

City of Montreal welcomes Philippine Ambassador

By W. G. Quiambao

If cinco de mayo is celebrated in the United States as a celebration of Mexican Heritage and pride, the 5th of June 2012 is remembered by many Filipinos in Montreal as the day that the Mayor of Montreal, Gerald Tremblay, welcomed the Philippines Ambassador to Canada, Leslie B. Gatan, to the City Hall. Gatan's entourage were: Abraham Estavillo (Deputy Chief of Mission), Neil Frank Ferrer (Minister and Consul General), Eric Gerardo Tamayo (First Secretary and Consul), Florida Ann Camille Mayo, (First Secretary and Consul) Porfirio Mayo, Jr. (First Secretary and Consul).

On the other hand, aside from Tremblay, some of the city officials that welcomed the group from Ottawa were Borough Mayor Michael Applebaum and City Councillor Marvin Rotrand.

Although June 5 was a working day, about 150 members and leaders of the Filipino community attended the reception at City Hall.



The Philippine Ambassador, His Excellency, Leslie Gatan, responding to the Montreal City Mayor Gerald Tremblay, and Councilor Marvin Rotrand, June 5, 2012 at City Hall. (Photo: Courtesy of Budz Sarmiento)

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Timothy Bradley beats Manny Pacquiao with controversial split points decision

Timothy Bradley takes Manny Pacquiao's WBO welterweight title with 115-113, 115-113, 113-115 points decision

(Sunday 10 June 2012 07.15 BST) Timothy Bradley was outboxed and outpowered by Manny Pacquiao at the MGM Grand in Las Vegas on Saturday night, yet was somehow awarded a split decision that again shocked the boxing world. It was a verdict that disgusted many of the assembled experts ringside and virtually all of a heavily pro-Pacquiao



Manny Pacquiao, from the Philippines, and Timothy Bradley, from Palm Springs, California, trade punches in the eighth round of their controversial WBO welterweight title fight Saturday, June 9, 2012, in Las Vegas. Photograph: Julie Jacobson/AP

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"In my heart, I am Filipina," says Christy Clark at Vancouver's Philippine Independence Day celebration - See page 2



Daredevil Wallenda tiptoes into history with walk across Niagara Falls - See page 20



Aquino promises land reform in a meeting with peasant farmers p. 5



Students protest against tuition fee hike - see page 20



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Editorial

Ambivalent view of student protests

The current student protests against tuition fee increase have gone long enough. As the impasse continues, the public's patience is beginning to wane as well as their sympathy. It seems that the students will not settle for anything less than what they wanted which is to have no increase at all. At issue is also the government's passage of Bill 78 that restricts student demonstrations.

Critics of the government certainly side with the students but those who are inconvenienced by the numerous disturbances caused by the students' tactics to disrupt economic activities in the city are not so pleased. Besides the fact that the tuition fees they are paying are the lowest in Canada and in North America, the government has already offered them many concessions and adjustments to the increase which will not prevent poor students from pursuing higher education. So what is it that they really want?

It would seem that all they wanted was to keep the tuition fee frozen as they believe education is a right, not a privilege. They point out that the government can find the money to finance education if it so desires as there is a lot of waste in anything financed by the public purse. Thinking that the protest would just fizzle out, the government did not react promptly. When it did, it was probably too late as the problem has been compounded by the passage of Bill 78 which has been declared unconstitutional by most legal experts.

Negotiations have been attempted and broken down a few times. Students never wanted to

budge from their position while the government tried to offer some adjustments, like spreading the fee hike over seven years instead of five years, decreasing the amount to \$325 per year. Even with this increase, Quebec students will still pay 30% lower than anywhere else. In addition to this offer, the ceiling for family income has been raised to allow more students to borrow money and receive bursaries. Yet, the students still refused the offers presented to them.

There is a mixed reaction to the student protests - on one side, the students are being recognized as trailblazers, future political leaders, wanting to change the world while on another side, they are viewed as spoiled, impossible, and too demanding. The differences between the government and the students appear insurmountable which only a fall election may solve, but not completely. There seems to be no winners in this tug of war, and many losers, including merchants whose businesses have been hurt because of the disruptions and destruction of private property by a violent minority who seem to be present in every kind of demonstration. There are also the silent voices of students who wanted to continue going to school but could not because the injunctions they obtained were not respected by the more active student groups. Ironically, the ones who are vocal about democratic rights are also the ones who seem to ignore the rights of others.

Zenaida Ferry Kharroubi

Pista sa Nayon

Organized by FAMAS
Sunday, July 15, 2012
MacKenzie King Park



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Published by: Filcan Publications, Inc.

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The opinions expressed by the writers and columnists do not necessarily reflect that of the management of the North American Filipino Star nor its editors.

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In my heart, I am Filipina,' says Christy Clark at Vancouver's Philippine Independence Day celebration

By Ian Austin, The Province June 3, 2012

Premier Christy Clark talks to Filipino-Canadian family (L-R) Michael, Yuan, and Ana Ambulario at Slocan Park Sunday during Philippine Independence Day celebrations.

Premier Christy Clark talks to Filipino-Canadian family (L-R) Michael,

"The Philippines is a small nation with a large number of people," said Clark, noting the growing influence of B.C.'s Filipino immigrants. "Canada is a very large nation with too few people."

Elmore said Clark can learn a lot more about the struggles new immigrants face arriving here.



Yuan, and Ana Ambulario at Slocan Park Sunday during Philippine Independence Day celebrations. Photograph by: Wayne Leidenfrost, PNG

B.C. Premier Christy Clark took a surprising leap of faith while trolling for votes Sunday at Philippine Independence Day.

Addressing a large Filipino crowd at Vancouver's Slocan Park, the premier said she may not look like national hero Jessica Sanchez, but inside she is one of them.

"I may not look like Jessica Sanchez, and I certainly can't sing like Jessica Sanchez," Clark said of the American Idol finalist, who captured the island nation's imagination and the backing of the country's president.

"I may not look like I'm of Filipino descent, but in my heart, in my heart, I am Filipina."

Clark — who posed for countless photos during an Independence Day parade at the venue — made the remarks standing just metres from a real-life Filipina MLA, Mabel Elmore, who made history last election as the first B.C. MLA of Philippine descent.

"I was a bit surprised," Elmore told The Province. "It was unexpected."

Elmore, a second-generation immigrant, said if Clark truly feels Filipina she could start by making a few important changes to make life easier for her newly-adopted fellow citizens.

"It could be a positive thing," said Elmore. "She could help get recognition for credentials earned in the Philippines."

"We are a highly educated population, but many people have credentials that aren't recognized here, so they're working at low-paying jobs in the service industries."

Clark said she learned a lot about the island nation when she became the first sitting B.C. premier to visit the Philippines during an Asian trade mission last month.

"There are 70,000 temporary workers in B.C. who have no government services, because they are not permanent residents," said Elmore. "The B.C. government has cut adult education, which newcomers use to help get ahead."

Clark campaigned her way around the crowd, led by a marching band, stopping and posing with many in the crowd.

"We were surprised. She came to us and asked us if we wanted a photo," said starstruck Ana Ambulario, decked out along with husband Michael and infant son Yuan in sporty jackets emblazoned with the emblems and colours of the Philippine flag. "It's really great."

Husband Michael was also pleased with the spontaneous photo-op.

"She's a very nice person," Michael added. "She said, 'Do you want to take some photos,' and I said, 'Sure.'"

The Philippines' rebounding economy relies on tourism — Canada is the ninth largest source for international visitors — and on Sunday Philippine government officials marketed a new tourist slogan for the Southeast Asian nation: "It's More Fun in the Philippines."

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Filipinos celebrate 114th - Independence Day with a bang

by W. G. Quiambao

Montreal, June 17, 2012

Successful, that was the word of the people who witnessed the 114th anniversary of the Philippine Independence Day organized by The Council of Canadian-Filipino Associations of Quebec last June 17.

"This is an important occasion for us to be united, to set aside our differences even just for a day," said James de la Paz, president of CCFAQ. "

After the parade, the celebrations continued at the Mackenzie King park where sumptuous Filipino dishes were enjoyed by everybody. An invocation was officiated by Pastor Rod Tenorio. What impressed and touched the people after the flag raising ceremony was the gun salute by the Royal Canadian Forces.

"It's really a celebration with a bang," said one onlooker.

Some of the politicians who greeted the Filipinos on the occasion of

From Page 1 City Welcomes

Among them were James de la Paz, president of Council of Canadian-Filipino Associations of Quebec, Au Osdon, president of the Filipino Association of Montreal & Suburbs, Felix Reyes, newly-elected president of the Federation of Filipino-Canadian Associations of Quebec, Angie Ogerio, former president of the FFCAQ. From the media were Zenaida Ferry Kharroubi, publisher and chief editor of The North American Filipino Star and her staff, Budz Sarmiento, opinion editorial, Bert Santos and Al Abdon, columnists and yours truly. From The Filipino Forum were F. C. Magallanes, publisher and editor-in-chief and Julie Parado, columnist.

In his welcome address, Rotrand, who once proudly said that he knows more about Dr. Jose P. Rizal than other Filipinos in Montreal, announced that Filipinos are commemorating their Independence Day on June 12.

"But since June 12 falls on Tuesday which is a working day, the celebrations, in cooperation with the city, will be held at the Mackenzie King park on June 17, Sunday."

Rotrand talked about the struggle of Filipinos to gain independence and democracy. He said that Filipinos have found Montreal a better city to live in. Whenever he meets Filipinos, he continued, they tell him how proud they are of the Philippines and of their heritage and of course, Montreal, the city where they live in now. Filipinos, he added, are hardworking people who sometimes hold more than one job and pay their taxes on time. Furthermore, Rotrand mentioned the works that the city has done for the Filipinos. Some of them are the rezoning

of a building that was converted into a center, the installation of Dr. Rizal's bust and a basketball court at the Mackenzie King Park, the renaming of a small park after Dr. Jose Rizal in Snowdon. The city has closely worked with Gatan's predecessors like former Ambassadors Francisco F. Benedicto and Jose Brillantes. He even extended his invitation to Gatan to consider Montreal his second home whenever he is in the city.

When Tremblay delivered his message, he praised the Filipinos for their exceptional contributions to the city like their values. An example of these is their love for their families and friends, especially in time of need. He expressed his admiration for Filipinos who have been working hard to help their families in the Philippines. In addition, he said that Filipinos are instrumentals in making this city a better place to live in. He also told those in attendance that in the district of Cote des Neiges, Filipinos have the largest population, next to the Jewish community.

Meanwhile, when Gatan was introduced, he profusely thanked the city for its generosity and Tremblay for taking good care of Filipinos in Montreal. He then added: "The Filipino community in Montreal represents the best of Filipino values. Montreal has one of the best multicultural programs in Canada. The Embassy will work on actualizing a twinning arrangement between Manila and Montreal on the opening of a Philippine consulate. Montreal shines as an example in spreading the gospel of peace, equality and fraternity."

The reception, which lasted for about two hours, was followed by the serving of wine and refreshments.



James de la Paz, CCFAQ President, gives the signal to the Royal Canadian Forces, to do the gun salute in honor of the 114th Philippine Independence Day celebration.

It took many years before we gained our their 114th Independence Day



The Royal Canadian Forces saluting during the Philippine Independence Day ceremonies

independence. That's why even we're here in Canada, we keep our values, culture and tradition..

"That's also the reason why we invited various ethnic groups. We wanted to share our values, culture and tradition with them."

The parade, which started from the Mackenzie King park, passed along St. Kevin St., left to Victoria St., right to Van Horne Ave., left to Legare St. and back to Mackenzie King park. Joining the parade were floats from various organizations like FAMAS, Knights of Rizal, Ladies of Rizal, UPS, Ati-atihan of Montreal and Filipinos walking, many of them proudly wearing national costumes.

celebrations were mayor Gerald Tremblay, borough mayor Michael Applebaum, city councillor Marvin Rotrand and MNA for Outremont Raymond Bachand.

Another highlight of the program was the presentation of songs and dances not only by Filipino talents but also by various ethnic groups like Mexico, Greece, Portuguese, Chile, Japan and Korea.

"Filipinos are very hospitable and they have beautiful dancers," said Francesco Gonzales, who comes from Chile.

The program was emceed by Ed Vasquez and Fely Rosales.



Guests during the Philippine Independence Day celebration: Councilor Lionel Perez, Borough Mayor Michael Applebaum, Montreal Mayor Gerald Tremblay, MNA for Outremont Raymond Bachand, City Councilor Marvin Rotrand (Photo courtesy by Angelo Santos)



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Bobot Serrano

Canada-Philippines Relationship Grows Ever Stronger

June 21, 2012 - Foreign Affairs Minister John Baird today made the following statement after his meeting with Albert F. Del Rosario, Secretary of Foreign Affairs of the Philippines:

more important than ever, as the people-to-people links between Canada and the Philippines continue to grow, especially within the ever-expanding Filipino community in Canada.

"Our two countries have

increase the cooperation between our two countries on a variety of areas of mutual interest.

"Our bilateral relationship remains vital, especially as Canada increases its engagement within Southeast Asia. For over 35 years, Canada has been a proud dialogue partner of the Association of Southeast Asian Nations, of which the Philippines is a member state."

For further information, media representatives may contact:

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Aquino promises land reform



President Benigno Aquino, 52, and his cabinet officials meet with peasant farmers and their representatives at the Malacañang Palace, Manila, last Thursday, June 14, 2012. Between 250 and 300 peasant farmers marched to the capital for ten days from Davao and Bukidnon provinces, Mindanao, as well as Negros Occidental Province, the Western Visayas, to demand the president distribute 900,000 hectares of prime agricultural land before the country's Comprehensive Agrarian Reform Programme with Extensions and Reforms ends in two years

MALACAÑANG on Thursday, years by distributing all agricultural lands to qualified beneficiaries 'between now (June 14, 2012) ordered the full implementation of the Comprehensive Agrarian Reform Program (CARP) in two

See Page 22 Aquino Promises

"Today, I had the great pleasure of hosting Secretary Del Rosario, my Filipino counterpart. We discussed a range of bilateral and regional issues, and I look forward to continuing to cooperate with him.

"For more than 60 years, Canada-Philippines relations have been getting stronger and gaining momentum. Today, this relationship is

collaborated on a wide range of areas, including the promotion of democratic development, international security, and the promotion and protection of human rights.

"Today, we signed a memorandum of understanding to establish a joint commission for bilateral cooperation. The commission will facilitate continued dialogue and

*Wishing you all a
Happy 114th Philippine Independence Day &
Happy Canada Day!
Mabuhay ang mga Pilipino sa Montreal!*



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Dear EarthTalk: How do I learn about what pesticides may be on the food I eat?

-- Beatrice Olson, Cleveland, OH

Along with the rise in the popularity of organic food has come an increased awareness about the dangers lurking on so-called "conventionally produced" (that is, with chemical pesticides and fertilizers) foods.

"There is a growing consensus in the scientific community that small doses of pesticides and other chemicals can have

Another non-profit working hard to raise awareness about pesticide residues on foods is the Pesticide Action Network (PAN). The group's recently launched website and accompanying iPhone app called "What's On My Food" helps consumers know specifically which pesticide residues are likely ending up on their foods (and in their bloodstreams). In creating the database, PAN linked pesticide food residue data with the toxicology for each chemical and made the combined information easily searchable. "Pesticides are a public health problem requiring public engagement to solve," the group reports, adding that "What's On My Food" can be an important tool in raising awareness.

While the website version of "What's On My Food" is helpful for advance planning, the iPhone app is handy while plying the supermarket produce aisles to help decide whether to go for organic vegetables or stick with the cheaper conventional ones. For instance, the database shows that conventionally grown collard greens likely contains



The U.S. Fish & Wildlife Service estimates that almost a half million birds are killed each year in the U.S. by wind turbines. In March 2012 the agency released new federal guidelines that steer wind turbines away from vital habitat and toward land already marked by development. Credit: iStockPhoto

primary negatives of the recent growth in wind power across the United States and beyond. The U.S. Fish & Wildlife Service (USFWS) estimates that almost a half million birds are killed each year in the U.S. by wind turbines. "Birds can die in collisions with the turbine blades, towers, power lines, or related structures, and can also be impacted through habitat destruction from the siting of turbines, power lines, and access roads," the non-profit American Bird Conservancy reports. "Some birds, such as sage-grouse, are particularly sensitive to the presence of turbines, and can be scared away from their breeding grounds several miles away from a wind development."

In response to this growing problem, the USFWS released new federal guidelines in March 2012 for land-based wind developers trying to avoid or minimize impacts to birds and their habitats. The guidelines are voluntary at this point, but U.S. wind developers interested in a smoother ride through various permitting processes and the blessing of environmental groups—several were consulted extensively in drawing up the new guidelines—are doing their best to make their designs and implementations comply.

The federal government's 22-member Wind Turbine Guidelines Advisory Committee, which included experts from the National Audubon Society, Nature Conservancy, Defenders of Wildlife, Massachusetts Audubon and Bat Conservation International, developed the guidelines. Committee members report they are optimistic that the new guidelines provide a path to better protection for birds and their habitats.

"The guidelines steer wind turbines away from vital habitat...and toward land already marked by development," says David Yarnold, National Audubon's President. "They give the U.S. Fish and Wildlife Service a place at the table for siting decisions; they help protect sites with high potential risk for birds; and they minimize habitat fragmentation." He adds that the guidelines are based on the best available science and "provide a roadmap to better bird protections across each of America's four great flyways."

Audubon pushed to ensure that the guidelines address habitat fragmentation, one of the biggest potential impacts of wind development on birds. Wind developers that cooperate with the guidelines will avoid dividing important habitats like forests and grasslands, thus maintaining their suitability for wildlife.

"These first-ever federal guidelines are a game-changer and big win for both wildlife and clean energy," says Yarnold. "By collaborating with conservationists instead of slugging it out, the wind power industry gains vital support to expand and create jobs, and wildlife gets the protection crucial for survival."

For its part, the American Bird Conservancy would like to take the voluntary out of the guidelines and instead require wind developers to comply. The group recently filed a petition with the U.S. Department of the Interior calling for mandatory rules protecting millions of birds from the negative impacts of wind energy and rewarding responsible wind energy development.

CONTACTS: National Audubon, www.audubon.org; USFWS "Land-Based Wind Energy Guidelines," www.fws.gov/windenergy/docs/WEG_final.pdf; American Bird Conservancy, www.abcbirds.org.

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Pesticide Action Network's "What's On My Food" website and iPhone app help consumers know specifically which pesticide residues are likely ending up on their foods (and in their bloodstreams). Credit: Pesticide Network

adverse effects on health, especially during vulnerable periods such as fetal development and childhood," reports author and physician Andrew Weil, a leading voice for so-called integrative medicine combining conventional and alternative medical practices. He adds that keeping one's family healthy isn't the only reason to avoid foods produced using chemical inputs: "Pesticide and herbicide use contaminates groundwater, ruins soil structures and promotes erosion, and may be a contributor to 'colony collapse disorder', the sudden and mysterious die-off of pollinating honeybees that threatens the American food supply."

In general, fruits and vegetables with an outer layer of skin or rind that can be peeled and discarded are the safest in terms of pesticide residues. Most pesticides are sprayed on the outside of produce. So if you are going to toss the rind of that cantaloupe, you might as well save money and buy a conventional version. But a red pepper would be a different story: For those items consider it money well spent to go organic.

The non-profit Environmental Working Group (EWG) lists a "dirty dozen" of fruits and vegetables with the highest pesticide load so that consumers know to look for organic varieties of them when possible. The dirty dozen are: apples, celery, strawberries, peaches, spinach, nectarines, grapes, sweet bell peppers, potatoes, blueberries, lettuce and kale/collard greens.

residues of some 46 different chemicals including nine known/probable carcinogens, 25 suspected hormone disruptors, 10 neurotoxins and eight developmental/reproductive toxins—not to mention 25 different compounds known to be harmful to honeybees. Spending a little quality time on the website or app is enough to drive anyone to more organic food purchasing.

CONTACTS: Andrew Weil, www.drweil.com; PAN, www.whatsonmyfood.org; EWG, www.ewg.org.

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Dear EarthTalk: One of the objections to wind power has been that the turbines can kill birds. Has there been some progress in developing bird-friendly wind power? -- Marcie Mahoney, Boston, MA

Bird collisions have been one of the

CANADIAN NEWS

Critical Crossroads: Examining the Intersections Between Youth, Criminal Justice and Literacy

TORONTO, June 1, 2012 /CNW/ - On June 5th, 2012, a think-tank of experts in youth, criminal justice and literacy will create a much-needed national literacy strategy.

In Winnipeg, this discussion will be moderated by University of Winnipeg President Dr. Lloyd Axworthy, and feature panelists Justice Murray Sinclair (Chair of the Truth and Reconciliation Commission), Chief Dale McFee (President of Canadian Association of Chiefs of Police), YOUNG CEO Dave Farthing and Frontier College President Sherry Campbell. This conversation will be webcast live, and will welcome questions for panelists via twitter (@frontiercollege) and email (criticalcrossroads@frontiercollege.ca).

The conversation will explore:

The key gaps and challenges in the current literacy landscape for at-risk youth and those involved in the criminal justice system

A literacy strategy that supports at-risk youth, as well as those involved in the criminal justice system, in building their skills and capacities so they can become full members of society

The features and characteristics necessary to the success of the strategy

Methods that the justice system, schools, governments, police, communities and others can best use to work together and complement each other to leverage literacy as part of a coherent solution to this issue

The forum will also discuss the results of a national public opinion poll conducted by Leger Marketing which reveals, among other things, that the public believes education is more important than employment, recreation, or a stable home life, in terms of keeping youth out of jail.

Also on June 5th, full-day conferences will be hosted by Frontier College in Winnipeg, Vancouver, Edmonton, Halifax and Toronto. These conferences fill the knowledge gap of current research and provide promising program practice for those working on the front lines that provide a wide range of community support.

Critical Crossroads: Youth, Criminal Justice and Literacy is generously sponsored by Great-West Life, London Life and Canada Life through their national corporate citizenship program.

"Literacy factors into employability, civic engagement, the potential of youth and the overall vitality of our communities," says Jan Belanger, Assistant-Vice President, Community Affairs, Great-West Life,

London Life and Canada Life. "This forum brings together stakeholders who share a common priority and the insights to inform a national strategy. It's the kind of collaborative effort our companies encourage to build stronger communities together."

About Frontier College

Frontier College is Canada's original literacy organization. Founded in 1899, this non-profit organization recruits and trains volunteers to deliver literacy programs to children, youth and adults in communities across the country. Frontier College helps Canadians improve their literacy and increase their opportunities. We believe that literacy is a right.

About Great-West Life, London Life and Canada Life

Together, Great-West Life, London Life and Canada Life serve the financial security needs of more than 12 million people across Canada. As an Imagine Caring Company, the companies donate at least one per cent of average pre-tax profits to non-profit, charitable and community organizations each year.

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Jun 1

The key gaps and challenges in the current literacy landscape for at-risk youth and those involved in the criminal justice system

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Lionel Perez
City Councillor,
Darlington



Marvin Rotrand
City Councillor, Snowdon
Leader of the majority



Michael Applebaum
Mayor of the Borough
Chair of the
Executive Committee



Helen Fotopulos
City Councillor, Côte-des-Neiges
Executive Committee member



Susan Clarke
City Councillor,
Loyola



Peter McQueen
City Councillor,
Notre-Dame-de-Grâce

On behalf of the Borough, we are pleased to extend to all Filipinos in
Côte-des-Neiges—Notre-Dame-de-Grâce our greetings of
Mabuhay during the celebration of the
114th Philippine Independence Day.



FROM THE STAR'S E-MAIL

Tax Freedom Day is June 11, one day later than last year as Canadians work longer to pay taxes

VANCOUVER, BC—Monday, June 11 is Tax Freedom Day, the day Canadians have finally earned enough money to pay all the taxes they owe to all levels of government for the year, according to the Fraser Institute's annual calculations.

Tax Freedom Day arrives one day later than in 2011, when it fell on June 10.

"This underscores a worrying trend across the country of governments increasing taxes," said Charles Lammam, Fraser Institute associate director of tax and budget policy and co-author of *Canadians Celebrate Tax Freedom Day* on June 11, 2012.

Despite tax increases, the report notes that Tax Freedom Day would have come 12 days later this year if, instead of running deficits, governments covered their current spending with even greater tax increases.

"We need to remember that the budget deficits incurred by Ottawa and the provinces must one day be paid for by taxes and could mean a later Tax Freedom Day in the future."

Tax Freedom Day is an easy-to-understand measure of the total tax burden imposed on Canadian families by federal, provincial, and local governments. If Canadians were required to pay all taxes up front, they would have to give governments each and every dollar they earned prior to Tax Freedom Day.

To celebrate Tax Freedom Day and bring attention to the array of taxes Canadians pay, the Fraser Institute produced a satirical R&B song and music video (watch it on YouTube). Canadians can also calculate their personal Tax Freedom Day using the Fraser Institute's Personal Tax Freedom Day Calculator.

A later Tax Freedom Day

The federal government and several provinces increased taxes in 2012, which contributed to the later Tax

Freedom Day. For example, the federal government increased Employment Insurance (EI) premiums; Quebec increased its provincial sales tax, health tax, and gas and mining taxes; British Columbia raised its health tax; New Brunswick increased its financial corporation capital tax and property transfer tax; Manitoba raised tobacco taxes, gas taxes, and its financial corporate capital tax, in addition to expanding the list of items covered by its provincial sales tax; and Ontario introduced a new tax bracket for high-income earners and canceled a scheduled decrease in the general corporate tax rate.

Tax Freedom Day also arrives later in 2012 because Canada's economy is improving. When the economy recovers from a recession and incomes increase, a family's tax burden also tends to increase because of Canada's progressive tax system, which imposes higher taxes as Canadians earn more money. Household consumption also rises, which results in an increase in the amount of sales and other consumption taxes families pay.

Total tax bill

In 2012, the average Canadian family (with two or more individuals) will earn \$94,259 and pay a total of \$41,627 in taxes, for a total tax bill amounting to 44.2 per cent of income.

In calculating the average Canadian family's income, the report considers not just wages and salaries, but also interest, dividends, private and government pension payments, old age pension payments, and other transfers from governments.

Of the many taxes Canadian families pay, the largest increase in 2012 comes in the form of social security, pension, medical, and hospital taxes—up \$507 for the average Canadian family. Other notable increases: sales taxes (\$297), income taxes (\$283), and property taxes (\$142).

"Many Canadians would be surprised to find out just how much tax they pay to various levels of government. In addition to more obvious taxes like income tax, 'hidden' taxes such as alcohol and gasoline taxes often go unnoticed," Lammam said.

"That's why our calculations of Tax Freedom Day are so important. They give Canadian families a complete picture of their total tax burden, allowing them to consider whether they get value for their tax dollars."

Tax Freedom Day among the provinces

Tax Freedom Day varies from province to province, depending on the taxation levels of provincial and local governments. Alberta continues to enjoy the earliest Tax Freedom Day on May 22, followed by Prince Edward Island on June 2 and New Brunswick on June 6. Manitoba's Tax Freedom Day falls on June 7 followed by British Columbia (June 8), Ontario (June 10), Saskatchewan and Nova Scotia (June 12), and Quebec on June 17. Newfoundland and Labrador has the latest Tax Freedom Day, June 21.

All but three provinces (Newfoundland and Labrador, BC, and

Alberta) experience a later Tax Freedom Day in 2012 than in 2011. Quebec has the longest delay in Tax Freedom Day, with celebrations being postponed by four days this year.

Newfoundland and Labrador, Saskatchewan, Alberta, and British Columbia have significant natural resources which provide the provinces with royalties; however, there is an ongoing debate over whether natural resource royalties should be considered a tax. If royalties are excluded from the Tax Freedom Day calculations, then Tax Freedom Day arrives 24 days earlier in Newfoundland and Labrador, 11 days earlier in Saskatchewan, nine days earlier in Alberta, three days earlier in British Columbia, and two days earlier nationwide.

Tax Freedom Day calculations are based on forecasts of personal income, and on federal and provincial budget tax revenue. When final revenue numbers become available at the end of each fiscal year and personal income data are updated by Statistics Canada, we revise our Tax Freedom Day calculations for previous years.

Media Contacts: Charles Lammam (Fraser Institute)



While waiting for the Philippine Ambassador Leslie Gatan to arrive at City Hall, these Montrealers pose for souvenir of the occasion. Standing from left: Alberto Baens Santos, Tagalog columnist of the Star, Edith Fedalizo of Panday Tinig Ensemble, Marina Ocumen, Panday Tinig member, Zenaida Kharroubi, Star Editor, and Annie Miaral, past president of the Philippine Folk Arts Society. Seated: Fely Rosales, past president of the Canadian Filipino Teachers Association of Quebec.

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ni Mang Bert



Talambuhay ni Dr. Jose P. Rizal

Mga kompilasyon ni Mang Bert



Si Jose P. Rizal (i. 19 Hunyo 1861 — k. 30 Disyembre 1896) na may buong pangalang José Protasio Rizal Mercado y Alonso Realonda, ay ang Pambansang Bayani ng Pilipinas na lumaban sa mga kastila sa pamamagitan ng kaniyang mga nobelang *Noli Me Tangere* at *El Filibusterismo* noong panahon ng pananakop ng Espanya sa bansa. May angking pambihirang talino, Siya ay hindi lamang isang manunulat ngunit isa ring magsasaka, manggagamot, siyentipiko, makata, imbentor, iskultor, inhinyero, kuwentista, lingguwista, at may kaalaman sa arkitektura, kartograpiya, ekonomiya, antropolohiya, iktolohiya, etnolohiya, agrikultura, musika (marunong siyang tumugtog ng plawta), sining sa pakikipaglaban (martial arts), at pag-eeskrima.

Mga Magulang

May palayaw na Pepe, siya ay ang ika-pito sa labing-isang anak nina Francisco Engracio Rizal Mercado y Alejandro at Teodora Morales Alonso Realonda y Quintos.

Si Francisco Engracio Rizal Mercado y Alejandro na kaniyang ama, ay kabilang sa ika-apat na henerasyong apo ni Domingo Lam-co, isang Tsinong mangangalakal na naglayag sa Pilipinas mula sa Jinjiang, Quanzhou noong kalagitnaan ng ika-labimpitong siglo. Si Lamco ay nakapag-asawa ng isang Pilipina sa katauhan ni Inez de la Rosa at upang makaiwas sa hostilidad ng mga Espanyol para sa mga Intsik ay pinalitan niya ang kaniyang apelyido ng "Mercado" (pangangalakal).

Ang pangalan namang Rizal ay nagmula sa salitang "Ricial" o kabukiran na ginamit lamang ni Francisco (dahil siya ay isang magsasaka) alinsunod sa kautusan ni Gobernador Narciso Calaveria noong 1849 na magpalit ng mga apelyido ang mga Pilipino. Kalaunan ay ginamit na rin ni Francisco ang Rizal Mercado upang makaiwas sa kalituhan mula sa kaniyang kasamang mangangalakal.

Ang ina naman niyang si Teodora Morales Alonso Realonda y Quintos, ay anak nina Lorenzo Alonzo (isang kapitan ng munisipyo ng Biñan, Laguna, kinatawan ng Laguna sa Kortes ng Espanya, agrimensor, at kasapi ng isang samahan ng mga Katoliko) at ni Brijida de Quintos (na mula sa isang prominenteng pamilya). Ang kanilang apelyido ay pinalitan ng Realonda noong

1849.

Kabataan

Ipinanganak sa Calamba, Laguna si Pepe ay mula sa pamilyang masasabi ring nakaaangat sa buhay dahil sa kanilang hacienda at lupang sakahan. Si Paciano at si Pepe lamang ang mga anak na lalaki sa kanilang labing-isang magkakapatid. Ang kaniyang mga kapatid na babae ay sina Saturnina, Narcisa, Olympia, Lucia, Maria, Josefa, Concepcion, Trinidad at Soledad.

Ang pagkahilig sa sining ay ipinamalas niya sa murang edad. Natutunan niya ang alpabeto sa edad na tatlo at limang taong gulang naman nang siya ay mututong bumasa at sumulat. Napahanga niya ang kaniyang mga kamag-anak sa angking pagguhit at paglilok. Walong taong gulang siya nang kanyang isinulat ang tulang "Sa Aking Mga Kababata," na ang paksa ay tungkol sa pagmamahal sa sariling wika (na noon ay Tagalog)

Edukasyon

Ang kaniyang ina ang unang guro ng ating pambansang bayani. Ito ang nagturo sa kaniya ng alpabeto, kagandahang asal, at mga kuwento ("Minsan ay may Isang Gamo-gamo"). Samantala, ang kanyang pormal na edukasyon ay unang ibinigay ni Justiniano Aquino Cruz sa Biñan, Laguna. Pagkatapos noon, siya ay ipinadala sa Maynila upang mag-aral sa Ateneo de Manila University at doon ay tinamo ang Bachelor of Arts noong 1877 (siya ay 16 taong gulang) at nakasama sa siyam na estudyanteng nabigyan ng sobresaliente o namumukod-tanging marka.

Ipinagpatuloy ni Jose ang pag-aaral sa Ateneo upang maging dalubhasa sa pagsusukat ng lupa at pagiging asesor. Natapos siya sa kursong asesor noong 21 Marso 1877 at naipasa ang Lupong Pagsusulat para dito noong 21 Mayo 1878 subalit dahil siya ay 17 taong gulang pa lamang ay hindi siya pinahintulutang magtrabaho bilang asesor hanggang 30 Disyembre 1881. Noong 1878, pumasok siya sa Unibersidad ng Santo Tomas upang mag-aral ng medisina ngunit dito ay naranasan niya ang diskriminasyon mula sa mga paring Dominikano. Ipinasya niyang ipagpatuloy ang pag-aaral ng medisina at pilosopiya sa Universidad Central de Madrid sa Espanya ng sa kaalaman ng kaniyang mga magulang. Noong 21 Hunyo 1884, sa edad na 23, iginawad sa kanya ang Licensiya sa Medisina at noong 19 Hunyo 1885, sa edad na 24, ay natapos din niya ang kurso sa Pilosopiya na may markang ekselente.

Siya ay nagsanay ng medisina sa Hospital de San Carlos ngunit itinigil niya ito upang mag-aral ng optalmohiya sa Paris sa ilalim ng pagtuturo ni Dr. Weckert at sa Aleman sa ilalim ni Dr. Otto Becker. Ginawa niya ito sapagkat noong panahong iyon ay malala na ang sakit sa mga mata ng kaniyang ina. Sa Berlin, siya ay naging kasapi ng Berlin Ethnological Society at Berlin Anthropological Society

sa ilalim ng pamunuan ng pamosong patolohistang si Rudolf Virchow.

Paglalakbay

Kay Rizal ang isa sa mga pinakadokumentadong buhay noong ika-labingsiyam na siglo dahil sa mga tala tungkol sa kaniya (ang ilan sa mga ito ay sa tala-arawan niya mismo nanggaling) kahit pa nahirapan ang mga manunulat na gumawa ng kaniyang talambuhay dahil sa paggamit niya ng iba't ibang lengguwahe. Karamihan sa mga tala ay hinango mula sa kaniyang paglalakbay bilang isang batang Asyanong namumulat sa kultura ng Kanluran. Kasama rin dito ang kaniyang paglalakbay sa Europa, Hapon, Estados Unidos, at sa Hongkong kabilang na rin ang mga babaeng naging bahagi ng kaniyang buhay.

Mga Sisteng Pilipino

Ang pinakamasayang hiyas ng Wikang Pambansa ay ang sisteng Pilipino. Dala ng ebolusyon ang turing natin ngayon ay Pinoy jokes. Ayon naman sa pansariling gamit nina Pechay at Pichu ay Jokepardy. Sa ilalim na rin nito maisasali ang kasabihang Bato-bato Sa Langit Ang Tamaan Ay Huwag Magagalit para sa mga taong pikon at hindi marunong tumanggap ng biro. Pasaring na katotohanan din ito na hindi bumabanggit ng tiyak na pangalan ng tao o lahi para huwag makasakit ng damdamin.

Magsistihan tayo -
Lamay sa Patay ng Gigolo...

Pari: Ang nasirang Juan ay idolo ng mga kabataan, isang mabuting ama ng tahanan at tuwing Linggo ay aking natatanaw buhat sa pulpito ng ating simbahan.

Biyuda: (Bumulong sa kanilang panganay). Anak! Silipin mo nga ang kabaong kung ang tatay mo nga ang nakaburo!

Payabangan sa Jeep

Si Yabang: (Pagkaabot ng P50). Kuya, eto'ng bayad.

Driver: Ilan ito?

Si Yabang: Isa lang, estudyante, nursing sa U.P., kasasakay lang.

Si Hambog: (Tinablan. Nag-abot ng P500). Manong, bayad ko.

Driver: (Tila inis). Ilan naman ito?

Si Hambog: Ako lang, pero sa'yo na ang sukli. Seaman, kadarating lang.

Si Raul: (P1,000 ang inabot). Pare ko, 'Yan ang pinakamaliit. Wala akong barya.

Driver: (Galit na). At ilan naman ito?"

Si Raul: Sa aming tatlo, kasama ang nurse at seaman. Galing sa Mental, Mandaluyong. Kalalabas lang.

Jokepardy

Pechay: Ang galing ng regalo mo, Kuya Pichu.

Pichu: Oo naman. Puwede mo rin siya laruin kung hindi ka allergic sa kuting. Si Peras din kasali pagdating niya.

Pechay: Pero, Kuya, kunwari ay hinahabol ni Sparsky si Kyrie, ano ang gagawin mo?

Pichu: Alin? 'Yung malokong aso ni Tito Ben?

Pechay: Oo siya nga! Kasi, lahat daw ng aso sa kapit-bahay ay binubuska at inaaway.

Pichu: Wala akong gagawin, Pechay

Pechay: Bakit?. Kawawa naman si Kyrie.

Pichu: Sabi mo ay kunwari lang. E, di walang mangyayari.



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Al Abdon

Are you ready to build your own computer from scratch? Just do it!

As we all know that one of the culprits of sluggish computer operation is viruses on the system. Once you have downloaded an anti-virus software and have it completely scanned, your computer should be running normally. If it still slow then you have to accept the reality that you need an up-grade. Here are ways to do it:

Order a new system from a dealer, whether local or mail-order. This is by far the easiest way to get your spiffy new system, but it's also the most expensive.

Upgrade parts that get outdated. This is a noble goal, but it's not always possible or practical to actually do this. Take video cards as an example: all of the hottest new graphics chipsets won't work in an older AGP slot because the design is for the PCI Express bus. A lot of video card manufacturers are beginning to phase out their old AGP cards and we expect that they will become difficult to find by year-end. And if you've got an ancient computer with a standard PCI (as opposed to PCI Express) video card, forget it—it'll be pretty much impossible to find a new graphics card.

Finally, your third option: build your new computer completely from scratch. This gives you the flexibility to get precisely the system you are looking for. The last two methods do require knowledge of the interconnectivity of your computer parts, but it's not nearly as complex as you might think.

First Things First

Before you purchase anything, there are several different system form factors (sizes and layouts of motherboards and cases) to consider. ATX is the most common. It is a relatively large form factor, but one which provides for a great deal of expandability. MicroATX is a miniature version of ATX which provides a maximum of four slots on the motherboard as opposed to ATX's seven. Most full ATX cases can accept Micro ATX motherboards.

Another form factor is BTX, which moves components around a bit to try to get better airflow and more efficient cooling for hotter processors. There are a few subsets of BTX as well.

What Makes It Tick?

The first thing your computer needs is a case. This is the most visible component of your system and the first component most people seeing your system will look at, so it's a place to put in some individuality. If you're a utilitarian, you can go for something practical. On the other extreme, you can go for a gaming case with windows, cold-cathode fluorescent tubes and multi-colored LEDs to dress up your machine.

Typically most computer cases come with a pre-installed power supply. This supply converts power from the wall current into types of power that your computer needs in order to operate. While the power supplies provided with most cases are adequate, many feel the need to upgrade to something more substantial. If you do, we'd recommend at least a 400W unit. Also, make sure to see what connections you need for your motherboard. The main power connector may have either 20 or 24 pins, and the ancillary power connector will have either 4 or 8 pins.

Everything in your system will connect to your motherboard. This is the main circuit board in your system. The

primary differentiating features of a motherboard are its form factor and the type of processor it can accommodate. Contained on the motherboard are slots, USB ports and connections for drives (ATA, and increasingly SATA).

The processor has to match the motherboard by socket type, but other considerations are: whether the processor has one or two cores (some video-related software is optimized for dual-core processors); the clock speed and front-side bus speed of the processor (faster is better); and the cache sizes on the processor (more is better). Consider, however, that there are some dependencies between processors and motherboards either at hardware or software (BIOS) level—be sure to check your motherboard manufacturer's support site before you pull out the credit card. Unless you have special needs, to eliminate the concern for matching motherboard and CPU, many people opt to purchase both as a unit.

As for memory, the absolute minimum you'd want is 512MB. 1GB is much better, though, especially if you plan to do anything more complex than simple cuts. Now you can install up to 12 GB. Your memory also has to match what your motherboard and processor can support. Two things to look out for are whether the memory is DDR or DDR2, and the speed of the memory that you need.

Optical drives will be evolving a little more over the next few years with the introductions of Blu-ray and HD-DVD. But for now, you'll be able to get any flavor of DVD burner you like. The vast majority of drives uses the ATAPI interface (which plugs into standard ATA connections on your motherboard), although there is a smattering of SATA drives available.

Audio, LAN, FireWire and video might be in different locations on your system, depending on how you want to configure it. Pretty much all motherboards include onboard audio these days, but serious audiophiles will generally opt to use PCI or USB sound devices instead, as

they pick up less interference from other devices on the electrically-active motherboard. Onboard LAN ports are also extremely common, but you might find yourself wanting to add another network interface or a Wi-Fi card. Any motherboard worth considering for video editing applications will include at least one FireWire port (note that we've constrained our manufacturer listing to include only manufacturers who offer at least one FireWire-equipped motherboard in their product lineup).

As for video, most bargain motherboards include onboard video that provides acceptable performance at the expense of a few MB of system memory. However, if you're serious about your video or you're planning to do any compositing work or 3D graphics, you'll want to use a PCI Express video card. Some esoteric gaming configurations have multiple video cards, but this seems like overkill to us—just one should be plenty.

Just like a Lego Puzzle

If you still hyperventilate whenever you open your system's case, just take a deep breath, grab your screwdriver, and look closer. Notice all of the colors and unique connectors. All of these features are designed to guide you to the places you need to go. Most connections you will come across will fit only one way, whether it is a shrouded connection (e.g. drive connections), a connection marked for Pin #1 (e.g. front panel connections), or a keyed connector (e.g. power supply connections). All of the manuals that ship with the parts that you buy will also help guide you to how the parts will interconnect. I would recommend you to watch "Youtube" on computer assembly/ Its free and easy to understand.

Good luck and have fun!

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From Page 1 Pacquiao vs. Bradley

crowd. As the scorecards were read, the boos started with the first verdict against Pacquiao and didn't let up through the post fight interviews with a visibly sheepish Bradley.

Throughout the fight, Bradley seemed to have no answer for

Pacquiao's straight lefts, which found their target unerringly, while Bradley's own lack of power was apparent in all the close exchanges. When the Compubox figures came in, it was clear that Pacquiao had easily out-thrown and out-landed his opponent throughout the fight, and some of his figures were nearly double those of his opponent.

The judges though, seemed to favor Bradley's constant, if modest, movement in their scoring. Despite Pacquiao's big scoring punches and four dominant opening rounds, he was largely content to wait out the first couple of minutes of the middle and later rounds and then attack in the final minute. He did so repeatedly and effectively, but apparently not enough to convince the people who mattered.

It was Pacquiao's first fight since an underwhelming bout against Juan Manuel Marquez in November, and in the build up this week, there had been whispers that all was not well in his camp, despite the rosy picture

painted by his new found religious zeal. Even on Saturday, Emmanuel Steward, commentating for HBO, complained repeatedly about the champion's mindset - his insistence on watching the Celtics vs Heat Game 7, his tardiness to the ring - while praising the collected nature and focus of his younger opponent.

Yet from the opening bell, Pacquiao was all business - coming in off a tight defense and repeatedly driving straight lefts through Bradley's guard, having expertly set him up to move his head into the path of them. It was a much sharper, more controlled Pacquiao than had shown up against Marquez and by the middle rounds Steward, ringside, was purring over his power and control of the fight.

Bradley meanwhile, twisted his foot awkwardly while evading Pacquiao in the second round and complained persistently to his unsympathetic seconds, who urged him on to forget the pain and "make history". When it transpired that he had, if not in the way he might have wanted, he and his corner leapt in the air, before the realization of the ugly mood of the crowd muted the celebrations.

Interviewed after the fight, as the crowd expressed their frustration, an equivocal Bradley said he would have to "watch the tape" and "see" if he won, before saying, "Let's do it again in November".

November, of course, was the latest of the tentatively scheduled openings for a Pacquiao vs Mayweather fight that may now never happen. When he gets out of jail Mayweather may point to Pacquiao's loss of this fight as one more reason why he's not the right fight for him now, and Pacquiao may feel the lure of his life outside the ring rather than the desire to go through Bradley again, for a shot at Mayweather that may never come.

Asked if he thought he had won the fight, Pacquiao said, "Absolutely". He also said he had to respect the judges' decision. Few watching will feel the same way.

Former heavyweight champion Lennox Lewis tweeted: "Unbelievable! #PacBradley This is another stain on boxing. Even worse than my draw with Holyfield! #Disgraceful."

Graham Carter (guardian.co.uk)

What happened to Pacquiao?

June 18, 2012 By Joe Koizumi

Re-post of a commentary published in FightNews.com (Reprinted from the Filipino Connection)

Boxing is a mysterious game. A hero abruptly falls to the ground of obscurity without a crown after a single

defeat. This is not to argue the controversial verdict but to point out Manny Pacquiao's technical problem and suggest his necessity to regain his previous assets as a marvelous superstar. This observer has kept watching Manny Pacquiao since he was an eighteen-year-old flyweight novice training at the L&M gym in Manila, Philippines. When I was a manager of the WBC featherweight champ Luisito Espinosa, Manny the Menace, then the flyweight titlist of the OPBF (Oriental and Pacific Boxing Federation), appeared on the undercard of Espinosa's title defense, demolishing Panomdej Ohyuthanakorn in the first round in Koronadal City in December 1997. I carefully watched Manny's improvement in every fight to see him grow up to be a sensational knockout artist.

Having viewed Pacquiao training under the supervision of the late handler Pablo Leonardo and American trainer Rick Stucki, I realized that the skinny kid had a special talent in exploding his power at a pinpoint though he looked still raw, wild and rough-and-tumble. He then had a bad habit of having the left guard wide-open in throwing a southpaw jab—with his elbow far away from the side of the body. Pacquiao also had his right guard

See Page 22

Pacquiao

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STAR PHOTO GALLERY



Souvenir photo of the dinner-dance party celebrating the 114th Philippine Independence & the 49th anniversary of FAMAS held at the Hellenic Community Center, June 9, 2012. L-R: Edna Lorenzo, Remayette Danao, Zenaida Kharroubi, Juvy Solis, Ricardo Fernandez, and Gracelia Bancoog, all members of the Gilmore Dance Club.



Councilor & Mrs. Marvin Rotrand (center) flanked by the members of the Executive Board and Board of Trustees of FAMAS with the current Miss Philippines Ambassador of Goodwill, Mariel Dimayuga, and the first runner up, Sharonrose Desmukh who served as master of ceremonies during the evening (extreme left)



Sitting together at the dinner dance party organized by FAMAS at the Hellenic Center on June 9, 2012. L-R: Aida Buenaventura and her guest, Zenaida Kharroubi, Volvick Edouard, professional dance instructor. Standing: Ricardo Fernandez, Edna Lorenzo, Remayette Danao, Gracelia Bancoog, and Juvy Solis..



FNAQ (Filipino Nurses Association of Quebec) officers and members pose for souvenir in front of their tent during the Philippine Independence Day celebration on June 17, 2012 at McKenzie King Park. Holding the FNAQ banner is Connie Fernandez, current president.



90th birthday celebration of Mr. Dominador Osdon shown here with six of his seven children and a granddaughter from the Philippines. They are (L-R) Lulet, Mila, Margie, Ike, Tin-tin (granddaughter), Au and Girlie. One son, Don-don did not make it to the celebration. The party was held at the Karnak Shriners Hall on June 1, although his real birthday is May 30.



A souvenir of the educational trip to Ile Perrot during the "La Soupe" Festival, the first time such a festival was held in North America. L-R: Marie Edna Escoto, Remayette Danao, Juvy Solis, Edna Lorenzo, and Zenaida Kharroubi. Photo taken by a friendly stranger on June 10.

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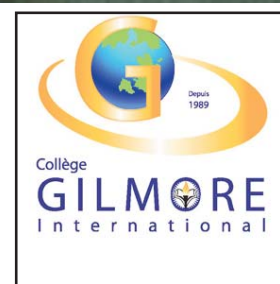
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Course location; 5320-A Queen Mary Road (between Decarie & Coolbrook) accessible by Snowdon Metro, Busses 51, 66, 151.

PERSONALITY OF THE MONTH

For me, Afghanistan isn't the undifferentiated mass of killing fields, the impression of which can be promoted by media, says Santos

by W. G. Quiambao

The mere mention of war-torn Afghanistan is enough reason for many people to avoid travelling or working there. But Ronald Santos, son of Reuben, former president of Filipino-Canadian Tennis Association of Montreal, isn't one of them. He has lived and worked on and off as an international consultant in Afghanistan since 2010.

Santos, a resident of Verdun, graduated with a degree in Sociology and Anthropology from Loyola University and did a post graduate at Carleton University.

He is the owner of TRICAN Multimedia Solutions (ITMS), a company that specializes in applying solution analysis methodology to develop systems that require the modelling of complex competencies.

He held various positions including the following: Deputy Team Leader, Marketing Programs at Coffey International Development, ICT Consultant, Business Analyst, Project Manager at Carleton University.

The following is an excerpt from his blog:

"Never in my professional career that I tried so hard to travel to a place regarded as a 'hardship post'. The assignment offer came as I was vacationing in the Caribbean rain forest in Costa Rica.

The plan for me before going to Kabul, Afghanistan was to receive Hostile Environment Awareness Training in London to Dubai and finally land in country. Many security companies provide HEAT training. My deployment was so sudden that only cursory training was given enough to demonstrate 'Duty of Tour'. I was only to receive classroom training.

My training was on one-on-one with a former UK Protective Services soldier and one London beat cop. I was given Power Point presentations with seemingly absurd titles: Improvised Explosives (IESs) and Vehicle Bone Hostage Survival, kidnapping and Retrieve, Ballistic Weapons Awareness Devices (IESs).

We explored topics such as how long an inexperienced AK 47 operator could unload a pull chip (2 seconds) and unload (to 1 second).

So what does an international development consultant take from such a briefing? For me, Afghanistan is not the undifferentiated mass of killing fields, the impression of which can be promoted by the media. It is much more nuanced than that. There are thousands of 'expats' working and living in Afghanistan. Personally, I was able to tick off in my mind one by one threats that seemed likely but now are remote. For example, it's highly unlikely that I'll be a target of kidnapping in Kabul given the number of checkpoints that severely limit mobility and the rapid response of local security organizations. Bottom line, the risks are manageable if measures are taken which are appropriate to the situation. Yes, I would have a zero chance of being harmed sitting in my home. Neither however am I guaranteed harm working in Kabul.

I consider myself to have a high



ability to cope. Even for me, it's quite a shock to me to move between the Las Vegas-like culture of Dubai and the harsh realities of Afghanistan. Even with my self-professed cultural sensitivity, it's hard to be intimidated by the unsmiling hardened moustached, craggy-faced security guard at the airport, all carrying various weapons which I can now identify as light machine guns. My respect for diversity betrays me again as I am put off by a group of 30 bearded men all dressed in the traditional shalwar kameez. However, they are innocuous as I cut in line at the x-ray machine and found myself surrounded by them.

What I like about travelling for fun or for work: the prickly feeling that you get walking down streets you've never been before to situate yourself within your immediate surrounding you are completely in the moment.

I finally landed in Kabul. My experience in Kabul is a bit different. I live in a rubble. I experience the culture from the backseat of an SUV just beyond the heads of our security escort. As I was driven to and from the Ministry, I see the lunar-like hills that surround Kabul. And the dingy brick houses that seem precariously perched on them. And beyond the impressive snowy peaks of the Hindu Kush. From the windows, I see shopkeepers and fruit sellers. I see women veiled in ways from the permissive head scarves to the infamous full length baroque. There are the ever present undertrained and ill-disciplined Afghan national police who man check points. And the Karazai-affiliated security militia who scare me more than anything.

My universe, however, is expanding slowly as I am brought along by the more experienced Afghanistan hands of my teams. Some residential streets are rutted, dusty and unpaved. All the houses on the street where my villa is located are surrounded by roaring walls. Entrances seem deliberately obscured. And if one is vigilant as taught, gun towers can be spotted with armed guards scanning all activity. I'm surprised when my team members tell me that within 30 yards of my location is a cafe that makes fantastic cappuccino, a really good Japanese restaurant and another good Chinese restaurant. There are no signs of all from the outside that these places exist. In Kabul, 'security is obscurity.'

So Kabul has a front stage and backstage. There is the Kabul that one sees often in the television: ramshackle dusty, strife ridden, inhostile and

there's another Kabul: cosmopolitan and sophisticated or as one UN staff puts it in the blog, Kabul is a modern city without modern facilities."

The final chapter of Santos' saga is yet to be written, but there are some lessons learned from the intrepid adventure traveller and international consultant.

The Biosphere Launches Its Summer Season with Eight Environment-themed Exhibits

MONTREAL, Que. – June 15, 2012

– The Biosphere environment museum is opening the season with its jam-packed summer programming featuring eight exhibitions, four science themed events, and three facilitated outdoor tours. A visit to the Biosphere is an opportunity to learn about major environmental issues and to discover solutions for green living.

Among the new elements being presented this summer are the over-sized photographs of the outdoor exhibit Nature Close Up!; the facilitated scientific activity Adaptation: The Winning Edge; and a self-guided tour highlighting this spectacular symbol of Expo 67 using portable digital players. Take the time to check out the Biosphere's new 5.7-metre high interior green wall and learn about its properties. Nature Close Up!

The natural world is a constant source of wonder. At the microscopic level, it teems with well guarded treasures: beneficial relationships between species and ingenious strategies for surviving and staying fed. These secrets have also inspired major innovations that serve humanity well. This outdoor exhibition of 40 out-sized photographs presents this remarkable universe, often invisible to the naked eye. Presented free until May 22, 2013, Nature Close Up! lines the path stretching from the Jean-Drapeau metro station to the Biosphere.

Adaptation: The Winning Edge
Kids and adults alike will enjoy this science-themed activity, which is inspired by

television game shows. Playing in teams, participants must work quickly to find ways for communities to adapt to the impacts of climate change.

Self-guided Indoor Tour

The Biosphere is now offering a new visiting experience using portable digital players. Short vignettes provide additional information, photos and videos to complement the museum exhibits. Interested visitors can also hear about how green technologies work at the Biosphere and learn about the American pavilion of Expo 67 and its famed architect and visionary, Richard Buckminster Fuller. There's more!

Among the other activities and exhibitions being presented is the large-scale exhibit O.N.E. | Outfits from a New Era, a display of 16 outfits fashioned from castoff consumer products, as well as the exhibit on climate change +1°C: What Difference Does It Make? This summer is also the last chance to enjoy Water Wonders! Since its opening in 2005, this exhibit has regaled thousands of children with its water games and numerous challenges, including walking on water!

This is also the ideal time to mark the 45th anniversary of Expo 67 by taking the GeoTour 67 using a digital media player (devices available at a cost of \$5 or free with the purchase of a museum entrance fee). Discover the old pavilions of the 1967 World's Fair from a new environmental perspective accompanied by information, audio vignettes and anecdotes as you travel the two 4-km routes.

The Biosphere is open daily from 10 a.m. to 6 p.m. until October 31. Visitors aged 17 and younger are admitted free at all times (not applicable to organized groups). For more information on all the museum's programs and entry fees, please visit:
<http://www.ec.gc.ca/biosphere>.

For more information, please contact:

Media Relations
Environment Canada
819-934-8008



Wishing the Filipino Community all the best as they celebrate their 114th anniversary of independence.

Je suis heureux de vous présenter mes meilleurs vœux à l'occasion du 114e anniversaire de l'indépendance des Philippines.

Thomas Mulcair
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NPD NDP

Philippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi

Lima Beans in Oriental Cooking



Baby Lima Bean Balls

To make 10 to 12 beans balls, you will need:

- about 200 grams of fresh lima beans, or 1/2 lb dried baby lima beans
- salt
- pepper
- 1 egg, beaten
- 2 tbsps. of oyster sauce
- 2 tbsps. of hoisin sauce
- 3 to 4 c. of cooking oil for deep frying

Fresh lima beans
Boil the beans until tender, about 20 minutes. Dried and mature beans will take longer to cook so treat the “20 minutes” as a mere guideline. Put simply, the beans should be tender enough to mash but not mushy because you really want some texture of the beans to remain.

Drain the beans and mash with a fork (or a vegetable masher if you’ve got one). Season lightly with salt and pepper. Add the hoisin and oyster sauces and pour in the beaten egg. Mix well. Form into two-inch balls.

Heat the cooking oil in a wok or frying pan. Fry the bean balls in batches of four to six until golden brown and crisp on the outside. Drain on paper towels. Serve with more hoisin sauce on the side.



Baby Lima Bean Casserole

Ingredients

- 1/2 lb. dried lima beans
- 1 lb. ground round or sirloin
- Boiling, salted water
- Sauce:
 - 1 medium onion, sliced thinly
 - 2 Tbl. sugar
 - 2 Tbl. worchestershire sauce
 - 2 tsp. salt (kosher)
 - 1/2 tsp. chili powder
 - 1 bottle chili sauce
 - 3/4 cup water

How to make it

Simmer beans in salted water for 2 hrs. Drain.
Brown ground beef
Cook sauce in a medium sauce pan until onions are tender
Layer beans, ground beef and sauce in a casserole dish.
Cook in a 350 degree oven for 45 minutes.



Dried Baby Lima Beans



Baby Lima Bean Casserole with Shrimps

- 1 lb dry lima beans (large or small)
- 1 med onion
- 1 med bell pepper
- 1 tsp chopped garlic
- 10 cups water
- 1 tsp salt
- 1 tsp hot sauce
- 1/4 cup cooking oil
- 1 lb fresh medium shrimp

Put beans in large pot. Check them and wash. Put water with beans on stove. Add all ingredients and cook for 2 hours covered on medium heat. Check beans for tenderness. When beans are tender, add shrimp and cook additional 15 minutes. Serve over rice and enjoy.



Baby Lima Bean Soup

ngredients

- 1 cup baby lima beans, soaked overnight (may also use 2 cans of beans, rinsed, or frozen beans, thawed)
- 2 1/2 cups of water
- 1 teaspoon sea salt
- 1 tablespoon olive oil
- 1 large onion, peeled and diced
- 2 carrots, diced
- 3 celery stalks, diced
- 4-5 cups chicken stock
- 1 teaspoon fresh savory herb, minced (can use marjoram)
- 2 slices naturally cured turkey bacon, cooked and chopped

Preparation

Level: Easy
Servings: 6
Cook Time: 30 min
Ready In: 1 hr 30 min
If using canned beans, rinse thoroughly. Caned beans are pre-cooked and do not need to be cooked for an hour. If using soaked beans, discard soaking water.
Place beans and fresh water in a pot. Bring to a boil. Skim and discard any foam that rises.
Cover and lower heat to a simmer. Cook for 1 hour. Add 1/2 teaspoon sea salt and continue cooking until beans soften (20-25 minutes).
In a separate pot, sauté onion 1-2 minutes on medium heat.
Add carrots and celery and cook 2-3 minutes.
Add chicken stock, baby lima beans and fresh savory. Cover and simmer on low heat 5-7 minutes.
Remove 1/3 of the ingredients and purée in a food processor or blender. Stir puréed ingredients into the remaining soup.
Garnish with crispy bacon pieces.

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FILIPINO STAR SHOWBIZ GOSSIP

A more adventurous Kris Aquino



Kris Aquino is going to extremes these days.

The Queen of All Media has unleashed her more adventurous side through trips to the various tourist spots in the country, which she showcases on her morning program, "Kris TV." In its June 20 episode, which featured Misibis Bay in Bacacay, Albay, the TV host-actress was seen riding an all-terrain vehicle (ATV), crossing rocky, wet roads leading to the foot of the picturesque Mayon Volcano.

Although it was not Kris' first time to ride an ATV—she did so during a trip to Bohol—the ever-candid Kapamilya star nevertheless enjoyed the experience, even when they got wet from the rain.

"The ATV, I liked it, kasi I felt na balanced naman pero napagod 'yung dito ko (pointing to her palms)... Pero kasi, when we went to Hawaii, nakita namin 'yung mga volcanic-volcanic, pero itong sa atin, dun ko lang na-experience talaga, to be near where the lava fell; dadaan ka sa streams of water, tapos biglang aakyat ka, bababa ka. Masaya. In-enjoy ko siya," she enthused.

She deemed that her eldest son Joshua would've liked the experience as well.

"Ako kasi na-miss ko talaga si Josh. Naisip ko na 'yan ang mae-enjoy ni Kuya talaga nang bonggang-bongga so dapat talaga bumalik kami para magawa niya 'yon,'" said she.

Kris also went around the Misibis Bay resort via a Segway, a two-wheeled, self-balancing electric vehicle.

Marveling at the view, Kris blurted at one point, "Kung alam ko lang, pinag-absent ko na 'yung dalawa," pertaining to Joshua and her youngest son, Baby James.

Kris took the Bicol trip with her staff as well as former "Pinoy Big Brother" housemate Paul Jake Castillo. Albay governor Joey Salceda was also seen accompanying them on some locations.

In the "Bohol" episode of the show earlier this month, Kris also tried flying an ultralight aircraft—with the help of an expert pilot at Danao Airpark—as well as kayaking on Wahig River. ■

Jessica Sanchez to appear on 'Glee'



Jessica Sanchez is reportedly set to grace the small screen anew, this time as a guest star in the widely popular American TV musical series, "Glee."

Entertainment website *TVLine* confirmed this in a report posted on June 21, elaborating that the 16-year old "American Idol" season 11 runner-up "is nearing a deal to join 'Glee's fourth season in a multi-episode arc."

However, details regarding her role have not been disclosed as of this writing.

In any case, *TVLine* reported, "the plan would be to have her [Jessica] join the cast midway through the first half of Season 4, after she completes her duties on the 'Idols Live' summer tour.

"Presumably, though, Sanchez's character would in some capacity — either as part of McKinley High's New Directions show choir or at the New York Academy for the Dramatic Arts where Rachel Berry [played by actress Lea Michele] is headed in the fall — compete for solos with the show's existing and impressive stable of vocalists," it added.

On Monday, US time, FOX confirmed that the fourth season of "Glee" will premiere on Sept. 13. On the other hand, it has been announced on the official "AI" website that the "Idol" tour will kick off on July 6. It will then be in Manila on Sept. 21 for a one-night show.

Meanwhile, contrary to earlier reports, Jessica will not be having solo shows in the Philippines anytime soon. The singer herself re-posted a tweet by 19 Entertainment on Thursday, which read, "@JSanchezAI11's ONLY performance in the Philippines will be 9/21 in Manila as part of the #Idol Live Tour." Indeed, Sanchez is set to visit the Philippines on September 21 as part of the "American Idol LIVE! Tour's" stop in Manila. She will be joined by Top 10 season 11 finalists in a one-night concert at the Smart-Araneta Coliseum. ■

James Yap on son Bimby's future



James Yap

Basketball Association (PBA) cager James Yap gives his and Kris Aquino's five-year old son James "Bimby" Yap Jr. freedom to pursue any career he wants when he grows up.

"Bahala siya kung ano ang gusto niya. Susuportahan ko siya," he said in his interview on the ABS-CBN News Channel's (ANC) "Pipol" aired June 18.

James will not force Bimby to be a professional basketball player just like him.

"Alam mo ako kasi, na-experience ko sa tito ka na

mayroon siyang son na gusto niyang maging basketball player tapos ayaw naman," he shared.

More, James related that Bimby still seemed undecided when it comes to sports, judging from his varying answers whenever he would ask him if he wants to be a cager.

"Actually tinanong ko siya kung anong gusto niya. 'Gusto mo maging basketball player?' Minsan yes, minsan no. Hindi pa niya alam kung ano gusto niya," he related.

Meanwhile, James is open to the possibility of Bimby entering show business.

"Ayaw ko siyang pilitin. Mag-showbiz siya kung gusto niya. Ayaw ko 'yung pinipigilan ko 'yung gusto niya," he stressed.

In the same interview, James admitted that he has "no regrets" over his failed marriage to Kris.

He said, "Wala naman [akong regrets] kasi minahal ko naman yung tao and mayroon naman kaming cute na anak." ■

Call for Dolphy's National Artist Award widens



In the midst of Dolphy's recent struggles with his health, receiving the National Artist Award is of no importance at the moment, according to the King of Comedy's son Eric Quizon.

"Right now, I want my dad's health to improve. Tsaka na lang natin pag-usapan yung National Artist [Award]," he said in an interview with GMA News late last week.

Eric added, "But if they're going to give it to him, thank you very much."

On June 22, the National Commission for Culture and the Arts (NCCA) announced that Dolphy is included in this year's National Artists nominees.

"For the moment, we understand that Mang Dolphy has been nominated and is now undergoing the process of evaluation – along with other noteworthy artists," NCCA said in a statement.

German "Kuya Germs" Moreno, a good friend of the veteran comedian urged the NCCA to give the "overdue" award to Dolphy.

"Wag naman nating ipagkait

ang isang bagay na hindi naman dapat pagtalunan. Kasi proven naman eh. May katibayan naman. Best actor, lahat na nasa kanya. Life achievement award, yun pa," Moreno told GMA News.

He also encouraged the public to voice out the same call.

"Sabi nga ng pamilya, ng mga anak, 'hindi nga yan ang mahalaga sa amin eh. Yung buhay ng papa namin.' San nanggaling ang kahilingan? Sa taong bayan mismo nanggagaling. Nagda-doubt pa sila?" he said.

Meanwhile, Movie and Television Review and Classification Board (MTRCB) Chair Grace Poe-Llamanzares aired her opinion in response to President Benigno Aquino III's call to name Dolphy as one of this year's National Artists.

"I respect the president because he says [Dolphy] deserves it, but it has to go through a process," Llamanzares said in an interview with "Balitanghali," June 22.

"It's [not] just the president who can decide, it's the council of peers... they're experts in their field," she added.

Should Dolphy be given the award this year or not, NCCA explained that it does not mean he doesn't deserve to be named National Artist.

"It can be readily seen that the selection of the National Artists is a long process which sometimes takes about two years. That Mang Dolphy has not been awarded the recognition yet does not reflect on the government or the arts sector wanting or not wanting to do so," NCCA added in a statement.

Dolphy was among the National Artist nominees in 2009 but lost to Manuel Conde, an actor and director. ■

Cristine Reyes hopes to melt Ara Mina's heart with public apology



'Boring ang buhay kapag walang problema', says Cristine Reyes

In an attempt to resolve their row which spawned a legal tussle, Cristine Reyes apologized to her elder sister Ara Mina on national TV, June 24.

In her live interview on "The Buzz," the young actress directed to Ara:

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

Cristine explained thereafter that she was holding back her emotions while delivering the apology "kasi gusto kong maging positive sa life."

She also gave a message to their mother, who is apparently caught in the middle of her squabble with Ara.

"Mommy, eto na. Sana maayos na. Nagkausap kasi kami lahat nung Sunday, Father's Day, so I

hope maging okay na after this and I hope na matahimik na. Sana..." said she.

Ara charged Cristine with libel and grave coercion last April, grounded on the alleged below-the-belt text messages that the latter had sent her. Their row was purportedly rooted from Ara owing Cristine over a million pesos for a townhouse they purchased for their mother last year. Cristine allegedly threatened to wreck her sister's life if she doesn't pay her alleged debt.

Although she didn't seek for any damages for the cases, Ara has demanded a "sincere" public apology from Cristine.

With everything she has gone through, Cristine realized that setbacks are part of life and that one should never give up.

"Bawat problema, may natututunan ako. Do'n ako lalong tumitibay... Boring ang buhay kapag walang problema..." she related.

Those trials have also made Cristine see "yung mga taong nandiyan talaga sa tabi ko."

"And sa totoo po, mas lalo akong napalapit kay God. Super po," she added.

Ara dissatisfied?

Despite Cristine's public apology, Ara doesn't seem sold on her sister's act. She expressed her seeming dissatisfaction also on Sunday by re-tweeting some posts from netizens who deemed that Cristine's apology was insincere.

Ara likewise posted a quotation over Twitter, which read:

"A stiff apology is a second insult...The injured party does not want to be compensated bec he has been wronged; he wants to be healed bec he has been hurt." ■

SHOWBIZ GOSSIP continued p.18

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Showbiz Gossip *Continued from p.17*

Julia finds 'Bliss' in new home, which she bought in cash



Julia Montes wants to settle down in her 30s.

Months after purchasing a house with her own, hard-earned money, Julia Montes still can't help but feel proud over having achieved such a milestone at a very young age.

"Opo, iba po 'yung feeling na 'pag galing ka sa work [masasabi mo], 'Ay bahay ko na 'to,'" enthused the young actress during her live interview on "KrisTV."

Recall that Montes publicly unveiled her biggest investment to date, just in time for her 17th birthday.

In the episode, Montes related that she paid for the house in cash. Half of it came from her earnings after headlining the now defunct "Mara Clara" remake with Kathryn Bernardo in 2010, while the rest came from her on-hand savings with her Lola.

Montes related in a Push report on Tuesday that although she's still trying to get into the groove of having a bigger house, she's nonetheless enjoying the fruits of her labor. She described in the same Push report that the predominant theme in her house is the color red.

Lovi returns to movies via 'Guni-Guni'



Lovi Poe

Now that "Legacy" has ended after a successful six-month run on prime-time television, Lovi Poe can move on to doing movies. In fact, the actress has started work on two films simultaneously for Regal Films, first of which is "Guni-Guni."

"Guni-Guni" marks the mainstream

"Hindi ako 'yung pa-sweet na bata. Feeling ko 'yung pink [na paborito ng halos lahat ng batang babae] masyadong kikay. Na-a-attract ako sa red kasi parang ang strong [ng dating]," she explained to Push.

Apparently, her strength has been seen by her classmates even before, laughingly relating to Push that she was actually once a bully.

"Yung teacher ko noon, sinasabi sa akin, 'Kababae mong tao, pinapaiyak mo lalaki. Umayos ka, Mara [Schnittka, her real name]' parang ganon. Kilala ako na nagpapaiyak ng lalaki," she admitted with a laugh.

On a serious note, though, Montes said she still can't wrap her head around the idea that she's now a lead in a top-rating teleserye like "Walang Hanggan."

"Hindi po eh. Tsaka hindi ko po ineexpect na after ng 'Mara Clara' magkakaroon pa ng kasunod. Kumbaga sobrang flattered po ako sa trust na binibigay po sa akin ng ABS-CBN," Montes shared.

As for her personal life, Montes divulged that she's thinking of going back to school this year to pursue her other dreams.

"Ang plano ko po this year, papasok ako baka Business Ad[ministrat]ion muna. Kapag walang masyadong work ay magkukulinary [studies]," she said.

Asked by host Kris Aquino when she plans to tie the knot, Montes said:

"Baka po early 30s kasi parang gusto ko muna i-enjoy 'yung life. Tsaka gusto kong ma-achieve muna 'yung mga dreams ko bago ako [mag-settle down]." ■

directorial debut of Tara Illenberger. In this new horror/mystery-drama film, Lovi will have a new leading name in the person of Benjamin Alves who he is being groomed to be the next leading man in GMA 7.

"Guni-Guni" also has an impressive cast: Empress Shuck who co-stars with Lovi, Ms. Gina Alajar, James Blanco, acclaimed "Ishmael" actress Ria Garcia, Julia Clarete and Gerald Pesigan.

Lovi is very excited with her new role as Mylene in "Guni-Guni."

Next in line for Lovi is a drama film, "The Bride And The Lover," which will pit her against fellow kapuso lead actress, Jennylyn Mercado and will pair her again with this year's Urian Best Actor, Paulo Avelino. And of course, the most awaited horror film of the year, Erik Matti's "Tiktik, Aswang Chronicles," which teams her up with Dingdong Dantes for the first time.

Incidentally, Lovi was in Singapore on June 17 for the "Sama-sama sa Kalayaan at Kasiyahan" event in Suntec City. ■

KC excited to fall in love again



KC Concepcion hosts ABS-CBN's latest reality singing show, 'X-Factor Philippines'

KC Concepcion wants her next Mr. Right to be "The One."

"I want somebody hardworking and humble. Somebody that can be a good... Alam niyo ang weird eh, pero nand'un 'yung feeling na gusto ko 'yung next ko, 'yun na talaga. Kasi parang ayoko ng... 'Di ba - kayo, ta's magbe-break... parang, hindi ko na kayang mag-break! Ayoko," KC admitted in her live interview on "The Buzz" aired on June 22.

"Siguro that's why I'm careful right now because I really want to... I don't wanna be hurt again and I wanna have fun. And right now I wanna have fun," the "X-Factor Philippines" host added.

Asked if she's dating anyone now, KC replied, "You know, I can't date anyone right now because recently parang nag-decide ako na non-showbiz na lang ang maganda for me."

Juggling her many commitments, she also noted, "Ang hirap ngayon is that I didn't think nga na talagang magto-todo-todo ako and I'm hosting, I'm singing, I'm dancing, I'm acting, so it's really... This is my world right now. So medyo mahirap na... unless maghanap ako dito sa mundong 'to. But for now wala pa dun 'yung heart ko," she said.

On Jules

Meanwhile, KC reiterated that Jules Knight, one of her persistent admirers and member of the British classic pop group Blake, is just a friend.

"He knows, it's very clear na I said, 'Jules, I'm really busy at work right now. A very close friendship is the best I can offer you right now.' 'Di ba, at least honest ako, and at the same time wala akong pinapaasa because I'm very honest with him. And he doesn't live here, it's always hard naman [na] long-distance relationship," she intimated, adding, "Maganda 'yung nakakasama mo, nakikilala mo pa ng husto, and att his point gusto ko na talagang kilalanin 'yung tao nang husto through and through..."

KC then happily admitted that she's "excited to fall in love again."

"There are lots of beautiful men around the world and handsome guys both inside and out. And, you know, I would like to end up with a handsome man inside and out. Hindi lang sa panglabas," she said.

Incidentally, KC's former flame Piolo Pascual was also a guest on the same "The Buzz" episode. However, there are no reports as to whether the two have bumped into each other within the premises. ■

It's a girl for Pia Guanio



Pia Guanio and her husband are yet to choose a name for their baby girl

tapos tyinaga namin siya nang tyinaga," she told news anchor Mel Tiangco.

"Nakikita na namin na maganda ang kanyang ilong," she noted. She and husband Steve Mago, it seem, are particularly concerned about the baby's features, especially the nose.

"Doon kami ninenerbyos nang konti dahil baka magmana sa tatay," she said in jest.

Pia added that her husband joked about her giving birth to a baby girl.

"Si Steve lang kinabahan kasi sabi niya, 'Naku, patay ako, patay ako sa inyong dalawa.' Kasi dalawa kami, isa lang siya," Pia related.

When Mel teased Pia about a Filipino saying that a baby girl is said to be "pambayad utang," Pia averred, "Good boy naman siya. Wala naman siyang utang na dapat bayaran."

The TV host is happy that her baby is doing "very, very well."

"Wala siyang congenital problems, her weight is fine, she has ten fingers, so I'm very thankful."

She added that she, too, is "doing very well."

"In fact, nakaporma na siya. Gusto na yata niyang lumabas."

Asked if she and her husband have chosen a name for their baby, Pia said:

"Hindi nga kami ready. Actually, ready kami sa pangalang panglalaki."

Anne Curtis confirms role in Sarah, Gerald past 'getting to know you' stage



On JUNE 6, Anne posted this photo on her Instagram account with the text, 'MISSING. #BloodRansom'

No dream is too difficult to achieve as proven by TV host-actress Anne Curtis who has finally confirmed being cast in a Hollywood film.

Before spilling the beans on June 6, Anne teased her followers with, "Watch out for a special tweet later :-)."

A couple of hours later, she tweeted what looks like a "Missing" photo of herself, her lips plastered with the text "Blood Ransom." She then gamely re-tweeted messages from her fans congratulating her for the movie. Anne, however, clarified to her fans that she's not the only Filipino cast in the movie, contrary to earlier reports.

Although she had kept mum on the real reason she temporarily left the

country, as well as the noontime program "It's Showtime," reports had it that the Kapamilya gem was cast in "Blood Ransom," a crime thriller. It's directed by Fil-Am Francis dela Torre and produced by Tectonic Productions, both responsible for the first international film of Jericho Rosales, "Subject: I Love You," in which he acted opposite American actress Briana Evigan.

TV host-entertainment columnist Ogie Diaz likewise tweeted last month that according to his source, a Hollywood casting director has chosen Anne to be part of the film. The latter, however, had denied this.

Inspired by her latest venture, Anne urged her followers to never give up on their dreams, as seen in this tweet last June 3:

"I'll tell you one thing all my crazy followers, keep dreaming for whatever it is that your heart desires... no matter how long it takes. Pray about it, wish upon star, your angels.... Dream dream dream to your hearts extent."

Anne also related that she's living alone in her current location. She even enthused about doing her own laundry.

"Buti na lang when i was younger my mum @carmcurtissmith trained me well. I was never spoilt. I even had to hang them out on the clothes line. i owe my mum a @carmcurtissmith a big thanks for that.. I learnt how to set the table, wash & dry the dishes even iron. :), said she. ■



Sarah Geronimo with Gerald Anderson

Actor Gerald Anderson has admitted that he and pop star princess Sarah Geronimo are now past the "getting to know you stage."

Anderson said he and Geronimo are just cherishing every moment they have.

"So 'yung feeling na ito is something that I would cherish, no pressure. Walang pressure sa kanya, walang pressure sa akin, we are just happy, happy kami. Lumampas na kami dun sa getting-to-know-each-other pero mas gusto pa namin makilala ang isa't isa. Sobrang napakaswerte ko talaga na nakilala ko siya," he said.

The actor also advised Geronimo not to mind those who are sending her death threats because of their closeness.

Anderson said it is just normal for some fans to not like the people whom celebrities choose personally.

"Siyempre po napagdaanan ko na 'yan. Para sa akin huwag masyadong mag-dwell sa ganung klaseng threat, sa ganung klaseng sitwasyon. I guess by now expected na rin kahit ayaw natin, siguro sa ngayon wala tayong magagawa," he said.

Meanwhile, Anderson reacted to Geronimo's statements saying it is only now that she met someone who gives so much respect for her parents.

"Alam mo actually nakakagulat 'yan kasi unang-una 'yun ang tamang paraan. Pangalawa sobrang marespeto talaga ako sa nanay niya, sa tatay niya, sa buong pamilya niya... I am just really very thankful for everything na nakilala ko siya na nakapagbigay ako ng kahit konting inspirasyon sa kanya, sobrang thankful ako dun," he said.

Anderson, however, said they Geronimo still has a lot of priorities so he will just be behind her all the way.

"Si Sarah marami po siyang goals sa buhay niya, marami pa siyang gustong gawin and para sa akin I will try my best na suportahan siya and that all I can ask for," he said. ■

Local, foreign celebs air disappointment over PacBradley fight

In what was arguably one of the biggest upsets in recent boxing history, Filipino champ Manny Pacquiao was defeated by his American challenger Timothy Bradley, Jr. via a controversial split decision—and celebrities here and abroad are clearly not happy about it.

Half-Filipino stars were dismayed over the results, in which two of the judges scored in favor of Bradley, in the awaited match held June 9 in Las Vegas, Nevada. Grammy winner Bruno Mars, for one, tweeted, "Pac man 4 life."

"American Idol" Season 11 runner-up, Filipino-Mexican **Jessica Sanchez**, who sang the US national anthem in the fight, congratulated Bradley but admitted, "I'm still really upset about the results."

Khloe Kardashian was "floored" and "shocked" over Pacquiao's defeat, saying, "Is this a joke? Bible am I tripping out??? The stats don't add up to the decision made. This is crazy! Can I really get my money back now? So when Bradley checks the tape.... And sees what we all saw... Will he give the belt to Pac? What winner says they need to



check the tape?"

Nick Carter of the Backstreet Boys: "I think I may never take boxing seriously after that tonight. Manny pacquiao won that fight! Sad day for boxing, I think we should protest! Bradley should man up and return that belt! This is so sad..."

Celebrity pair Justin Timberlake and Jessica Biel were also both appalled "I cannot believe what I just saw... Please tell me they read that decision wrong... I'm gonna let it go... After I say this... Boxing was RUINED tonight for me," said Justin, Jessica

meanwhile, said, "What a joke! I can't believe they gave it to Bradley."

Filipino celebrities were just as heartbroken as well, expressing their disbelief that Pacquiao's winning streak was broken anew. Here's a selection of some of their Tweets:

Grace Lee: "I'm upset... Can't imagine how manny must feel. But I'm sure his faith will carry him through. Go manny!!! This fight does not define you:)"

Ogie Alcasid: "I am still amazed at the sight of Manny praising God in defeat. He is a man of grace."

Regine Velasquez: "Ok lang pacman marami ka nang panalo... ikaw pa rin ang kampyon ng mga Pilipino. Mabuhay ka pacman!"

Sharon Cuneta: "Pacquiao was still praising and thanking God in defeat. Talagang R.I.P. BOXING. I FEEL SOOOOO BAD.....-(YOU'RE STILL THE REAL CHAMP, MANNY!!!!!! Rematch na bukas!"

Lea Salonga: "Winning with grace is easy; losing with grace is more impressive, and is a better show of one's true character. Let's all remember that."



Derek Ramsay (photo above): "For me you won that fight Pacman."

There were those who used humor in voicing out their views.

Host **Luis Manzano** tweeted, "Hoping we can bring back the impeachment court to impeach those 2 judges na bumoto para kay bradley at least may papanoorin ulit pag hapon." ■



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SNOWDON

Deep divide between Quebec students and Charest government seems insurmountable

MONTREAL - Irreconcilable differences.

They are the ominous words anyone acquainted with crisis management dreads but, in the case of the 16-week dispute pitting students against

bunkers. Nobody was talking.

The new president of the college student federation, Éliane Laberge, bravely told reporters Friday she would try to re-establish communications with the government.



the government, they tell the tale of what happened this week.

How far apart were the two sides when talks broke down Thursday? It was so bad they couldn't even agree how much time Premier Jean Charest actually spent at the table on the day he waded in personally.

His staff said 50 minutes. The students said it was more like 30.

And so it went, with both sides digging in deeper and deeper the longer the crisis lasted to the point neither side could afford politically to walk out with anything less than a platinum-plated deal.

It's what Maurice Lemelin, an expert in conflict resolution at the École des Hautes Études Commerciales business school, calls escalation and it usually ends badly.

"The parties have established their differences at the level of principles," Lemelin said in an interview Friday. "And a principle is not an easy thing to negotiate."

Add into the mix that the disparate student groups don't behave like traditional bargaining units — where the leadership actually leads — and you had a recipe for trouble, Lemelin added.

Education Minister Michelle Courchesne referred to exactly that in a Radio-Canada interview Friday.

"When the students went on the Plateau (Mont-Royal), the people with their pots and pans went up to them and said, 'don't give up,'" Courchesne said.

"When we (elected officials) all over Quebec went to the grocery store, people said the same thing to us, 'don't give up.'"

"What that means is our respective principles are difficult to reconcile. The students don't want an increase and we say everyone should contribute to university financing."

So there was pressure on all sides, concentrated on a small group of people shuttered away four days in a Quebec City office building.

A second try at a negotiated settlement, the government was particularly stung by headlines claiming it had "caved in," when it offered to cut the tuition increase by \$35 per year. One editorial in La Presse said the backtracking was a sign of how weak the nine-year old Liberal regime really is. The word "capitulation," appeared.

Radical student threats, cast either in jest or seriously, to disrupt the Grand Prix pushed the government side to the brink and the talks collapsed. By Friday morning, both sides were back in their

As for Charest, he was accused of indulging in a scorched-earth policy because the government suddenly broke off the talks without a solution, setting the stage for a summer of potential student disruptions of festivals or Quebecers' holiday travel. On Friday, arriving for a forum in Vaudreuil, Charest was asked if he has a Plan B to deal with the crisis.

"Our door will always stay open (for future talks)," Charest said.

"What Quebecers want now is a period of calm."

But it looks as though the talking is over for now. Charest repeated that in all the negotiations so far, the students continuously returned to their pitch for a tuition freeze or a moratorium, and neither is acceptable in his eyes. So he appears ready to ride it out and appealed for calm — starting with a peaceful Grand Prix.

"The government wants a return to social peace," Charest said.

"We will make every effort to get there. But not at any cost."

"There will always be subjects on which we don't agree. But nothing justifies intimidation and violence."

He was asked if he foresees an end to the crisis.

"Some time in the next 18 months there will be a general election in Quebec. That is the right time for those who really have a profound disagreement to express themselves. And that is expressed democratically."

pauthier@montrealgazette.com

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Borough Mayor Michael Applebaum delivering a pep talk in front of the seniors who are members of the United Filipino Seniors at St. Kevin's Church Hall, Sunday, June 17, 2012 (Photo: by Alberto Baens Santos)

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Daredevil Wallenda tiptoes into history with walk across Niagara Falls

Nik Wallenda has become the first person to tightrope walk directly over Niagara Falls, crossing through the falls' famous mists and gusts in less than a half hour Friday night while tethered to a wire at the insistence of the network televising the stunt.

Wallenda, seventh-generation scion of the Flying Wallendas circus troupe, slowly walked 1,800 feet — six football fields — from the U.S. to Canada, 200 feet above the roiling Niagara River. "This is something no one in the world has ever done," he said after presenting his passport to a Canadian immigration officer. "Even though I had a tether, I didn't have to use it."

Wallenda methodically moved along the swaying, slippery wire, which was dripping with water, while carrying a 40-pound balance pole. He repeatedly offered prayers of thanks and praise to Jesus Christ, which were audible to the television audience via a body microphone. He had time to joke — "most water is wet," he

which televised the walk live, insisted that Wallenda wear a harness connected to the wire to spare its viewers the possibility of seeing the daredevil fall to his death.

But Wallenda's family — the Flying Wallendas acrobatic troupe — is famous for working without a net or its equivalent. And few if any of the other dozen people to walk over the Niagara River near the falls used such a safety device. Before the walk, Wallenda said he only wore the harness because he needed ABC's financial support for cover the costs of his project, which topped \$1 million. LeClaire said that even with the tether, the walk was particularly challenging, "because aerialists always try to calculate risk. Nik couldn't do that because this walk had never been done before. The humidity, the water, the wind — so many unknowns!"

Some speculated before the walk that Wallenda would drop the tether en route. "I'm betting he takes it off," New York State Sen. George



Tightrope walker Nik Wallenda

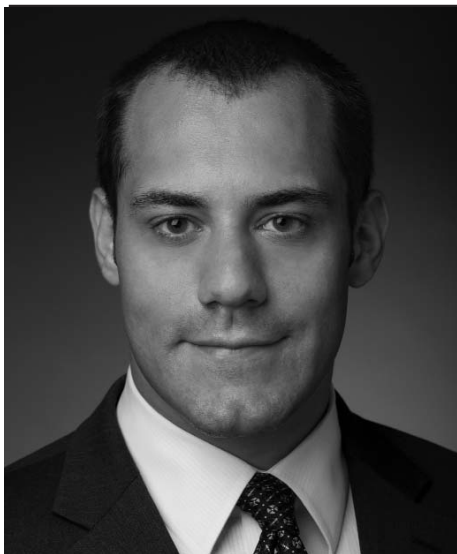
allowed at one point — and admitted to his father that he felt like a "jackass" wearing the safety harness. After months of hype, Wallenda made the walk look easy, almost anti-climactic. He neither faltered nor tottered, and didn't stop to make a cell phone call, as he sometimes does, or perform any other stunt. As he approached the Canadian side he pumped his right fist and dropped briefly to one knee. He pranced the final few steps. But he said the crossing wasn't easy: "That mist was thick. It was hard to see at times. ... The wind was wild. It'd come at me one way and hit me from the front, and hit me from the back."

While he was still out on the wire, he'd said, "I'm drained. ... My hands are going numb. I feel like I'm getting weak." Weather instruments showed winds gusting up to around 14 mph over the falls at the time of the walk. The walk was witnessed by a crowd estimated in the tens of thousands, which roared with delight as he left the American side and later as he approached Canada. "It's a great achievement," said Jackie LeClaire, a clown and acrobat who performed with the Ringling Brothers Circus for 20 years. "It would have been an ever greater one if they hadn't made him wear that tether." ABC,

Maziarz, who co-sponsored legislation to give Wallenda a waiver to the century-old ban on stunting at the falls, told the Buffalo News. He said he doubted ABC would interrupt its live feed even if Wallenda did take off the harness. With millions watching, "It's gonna add to the drama," Maziarz said.

Paul Gromosiak, a local historian whose books include one on Niagara Falls daredevils, said the last confirmed wire crossing near the falls was in 1896. He said the proximity of Wallenda's wire to the falls made his walk far riskier than any other. Wallenda practiced on a wire in the parking lot of a local gambling casino, and had himself sprayed with a fire hose and buffeted by a wind machine to simulate the conditions he'd face over the falls. As for distractions, such as wind gusts and helicopters, he said, "I've trained all my life not to be distracted by distractions." By Rick Hampson, USA TODAY

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This Summer, Drink Pink!

By David White

With Memorial Day behind us, summer has officially arrived. This means more time outside, and consequently, a different cocktail menu.

For lazy days by the pool or at the beach, it's hard to beat a piña colada, margarita, or other tropical drink. When enjoying a hot dog or hamburger at a barbecue, beer is the obvious choice.

For wine drinkers, finding the perfect summertime match can be daunting. When lounging on the deck or patio, red wine can seem too heavy. And sometimes, that simple white wine is just, well, too simple.

That's why it's hard to beat a crisp rosé when the weather is warm.

It's easy to dismiss pink wine. After all, most Americans associate rosé with cheap, sweet "blush" wines, like Sutter Home's white Zinfandel.

This style of wine traces its roots to the early 1970s. Back then, demand for white wine outpaced

supply, so many California winemakers started producing white wine from red grapes, taking advantage of the fact that even red grapes give off white juice.

In 1975, the winemaker at Sutter Home, Bob Trinchero, had a problem while making his white Zinfandel. A portion of the wine experienced a "stuck fermentation," meaning the yeast died before all the sugar had converted into alcohol. Rather than "fix" the wine by adding more yeast, Trinchero decided to let it sit for two weeks. When he revisited the wine, he knew it would be a hit -- and Sutter Home's modern-day white Zinfandel was born. Countless imitators would soon follow.

This style of pink wine remains quite popular and it will always have fans. More often than not, though, white Zinfandel and other blush wines are just too sweet. Many taste more like Kool-Aid or strawberry fruit punch than wine.

True rosés are bone dry, textured, and refreshing. And they can be just as complex and food friendly as traditional wines.

True rosés are made in one of two ways.

In the first method, the winemaker crushes red wine grapes and leaves the juice in contact with the skin for a brief period, typically one or two days. She then discards the skins, allowing the juice to finish fermentation on its own. Thanks to the short period of skin contact, the wine retains some color. Here, rosé is the only goal.

In the second method, rosé is a byproduct of red wine fermentation. Red wine obtains color, tannin, structure, and flavors from grape skins. If a winemaker wants to increase the skin-to-juice ratio during fermentation,

she can simply remove some juice at an early stage. This pink juice can be fermented separately to create rosé. This method is known as saignée.

True rosés have been a part of life in France for centuries. In the southeastern part of the country, residents and visitors alike have long recognized the splendor of pairing rosé with warm weather and coastal cuisine.

France remains the source of many fantastic rosés - great examples can be found in Bandol, Tavel, Sancerre, and many other regions. When looking for French rosés, it's best to look for reliable importers, like Kermit Lynch, Beaune Imports, Weygandt-Metzler, and Robert Kacher. All four bring in a number of knockout wines.

Plenty of delightful pink wines come from outside France, as well. Across the world, more and more producers are making top-notch, authentic rosés.

In the United States, some producers to look for include Alexander Valley Vineyards, which makes a splendid rosé of Sangiovese, Copain, and Ponzi. Another favorite is made by Mulderbosch in South Africa.

The world is still awash in bad rosés, of course. It's still quite easy to accidentally wind up with a bottle that's too heavy, alcoholic, or sweet. So if your local wine shop offers tastings, be sure to stop in when rosés are open - you might find a crisp, refreshing wine that's worth stocking up on.

After all, pink wine is the perfect accompaniment to summer. So why not grab a case?

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



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From Page 5 Aquino promises

and June 2014.” Presidential spokesman Edwin Lacierda made the announcement following a meeting between President Benigno Aquino 3rd and farmer-members of Task Force Mapalad who called on the former to hasten the distribution of CARP-covered lands to them. Lacierda said landholdings with 25 hectares and above will be prioritized and distributed effective immediately. “Between now and June 2014, all agricultural lands shall be covered and distributed to qualified beneficiaries. Priority shall be given to landholdings 25 hectares and above and notices of coverage would be issued on or before December 2012,” he said. “This will include peaceful and orderly installation of farmer beneficiaries of all lands under the program. To put all landholdings under the program, notices of coverage or NOCs of lands 10 hectares and above shall be issued on or before December 2012 for landholdings under 10 hectares, notices of coverage shall be issued not later than July 2013; and Republic Act (RA) 9700 has allocated at least 150-billion for the program which would be utilized to successfully complete the implementation of agrarian reform,” Lacierda added.

Joining Mr. Aquino and Lacierda during the meeting were Budget Secretary Florencio “Butch” Abad, Agriculture Secretary Proceso Alcala, Agrarian Reform Secretary Virgilio de los Reyes and Presidential Management Staff chief Julia Abad. Also present were former Senator Aquilino Pimentel, Jr., Christian Monsod, and lawyer Armando Jarilla of Task Force Mapalad, the national coordinator; Alberto Jaime, Task Force Mapalad president; and Edna Sobrecaray, Task Force Mapalad spokesman. P1B released

Lacierda said that with respect to support services, as mandated by Section 37 of RA 9700, the provision on initial capitalization for new agrarian reform beneficiaries and socialized credit for existing agrarian reform beneficiaries shall be implemented. To this end, the DBM has committed the immediate release of P1 billion to be allocated for support services. He added that the Land Bank of the Philippines shall review its policies, rules, and regulations on providing credit to farmers to make it more accessible to agrarian reform beneficiaries. Moreover, the DAR and the Department of Agriculture, with assistance from DBM, will develop a socialized credit program solely for agrarian reform beneficiaries that is mutually acceptable to both parties. Socialized credit program shall enable farmers to maximize the productivity of their land and utilize the resources available to them. Both sides have agreed to set up the multi-stakeholders mechanism.

A multi-stakeholders mechanism convened by the President and composed of representatives from DAR and other CARP-implementing agencies of the government, church, NGOs, peoples’ organizations, and

other farmer groups and federations shall be immediately established to monitor the implementation of the CARP, especially on the following: coverage and distribution of agricultural lands; movement and performance of DAR personnel; delivery of support services to the beneficiaries; and budget allocation and utilization. Lacierda said that the details will be further discussed by the members of that stakeholders’ mechanism, while consultations on administrative orders will continue. Meanwhile, the resolution of pending cases on stock distribution options and lease back arrangements before the Presidential Agrarian Reform Council or PARC will be fasttracked.

During a previous meeting between Interior and Local Government Secretary Jesse Robredo and the farmers, the government committed to do the following tasks: work on the lease areas where there are enforcement issues; review the tasking of PNP and refer to the Department of Justice the proposed changes in 2009 guidelines as it applies to DAR orders; establish PNP outposts in critical areas where installed farmers are being harassed; and establish direct line of communication with the DILG. Dismal Earlier, Church leaders decried the government’s dismal performance in agrarian reform, saying that the Aquino administration has the worst record compared to other post-EDSA administrations. Manila

Auxiliary Bishop Broderick Pabillo lamented that the DAR has been consistently “underperforming,” particularly in land acquisition and distribution. “The current DAR administration has recorded the lowest CARP accomplishment when compared to all DAR-CARP administrations,” Pabillo said in an open letter to President Benigno Aquino 3rd. The letter was also signed by Fr. Marlon Lacal, executive secretary of the Association of the Major Religious Superiors of the Philippines. They cited the huge backlog of 1,093,000 hectares of agricultural lands. Pabillo said that in 2011, DAR accomplished only 54.6 percent of its land acquisition and distribution target. “The DAR performance for the first six months of 2012 is expected to be equally dismal,” the bishop said. Conspiracy

Meanwhile, the militant peasant group Kilusang Magbubukid ng Pilipinas (KMP) also described on Thursday the rumored resignation of de los Reyes as a “collateral damage” of the “evil conspiracy between President Aquino and his allies in Akbayan to once again evade the distribution of Hacienda Luisita.”

The KMP issued the statement after reports said that a cabinet revamp is on and that the DAR chief, who is now implementing the Supreme Court ruling to distribute Hacienda Luisita, would be replaced by Akbayan Rep. Kaka Bagao. “We believe there is strong pressure on Secretary De Los Reyes to resign. He is a collateral damage of the Aquino-Akbayan conspiracy to circumvent the Supreme Court decision on Hacienda Luisita,”

KMP deputy secretary general Willy Marbella said. According to Marbella, Aquino and Akbayan are ganging up against Hacienda Luisita farmers. They are out to turn Hacienda Luisita into a so-called agrarian reform community (ARC) under the sham CARP. “ARC only has a hairline difference from the notorious stock distribution option (SDO) since control over the land does not belong to farmer beneficiaries,” he pointed out. Marbella pointed out that “the grand zarzuela staged by Aquino’s yellow gang that demanded for the so-called fast-tracked implementation of the bogus CARP is obviously designed at placing Akbayan Rep. Kaka Bagao to the DAR.” “At the same time, the Cojuangco-Aquinos are clapping behind the farmers’ marches and so-called hunger strikes. Aquino and his rabid allies in Akbayan exploits the legitimacy of the farmers’ demand for land while giving false hopes on Carper or the very same sham land reform program that was used by the President’s family to evade land distribution. This grand deception must be exposed and opposed,” Marbella stressed. “May we remind the people that the bogus CARP was originally designed by the then landlord-President Cory Aquino to evade Hacienda Luisita’s distribution. CARP and the notorious SDO is not a glowing legacy but the biggest embarrassment of the former President,” Marbella pointed out. With a report from Sammy Martin

From Page 11 Pacquiao

open in extending his southpaw left hand to the full extent. The hard-punching kid looked like a butterfly with his wings open and close.

As Pacquiao failed to make the 112-pound limit, he forfeited his WBC flyweight belt on the scale and succumbed to Medgoen Singsurat via third-round knockout in Thailand in September 1999. There’s a strong rumor —whether true or not— that the scale had been manipulated though Pacquiao had already made the limit before leaving the hotel to the weigh-in. The once dejected youngster, still 20, jumped up ten pounds to the 122-pound category, skipping the super-fly and bantam divisions. It must be a right move by considering his physical growth. Pacman, in a comeback bout, promptly seized the WBC international super-bantam belt by disposing of world-rated compatriot Reynante Jamili in two quick rounds in December that year. The 21-year-old Filipino became more awesome at 122 pounds without struggling to make the 112-pound limit any longer, scoring five defenses straight all within the distance.

Pacquiao left for the US mainland to try his fists in 2001, when he had a fortunate encounter with his future long-time mentor Freddie Roach at the Wild Card Gym. It was Roach that corrected Manny’s bad butterfly habit in hitting punches and also had him master tight guard along with his shifty footwork and body movement. Since his IBF 122-pound coronation by dispatching Lehlo Ledwaba in Las Vegas in June 2001, Manny kept improving technically and has become an international superstar.

This is my personal view through



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watching Manny for 15 years. I think Pacquiao's strength consists of: 1) dazzling hand-speed; 2) pinpoint precision; 3) quick reflexes; 4) elusive and shifty footwork; and 5) incredible stamina (or ability to maintain his remarkable speed on hand and foot until the end of the game). In his last fight with Timothy Bradley, however, Pacquiao, in comparison with his best form shown in his battles with David Diaz (fantastic right-hand lead) and Ricky Hatton (wonderful one-punch demolition), failed to show his assets against the man named Desert Storm. Pacquiao wasn't as fast as usual, lacked his trademark precision, failed to show his quick reflexes, didn't (or couldn't) move well, and was disappointingly fading in the last three rounds. He looked heavy and slow. Pacquiao was simply not what he used to be.

I was a commentator here in Japan to telecast it live on Sunday afternoon because of the time difference. My score was 116-112 in favor of Pacman, as I, due to the screen by receiving the signal from Las Vegas, didn't give Bradley more than four rounds based on the scoring standard of effective aggressiveness. Bradley didn't look effective, nor hurt Pacquiao as Pacquiao blocked his punches with his arms. But this is not to insist on my view that I saw Pacquiao the winner, since I didn't watch it on site but only on the screen in the Far East.

I, as a Pacquiao viewer, felt sorry to see our Asian hero deteriorate technically in his last two bouts with Juan Manuel Marquez and Bradley. What has

happened? I deeply contemplated that question after watching Bradley's hand raised in surprise.

What's wrong with Manny? I have several hypotheses:

1. Pacquiao might have lost his physical flexibility due to his rapid gain of weight and physique;
2. Pacquiao might have become slower by moving up to the welterweight division;
3. Pacquiao might have become less sharp in adjusting timing with his natural judgment of distance;
4. Pacquiao might have to decrease his training quantity at the age of thirty-three. His less impressive performance in his last two bouts might have been partly caused by his overtraining; and
5. Pacquiao might have been thoroughly studied by trainers of his opponents since great many tapes since his Ledwaba fight in 2001 are easily available on YouTube. He must keep improving or innovating to gain some new weapon now that his magic might have been solved by his opposition.

I think it is ridiculous that both contestants, at the weigh-in, boast their muscles on the shoulder, chest and abdomen. Boxing isn't a Mister Universe contest. Remember the muscles of Sugar Ray Robinson, Ike Williams, Muhammad Ali, Jose Napoles, Sugar Ray Leonard, Roberto Duran, Alexis Arguello, etc. and you realize the historically great didn't take an exercise of weight training so intensely as current boxers. The more grotesque muscles you have, the less sharp you are. Excessive weight training usually does boxers harm since it

obviously hardens the fundamental muscles (musculi trunci) for boxers to refine.

Boxing is a very special game. It is not a pastime to enjoy leisure with your friends, like playing football, baseball, golf, or tennis. Boxing is a game that requires special sense, which may be called timing, sharpness, reflexes, quickness, elusiveness, or mysterious domination of time and space. Most important in boxing training is to sharpen one's "Natural Timing".

Pacquiao previously had plenty of incredible "Natural Timing" thanks to his very unique career spanning from the flyweight division to the welterweight category. Why is Pacquiao so remarkable and marvelous? It is because he moved up in weight by carrying his flyweight speed and developing his welterweight power—greatly due to Freddie Roach's patient cultivation for years. Pacquiao, however, had better review his latest performance against Marquez and Bradley. Something might have been lost in Pacquiao; it might be his potential "flexibility" that this reporter found in him 15 years ago. It is his flexibility like a bamboo. It is the flexibility with stability, restoring force, or power of restitution. It is the physical fitness with the muscles quickly turning elastic from solid, or vice versa.

What feared Erik Morales, Marco Antonio Barrera, Oscar De La Hoya, and Shane Mosley? It was Pacquiao's invisible hand-speed. If a boxer can see his opponent's hand coming, he can react to avert his punches. Should his punch be

too fast, he cannot afford to avert it and protect himself from the invisible attack. So, they were apparently afraid of Pacquiao's quick hand. Also, Pacman could instantly move to his optimum position just prior to throwing his invisible punches, which made his attack very effective.

In his Bradley fight, Pacquiao sometimes scored good lefts to the face—amazingly with less effect—because of his less proper judgment of distance. He seldom displayed his trademark puma-like footwork, but a bigger muscle-bound lion (Pacquiao) attempted to eat a smaller elusive victim (Bradley), wasting too much energy in earlier rounds. Second guessing as it may be, Manny should have saved his stamina badly wasted in the fourth session for the sake of the last three rounds. Now that we see his stamina isn't inexhaustible, Pacman should pace himself next time.

This observer, one of Pacquiao followers, just murmured after our Asian hero's upset defeat. I whole-heartedly hope he will impressively display his real power against Bradley in a rematch and then realize a greatly anticipated encounter with the fatal rival Floyd Mayweather, Jr. For that, Manny had better return to the fundamentals and regain his flash and flexibility.

Japanese journalist Joe Koizumi was a former manager of Luisito Espinosa during the 1990s, as well as to other Filipino boxers.

This commentary can be found in: <http://www.fightnews.com/Boxing/what-happened-to-pacquiao-118072>



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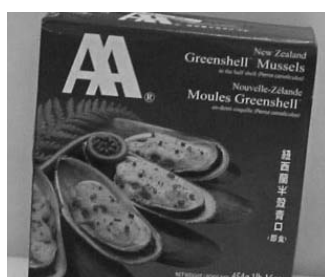
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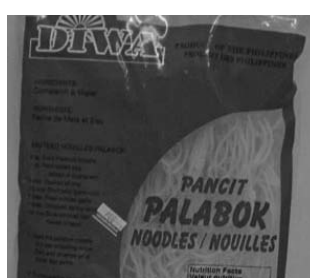
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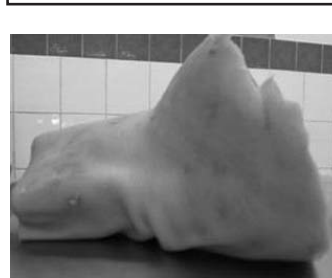
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Zenaida Kharroubi, Director-General & Founder, (center) is flanked by Cambodian students who are in the English and French as second language programs: From left: Ninh Sam, Bunsong Ung, Channa Huot, Sokhon Chou, Sereyoth Veng, and Sopheap Chann.



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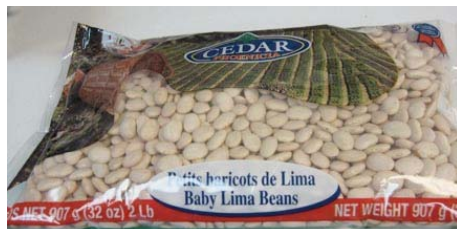
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