

Federal Election campaign heating up

First Filipino candidate in Federal politics is in a 3-way race



Anthony Housefather

Liberal Party

by W. G. Quiambao

Three candidates, two veterans and one newcomer without political experience in politics but determined to win, are vying for the federal seat in Mount Royal. The riding includes Cote Saint-Luc, Cote –des Neiges, Hampstead, Snowdon and town of Mount Royal.



Robert Libman

Conservative Party

The list of candidates is as follows:

**Anthony Housefather (Liberal)**

Anthony Housefather’s mother was unhappy when he told her his interest to run for MP.

“I earn more money as the general counsel of a multi-national technology company than what I’ll



Mario Rimbao

NDP

earn as MP if elected,” said Housefather.“ That’s my mother’s major worry. But being an MP will be the fast way for me to give back to the community after 20 years of service to the municipal level. I’ll be making a lot of difference in the world by helping people. I also believe in something I’m good at – politics and business. These

are my assets as an MP if I win.”

Another reason why Housefather is running for MP is to prove that not all politicians are in politics to make money. He wants to show that there are still politicians who have honesty and integrity. He recalls an article that was published by La Presse in 2007 about the expenses of each town mayor ranging from \$23,000 to \$24,000 while Housefather’s expense was \$170. “I received a lot of praises from the public. I have another job so I don’t need money from my borough. After the Charbonneau Commission scandal, people became cynical of politicians.”

Housefather, a competitive swimmer and a polo player when he was younger, holds three degrees – two law degrees from McGill University and an MBA from Concordia University.

In 1994, at the age of 24, he became the Town Councillor in Hampstead. He served until 2001, when the Quebec government merged the cities and towns in Montreal. After the creation of the mega-city in 2001, he was elected as a councillor for the

See Page 4

Federal Election



Anna Karina Tabunar with Peter Mansbridge. CBC news anchor.

“Talent Untapped”

Anna Karina Tabunar, a veteran CBC journalist and anchor is asking our community to help her in the post production stage of “Talent Untapped.”which she is producing and directing. Hereunder is part of her letter:

“I wanted to tell you about a new project I am working on. It is a documentary film that gives voice to people who are often marginalized and shut out of the workforce. Talent Untapped aims to break barriers to employment for people with disabilities. Here is a preview: <https://www.kickstarter.com/projects/1980524390/talent-untapped-a-film-about-breaking-barriers>

If the message resonates with you, please join the Talent Untapped community. You will see on the Kickstarter page how much we’ve already raised. We need \$38,700 to finish the film; that’s \$968 per day over the 40-day campaign. The funds will enable me (the Director) and my crew

to write the script with fully embedded descriptions for people with vision impairment, edit the footage, and provide open captioning for people with hearing impairment.

Not only is the message of this film unique, so is the format. The final film will be fully accessible for all audiences.

I hope you can join me. Here’s how you can help:

Ø Donate to the campaign through this link: **[TalentUntapped.org](http://TalentUntapped.org)**. Any amount will be greatly appreciated and will push us closer to the finish line. I’ve line-up some neat rewards, including a gourmet meal with a celebrity chef (I’ll announce WHO in a couple of weeks), a Producer credit and a VIP invitation to the documentary premier.

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See Page 6

‘Talent Untapped’



# Editorial

## What does celebrating Philippine Independence Day mean to you?

Every year, we celebrate Philippine Independence Day. Speeches delivered at different places of celebration always seem to focus on the history of how our ancestors fought for freedom. So when Filipinos are asked what celebrating June 12 means, there is a general tendency to say that it reminds them of our heroes like Jose Rizal whose martyrdom hastened the revolution against Spain. Everyone seems to agree that we should be grateful to our past heroes and that we should do our best to make sure that we continue to keep this freedom that we have inherited. But how do we preserve this freedom we gained through the sacrifices of our heroes? Have we reflected on the deeper meaning of Philippine Independence Day?

Perhaps, the meaning of Philippine Independence has not really been considered seriously as we have been accustomed to equating this day to celebrations in the park, parades of different floats, meeting our friends and neighbors, watching cultural shows, listening to speeches of dignitaries. These are our cultural symbols we amplify during the celebration of our independence. At the end of the day, we often just remember the fun we had until the next celebration comes.

Why do people celebrate Philippine Independence Day? It is obviously a day to honor the memory of our heroes but at the same time, we should not lose the opportunity to encourage or inspire our youth to

follow the ideas of our past heroes who died to give us our independence from our colonizers.

There are many community organizations who participate in our Independence Day celebrations. In fact, we have an organization devoted to the promotion of Rizal's ideas. It will be interesting to see if it can lead other groups in creating a sustainable project of keeping our historical and cultural traditions alive not only by performing cultural dances but also engaging in literary, artistic and educational ventures. In other words, if they want to have a lasting impact on the people, specially, the youth, they should think of more concrete ways of realizing the objectives of their associations.

Some non-profit organizations receive funding from the government. If they can strike a balance between social and cultural activities, they may be able to focus on more meaningful projects. Their resources can be better used and have more lasting effects on the community. They can encourage people, specially the young ones, to be creative in finding solutions to problems, or issues that we face as a community.

In the final analysis, the question still remains incompletely answered. It is not a question that we ask in everyday conversations. On the other hand, bringing up the question at significant times can hopefully provoke ideas that can lead to better things in the future.

### A plan for real change

Letter to the Editor

Dear Editor,

### A plan for real change

Dear Editor,

After 10 years under the Harper government, Ottawa is broken. Canadians' faith in politics has never been lower. After promising reform, the Conservatives have delivered the most centralized, partisan and self-serving government in our history.

Under Harper, Science and evidence have never mattered less; politics and partisanship have never mattered more. The people elected to represent their community in Ottawa have become Ottawa's voice in their community.

That's why the Liberal Party has proposed a comprehensive plan to restore Canadians' confidence and trust in government—a plan for real change.

Real change is about opening up government. The Liberal Party will reduce fees for requesting government documents and extend the public's right of access to information to all Ministers' offices, including the Prime Minister's Office. We'll also ensure independence for government watchdogs.

Real change is about providing Canadians a stronger voice in Ottawa. We'll strengthen the role of MPs, introduce more free votes, and reform

Question Period to ensure the answers are relevant to what was asked. The Prime Minister will regularly answer questions from all MPs, not just party leaders.

We will also reform the Senate. Unlike other parties, we're not going to cynically promise to do the impossible or engage in a lengthy debate with the provinces over the constitution. Instead, we'll create a non-partisan Senate that serves Canadians, not political parties.

Real change is about making every vote count in every election. As part of a national engagement process, we will ensure that electoral reform measures – such as ranked ballots, proportional representation, mandatory voting and online voting – are fully and fairly studied and considered. And within 18 months of forming government, we will bring forward legislation to enact electoral reform.

We'll also ban wasteful partisan advertising. Toughen penalties for elections fraud. And close loopholes in political finance laws.

Real change is about making policy based on facts, not facts based on policy. We'll let science and scientists speak—even when the truth is inconvenient. And we'll bring back the long-form census.

Real change is about raising the level of service provided to Canadians to a higher standard. We'll expand digital and phone services. Stop the Conservatives' plan to end door-to-door mail delivery. Overhaul the Canada Revenue Agency so it

See Page 9 Letter to the Editor

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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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Authorized by the official agent for Anthony Housefather

**ANTHONY HOUSEFATHER**  
OFFICIAL LIBERAL CANDIDATE  
Mount Royal

Happy 117th Independence Day! The Filipino community of the Montreal Island is truly amazing. I am proud to work with all of the different organizations in the community and I will do my best now and in the future to assist all members and organizations in any way that I can.

**Nais kong ipaabot ang aking malugod na pagbati sa lahat nitong ika-117 taon ng Kasarinlan ng Pilipinas. Isang karangalan ang maging bahagi ng inyong pagdiriwang.**

-- Anthony Housefather  
Liberal candidate, Mount Royal



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## Filipino painter visits Montreal

By Willie Quiambao

The city of Montreal, represented by Russel Copeman, Mayor of Cote-des-Neiges, -Notre-Dame-Grace and Marvin Rotrand, City Councillor, Snowdon, played host to the exhibition of world-renown artist, Manuel Baldemor, on June 11 at 6767 Cote des Neiges.

Goodwill. I bring my paintings and cultures to every country I visit and vice versa. The two countries that I find similar to the Philippines are Mexico because of its people, its culture and even its barong and the other one is China."

Baldemor's paintings usually depicts his hometown of Laguna – its



**Manuel Baldemor (center) smiles as he poses with Montrealers from left: Zenaida Kharroubi, Willie Quiambao, Ed Tupaz and another guest. (Photo by: Cristy Hunter)**

Baldemor, a University of Santo Tomas graduate, received a warm welcome from the leaders and members of the Filipino community who were impressed with his paintings displayed at the lobby. A few non-Filipinos who visited

people, its activities and its celebrations. UNESCO is reproducing his works as greeting cards and distributes them internationally.

He loves his hometown that when he retires, he plans to go back to Laguna

## Philippine Heritage Week nurtures Filipino-Canadians' native ties



**Ambassador Petronila Garcia and Mayor Watson lead the flag raising ceremony at Ottawa City Hall.**

### Independence Day Mass launches week-long festivities

16 June 2015 – Since 1967, Filipinos in Ottawa have been assembling en masse every year to mark Philippine Independence Day. Within Canada's multicultural society, the declaration of Philippine Heritage Week by the Mayor of the Canadian capital city of Ottawa institutionalized community events that promote Filipino cultural heritage in a week-long celebration organized by the Philippine Independence Committee in the Ottawa Valley (PICOV).

This year, Holy Mass at the Our Lady of Assumption Church and a program featuring a balagtasan on June 6 kick-started the community's festivities. The following day, His Worship, Mayor Jim Watson, proclaimed Philippine Heritage Week from 6 to 14 June 2015 at a community picnic which saw thousands of Filipino community members converge at the

See Page 8 Philippine Heritage



**Photo shows from left: Shinette Khoury, Ambassador Petronila Garcia, Cristy Hunter, Manuel Baldemor, whose paintings are on exhibit, Zenaida Kharroubi, and Annie Miaral.**

the exhibition gave Baldemor paintings a good review.

"I feel like I am an overseas worker," he laughed. "I have visited almost 50 countries and it's my second visit to Montreal. I am also an Ambassador of

His piece of advice to the beginning painters is : "Don't be shy. Be proud that you are Filipinos."

In attendance during the exhibitions were Ambassador Garcia and the Ottawa staff.

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From Page 1 - Federal Election

Borough of Cote Sainte-Luc-Hampstead-Montreal West. In 2004, he served as co-chair of the demerger committee of Cote Saint-Luc-Hampstead-Montreal West. The following year, he was elected as mayor of Cote Saint-Luc.

His political career started in the Mount Royal Liberal Association when he became Vice President of the Liberal Party of Canada.

"I believed the Liberals even when I was in school because they promote the individual's right –every individual is treated equally, whatever color he has, religion he practices or language he speaks. Every individual who comes here brings his own culture which enhances Canadian culture."

Housefather, a supporter of the Filipinos and their associations like FAMAS and UPS, attends community functions to know the issues of the public. He personally calls or answers emails of his people and attends their functions because he believes that by doing these, he finds their issues. For example, the issue of the caregivers, especially the Filipinos.

"The Liberals want to restore the number of caregivers coming here, from 5,000 to 10,000 a year," said Housefather. "The Caregiver Program benefits not only the Filipino caregivers but also the people in my riding. Many Filipino caregivers baby sit our children and take care of our seniors. Caregivers are important."

Warlie Basbacio, UPS president, said, "I've known Housefather for many years. He is always there whenever I need him. During the typhoon Haiyan, we planned to stage a fundraising but we had no hall. Housefather helped us."

Mitchell Brownstein, Cote Saint-Luc councillor, added, "Anthony's 20 years political experience, his extensive business experience as Vice President of a multi-national corporation and his reputation of integrity and a defender of minority rights make him an outstanding candidate for the Liberal Party of Canada who will serve the country well."

Housefather's accomplishments as councillor and mayor include saving Police Station 9, fighting to preserve the bilingual status of municipalities, launching Fun Card Creation access pass. Other accomplishments are the construction of the \$18 million Aquatic and Community Centre, fight to preserve

the status of communities in Canada and development of an agricultural program.

### Robert Libman (Conservative)

Language-rights activist Robert Libman's family and friends were not surprised when he decided to run for the Conservatives after nine years of being out of politics. They knew his passion for defending the minority rights.

"My political career started not because I wanted to be a politician but because I wanted to fight for the minority rights, explained Libman." I was upset in what was happening in Quebec. I was upset with Quebec nationalism."

Born and raised in Montreal, 55-year old Libman graduated with a degree of Bachelor of Architecture from McGill University with distinction. In 1988, he co-founded the Equality Party to fight for the minority rights and language law. The following year, he was elected as member of the National Assembly in Montreal riding of D'Arcy McGee, winning 57.85 % of valid votes. Due in part to a surprise victory of the Equality Party, the Quebec government later lessened the restrictions on English signs.

In 1998, he was acclaimed mayor of the city of Cote Saint-Luc, Montreal West. In 2001, he was elected mayor of Cote Saint Luc-Hampstead-Montreal West and was a member of the Montreal City Council and the Executive Committee.

In 2005, he quit politics to spend more time with this family. "When you're out of politics, you realized how valuable your time on the weekends and evenings with your family. My three sons were bit young then."

But when Irwin Cotler quit politics in 2014, his friends pushed him to consider returning to politics.

"The people in my riding, who see me as someone who reflects the values they have, inspired me to run again. Another reason why I am running again is Stephen Harper's strong leadership on economic matter. He is more feasible. He lowers taxes, brings down deficit and puts more money in people's pocket. That propelled me into politics again. I felt that was time to throw my hat again on the political ring."

Libman has endorsements from his staunch supporters. "I have known Robert as a politician, community activist, businessman and as a friend," said Leslie Beck, Chair of the Board of Chairman of Richardson Hospital Center and the CSSS

Cavendish. "I know him to be a man of principle, who in his private life, has repeatedly put the interests of the community ahead of his personal ambitions. He is exceptionally qualified to represent the Mount Royal riding in the Parliament of Canada."

An avid fan of baseball and football games, he has a close friendship with Filipinos like Bert Abiera and Ed Tupaz. "I've known Libman for so many years and I am confident that he will do a great service for our community," said Abiera, former president of FAMAS.

One concern for Libman is the tightening of immigration policies. "There are lots of people who are abusing the system. But there are some legitimate and eligible workers here who are suffering. There is a better way to fix this problem and find a solution. The voice of the community is important than it was before. It is time to have a voice in the government in this country."

Libman takes pride of his accomplishments. "One was in the 80s, when the people, especially the English-speakers were feeling they were losing their voice in the government about the language signs. When the people think that their rights are violated, we started the Equality Party because we thought people should have a voice. I was in my 20s at the time. The other one was the new Urban Planning and Development where I worked for three years."

### Mario Rimbao (NDP)

When Mario Rimbao was acclaimed last year as the NDP candidate for the federal election in 2015, he knew that he was facing two formidable candidates – Anthony Housefather and Robert Libman. But he was unfazed.

"I'm the underdog but I like challenges," said Rimbao. "I'm confident that I can stage an upset. What's interesting in this race is that the three of us have no federal experience. We all have never been to Ottawa. Housefather has municipal experience and Libman has both municipal and national experience. We

have to start somewhere."

Thirty-six year old Rimbao is the son of Philippine-born parents – his father is a retired medical technologist and his late mother a registered nurse. He graduated with a B.A. degree, with major in Political Science and minor in history, from Concordia University. While going to university, he held two jobs to defray his educational expenses.

Despite his hectic schedules, he finds time to serve the Filipino community. For fifteen years, he has volunteered as coach in the Philippine Basketball Association of Montreal. "I create teams for those who don't have teams. But I coach them not only how to play basketball but also how to develop self-confidence and integrate into Canadian society, especially the youth. In the Philippines, many Filipinos are shy"

When he was young, he was approached to run for a position in the Filipino Association of Montreal, the biggest association in Montreal. "I refused to run not because I didn't have supporters. I just didn't have time. My priority was my parents, my family. That's the Filipino value I learned and still keep."

After his studies, he planned to take law at the University of Montreal but he was told by his advisor not to take law right away. He heeded his advice. Meanwhile, he found a job in a shipping company as a representative of the ships. His job took him to places in Quebec that included Saguenay and Gaspé. "It's during this time that I met people from all walks of life and various ethnic groups," said Rimbao, who likes politics. "I heard about their views on immigration and language laws. Also, I understood why Quebecois felt isolated. Neglected. Canada has not given them exclusive character. Canada should tell them that we should all be united."

Rimbao's career started during the typhoon Haiyan. He co-founded a fundraiser with a couple of friends. About 200 people attended the event and nearly \$20,000 were raised for the

See Page 6 Federal Election

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# EARTH TALK

Dear EarthTalk: What is the "Dirty Dozen Guide to Food Additives?"

-- Meredith LaGarde, New Orleans, LA

The Environmental Working Group (EWG), a non-profit dedicated to protecting human health and the environment through research, education and advocacy, launched its "Dirty Dozen Guide to Food Additives" in November 2014 to educate consumers about which food additives are associated with health concerns, which are restricted in other countries, and/or which just shouldn't be in our foods to begin with. EWG hopes the new guide will help consumers avoid unhealthy foods and also influence policymakers to develop more stringent rules for food producers moving forward.

According to EWG, more than 10,000 food additives are approved for use in the U.S., despite potential health implications. Some are "direct additives" deliberately formulated into processed food; others are "indirect," that is, finding their way into food during processing, storage or packaging. Either way, some have been linked to endocrine disruption, heart disease, cancer and a wide range of other health issues.

Topping EWG's list are nitrates and nitrites, both typically added to cured meats (like bacon,

salami, sausages and hot dogs) to prolong shelf-life and prevent discoloration. "Nitrites, which can form from nitrates, react with naturally occurring components of protein called amines," reports EWG. "This reaction can form nitrosamines, which are known cancer-causing compounds." The group reports links between nitrite and nitrate consumption and cancers of the stomach, esophagus, brain and thyroid.

The World Health Organization considers nitrites and nitrates to be probable human carcinogens; California's Office of Environmental Health Hazard Assessment is now considering a similar designation. Interestingly, some nutritious foods like spinach and other leafy vegetables contain nitrates naturally, but EWG says that "human studies on nitrate intake from vegetables have found either no association with stomach cancer or a decreased risk."

Another troubling but nevertheless common food additive is potassium bromate, used to strengthen bread and cracker dough and help such items rise during baking. But potassium bromate is listed as a known human carcinogen by the state of California and a possible human carcinogen by the International Agency for Research on Cancer. Animal studies have shown that regular exposure to potassium bromate can cause a variety of tumors, is toxic to the kidneys and can even cause permanent DNA damage.

Most of the potassium bromate added to foods converts to non-carcinogenic potassium bromide during the process of baking, but small



**That salami on your plate might look scrumptious but Environmental Working Group warns it may contain nitrates linked to cancers of the stomach, esophagus, brain and thyroid. Credit: Alpha, Flickr CC**

but still significant unconverted amounts can remain, putting eaters everywhere at risk. EWG would like to see the U.S. government follow Canada's and the European Union's lead in banning the use of potassium bromate in foods altogether.

Other additives on the Dirty Dozen list include propyl parabens, butylated hydroxyanisole (BHA), butylated hydroxytoluene (BHT), propyl gallate, theobromine, diacetyl, phosphates and aluminum. Many artificial colors can also cause health issues, reports EWG, as can thousands of "secret flavor ingredients" that food makers add to foods without oversight in the name of protecting trade secrets. For more information on these foods and how to avoid them, check out EWG's free "Dirty Dozen Guide" online.

Dear EarthTalk: I've been hearing a lot about the dangers of sunscreens. What is the latest on efforts to make them safer and more effective?

-- Phyllis Lothran, Tallahassee, FL

Greater awareness about what's in everyday products and increased interest in healthy living means there has never been a better time to re-evaluate which sunscreens you use. The ingredients in some common chemical-based sunscreens are known to cause allergic reactions for some people and have been linked to reproductive and behavioral problems in animal studies. But luckily for the sun-safe and health conscious among us, there are lots of widely available all-natural, mineral-based sunscreen formulations that won't cause any health problems on store shelves these days.

The most common non-chemical sunscreen ingredients are zinc oxide and titanium dioxide, which offer all-natural broad-spectrum UVA/UVB protection that will not sting your eyes or cause a reaction in people with rosacea or dermatitis like chemical sunscreens can. Current mineral sunscreen formulations on the market do have their downsides, though. Powdered mineral sunscreens can be messy to apply, and their transparency can make it hard to tell if you have enough on to protect yourself. Liquid versions can feel thick and greasy compared to chemical varieties, and may also leave a white cast on skin and streaks on clothing or bathing suits. To eliminate the white cast issue, tinted moisturizers and cosmetic foundations with mineral sunscreens are now available in a wide variety of shades. To find the sunscreen that's best for you, you may

See Page 17

Earth Talk

## From Page 4 - Federal Election

Haiyan victims. One of those who attended was Isabelle Morin, a Member of the Parliament for NDP in Lachine. She asked Rimbao if he was connected with any association.

"There's no need to be part of any association to make changes," he said. "Any individual can make changes if he wants."

That meeting was the beginning of Morin and Rimbao's friendship. Last year, Morin asked him if he would be interested to run for the federal election in Mount Royal where he grew up, but politics was out of his mind because the riding was a strong Liberal stronghold. He recalls what Morin told him, "You can complain as much as you want but no changes will be made if nobody will hear your voice. You need your voice to be heard."

But when Irwin Cotler, who he admires and respects, quit politics, Rimbao changed his mind. It's a whole new game, he said.

"I have been a fan of Ed Broadbent and Jack Layton," said Rimbao. "I like NDP's values which are being continued by Harper. For example, I'm proud of Mulcair and NDP's opposition to Conservatives and anti-terrorism legislation which gives police and Canada spy agency to allow the detention of a terror suspect.

Rimbao is proud to say that when he started his campaign, the NDP was nowhere. Now, when he talks to people, they believe him. "I tell them that I know and understand their problems – the tax, daycare, immigration. Their problems are my problems."

Roberto Bonyad, president of the Bicol Association of Quebec, said, "It's time for a new breed of ideas and 'A' Bikolano to step into a higher degree of public service" while Rick Aquino, president of PBAM, enthused, "With Mario's heart pounding passionately and strong, he will be contributing to making positive changes to benefit the common folks of the community."

Hoang Mai, MP for Brossard-La Prairie said, "Mario is very active and dynamic and we are fortunate to have him as our candidate for Mount Royal."

Rimbao also links his former job representing the ships where he worked. "That's the reason why I'm running for MP in the federal election. I can represent the people in my riding."

Meet the NDP candidate on June 27, from 11 a.m. to 1 p.m. at 6767 Cote des Neiges Community Centre.

## From Page 1 - Talent Untapped

<http://ottawa.ctvnews.ca/video?playlistId=1.2415782>

Anna Karina wrote this letter in response to our request for materials that can be inserted in the newspaper:

"For your readers, I am so

offered to international conferences on accessibility and employment. In addition, I will make parts of the film available to post-secondary schools to help inform future business leaders and hiring managers of the business value and social return on investment when you hire someone with a disability."



**The first photo from the set of Anna Karina's show "Canada in Perspective" on AMI-TV**

thankful for their individual generosity. I am also inviting corporate and business sponsors to take part in this important project.

My goal is to create a tool that will open doors of employment for people with disabilities and foster more inclusive workplaces.

Portions of the film will be

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# Tagalog Seksyon

## Opinyon/Komentaryo ni Willie Quiambao

### Ano ang mga katangiang hinahanap ninyo sa presidente ng FAMAS ?

Malapit na naman ang FAMAS eleksyon kaya hanga ako sa mga tumatakbo sa pagka-presidente upang makapaglingkod daw sa komunidad. Pero handa na nga ba sila? May mga katangian nga ba sila upang maging presidente? Siyempre, gusto natin na ang isang presidente ng FAMAS ay maging masipag at honest. Pero sa akin, bukod sa dalawang ito, may katangiang pa rin akong hinahanap. Bilang presidente, siya ang magiging kinatawan ng mga Pilipino sa ating komunidad. Makisasalamuha siya sa nga politico kaya kailangan ay magkaroon siya ng personalidad. Hindi ito nangangahulugan na siya ay guwapo o maganda. Kailangan lamang ay may tiwala siya sa sarili. Halimbawa, kahit hindi siya nakapagsasalita nang mahusay sa English o Tagalog, kahit paano, alam at

naipahahayag niya ang ibig niyang sabihin. Ang isa pang mahalagang katangian na kailangan ng presidente ay ang kakayahan niyang makibagay sa kaniyang mga direktor. Labing-isa sila at ibat-iba ang ugali ng mga ito. Makuha kaya ng tatakbong presidente ang respeto at kooperasyon ng mga direktor niya para tumakbo nang mahusay ang asosasyon? Higit sa lahat, kailangang malakas at matibay ang loob niya. Huwag siyang bibitaw kahit anong atake ng mga tao sa kanya. Ang bawat kilos niya, makikita ng mga tao. Hindi nila makikita ang magagawa niyang tama. Ang makikita lamang nila ay ang mali.

Kung mayroong mga katangian nabanggit sa itaas ang isang kandidato, puede na siguro siyang maging presidente. Ang gantimpala? Magiging bahagi siya ng kasaysayan

ng FAMAS. Mauukit ang pangalan niya sa "plaque" na nakalagay sa sala ng FAMAS. Masasama siya sa Hall of Fame.

### Bayad na ang mortgage ng FAMAS nang manalo ng Munting Binibining Pilipinas ang ang anak ni Cora

Sa nakaraang isyu ng isang diaryo sa komunidad, nakasulat na nakapagdala ng \$11,000 ang anak ni Cora Aberin nang maging Munting Binibining Pilipinas ito. Ang halagang ito raw ang nakatulong upang mabayaran ang mortgage ng FAMAS. Marami ang nagreklamo, kabilang si Jim Aquino, dahil nabayaran na ang mortgage ng FAMAS bago naging Binibining Munti ang anak ni Cora.

Palagay ko, sinadyang lituhin na naman ng diaryong ito ang mga tao upang i-build-up si Cora na balitang tatakbo sa pagka-presidente. Naniwala ako kay Cora nang sabihin niyang wala siyang alam nang isulat ang balita. Wala rin siyang kinalaman nang unang malathala sa diaryong ito na tatakbo siya sa pagka-presidente ng FAMAS. Nakalulungkot isipin na sa halip na matulungan si Cora ng diaryong ito, naapektuhan lamang ang kaniyang kandidatura. Kung mananalo si Cora, iyon ay dahil sa kaniyang mga kamag-anak, kumpare/kumare at mga kaibigan at sipag niyang mangampanya.

Huwag mong gawin sa iba ang ayaw mong gawin nila sa iyo

Ayon sa mga balitang narinig

ko, nagreklamo si Fred Magallanes sa abogado ni Budz Sarmiento. Bakit daw nalathala ang resulta ng demanda ni Budz sa kaniya? Sinabi naman ni Budz sa akin, wala sa kondisyon ng out-of-court settlement nila ni Fred na hindi puedeng isulat ang resulta. Ang confidential ay ang halagang ibinayad ni Fred at ang nilalaman ng apology letter niya kay Budz. Ang totoo, si Fred daw ang unang lumabag sa kondisyon ng out-of court settlement nang isulat niya na naman si Budz sa May issue ng Forum. Ito ay ang tungkol sa 150 votes deduction. Noon pa pinagsabihan si Fred ng abogado ni Budz na huwag siyang magusulat tungkol sa huli.

Nagtatawa na naman ang marami ngayon dahil naranasan din ni Fred ang magkaroon ng libreng publisidad. Bakit noon, isinulat niya si Dick Dahirroc at inilagay pa ang litratong may kulay pa sa front page? Ang biro ng mga tao kay Dick noon, "Magkano ang ibinayad mo sa Forum?" Ngayon naman, ang tanong ng iba, "Magkano kaya ang ibinayad ni Fred sa Filipino Star?"

Ang mahalagang aral, "Huwag mong gawin sa iba ang ayaw mong gawin nila sa iyo."

### Magagandang halimbawa

Isa sa mga ayaw ko sa lahat ay ang Filipino Time. Nang dumalo ako noong June 11 sa exhibition ng kilalang pintor na si Manuel Baldemor sa 6767 Cote des Neiges, maaga akon

See Page 9 Tagalog seksyon

# Wishing you all a Happy 117th Philippine Independence Day & Happy Canada Day!

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## Ask the Video Guy

Technological Tidbits  
by

Al Abdon

### How to Build a Blood-Squirt Device

Horror movies overemphasize everything, including blood spraying from someone who has just been cut by a deranged, masked killer. Independent and low-budget film productions don't have access to all of the technologies used in high-end productions. For example, super high-resolution cameras, but creating effect are the same for every production: devices that perform a task on-camera must be first assembled and then used live.

One of the most frightening of all the practical effects is where blood sprays out from a person — caused by someone being stabbed with a knife or shot, cut by a sword or impacted by a sharp object. Regardless of what is causing the skin, the result is that blood sprays out of the wound/impacted area — sometimes as a dribble and sometimes more as a river. This is accomplished by making a blood squirt device.

#### PartsLibe

There are three parts to making a blood-squirt device. The first part is the "blood"; the second part is the device that the blood resides in until it's showtime; and the third part is the mechanism that propels the blood.

Simplicity requires that when the mechanism is activated, the person who the blood is going to spray from can control it him/herself as well as from off-camera. Additionally, the mechanism should be such that it can be used repeatedly and does not have any contents which can fail (such as an explosive charge that fails to detonate), ruining the shooting. A blood-squirt device that relies on air pressure to propel the blood fulfills these needs and also makes for an inexpensive

The blood-squirt device, at its core, is similar to that of the classic "smell the flower on my lapel and get a spray of water" gag that was a mainstay of the 1920's jokester. All that is needed is tubing, which can be surgical or plastic tubing acquired from a surgical supply house. The main necessity is for it to be flexible, although it also needs to be thin in most cases (except as where a huge amount of blood is to be dispensed). The length will be based on both — where it's to be positioned on the actor's body, along with where the trigger will be. For example, if the actor is to initiate the blood, it needs to be long enough to reach his/her waist and a little past that. If the trigger is to be done by someone off camera instead

of the actor, the length might be slightly longer.

The device that will hold the blood and provide the air pressure to push it through the tubing is a commonplace syringe. The size of the syringe again is dictated by how much blood will be dispensed, along with the physical size of its tip and the tubing, as these two must be mated together. As there are different sizes of syringes, it is necessary to view the choices in order to select the one most suitable. The tubing can also be larger than just one that fits over the tip of the syringe. For example, applying momentary heat to the tip of the tubing can cement it in position over the end of the syringe. Alternately, a drop of superglue will accomplish this as well.

#### HOW TO MAKE THE DEVICE

1) Make a small hole in the bottom and front of a shirt pocket (or at whatever area on the front of the shirt where the blood will exit) that will be worn by the actor.

2) Have the actor put on the shirt, but leave it unbuttoned.

3) Run the length of tubing against the actor's chest from the waist-level and secure it with strips of surgical tape. Insert the end into the hole in the shirt from the inside, taking care that it doesn't emerge out of the shirt or is visible. If the blood is to emerge from the pocket, then the tubing will run up, through the hole at the bottom of the pocket and back into the hole at the front of the pocket. Close the shirt.

4) Insert the end of the syringe into the dish filled with the blood. Draw the plunger up to fill the syringe. Affix the free end of the tubing over the end of the syringe. Alternately, the tubing can be placed over the syringe, with the

free end placed in the dish and the plunger raised to fill the syringe with the blood prior to the tubing being affixed to the ACTOR.

5) Depending on the shot being filmed, either the actor or another person can hold onto the syringe and depress the plunger of the blood-squirt device either slow or fast when the time comes.

Follow these instructions and you should have a fully-functional blood-squirt device to help sell any gory action or horror scene.

#### Explosive Blood Squibs

A useful method for propelling the blood is to make a SQUIB, this blood-squirt device is basically a small, plastic bag filled with blood-like liquid which is detonated by an explosive charge set off by an electrical signal (obviously the charge is non-lethal). The squib's main purpose is to shoot the blood out with great force, the result being a splattering effect having been derived as if from a gunshot wound or some other object causing a massive trauma to the body.

As can be imagined, making such an explosive-powered squib should only be done by a professional. This is why alternatives have cropped up, such as the use of a CO2 cartridge to trigger the blood flow, or building up air pressure inside a balloon or similar object that, when the air is released, forces out the blood without relying on either explosives or a detonation trigger.

Marshal M. Rosenthal is a technology and consumer electronics freelance writer based on the West Coast.

**Liberty is the only thing you can't have unless you give it to others.**

**William Allen White**

From Page 3 Philippine Heritage

Vincent Massey Park on June 7.

#### Largest Filipino fiesta

At the picnic, Filipino organizations and the Philippine Embassy participated in the parade of colors signalling the start of the biggest Pinoy fiesta in Ottawa. Along with Ambassador Petronila P. Garcia and Mayor Watson, the Honourable Pierre Poilievre, Minister of Employment and Social Development and Member of the Parliament of Canada, greeted the merrymakers celebrating Kalayaan 2015. On the part of the Philippine Government, Ambassador Garcia conveyed the good news of the country's political and economic gains and closed her remarks with the independence day message of President Benigno S. Aquino III.

This year's Parada ng Lechon swelled with nine (9) entries competing for prizes. Likewise, entertainment numbers became more diverse with many talented Filipino youth performing on stage.

Independence Day Mass

launches week-long festivities

This year, Holy Mass at the Our Lady of Assumption Church and a program featuring a balagtasan on June 6 kick-started the community's festivities. The following day, His Worship, Mayor Jim Watson, proclaimed Philippine Heritage Week from 6 to 14 June 2015 at a community picnic which saw thousands of Filipino community members converge at the Vincent Massey Park on June 7.

For the third year running, the Parliament of Canada honored Canadians of Filipino heritage with a flag raising ceremony and reception on June 11. On this occasion, Senator Tobias Enverga, Jr., together with Ambassador Garcia, led the unfurling of a giant Philippine flag on the grounds of Parliament Hill.

The occasion also presented an opportunity for the Senate of Canada to greet and welcome Ambassador Garcia and Embassy officers as visitors to an on-going sitting and for Senator Enverga to rise and deliver a statement on Philippine independence day.



Ambassador Petonila Garcia welcomes guests at the Philippines National Day reception as Minister Ed Fast and DDG Tungpalan look on.

#### Flag Raising at Ottawa City Hall

Through arrangements made by PICOV, Ambassador Garcia and Mayor Watson presided over the annual flag raising ceremony at the Ottawa City Hall on June 12. Always a high point of Philippine Heritage Week, the solemn rites affirm the important place of Filipinos in Canadian society while sustaining their connection to Philippine roots.

A breakfast reception hosted by PICOV followed at the Philippine Embassy to strengthen the

fellowship among members of the Filipino community in Ottawa.

#### Independence Day Gala

Also on June 12, the annual PICOV Ball took place at the St. Elias Centre in Ottawa with record attendance. The dinner-dance also showcased Filipiniana fashion and some of the Filipino community's finest singers.

(Photo credits: Allan Fernandez, Ben David and Danny Arriola)



# Phiippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi

## Summer barbecue Filipino style



Pork Barbecue on the grill

Ingredients:  
pork shoulder or pork belly - 2 pounds, slice in 1-inch cuts, ready to skewer  
garlic - 1 teaspoon, finely minced  
soy sauce - 1/2 cup  
calamansi juice (the Filipino lime) - 1/4 cup, frozen calamansi concentrate, or use fresh (from Asian markets) or use fresh lemons  
banana catsup - 1/2 cup, from Asian markets (or use tomato catsup)

ginger ale - 8 ounces or 1 can (or use 7-Up or Sprite)  
brown sugar - 1/2 cup  
sea salt - 1 teaspoon  
freshly ground black pepper powder - 1 teaspoon  
bamboo skewers - 12 to 14, pre-soak for 20 minutes before placing skewered meat  
Instructions:  
Mix the marinade ingredients together in a bowl : minced garlic, soy sauce, calamansi juice (or use lemon), banana catsup (or use tomato catsup), half of the ginger ale, salt, black pepper. Leave ½ cup of the marinade plus the sugar, aside for the grilling glaze. Pour the rest of the marinade over the pork. Keep in a non-reactive container. Cover with plastic wrap and refrigerate the pork overnight.  
The next day, pre-soak the bamboo skewers in water for about 20

minutes. Then skewer the pork pieces into each bamboo stick, allowing approximately 6 to 7 pieces on each one.  
Pre-heat the outdoor barbecue grill to a medium high heat. Get ready with the grilling glaze set aside from the day before, add the sugar and remaining ginger ale. Grill the barbecued pork, about 12 minutes on each side while rotating the skewers. Total grilling time should take about 30 minutes. Baste the pork barbecue every few minutes so that it gets moist and shiny.  
When cooked, serve hot on long platters and garnish with tomatoes, cucumbers and green pickled mangoes or some "achara", green papaya pickle relish.



Grilled Tilapia

Ingredients  
1 to 2 pieces large tilapia, cleaned and gutted  
2 pieces tomato, diced  
1 onion, diced  
1 teaspoon lemon juice  
Salt and ground black pepper to taste  
2 tablespoons cooking oil (optional)  
Instructions  
Combine tomato, onion, salt, ground black pepper, and lemon juice in a bowl then mix well.

Stuff the mixture inside the cavity of the tilapia. Note: do not overstuff the fish.  
Meanwhile, combine oil with 1 teaspoon of salt and mix.  
Brush the oil and salt mixture on the exterior part of the tilapia. Note: The salt adds more taste while the oil prevents the skin to stick on the foil. Wrap the tilapia in aluminum foil then secure the sides.  
Grill the wrapped fish for about 12 minutes per side.  
Remove from the grill and transfer to a serving plate.  
Serve with ensaladang talong and




Grilled Eggplant

Grilled eggplant or inihaw na talong is an easy and simple dish that is commonly served as side dish. The eggplants broiled then peeled off the skin and served with sauteed shrimp paste.

Estimated time of preparation and cooking: 20-30 minutes  
Good for 4 servings

Ingredients:  
4 large eggplants(talong)  
1/2 cup sauteed shrimp paste

Procedures:  
1. Broil eggplants until skin are charred and blister. Let it cool.  
2. Peel off the skin then transfer to serving plate.  
3. Mash lightly the eggplant with a fork then serve with sauteed shrimp paste.



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From Page 7 Tagalog Seksyon

umalis sa bahay upang hindi ako mahuli. Ang nakalagay sa imbitasyon ay 6:00 p.m. Mga 5:45 p.m. ako dumating sa 6767 Cote des Neiges kaya akala ko ay maaga pa ako pero marami nang tao roon. Ganitong pagtitipon ang gusto kong daluhan dahil hindi Filipino time. Ang dahilan siguro ay si Russel Copeman at Marvin Rotrand ng city of Montreal ang hosts. Kung Pilipino ang host noon, ang 6:00 p.m. ay magiging 7:00 p.m.

Ang isa pang magandang halimbawa ay nang ma-interview ko si Anthony Housefather. Sinabi niya na ang isang dahilan kung bakit siya tatakbo bilang MP sa Mount Royal. Gusto niyang patunayan na mayroon pa ring politico na pumapasok sa pulitika hindi para magkapera. Abogado siya kaya bukod sa pagiging alkalde ng Cote Saint Luc, general counsel siya ng isang malaking kompanya. Nasabi niya ito dahil pagkatapos ng Charbonneau Commission , ang tingin ng mga tao sa politico ay corrupt. Sana, mabasa at may mapulot na magandang halimbawa ang mga Pilipino kung bakit tumatakbo sa MP si Housefather. Hindi lahat pero may mga ilang Pilipino sa ating komunidad na ginagamit ang asosasyon para magkapera. Huwag naman ganyan.

From page 2 Letter to the Editor

serves taxpayers rather than frustrating them. End the political harassment of charities and clarify the rules to reaffirm their important role in public debate.

Finally, Liberals will commit to gender parity in all government appointments—and our federal Cabinet will have an equal number of men and women.

These are just highlights of our plan. All are part of a Liberal agenda that will shed new light on the government and ensure that it is focused on the people it is meant to serve: Canadians.

Yours sincerely,

Justin Trudeau  
Leader of the Liberal Party of Canada  
613-947-5100

**The greatest need of the future is for more and better leaders in all fields of human endeavour - leaders who will have the knowledge, courage, conviction and human understanding to cope with the problems of a shrinking world, freer trade, the population explosion and the need for improved living conditions for all.**  
Anton Rupert



# The North American FILIPINO STAR PHOTO GALLERY



Manuel Baldemor giving his message. From left: Councillor Marvin Rotrand, Cote St. Luc Mayor Anthony Housefather, CDN-NDG Borough Mayor Russell Copeman, and the Philippine Ambassador Petronila Garcia. Taken during the vernissage of Mr. Baldemor, June 11, 2015 at the Cultural Community Center, 6767 Cote des Neiges.



*Greetings of Mabuhay to a strong and vibrant community celebrating their 117th Philippine Independence Day!*

*Happy Canada Day!*

*Meilleurs vœux de Mabuhay à une communauté forte et dynamique célébrant le 117e anniversaire de l'indépendance des Philippines!*

*Bonne Fête du Canada!*

*Our candidate/Notre candidat*

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 **Conservateur**





From left: Mrs. Tupaz, Ed Tupaz, Zenaida Kharroubi, Councilor Marvin Rotrand, the honoree, Manuel Baldemor, Deputy Chief of Mission, Uriel Norman Garibay, of the Phil. Embassy, and Shinette Khoury



Posing for souvenir in front of Manuel Baldemor's art works: are the MMTV crew: Amy Manon-og, Zenaida Kharroubi, Tenne Rose Dayandante, Arlene Manalo, and Desideio Sebellita. (Photo: C. Hunter)



Manuel Baldemor is flanked by the Philippine Embassy staff, and Shinette Khoury. Photo by Cristy Hunter.



From left: Mario Rimbao, Tenne Rose Dayandante, Ambassador Petronila Garcia, Manuel Baldemor, Zenaida Kharroubi, Annie Miaral, Arlene Manalo, Monique Regacho, and Shinette Khoury. (C. Hunter)

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All my best wishes to you  
on the occasion of the 117<sup>th</sup>  
Philippine Independence Day!

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## Social Tidbits

**Fely Rosales Carino**



May 23, 2015 saw the Filipino Nurses Of Quebec (FNAQ) celebrate the 23rd anniversary of the founding of the association by Mrs. Maggie Calcetas, herself a retired nurse and a very well-known community leader in Montreal. This event was held at the Holiday Inn Aeroport, Dorval. This glittering occasion was made special by the display of our Philippine "terno", worn by the Filipino nurses and guests alike. The evening had the feel of a fashion show which was led by the FNAQ president Ms. Angelita Ojerio in striking red. President Ojerio introduced Guest Speaker Ms. Lucie Tremblay, herself in a lovely terno. Ms. Tremblay spoke of the growth of the FNAQ under her stewardship as one of the advisers. A pillar of the nursing profession, Ms. Tremblay, a former President of the Order of Nurses, was awarded the distinction of "Best Nurse in Canada" by the College of Health Leaders (CHL).

The program started with the singing of the National Anthems 'Bayang Magiliw' and O Canada by Ms. Thea de la Cruz, a Filipino singer who recently sang the National Anthems at the Bell Center before a hockey game. Next came the welcome address by President Ojerio. This was followed by the Inspirational Message by Honorable Petronila Garcia, the Philippine Ambassador to Canada. The ambassador elaborated on the recent state visit of Philippine President Benigno Aquino and gave insight on the bilateral agreement between Canada and the Philippines.

Dinner entertainment included a graceful dance exhibition by the Pamana Ng Luzviminda Dance Troupe, a vocal solo by Thea de la Cruz, and a duet by Connie Fernandez & Danny Valdez.

At this gathering, retired nurses were recognized by Milagros Gobeil and Cecilia Padadac. They are Lolita Alfonso, Victoria Lewis, Zenaida Ahmed, Arsenia Lopez, Zenaida Briones, Josephine Olivio, Emilia de Castro, Pacita Pesario, Shiela

Koutsogianopolous. and Virginia Serequiha. Likewise, Joel Reyes and Criselda Alzate welcomed the following new nurses: Alicia Po Deziel, Melissa Hum, Vincent Dimayuga, and Alivea Pagano. The party was made lively by the funny antics of Emcees Wynne Abdon and Fruan Tabamo. FNAQ Vice President Cora Abdon did the closing remarks, and of course, everyone gave their best smiles whenever MMTVs photographer Christy Hunter and videographer Slma Hajohamad had their photo lenses focused on them. As usual, Mr. DJ, Freddie Baculina outdid himself with sets of great dance music!

The Hellenic Center, Montreal, PQ, was a very crowded place last May 30, 2015 as the Bicol Association of Quebec (BAC) held their 26th Anniversary of Sarong Banggi. The program started with the introduction of the hosts for the evening – the MMTV hosts Tenne Rose Dayandante, seductive in her green flowing gown, and Michael Davantes, dapper with his signature butterfly necktie. By the way, did you see Emma Tayoto that evening? Stunning in short red dress, she looked like a Barbie doll. No wonder hubby Doming was all smiles throughout the celebration. Equally lovely was Stella Bonyad, BACs Robert Banyad's wife in black lace who was very welcoming and accommodating.

After the National Anthems, Bicol's National Anthem – Sarong Banggi – was also played Raggaie style. BAC Vice President Mr. Avelino Galan gave his welcome address followed by the inspirational message by Mr. Mario Rimbao, candidate for the Mont-Royal Riding. MMTVs Vilma Kelly (BAC PRO) introduced the Guest Speaker, Father Gregory Nunez, a Bicolano priest and a pastor at the St. Willibrord Parish. Intermission numbers were provided by a children's dance – followed by a hip hop presentation by BAC's Toronto guests.

While the floor was busy with the line dancers, let's give a shout out to

those who labored to prepare a table laden with food and drinks! Meanwhile, I only saw San Tino going around greeting guests. The rest were happy spectators! Special mention goes to a certain table: Father Gregory Nunez, San Tino, JVL Calpito, Kid Quiblat, Mandy Villapando, Boy Tino, Bing Tino, Michael Simkin, Myrna Tonadvito and Caroline Simkin.

The Filipino Association of Montreal and Suburbs (FAMAS) led the other associations in celebrating the 117th year of Filipino Independence. The FLAG RAISING CEREMONY was held June 12, 2015 at the Philippine Canadian Center at Van Horne Avenue, Montreal. After the Philippine, Quebec, and Canadian flags were raised, the celebration continued at the Center. President Nida Quirapas welcomed four prominent guests: Mr. Russel Copeman, (Mayor of Cotes-des-Neiges, Notre-Dame-des-Grace), Mr. Lionel Perez (City Councilor, Darlington District), Mr. Anthony Housefather (Mayor of Cote-St.-Luc) and Mr. Marvin Rotrand (City Councilor, Snowdon). All of the above guests expounded on the importance of the Filipino Community's contribution in serving their constituents. After the politicians left for their various commitments, Emcee Joseph Gonzales gave Mr. Bert Abiera the floor for an inspirational message.

The above event was followed by an Independence Ball in the evening at Holiday Inn Aeroport Dorval. The program started with the parade of colors performed by Romeo Remigio, Edwin Rosete, and Ray Balansi. In addition to performing the National Anthems, the Panday Tinig Chorale Ensemble rendered 3 beautiful Tagalog songs: Sa Piling Mo, Pandanggo ni Neneng, and Pandanguhan. These songs never fail to bring back memories

of our beloved Philippines! Other intermission numbers were performed by Annie Lou Penullar, the QACFT Dancers (weren't they graceful?) – Eppang Nicholas, Elsa Montealegre, Nancy Karides, Elma Bolatao, Nenita Licayayo, and Melanie Somejo.

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

Until the next issue .....

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# FILIPINO STAR

## SHOWBIZ GOSSIP

### Manila in Movies

by Michael Joe T. Delizo

Manila is historic as it is beautiful. Though quite removed today from the majesty that earned it the tag "Pearl of the Orient," cinematographers and movie directors still deem it interesting enough to be the backdrop of their films. To commemorate the founding anniversary of our dearest Manila, we look back at some of the films shot within the city:



**Jeremy Renner and Rachel Weisz ripping through the busy streets of Manila**

#### 'BOURNE LEGACY'

Who would ever forget how the shooting of "Bourne Legacy" caused so much furor – and, well, traffic – around these parts in 2012?

The Hollywood action franchise's production team, including stars Jeremy Renner and Rachel Weisz, spent nearly two months shooting crucial scenes in and around Manila, ripping through the busy streets of Leveriza, Quirino, San Andres, Riverside Drive, Remedios Circle, Jones Bridge, Ramon Magsaysay Blvd., among many others.

After braving the heat, traffic and jam-packed streets, the production went to El Nido, Palawan to wrap up their Philippine sojourn.

#### 'ON THE JOB'

Hello, Manila City Hall! The iconic centuries-old structure played a huge part in this internationally-acclaimed film. It's where the office of Atty. Francis Coronel, Jr. (played by Piolo Pascual) is located, and also the place where he's ambushed.

Apart from the City Hall, the movie also showed the Manila Police Headquarters and the Department of Justice building in Ermita.

#### 'SHOWDOWN IN MANILA'

Currently in production, "Showdown in Manila" is the latest in many Hollywood projects filmed in the

capital.

It stars our very own Iza Calzado, who portrays a very good-looking police officer and she is joined by the equally delectable Fil-Am Tia Carrere ("Relic Hunter"), Casper Van Dien ("Sleeping Beauty"), Cary-Hiroyuki Tagawa ("Mortal Kombat" and "Tekken") and Alexander Nevsky ("Moscow Heat"). The film is directed by Fil-Am Mark Dacascos.

Nevsky – said to be the Russian Arnold Schwarzenegger – was awed by the culture and beauty of Manila, and impressed by the Filipino's "very positive" outlook in life.

#### 'THIRTEEN DAYS' AND 'MISSING IN ACTION'

Luneta, the city's national park, was once a favorite movie location.

Some scenes of Kevin Costner's "Thirteen Days," which dramatized the Cuban Missile Crisis of 1962, were shot there.



**Piolo Pascual in an action scene in front of Manila City Hall**

Apart from Manila, the production also filmed parts of Clark, Pagsanjan and Cavite as stand-ins for Cuba and Vietnam.

Chuck Norris' "Missing In Action," meanwhile, filmed the facade of the Luneta Hotel, transforming it into "Lun Ta," a hotel supposedly part of a Vietnam locale. ■

### Jennylyn Mercado is FHM Philippines' sexiest woman for 2015



**Jennylyn Mercado is the country's sexiest woman this year, according to men's magazine FHM Philippines.**

Jennylyn Mercado is FHM Philippines' sexiest woman.

The men's magazine made the announcement on its social media accounts on Sunday. The GMA-7 actress bested other favorites Andrea Torres and Ellen Adarna for the title. FHM's Sexiest Woman in the Philippines is determined based on an online poll.

Other celebrities who made it to the top 10 of FHM Philippines'

Sexiest Woman in the Philippines this year include Marian Rivera, Sam Pinto and Angel Locsin.

Although a constant fixture in FHM Philippines' annual sexiest list, this is the first time Jennylyn topped the polls. This also continues her string of recent success—including winning the 2014 Metro Manila Film Festival best actress award and the Best Teleserye Actress award from PEP List. ■

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## John Lloyd addresses breakup rumors with Angelica



**John Lloyd Cruz**

Actor John Lloyd Cruz has finally spoken on the issue that he and actress Angelica Panganiban have ended their relationship.

In an interview on the set of "Maalaala Mo Kaya" in Bataan on Thursday, Cruz stressed that everything is okay between him and Panganiban, saying that they are happy together.

"We are okay, we are okay. We are happy to be together," he said.

"Kahit na working week ito, for me somehow we still managed na

When asked about his birthday wish, the actor replied: "Actually, wala na akong mahihiling pa. I'm very much content with my life. I'm very much content kasi hindi nawawala ang desire ko to work, hindi nawawala ang passion ko to do more and it's evolving for the past couple of years. And siyempre, hindi naman mawawala ang hits and misses so you can't be always on top. Ang importante, you have to desire to do more, to become better, a better version of yourself. Kung sa labas



**Angelica & John**

magkaroon kami ng oras sa isa't isa, makita ko siya," he added.

Cruz said he is already used to rumors that he and Panganiban have already called it quits.

"Sanay na kami sa mga tanga-tangang balita... Parang kung mapipikon ako, hindi sa mga ganyang klaseng sabi-sabi. Parang kung mapipikon ako, dapat noon pa ako napikon, lalo na sa mga taong hindi dapat nabubuhay sa mundo," he said.

### Birthday wish

Cruz, who turned 32 on Wednesday, said he just had a simple celebration with Panganiban and his family.

"Very, very typical day para sa pamilya namin. 'Yun naman ang goal ko, ayaw ko mag-celebrate, actually. Actually, gusto ko mag-celebrate kapag birthday ng iba pero hindi ko lang alam bakit this time parang ayaw ko. Siguro nga dahil medyo busy. So okay lang, mag-trabaho na lang," he said.

noon, ano pa ba ang mahihiling ko, baka hindi na para sa akin, maaring para sa magulang ko na lang."

Because work remains a priority for Cruz, the actor admitted that he is still not yet ready to have a family of his own.

Pressed to answer if he considers Panganiban as wife material, he said: "Oo naman. Napaka-swerte -- kung hindi man ako -- napakaswerte ng mapapangasawa niya. Wala lang, mayroon tayong kanya-kanyang idea, konsepto ng kung ano ang gusto nating makasama habambuhay. Hindi naman pwedeng puro ganda at puro talino. Hindi ba importante rin na kaya mong patawanin ang partner mo, masarap magluto at talagang yung connection niyo can go beyond what you can imagine, what you can experience? So dapat ganoon kalalim, dapat talaga malaking factor na magkaibigan kayo." ■?

## Sarah Geronimo opens up on moving on from past heartbreak



**Sarah Geronimo**

"Kapag naramdaman mo na wala nang respeto sa'yo 'yung tao, hiwalayan mo."

Thus said Sarah Geronimo as she reminisced about a past heartbreak during the press conference for the Star Cinema movie "The Breakup Playlist."

The topic of former heartbreaks came up as members of the press asked on the similarities between Sarah and her character in the movie. In "The Breakup Playlist," Sarah stars with Piolo Pascual as bandmates turned lovers who will later break up.

During the press conference, Sarah said music helped her heal from a past experience.

"Kasi part ng healing process 'yan, e. 'Yung alagaan mo 'yung sakit until mawala," she explained.

The singer-actress also believes that "bawat emosyon, kailangan mo pagdaanan, or else, mababaliw ka."

Sarah didn't specify who she

was pertaining to when she talked about her past heartbreak. The ABS-CBN artist was linked in the past with actors Gerald Anderson and Rayver Cruz, whom she had a secret relationship with in 2010.

"The Breakup Playlist" is Sarah's first movie with Piolo. She described the experience of working with the ABS-CBN actor as challenging yet fulfilling.

"Very challenging, hindi lang 'yung pagtitig ko sa mga mata ni Piolo Pascual, pero very challenging din to play the role of the girlfriend ng isang Piolo Pascual sa pelikula. Kasi mature role na po itong ginagampanan ko, mature na 'yung klase ng love story na meron kami, so naging challenging siya sa akin," she enthused.

"Pero fulfilling kasi natapos namin nang maayos and hopefully ma-appreciate ng audience," Sarah added.

"The Breakup Playlist" opens in theaters on July 1.. ■

## Toni still adjusting to married life



**Toni Gonzaga & Paul Soriano**

Days after tying the knot with Paul Soriano, actress Toni Gonzaga said she misses living with her family and that she's still getting used to seeing her name with a hyphen.

"Parang ang weird na iba ang kasama ko sa bahay. Nakakapanibago, kasi 31 years ng

buhay ko kasama ko parents ko, eh," she said in an interview aired on "Aquino & Abunda Tonight" recently.

Toni and Paul were married in Taytay, Rizal after 8 years of relationship. Paul proposed to Toni on her birthday in January and they confirmed their engagement last Feb. 8. Their honeymoon, a gift from Kris Aquino was on Amanpulo, Pamalican Island in Palawan.

Will they have a baby soon?

"Katulad ng pag-aasawa, dumadating naman 'yan na hindi natin pinaplano. Ayaw ko magsalita ng next year, next month, in the next two years. Kung kailan na lang siya ibibigay ni Lord," Toni said.

If Paul would have his way, he'd like to have twins.

"But whatever God blesses us with, as long as healthy and strong, happy na ako," he said. ■



**Showbiz Gossip** *Continued from p.15***Dennis tells Kris: 'Sumama loob ko sa 'yo'****Dennis Padilla & Kris Aquino**

In a candid moment, Dennis Padilla told Kris Aquino that he had ill feelings toward her at one point over a comment she made about his relationship with his daughter, teen star Julia Barretto.

In an interview on "Aquino & Abunda Tonight" that aired Friday, Padilla was asked whether he will invite his children with former partner Marjorie Barretto to the premiere of his new film "The Breakup Playlist."

He said he is inclined not to, to avoid getting hurt if they won't attend.

The comedian noted that Julia did not bother inviting him to watch her first-ever film "Para Sa Hopeless Romantic," which premiered in May, two months after Julia's debut and graduation. Padilla attended both occasions.

Julia is the eldest of Padilla's three kids with Marjorie.

When Aquino remarked that it was good to hear Padilla's side, he agreed, saying he was disappointed to hear the TV host's earlier comments about his situation with Julia.

"Narinig ko nga 'yung comment mo noon, eh. Sumama nga loob ko sa 'yo noon," he told Aquino. "Buti nalang kakampi ko si Kuya Boy [Abunda] noong mga oras na 'yon!"

A laughing Aquino replied: "Peace na nga tayo ngayon! Pinuri na nga kita na hindi ka nagpaka-plastic! Ginagawa lang namin 'yan (disagreeing with Abunda) para balanced."

Padilla was referring to a report that aired on "Aquino & Abunda

Tonight" about Julia's petition to drop Padilla's real surname Baldivia, and use Barretto instead. It showed Padilla's earlier statement that he was hurt by Julia's decision.

Julia announced in March that she has changed her mind about dropping her father's surname. However, Padilla belied this last Tuesday, saying Julia has yet to withdraw the petition, which was reportedly filed when the actress was only 16. ■

**Megan Young now into calligraphy****Megan Young**

Given the demands of their careers, it is not surprising to hear of celebrities engaging in various hobbies to unwind and alleviate stress.

Former Miss World Megan Young is no different. In fact, she has been investing time on calligraphy, a form of lettering using different tools such as a dip pen or brush.

According to a report on "24 Oras," the "StarStruck" alumna has enrolled herself in calligraphy classes to improve her skills.

"Practice lang din talaga and minsan nanonood din ako ng videos," said Megan.

Apparently, the star of the upcoming "Marimar" remake has always been drawn to the arts, be it painting or lettering, since she was young.

That may sound like a serious

pursuit, but when it comes to letting loose and having fun, Megan's got game – board games, in fact.

She often bonds with her family playing Monopoly Deal, 30 Seconds, and other old school board games.

When it comes to other interests, Megan shares she is actually a foodie. She loves sweets like cupcakes, macaroons and even ice cream and milk tea; and she also likes pasta and pizza. It's a good thing she has no problem maintaining her 25-inch waist line.

The 25-year-old was recently chosen by President Noyoy Aquino as ambassador for "I Am For Peace," a campaign that aims to "mobilize public support for peace through the involvement of various sectors and known personalities." ■



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18 and 29 years of age, and at least 5'10". Successful applicants will advance in personal interview callback.

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**The Press Launch of Mistery 2015: The Mistery of Pilipinas with Prime Event Productions Philippines Foundation Inc. and co-presenter Teceruma Spa and Salon. photo by Joy Arguil**



**Mister Tourism International Philippines, Judah Cohen, at the Philippine Fashion Week.**



**Joseph Doruelo, Mister Global Philippines, at the NERERU Manila Fashion Event.**

applications have been pending FDA approval since 2002, though many of these ingredients are already used in sunscreens in Europe and elsewhere. The last sunscreen to get FDA approval was Mexoryl SX, a strong UVA filter, in 2006. Despite its availability in Europe since 1993, Mexoryl SX was approved in the U.S. exclusively for the high-priced La Roche Posay Anthelios SX sunscreen and no other formula.

"Many promising sunscreen ingredients have long been used in sunscreen products that are sold in other parts of the world, including the European Union and Canada," says Scott Faber, EWG senior vice president. "It is about time Americans have access to the same products that others use to protect themselves from the dangers of sun exposure." He adds that the FDA is expected to make decisions on some of the eight pending sunscreen ingredients within six months.

CONTACT: Environmental Working Group, [www.ewg.org](http://www.ewg.org).

EarthTalk® is produced by Doug



Some all-natural, mineral-based sunscreens may be chalky going on but could be safer than their chemical counterparts. Credit: Indexorama, Flickr CC

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From Page 6 Earth Talk

want to check out free online databases like the Environmental Working Group's (EWG) Guide to Sunscreens or Paula's Choice Expert Advice on Sun Care.

"Many sunscreens offer inadequate protection from the sun and can contain toxic ingredients to boot," says Sonya Lunder, senior research analyst at EWG. "[The EWG Guide to Sunscreens] offers users much-needed, well-sourced information so

they can make the right choices to protect themselves and their families."

As soon as this coming summer, Americans may have access to new active sunscreen ingredients that could offer benefits like stronger UVA protection and longer lasting, more lightweight applications. Last November, President Obama signed the Sunscreen Innovation Act into law, which will push the U.S. Food and Drug Administration (FDA) to make quicker decisions on new sunscreen ingredients awaiting their approval. Eight sunscreen ingredient

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# Manuel Baldemor's Images of the Homeland stir hearts in Ottawa and in Montreal

16 June 2015 – On the occasion of the 117th anniversary of the proclamation of Philippine independence, the Philippine Embassy mounted painting exhibits of famed Filipino artist Manuel Baldemor from 6 to 11 June 2015 in Ottawa and Montreal.

Nearly 100 artworks of the illustrious painter made up the simultaneous one-man shows entitled

sector and Filipino community viewed Baldemor's works with admiration for his style, subject and choice of colors.

In Montreal, the Philippine Embassy partnered with the Maison de la culture Côte-des-Neiges, through the good offices of Mayor Russell Copeman and Councillor Marvin Rotrand, to bring, for the first time in recent memory, Philippine visual arts to the cultural capital



**French-Canadians, including Mayor Anthony Housefather (center) admire the works of Manuel Baldemor**

Images of the Homeland in Ottawa and Montreal.

In Ottawa on 9 June 2015, Baldemor's Homeland series adorned the halls of the National Gallery of Canada during the national day reception hosted by Philippine Ambassador Petronila P. Garcia. Representatives from the federal government, diplomatic corps, private

of Quebec, the largest French-speaking province in North America. Baldemor's paintings were presented at the Centre de Ressources Communautaire de Côte-des-Neiges on 6-11 June 2015. Ambassador Garcia co-hosted a finissage with Mayor Copeman and Councillor Rotrand to celebrate Philippine independence day with the Filipino community.



**Ambassador Petronila Garcia views Baldemor's works with International Trade Minister Ed Fast**



**Flor Rillo, Bert Abiera, and Pete Izon of the Silangan Shriners.**



**Filipino-Canadian guests extend a warm reception to the visiting Filipino artist whose works were exhibited at the Centre de Ressources Communautaire de Côte-des-Neiges in Montreal**

From many-hued renditions of the iconic jeepney and the kalesa to young Filipino maidens and lively musicians, Images of the Homeland struck a nostalgic chord among the exhibit's Filipino-Canadian audience while eliciting high

belles, and magnifique were among the superlatives inscribed in the exhibition guest book. Invariably, visitors to the show commended the visiting artist for his talent, devotion to the arts and passion for Filipino culture.



**Ambassador Petronila Garcia thanks Mayor Copeman, Mayor Anthony Housefather of Côte-Saint-Luc and Councillor Rotrand for helping mount the Baldemor exhibit**

praises from a French-Canadian visitors.

For Linda Agcaoili, Baldemor's paintings were magnificent works that allowed her to see the Philippines without leaving her present home city. Amelia Anam Manon-og hailed Baldemor as "The People's Artist" and joined many of her Filipino compatriots in expressing pride in his "works of love" that represented the "Filipino personality". Frans Tolento Liganor encouraged Baldemor to "continue painting for the world." The artist's French-Canadian admirers were equally profuse in their compliments. Formidable, incroyable, merveilleux, tres

"Mr. Manuel Baldemor's works will be gracing public spaces for the first time in Montreal, Toronto and Vancouver. Our featured artist has endeared himself to the Philippine foreign service as an ambassador of goodwill to over 35 countries (and counting), as well as the United Nations. His works depict Filipino folk culture and traditions in ways that a thousand words cannot capture," Ambassador Garcia remarked. END



**Sir Bert Abiera, Nida Quirapas (president), Linda (wife of Elmer), Elmer Manila and Romeo Remegio. Abiera, Manila and Remegio are recipients of this year's FAMAS president awards.**



# FAMAS celebrates Independence and Anniversary ball

By Willie Quiambao

The more than 200 guests who attended the 117th year of Philippine Independence and 52nd FAMAS Anniversary Ball on June 13 at the Holiday Inn were treated with inspirational and

Board 2013-2015 – Bayanihan. Indeed, when we work together as one, we are able to make the impossible possible, like our forefathers did when they fought guns with their bolos. “

The program kicked off with the

federal MP, Anthony Housefather and Mario Rimbao delivered short messages. Another candidate, Robert Libman, left early due to prior commitment, but left his representative to act on his behalf.

Tomorrow from Broadway musical show, Annie and Housefather, who was challenged to dance Tinikling, wowed and delighted the guests.

Quirapas expressed her appreciation to the following members of her Executive Board who have been



Taken during the flag raising ceremony on June 12. From left to right: Al Abdon, Josefa Nicholas, Gerry Danzil, Roberto Yasis and Narciso Mejia.

political speeches, surprised entertainments and non-stop dancing.

In her message, Nida Quirapas, FAMAS president, said, “We have chosen the theme “Together We Make a Difference, (May Saysay kung Sama-sama), in celebration of the 117th Anniversary of the Philippine Independence, 52nd Anniversary of the founding of FAMAS and 26th year of FAMAS Community Center in keeping with the theme of our term as FAMAS Executive

entrance of colors led by Romeo Remegio, SK Edwin Rosete and Rey Balansi. It was followed by the singing of Canadian and Philippine anthems by the Panday Tinig Choral Ensemble, then invocation by Nathalie O. Pelausa and welcome address by Nida Quirapas.

The invited guests who delivered inspiring speeches were Irwin Cotler, Anthony Housefather, Mary Derois, Marvin Rotrand and Ulriel Norman Garibay. Furthermore, the two candidates for



117th Philippine Independence and 52nd Anniversary Ball on June 13 at Holiday Inn - Recipients of the President Award are Bert Abiera, Elmer Manila and Romeo Remegio. Photo shows the awardees with the FAMAS Executive Board

The surprise of the evening was the awarding of the well-deserved Presidential Award. The recipients were Bert Abiera, former FAMAS president, Romeo Remegio, vice president and Elmer Manila, volunteer.

The entertainments were provided by the Panday Tinig Choral Ensemble (songs), Anjie Lou Penullar (song), Quebec Association of Filipino-Canadian Teachers (dance) and Salinggawi dance troupe. The little girl, a member of the Salinggawi, sang

helping her to make the smooth operation of FAMAS possible: Dante Tabamo, Romeo Remegio, Joseph Gonzales, Naty Floresca, Lily Ramos, Danny Florentino, Terry Esquera, Leah Baldeovar, Cora Aberin, Anjie Lou Penullar, Carmelita “Letlet” Cuizon and Mercy Umipig-Sia.

Cynthia Puray, who served as the emcee of the evening, announced that the raffle winners will win trip to the Philippine Community Center.

## Marché Duc Thanh

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Chin Chin Grass Jelly - \$1.29 can



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Lorins Soya Sauce 1L - \$1.49 bottle



WK Bibingka Mix - 2/\$3.00



MMM Sarap Condensed Milk - \$1.49 can



Selecta Ice Cream - \$10.00 can



Shrimp headless 31-40, \$13.99 pack 2 lbs



Basa Steak 2 lbs 2/\$9.00



Green Onion - 3/\$1.00



Butter cup - \$0.79 lb



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Pork Spare ribs - \$2.49 lb





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Our current address is 5320-A Queen Mary Road (between Coolbrook and Decarie Boulevard) until July 31, 2015. Our new address will be announced in the July issue of the North American Filipino Star. Watch for our open house and blessing middle of August. Our telephone will remain the same.

**5320-A Queen Mary Road, Montreal, QC H3X 1T7**

**Telephone: 514-485-7861**

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## PROGRAMS

- **Nursing Aide (PAB)**
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- **Office Systems Technology**
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  - Medical
  - Legal
  - Administrative
- **Accounting Technician**

## WORKSHOP

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

## COURSES

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



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