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THE NORTH AMERICAN FILIPINO STAR

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Philippine Independence Day festivities successful despite the weather

Mount Royal MP Irwin Cotler strongly denies saying that FAMAS Constitution is bogus **By Budz Sarmiento and W. G. Quiambao**

MONTREAL - A day-long celebration of the 113th anniversary of Philippine Independence kicked off at 9:30 a.m. on Sunday, June 12, with a flag-raising ceremony at the FAMAS Center at 4708 Van Horne Avenue. The flag-raising rite, which was organized by FAMAS President Au Osdon and her executive board as part of the celebration, was attended by about 150 people including CDN/NDG Borough Mayor Michael Applebaum, City Councillor Marvin Rotrand, Miss FAMAS Ambassador of Goodwill 2010 Andrea Neufeld, Miss Teen FAMAS 2011 Klaudeen Carbon, members of the Order of Knights and Ladies of Rizal, Shiners and other Filipino community leaders.

"We really want to keep the Filipino spirits and tradition alive,"



The weather cooperated and the rain stopped for a while that allowed the parade of colors to be held peacefully at Mackenzie King Park at Cote St-Catherine Road. Photo shows the Knights of Rizal and Ladies of Rizal with the other beauty title holders from the different organizations. The line up of white tents in the background provided a nice backdrop.

said Osdon.

At about 11:30 a.m., a traditional parade organized by James de la Paz, president of the Council of Canadian Filipino Associations of Quebec (CCFAQ), and his executive board, started from St. Kevin St., left to Victoria St., right to Vezina St., right to Westbury St., and then left to St. Kevin St.

"It's important for us to celebrate our Independence Day," said De la Paz. "It has been 113 years since our beloved home country gained her hard-fought freedom from Spain."

Joining the parade were hundreds of Filipinos, some of whom were proudly wearing barong tagalog and terno, who eagerly walked under the drizzles. Also joining the parade were floats and cars representing various community associations and businesses. The festivity continued at the Mackenzie King Park where

See Page 4 Independence Day

Third Anniversary of CDN-NDG Borough's Green Plan: Tangible achievements keep on coming



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CDN-NDG Borough Mayor Michael Applebaum held a brief press conference at the Jose Rizal Park on Queen Mary Road, June 10, 2011, to announce the creation of another park similar to this one on Coolbrook and Queen Mary which is depicted in the photo above.

MONTREAL, June 10, 2011
Marking the third anniversary of the Green Plan in Côte-de-Neiges-Notre-Dame-de-Grace (CDN-NDG), Michael Applebaum, Mayor of CDN-NDG borough and Chair of the Ville de Montréal Executive Committee, presented an annual review of green achievements in 2010. Mr. Applebaum also released details of the soon-to-be created small public green space at the corner of Avenue Coolbrook and Chemin Queen Mary. The Mayor also took the opportunity to look back at the recent adoption of an urban forestry plan to preserve and develop CDN-NDG's tree heritage.

The borough's Green Plan was developed in collaboration with local partners and citizens and was launched officially in June 2008. The plan comprises seven orientations with the goal of accomplishing 49 actions by 2012 to create an environmentally responsible community. To mark the Green Plan's anniversary in June, the borough has

See Page 21 Borough Green Plan

COOPERATIVE NEWS

Marché Coop is offering a weekly incentive for members to shop more often

With the advent of summer, the beautiful weather may motivate our members to shop at the Cooperative store. They can probably find the time and energy to take a short walk to our location on 5710 Victoria Avenue, just about two or three blocks from the Plamondon Metro, but only a few steps away from the Cote St. Catherine Metro. As an incentive, every member who purchases \$35 worth of groceries, except rice and product specials, will be entitled to a 2% discount or get a raffle ticket to the draw of a gift basket for every 50 customers.

A common complaint from members is that they have come to shop but they find the store closed. This happens because they do not know exactly the time that a volunteer is available. Please note that the store is open everyday starting at 2:00 or 3:00 p.m. and stay open until 7 p.m. on Thursdays and Fridays. On Monday to Wednesday, it is open until 5:30 p.m. We have a new volunteer on Saturday and she is available to open the store from 12:30 to 4:00 p.m. On Sunday, Ben Bade usually comes around 3 p.m. if his health permits. In other words, we have no other volunteer yet so the store may sometimes be closed when he is unable to come.

If members can get used to the limited opening hours of the store, we would appreciate it very much as we have limited funds and cannot afford yet to hire a part time cashier. But we hope that things will get better if more members come and shop.

We would like to invite all members and prospective members to a community pot luck picnic to be

held on Sunday, August 21 from 11:00 a.m. to 4 p.m. The venue will be announced in our next issue.

This will also serve as the 5th general assembly to discuss the 2009-2010 financial report.

Members who have changed their addresses and coordinates are requested to call us at 514-733-8915 or 514-485-7861 to advise us of their new address. We are updating our directory and will be sending you notices concerning our seminars. A minimum of 15 or more participants will be a good attendance that will enable us to have a guest lecturer about useful and interesting topics. If any member wants to know more about certain subjects, please let us know by e-mail to: filipinocoop@gmail.com or by phone at 514-733-8915 or 514-485-7861.

Our first seminar is about health and nutrition. We will announce the exact date in our next issue as this seminar will be held also in the month of August.

As there are many associations in the community, we would like to stay in contact with their presidents and offer their members some special deals like volume buying certain products that we can offer at a special price if they buy in bigger quantities.

If you have an organization and you can buy in bulk of 25 or more of a product at one time, please contact us, and we can quote you the price, much lower than what you can get from a competitor.

We wish you all a happy and wonderful, safe summer.

Zenaida Kharroubi

Editorial

Let's honor Dr. Jose Rizal not only in words but also in deeds

It's quite an exhilarating experience to discover so many wonderful things that our national hero had done in his short life. Had he lived longer, he would have done much more!

Celebrating Dr. Jose Rizal's 150th birth anniversary seems to offer us the opportunity to examine the values, the true meaning of his accomplishments and how much impact they have made upon our country, in particular, to know whether or not we have been cured of the "social cancer" he depicted in his novel, "Noli Me Tangere" and "El Filibusterismo."

A brief overview of comments from different writers reveals a common thread - that the "social cancer" depicted in Rizal's works has not yet been truly cured. The "indolence" and "apathy of most Filipinos are still prevalent and the corruption in all levels of political and social life are more deeply embedded. Moreover, poverty of the masses has remained until now. Rizal, by his martyrdom, removed the colonial oppressors, but the country has not completely gained independence from countless economic problems. Consequently, millions of Filipinos go abroad to look for better economic opportunities. Had there been better management of the country's natural resources, perhaps, there would be more jobs at home and people would not have to go far to earn a decent living. Ironically, this phenomenon seems to parallel Rizal's situation for he had to go to other countries to study and write his most famous works that led to the Philippine revolution.

On the other hand, Roberto Reyes Mercado, a Filipino media activist and member of the Knights of Rizal, wrote an essay declaring Filipinos abroad as the modern day version of Dr. Rizal. He wrote "The modern-day Overseas Filipinos can help change the world more

easily than Rizal could move for reforms, not only in his home country of the Philippines but also in his nooks of the Hispanic world. Not only is this possible because of their sheer quantity, but also because of the quality of their modern lives, or at least the fabric of life as found in their adopted countries. The Filipino is, indeed, a child of the universe. The Filipinos are probably the first true citizens of the world. ..."

Perhaps, this writer has recognized the potential power of mobilizing the Filipinos abroad to be the economic tools of change in the Philippines. Through their training, education and experiences that they acquired abroad, they could help make a difference in the Philippines if they would be guided by a nationalistic agenda, and if the flash of insight would be in their minds.

It has also been cited by various writers that Dr. Rizal has pre-dated Mahatma Gandhi and Dr. Martin Luther King, but for some strange reasons, is probably not as well known and only get mentioned during celebrations such as this 150th birth anniversary. Although the life and works of Rizal has been prescribed in the Philippine schools' curriculum since 1930, the values of his teachings have not yet been given enough focus in our daily life. But with the presence of organizations such as the Knights and Ladies of Rizal, we would like to see their involvement in activities that promote Rizal's teachings one of which is about developing our youth as the future leaders of tomorrow. This opportunity exists in our community where there is a dearth of volunteers in Scouting and sports activities.

In the final analysis, we would like to say that Dr. Jose Rizal's legacy is our treasure which will only be more valuable if we are willing to show our appreciation of his ideas not only in words but also in deeds.

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Knights and Ladies of Rizal hold investiture ceremony

A planned two-week celebration of Dr. Jose P. Rizal's 150th birth anniversary started with a gala party by the Knights and Ladies of Rizal held on June 4, 2011 at the Ganesh Party Palace in Ville St. Laurent.

The traditional solemn ceremonies were officiated by Sir Georges Poblete, KGOR, Regional Commander, assisted by Montreal

were: Sir Julius Abad, Sir Edwin Escobia, Sir Benjamin Balaus, Sir Robert Castro, Sir Ernesto Galcon, Sir Hector Racuya, Sir Angelito Manuel, Sir Lino Toca, Sir James Mencil, Sir Ramon Posadas and Sir Dany Sabadao.

Elevated to the Order of Knight of Rizal, Second Degree: Sir Fred Baudru, KOR, Sir Dario Boco, KOR, Sir Gerry Danzil, KOR, Sir Mel

Montrealers celebrate national hero's 150th birthday at MacKenzie King Park



Councilor Marvin Rotrand speaking before the Knights and Ladies of Rizal during the celebration of Dr. Jose Rizal's 150th birthday. Borough Mayor Michael Applebaum (left) listens intently.

Montreal, June 19, 2011 - The wonderful, sunny day was the setting of successful festivities celebrating the 150th birth anniversary of the Philippines' national hero, Dr. Jose P. Rizal at MacKenzie King Park. Philippine flags adorned the small square around the bust of Dr. Rizal.

The Knights and Ladies of Rizal were on hand to greet all the guests headed by Borough Mayor Michael Applebaum, and Councilor Marvin Rotrand who delivered speeches about Rizal's stature as a great hero not only in the Philippines but also in the world. Mr. Rotrand cited many of the accomplishments of Rizal. Mr. Salvador Cabugao, a former honorary consul, also delivered a short speech.

The program consisted of the following numbers: Singing of the national anthems of the Philippines and Canada, Invocation by Au Osdon, Panatang Makabayan, Duet by Tamara and Cory Calatin, cultural dance number by a seniors group and Bibak, and releasing of balloons with the colors of the Philippine flag and flower offering to the bust of Dr. Rizal.

Lunch with lechon was served to everyone who attended the event.

Sir Rey Balansi and Sir Bert Abiera were assisted by all the Knights and Ladies of Rizal. The emcee was Sir John Linden.



Sir James de la Paz exalted to Knight commander took his oath before Sir George Poblete, KGOR, Knights of Rizal Regional Commander. Holding the Knights of Rizal Manual, Sir Ed de la Cuadra, KCR, witnessed by Sir Rey Balansi, KCR and Sir John Linden, KCR.

Chapter Commander, Sir REy Balansi, KCR, Sir Salvador Cabugao, KCR, Sir James de la Paz, KCR, Sir Ed de la Cuadra, KCR, Sir Fred Villarino, KCR and Sir Bert Abiera, KCR.

Domingo, KOR, Sir Felix de Luna, KOR, Sir Remy Ramos, KOR, and Sir Reggie Villamor, KOR.

Exalted to the Order of Knights of Rizal Commander Third Degree: Sir James de la Paz, KCR.

The 10 knighted to the Order

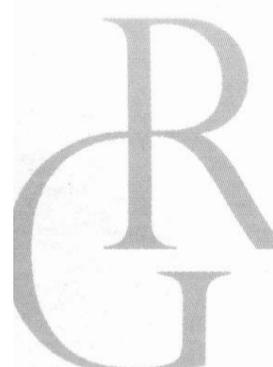


Best wishes to the Filipino community as they celebrate their 113th anniversary of independence.

À l'occasion du 113ème anniversaire de l'indépendance des Philippines, je suis heureux d'adresser mes meilleurs voeux à l'ensemble de la communauté

Thomas Mulcair, M.P.
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From Page 1 Independence Day

Filipinos enjoyed a smorgasbord of sumptuous Philippine delicacies. Father Frank Alvarez of the Montreal Filipino Catholic Mission led the

expression "The show must go on" was true when, despite getting all wet, he enthusiastically continued emceeing and entertaining the crowd with his ad libs. Vasquez, together with his two co-emcees, Fely Rosales and Rose de la



Re-elected MP of the Town of Mt. Royal, Irwin Cotler poses for souvenir with Budz Sarmiento, Star columnist and Zenaïda Kharroubi, Filipino Star Editor

celebration of the Eucharist on the stage provided by the City of Montreal. In the park were about 45 rented tents of various community organizations and business entities, namely, Filipino Association of Montreal and Suburbs, Filipino Association of Nurses of Quebec, Pamana ng Luzviminda, Pangasinan Association of Quebec, United Pilipino Seniors, Dynamic Alliance of Filipino Seniors of Quebec, Bicol Association of Quebec, Dos Pares Karate Club, Western Union, Remax and many others.

Adding zest to the already festive atmosphere were performers

Paz, did a fantastic job. The CCFAQ's guest speakers were Applebaum, Rotrand and Irwin Cotler, former Minister of Justice and re-elected Member of the Parliament for the Town of Mount Royal.

While waiting for his turn to speak, Cotler was asked by Budz Sarmiento of this newspaper if he indeed commented that the new FAMAS Constitution was bogus as published in the latest edition of the Filipino Forum. Cotler emphatically denied that he made such a comment, let alone FAMAS Constitution discussed. On separate occasions, he



Borough Mayor Michael Applebaum and Councilor Marvin Rotrand pose with the Executive Board after the flag raising ceremony at the community center, June 12, 2011.



Seniors in Motion members performed a dance/exercise routine for the entertainment of the crowd that attended the Philippine Independence Day celebration.



James de la Paz, president of the Council of Canadian Filipino Associations, and Borough Mayor Michael Applebaum, pose with the Palabuys after giving them a certificate of appreciation for their participation in the Philippine Independence Day celebration.

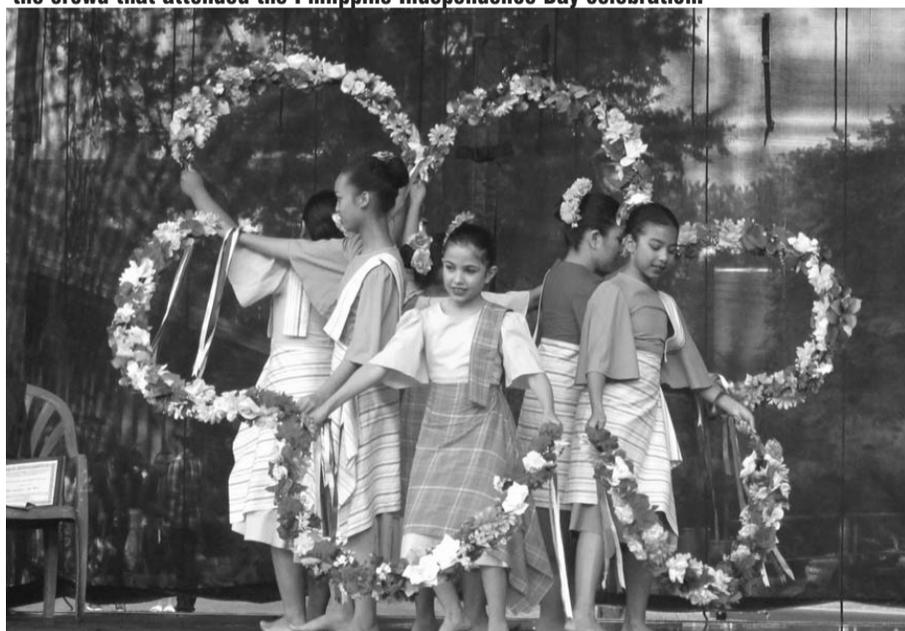
not only from the Filipino community but also from other communities, such as Algeria, Chile, Ireland, Japan, Korea, Mexico, Quebec and Russia, who showcased their terpsichorean abilities.

"Filipinos are a fun-loving and hospitable people," said Carlos Mora, a member of Chilean community, who was obviously enjoying the festivity. "The costumes of the dancers are very colourful. They're beautiful."

The event was successful in spite of the inclement weather, and people gamely held their grounds against the intermittent downpours. For example, Ed Vasquez, a Filipino businessman and one of the emcees of the event, proved once again the

told the same thing to Osdon and De la Paz.

Also during the Philippine Independence Day celebration, Mr. Cotler was approached by the Filipino Star Editor, Zenaïda Kharroubi, who wanted to ask him whether or not he actually made the statements attributed to him recently. She indicated to him that she would write a memo to request for his comment in writing to which he responded through his assistant, Mr. Howard Liebman. Mr. Cotler wrote, "I did not make the remarks attributed to me. It has been a long standing policy of mine that I do not involve myself in the internal affairs of the community."



Pamana ni Luzviminda dance troupe performing a colorful dance

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Bobot Serrano

EARTH TALK

Questions & Answers
About Our Environment

Dear EarthTalk: Coastal areas here in the U.S. have taken a real beating in recent years due to natural disasters that many would argue are due to changing climate. What's being done to safeguard these communities for when, say, the next Katrina hits?
Helen Kelman, Troy, NY

Coastal regions in the U.S. are more popular—and more heavily populated—than ever. But even before the effects of global warming started to kick in, reports the non-profit World Resources Institute, more than half of the coastal ecosystems of the world—including the vast majority of America's coastlines—were reeling from threats including habitat destruction, sewage outflows, industrial pollution and the impacts of non-native species introductions.

Recently, though, a string of unprecedented natural disasters, including hurricanes like Katrina and tsunamis like that which devastated Japan, has made many people re-think the wisdom of moving to the coast. And the federal government has begun to advocate that coastal communities adopt tougher building codes and zoning ordinances, but there is little public officials can do to deter people from being drawn in by the lure of the coast—even as ice caps melt, sea levels rise and storms brew fiercer and fiercer.

Critics say the federal government should be doing more to protect coastal areas which, besides being attractive to home buyers, are among the richest storehouses of biodiversity we have. But traditionally, such responsibilities have fallen to local and regional officials. In the case of New Orleans following 2005's disastrous hurricane season, the Louisiana state legislature formed the Coastal Protection and Restoration Authority (CPRA) to protect, conserve, restore and enhance coastal wetlands, barrier shorelines and reefs so as to protect the city from the impacts of future hurricanes. The U.S. Army Corps of Engineers is now working with Louisiana authorities to implement CPRA's master plan. Of course, restoring wetlands and other natural buffers that have been decimated by a half century of development and overpopulation is no small task. It's unfortunate that such plans only come to pass after a disaster of huge magnitude takes place, instead of beforehand.

In response to such concerns, green groups, consumer advocates, taxpayer associations, insurance companies and other organizations have come together as Americans for Smart Natural Catastrophe Policy (also known as SmarterSafer.org). Coalition members, which include the Sierra Club, Liberty Mutual Group, Americans for Tax

Reform, the United Services Automobile Association and others, have aligned behind shared goals of restoring coastal wetlands and increasing protection for barrier islands while influencing local officials to make smarter decisions about where to allow development in light of the expected effects of climate change and other problems.

The coalition applauds the vision and



The non-profit organization, Beyond Nuclear, calls nuclear power "counterproductive to efforts to address climate change effectively and in time" and says that funding diverted to nuclear deprives real climate change solutions, like solar, wind and geothermal energy, of essential resources. Pictured: The Three Mile Island nuclear generating station, circa 1979 near the time it suffered a partial meltdown. U.S. Department of Energy photo emi

work of CPRA in Louisiana, and would like to see such planning take place in other U.S. coastal regions as well. Furthermore, it is critical of the federal government for pumping funds into the National Flood Insurance Program, which it says only spreads the costs of natural disasters around instead of taking measures that would prevent damage in the first place. Such approaches, the coalition argues, "provide a perverse incentive to encourage development in risky coastal areas" and "expose taxpayers, including those who do not live in at-risk coastal areas, to significant financial costs."

CONTACTS: CPRA, www.lacpra.org; SmarterSafer.org, www.smartersafer.org.

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Dear EarthTalk: Radioactive rain recently fell in Massachusetts, likely due to Japan's nuclear mess. Given the threats of radiation, wouldn't it be madness now to continue with nuclear power? How can President Obama include nukes as part of a "clean energy" agenda?

-- Bill Mason, Hartford, CT

In the wake of the Fukushima disaster in Japan, countries around the world that were growing more bullish on nuclear

power are now reconsidering their future energy investments. Germany has shut down seven of its oldest nuclear reactors and is conducting safety studies on the remaining facilities; those that don't make the grade could be closed permanently. Meanwhile, in earthquake-prone Chile some 2,000 demonstrators marched through the capital to protest their government's enthusiasm for nuclear power. And China, the world's fastest

more nuclear power plants than any other in the U.S., Exelon."

Undeterred by the Japanese nuclear disaster, Obama pledged just two weeks following the initial explosions at the Fukushima Dai-ichi facility that nuclear power should be revived in the U.S., as it provides "electricity without adding carbon dioxide to the atmosphere." He added that he requested a comprehensive safety review by the Nuclear Regulatory Commission to ensure the safety of existing facilities. "We'll incorporate those conclusions and lessons from Japan in designing and building the next generation of [nuclear] plants," Obama added.

But just because nuclear energy isn't a fossil fuel doesn't make it green, given the ongoing risk of radioactivity. Also, reports the non-profit Beyond Nuclear, "Nuclear power is counterproductive to efforts to address climate change effectively and in time...funding diverted to new nuclear power plants deprives real climate change solutions, like solar, wind and geothermal energy, of essential resources."

Indeed, if policymakers were able to divert the hundreds of millions of dollars in subsidies to the U.S. nuclear



Even before the effects of global warming started to kick in, the vast majority of America's coastlines were reeling from threats including habitat destruction, sewage outflows and industrial pollution. Pictured: Flooded area of northwest New Orleans and Metairie, Louisiana in the wake of Hurricane Katrina. Credit: AP Photo/U.S. Coast Guard, Petty Officer 2nd Class Kyle Niemi

growing nuclear energy developer, has suspended the approval process on 50 nuclear power plants already on the drawing board, and begun inspections on 13 existing plants.

But despite calls to shutter the U.S. nuclear program, President Obama remains committed to the industry despite his stated opposition to it pre-election. In December 2007, Obama told reporters at a campaign stop in Iowa: "Until we can make certain that nuclear power plants are safe...I don't think that's the best option," adding that he was much more keen on solar, wind, biodiesel and other alternative fuels.

According to investigative journalist Karl Grossman, Obama changed his tune on nuclear as soon as he took office, "talking about 'safe, clean nuclear power' and push[ing] for multi-billion dollar taxpayer subsidies for the construction of new nuclear plants." Right away, Grossman says, Obama brought in nuclear advocate Steven Chu as energy secretary, and two White House aides that had been "deeply involved with...the utility operating

industry every year to solar, wind and geothermal developers, there is no telling how quickly we could innovate our way to sustainable non-polluting energy independence and put the specter of nuclear power that much further in our rearview mirror. But it looks like as long as Obama remains in office, nuclear will remain a big part of our near term energy future, damn the torpedoes.

CONTACTS: Karl Grossman, karlgrossman.blogspot.com; Nuclear Regulatory Commission, www.nrc.gov; Beyond Nuclear, www.beyondnuclear.org.

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QACFT celebrates 15th anniversary

By: Fely Rosales Carino

The Quebec Association of Canadian-Filipino Teachers (QACFT) celebrated the 15th anniversary of its founding on June 3, 2011 at St. Malachy Parish Hall in Clanranald, Snowdon. The evening began with an invocation by Miss Trans Liganor, followed by the national anthems and then President Nancy Castillo Karidis took to the podium to welcome the guests.

Mrs. Karidis and her Executive Board did a wonderful thing by

Mother Teresa Junior High School in Laval (Sir Wilfrid School Board).

The sit down dinner was enjoyed by all. Several guests, such as Mrs. Maria S., Mar & Puring Bamba, Ciony Nueva, Cesa Gladysz and Zeny Kharoubi were moved to exclaim, "Wow, what service!" The beautiful table settings added to the elegance of the evening, thanks to the Decoration Committee!

As is customary, there is always the Presentation and Induction of new members. This year's new



Officers and some members of the Quebec Association of Canadian Filipino Teachers pose for souvenir in front of the birthday cake marking their 15th anniversary held on June 3, 2011 at St. Malachy's hall.

including Mrs. Natalie Pelausa's "A Teacher's Prayer" in the programme. It is loaded with professional and spiritual wisdom, showing the courage "to promote and protect the gift of life". I entrust that you read the prayer in its entirety to better understand why it is called A Teacher's Prayer.

For President Karidis, her initial reluctance to accept the presidency was overcome by the persuasion of fellow educators who gave her a vote of confidence. Now on her 3rd term, the choice couldn't have been better. Nancy is doing a terrific job as she is convinced of a teacher's guiding hand in molding great minds.

Mr. Joseph Gonzales (VP Administrative) wrote an article in the programme entitled Tuloy Lang which has a lot for everyone to learn. True, it's the parents' obligation to encourage their children to learn the Wikang Filipino and to engage them in everyday conversation to deepen their desire to speak Tagalog because it is a beautiful language. The Programa Sa Pagtuturo ng Wikang Filipino, in operation for four years, is taught by Mrs. Karidis at Simon Monet, Mrs. Irene Quizon at Pascal Baylon, Mr. Joseph Gonzales at des Nations, and Miss Petit Chapiteau at Bedford.

The QACFT's annual celebration was made enjoyable by the DJ of the evening! In addition, the dance exhibition by the Gangsa Cultural Association of Montreal was an instant hit. A great mix of chacha, tango, hiphop and line dancing lured people onto the dance floor. The audience enjoyed a piano selection by Kevin Majaducon, an exuberant dancing by Hanna Hamil and a vocal rendition by Joy Rosales, a teacher at

members are: Yoland Garcia, Agnes Pagala, Glyceria Ducyugan, Jovelyn Makin, Renelyn Marata and Jacqueline Cadalig. Certificates of Recognition were given to Miss Melanie Somejo and Miss Lea Baldelovar. The lone retiree award went to Miss Dorothea Udani. Though the audience clamored for more dancing, the time came to bid farewell and Mr. Joseph Gonzalez then gave the closing remarks.

The forces behind the success of the evening are: Nancy Karidis (President), Joseph V. Gonzales (VP Administrative), Elsa Montealegre (VP Finance), Daisy Bertiz and Trans Liganor (Secretaries), Josefa Nicolas and Tina Datu Lee (Treasurers), Merlita Ballesteros (Auditor), John Linden and Al Abdon (Directors for Communication), Gina Medina and Eppie Gevero (Directors for Membership), Nenita Licyayo (Director for Referral and legal Documentation), Josie Fely Caro (Director for Educational Services), Melanie Somejo and Elvira Estopa (Directors for Youth and Sports), Carmen Kasayuran, Elma Bulatao and Flora de la Cruz (Directors without Portfolio), Carmen Caro (Ex Officio), Natalie Pelausa, Fely Rosales Carino and Procesa Gladysz (Advisers).

And one must not forget the Mistress of Ceremonies, Elsa Montealegre, who did a fine job with her usual calm demeanor and Boy Abdon, on double duty as the videographer/photographer of the evening.

Let us open our mind and live in harmony

By W. G. Quiambao

During the celebration of our Independence Day at the Mackenzie King park last June 12, I heard a number of Filipinos asking, "Why did we invite the ethnic groups? This is supposed to be for Filipinos only because it is our Independence Day." They are right. That's the beauty in living in Canada. There's a freedom of expression as long as we know when or where to draw the line.

But I've questions too that I hope these people will understand and can answer. When we immigrated here to start a new life, did the Canadian government ask, "Why should we allow these Filipinos in Canada? If they did, we'll still be living in the Philippines and we'll not enjoy the many opportunities we're enjoying here now. When Canada Day is celebrated on July 1, did the organizers of the event ask, "Why should we invite other communities? Instead, they invite every community to join the celebration. An example is the Federation of Filipino-Canadian Associations of Quebec which has been participating in the Canada Day celebration for many years. Perhaps, those who are asking why do we invite other ethnic groups in our celebration should also ask why the FFCAQ accepts the invitation of the Canada Day organizers.

For me, I don't see anything wrong in inviting other ethnic groups to join us in celebrating our Independence Day. Inviting the ethnic groups does not mean forgetting our

unique identity as Filipinos. In fact, we're promoting it. We're inviting the other groups simply because we want to share with each other our culture. By doing this, we learn, we grow and we progress as a human being and as a community.

In the morning of June 12, I thought the performers would not come. Instead, despite the bad weather, the delay and the cold, they patiently waited and happily performed for us for free. Many of them live from Laval and Soutshore but nobody walked out. Why? It's because they're proud of their culture and wanted to show it to us We should to the same thing to them.

At about 6:30 p.m., when the show was almost over, the Korean and Japanese groups joined us in our tent. We offered them food and instead of eating pizza, they ate lechon, noodles and vegetable with eggplant, squash and beans. They enjoyed Flor Dumandan's home-made salad.

Kim Smith, a member of the Korean group who is married to a Canadian, said, "I like your hospitality. When we have an affair in our community, I'd like to invite your performers."

As a Filipino, that's music to my ear. We're being appreciated.

I know it's difficult to do but we could always try to accept people for whoever they are and open our mind to live in harmony and unity. Let's start it in our community now.



Gilmore College students, Jennifer Lachica and Arlene Manalo pose with their French teacher, Zenaida Kharroubi for souvenir of the 113th Philippine Independence Day celebration, June 12, 2011, MacKenzie King Park, Montreal.

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Any Which Way ...

Bernardo "Budz" Sarmiento
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THANK YOU, UPS; YOU'RE A CLASS ACT – On behalf of the FAMAS Committee on Elections 2011-2016 (Comelec), I would like to thank Mrs. Warly Basbacio, president of the United Pilipino Seniors (UPS), and the entire UPS organization for graciously and unselfishly yielding their August 14, 2011 use of the St. Kevin's Church Social Hall so that FAMAS may have its next general election on that date.

That's how organizations in our community should behave; they should look after each other's needs whenever occasion to do so arises. Unfortunately, not all associations are like the UPS. There's this particular organization that always wants to compete with its rival group rather than work together for a common cause. Last year's version of the Independence Day celebration was scuttled because its leaders refused to cooperate with their counterparts in the other group despite the good advice of the borough officials. The words cooperation and sharing are never in those pecksniffian leaders' vocabularies. What a shame!

FAMAS ELECTION: INDOOR VS. OUTDOOR – To make it more impartial, more orderly, more peaceful, more credible, cleaner, and even a lot less controversial and relatively more business-like, the next FAMAS election will be held indoor at the St. Kevin's Church Social Hall rather than outdoor at the Mackenzie King Park where past FAMAS elections were traditionally held.

Except for a very few "traditionalists" who resist the change, a great many FAMAS members welcome it with open arms. Those who know better and are able to see its advantages from the Comelec's point of view willingly embrace the idea and put the election ahead of the picnic that the resisters are hell-bent to latch on to.

The opponents of indoor election even threaten to boycott the poll if it is not held at Mackenzie King

Park. Methinks it's ridiculous and myopic to give more importance to a picnic than to an election. But what can we do, God gave His creatures different levels of intelligence – some very high, some very low, and some in between. I suppose they know which group they belong in. But then again, maybe not because of their short intellectual reach.

FAQ REGARDING FAMAS ELECTION – Most frequently asked questions answered:

Q. Why does the FAMAS Committee on Elections want to hold the next FAMAS election indoor rather than follow the tradition of holding it outdoor?

A. Indoor election will make the crowd much easier to manage and the flow of traffic a lot less difficult to control leading to a more credible, more orderly, more peaceful and hassle-free election. And if it rains, voters don't have to scamper for shelter anymore.

Q. FAMAS has more than 4000 members, how could that many people fit in a relatively small place like the St. Kevin's Church Social Hall?

A. Even if all those more than 4000 members participate in the election, they will not be allowed inside the social hall all at once. After a voter has cast his or her vote, he or she will not be allowed to loiter inside and has to leave the polling place immediately just like in a civic election.

Q. May I still sign up as a registered member of FAMAS after the July 17, 2011 Pista sa Nayon?

A. Yes, you may still sign up as a registered member, but you won't be eligible to vote in the next FAMAS election. The new FAMAS Constitution and Bylaws (BL 7.2.2) states "In order to be qualified to vote, membership dues must be paid 30 days prior to

FAMAS election date or during Pista Sa Nayon of the election year, whichever comes later."

Q. Why can't I sign up as regular (registered) member on Election Day just like in the past elections?

A. The framers of 2011 FAMAS Constitution and Bylaws abolished the old practice of registering members right on Election Day to eliminate the perception that the members were bribed to vote for particular candidates.

Q. For many years in the past picnic had always been an integral part of every FAMAS election, will there still be picnic at Mackenzie King Park even though the next election will be held indoor?

A. Yes, there will still be picnic at Mackenzie King Park if members would like to have it. Ms. Au Osdon, the current president of FAMAS, will make arrangement with the CDN/NDG Borough officials for that purpose.

BAKIT DI NATIN SUBUKAN MUNA? – Bilang chairman ng kasalukuyang FAMAS Comelec, iminungkahi ko sa kumite na gawin ang eleksyon sa isang gymnasium o church social hall para maging mas marangal, mas kapanipaniwala, mas maayos at mas mapayapa ang botohan. Sumang-ayon namang lahat ang aking mga kasapi at sa St. Kevin's Church Social Hall na nga gaganapin ang susunod na halalan.

Di lubusang nakapagtataka, may ilang miyembro ng FAMAS ang hindi sang-ayon na ganapin ang eleksyon sa loob ng isang gusali. Gusto ng grupong ito na ganapin ang eleksyon sa Mackenzie King Park na tulad ng kinagawian sa loob ng maraming taon. Ang idinadahilan nila ay ang piknik na nakasanayan na nilang gawin tuwing may eleksyon. Wala raw magtitiyagang bumoto kung mawawala ang piknik. At kung ipipilit daw ng FAMAS Comelec ang kanilang kagustuhan, marami raw ang hindi magre-renew ng kanilang mga membership o hindi na mag-aaksaya ng panahon para bumoto.

Dahil doon, may nagpayo sa inyong lingkod na ibalik na sa Mackenzie King Park ang eleksyon dahil kung hindi, marami raw ang magbo-boycott .

Tahasan kong sinabi sa nagpayo na hindang-hindi ko mapagbibigyan ang mga nagpoprotesta dahil mas marami ang sumasang-ayon sa pagbabago kaysa hindi. Sa katunayan, matagal na raw nilang minimithi na gawin sa loob ang eleksyon pero walang naglakas ng loob na baguhin ang tradisyon hanggang sa kamakailan.

CONSTITUTION AND ELECTION RULES ARE TOO MUCH FOR SOME – There's grumbling in some quarter that the new FAMAS Constitution and Bylaws and the FAMAS election rules, regulations and procedures are too tough and too high for many members' standard.

Wala na raw maglalakas ng loob na kumandidato sa tindi ng mga hinihinging requirements o qualifications. Daig pa raw ang isang maliit na kumpanya. Baka raw ang mangyari ay wala nang magkagustong mag-officer o wala nang ma-qualified bilang kandidato. Naniniwala naman ang iba na hindi mawawalan ng kakandidato dahil marami naman daw sa ating community ang kwalipikado.

In my opinion, it's only fitting that the requirements for officers of FAMAS were made tougher because FAMAS has grown significantly over the years and now owns more than half a million dollars worth of real estate property.

FAMAS ELECTION: MOST OPPORTUNE TIME FOR NITPICKERS – The coming FAMAS election is the best time for those who always find fault in those who are in office to prove that they are not only good in words but also in actions; that they are convincingly better than the people whose abilities they are nit-picking.

Marami kasi sa ating community ang mahusay lang magngangawa pero pag sila ang iyong pinagagawa, wala rin naming ibuga. At kung tanggapin naman nila ang responsibilidad, mas palpak pa sila kaysa sa tao na kanilang pinintasan o minaliit. Dada lang sila nang dada pero kulang na kulang naman sa gawa. Tatanggapin ang appointment pero ayaw namang magbigay ng commitment. Hay naku! Tumigil na nga kayo. Put up or shut up!

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Karugtong na Kabanata Ang Mangingisda ni Atty. N. Baens del Rosario

Lumipas ang labinlimang taon mula nang malunod si Sencio at an kalunos-lunos na kasaysayan ng mangingisda ay lumipas na sa alaala ng madla. Si Caridad ay dalaga na noon. Panggagaling niya sa paaralan ay siya na ang nakawaksi ng kaniyang ina sa mga gawaing pambahay at sa pag-aalaga niya sa apat na kapatid na maliliit. Ang bahay nina Luisa ay hind na ang dating pawid sapagkat sa pagsusumikap ni Pitong ay nakapapatayo ng isang bahay na tabla.

Isang gabi noon. Mag-iikasampu na ng gabi. Sa bahay nina Luisa ay tahimik na ang lahat. Pati ang mga batang labis ng ingay ay tulog na rin. Sa kabayang yaon ay isang kaluluwa na lamang ang balisa at hindi pa dinadalaw ng antok. Sa di niya malamang sanhi, si Pitong ay hindi makatulong. Tila baga may mahiwagang bagay na maangyayari sa kaniya, ngunit hindi niya mabatid kung ano. Ang bayan ng Abukay ay isang bayang tahimik. Wala siyang nagugunitaing nakasamaan man lamang ng loob kahit isa sa bayang yaon. Lahat mandi ay kaibigan niya at kapalautangang-loob. Nanaog siya sa lupa sa pagbabakasakaling doon siya abutin ng pag-aantok. Bagaman at maulap ang langit ay nakaliliwanag din kahit bahagya ang natatakang buwan. Nagpaligid-ligid si Pitong sa bahay at pagkatapos ay tinungo niya ang tarangkahan ng kanilang bakuran. Ngunit si Pitong ay nahintakutan. Anino ng isang taong nakaupo ang kaniyang nabanaagan.

"Sino ka?" ang may halong takot na tanong ni Pitong. Ang tinanong ay hindi umiimik. "Sino ka? ang ulit ni Pitong. Ang "anino" ay saka lammang sumagot.

"Magandang gabi po. Ako'y may nais po lamang ipagtanong. Hindi po baga ito ang bahay ni Luisa?"

Sinagilahan si Pitong ng pagngingitngit nang marinig niya ang pagsambit sa pangalan ng kaniyang asawa sa bibig ng isang hindi niya kilala, at "Luisa" lamang ang tawag. Ngunit siya ay nagtimpi ng kalooban.

"May kailangan po baga kayo kay Aling Luisa?" at binuksan ni Pitong nang tuluyan ang pinto. Handa siya sa anumang mangyayari. Ngunit nang mapagmasdan niya nang mabuti ang nagtatanong na lalaki ay putol pala ang kanang bisig.

"Opo, nais kong makita si Luisa. Dito po sa pook na ito nakatayo ang bahay niya noong araw. Ngunit ngayon ay wala na. Kayo po yata ang may-aring pook na ito ngayon?" ang dugtong pa ng nagugulumihanang lalaki na hindi mangkantututo sa pagtatanong.

"Ako nga po ang may-ari," ang may halong yamot na tugon ni Pitong.

"Marahil po ay kilala ninyo ang "Luisa" kong ipinagtatanong," ang hinala ng lalaki.

"Ano po baga ang dahilan at hinahanap ninyo si Luisa sa gayong oras ng gabi? ang may halong galit na tanong ni Pitong.

"Ginoo, huwag po kayong magalit. Ang Luisa pong hinahanap ko ay AKING ASAWA."

Biglang napaurong si Pitong at binasa sa mukha ng kaniyang kausap kung may katotohanan ang sinabi. Kinabahan siya.

"Magsabi kayo, kung kayo'y buhay na tao, o kayo ang kaluluwa ni Sencio," ang nanginiging na tanong ni Pitong, na noo'y sinidlan na rin ng takot at tila sinusukat kung sa ilang lundag malulukso ang hagdan ng kaniyang bahay.

"Hindi ako kaluluwa. Ako at dili iba ang mangingisdang nalunod' ngunit sa kabutihang palad ay nailigtas sa kamatayan ng isang sasakyang Amerikano. Ang bisig kong ito ang saksi," at itinuro ang putol niyang bisig. "Na tatlong araw akong lumutang-lutang sa dagat at pagkatapos ay nakagat pa ng pating ang aking bisig. Nakarating ako sa iba't ibang lupain, ngunit sinikap ko rin ang makabalik na muli rito sa Filipinas. upang makita ko ang mabait kong asawa at mutya kong anak. Ginoo, ituro ninyo sa akin kung nasaan si Luisa at ang bunso kong anak," at sa kulubot na pisngi si Sencio ay namalisbis ang mapapait na luha.

"Dito nga po nakatira si Luisa," ang nangangatal na tugon ni Pitong. Siya'y nakakatulog. Hindi ninyo dapat gambalain.

Halos hindi panatapos ang salita ni Pitong ay umakmang lumapit si Sencio sa pintuan, ngunit hinadlangan siya ng malakas na bisig ni Pitong.

"Hindi maaari, hindi kayo makatutuloy. Bahay ko iyan at dapat ninyong malaman na si Luisa ay akin ng asawa," ang matigas na paliwanag ni Pitong.

"Asawa mo?" at biglang nandilat ang mga mata ni Sencio. "A! hindi, nililiinlang mo lamang ako. Minamahal ako ni Luisa, at hindi siya mag-aasawa sa iba."

"Akala nang lahat ay malaon ka nang patay, ang paliwanag na muli ni Pitong.

"Sumulat ako sa kaniyan."

"Wala siyang tinatanggap."

"Paraanin mo ako, titingnan ko si Luisa at ang aking anak!" At nang anyong magpupumilit si Sencio ay tinabig siya ni Pitong nang ubos-lakas at ang kahabag-habag na si Sencio ay napasubasob sa lupa.

"Imbil!" ang wika niya matapos makabangon. "Hindi ako makakalaban sa iyo sa sukatan ng lakas. Ako ay mahina--ngunit kung ikaw ay may dangal ay hindi mo sasamantalahin ang aking kahinaan. Walang kailangan sa akin ang iyong lakas. Hindi ako natatakot, sapagkat makukuha ko ang aking asawa, hindi sa pamamagitan ng lakas, kundi sa pamagitan ng matuwid. Dapat mong malaman na nasa kamay ko ang batas. Ako ang unang asawa ni Luisa kaya't ang kasal niya sa iyo, kung kayo man ay kasal, ay walang kabuluhan. Paraanin mo ako, at si Luisa ay aking asawa."

Noon palamang naisip ni Pitong na sa harap nga pala ng batas, si Luisa ay hindi niya asawa. Ngunit sa may katwiran siya o wala ay hindi niya mahihwalayan si Luisa, ang mabait niyang maybahay. Nangunot ang kaniyang noo at waring umiisip ng isang mainam na paraan.

"Huminahon ka, Sencio," ang payo niya. "Kapwa tayo nasa gipit na kalagayan. Kapwa kita nagmamahal sa isang babaeng karapat-dapat paglaanan ng lalong wagas na pag-ibig. Kapwa tayo may masusing hangad na siya ay lumigaya, mabuhay nang tahimik at mabusog sa pagmamahal. Tunay, Sencio, na nasa kamay mo ang batas. Hindi ko na hihintayin pang ikay ay magharap ng sakdal sa hukuman upang makuha mo si Luisa. Hindi kita pipigilan. Siya ay iyo ngunit alalahanin mo ang kadakilaan ng iyong pag-ibig sa kaniya. Dapat mong alamin na sa kasalukuyan ay maligaya siya sa aking piling at sa paglalambing ng apat naming anak. Hindi ko kinakaila sa iyo na malimit ko siyang nakikitang nag-uukol ng mga alaala sa iyo, ngunit ang mga alaala yaon ay mga banal na dalanging patungkol sa kaluluwa ng isang yumao. Tunay, maaring manariwang muli ang pag-ibig niya sa iyo at sa taglay niyang pagkamasunurin ay lilisanin niya ang masaya naming tahanan, ngunit Sencio, isipin mong ang mga ginhawang idinudulot ko sa kaniya at ang mga kaligayahang naibibigay ko ay hindi mo maibibigay. Mahina ang iyong katawan."

"Ako ay may naimpok na salapi samantalang ako ay nasa ibang lupain. Kaya ako hindi nakabalik agad dito sa Filipinas ay pinagsikap ko munang makapgimpok upang mayroon akong ibuhay sa aking asawa at bugtong na anak," ang wai'y buong pagmamalaking itinugon ni Sencio.

"Nguni't alalahanin mo ang ligalig na mangyayari. Ngayon si Luisa ay masaya at umiibig nang tapat sa akin. Kung siya ay iyong kukunin, maiaalis mo baga sa kaniya ang magbahagi ng kahit kaunting pag-ibig sa akin? Makatkat mo baga sa kaniyang alaala ang kaligayahan naming mag-aanak? Malilimot baga niyang ako ang sumagip sa kaniya sa laot ng kaniyang pagkawakawak at siya'y iniyari ko ng isang tahananang puspos sa pagmamahal? Apat na ang aming anak. Sumama man siya sa iyo ay lagi niyang tatapunan ng alaala ang ama ng apat na gutlay ng kaniyang laman. Hindi siya

magiging lubos na maligaya sa iyong piling. Samantalang kung hindi na natin ipaalam sa kaniya na ikaw ay buhay pa ay hindi na siya maliligalig, mananatili na siya sa katahimikan at malinis ang puso niyang mag-uukol sa kaluluwa mo ng banal na pag-ibig. Isipin mong mabuti, Sencio. Ano ang iyong pasiya?" ang tanong ni Pitong sa kausap.

"Ang aking anak?" ang tanong ni Sencio.

"Isa nang ganap na dalagang nagmana ng hinhin at pagkabutihin sa kaniyang ina. Siya ang ilaw ngayon ng aming tahanan. Para ko rin siyang tunay na anak na galing sa aking sariling katawan."

"Luisa, anak ko! Hindi ko rin kayo makikita? ang hikbi ng kaawa-awang si Sencio.

"Ano ang iyong pasiya?" ang tanong ni Pitong.

"Kaibigang...?"

"Pitong ang aking pangalan," ang agaw ng kausap.

"Kaibigang Pitong, magpapakasakit na ako nang dahil kay Luisa. Nalaman ng Diyos na naparam nang lahat ang matatamis kong pag-asa. Mapalad kay kaysa akin. Lalayo ako, magpapakalayo-layo, at itatangis kong mag-isa ang aking pagkaapi. Hindi ko na pagpipilitang makita ang aking mag-ina sapagkat kung silay ay makita ko, ako ay nangangambang baka manlamig ang aking puso at hindi ko magagawa ang isang pagpapakasakit." Muli na namang lumuha si Sencio.

"Paalam na ako," ang pahimakas ni Sencio at hinawakan nang mahigpit sa kamay ang kausap. "Hindi ko na uusigin ang iyong katahimikan, itatakwil ko na ang kapakanan ng aking sarili, ipaubaya ko sa iyo ang mahal kong si Luisa, ilililing ko na ang kaunting ligayang nalalabi sa aking buhay at sa likod ng lahat na ito, ay dalawang kahilingan lamang ang aking iiwan sa iyo."... (Susunod na kabanata sa Hulyo)

**Bukas na Liham: Sariling Amin
ang tugon ni Hailey)**

Salamat sa sulat mo noong Mayo. Kalakip ng sagot ko ay ang litrato ko na kuha ni Tito Admhar. Siya ang katulong ni Lelong Bert natin sa mga gawain sa simbahan.

Magpadala ka rin ng litrato mo sa pagsagot mo. Alam mo, mabuti na ang laging handa tayo. Nalaman ko na pulos na paligsahan ang mundo natin.

Ano ang malay natin, baka biglang magkaroon ng pagandahan ng mga bagong silang na tulad natin. Tiyak na isasali tayo ni Lelong Bert at Lelang Nery.

Nakita ko sa sinuot mo nang ihandog ka sa Panginoon noong unang kaarawan mo. Posing-pogi ka sa puting tuxedo mo.

Malapit na kaming lumipat sa itaas ng tinitirhan ni Lelong. Kahit araw ng Linggo ay nakakarpintero ang Lolo Butch ko.

Kuya, palampasin na natin ang tawag sa atin na mga 'pissmaker.' Matataon din na habang karga tayo ni Lelong ay 'pooh' ang mararamdaman niya.

Nagmamahal,
Hailey (a.k.I.* Pechay)

*ayon kay lelong

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Montreal Kung Fu team wins bronze medals in Ottawa competition

On May 28, 2011 a team of 11 Wing Chun kung fu practitioners from the Ving Tsun Montreal kung fu school (www.vtml.com) competed in the 2011 Traditional Wushu, Wing Chun & Taiji Challenge tournament held in Ottawa, Ontario; a competition organized and hosted by the Ontario provincial association Wushu Ontario

respective events.

It should be noted that 7 out of the 11 members have only began training the Wing Chun system in February, 2011 at the FAMAS community centre. With the support of FAMAS' board of directors, a program was developed during the latter half of 2010 to offer kung fu



Standing from left: Debbie Resurreccion, Tien Nguyen, Laurence Shtull, Jeffrey Esteban Sifu-Andy Felix, Middle, left to right: Marco Deza, Aimee Joy Celiz, sitting down: Jenelyn Alforon, Annabelle Alloso, Jacqueline Uy.

and Wushu Canada, the national governing body of the sport of Wushu (Chinese kung fu) in Canada.

VTMTL team members (Charles Fillion, Dr. Jay Skolar, Larry Shtull, Debbie Resurreccion, Annabelle Alloso, Marco Deza, Jeffrey Esteban, Jacqueline Uy, Aimee Joy Celiz, Tien Nguyen and Jenelyn Alforon), coached by instructors Darrell Carreon and Andy Felix, represented the city of Montreal and competed amongst teams from Ottawa, Toronto, Halifax and Calgary. After an entire day of competition, the VTMTL team members were all awarded bronze medals in their

classes at the centre in order to provide martial arts and fitness instruction to the local Montreal community.

Ving Tsun Montreal is a Filipino-owned kung fu school operated by Head Instructor Darrell Carreon, since its inception in 2001.

Classes are taught by Wing Chun instructor Andy Felix every Monday from 6 PM to 8 PM at the FAMAS centre located at 4708 Van Horne Ave. For more information please call 514-887-5148.

A brief interview of a former Montrealer, Sir George Poblete



Sir George Poblete arrived in Canada in 1966 and started to work for Northern Electric, then moved on to Bechtel where he worked for 28 years before retiring in 2004. His main function was to oversee multi-million dollar projects. He moved to Toronto in 1976 but while he was in Montreal, he was the president of the Philippine Association of Montreal in 1968-69. which merged with the Philippine Associations of the Province of Quebec (PAPQ) and gave rise to a new organization called FAMAS, the Philippine Association of Montreal and Suburbs in 1969.

In 2010, the Rizal Supreme Council in Manila appointed Sir George R. Poblete, KGOR as the Canada Region Commander for the

RY 2010-2012. Appointed with him are Sir Dr. Tom Virey, KGOR as Deputy Canada Region Commander; Sir Ed Prillo, KGOR with Sir Jun Enverga, KCR as his Deputy, for the Central Canada Region; Sir Rev. Neil Parado, KGOR, with Sir Dr. Tom Colina, KGOR, as his Deputy of the Western Canada Region; and Sir Hermie Hernandex, KGOR, with Sir Saulo Garganta, KCR, as his Deputy, for the Eastern Canada Region. The Order of the Knights of Rizal is an international organization the promotes the ideals and works of Rizal, and helps the Youth, Civic and Community activities

Sir George has recently served the Supreme Council as a Trustee (Archivist) for the last two years, working as a Liaison to International Chapters. He continues his responsibility as the editor of the Rizal International Bulletin, Sir George will head the Canada Region Executive Council and will look after the operations of over 20 Rizal Chapters in Canada, from Nova Scotia, to Windsor, to Vancouver B.C..

Sir George is very active in many religious organizations. He was selected "Volunteer of the Year" in 2002 by Metro Toronto. He is married, has 6 children, and 9 grandchildren.

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By August 31, 2011, Canadian local television stations in certain areas will stop broadcasting in analog and will start broadcasting in digital. The majority of Canadians will not be affected. If you receive your TV signals by cable, satellite or another TV service, the switch to digital will not affect you. You will continue to receive your existing television services with the equipment that you currently use. You will not be required to buy a new TV or other equipment, or subscribe to additional services.

The switch to digital may affect television viewers who receive local over-the-air TV stations using an outdoor antenna or "rabbit ears". Once the switch occurs, these viewers may need to have either a digital converter box or a television with a digital tuner, or may want to consider receiving their TV services from a cable, satellite or other service provider. If you decide to purchase a digital converter box, consider purchasing one with the analog pass-through feature. This feature enables the viewing of both digital and analog signals which may be important for viewers that will receive both types of signals. If you are a customer who must prepare for these changes, your questions may be addressed at Canada's Transition to Digital Television (DTV). Why is Canada switching to digital television?

One of the main reasons for switching to digital television is the need for more Spectrum, commonly referred to as frequencies or airwaves.

Spectrum is used for wireless telephone services, emergency communications, etc.

Digital signals use less airwave space than analog signals. This means that the freed up space can be used for other services that have a high demand for more space. Digital technology also provides better picture and sound.

The effect of switching technologies means that certain TV stations may be moved to other channels on your television.

If you receive local over-the-air TV stations using an outdoor antenna or "rabbit ears" for free, this change may affect you.

If you receive your signal by cable, satellite or another TV service, the switch to digital by local over-the-air television stations will not affect you.

Areas switching to digital signals on August 31, 2011

Local over-the-air television stations that fit the following criteria will be required to make the switch on August 31, 2011:

- national, provincial and territorial capital cities
- areas with a population over 300,000
- other areas where there is more than one local television station - broadcasting over-the-air signals

Specifically, the following areas will be switching to digital TV by August 31, 2011:

- British Columbia: Vancouver and Victoria, Alberta: Calgary, Edmonton, Lloydminster and Lethbridge
- Saskatchewan: Regina and Saskatoon
- Manitoba: Winnipeg
- Ontario: Toronto (including Barrie and Hamilton), London, Windsor, Kitchener and Thunder Bay

- Quebec: Montreal, Quebec, Trois-Rivières, Sherbrooke, Rivière-du-Loup, Saguenay and Rouyn-Noranda/Val d'Or, New Brunswick: Saint John, Moncton and Fredericton
- Nova Scotia: Halifax, Prince Edward Island: Charlottetown, Newfoundland and Labrador: St. John's, National Capital Region (Ottawa-Gatineau)

Over-the-air television stations in other areas may also be switching to digital by August 31, 2011, even if they don't have to.

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Philippine Cuisine

Save the shrimp juice, then discards the heads.

Saute garlic and onion. Pour shrimp juice and coconut milk. Bring to a boil, then add the jackfruit. When jackfruit is tender, add shrimps and dried fish. Cook until done. Season with fish sauce according to taste.



Adobong Sitaw Ingredients:

- 2 cups string beans; cut in 2" lengths
- 1 cup ground pork or chicken
- 3 tablespoons of soy sauce
- 3 tablespoons of vinegar
- 1/4 cup water
- 1 onion; sliced
- 1 tablespoon garlic; crushed

Salt and pepper to taste
Cooking oil

Adobong Sitaw Cooking Instructions:
Sauté garlic and onion. Add pork, then continue sauteing with salt and pepper to taste until meat starts to render fat. Add string beans, then simmer until half cooked. Add water, vinegar, and soy sauce. Continue cooking until string beans are cooked.

Pompano with Tropical Fruit



- * cooked rice
- Tropical Fruit Sauce
 - * 2 cups (480 ml.) sliced tropical fruit, using any combination of mangoes, banana and pineapple
 - * 1 red or green Serrano chile, thinly sliced
 - * 4 tablespoon (60 ml.) unsalted butter
 - * 2 tablespoons (30 ml.) freshly squeezed lime juice
 - * 1/8 teaspoon (large pinch) each ground allspice and cinnamon
 - * salt to taste
 - * 4 tablespoon (60 ml.) chopped cilantro for garnish

Read recipe through completely; assemble and prepare ingredients.

Mix marinade ingredients and marinate fish fillets for 20 minutes. Shake off excess marinade and pan fry fillets in hot coconut oil over medium heat. Allow about 8 minutes per inch of thickness (measuring thickest part of fillet), turning fillets over half-way through cooking.

Marinade

- * 1/4 cup (60 ml.) olive oil
- * 1/2 tablespoon (7 ml.) Worcestershire sauce
- * 1/4 cup (60 ml.) freshly squeezed orange juice
- * 1/2 tablespoon (60 ml.) freshly squeezed lime juice
- * freshly ground black pepper
- * 4 6-oz. (360 grams each) pompano fillets or any mild, white fish fillets
- * 1/4 cup (60 ml.) coconut oil or other mild oil

Pinangat



- * 1 kg. gabi or taro leaves
- * 50 grams ginger, chopped
- * 5 cans sardines
- * 2 cups vinegar
- * 10 grams garlic, minced
- * 6 cups coconut milk
- * 50 grams onion, chopped
- * salt and pepper to taste

How to cook Pinangat na Laing:

1. Stuff gabi leaves with sardines and tie with their own vein.
2. Heat a little oil in a pan, and saute garlic,
3. onion and ginger until golden brown.
4. Pour in vinegar, then add the stuffed gabi leaves.
5. Add coconut milk. Simmer until mixture is reduced significantly.
6. Adjust taste by seasoning with salt and pepper.

best serve with hot rice.

Pinangat is made from local "natong" leaves (taro leaves) and "gata" (coconut milk) and most houses in Bicol Region will have these planted nearby. Another version of this is the "tinilmok", whose filling is sliced lukadon (young coconut meat) and small shrimps.

Ingredients:

Green Jackfruit in Coconut Milk



Ginataang Langka Ingredients:

- 2 cups jackfruit (langka); sliced
 - 1/4 cup dried fish
 - 1/4 cup shrimps; shelled
 - 1 cup coconuts milk (gata)
 - 1 small onions; chopped
 - 4 cloves garlic; minced
 - Fish sauce
- Ginataang Langka Cooking Instructions:

Remove the heads of shrimps.
Pound and mash in 1/2 cup water.

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RP Navy flagship deployed to assert sovereignty

The deployment of a Philippine Navy ship to the West Philippine Sea (South China Sea) was intended to assert Manila's sovereignty over islands that it claims there, not to stir up Beijing, Malacañang said on Monday.

According to Secretary Ricky Carandang of the Presidential Communications Development and Strategic Planning Office, the Rajah Humabon was sent to secure Scarborough Shoal, a part of the Philippines.

Senate President Juan Ponce Enrile late last week warned that deploying the Humabon beyond the shoal would agitate China.

The deployment of the Rajah Humabon, the Navy's flagship, came in the wake of repeated incursions of Chinese vessels into the Philippines' 200-mile exclusive economic zone, or EEZ.

"We are not agitating [China]. I do not view this as an agitation and I don't think the Chinese would view it as an agitation either. What we are doing is really just the exercise of any sovereign country within its own territorial waters. I think there is nothing wrong in the way we are trying to communicate and explain the steps undertaken by our government regarding this issue," Carandang told reporters.

"The international community is just one audience, but I think the people would like to know what the government is doing about the West Philippine Sea [claim]. I don't think that (deployment) is bad," he said.

Carandang added that any decision to convene the National Security Council as advised by Enrile would have to be made by the National Security Cluster.

But for Rep. Todor Casiño of Bayan Muna party-list, sending the over half-a-century-old Humabon to the Scarborough Shoal was an antic that would tend to escalate, rather than cool down, tensions in the Spratlys, a group of islands in the South China Sea claimed in part or in whole also by the Philippines, China, Brunei Darussalam, Malaysia, Taiwan and Vietnam.

"The Aquino government, or at least the President and some of his officials, seems intent on escalating the dispute over the Spratlys.

First they (President Benigno Aquino 3rd and the officials) are insisting in bringing in the United States into the fray. Now they are provoking a military engagement by deploying a full-fledged

warship. This is not a video game, Mr. President. There's no restart button here, so better be careful," Casiño said.



Flying the flag. The Philippine Navy's biggest warship, BRP Rajah Humabon, is a World War II frigate that had been rescued from the salvage yard

President Aquino is said to be fond of video games.

A guessing game, Singapore

relating to freedom of navigation in the area.

The tensions between China and other rival claimants to the

strategically vital South China Sea—home to two potentially oil-rich archipelagos, the Paracels



Imperial reach. Map shows the extent of China's claim in the South China Sea.

apparently believed, was being played by Beijing in the Spratly Islands.

Also on Monday, it urged China to be more open about the extent of its territorial claims to the islands, saying that Beijing's ambiguity was causing international concern.

The foreign ministry said that while Singapore had no claims of its own, the city-state was a major trading nation whose interests could be affected by issues

and Spratlys—escalated in recent weeks.

The Philippines and Vietnam in particular have expressed alarm at what they say are increasingly aggressive actions by Beijing in the disputed waters, but China has insisted that it is committed to resolving the issue peacefully.

Singapore's statement was issued after a Chinese surveillance vessel, the Haixun 31, docked in the island-state after passing through the West

Philippine Sea.

"We . . . think it is in China's own interests to clarify its claims in the SCS (South China Sea) with more precision as the current ambiguity as to their extent has caused serious concerns in the international maritime community," the Singapore statement said.

"Singapore is not a claimant state and takes no position on the merits or otherwise of the various claims in the SCS," it added.

"But as a major trading nation, Singapore has a critical interest in anything affecting freedom of navigation in all international sea lanes, including those in the SCS," the statement said.

With Malacañang permission, House Speaker Feliciano Belmonte Jr. will meet with China's legislative leaders to discuss the disputed Spratly Islands with them.

"In the company of five fellow congressmen, I will meet with my counterparts in Beijing legislative branch. We will have a meeting with the chairman of the standing committee on legislature to discuss various topics. I think it will be unavoidable to talk about the Spratlys," Belmonte of the Fourth District of Quezon City, said during a station interview at dzRH in Pasay City (Metro Manila).

The former three-term mayor of Quezon City added that his China trip has the blessings of President Aquino and Foreign Affairs Secretary Alberto Del Rosario.

When asked what the stand of Manila would be if the Spratly issue cropped up, Belmonte said that he was aware of the basis of the Philippine claim.

"I will tell them that what we are after is to keep watch over our territory. The maritime 200 miles extend from our shores," the Speaker added.

Under the United Nations Convention on the Law of the Sea, an exclusive economic zone is a part of a particular sea over which a state has special rights to exploration and use of marine resources.

The zone stretches from the seaward edge of the state's territorial sea out to 200 nautical miles from its coast.

Belmonte said that the Beijing trip had long been scheduled and the Congress recess gave him the opportunity to take it. ■

FILIPINO STAR SHOWBIZ GOSSIP

Pop Prince Erik Santos says no to heartaches



Erik Santos during a radio station launch on June 12, 2011

There is a simple reason why Erik Santos remains single: He fears heartaches.

One of the country's premiere balladeers, he is considered by many to be a "love or babe magnet" with his moving and soothing voice. Yet the singer opts to shy away from romance because he doesn't want his heart broken. According to Erik, he may have a powerful voice, but he is very weak when it comes to heartaches.

He admitted that after his relationship with comedian Rufa Mae Quinto, he had another girlfriend who was not from showbiz. The girl, he said, was from a prominent and conservative Chinese family. Unfortunately, her standing in society was partly the reason of their breakup.

Howeve painful his last relationship was, Erik believes that he has moved on and recovered from his most recent heartache. And he makes it clear: He is not looking for a new girlfriend right now.

"I'm enjoying my single life. I have so many things on my mind and it helps I don't have a girlfriend to worry about. Sometimes, being in a relationship adds to the pressure," he explained.

He also cleared rumors circulating that he and Rufa Mae had gotten back together. With a busy work schedule, he feels it won't be fair on any girl to be with him at the moment.

On the top of Erik's list of commitments is his musical theater debut as the Prince in Disney's *The Little Mermaid* by Atlantis Productions, as directed by Bobby Garcia and Chari Arespacochaga.

Why he was chosen for the much coveted role, Garcia related, "I have known Erik since he started his career. He is one of the most hard

working and passionate performers I know. He loves what he does and he has an incredible singing voice."

Erik is not just known in the concert scene as the Pop Prince but he is also called a "reluctant actor." For years he has had numerous offers to act in various TV and movie projects but declined all of them.

So what changed his mind this time?

"I know that I would sacrifice other jobs but I didn't want to pass on a project like *The Little Mermaid*. This is a different avenue for me and it's my first time to do theater and I'm really excited," he replied.

He added that he already has a good working relationship with Garcia since he had been his director for his Araneta Coliseum concerts. So when he was offered the part, he immediately "embraced the opportunity."

Erik shared that he has already been reading the script even if rehearsals will still begin in a few months. He is also taking voice lessons, particularly for his musical theater debut. Compared to performing in concerts, he said that he needs to prepare his voice even more for the stage.

"This is not like pop where you just keep on singing. The placements are different in musicals and I have to have a clear diction for the audience; that's why I need to prepare," related Erik.

He has also seen the different musicals that Atlantis Productions previously staged including *Next to Normal*, *Avenue Q* and *Spelling Bee* among others, to help him with *The Little Mermaid*.

While waiting for the big debut, Erik is also looking forward to releasing a new album this year and a European tour. ■

Why Gerald Santos is singing a happy tune



Gerald Santos

Not all winners or champions of singing contests or reality shows on TV become famous afterwards. Take for example singer Gerald Santos who was champion of the second Pinoy Pop Superstar on GMA 7. To put it bluntly, his career never flourish in the four years he spent with the network. As a result, he terminated his contract before it expired in 2010.

"It was a career move because I felt they didn't have any vision with regards to my career. They didn't have concrete plans for me," Gerald lamented.

He admitted that he also felt hurt over the network's treatment because he felt his career was stagnating. He said he was constricted and limited in what he could do.

"I don't want to be plastic. I didn't like what was happening to me and my career before I terminated my contract. But right now I have no bitterness with GMA 7. What's important for me right now is that I'm happy and I can do whatever I want with my career," explained Gerald.

His past gigs with GMA 7 included being a regular in the now defunct Sunday variety show *SOP Rules*, guest appearances in *Magpakailanman*, *I Luv New York*,

QTV's *Pop Star Kids*, and his debut album under GMA Records.

"Right now I'm happy where I am. I transferred to TV5 with a per show contract. I also get to try new things out," he related.

Gerald, under his new manager Rommel Ramilo, said that they will be exploring his talent in acting. In the works are possible acting gigs in TV5's *Untold Stories* and *Star Confessions*. There are also possible indie movie projects lined-up.

"As an artist I really want to grow. I want to show the many sides of Gerald Santos. Hopefully with TV 5 I get to show my other side," related Gerald.

One such venue to showcase the different sides of Gerald Santos is the Music Museum where he will stage his eighth major concert entitled *Major Move* on June 18. His repertoire will consist of pop, R&B, and standard and jazz songs. He will also be dancing on stage as well as impersonating celebrities, the latter, a talent he just discovered.

"It was Nanay Cristy Fermin and TV 5 that encouraged me to do impersonations. I'm happy that my fans are enjoying this side of me as a performer," he remarked.

He stressed though that impersonating is just a "side dish" to his shows and not something he would consider doing full time. Some of the popular celebrities he impersonates are fellow Martin Nievera, Gary Valenciano, Ogie Alcasid, Janno Gibbs, Mark Bautista and Christian Bautista.

Joining him in his concert are Joseph "The Artist" Valerio (*Ultimate Talentadong Pinoy 2011*), Eula Caballero (*Star Factor* champion), The Knights Band, Dance Squad, The UP Concert Chorus and Wency Cornejo. ■

Mercedes escapes fatal allergic reaction



Mercedes Cabral

Independent film actress Mercedes Cabral was rushed to the hospital from her "Hiyas" taping in Tanay, Rizal after suffering an anaphylactic shock early Wednesday morning.

According to a PEP Alert posted on June 16, 6 p.m., Cabral was lying on a rock for a scene when she reportedly felt a sting on her back. Immediately, Cabral experienced allergic reactions that caused her to

have difficulty in breathing and her face to swell.

Cabral's handler and other "Hiyas" staff brought the actress to a hospital right away. Though Cabral experienced other symptoms (collapsing, convulsing and low blood pressure according to PEP), further damage was prevented as she was immediately put on oxygen support and injected with steroids and epinephrine.

Cabral, a popular actress in the independent film circle, is remembered most for her roles in the *Brillante Mendoza* films "*Serbis*" (2008) and "*Kinatay*" (2009). In both films, Cabral was paired with her now rumored suitor, Coco Martin. Voted "Most Beautiful Actress" at the 2008 Cannes Film Festival, Cabral is set to star in the Cinemalaya 2011 entry, "*Ligo Na U, Lapit Na Me*" alongside Edgar Allan Guzman. ■

Toni Gonzaga on Sam Milby: Ruffa admits to kids the real situation with their dad

'He wanted to court KC'



KC Concepcion & Sam Milby

Actor Sam Milby apparently had the hots for KC Concepcion.

Actress Toni Gonzaga revealed so in the June 11 episode of "The Buzz," saying that she learned of Milby's affection for Concepcion in 2008, when she and Milby were doing "My Big Love."

"Nasa Tatsulok kami sa Timog [for dinner], tapos itong si Sam, walang tigil sa cellphone niya," she related.

"So, tinanong ko siya, 'Bakit panay ngiti mo?' [And I found out] it was KC Concepcion [with whom he was texting]."

Gonzaga said she asked Milby right there and then, why, if he is so enamored with Concepcion, hasn't he even tried to court her. Milby supposedly replied: "I want to."

Milby, who was guest appearing on the episode to promote his new movie with Concepcion, "Forever and a Day," was clearly embarrassed with Gonzaga's disclosure.

He blurted, "You're such... please don't believe Toni."

But his protestation was drowned by shrieks from studio audiences.

Gonzaga didn't stop there. "Sinabi niya din noon ideal girl niya si KC," she said, eliciting even louder screams from the audience.

Apparently, Gonzaga was only

keen to help Milby sell the movie, as the latter was seemingly not too good in playing that part.

When asked by "The Buzz" host Boy Abunda if he fell in love again with Concepcion while making the movie--obviously a leading question--Milby simply stammered, "KC and I have a great friendship and that's what it's been and that's what it'll always be."

Concepcion-- probably to the consternation of the movie's drum beaters-- was equally as dry, even as she was made to create a bit of imaginary tension between her boyfriend, Piolo Pascual, and Milby during the same "The Buzz" episode.

She denied that she had to ask Pascual's permission to do the movie with Milby.

"Hindi po, wala naman po need na magpaalam sa kanya, same with him when it comes to work."

She added, "I think, may respeto naman po si Sam kay PJ in the sense na wala po talagang mangyayari at all, kahit po sabihing between two people na puwede."

Seemingly to avert further disaster, "The Buzz" asked "Forever and a Day" director Cathy Garcia-Molina to add some spice to the proceedings by asking her to join her two stars onstage.

Alas, it seemed that the director had been having problems with the duo being only too "friendly" with each other.

"Actually naging problem ko talaga na magkaibigan sila," said she. "Even Sam was telling me and KC that he was having problems kasi sobra silang magkaibigan and they could not look at each other as if they could be lovers. It was a problem... yes, nahirapan ako." ■



her Ruffa Gutierrez and daughters

Ruffa Gutierrez has finally told her kids about the situation between her and their father, Yilmaz Bektas. Now separated from her Turkish husband, Ruffa knows she isn't the only one affected by the failed relationship.

Although the host-actress admitted in a taped interview on "The Buzz," June 19, that her daughters Lorin Gabriella, 7, and Venice, 6, got emotional when they finally learned about the separation, she thought both youngsters showed remarkable resilience. "Kahit na masakit sa kanila, matalino sila... naintindihan nila," she said about her children.

"I would rather that they hear it from me," she explained. "I told them, in-explain ko sa kanila, bakit hindi kami makakarating ng Istanbul, bakit kami hiwalay ng daddy nila. So

I told them in a way na, kung anong capacity ng brain nila as children, they would understand."

The report pointed out that despite this, Ruffa is trying to maintain a sense of normalcy in the lives of her children, especially with the help of other father figures around them—from their grandfather, their uncles and even her friends. "So hopefully, ma-fill up kahit konti 'yung void na 'yon,'" she noted.

But Ruffa is not one to sever the ties between her kids and her estranged husband. "Nagte-text na lang ang daddy nila paminsanmisan. Pero I think it's better that way, naco-confuse sila. I just made it clear to the kids that never kong pinagkait ang time ng daddy nila sa kanila. Anytime he's free to visit here. Anytime, kung gusto nilang makita siya, anytime welcome si Yilmaz dito sa Pilipinas," she said.

As for reports that there have been men who are vying for her affections—including an unnamed Brazilian—Ruffa only said, "As of now, you know, mga kaibigan ko lang sila. And I tried going out on group dates but like I said, hindi muna ako nagse-seryoso sa bagay na 'yan.'"

"Alam mo hindi ko wini-wish pa eh, na may kasama ako habang buhay. Ngayon, hindi ko pa priority 'yon. Honestly, ang priority ko ngayon, trabaho," she said. ■

Jennylyn accuses Trillo of abuse



Jennylyn Mercado & Dennis Trillo

Jennylyn Mercado has accused her former boyfriend, actor Dennis Trillo, of verbally and physically hurting her, resulting in their break-up in March of this year.

In her tell-all interview with "YES!" magazine, Mercado narrated how she was physically mishandled by Trillo on the night of March 5 at the actor's condo unit in Mandaluyong City.

She said what started out as a petty argument developed into a full-blown fight wherein Trillo had

hurled expletives and insults at her. According to the actress, Trillo repeatedly called her stupid.

She said when she slapped him, Trillo grabbed her and pulled her toward the sliding glass door and then threw her downstairs. She said her hip hit the floor but the actor did not attempt to help her.

She said she left the place after the incident.

When sought for reaction, Trillo sent this message to "Yes!" magazine: "I choose not to speak because there is nothing to speak about. The truth is my relationship with Jen just didn't work out."

Days following their break-up, Mercado took a special interest in Japanese martial art jujitsu. Many suspect that this is because of the incident with Trillo.

In her earlier interview, Mercado admitted she is learning jujitsu for self-defense.

She met Luis Manzano, whom she is now dating, in one of her classes. ■

- Showbiz continued on page 18

Angel won't work with Phil



Angel Locsin

Actress Angel Locsin turned down the idea to do an acting project with rumored boyfriend, Azkals' heartthrob Phil Younghusband.

"Sa movie? I don't think so kasi

hindi naman artista si Phil. Football player talaga siya. Kung sa iba pang project, pag-iisipan," Locsin said

The actress made the statement in response to a viewer's question if she would be willing to work with Younghusband.

In a previous interview, Younghusband admitted that he is exclusively dating Locsin.

Locsin said she and the football star are still in the "getting to know each other" stage.

"Ayoko kasing magmadali talaga. Gusto kong i-enjoy ito. I'm 26 na. Ayokong maglaro. Gusto kong maging sigurado. Ayokong masaktan. So, careful lang ako," Locsin said.

Younghusband started to woo Locsin when he asked the actress to a Valentine's Day date this year via Twitter. ■

Showbiz Gossip *Continued from p.17*

Angelica refutes allegations she paid for her Star Awards nomination



Angelica Panganiban flat out denies that she paid for her nomination as Best Actress in the upcoming 27th Star Awards. "Kuripot akong tao, hindi ako magbabayad," said she in an interview with PEP published on June 17.

Panganiban, who started her acting career at age six, asserts it's not her style to pay for any sort of recognition. "Simula po noong nag-artista ako, never akong nagbayad [para sa award]," the 24-year old intimated in the same interview.

"Hindi ko gustong lokohin ang sarili ko para may makita akong trophy araw-araw."

Explaining how the rumor might've started, Panganiban surmised that it must've had something to do with a gift she gave to a gaggle of reporters who came to visit her.

"Kasi, 'yong isang reporter, nag-birthday siya, parang weeks ago nag-

birthday. Parang invited ako and then hindi ako nakapunta. So binigyan ko siya ng gift check," she said.

"Mga worth P15,000 'yong gift check na binigay ko. Kasi, marami silang reporters na nagpunta sa dressing room ko. Ayaw ko naming mambastos na siya lang ang bibigyan ko, so sa kanya ko lang inabot. Sabi ko, 'O, maghati-hati na lang kayo.' After two weeks, 'yon na 'yong naging intriga."

Panganiban couldn't believe that her generosity would be construed as a pay-off of sorts. She doesn't even think it's worth enough in exchange for a title.

"I don't think gano'n sila ka-cheap, na for P5,000 na gift check, ibibigay nila sa akin ang trophy. It's sad naman kung may mga gano'ng tao na puwede mong bayaran para lang mabigyan ka ng karangalan."

As for those who started the rumor, Panganiban said, "Kung gusto talaga nila, sa kanila na lang [the trophy]. Okay lang talaga."

Panganiban's Star Awards nomination is for her performance in the movie, "Here Comes the Bride." She will be going up against Lorna Tolentino, Bea Alonzo, Ai-Ai delas Alas, Anne Curtis, Lovi Poe and Dawn Zulueta.

Panganiban already won twice this year as Best Comedy Actress—at the Enpress Golden Screen Awards and the Guillermo Box-Office Awards - for the same film role.

The 27th Star Awards will be held on June 21. ■

Willie gifts self with P200M private plane



Having survived the recent unfortunate "Jan-Jan incident," Willie Revillame has mellowed a lot and has become more "restrained" in his revived show on TV5, now called Wil Time Big Time (formerly Willing Willie), which now features more prizes and new games.

That's one good news.

The other is that Willie has just gifted himself with a private plane which he bought for a staggering P200M from Jorge Consunji. Now he can fly to his rest house in Tagaytay with his friends anytime he wants to. Knowing Willie, I won't be surprised if he takes up a course in aeronautics so he himself can pilot his plane (too big to land on his yacht).

That's not only Willie's latest acquisition. He has also bought the vacant lot beside the Wil Tower he's building right across from ABS-CBN. The tower will have a mall, cinemas, office and residential units, and a studio.

He has also bought (to the tune of tens of millions) hectares of property also in Tagaytay from the Madrigals and he plans to build a resort on it.

A Funfare VDP (Very Deep Penetration Agent) reported that yesterday he saw Willie in Ayala Alabang (where his good friend Aga

Muhlach lives with his family) to check Don Enrique Zobel's house which sprawls over a one-hectare lot with a huge garden and, take note, a helipad (perfect for Willie's private plane). The asking price? Only \$10M!!!

Incidentally, what Willie's detractors and harsh critics (that sprouted like mushrooms at the height of the "Jan-Jan incident") conveniently ignored (or perhaps they didn't know) was Willie's concern for poor children for whom he's putting up a P50M foundation, not to mention how he helped 40 OFWs come home, shelling out P500,000 from his own purse for their tickets. That was in 2009 when ABS-CBN boss Charo Santos-Concio and ABS-CBN exec Raffy Lopez brought



Willie to entertain TFC (The Filipino Channel) subscribers. The OFWs were abused by their employers and didn't have money for airfare.

Obviously, Willie has forgotten (and forgiven) his, as I said, detractors and harshest critics. Recently, he accepted an invitation to be the special guest at the family gathering of one of them. Pres. Noynoy Aquino was the first priority but since he couldn't make it, Willie (the second priority) showed up. (Third priority was Manny Pacquiao). ■

Pacquiao reveals boxing inspiration, named second highest paid non-American athlete

Pound-for-pound king and eight division world champion Manny Pacquiao revealed in jest what inspired him to go into boxing.

"Sa mama ko [ako na-inspire mag-boxing], nung bino-boxing [niya] 'yung papa ko noon," the Pacman told Korina Sanchez in an exclusive interview with him and his father Rosalio aired on "TV Patrol" on June 17.

"Hindi, joke lang," he quickly added as Rosalio sat beside him, smiled.

Asked if his father used to be a boxer like him, Manny said, "Hindi siya marunong sumuntok."

"Yung father ko, mahiyain talaga siya. Tahimik lang, nasa isang lugar lang," he explained.

According to the report, Rosalio and Dionesia - Manny's now-famous mom - parted ways when Manny was just 12 years old. In a May 2009 report by a local newspaper, Rosalio was said to be Dionesia's second



Manny Pacquiao (L) on his father, Rosalio: 'Mahiyain talaga siya'

husband.

Manny and his five siblings (two from Dionesia's first marriage; four, including Manny, with Rosalio) were left under Mommy D's care since then.

For his part, however, Rosalio said he never forgot about his children despite the distance.

"Kahit wala ako, lagi ko silang iniisip. Pangarap ko na makasama sila ulit," the Pacdad was quoted as saying in his local dialect by the "TV Patrol" report.

"Kahit lumayo ako, hindi naman ako nakakalimot. Kinakamusta ko sila lagi," said he.

Like he did for his mother, Manny

had also given his father his own house, car and a trip to Las Vegas to watch one of his fights.

In related news, Pacman landed on second place in CNN Sports Illustrated's "20 Highest Earning International Athletes" for 2011. Last year, Manny was in fifth place.

With \$52,500,000 estimated total worth of earnings, Manny comes after tennis pro Roger Federer of Switzerland (\$52,781,940).

Pacquiao, the only boxer in this year's list, is followed in the top five by Spain's Fernando Alonso (auto racing, \$45,000,000), Argentina's Lionel Messi (soccer, \$43,800,000) and Portugal's Cristiano Ronaldo (soccer, \$38,800,000). The rest of the list can be viewed at sportsillustrated.cnn.com.

CNN Sports Illustrated based the athletes' estimated total earnings on their respective "salary, bonuses, endorsement income and appearance fees." ■

Aquino's trust rating still high but continues to dip

President Benigno Aquino III still enjoys the trust and approval of a big majority of Filipinos but his survey ratings continue their downward trend, a recent survey by Pulse Asia revealed on Wednesday.

In a survey conducted by the private pollster from May 21 to June 4, Aquino registered a 71 percent trust rating— slightly lower than his 75 percent rating last March.

Aquino's trust rating declined the most in the Visayas, where his score went down to 70 percent from 84 percent in March.

Metro Manila respondents also gave the President a lower rating of 56 percent— 13 percentage points down from his previous rating of 69 percent.

The President's trust ratings also dipped among members of Classes ABC (63 percent) and D (69 percent) but his score among the members of Class E remained unchanged at 78 percent.

The same poll showed that Aquino's approval rating remained almost unchanged at 71 percent compared to his 74 percent score three months ago.



President Benigno Aquino 3rd signs one of three new laws at Malacañang on Tuesday, June 21 2011, among them Republic Act 10150 that will boost the Social Reform Agenda of the government.

Pulse Asia also noted public indecision to the President's performance became "more pronounced" over the past three months, especially in the Visayas, Metro Manila and members of the upper and middle classes.

The Pulse Asia survey results came out a day after another pollster,

Social Weather Stations (SWS), released figures from its June 3 to 6 poll showing a five-point decline in Aquino's net satisfaction rating.

Presidential spokesperson Edwin Lacierda has downplayed the drop in Aquino's rating, saying that the level of dissatisfaction remained steady nationwide.

The Pulse Asia survey was conducted nationwide among 1,200 adults. It has a margin of error of plus-or-minus three percent.

High scores for fighting crime, corruption

The survey also showed how the Aquino administration received majority approval ratings in six out of 11 national issues presented by Pulse Asia among its respondents.

The government received the highest approval scores in fighting criminality (60 percent), enforcing the law to all (57 percent) and increasing peace in the country (57 percent).

Majority of the respondents also thought that the Aquino presidency fared well in fighting graft and corruption (56 percent), creating more jobs (53 percent) and increasing the pay of workers (51 percent).

The administration meanwhile obtained the lowest approval ratings in poverty reduction (40 percent) and in controlling inflation (39 percent).

The survey was conducted at the time when fuel prices were steadily increasing. ■

State of emergency in Maguindanao stays indefinitely

Maguindanao, the southern province where at least 57 people were summarily murdered in 2009, will remain under a state of emergency indefinitely, a Malacañang official announced on Monday.

Secretary Ricky Carandang of the Presidential Communications Development and Strategic Planning Office made the announcement on the day the Supreme Court upheld then-President Gloria Arroyo's decision to put the provinces of Maguindanao, Sultan Kudarat and Cotabato City under a state of emergency in the wake of the Maguindanao massacre— regarded as the most heinous election-related violence in Philippine history.

Witnesses claimed that the Maguindano massacre was perpetrated by the powerful Ampatuan political clan.

Prior to the bloodbath, the casualties had been accompanying former Buluan Vice Mayor Esmael Mangudadatu in filing his candidacy for governor against the Ampatuan clan that ruled impoverished Maguindanao province for the last 20 years.

"Based on our consultation with the local governments in

Muslim Mindanao) and in Maguindanao, they prefer [to have] Maguindanao under a state of emergency, at least for now. There are still some armed groups roaming. The situation is not completely under control," Carandang told a press conference.

He, however, assured that consultations are ongoing and that the state of emergency would be lifted at the right time.

"The Palace would lift the state of emergency once the LGUs (local government units) determine that such lifting is needed," Carandang said.

Security concerns in Maguindanao seemed to have prompted President Benigno Aquino 3rd to push for the postponement of the ARMM polls scheduled for August 8 this year.

Maguindanao belongs to the autonomous region.

The postponement of the ARMM polls, President Aquino said, will pave the way for the institution of reforms in the autonomous region.

The President, however, had not signed the bill deferring the scheduled elections into law even if both Houses of Congress already approved it. ■

Unlikely Couples



Deposed President Joseph Estrada (top) serenades former first lady and now Ilocos Norte Rep. Imelda Marcos with the song Always You during the 40th wedding anniversary of Jun and Senator Miriam Santiago. At left, Vice President Jejomar Binay escorts former President and now Pampanga Rep. Gloria Arroyo. Above right, Senator Antonio Trillanes IV arrives alone.

Personality profile of the month

Nuguid's group all set to compete in a hip-hop dance contest in Las Vegas

By W. G. Quiambao

For those who are not familiar with hip-hop dance, it is a dance that includes a wide range of styles - breaking, locking and hopping - and it requires skills and physical fitness.

Seems difficult?

Not for 14-year old Tommy Nuguid, who has been performing it effortless for about seven years. Nuguid, a resident of Pierrefonds and second year high school student at Ecole Secondaire Felix Leclerc, was enrolled by his parents when he was just seven at 8 Count Dance Complex in 2004. The lessons were an hour a week. He stopped taking lessons a couple of years ago because they interfered with his other activities. Recently he resumed his dance classes.

"I really enjoy hip-hop dancing" Nuguid said. "It's fun. The owner of the school and my classmates encourage me to resume the classes."

Nuguid and his 8 Count Dance Complex classmates auditioned for a group called Pack Boys. Because of his talent for dancing, he passed the audition with flying colors. He is the only Filipino member of the group that consists of young boys from 14 to 18 years old. In the beginning, the Pack Boys were performing at birthday and school parties. The experience gave them confidence and exposures. Its breakthrough dance was at Plattsburgh (Mountain Lake program) that was televised last November.

Last November 11, the Pack Boys competed at the Canadian National hip-hop dance contest in Montreal. It placed second, beating 30 teams all over Canada. As a result, the group, together with the first prize winner, will represent Canada at the

First Person

Tribute to the Caregivers

By W. G. Quiambao



This old photo may have been taken in the early 90's showing members of the United Filipino Homemakers Club. These young looking members may still recognize themselves. The only male guest looks like Bert Abiera known to have been an ardent supporter of the group.

The April 20th party of the Filipino emakers/caregivers was called Balik-tanaw or reminiscence. It was an opportune time for them to share the good and even bad times they experienced in the '70s. Incidentally, their struggles bring back memories to



World Championships hip-hop dance competition in July in Las Vegas.

Nuguid's talent is not overlooked. Last year, he received a Certificate of Recognition from Ecole Secondaire Felix Leclerc for choreographing a dance in its program.

Before joining the Pack Boys, Nuguid was involved in various activities such as: Pioneer member of Boys Scout (Laging Handa); player of FCAWI basketball team where he received Best Defence award; player of PBAM team where he received MVP of his group.

"I want to travel the whole world like the dancers I see on television," said Nuguid.

Nuguid is still young. With his enthusiasm and determination, he will achieve his goal.

Nuguid's family and friends wish him good luck in Las Vegas.

Nuguid and his group are raising funds for their trip to Las Vegas. Any donation is appreciated. Call (514) 620-3831.

immediately found a white collar job because the only snag for the newly-arrived Filipinos looking for an employment then was lack of Canadian experience. French language was just a requirement, unlike today that it is a must. In fact, once I gained experience, I would change job almost every six months whenever I got bored with my job. Finding a job was easy. And there was no requirement to work 24 months within three years before a holder of temporary working permit was given a landed immigrant visa.

On the other hand, many Filipino caregivers who came here in the

But things are a bit different now because the government is changing some of its policies' Two of the significant changes announced by Minister of Citizenship, Immigration and Multiculturalism Jason Kenney last year were: 1) Live-in caregivers now have four years to complete the two years necessary to gain a landed status as opposed to three years and 2) Employers are now responsible for paying for their caregivers' health insurance at no cost to the caregivers until he/she becomes eligible for the provincial health coverage.

Even in the community, the



Live-in caregivers in a French class taught by Paul Perez

'70s or '80s and still coming hardly know anybody. They endure not only the long and painful separation from their families, especially young children, but also the abuses and exploitation of their employers because of their temporary visa as caregivers. It is sad.

The sacrifices and endurance of the caregivers are two of the reasons why I respect and admire them. Of course, a few of them are lucky to find kind and compassionate employers. I know a caregiver whose brother and sister were sponsored by her employer. But the reality is that many are still subject to abuses and exploitation of their employers. For example, more than a decade ago, two well-known Filipino community leaders tried to help a Filipina caregiver who was sexually molested by her employer. Unfortunately, they could not do anything to help her. The caregiver refused to report the employer and file a complaint because of shame and fear that her chance of obtaining an immigrant visa would be jeopardized. And who could forget Laila Elumbra? She was the caregiver who was on the verge of being deported after she was diagnosed with porphyria, a debilitating disease. Thanks to the support of the community, Elumbra was allowed to stay here and was able to pay her astronomical medical bills.

attitude of some Filipinos towards the caregivers is changing. I recall an incident when I went to the FAMAS centre a few years ago. While there, I casually mentioned to the wife of the incumbent FAMAS president then that my blood pressure seemed to be high. She told me to come back the following day and she would check it. When I innocently asked if she were a nurse, she retorted, "Anong akala mo, caregiver din ako (What do you think, I am also a caregiver?). Obviously, she thought I mistook her for a caregiver and she did not appreciate it. Although many caregivers are college graduates, some of our kababayans look down upon them because their job is menial."

Now, the caregivers are slowly getting the recognition they deserve. The recent reunion of the homemakers/caregivers was not only to reminisce the good days and rekindle the old friendships but also to remind us of their contributions to the community and society. To remind us of the importance of caregivers who have enriched and touched the lives of many families and children while working as homemakers/caregivers.

Me? I learned from them that whenever I'm down, all I've to do is look around and I'll find out that there still people less fortunate than I am. That's a valuable lesson they taught me.

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PLAMONDON

From Page 1 Borough Green Plan

endeavored to present a review of the actions achieved in the previous calendar year.

"We remain as committed as ever to making CDN-NDG an environmentally responsible borough," Mayor Applebaum stated. "Since the adoption of the Green Plan, there has been one tangible achievement after another, as shown by our latest 2010 report. And it all continues in 2011. This can be seen in the expansion of the BIXI network into Notre-Dame-de-Grace in April, the adoption of our Urban Forestry Plan in May, and our project to create a small public green space soon at the intersection of Coolbrook and Queen Mary."

2010 Highlights

Among highlights in the 2010 report (January 1 to December 31), construction of the Notre-Dame-de-Grace Sports Center received LEED silver certification, thousands of large rolling recycling bins were distributed to the public and the Direction des travaux publics (public works department) continued to lean toward energy-efficient vehicles when renewing its vehicle and machinery fleet. In addition, solar-powered streetlights which stock up on energy during the day and turn on automatically at night, were installed in two parks and a community garden. And four solar-powered garbage bins were installed along Chemin de la Côte-des-Neiges. Their solar-powered garbage compacting technology enables them to hold about five times as much waste as ordinary bins. The borough also planted a total of 475 trees in 2010. The full report of 2010 achievements can be found on the borough's website: ville.montreal.qc.ca/cdd-ndg/Services/residents/Environment/.

2011 actions

In April 2011, the BIXI system reached into the NDG neighborhood. The four new stations are located in

front of the Vendome and Villa-Maria metro stations (with the latter BIXI station temporarily relocated to the corner of Monkland/Marcil and Sherbrooke/Marlowe intersections in the preceding months, borough management had worked closely with BIXI - Societe de velo en libre- service to continue the network's westward expansion along Queen Mary Road and into NDG. The westward expansion also allowed for five new stations in the western part of Cote des Neiges.

In May, after many months' work, the borough adopted its Plan de foresterie urbaine (Urban Forestry Plan) making it the second Montreal borough after Saint-Laurent, to give itself this tool for preserving and developing its arboreal heritage. The Urban Forestry Plan includes an inventory of public trees, an action plan for future trees, and various recommendations on the maintenance of young or mature trees as well as on planing protection and raising public awareness. The Urban Forestry Plan is the result of teamwork spanning many months, with the participation of the borough's Direction de l'aménagement urbain (urban planning department) and Direction des travaux publics, Nature-Action Québec and forestry engineer Luc Nadeau. The final version of the plan may be consulted in its entirety on the borough's website: ville.montreal.qc.ca/cdn-ndg.

Over the next few weeks, the borough will be converting a paved lot it owns into a small public green space. This 167-square-metre lot is located at the corner of Avenue Coolbrook and Chemin Queen Mary. The borough will be planting shrubs and perennials there and installing urban furniture. About \$60,000 will be invested in this project.

"In this spot, we want to create a small green space similar to Jose Rizal Park," Councilor Marvin Rotrand explained. "Developing a strategy for

acquiring and promoting small green spaces is among the actions targeted by our Green Plan. This also favours a reduction in heat islands in CDN-NDG. Over the next few years, we will be working to increase the number of these small green spaces all across the borough."

Finally, the borough is also planning to replace the heating system at the Trenholme Sports Centre, making it less energy-consuming. Brand new drinking fountains will also be installed in Confederation Park and Darlington Park in upcoming weeks. These new modern fountains will encourage people to minimize the use of bottled water and improve the cleanliness of the Parks.

Information:

François Puchin, Communications Officer, 514-868-3483

Rizal's hometown unveils giant statue of native son

President Benigno Aquino III on Sunday unveiled Jose Rizal's newest statue here—at 13.4 meters the tallest to be dedicated to the national hero—as a reminder of his martyrdom and to inspire Filipinos to tread the straight path.

Mr. Aquino, who ran and won on his "matuwid na landas" or the straight path platform, said Rizal was not born a superhero but became one because of the decisions he made and the actions he took.

"He could have chosen to turn a blind eye [to] the problems besetting the country," the President said during celebrations here to mark Rizal's 150th birthday. His speech was briefly interrupted by five protesters who shouted there had been no reforms in his administration.

"He could have allowed himself to go with the system even if he knew it was wrong and pretend to be friends with the priests during his time," Mr. Aquino said.

"And every time he faced a crossroad[s], from when he was a young man up to the time he was called to make the supreme sacrifice of giving up his life for the country, he never wavered from treading the straight path."

Calamba Mayor Joaquin Chipeco Jr. said the city decided to build the new statue after realizing that Rizal's hometown did not have a monument that equalled his stature.

There are grand monuments to Rizal outside the Philippines, including the one in Madrid that was inaugurated during his death anniversary in 1996, in Fujian province in China, where his great-great grandfather Domingo Lamco hailed from, and in Wilhemsfeld in Germany, where he trained to be an eye surgeon.

The President earlier led the wreath-laying ceremony at the Rizal Shrine before touring an exhibit on the various monuments dedicated to Rizal.

At the Rizal monument in Luneta, Manila, thousands of people braved the rain to offer roses to the national hero, as his monument—previously restricted to high officials and visiting diplomats—was open to the public for the first time.

"We are giving our fellow Filipinos a rare, once-in-a-lifetime opportunity... to go near the monument to offer flowers to our national hero," said Juliet Villegas, executive director of the National Parks Development Committee.

The ceremonies marking Rizal's 150th birthday began with a flag-raising and wreath-laying ceremony led by Executive Secretary Pacquito Ochoa.

Tourism Secretary Alberto Lim, Education Secretary Armin Luistro, Metro Manila Development Authority Chairman Francis Tolentino, and Manila Mayor Alfredo Lim were on hand to mark the occasion.

Thousands of red, white and pink roses decorated the shrine and two towering cakes—one of those was an 8.5-foot replica of the Rizal monument—were offered to mark the national hero's birthday. Joyce Pangco Pañares and Macon Ramos-Araneta. ■

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An experienced Filipino computer technician can come to your place at a very reasonable rate



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 Montreal, QC
 Tel.: 514-733-7816**

**Now on Sale
 June 22- July 3, 2011**



Chicken Legs - 99¢ lb



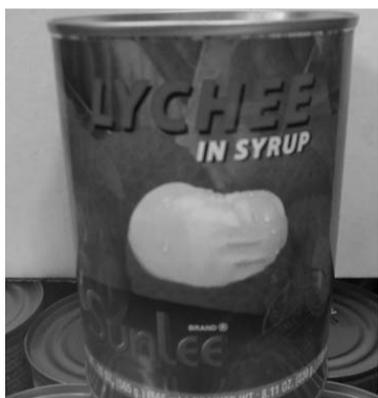
Picnic Pork - \$1.19 lb



Pinoy Ice Cream - \$7.99



Hereford Chopped Ham - \$2.39



Sunlee Lychee in syrup - 99¢



Mama Sita's Mix - 3/\$2.49. 99¢ ea.



Vinacafe - 22 x 20 g Instant Coffee - \$3.29



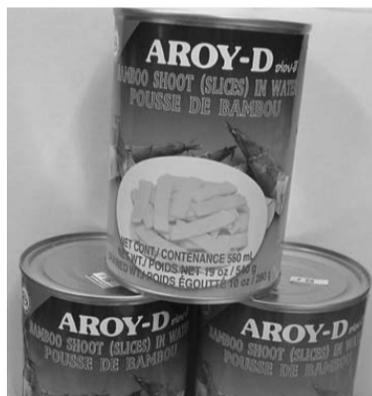
UFC Spaghetti Sauce - \$3.29



Carnation Evaporated Milk - \$1.49



Elephant Brand Rice, 8 kgs - \$12.99



Arroy-D Bamboo Shoots Slice - 99¢



Grace, Mili Coconut Milk - 99¢



Diwa Palabok, 227 g - 99¢



Diwa Sweet Fruit Mixed - \$1.79



Chinese Eggplant - 99¢ lb



Shanghai Bok Choy - 99¢ lb



Vermicelli, 400 g - 99¢



Hot Chili Sauce Uni Eagle \$1.99



Datu Puti Vinegar \$1.29



Mama Sita Barbecue Sauce \$1.79



UFC Banana Sauce \$1.29



**Baguio Longganisa - \$1.99
 Hot & Regular**

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



Early Childhood Education Assistant



Office Assistant



Certified International Trade Professional



P.A.B./PSW Nursing Aide



Seated: Mrs. Clarice McKay, Mrs. Nina Schiff, and Mrs. Zenaida Ferry-Kharroubi. PAB students: Adele Lascano, Melanie Bangit, Salvacion Battad, Leilani Galsim, Concepcion Dupali, Joyce Liwaliw, and Milet Daquioag.



Sunday French Class



COURSES

- English
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- Office Technology
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Tel.: 514-485-7861
Fax: 514-485-3076



Cote des Neiges

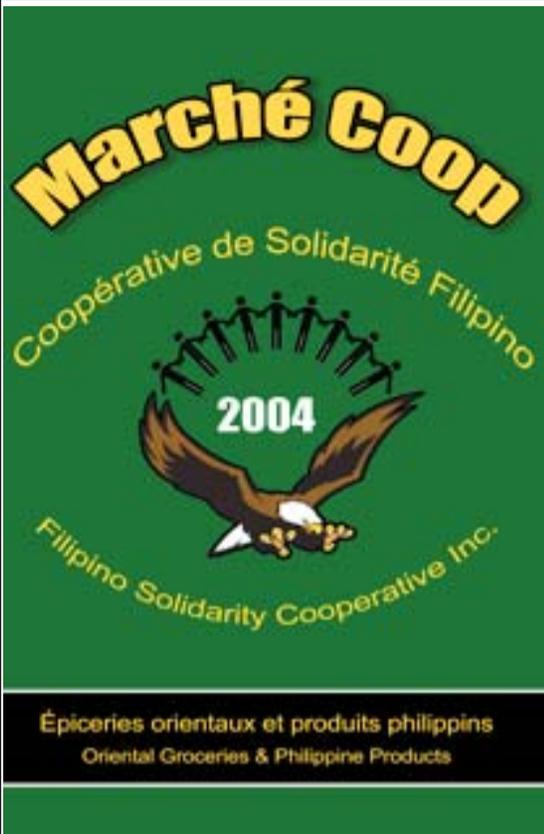
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- International Trade Management
- Intercultural Aspects of Trade





Marché Coop

5710 Victoria Avenue, Montreal, QC H3W 3H2

(in the basement of Cuisine de Manille Restaurant)

Website: marchecoop.com E-Mail: filipinocoop@yahoo.com

Business Hours:

Mon. to Wed. - 2:00 - 5:30 P.M.
Thurs. & Fri. - 2:30 - 7:00 P.M.
Saturday 12:30 - 4:00 P.M.
Sunday 2:00 - 5:00 P.M.
Closed on Statutory Holidays.

Delivery & Shipping

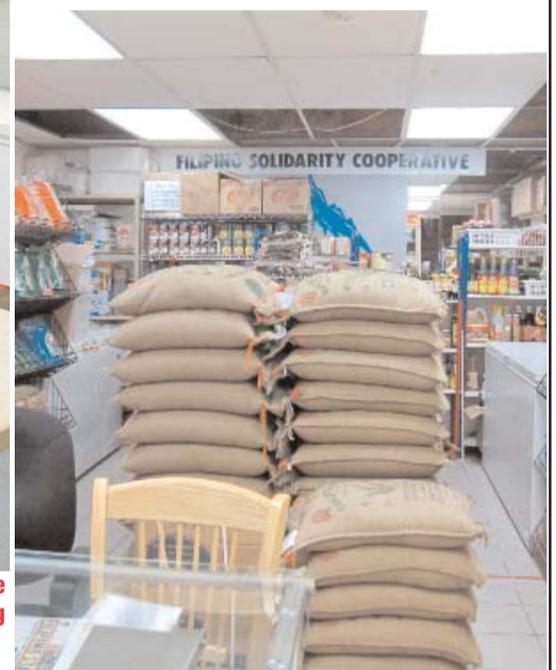
Delivery service - \$5 fee in CDN-NDG areas only on Tuesdays & Sundays
Shipping by postal service for prepaid orders only. Call us for information at 514-733-8915 or 514-485-7861

Wanted: Volunteers who are Coop members, who can spare 3-4 hours, any day of the week, to be trained in being the Coop's cashier of the day.

Members only discount Members who purchase a minimum cash purchase of \$35, will be entitled to a 2% discount. Not applicable on product specials and rice.



Entrance to the Marché Coop is to go up the stairs and enter the restaurant, then down the basement where the store is located.



Arlene Manalo, a Gilmore student and our newest member volunteer, is scanning a grocery item while Magnolia Camat, one of the five original founders of the Filipino Solidarity Cooperative, looks on. Arlene will be working with Magnolia and Aida on Saturdays starting at 12:30 until 4 p.m. but Magnolia will be keeping the store open until 5 if necessary and if she is available.



Lily's Peanut Butter \$3.99



Green Mung Beans, 2 lbs \$2.69



Baby Lima Beans, 2 lbs \$1.99



Thai Gold Shrimps, w/head on 600 g \$6.45



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Nursing Aide/PAB/PSW



International Trade (C.I.T.P)