile nominees at the U.S. Senate foreign relations committee including Trump's picks for NATO and the United Kingdom, faced few questions, with two of them about years-old results of college basketball games in her home state of Kentucky.

Knight Craft, who would be the first woman to serve as U.S. ambassador to Canada, said she would also work to advance shared goals on energy security, which she mentioned is linked to the environment.

"I will also work to advance our shared environmental goals, stewardship of our common watersheds, land mass, wildlife, farm life and the air we breath, from coast to coast to coast, as the Canadians say," she said.

Knight Craft said she also valued the partnership Canada has with the U.S. in Norad and NATO.

"The United States is fortunate to have a neighbour that shares a strong

hood, that of camaraderie, that of unity. As humans, we all long and crave for recognition - whether we admit it or not. We just differ in manifesting it. That I believe, presents the very solution to the problem. By fulfilling that very human need for recognition, we all give others a self-worth. By doing this, jealousy will be lessened and perhaps, the very elusive unity will be attained.

NAFS - Both of you have served as directors of FAMAS. Briefly, tell me your biggest accomplishments while serving as directors. How have those accomplishments benefitted the community?

Manuel - I served as treasurer and one time, as membership director. I never paid cash for the expenses submitted when I was the treasurer of FAMAS. It was always cheque. Whenever there were expenses submitted, official receipts were produced for transparency. I was always up-to date with my treasurer's report which made it easier for the auditor to do his job. As membership director, I had produced a lot of members during my term. The membership fees were a source of income for FAMAS. And when the building was converted into a centre, we were never allowed to have tenants anymore so we lost income. I was one of those who broached the idea of asking donations from the associations renting rooms to help defray the miscellaneous expenses like electricity, toilet paper, etc.

Tabamo - During my term as FAMAS vice president, Internal 2013-2015, together with the other members of the board, I provided a strong and solid support to the President, Nida

commitment to democratic values and works tirelessly to promote peace, prosperity and human rights around the world," she said.

Knight Craft is a well-connected political donor and philanthropist who is married to a prominent coal magnate.

The U.S. ambassador post in Canada has been vacant since former envoy Bruce Heyman stepped down after Trump's election.

From Page 3 - The Folly of Federalism

the Federal Parliament and government with the six States giving up some of their powers, but remaining independent. The Australian Constitution states, 'The legislative power of the commonwealth shall be vested in a Federal Parliament.' In addition, the constitution gives a range of powers and responsibilities to the Federal Parliament. Powers not identified in the constitution reside with the States. Each of the six States has its own constitution, parliament and government.

"But there is a lot of overlapping between the Australian Federal and the

Quirapas. I managed the Philippine Community Centre smoothly with the help of volunteers gaining income from rental that contributed to the financial state of the community. I chaired the profitable Pista sa Nasyon that made an income of \$16,000. The benefits from each of the event I chaired far exceeded other materials and financial gains. In each event, people came as if they were part of a big and happy family.

NAFS - What is the biggest misconception about you?

Manuel - People often ask, "How could you serve as president when you're busy with your job?" The constitution doesn't say that the presidential candidate should be retired. There were some good FAMAS presidents in the past who had full-time jobs but still did a sterling job. Why is it my running a restaurant becomes an issue now? I have help from family and friends. The center is near the restaurant so I can immediately go there when necessary and with the modern technology, communication is easier.

Tabamo - Simply because I am quiet doesn't mean I am weak. Deep inside I am a strong and a tough leader in the sense that nobody can push me around. I make my own decision but others' idea and suggestions, especially when they are great, are given attention and consideration. After all, FAMAS belongs to the community members. They are the ones who will elect us.

What is your vision?

Manuel - I want to see an expansion of

State governments. A history of competition between the Federal government and the State governments exists. Since the Federal government controls tax collection, it has established its dominance in the political system. The States became

the centre. I want a separate entity to do the application for grants with the help of the three levels of the government - municipal, provincial and federal. Right now, I can't really see it happening because of lack of continuity. For example, if I apply for a grant in the middle of my term, nobody will be interested to continue it anymore in the next administration. The best solution is to form a group of people that are not members of the executive board. It should be a separate entity that should be managing this. Perhaps, a foundation that will be run by this group of people for five or ten years. Someday, when we finally have the expansion of the centre, we'll no longer rent the Hellenic Community Centre or go to the hotels to hold parties. It's an ambitious dream but it can happen if we all work together. Who would ever imagine that we would have a centre where we are now.'

Tabamo - Should we win, I want FAMAS to be more welcoming to the public by giving better access and services. We will strive to rid FAMAS of the partisanship. We want FAMAS to be an extension of their home. We will struggle to improve the relationship of FAMAS with its members with the end-goal of making them feel that they are important and are a vital part of the association.

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Australia divided into six states.

dependent on Federal financial assistance
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governments. This created ongoing financial negotiations - and haggling - between the Federal government

and the States.

“There are advantages and disadvantages of Australian Federalism. However, the disadvantages far outweigh the advantages, some of which are: duplication of government; overlapping or conflicting policies in different parts of the country; State education systems with differing curricula and grading methods; financial inequality which leads to unhealthy competition and rivalry between the States; neglect in important areas of, to cite a few, public policy and public transportation; and over-government. The website

Federalism, it begs the question: Should the Philippines pursue a Federal system of government?

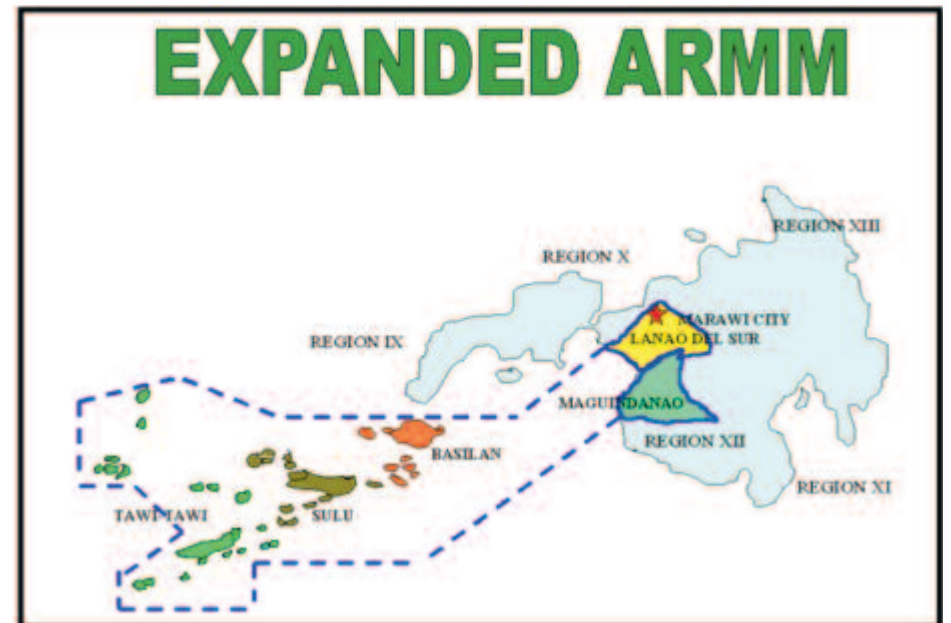
In my opinion, Federalism for the Philippines is a folly. Let's look at some numbers. Its Gross Domestic Product (GDP) was worth \$304.9 billion in 2016 and the GDP per capita was \$7,728 (ranked 118 by International Monetary Fund) compared to Australia's \$48,899 (ranked 17). Simply put, the Philippines would not be able to afford the cost of Federalism.

First of all, most of the big industries

the Republic of the Philippines.” However, it failed to pass the approval of the Cordillera peoples in a region-wide referendum in 1998. Today, CAR exists as Cordillera Administrative

they need to function as “autonomous” regions.

Some people argue that a Federal government is the only way to give



Map of the expanded area of ARMM.

Region.

On paper, ARMM and CAR are ideally suited to address the “needs” of the Bangsamoro people and the cultural minorities in the Cordillera region, comprised Abra, Apayao, Benguet, Ifugao, Kalinga, and Mountain Province. However, ARMM and CAR do not have the financial independence or the ability to create revenue-generating industry. As a result they become pauper entities that depend on the central government for all the things

freedom and independence to the Filipinos. In today's globalized economy, what is freedom and independence? In my opinion, freedom is “financial freedom” and independence is “financial independence.” Real freedom and real independence can only be achieved with wealth and the ability to compete in the global market. If we free the Filipinos into creating their own country without financial freedom, then they will become slaves of their own country.



Philippines' GDP from 2007-2016.

claims, ‘It is often argued that a nation of 19 million people cannot afford to have 15 houses of parliament, plus hundreds of local governments.’

“According to a study conducted by the University of Sydney, the question was

and manpower resources are concentrated in Metro Manila and its surrounding provinces, Cebu City, Davao City and a few other places. Provinces that are agricultural-based would be hard-pressed to collect taxes to maintain their government structure, which would consist of a legislative body, judicial system, education system, health professionals, law enforcement, social services and several other agencies. After the Federal government has taken its bigger share of the tax revenues, the amount left for the regional governments would not be enough to sustain their existence.

ARMM and CAR

In 1989, the law creating the Autonomous Region in Muslim Mindanao (ARMM) was passed. It was composed of the provinces of Basilan, Lanao del Sur, Maguindanao, Sulu, and Tawi-Tawi and the cities of Marawi and Lamitan. The political intent was to satisfy the aspirations of the Bangsamoro people for self-rule and self-determination. It was created to address the “Moro problem.” But instead of solving the “Moro problem,” ARMM divided Bangsamoro into several factions run by regional warlords.

Map of Cordillera Autonomous Region.

In 1997, the Philippines passed Republic Act 8438 creating the Cordillera Autonomous Region (CAR), which states: “The Cordillera Autonomous Region is a territorial and political subdivision administered by the Regional Autonomous Government consisting of the regional government and local government units under the general supervision of the President of



Map of Cordillera Autonomous Region asked: ‘Has Federalism outlived its usefulness in Australia?’ The study concluded: ‘It is obvious that the advantages no longer exist and the advantages are outweighed by the numerous disadvantages. It is truly time for Australia to make major reforms for it to remain an effective government process.’ “

Federalism for the Philippines Given the advantages and disadvantages of Australian-style

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Tagalog Seksyon

Opinyon/Komentaryo ni Willie Quiambao

NAGPUNTA SILA SA MANCHESTER NA HOMELESS, UMALIS SILA NA BAYANI

Kung minsan, mababa ang tingin natin sa mga homeless. Ang tingin natin sa kanila ay mga drug addict at alcoholic. Wala silang hanapbuhay at ang iba, may diprensiya sa pag-iisip. “Gusto nila ang ganitong buhay,” sinasabi natin. Maling akala ang mga ito dahil hindi natin alam kung bakit sila nagkakaganoon. Tiyak na may dahilan. Maaaring nauunawaan natin, maaaring hindi.

At dahil homeless sila, ang hindi magagandang bagay lamang ang nakikita natin. Hindi natin naiisip na balang araw ay magbabago ang ating pagtingin sa kanila.

Tulad noong May 22 nang may sumabog na bomba sa Manchester, England Arena kung saan may concert si Ariana Grande. Dalawampu’t dalawa ang namatay at 59 ang nasaktan. Dalawang homeless ang itinanghal na bayani dahil sa ginawa nilang pagtulong sa mga biktima ng pagsabog ng bomba. Si Chris Parker, 33, ay namamalimos malapit sa arena. “Sa halip na tumakbo ako nang palayo, nagbalik ako upang tulungan ang mga nasaktan. Tinanggal ko ang mga pako sa mukha at braso ng mga batang duguan,” sabi ni Parker. “Ibinalot ko sila ng mga T-shirts na itinitinda roon.” Sa kabilang dako, si Stephen Jones ay natutulog sa isang lugar na malapit din sa arena. “Ibig din naming makatulong sa mga taong nangangailangan ng aming tulong. Hindi ako patatahimikin ng aking budhi kung umalis ako noon na hindi nakatulong sa mga biktima, lalo na sa mga bata, ng pagsabog ng bomba. Dahil homeless kami, hindi nangangahulugan na wala kaming puso. “

Tama ang sinabi ni Jones. Tao rin silang katulad natin. Sa sandali ng pangangailangan, ibubuwis din nila ang kanilang buhay upang makatulong sa kapwa. At sa pagkakataong iyon, hindi na natin makikita ang kanilang pagiging homeless. Sa halip, ang makikita natin ay ang kanilang kabutihan. Ang kabayanihan.

BAKIT HINDI PA TAPOS ANG DALAWANG TAON AY MAGBABAYAD NA NAMAN NG FAMAS MEMBERSHIP?

May mga nagtanong sa akin pagkatapos ng FAMAS eleksyon noong 2015 tungkol sa validity date ng membership ng asosasyong ito na dapat ay dalawang taon. Hindi ko sila masagot dahil ako rin ay naghahanap ng kasagutan sa kanilang katanungan. Halimbawa, kung naging miembro sila noong Sept 2, 2013, dapat ay valid pa rin ang membership nila hanggang hanggang Sept. 1 2015. Pero bakit ang iba ay nagbayad noong eleksyon ng August 2015. Ang bagay na ito ay napag-usapan namin noon ng dalawang aktibong miembro ng komunidad.

“Pambihira naman, \$5.00 o \$7.00 lamang,” sabi ng isa. Sumagot ako, “Malaking bagay pa rin sa mga senior iyon. Isa pa, hindi ang \$5.00 ang isyu. Isang tasang kape at ilang doughnut lamang iyon sa Tim Hortons. Prinsipyo ang pinag-uusapan. Kung minsan, may mga loopholes sa constitution na dapat linawin.” Lalong lumabo ang usapan namin nang sumagot naman ang isang nakikinig sa aming pag-uusap, “Baka iba ang membership sa FAMAS. Iba rin ang membership kapag eleksyon.”

Sa susunod na buwan ay FAMAS eleksyon na naman kaya nagtanong na naman ako sa isang dating presidente ng asosasyong ito. “Bakit nga ba hindi pa tapos ang expiry date ng membership ng ibang members ay magbabayad na naman sila? Halimbawa, kung may utang ako sa Master Card at may isang araw pa akong palugit para bayaran iyon, hindi ako puwedeng patawan ng interest” Sumagot ang dating presidente, “Iba ang FAMAS. Ang itinatanong mo ay nasa Rules and Regulations ng constitution ng asosasyong ito.” “Saan sa constitution nakasaad iyon?” tanong ko. “Sa latest Constitution na nabasa ko sa internet, walang sinasabing ganyan. O baka hindi ko lamang napansin dahil malabo ang mga mata ko. Pati nga ang mga rates, wala,” sabi ko. Naiinis na sumagot ang kausap ko, “Kung may reklamo sila, bakit hindi tumawag o sumulat sa FAMAS?” Nayamot na rin ako, “Ang mga taong hindi makasulat, sa akin nga sinasabi ang problema nila dahil alam nilang sa press ako.” Lalong nainis ang kausap ko, “Di mag-protesta sila,” paasik na sabi niya.” Tumigil na ako sa pagtatanong dahil walang mangyayari sa pag-uusap namin. Kung minsan, sinasabi ko sa mga kababayan natin na huwag silang mag-atubiling magtanong sa FAMAS kung may problema sila sa asosasyong ito. Kapag nagtanong ang isang tao, hindi nangangahulugang bobo siya. Pero paano sila magtatanong kung ang mapagtanungan nila ay tulad ng kausap ko. Lider at dating president ng FAMAS pero walang diplomasya sa pakikipag-usap. At pilosopo pa. Hindi ako nagtataka kung nawawalan na nga ng interest na maging miembro ng FAMAS ang marami sa atin.

ANG PRESS AND TINIG AT PULSO NG KOMUNIDAD

FAMAS ang pinakamalaking asosasyon ng mga Pilipino sa Montreal at karatig na lugar. Ito ang dahilan kung bakit FAMAS ang malimit na pinag-uusapan ng mga Pilipino lalo na sa panahon ng eleksyon. Kamakailan ay nasabi ng isang kaibigan na kahit ano ang i-suggest niya sa mga opisyal ng FAMAS, hindi nakikinig ang mga ito. Hindi ko siya masisisi. Noong g una, akala ko ay walang nagbabasa sa mga isinusulat ko tungkol sa FAMAS pero mali ako. Naglalakad ako sa Plamondon nang masalubong ko ang isang kilalang miembro ng komunidad.

Sinabi niya na tama ang isinulat ko na kailangang basahin at intindihing mabuti ng mga kandidado ang application form sa candidacy bago pumirma. Minsan, pirma nang pirma na hindi binabasa ang pinipirmahan. Sumang-ayon din ang isang kakilala nang isulat ko na ang labanan sa FAMAS ay hindi paramihan ng titulo. Wala akong pakialam kung isang dosena ang titulo o asosasyon na kinabibilangan ng isang kandidato. Ang gusto kong mabasa o marinig ay ang mga gagawin niya o nagawa na at kung ano ang naging resulta ng mga ito na pakikinaabangan ng FAMAS o komunidad.

Kung may naisulat ako tungkol sa FAMAS na medyo negatibo, hindi nangangahulugang ayaw ko ang asosasyong ito at ako ay nambabatikos. Kung pinuna ko ang ibang opisyal ng FAMAS, hindi nangangahulugang ayaw ko sila.

Ang ayaw ko ay ang mga ginagawa nila. Halimbawa, hindi nila tinutupad ang mga pangako nila sa mga tao sa panahon ng eleksyon. Ang mga pangakong napapako ang karaniwang reklamo ng ating mga kababayan.

Ang isa sa mga responsibilidad ng press ay ang pagtalakay o pagsagot sa mga isyu na itinatanong ng mga tao. Ang press ang tinig na pinakikinggan ng komunidad. Ang press din ang dumarama sa pulso ng ating komunidad kung ano ang nararamdaman nito.

Bilang miembro ng press, masaya na ako kung may isa o dalawang tao ang nagsasabing tama at may katuturan ang sinusulat ko. Kahit paano, naaabot ko sila. At kung gawin nila ang sinasabi ko, salamat.

ANG INDEPENDENCE DAY AY RECONCILIATION DAY DIN

Kasabay ng pagdiriwang ng Araw ng Kalayaan noong June 17 pinalaya na rin ni Cesar Manuel at Budz Sarmiento ang kung ano mang sama ng loob na namamagitan sa kanila. Pinalaya ko na rin ang sama ng loob ko sa isang tao. Matatandaan natin na mayroon silang hindi pinagkasunduan noong eleksyon mga ilang taon na ang nakalilipas. Chairman ng FAMAS COMELEC si Sarmiento at kandidato si Manuel sa pagka-presidente. Hindi nagustuhan ni Manuel ang naging desisyon ni Sarmiento na bawasan ang boto niya dahil lumabag sa regulasyon ng COMELEC ang isang miembro ng team niya. Noong Independence Day, maganda ang ginawa ni Eric Esplana na pagkasunduin si Manuel at Sarmiento. Ako naman ay nagulat nang batiin at kamayan ng isang kakilala na matagal ko nang hindi kinakausap dahil naniwala siya sa tsismis na hindi ako ang gumawa. Binati at kinamayan ko rin siya.

Subali’t sa ngayon, hindi pa ako handang makipagkamayan o makipagplastikan sa isang taong hindi lamang ako ang nasaktan kundi ang marami rin nating kababayan. Mahirap na siyang pagkatiwalaan.

KOMENTO SA INDEPENDENCE DAY PROGRAM.

May nag-komento sa cultural program noong Independence Day. Sana, hindi raw pinagsunud-sunod ang performances ng mga ethnic groups para hindi boring. Naiintindihan ko siya. Ako ang gumawa ng programa at balak kong unahin ang mga Pilipinong bata at seniors para hindi sila

mainip. At salit-salit naman ang mga Pilipino at ethnic performers – kanta at sayaw para hindi nga boring. Subalit kung minsan, may mga pangyayaring hindi inaasahan. Halimbawa, nagawa na ang schedule para sa souvenir program nang tumawag ang Philippines, Portugal at Japan na kung puede ay baguhin ang kanilang schedule dahil may pupuntahan pa sa mga oras na ibinigay ko.

Ang mga ethnic groups na tulad ng Philippines, Japan, Chile, Bulgaria, Grenada, Portugal, Panama, Egypt at Russia na inanyayahan ko ay pumayag na magtanghal na walang bayad kahit pang-gasolina at pambayad sa laundry ng costume nila kaya pinagbigyan ko ang kanilang kahilingan. Sa kabila ng lahat, alam kong naaliw naman ang mga nanonood sa mga performers lalo na sa Russian at Egyptian belly dancers na propsesyonal na mananayaw.

MALIIT NA BAHAGI NG MACKENZIE KING PARK PANGANGALANAN DR. JOSE RIZAL

Ipinahayag ni Borough Mayor Russel Copeman noong Independence Day na ang kaniyang panukala na pangalanang Rizal Park ang maliit na bahagi ng Mackenzie King park kung saan may busto ang pambansang bayani ng Pilipinas. Ang kanyang panukala ay sinagundahan ni Councillor Marvin Rotrand.

Magandang balita ito sa mga Pilipino na hindi nakalilimot na gunitain ang ating pambansang bayani. Katunayan din ito na kinikilala tayo ng mga politiko.

ANG RETIREMENT AY HINDI KATAPUSAN NG ATING BUHAY KUNDI SIMULA PA LAMANG

Noong St. Jean Baptiste, nasalubong ko sa metro station ang isang kaibigan. Retired na siya pero pupunta raw sa part-time na trabaho dahil naiinip daw siya sa bahay. Naniniwala ako dahil malaki na ang kaniyang anak at hindi na niya kailangang kumita ng pera.

Kung minsan, ang retirement ay hinihintay at kinatatakan din ng ibang tao. Hinihintay nila to dahil wala na ang sapilitang paggising nang maaga, ang traffic at deadline sa trabaho. Subalit kapag malapit na ang retirement, natatakot din sila hindi lamang mababawasan ang kanilang tinatanggap na pera. Iniisip nila kung paano nila palilipasin ang mga oras. Hindi lahat ay kayang maglakbay sa iba’t ibang bansa. Ang iba, lalo na ang mga Pilipino, nag-aalaga na lamang ng mga apo. Ang iba naman, tulad mg kaibigan ko na nakasabay ko sa metro, naghahanap ng part-time job. Mayroon namang nag-tatrabaho bilang volunteer sa hospital o eskuela. Ang iba, itinutuloy ang mga bagay na hindi nagawa noon. Si Peter Trent, dating mayor ng Westmount, itinutuloy ang pangarap niyang maging poet at blues singer. “Hindi pa huli,” sabi niya. Ako, nang mag-retire nang maaga, nagsulat na lamang. Isa ito sa mga bagay na hindi ko masyadong nagawa dahil abala ako noong nag-tatrabaho.

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Ask the Video Guy

Technological Tidbits
by

Al Abdon

Computer Knowledge Test: Battery Life From Computer Geeks Blog

It is far better for battery life to leave your laptop plugged in than to do deep discharges. It is specifically deep discharges that reduce battery life. It seems that this point is often misunderstood. Let me overview the causes of lithium ion batteries to lose their battery life (capacity), and some steps that can be taken to avoid it.

the biggest killer of battery life is high temperature. High temperatures, it doesn't help that laptop batteries are often in the vicinity of the hot underside of the laptop. This kills off batteries like nothing else. So ideally you want to keep the battery cool. This means if you have a laptop that runs very hot, and you are concerned about battery life, the



1. Lithium ion battery lifetimes will reduce as you use it. The deeper you charge/discharge your battery, the more it will reduce. If you made 200 full deep discharges (from 100% to 0%), you will find that your battery now has less battery life than doing 2000 light discharges (100% to 90% for example). For this reason it is far better to leave your laptop plugged in than to do deep discharges, you'll soon find your battery totally worn out if you regularly drain the battery all the way.

However, that's not the only issue at play:

2. Temperature. Probably

two things you can do are: invest in a laptop cooler (though you should also consider the cost of a laptop cooler vs just buying a new battery later on), and disconnecting the battery once it's charged (balanced against the risk of accidentally unplugging the power while the battery is not in).

Finally, a lesser issue:

3. Lithium ion batteries have a limited shelf-life anyway. If you left a lithium-ion battery on the shelf unused, it will deteriorate in battery life anyway. The amount of charge that the battery holds while

it is being stored affects its lifetime, a battery stored at 100% charge ends up with shorter battery life than one stored at 40-50% (the ideal storage charge). So if you are going to leave a laptop for a long time and are worried about battery life, run it down to 40% (and optionally put it in a water-tight bag, in a fridge, not a freezer, a fridge). Technically this does mean actually that it would be better for laptop battery life to keep the battery charge at around 40-50% all the time, but that kind of defeats the purpose of having a laptop battery.

HOWEVER, there may be one situation where you might want to do a full discharge - all laptops have a small circuit that keeps track of the charge level on the battery, called the battery fuel gauge. Measuring the capacity of a battery is not an exact science, so this circuit needs calibration. This is why manufacturers recommend that you should do a full charge and then discharge when you get a new battery or

capacity. Nothing happens if you don't do this, other than an incorrect battery life reading.

After you've used a battery for a long time, particularly if you keep it plugged in all the time, the battery fuel gauge might get a bit "out of sync" with the battery (accumulated measurement errors, change in battery life, etc.) and no longer show a correct battery life reading. Doing a full charge/discharge cycle recalibrates the fuel gauge, allowing it to display a more accurate battery life reading. But this is a purely cosmetic thing - it doesn't do anything for the actual battery life.

Be careful about a lot of the myths about battery care, a lot of them stem from advice given for NiMH/NiCad batteries (which are very rare in laptops these days), many of which either do not apply, or are completely opposite to the recommendations for Lithium ion batteries. ■



device - it's not because this does anything good for battery life, but rather because it gives an opportunity for the battery fuel gauge circuit to calibrate itself to display the correct battery

- Al Abdon

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EMPANADA
ngredients
*Pastry:
4 cups all-purpose flour (spooned and leveled)
2 teaspoons baking powder
1 tablespoon coarse salt
¾ cups cold unsalted butter, cubed
1 + ¼ cups ice water
Filling:
8 ounces full fat or light cream cheese
2 overflowing cups cooked shredded chicken
⅓ cup sour cream
1 + ½ cups fresh shredded sharp cheddar cheese
4 ounce can diced jalapenos, drained
½ cup corn
coarse salt and fresh black pepper, to taste
1 beaten egg
1 tablespoon milk or water
Instructions
Make the pastry:
In a food processor pulse the flour, baking powder and salt together. Add the butter and pulse until mixture is the texture of coarse meal with a few pea-size pieces butter remaining.
Add 1 cup ice water to start and pulse until dough is crumbly but holds together when squeezed adding more water 1 tablespoon at a time if needed. Turn dough out onto a lightly floured work surface and knead just until dough comes together about 4 or 5 times. Divide into 3 equal portions, flatten them into disks and wrap in saran wrap. Refrigerate while making the filling.
Melt the cream cheese in a microwave proof bowl until warm enough to stir about 25 - 50 seconds.
Add the chicken to a large mixing bowl with the cream cheese, sour cream, cheddar, jalapenos and corn. Mix well and season to taste with salt and pepper. In a small bowl beat the egg and milk together. Fill a separate small bowl with cold water. Line 2 baking sheets with parchment paper or lightly grease them with oil.
On a lightly floured work surface roll out one of the disks to about ⅛-inch thick. Cut out 4-inch circles using a biscuit/cookie cutter or a bowl and paring knife. Place about 1 tablespoon of the filling onto each circle.
Use a pastry brush or your fingers to paint the edges of each circle with water then fold over and press the edges together with the tines of a fork. Refrigerate them for 20 minutes. Repeat until all the filling is used re-rolling scraps of dough if needed.
Preheat the oven to 400 degrees F. Brush the empanadas lightly with the egg mixture and bake 14 - 17 minutes until golden brown and piping hot in the centers. Serve hot or at room temperature.

Makes about 32 (4-inch) empanadas



BIBINGKA (Rice flour cake)
Ingredients
1 cup rice flour
⅓ teaspoon salt
2½ teaspoon baking powder
3 tablespoons butter
1 cup granulated sugar



1 cup coconut milk
¼ cup fresh milk
1 piece salted duck egg, sliced
½ cup grated cheese
3 pieces raw eggs
Pre-cut banana leaf
Instructions
Preheat oven to 375 degrees Fahrenheit. Combine rice flour, baking powder, and salt then mix well. Set aside. Cream butter then gradually put-in sugar while whisking. Add the eggs then whisk until every ingredient is well incorporated. Gradually add the rice flour, salt, and baking powder mixture then continue mixing. Pour-in coconut milk and fresh milk then whisk some more for 1 to 2 minutes. Arrange the pre-cut banana leaf on a cake pan or baking pan. Pour the mixture on the pan. Bake for 15 minutes. Remove from the oven then top with sliced salted egg and grated cheese (do not turn the oven off). Put back in the oven and bake for 15 to 20 minutes or until the color of the top turn medium brown. Remove from the oven and let cool. Brush with butter and sprinkle some sugar on top. You can also top this with grated coconut. Serve. Share and enjoy!1



Corned Beef Hash
Ingredients
115 oz canned chunky corned beef
1 medium yellow onion, minced
1 teaspoon garlic, minced
¾ cup beef broth or water
1 large baking potato, peeled and diced
2 tablespoons chopped flat leaf parsley
Salt and pepper to taste
3 tablespoons cooking oil
Instructions
Heat 1 tablespoon of cooking oil in a casserole. Add the garlic and onion. Saute until the onion becomes soft. Put-in the chunky corned beef. Stir and continue to cook for 3 minutes. Pour-in the beef broth; let boil. Cover and reduce the heat to a simmer. Continue to simmer for 20 minutes. Add more water or beef broth if needed. Meanwhile, heat the remaining 2 tablespoons of cooking oil in a pan. Once the oil becomes hot, pan-fry the cubed potatoes for 5 minutes. Add the pan-fried potato on the casserole where the corned beef is cooking. Make sure that the liquid in the cooking pot is almost dry. Stir. Add salt and pepper and cook for 3 minutes more. Transfer to a serving bowl. Sprinkle the chopped parsley on top. Serve for breakfast with toast or steamed rice.

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Buffet supper served after the graduation ceremony at Gilmore College International, July 8, 2017.



On the left is Clarice Mackay, PAB Nurse instructor, and on the right is Zenaida Kharroubi, director-general & founder of Gilmore College International



Throwing togas in the air - a customary practice of graduates.



Luz Maderazo (center) poses with her friends and family.

The North American Filipino Star Photo Gallery



Graduation of the 11th group of PAB graduates at Gilmore College International on Saturday, July 8, 2017. Seated in front are the teachers and inspirational speaker Nina Schiff (4th from left) and Sonny Moroz (center) representing Mount Royal MP Anthony Housefather who was out of the country.



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Social Tidbits

Fely Rosales Cariño

June is a month for celebrations, socials, commemorations, birthdays, civic activities...etc.

The Council of Canadian Filipino Associations of Quebec (CCFAQ) started the ball rolling with a whole day of cultural presentations. Under the leadership of CCFAQ President Gerry Danzil, Filipino Montrealers celebrated the 119th Anniversary of the Declaration of Philippine Independence at McKenzie King Park, Montreal. As usual, the park was dotted with around 50 decorated booths representing different Filipino Canadian associations of Quebec. The morning started with a parade around the borough NDG-CDN with Hon. Anthony Housefather (MP for Mount Royal), this year's Grand Marshal leading the parade. Artistically decorated floats followed the bagpipers.

Among the guests were: Her Excellency Petronila Garcia (Philippine Ambassador to Canada), Consul Jeffrey Salik, Honorable Ministers Pierre Arcand (MNA, Mont Royal), Helen David (MNA, Outremont), David Brimbaum (MNA, D'Arcy McGee), Montreal Mayor Dennis Coderre, Cote St. Luc Mayor Michel Brownstein, NDG-CDN Mayor Russel Copeman, Councilors Lionel Perez (Darlington), Marvin Rotrand (Snowdon), and Suburban Editor Beryl Wajzman. The next numbers of the program were the introduction of speakers by Sir James de la Paz (CCFAQ Founder and Administrator) and by Sir Salvador Cabugao (Conseil National des Associations Canadiens des Philippines).

In between the speeches, the traditional gun salute (the only Filipino association that is honored with this – courtesy of Sir James de la Paz) boomed grandly. Most of the afternoon saw a dazzling array of cultural presentations performed by 22 different Filipino Associations and many international dance groups from Russia, Japan, Chile, Romania, Bulgaria, Portugal and Egypt. In charge of the presentations was Chairman Willy Quiambao and co-chairs Lady Cherry Palmos and Linda Agcaoli.

The international presentation is a must-see part of this yearly event! Try not to miss this next year! Also, I'd like to recognize the co-chairs of the festivities namely Sir Dario Boco, Sir Salvador Cabugao, Knights of Rizal (KOR) Chapter Commander Felix de

Luna, facilitators Sir Ramon Posadas and Sir Bert Abiera. Security was led by Sir Dario Buco and Sir Reggie Villamor. Amy Manon-og and Alex Danzil took care of the First Aid booth. I wish there would be more space to mention everyone. I'd like to say that every year, it is with great pleasure and honor to be appointed as Emcee of the Philippine Independence celebration.

Last July 7, 2017, the officers of the Filipino Golden Agers of Montreal and Suburbs (FILGA) invited the public to help them celebrate Montreal's 375th Anniversary held at St Malachi Church at Clanranald Avenue, Montreal. What an unexpected treat – free cultural show and free refreshments!

For this, we have to thank FILGA President Lilia Esguerra and the Executive Board (Rolando Salvador, Carmelita Cuison, Josefa Nicolas, Angie Talig-an, Nellie Aguilar, Sally Schneider, Lily Ramos, Caridad Josue, Valent Hughes, Deve Pongo, Sylvia Lemaire, Tess Berja, Arturo Nicolas, and Sheldon Cohen).

The cultural dances presented by Salinggawi Arts Organization were tribal dance, Maria Clara Spanish influence dance, wedding dance, rural dance and harvest dance. You had to be there to appreciate the costumes and the choreography! The musical intermissions were provided by Adiva Espinosa (Kay Ganda ang Aking Musika), Jessica Quicho (Ang Bayan Kong Pilipinas), Tess Berja (Matud Nila), and Mark Simbulan (This is the Moment). These many talented singers can let you dream; just close your eyes and relish their beautiful voices. Their renditions really deserve the loudest W-O-W!

Of course, a Filipino program is not complete without the inspirational message from Snowdon Councilor Marvin Rotrand, who never fails to tell a story about the places he went to and the people he met during his visit to the Philippines. Furthermore, I applaud Marvin Rotrand's enthusiasm in joining the yearly Winter Escapade sponsored by the Philippine Embassy in Ottawa. Another speaker was Sonny Moroz who always represents Honorable Anthony Housefather when the latter is busy fulfilling his obligations in Ottawa. Sonny's information basket is loaded with important brochures for people needing help in Immigration, job placements, etc. Bert Abiera, a FILGA member since 1979, also gave an inspirational speech. Of course it is a given that FILGA President Lilia

Esguerra welcomed the guests, Josefa Nicolas gave the invocation and the Panday Tinig (pianist Edith Fedalizo and conductor Paul Imperial) performed the national anthems Bayang Magiliw and O Canada. The closing remarks was given by FILGA's business manager Sylvia Lemaire and the three Emcees – (Svetlana Suarez, Mark Simbulan, Adiva Espinosa) – are to be commended for a splendid job.

The Gilmore College International was the venue for this year's historic and emotional moments for seven PAB graduates of class 2017, batch 11. These happy graduates completed their requirements. Director General Mrs. Zenaida Kharoubbi (owner of the school), performed the significant ritual of handing out their diplomas. Smiling in approval were their teachers: Amy Manon-og, Sophie Toledo, Clarice Mackay, Edith Fedalizo, Terry White, and Dolly Belandres. Sonny Moroz, representing Honorable Anthony Housefather, informed the guests of the different tasks their office can offer. Inspirational speaker Nina Schiff, a retired nurse, advised the graduates to dream and set their goals. Here are the PAB graduates: Alvin Glen (graduated in the Philippines at Bestech College, Computer Science Class 2013), Lanie Grace (graduated in the Philippines at St. Louis University, Bachelor of Science in Civil Engineering, class 1986), Arnel John (graduated in the Philippines at Bestech College, Bachelor of Science in Industrial Technology, class 2006), Katerina Cempron (graduated in the Philippines at Cebu Normal University, Bachelor of Science in Nursing, class 2012), Luz Maderazo (graduated in the Philippines, Bachelor of Science in Hotel and Restaurant Management, class 1997), Sonia Soto (graduated in the Philippines at St. Louis University, Bachelor of Science, Commerce Class 1998) and Myra Wanaan (graduated in the Philippines at the University of Cordelleras, Baguio City, class 2008).

Pista sa Nayon, 2017

The Filipino Association of Montreal and Suburbs (FAMAS) held its annual



Pista sa Nayon last July 16, 2017 at Mackenzie King Park on Cote st. Catherine, Montreal. The advertized "Free Admission-All are Welcome" signs saw people gathering at the park

as early as 8 AM. The morning started with a mass, followed by non-stop zumba from 10:30AM to 12 noon (vigorous public participation was evident). The parade around the quadrangle started after the zumba. Flag bearers were Ruben Matienzo (representing Samahang Makabayan), Totoy Buning (representing Alpha Phi Omega) and Rodel Cuaresma Jr. (representing Alpha Kappa Rho Society of Canada). The parade also included the Hermanas and Hermanos, FAMAS Executive Board, past presidents, Samahang Makabayan, Team Malaya, Jasmine Tabares (Munting Bb. Pilipinas Montreal), Annie Lou Penullar (Bb. Pilipinas Montreal 2015), Tamara Radegonde (Miss Teen FAMAS 2016), Shaira Salamanca (Mutya Ng Pista sa Nayon 2016), Elmer Manila (Volunteer), KAM's Munting Mutya and Munting Lakan ng Pilipinas Montreal.

The Pista sa Nayon was officially opened by the following Hermanos and Hermanas: Sir Bert Abiera (KOR) & Fely Rosales-Carino (LKOR), Miguel Alvaro & Rowena del Rosario, Ed Vasquez & Sally Carillo, Cathy Roberto & Tanya Tsihyna. Guest speaker Honorable Greg Marie Marino, (First Secretary and Consul General, Philippine Embassy in Ottawa), conveyed the Ambassador's update on Philippine News. The next guest speaker, Councilor Marvin Rotrand, Sonny Moroz, and first time guest Frank Baylis (MP Pierrefonds, Dollard des Ormeaux).

The two competing teams, Team Malaya and Samahang Makabayan were introduced. They were given time to state their platforms for the FAMAS election to be held on August 6, 2017. The rest of the afternoon was just spent enjoying the songs and dances, presented by the LGBTQ community of Montreal. Since I was at the FAMAS booth most of the time, I witnessed first hand how FAMAS President Corazon Aberin fulfilled her duties to a T! She was pulled by friends and supporters from every direction with nary a time to breath or smile. Yes, she was that popular and in-demand! Ditto with Svetlana Suarez for coordinating the whole stage presentations, expertly as she can only do, and with the help of Emcee Freddie Espinosa and Ed Vasquez, the whole crowd was in rapt attention. I should mention also the very welcome presence of all the Filipino restaurants where most went for barbecue and halo-halo. Well, fellow Pista sa Nayon enthusiasts, see you next year!

God Bless!



Montreal teen to represent Canada in the Junior Pan American Karate Championships in Argentina

By W. G. Quiambao

Angelia Louise Granda, who was the March Personality of the Month of the North American Filipino Star, will represent Canada in the Junior Pan American Karate Championship from August 21-27, 2017 in Buenos Aires, Argentina, in the Youth Girls- 40-kg.

organization and governing body for karate in Canada, representing approximately 16 000 members. Its status is recognized and funded in part by Sport Canada and by the Canadian Olympic Committee. Karate Canada is also affiliated with the Pan American Karate and World Karate Federations.



Anglia Granda (on the podium 2nd from left) wearing her gold medal.

Kumite Division.

"Angelia has been chosen to compete in Argentina based on her recent performance at the 2017 Karate Canada National Championships," said Olivier Pineau," executive director of Karate Canada.

Last May 17, Granda won another gold medal in the Montreal International Open 2017 at the Centre Vaudreuil-Dorion . The MIO is a yearly competition sponsored by Karate Club. Granda's gold medal win in the MIO is her third year in a row.

Karate Canada is the national sport

Camaraderie, not medals, the priority for Philippines in 2017 Youth Games



Palarong Pambansa multi-medalists Maurice Sacho Illustre will lead the country's delegation in the upcoming ASEAN Youth Games in Singapore | Joey Mendoza

MANILA, Philippines — Education Assistant Secretary Reynaldo Umali stressed that camaraderie and teamwork are more important than winning medals in the upcoming 2017 ASEAN Youth Games in Singapore.

Umali will lead the 159 athletes of the Philippines to the yearly event slated from July 13-21.

"The essence of this [event] is the value of sportsmanship, building camaraderie," Umali said during the weekly PSA Forum at Golden Phoenix Hotel Tuesday.

According to Umali, this is the first time that the Philippine Sports

Commission helped in the participation of athletes.

The theme for the ninth year of the ASEAN Youth Games is "Together as One." Among the ten-member state of the ASEAN, only Myanmar will not send a delegation.

Only athletes under 18 years old and in basic education will be allowed to compete in the event.

Palarong Pambansa multi-medalists Maurice Sacho Illustre will lead the delegation together with other UAAP, NCAA and Palarong Pambansa champions. - Aaron Brennt B. Eusebio Sports Hub website

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FILIPINO STAR

SHOWBIZ GOSSIP

John Lloyd Cruz to newbies: Don't look at me



Award-winning actor John Lloyd Cruz

Many actors want to become John Lloyd Cruz. They admire his pained look when his character breaks down. They adore his naughty smile he flashes at his rom-com leading ladies, Sarah Geronimo among them.

The AshLloyd (Sarah Geronimo-John Lloyd) love team has produced not one, but three hits: "A Very Special Love" (2008), "You Changed My Life" (2009), and "It Takes A Man and A Woman" (2013). So Star Cinema's decision to field their reunion movie, "I Finally Found Someone," starting today, July 26, is not surprising.

What is surprising is John Lloyd's reaction to his growing cult following among newbie actors.

"They shouldn't study my acting," John Lloyd says in Filipino.

Instead, he wants newbies to chart their own path, to discover their own way of playing a role. He calls it "living a life geared towards originality and self expression."

He frowns on copycats because John Lloyd sees them as persons who take shortcuts, who do not want to work harder and dig into their role.

"Having a peg is the easier way," he explains.

If John Lloyd talks this way, it is because he chose to enter by the narrow gate as an actor. He immerses himself into his role and refuses to be distracted before a take. He holes himself up where there is peace and quiet, and emerges from his "hiding place" once he's in the zone and the cameras start to roll.

Then he morphs into a

character he can call his very own, not a duplication of the work of his idols (Daniel Day-Lewis in "Lincoln," Ronnie Lazaro and Irma Adlawan).

John Lloyd's eyes light up and the words come tumbling down like a waterfall when he talks of the joys of discovering his character.

"It's a special journey you can make your own. Living someone else's life is a privilege not all of us enjoys. Can you imagine how beautiful that is? So why mess it up in ways you think are superficial?"



John Lloyd's tone is not holier-than-thou. It is concerned.

He wants actors to savor the joys of expressing themselves as much as he does. He wants them to find their own way, so they will end up, not as another John Lloyd, or any one else but themselves.

"I want to see them dying to be original," he stresses.

Oh yes, John Lloyd adds. Go ahead, watch movies that help you play your character. But you



John Lloyd Cruz with Sarah Geronimo in their latest reunion movie 'Finally Found Someone'

need not pattern yourself on them.

He cites watching gay-themed movies as preparation for a gay role as an example.

"It's not enough that I watch these movies when I play a role. You have to find its heart," he points out.

John Lloyd prefers to follow his heart, even in real life. He falls in love, speaks in riddles when media grills him about it, and does not mind if they crucify him for it.

His detractors call it refusal to play the game. John Lloyd calls

it protecting his core.

"What you see is what you get. Life is too short. You only live once. I don't want to live a boring life. So I follow my gut instincts."

His steady stream of movies and endorsements prove that the public can deal with his colorful life. After all, what matters more is how John Lloyd makes them laugh, cry and forget their worries as he plays one convincing role after another.

At the end of the day, excellence is the way to go. ■

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18 Pinoy kids cast in int'l production of 'Sound Of Music'

From a lineup of 400 auditionees, those who bagged parts in the forthcoming international production of "The Sound Of Music" for staging in Manila have been revealed.



Future Stars. These fresh young talents are set to shine after landing important roles in the Manila staging of 'The Sound Of Music'

Playing the coveted role of Friedrich von Trapp are Orenci Ken Soleta (Binangonan, Rizal), Kyle Robert Rafanan (Talisay City, Negros

Occ.) and Joseph Alexander Leggatt (Biñan, Laguna). The small and cute character of Gretl went to Jia Ruth Lauren Condino (Taguig City),

Alysha Mari Africa (Parañaque City) and Faline Dorado (Pasig City).

Bringing to life Kurt are Tory Gil Emilio Cortez (Pasig City), Dean Adhiel Angelia (Noveleta, Cavite) and James Christian Hess (Makati City). Then, Samantha Lagman (Sta. Ana, Manila), Leani Columna (Las Piñas) and Princess Aliyah Rabara (Marilao, Bulacan) alternate as Marta.

Brigitta will be played by Krystal Brimmer (Laguna), Rayne Yssibel Cortez (Pasig City) and Sophia Isabella Reyes (Marikina City). Meanwhile, Louisa will be delineated by Gwyneth Jearei Dorado (Pasig City), Quinn O'Hara (Biñan, Laguna) and Angelica Mabuting (Malolos, Bulacan).

"The Sound Of Music" is about Maria, the fun-loving governess who changes the lives of the widowed Captain von Trapp and his seven children by reintroducing them to music. The story culminates in the family's escape across the Austrian mountains as tensions rise prior to the outbreak of World War II.

Asked about their audition experience, all the kids agreed it was "fun and exciting."

Tory said, "I admit it was really nerve-wracking but it was quite fun also."

Krystal added, "I really enjoyed it. It brought out the best in me. It was really exciting."

But isn't it too much to actually be asked to ace separate acting, singing and dancing tests?

"It was as I imagined it to be," said Kyle. "It is for 'The Sound Of Music' after all and everything should just be right."

"I just thought it was a great opportunity and I was willing to go to great lengths getting a part, thankfully I did," said Orenci.

Show lead actor Carmen Pretorius believes the children got what it takes to succeed in the business.

"They're all quite good and adorable too. I wouldn't be surprised if some of them make it big," she said. ■

Sharon Cuneta says 2018 will be her best year yet



Sharon Cuneta

Sharon Cuneta has had a glittering career that very few in showbiz can rival, but she claims she is far from done and that her "biggest" year has yet to come.

Teasing her plans for 2018, which would mark her 40th year in the industry, she told her fans on Facebook on Thursday: "Right now, it looks like it's going to be my busiest year yet, and maybe one of the biggest, if not THE biggest year of my career."

"I mean, 40 blessed years and a whole new generation knows my name. I guess one cannot ignore the near-impossibility of it all.

"It could only have been God's

hand. No human being on the planet could have planned this very career the way it has gone -- and for four decades! God had plans for me before I was born.

"He is the only one responsible for all this, and certainly the only one who knows why me," she mused.

Having lived in the spotlight since her teenage years, Cuneta's highs and lows are well-documented -- from her failed marriage and her weight struggles, to once being dubbed as the country's most bankable actress.

"There will be so much to celebrate," Cuneta said, "but also very many changes. Through it all I can do is remain strong and stay extremely grateful. To God, to my family, friends, fans, you all.

"Praying every single thing falls into its rightful place, no matter where it may be. 2018. Next year. When some things shall change and some things shall remain the same."

Cuneta is currently part of "The Voice Teens" as one of the show's coaches. Her other projects include promoting her indie movie, "Ang Pamilyang Hindi Lumuluha," which will be shown as part of this year's Cinemalaya festival, and an unannounced Star Cinema film. ■

Jinkee celebrates her life's greatest possibilities



Jinkee Pacquiao

If you've heard of the saying "behind every great man is a woman," the name Jinkee Pacquiao would likely come to mind.

The loyal and supportive wife of boxing legend Manny Pacquiao is mother to their five young children from ages 3 to 16.

"Being a wife and mother is tough but I have learned to be strong in everything that I've been through. I learned to have more patience and understanding. Most of all, I learned that love and forgiveness are the key. Have a biblical perspective and positive outlook in life. I learned to

always pray to God in everything! He answers prayers," she said.

Jinkee is a woman unafraid to make a change for herself. She celebrates her choices and the inspiration these give her. As example, she did Laser Liposuction with Dr. Vicki Belo way back in 2010 (seven years ago when she only had three kids) because she wanted to be more confident with herself.

"The result of my liposuction



Jinkee & Manny Pacquiao

was great. I had two more kids after that, so I really got inspired to take good care of my body," she said adding, "Salamat kay Dr. Belo, it changed me, I became confident with myself. Now when I look in the mirror, I am happy. I feel beautiful."

To women out there, here's Jinkee's advice: "Don't be afraid to try and reach for your dreams. It's possible to achieve what you want if you don't give up." ■

Showbiz Gossip *Continued from p.15*

Heart and Iya in Korea to shoot drama series



Iya Villania (left) and Heart Evangelista (Heart's Instagram)

Kapuso talents Heart Evangelista and Iya Villania are in Seoul, South Korea filming key scenes for the series "My Korean Jagiya."

Heart has been sharing photos of her Korean stay on Instagram, one of which was taken on Namsan Park.

The place is familiar to Filipinos as it is where "Boys Over Flowers" Goo Jun Pyo (Lee Min Ho) and Geum Jan Di (Ku Hye Sun) had their first date.



Heart Evangelista at Namsan Park

Heart also visited the Namsan Seoul Tower, the place where Sim Cheong (Jun Ji Hyun) and Heo Joon Jae (Lee Min Ho) were supposed to meet on the series "Legend Of The Blue Sea."

Then the 32-year-old actress

shared another photo of her cycling in the middle of Namiseom Island.

She captioned the picture: "Playing in between takes."

Heart also showed followers a glimpse of their shooting location and them wearing the traditional Korean dress, Hanbook.

She said the location is where the 2003 Korean television series "Jewel In The Palace" was filmed.

"Ang galing, the first Filipinos to shoot here, sobrang accurate ng palace na 'to its not the real palace pero ito 'yung pinaka set," she related.

Heart also posted a series of videos of her together with Iya roaming Myeongdong.

Iya, on her part, shared on Instagram some Korean food she tried there like the traditional honey cream and croissant taiyaki.

"My Korean Jagiya," directed by Mark A. Reyes, is the first GMA show to be filmed in Seoul.

It will reportedly feature several South Korean actors who remain unnamed as of this writing.

Apart from Heart and Iya, confirmed to be part of the cast are Edgar Allan Guzman, Jinri Park, Ricky Davao, Janice de Belen and Valeen Montenegro.

"Jagiya" is Korean term of endearment used by couples. ■

Yassi shares secret to being beautiful

by Regina Mae Parungao
Going places



Yassi Pressman

No doubt, Yassi Pressman is among loveliest faces in showbiz today. That she is also blessed with curves most women would kill for is just icing on the cake.

In a recent interview, Yassi spilled her secret to looking radiant and the first thing she mentioned is her drinking lots of water.

Yassi deemed it a necessity mentioning the long hours she spends under the glare of the spotlight.

She refrains from wearing



makeup when not working. She washes her face regularly with soap and water "lalo na sa gabi para when you wake up, fresh ka." The actress revealed using papaya soap and lotion for her sensitive skin.

She also monitors her food intake. "You have to really balance everything out," she said. "Ako kasi mahilig ako sa sweets, sa cheese but I make sure na I balance it out with fruits."

The most important ingredient to looking beautiful, the actress said, is maintaining a happy disposition.

"Du'n lalabas talaga 'yung glow mo kapag masaya ka sa loob," she related.

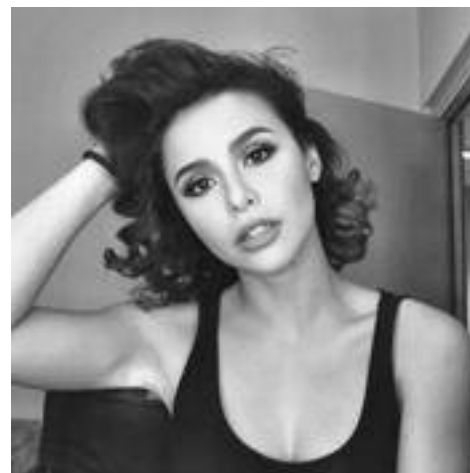
Yassi is into traveling describing it as something that feeds her soul.

"Basta when I do, I like being surrounded by my friends and sometimes 'yung family ko. That way parang nagba-bonding lang kami."

She doesn't mind taking unplanned trips. In fact, she is ready to drive long hours even after work.

"Meron one time na nag-pack up kami ng 3 a.m., tapos by 5 a.m. bumiyahe agad ako to La Union," she said. "Then there's this one time na after taping, nagpunta kami ng Subic. Tapos nag ATV (All-terrain vehicle) kami. Sobrang intense at sobrang pagod ako pero sobrang saya."

Yassi's favorite place is the beach. "I love the sun, I love the beach basta 'yun 'yung nakakapag-pasaya sa akin," she said.



Success story

Beautiful, smart and talented, the 22-year-old is among the industry's most sought after leading ladies.

Doesn't she feel overworked?

"Hindi naman po, ginusto ko 'to eh," she said, laughing.

Yassi is grateful for the blessings that come her way, admitting the road to success hasn't always been easy.

"Napakaraming obstacles, napakaraming challenges. Napakaraming pagkakataon na feeling ko hindi ko na kaya but I have to be strong kasi may mga taong naniniwala na kakayanan ko," she said, adding her father serves as her number one supporter.

Aside from "FPJ's Ang Probinsyano," the actress will also be seen in the upcoming film "Ang Pambansang Third Wheel."

Yassi hopes to explore dancing and singing, too. "Sana ma-share ko pa po 'yung sa pagkanta ko kasi dati pangarap ko lang sa shower 'yun eh," she said. ■

Gil Cuerva admits showbiz is hard



Gil Cuerva

Speaking from experience, 21-year-old Gil Cuerva admits acting is no walk in the park. Compared to modeling, GMA Network's latest matinee idol said being an actor is hard work that includes going home in the wee hours from taping. Still, he prefers that than staying at home doing nothing.

In an interview, the budding actor said he is contented about how his career has been unfolding. As a newbie, he has received compliments about his acting. The number of fans he has,

Gil said, has increased.

"It's an exciting time for me right now," he related. "I'm thankful for everybody on the set; from the utility to the producers – to the stylists to the makeup artists. And especially to (my leading lady) Jennylyn Mercado and our director, Joyce Bernal."

He said Jennylyn helps a lot in his growth as actor.

"She allows me to be myself which is all I can ask for. It's a testament to who she is as a person, very understanding, very patient." ■

Kris Aquino takes a dip in the pool while wearing a designer gown

After attending a wedding, Kris Aquino decided to have a mini "photoshoot" at home.



Kris Aquino with son Bimby

After attending a wedding, Kris Aquino decided to have a mini "photoshoot" at home. Still wearing a designer gown, Kris took a dip in the pool. "Birthday boy @nix722 wanted a pic- my gown got a bit wet, so we decided, may as well make it a mini photo shoot w/ a cute lifeguard (her son Bimby) ready to rescue me. Gown was by @michaelleyva," she wrote on her Instagram post. ash nila so parang hindi iyon tama." ■



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"PHILIPPINE TAPESTRY" tours 4 key cities in Canada this August



IMAGE & FASHION

Michael Davantes
B.A. Specialization in Communication

It takes a Philippine ambassador of fashion, Renee Salud, to come up with "Philippine Tapestry" – an initiative to

combinations of beadwork and use of native textiles have been exhibited at design expositions all over the world,

culture, beautiful destinations, music, dance and, of course, its fashion. This neo-ethnic collection will certainly enhance one's appreciation of the totality of the Philippines' cultural heritage. Catch the "Philippine Tapestry" on tour in the following key Canadian cities:

Vancouver: August 20
Toronto: August 24 & 26
Montreal: August 29
Calgary: September 2

Keep tuned in to our Facebook page for more updates. Philippine Tapestry is brought to you in partnership by the Department of Tourism, the Tourism Promotions Board (Philippines) with the Philippine Independence Day Council (PIDC).

Special thanks to: Federation of Filipino Canadians Associations of Québec, United Filipino Canadian Association in British Columbia, and the Philippine Festival Council of Alberta.

Continued Page 19

UPDATED MODEL LINE-UP | Philippine Tapestry | Canada 2017

TOP FILIPINA MODEL
Jasmine Maiorhofer



MS. TOURISM QUEEN OF THE YEAR
Justine Gabionza



MS. EARTH 2014
Jamie Herrell



TOP FILIPINA MODEL
Anne Barker



Angelee Claudette delos Reyes
MS. PHILIPPINES EARTH



Leren Mae Bautista
MS. TOURISM QUEEN INTERNATIONAL



Elaine Kay Moll
MS. SUPRANATIONAL



Raphael Kiefer
BEST MODEL PHILIPPINES

highlight all the major weaves of the island, in an effort to promote indigenous materials and the age-old artistry of Filipino weaving. This, while highlighting the exceptional beauty of the Philippines and its unique culture.

Hailed as an icon in the Philippine fashion scene, Salud creates ethnic clothes with international appeal, or as he calls it, "neo-ethnic" fashions. He advocates for the use of indigenous materials in all his fashion shows—and project a distinct "Philippine look."

Salud has a strong sense of pride for fabrics that are specific to the indigenous Filipino tradition, and produces intricate creations representing a fashion statement on the exotic and regional influences of indigenous group

His intricate

and in most major cities around the world.

"Throughout my career, I've been championing the development and promotion of the Filipino fashion industry for the purpose of reaching the global market, with a strong sense of pride for fabrics that are specific to the indigenous Filipino traditions dating back to the Spanish times," says the fashion ambassador to the world.

Though this tour, he lends his vital voice in the preservation of the weaves of Cordillera (Igorot fabric), Bicol (abaca), Visayas (piña) and Mindanao (t'nalak, inaul, yakan, Mindanao silk, and pis syabit).

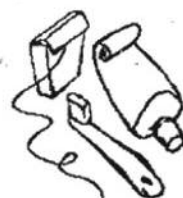
This August, Salud and his "Philippine Tapestry" collection will give Canadians a peek into a beautiful aspect of the Philippines: its

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The roadshow is spearheaded by Agnes Miranda – pioneer and co-founder of WFG /World Financial Group and 2017 RBC Top 25 Canadian Immigrant awardee.

Miranda is bringing together the four major cities (Vancouver, Toronto, Montreal and Calgary) to present “Philippine Tapestry”.

It has always been

Miranda’s dream to mount an event that showcases Philippine culture through fashion, dance and music that is widely promoted all over Canada.

For tickets for the Montreal

Show, please contact Jovy Narvas at: 514-970-5689. ■

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**Quality Longanisa 375 g
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**Green Leaf
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**Long Beans
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**Pork Chop
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**Pork Belly
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**Elephant Brand Jasmin Rice
8 kg - \$12.99 bag**



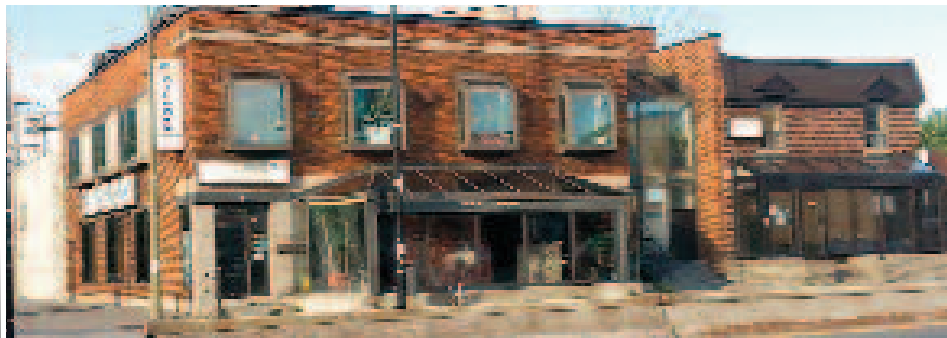
Collège

GILMORE

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Batch 11 PAB graduates, July 8, 2017.



Batch 4 PAB students on practicum at St. Margaret CHSLD

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- Office Assistant
 - Secretarial
 - Accounting
- Data Entry Operator
 - Keyboarding
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- French Second Language for International Students

COURSES & WORKSHOPS

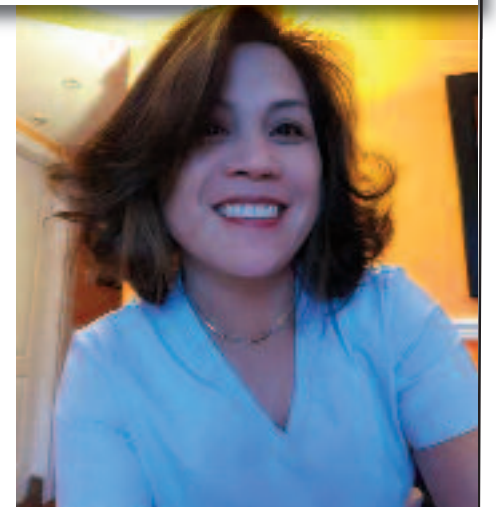
English, French, Filipino
Spanish, Mandarin
Microsoft Office-Word, Excel, Access
How to start and manage your own business
Writers Helping Writers
Fashion Photography
Video Production



Batch 6 PAB students who did their practicum at St. Margaret CHSLD. Seated in front: Clarice Mackay, Nina Schiff and Zenaida Kharroubi, director-general.



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 nursing aide. Adele Lascano (October 2009 graduate)



The knowledge and skills I 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)