Pope Francis Inauguration 2013

Catholic Leader Begins Ministry In St Peter's Square

marked by acts of simplicity and openness, Pope Francis finally let his words do the talking as he officially began his stewardship of the Catholic Church on Tuesday, March 19.

Please," he implored the tens of thousands, both poor and powerful, gathered outside St. Peter's Basilica. "Let us be protectors of creation, protectors of God's plan inscribed in nature, protectors of one another and of the environment."

It was a message Pope Francis has hinted at, but now he made it clear, as he urged the economic, political and religious leaders arrayed before him not to allow "omens of destruction and death to accompany the advance of this world."

On a day of warm, blue skies, the 76-year-old pope thrilled the crowd as he arrived in the sun-drenched piazza in an open-air jeep, shouting

VATICAN CITY — After a week "Ciao!" to well-wishers and kissing babies handed up to him.

> At one point, as he neared a group of people in wheelchairs, he signaled for the jeep to stop, hopped off and approached a disabled man held up to the barricade by his family, blessing him and then kissing him on his forehead.

> It was a gesture from a man whose short papacy so far has been defined by such spontaneous forays into the crowd, which seem to surprise and concern his security guards.

> "I like him because he loves the poor," said 7-year-old Pietro Loretti. who came from his home in Barletta in southern Italy to attend the Mass. Another child, 9-year-old Benedetta Vergetti from Cervetri near Rome, also skipped school to attend. "I like him because he's sweet like my dad," she

See Page 4

Pope Francis



square on March 19, 2013 at the Vatican. World leaders flew in for Pope Francis's inauguration mass in St Peter's Square on Tuesday where Latin America's first pontiff will receive the formal symbols of papal power. AFP PHOTO / VINCENZO PINTO

Quebec Liberals choose Philippe Couillard as leader



Newly elected Quebec Liberal Party leader Philippe Couillard invited members of the party to share the stage with him as he gave his acceptance speech. (CBC)

Quebec Liberals have political retirement to win on the elected former health minister first ballot, said he will focus on Philippe Couillard as the newest renewal of the party and

"Today a race ends, but today a march begins," Couillard told the party faithful gathered at Verdun Auditorium in Montreal on Sunday.

The Quebec Liberals' new leader, who came out of

strengthening the province's place in Canada.

Couillard said he wants to unite Quebecers under the Liberal banner, whether they

See Page 20

Couillard



www.filipinostar.org

Marché Coop

The Filipino Solidarity Cooperative, Inc. 5320-A Queen Mary Road (between Decarie & Coolbrook)

Tel: 514-485-7861 E-Mail: filipinocoop.com Website: marchecoop.com



Oriental Groceries & Philippine Products

Business Hours

Monday - 1:00 - 9:00 p.m. Tuesday - 10:00 a.m. - 6:00 p.m. Wed. to Friday - 1:00 - 6:00 p.m. Saturday - 10:00 a.m. - 4:00 p.m. Sunday - 1:00 to 5:00 p.m.

Members can make appointment to shop outside these hours. Phone your orders and you can pick them up by appointment as well.

Delivery service available for Cote des Neiges & NDG areas between 6:00-8:00 p.m. (\$5.00 delivery service fee.)

We sell phone cards & gift certificates.





Salted A K Eggs

Salted

Uncooked salted duck egg \$1.75



Creamsilk \$4.45 + tax







Salted Anchovies - \$1.85



Eskinol - \$4.75+tax

Prime Minister's Volunteer Awards - Call for nominations

OTTAWA, March 18, 2013 /CNW/ - The Prime Minister's Volunteer Awards celebrate Canadians who make a difference. The following article regarding to the call for nominations is free to use for your publication in order to promote the program within your community.

Seeking Nominations for the Prime Minister's Volunteer Awards Do you know an individual volunteer, a group, a business or not-for-profit organization that deserves recognition for volunteer work in your community? This year, show appreciation and submit a nomination for the Prime Minister's Volunteer Awards. These awards celebrate volunteers, not-for-profit organizations and businesses who devote time and energy to improving the well-being of families and communities.

A total of 17 awards are given at the regional and national levels.

Award recipients are recognized at a ceremony and can identify an eligible not-for-profit organization to receive a grant.

MARCH 2013

The nomination period for this year's awards runs until April 15, 2013. Nominate someone you know today! SOURCE: Human Resources and Skills Development Canada

For further information:

Please visit www.pm.gc.ca/awards, www.facebook.com/PrixduPMAwards or call 1-877-825-0434 for more information about the Prime Minister's Volunteer Awards, including past award recipients and the current call for nominations.

This information is being distributed to you by CNW Group Ltd. To discontinue this service, click here. Ces renseignements vous ont été distribués par le Groupe

Citizens' arrest and self-defense act

TORONTO – March 11, 2013 – Today, the Honourable Rob Nicholson, P.C., Q.C., M.P. for Niagara Falls, Minister of Justice and Attorney General of Canada, and the Honourable Jason Kenney, M.P. for Calgary Southeast and Minister of Citizenship, Immigration and Multiculturalism, announced that Bill C-26, the Citizen's Arrest and Self-defence Act, has come into force.

"The Harper Government is committed to keeping our streets and communities safe. Canadians want to know that they are able to protect themselves against criminal acts and that the justice system is behind them, not against them," said Minister Nicholson. "Those who have been the victim of a crime should not be revictimized by the criminal justice system."

"Our Government is proud to stand up for honest, hard-working Canadians against thieves and criminals," said Minister Kenney. "The so-called Lucky Moose Bill does this by reinforcing the right of business owners, like David Chen, to protect their property. Our Government will continue to stand up for law-abiding Canadians." Before today, the citizen's arrest laws were too restrictive and allowed a citizen's arrest to be made only if an individual was caught actively engaged in a criminal offence on or in relation to one's property.

The new legislation expands the existing power to make a citizen's arrest. An owner, a person in lawful

possession of property, or a person authorized by them is now allowed to arrest a person within a reasonable amount of time after having found a person committing a criminal offence either:on their property (e.g. the offence occurs in their yard); or

in relation to their property (e.g. their property is stolen from a public parking lot).

The new citizen's arrest authority only applies in circumstances when it is not feasible for a police officer to make the arrest. The police continue to be Canada's first and foremost criminal law enforcement body.

This legislation also reforms the "self-defence" and "defence of property" provisions in the Criminal Code, which the police, prosecutors and the courts have acknowledged to be confusing and overly complex. These provisions have been simplified to more easily determine whether individuals who claim to have defended themselves, others, or their property, should be convicted of a criminal offence.

This legislation is in keeping with the Government's Plan for Safe Streets and Communities, which is one of four priorities identified by the Prime Minister. This Plan focuses on tackling crime, victims' rights, and fair and efficient justice.

An online version of the Citizen's Arrest and Self-defence Act is available at www.parl.gc.ca.



Send your Boxes Door to Door to Philippines

GRAND OPENING PROMOTION

More info: 514-400-1271

www.allinonemoving.ca allinonemoving@yahoo.com



Editorial

Will the election of a new Pope lead the Catholic Church to a new direction?

Since the election of the new pope on March 13, 2013, we have been learning a lot about Pope Francis, the Argentine Cardinal Jorge Mario Bergholio who was not even mentioned as one of the front runner candidates although it turned out that he was second place to Pope Benedict XVI during the Conclave of Cardinals in 2005. It was a pleasant surprise for the world to see him as he began showing all kinds of symbols or signs that the Catholic Church has elected a suitable leader that will change a lot of things. However, we are not sure what those things are, and vet, all writers and observers seem to believe in the power of his leadership. Perhaps, they based their optimism on the character of the first Latin American Pope, first to be born outside of Europe in over a 1000 years, who has shown humility, simplicity and devotion to the poor, hence, he was the first to choose the name of St. Francis of Assisi whose work for the poor was well known since many centuries ago.

Breaking with tradition has been shown even from the very beginning of Pope Francis' first step. He refused to stand on an elevated platform on the balcony when he was introduced as the new pope. Instead of blessing the crowd first, he asked the people to pray for him which most people found quite amazing for he showed his extreme humility. This was consistent with his refusal to live in the cardinal's palace in Buenos Aires. Instead, he chose to live in a modest apartment building and cooked his own meals. He was also known to visit frequently the slums and work with the poor and took the bus to work instead of being chauffeured in a limousine.

It is said that actions speak louder

than words. Pope Francis reinforced them with his own speech to the people during the first inaugural mass. Again, he departed from tradition by speaking to them without using the speech prepared for him.

Some excerpts from his speech give us food for thought and develop our insights to make us feel the true meaning of the Christian faith. We believe we can all derive an inspiration from him and be in harmony with the spirit of his leadership. He seems to recognize the need to change in order to repair the Church that has been besieged from all sides, in particular, due to the sexual abuses and allegations of cover ups.

"Today amid so much darkness we need to see the light of hope and to be men and women who bring hope to others," he said. "To protect creation, to protect every man and every woman, to look upon them with tenderness and love, is to open up a horizon of hope, it is to let a shaft of light break through the heavy clouds."

"We also share the conviction that we can only resolve the interconnected challenges of today's world through dialogue."

Pope Francis also said the role of the pope is to open his arms and protect all of humanity, but "especially the poorest, the weakest, the least important, those whom Matthew lists in the final judgment on love: the hunger, the thirsty, the stranger, the naked, the sick and those in prison."

Let's hope and pray that Pope Francis stay focused on steering the Church to the right direction. ■

Zenaida Ferry Kharroubi

Vote for Galvez in the TV's French singing competition!

by W. G. Quiambao

Do you know that there's an unknown Filipino girl in Longueil who is catching the attention of Quebecois? She's Maria Janice Galvez, a finalist in the French singing competition, La Voix. She's petite but has a powerful voice.

"What impresses the judges isn't only her voice but also her ability to sing in French considering she's been here for only about a year," said Amelie Robitaille, Public Relations Officer of Production Z, promoter of talents.

Galvez originally hails from Taytay City, Philippines. She sang in church choir before joining a rock band, 1231 in Manila. Their first gig was in Baguio.

In 2008, she performed in Shanghai where she met her Canadian husband, also a musician and a male model. A versatile singer, she sang in Tagalog, English, Arabic and Mandarin with a band that consisted of eight musicians. When their visa expired after four years, Galvez and her husband moved back to the Philippines and performed in a bar there.

Galvez arrived in Canada a year and half ago, then she studded French in Longueil for about a year. In a short period of time, she managed to talk and read French. It was then that a friend suggested that she join the singing competition, La Voix (similar to American singing competition, The Voice). She gave it a shot. Out of about 5,000 hopefuls who auditioned in September of last year, she was one of the 120 chosen.



She then became one of the 24 finalists. The finalists were divided into four groups, each group is being coached by professionals and well-known Quebecois musicians.

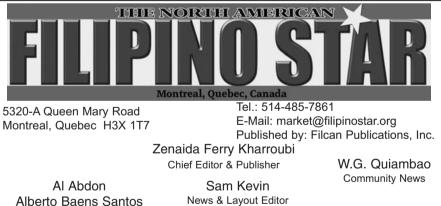
"The contestants are judged weekly based on their singing ability," said Galvez. "The competition is getting fierce and we really have to impress the judges with our style of singing."

Galvez said that when she sings, she thinks it 's her last performance that she has to do her best. "What I do is close my eyes, feel the lyrics of the songs, happy or sad, so I can interpret them better. I don't expect too much, that's why I'm not disappointed if I don't win. I just enjoy the moment. "

Win or lose in the competition, Galvez plans to further her singing career with the help of her husband who is her manager and promoter.

La Voix is televised every Sunday at Channel 7,TVA, 7:30 p.m. Finals will be in April but the viewers can vote for their favourites now. To vote, follow the instructions.





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.

Bert Abiera

Founder



Columnists

Filipino Dentist

DR. GENE SANTANDER

DENTAL SURGEON/CHIRURGIEN DENTISTE 5165 Queen Mary Rd., Suite 304

Bernardo Sarmiento

Opinion Editorial

Montreal, Quebec H3W 1X7

TEL. (514) 484-3110





Pope Francis From Page 1

The Argentine native is the first pope from Latin America and the first named for the 13th-century friar St. Francis of Assisi, whose life's work was to care for nature, the poor and the most disadvantaged.

In Buenos Aires, thousands of people packed the central Plaza de Mayo square to watch the ceremony on giant TV screens, erupting in joy when Francis called them from Rome, words broadcast over loudspeakers.

"I want to ask a favor," Francis told them in Spanish. "I want to ask you to walk together, and take care of one another. ... And don't forget that this bishop who is far away loves you very much. Pray for me."

Back in Rome, Francis was interrupted by applause as he declared his role as the leader of the world's 1.2 billion Catholics was to open his arms to "the whole of humanity, especially the poorest, the weakest, the least important, those whom Matthew lists in the final judgment on love: the hungry, the thirsty, the stranger, the naked, the sick and those in prison."

"Today, amid so much darkness we need to see the light of hope and to be men and women who bring hope to others," he said. "To protect creation, to protect every man and every woman, to look upon them with tenderness and love, is to open up a horizon of hope. It is to let a shaft of light break through the heavy clouds."

After the celebrations die down, Francis has his work cut out as he confronts a church in crisis.

Retired Pope Benedict XVI spent his eight-year papacy trying to reverse the decline of Christianity in Europe, without much success. While growing in Africa and Asia, the Catholic Church has been stained in Europe, Australia and the Americas by sex abuse scandals.

Closer to home, Francis is serious management shortcomings in a Vatican bureaucracy in dire need of reform.

Francis hasn't indicated how might tackle those greater problems. focusing instead on messages and gestures that signal a total shift in priority and personality from his German theologian predecessor.

On Wednesday, Francis may reveal some of his ecumenical intentions, as he holds an audience with Christian delegations who attended his installation. On Friday, he will put his foreign policy chops on display in an address to the ambassadors accredited to the Holy

He plans to call on Benedict at Castel Gandolfo, the papal retreat south of Rome, on Saturday, and the next day to celebrate Palm Sunday Mass in St. Peter's Square.

Next week, Francis presides over all the rites of Holy Week, capped by Easter Sunday Mass on March 31, when Christians mark the resurrection of Christ, an evocative start to a pontificate.

Tuesday was the feast of St. Joseph, and Francis made special mention in his homily of the carpenter saint's "lowly, concrete and faithful service."

He later telephoned Benedict, the former Joseph Ratzinger, to wish him a happy name day, and the Vatican said in a statement that the pope emeritus has been following the celebrations with "intense interest" and "assures his successor his continued closeness in prayer."

At the start of the Mass, Francis received the gold-plated fisherman's ring, which recalls how St. Peter fished for food and later for souls, and a wool stole symbolizing his role as shepherd of his flock. The ring was something of a hand-me-down, first offered to Pope Paul VI, who presided over the latter half of the Second Vatican Council, the meetings that brought the church into the modern world.

Francis also received vows of obedience from a half-dozen cardinals a potent symbol given that Benedict is still alive and was reportedly watching the proceedings on TV.

A cardinal intoned the rite of inauguration, saying: "The Good Shepherd charged Peter to feed his lambs and his sheep; today you succeed him as the bishop of this church."

Flags from around the world, including Argentina's blue and white flag, fluttered above the crowd, which the Vatican said numbered 150,000-200,000 people. Civil protection crews closed the main streets leading to the square to traffic and set up barricades for nearly a mile along the route to try to control the masses and allow official delegations through.

Some 132 official delegations attended, including more than a halfdozen heads of state from Latin America, a sign of the significance of the election for the region. Francis's determination that his pontificate would be focused on the poor has resonance in a poverty-stricken region that counts 40 percent of the world's Catholics.

In the VIP section was U.S. Vice President Joe Biden, German Chancellor Angela Merkel, Argentine President Cristina Fernandez, Taiwanese President Ying-Jeou Ma, Zimbabwe President Robert Mugabe, Prince Albert of Monaco and Bahrain Prince Sheik Abdullah bin Haman bin Isa Alkhalifa, among others. All told, six sovereign rulers, 31 heads of state, three princes and 11 heads of government attended, the Vatican said.

Francis directed his homily to them, saying: "We must not be afraid of goodness or even tenderness."

After the Mass, Francis stood in a receiving line for nearly two hours to greet each of the government delegations in St. Peter's Basilica, chatting warmly and animatedly with

See Page 20 Pope Francis

FAMAS



Celebrating 50 years of Community Service

The Filipino Association of Montreal and Suburbs (FAMAS) Inc.

is pleased to announce...

the activities to celebrate its **50th Foundation Anniversary**. With the theme, Our Community: Yesterday, Today and Beyond (Bayan: Kahapon, Ngayon at Kailanman), we all have the chance to highlight our history, culture, traditions and values, and articulate our vision for the future.

"Honouring 50 Filipino-Canadians in Quebec"

To commemorate this milestone, FAMAS invites nominations for Filipino individuals in Quebec whose contribution and exemplary achievements create a positive impact in our community and society, and enhanced the image and prestige of our people and culture.

Deadline for submission is April 30, 2013

For more details or to participate, please check our website: www.famas.ca/mtl

or contact: screeningcommittee4famas50@gmail.com 514-341-7477

"Likhang-Pinoy"

Enter this creative arts competition and express in various media what makes us unique and proud of being Pinoy. Create an essay, story, photo, painting, video, song or dance.

Deadline for submission is May 15, 2013.

"The Golden Gala"

June 15, 2013 at the Hellenic Center Tickets are now available!

"Pista sa Nayon"

July 14, 2013 at MacKenzie-King Park



* *

RESP's get help from the Government.

Start contributing early, parents told

When you have a new born, you think of all the things you are going to need, "Do we have diapers? Do we have extra clothes? Do we have an RESP? The Registered Education Savings Plan, an investment account for your child's post-secondary education may be an unusual item to include on your list of necessary items needed when you have a baby..

Still, experts sav government grants you will receive are the best reasons to start early and contribute often.

For every dollar you save into an RESP, up to a limit, the government (federal) will give you up to 20 percent more on top of that,"

Through Canada the Education Savings Grant, the federal government makes a 20 percent matching contribution on the first \$2,500 invested annually to a maximum of \$7,200 for the life of the

Additional government contributions are also available for those in a lower income bracket. Depending on your income, you could be eligible to receive 30 or even 40 percent on the first 500 dollars contributed in an RESP.

Overall, the contributions you make for a child are limited to \$50,000 over the life of the plan.

While parents might think those contribution numbers are hard to attain, consider this:

According to a study from Statistics Canada in 2009-10, a fouryear post-secondary program in 2013 will cost an average of \$73,600 with residence fees. That cost is expected tojump 58 per cent to \$116,200 in 2030.

Apart from the grants, another advantage of an RESP is that the income generated from investments within the plan is tax free until the money is withdrawn when the child goes to school.

Most students don't make a lot of money, so even if they do make money doing part-time jobs or summer jobs, they usually have enough tuition credits to get down to a zero tax bracket. . You could therefore save in the RESP and potentially not pay any tax on the growth the RESP would

The free money is one of the main reasons Marites Tresvalles 33, started two of her three kids on an RESP early on. She has received close to \$2,000 in grants for her eldest child, who is now 6 years old, since opening up a plan. For her middle child who's two, she has received about \$800.

Apart from the federal program, Quebec offers additional receive a lifetime grant of\$3,600.

mind of how much can be afforded is very important.

THIS IS REALLY A TWO-STEP process; First you need to consider how much money you will need to cover the costs of your child's postsecondary education later on. Then you must take a close look at how much room you have in your budget. If you opt for a monthly contribution, you have to commit to it and make sure you can afford it, so finding a comfortable contribution amount you can live with is really important as it must be done in a disciplined way for several years. You have to keep up the contribution and not give up.

Starting early helps you take advantage of the compounding effect.

If you start when your child is a baby versus when a child is 10 years old and you're making the same contribution, you have 50 percent more when you start when the child is young be-cause of the compounding effect".

If you're only hearing about the RESP's now and your child is older, you still can benefit greatly.

The unused grant contribution room is carried forward, but you're only allowed to catch up on \$2,500 of unused grant contribution room per year. If you start too late you may not have time to accumulate the entire grant you could have had, but at least you could get some grant money and you will have

grants. Those living in Quebec can saved something for your child. Remember that the last year any grants Starting out with a budget in can be received is when the child turns

> The idea is to start contributing something to an RESP while the child is still young. Even if the child is a few years older, as long as you start, this is what counts. Whatever money you save, when added to the CESG, this money will be there to assist your child in paying for those expensive postsecondary studies and will assist your child in attaining their dreams.

> We want the best for our children. Beginning an RESP is a great way to start helping them be the best and most successful they can be.



St. Gregoire on Sunday, April 7, 2013. Call to reserve at 514-485-7861

Heritage Education Funds is a Great Place to Work!

A career with Heritage Education Funds provides a unique opportunity to do something good for yourself and for the kids in your community.

Headquartered in Toronto, Heritage Education Funds is one of Canada's leading Registered Education Savings Plan (RESP) providers.

We're looking for highly motivated, outgoing sales individuals.

Are you a talented individual who enjoys prospecting and selling to new clients?

Heritage Education Funds is looking for professional sales experts with a high degree of initiative; the ability to communicate our value proposition and make a difference in the lives of Canadian families.

Send your resume or call Esther at 514.707.0046 Esther_Almela@heritageresp.com

Heritage Education Funds Inc. is one of Canada's

leading providers of fixed-income Registered Education Savings Plans (RESPs). Headquartered in Toronto, with almost 50 years of experience, Heritage has assets of over \$2.2 billion. Having helped over 400,000 parents save for the post-secondary education of their children, Heritage has a track record of helping the future generation attain their dreams.

We have a program that provides our customers with one of the highest rates of return for pooled Plans. The value of our customers' accounts has historically increased, year after year, regardless of the stock markets' ups and downs.

Heritage also understands the need for flexibility for a child's future post-secondary educational needs. The program provides multiple contribution methods for the accumulation phase of the Plan as well as many payout options when the child is ready to go to post-secondary and needs the money.

Heritage is a specialist in their field, concentrating only on RESPs. This is their number one focus. Everything they do is focused on education plans for the future generation. This is why they are good at what they do.

This is why Heritage Education Funds Inc. is today's choice for your child's educational future.





Dear EarthTalk: I was wondering how toxic chlorine is, because my well water was just chlorinated yesterday and today the smell is still strong. I have a 4-year-old daughter and I'm concerned.

-- Rose Smith, via e-mail According to the U.S. Environmental Protection Agency (EPA), chlorine levels of four parts per million or below in drinking water-

whether from a private well or municipal reservoir—are acceptable from a human health standpoint.



Some 98 percent of U.S. water treatment facilities use chlorine to clean drinking water supplies. If your water is from a well, there are expensive ways to remove it close to the source, but the most affordable approach is to filter it at the faucet or with a pitchermounted filter. iStockPhoto

Inexpensive home drinking water test kits (from \$5 on up) that can detect levels of chlorine and other elements in water are widely available from online vendors. Administering the tests is easy and can provide parents with a way to involve kids in science for a practical purpose right at home.

Chlorine was first used in drinking water to reduce waterborne infectious diseases in Jersey City, New Jersey more than a century ago. It was so effective at destroying potentially harmful bacteria and viruses that the practice soon spread far and wide. Today some 98 percent of water treatment facilities in the U.S. use some form of chlorine to clean drinking water supplies. The American Water Works Association (AWWA), a trade group representing water utilities across the percent increase in life expectancy for with sensitive skin. Americans over the last century. Indeed, some consider the chlorination CONTACTS: AWWA, www.awwa.org; of drinking water to be one of history's The greatest public health achievements.

But others aren't so sure that any chlorine in drinking water should be considered safe. Opponents of



Will wooly mammoths stalk the Earth once more? If de-extinction movement proponent and Whole Earth Catalog founder Stewart Brand has his way, they just might. (Royal BC Museum in Victoria)

repeated exposure to trace amounts of chlorine in water with higher incidences of bladder, rectal and breast cancers. The problem lies in chlorine's ability to interact with organic compounds in fresh water to create trihalomethanes (THMs), which when ingested can encourage the growth of free radicals EarthTalk® that can destroy or damage vital cells in the body. Besides cancer, exposure to THMs has been linked to other health issues including asthma, eczema, heart disease and higher miscarriage and birth defect rates.

Those with their own private wells who are skittish about chlorine have other options for disinfecting their water. One baby step would be to replace chlorine with chloramine, an ammonia derivative that doesn't dissipate into the environment as rapidly as chlorine and has a much lower tendency to interact in bad ways with organic compounds in the water. However, traces of chloramine in the water may not be to everyone's liking either, because it causes rashes after showering in a small percentage of people and can apparently increase lead exposure in older homes as it leaches the heavy metal off old pipes.

Another option, though somewhat costly, would be to purchase a machine to purify the water. Ozonation units, which disinfect by adding ozone molecules to water and leave no residues, start at around \$9,000. Another choice would be a UV light treatment machine—at \$6,000 or more-which cancels out viruses and bacteria by passing the water through UV light rays. The Clean Water Store is a reputable vendor and good online source for such water treatment

Perhaps the most sensible and affordable approach is to filter the water at the faucets and taps. Carbon-based tap- or pitcher-mounted filters can work wonders in removing impurities from country, credits the presence of drinking water. They can even be chlorine in drinking water with a 50 installed on shower heads for those

> Clean Water Store. www.cleanwaterstore.com.

EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a

chlorination point to studies linking registered trademark of E - The Environmental Magazine (www.emagazine.com). Send questions earthtalk@emagazine.com. Subscribe: www.emagazine.com/subscribe. Free Trial Issue: www.emagazine.com/trial.

E - The Environmental Magazine

Dear EarthTalk: What is the "deextinction" movement all about? --Bill Mitchell, New York, NY

De-extinction—bringing back extinct animal and plant species—is a term that conservation biologists and environmentalists have been bandying about for a decade or so. But only recently have advances in genetic sequencing and molecular biology transformed de-extinction from theory into something that we are all likely to see in our own lifetimes.

Or so Revive & Restore, a project of the Stewart Brand's California-based non-profit Long Now Foundation, likes to think. The group is creating a movement around deextinction, and is taking the lead on efforts to bring back the passenger pigeon while helping out on other ongoing efforts to restore other extinct species including European aurochs, Pyrenean ibexes, American chestnut trees, Tasmanian tigers, California condors, even wooly mammoths.

The main rationale behind bringing back these long gone species and others is to preserve biodiversity and genetic diversity, undo harm that humans have caused in the past, restore diminished ecosystems and advance the science of preventing extinctions.

While de-extinction may seem only theoretical at this point, biologists are already knocking on its door. In 2003, Spanish researchers used frozen tissue from the last Pyrenean ibex, which had died three years earlier, to clone a new living twin (birthed by a goat). While the baby ibex died of respiratory failure within 10 minutes of its birth—a common problem in early cloning efforts—the de-extinction movement was officially born.

Revive & Restore expects to see much more progress in the coming decade given the recent focus on the topic by geneticists, conservation biologists and environmentalists. The group is working with researchers around the world to put together a list of "potentially revivable" species. Some of the criteria for whether a given species is a good candidate for revival include how desirable it would be to have it around, how practical it would be to bring it back, and whether or not "re-wilding" (returning it to a natural environment) would be possible.

First up for Revive & Restore is the passenger pigeon, which was hunted from a population of billions in the 19th century to extinction by 1914. The group has enlisted the help of bird experts around the world to contribute to the project, and in February 2012 convened a meeting at Harvard University to coordinate the next steps. Currently Revive and Restore is busy sequencing the DNA of the passenger pigeon's nearest living relative, the band-tailed pigeon, and simultaneously gathering DNA from some 1,500 preserved passenger pigeon specimens. The group hopes to combine this biological and genetic material to reintroduce the once abundant species.

In response to critics who question the logic of bringing back extinct species in a world potentially unprepared to host them, Brand, founder of the Whole Earth Catalog, counters that it's our job to try to fix "the hole in nature" we created. "It's our fault that some of these crucial species have been completely wiped out, so we should dedicate our energy to bringing them back," he says. "It may take generations but we will get the wooly mammoth back."

CONTACT: Revive Restore, www.longnow.org/revive.

EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine (www.emagazine.com). Send questions to: earthtalk@emagazine.com. Subscribe www.emagazine.com/subscribe. Free Trial Issue: www.emagazine.com/trial.

DR. EMILIA ESPIRITU

CHIRURGIEN DENTISTE / DENTAL **SURGEON**

5790 Cote des Neiges Rd Suite A-024 MONTREAL, QUEBEC H3S 1Y9



PHONE: 514-340-8222 (4077) E-Mail: dr e pin@yahoo.ca



FAMAS EXECUTIVE BOARD HOLDING A FIRE SALE ON AWARDS

The current leadership of FAMAS is correct in honoring the top Filipino-Montrealers whose achievements have impacted the community profoundly that they deserve the tribute. The trouble is, the FAMAS Executive Board is seeking 50 community members for the awards. Since there are not that many highcaliber achievers in the community to justify that amount, awarding that many people [out of a population of only 23,000] would cheapen the tribute. The traditional 10 should suffice. That much smaller number would guarantee that the quality of the selection and the importance of the award are not diminished, much less compromised. It doesn't have to be 50 if the only reason is to reconcile that number with the number of years FAMAS has been in existence.

How about if there are only 50 or less nominees? Will they be screened notwithstanding, or will they be declared winners by default? What if they are second-rate, run-of-the-mill nominees who don't really deserve the honor by any decent standard of award-worthy achievements? I don't mean to trivialize their contributions, but conferring the honor on them would only make the award cheesy and meaningless.

That's what happened to both conventionally prestigious Maharlika Award and the time-honored Woman of the Year Award. Those awards were misguidedly given by some devious community leaders to a person with a checkered past and questionable core values. The same thing could happen to the FAMAS initiative if the screening and judging are poorly thought-out and largely based on name-recognition rather than on genuine accomplishments and the indelible impression those accomplishments have the on community.

It will be better and a lot less vulnerable to controversy and derision if the awards are categorized into various fields of endeavor, say (for reference only), medicine, nursing, dentistry, education, cultural heritage, journalism and communication, community service, arts and music, and engineering and technology, to cite only a few. That would greatly reduce the likelihood that many of the awards would end up in the hands of nominees that belong in the same profession or vocation.

Kung walang kategoriya, baka mauwing lahat sa mga doktor o nars ang karamihan sa mga award. Paano na ang mga teacher, engineer, accountant, businessmen at media people? At saka how about those who are now dead? Meron din bang posthumous? Para sa akin, dapat meron para walang magsasabi o magiisip na porke patay na sila, nalimutan na natin ang mga magaganda nilang ginawa sa ating komunidad noong sila'y nabubuhay pa.

IT IS DEFINITELY A COMPETITION

I attended the open forum that the FAMAS Executive Board held on February 28 at the newly-renovated FAMAS Center. The event was supposedly for the benefit of those who might have some concerns or suggestions regarding the 50th Association's founding anniversary grand celebration in June 2013, but judging from the information disseminated by the host, everything was already in place, and our input wasn't really needed. That led me to assume that the open forum was simply a ruse to satisfy the curiosity of the inquisitive public, and nothing

There was the much-adoabout-nothing exchange of arguments between those who thought that the idea was a contest and those who thought that it was not. To me, that was a waste of time. Nonetheless, this corner believes that it is a contest or, if you prefer, competition. My argument is based on the fact that whenever two or more people go against each other, whether unwittingly or not, to see who gets the thing they desire in common, there's a competition. In the case of FAMAS awards, one nominee's achievements will be inevitably weighed against the other nominee's achievements. That, in essence, is competition. Whether we agree with it or not is definitely irrelevant.

NOTHING SHAMEFUL IN NOMINATING SELF – The other contentious subject matter of the evening pertains to the nomination and selection of the 50 most deserving community members. Whether a person could or couldn't (or should or shouldn't) nominate himself drew an almost heated exchange of opinions among the participants.

with nominating oneself. If a person truly believes that he has some extraordinary accomplishments to pride himself in, he shouldn't be banned from submitting his own nomination form. Some people in the meeting argued that self-nomination

was inappropriate, let alone shameful. perhaps daring unconventional, particularly under Filipino culture, but never shameful, not even inappropriate. To me, it only indicates that the person is selfassured, and I see nothing shameful in being self-assured. However, we have to distinguish between selfassuredness and delusion of grandeur because there are some people who mistake one for the other. But no problem, the screening committee will take care of that.

Actually, there's a set of "twins" in our community that is certifiably delusional. Lest I'll be barred from writing in this space ever again, I rather mention their names on my Facebook page as the people responsible for the dreary FAMAS website won't allow me to post them there, either.

What's patently shameful is if you round up your old friends and literally beg them to nominate you even though, in reality, you don't have any potentially award-winning accomplishment to show for it. A former president of FAMAS, who isn't worth her salt, had brazenly done that a few years ago. She pleaded with her close friend and former roommate, also an ex-president, to nominate her for thenprestigious Maharlika Award. Presumably taken by a few crocodile tears shed by her "multi-awarded" bosom buddy, the friend obliged. Not only that, the undeserving awardee's perceived other half, yet another expresident, was at that time the head of the organization that sponsored the award. Now, tell me, what can be more inappropriate, more shameful and more unmerited than that?

It's good-thinking that the organizers of the FAMAS Awards has placed core value as the bedrock of the nomination. I can't imagine people whose ultimate goal is to destroy FAMAS by relentlessly spreading malicious and outrageous lies about the Association and its leaders get nominated, let alone honored. Core value has made it highly improbable that those people can get in.

HEIGHT OF AUDACITY – While reading the February 2013 issue of the lone trashy Filipino newspaper in Canada, I came across something quite hilarious, yet so factual that I couldn't disagree with although it's embedded with its author's patent hypocrisy. In there is an article about awards given to individuals whom the author thinks didn't deserve them.

Interestingly enough, she titled it as follows, "Unmerited awards debase its (sic) significance and its (sic) value to recipients." For that I say, "DUH!"

She has the chutzpah to besmirch those people whom she alluded to in her column when, in fact, she's the biggest sinner of them all for accepting a lot more unmerited awards than anyone else in the community. Clearly, she has ignored the biblical passage that says, "Let he who is without sin, cast the first stone."

The awards that she received include the erstwhile prestigious Maharlika Award which was debased beyond recovery when it was given to her even though she didn't even remotely deserve it. The other one is the Woman of the Year Award from her editor-in-chief who doesn't have any moral ascendancy to give awards. She owes it to him to return the favor and confer on him the "Man of the Year Award," for representing all that is obnoxious in the community, and the "Editor-in-Chief Award" for writing specious editorials.

I hope she will share with us more about unmerited awards in her next columns. I will also appreciate it if she will continue on writing on forgiveness, charity, kindness, unity, decency, honesty, transparency, or what have you again. She seems to know more about them than anyone else in the community. Besides, it's more entertaining – better yet, laughable – if it comes from her. Nobody else can make my day better than she does. I'll take that back; her editor-in-chief can.

SHIFTS AND CHANGES - There have been some shifts and changes of tectonic scale in and around my life lately, the most compelling and most significant of all is my recent marriage to a Filipina RN from Los Angeles, California. As a consequence, I will have to leave Montreal, the city that has been my home for the last 37 years, in favor of the City of Angels. It follows that I will have to give up a lot of things that I have been happily involved in here, and that include my membership in FAMAS Committee on Elections and writing regularly for this newspaper. But more than anything else, I will also have to leave my beloved children and my treasured friends behind.

With regard to the FAMAS

See Page 20 Beyond the Pale

NOTARY



Mtre. Peter Dimacopoulos

Real Estate Contracts, Mortgages, Wills, Power of Attorney

Tel.:514-824-9336



Si Pastor Rod Tenorio ay ang kasalukuyang pastor ng Snowdon Baptist Church . Siya ay naglingkod

bilang miyembro ng Comelec nang magelection ang FAMAS noong taong 2009. Minabuti kong anyayahan si Pastor Rod na siyang magpahayag ng mensahe sa pagdiriwang natin ng Pasko ng Muling Pagkabuhay, Marso 31, 2013. Sa taong ito ay gaganapin ang Sunrise Service ng pinagsamangMountainside United Church at Snowdon Baptist Church sa 4000 The Boulevard, Westmount, Quebec

Eto ang mensahe,

ANG PAG-ASA NA BIGAY NG PAGKABUHAY NI HESUKRISTO

Ang Easter 0 muling pagkabuhay ni Kristo ay isang tradisyonal na okasyon ipinagdiriwang ng mga tao. Maaaring ang mga pamilya ay magkakasama para kumain o mamasyal. Ngunit kung minsan ay nakakalimutan natin ang tunay na kahulugan ng muling pagkabuhay ni Kristo. Kaya gusto kong ipamahagi ang totoong pag-asa na bigay ng pagkabuhay ni Hesukristo. Mula sa Lucas 24:1-12.

"Ikatlong araw matapos ilibing si Hesukristo ay dumalaw sa libingan si Maria Magdalena kasama ang ilang mga kababaihan. Nadiskubre nilang wala na ang katawan ni Hesukristo sa libingan. Tanging ang linong ibinalot na lamang sa kanyang katawan ang Nagulat sila naroroon. magpakita sa kanila ang anghel at sinabing bumangon na si Heskristo mula sa kamatayan. Inutusan ng anghel sina Maria Magdalena na ipagbigay alam sa mga disipulo ang pangyayari, ngunit nakasalubong nila si Hesukristo sa daan at sumamba sila sa kaniya. Marami pang pagkakataon na nagpakita si Hesukristo sa Kaniyang mga alagad. Nangako si Hesukristo sa kanila na ipadadala Niya ang Kaniyang Banal na Espiritu upang malaman ng mga ito na hindi Niya sila iiwan."

Maliwanag na sinabi sa Bibliya na si Kristo ay namatay pero muling nabuhay sa ikatlong araw. Ang pagkabuhay ni Hesukristo ang nagbunga ng Kristiyanismo. Si Kristo ang naghirap at napako sa krus para tubusin tayo sa ating pagkakasala. Ang dugo ni Kristo na dumaloy sa krus ng kalbaryo ang naghugas sa ating mga kasalanan. At sabi din sa Bibliya, "Kung sinasabi nating tayo'y walang kasalanan, dinadaya natin ang ating sarili at wala sa atin ang katotohanan. Subalit kung ipinapahayag natin sa Diyos ang ating mga kasalanan, maaasahan nating patatawarin tayo ng Diyos sa mga ito, at lilinisin tayo sa lahat ng ating kasalanan, sapagkat siya'y tapat at matuwid" (1 Juan 1:8-9).

Ito ang tunay na pag-asa na bigay ng muling pagkabuhay ni Hesukristo--ang magkaroon ng totoong kahulugan ang ating buhay. Ang gagawin lang natin ay magpakumbaba sa Diyos, humingi ng kapatawaran sa



ating mga kasalanan at gawin Siyang Panginoon ng buhay natin. Dahil ang Diyos ang lumikha sa atin siguradong may maganda Siyang plano sa buhay ng bawat isa, kailangan lang nating manalig at magtiwala sa Kaniya nang buong puso.

Sana sa tuwing ipinagdiriwang natin ang Easter o muling pagkabuhay ni Kristo ay maalala natin ang tunay na kahulugan nito at ang puso natin ay puno ng pasasalamat sa tunay na pagasa na ibinigay ng Diyos sa atin.

Pinong-pino Ang Pilipino

Mahigpit at malupit ang sistema ng disiplina na minana natin sa mga mananakop tulad ng mga Kastila at Hapon.

Noon ay karaniwang magaan ang kamay ng mga magulang na paluin ang mga anak bilang pag-papasunod sa mga pangaral.. Maging sa mga unang baitang ng elementarya ay may tahimik na pahintulot ang mga guro na magpataw ng parusang palo na hindi na pinagbabawal ngayon.

Naisip kong gawing paksa ang naging bunga ng ating sistema ng pagpa-pairal noong unang panahon nang minsang magmano sa akin ang isang nakababatang kasambahay. Dahil sa may hawak ako sa kanang kamay ang naiabot ko ay ang kaliwa. Madali niya akong pinandilatan at nagpahiwatig na mali ang ginawa ko. Lumabas na muli ang ngiti ng paggalang nang ilipat ko ang hawak ko sa kanang kamay sa kaliwa para makapagmano siya sa kanan.

Katumbas ito sa mga Aklat ng Etiketa ni Emily Post na laging kanang kamay ang iaabot kapag ipinapakilala ang isa't-isa sa pagdadaop-palad.

Ang wala sa mga aklat ng kilalang autor ay ang katumbas ng ating paggamit ng mga salitang **ho** at **po**. Pareho itong ginagamit para pagbigaygalang.

Sa higpit ng pangaral ng aking ama ay nakakakatanggap ako ng palo kapag **ho** ang ginagamit ko sa pakikipagusap sa kanya at hindi **po**.

Ang paliwanag niya ay matindi na ang **ho** ay bantilaw na paggalang hindi tulad ng **po**.

Hanggang sa makamatayan na niya ang aral na pamana sa akin ay hindi ko pa rin matanggap kung tama nga o mali. At kaya ko na lang ginagamit ang **po** para makaiwas sa mga karagdagang palo.

Marami na akong narinig na paliwanag sa kaibahan ng dalawang kataga. Hanggang sa kamakailan lamang ay nabuksan ko ang UP Diksiyonaryong Filipino, Unang Limbag, 2001 at ganito ang aking natuklasan at tama nga pala ang pangaral ni ama:

ho katagang tanda ng paggalang: PO

po katagang pamitagan, gamit sa magulang na pakikipag-usap lalo na sa pagtugon sa isang nakatatangdang tumatawag o kumakausap var: ho

Opo, sa depinisyong binigay ng diksiyonaryo ay hilaw sa kahulugan ang **ho**, hindi katulad ng **po** na inin kung baga sa kanin.

Ganyan po ang kagandahang asal ng Pilipino, pinong-pino.

Pechay: Sayang! Hindi nakasama si Peras sa Cabane a Sucre.

Pichu: Hindi yata pinayagan ng lolo sa nanay niya.

Pechay: Baka nabalitaan na may sayawan.

Pichu: Aha! Puting taynga?

Peras: Kayo ha! Laging ako na lang ang tinutukso ninyo, Naoperahan ang

lolo ko kaya hindi ako nakasama. Siyempre pa, ako ang moral support para gumaling agad.

Pichu: Sige na, sakay na kami ni Pechay. Huwag ka na lang mapikon. (Buntong hininga)

Maglaro muna kayong dalawa at bibigyan ko lang ng homework si Lolo

Ang Homework Pagsanayan bigkasin ang mga sumusunod na salita: ngayon (now); ngunit (but), nguya (chew), bingi (deaf), banga (clay jar), bangon (rise up).

Magsaliksik at gumawa ng sariling listahan ng mga salita na ginagamitan ng titik na ng.

Pechay at Peras: Tapos na ba 'yan, Kuya Pichu? Kanina pa kami nakatunganga at ngawit na ang aming mga panga.

8th Ambassadors & Consuls-General and Tourism Directors Tour to the Philippines on July 15-19, 2013



Katumbas ito sa mga Aklat ng L-R, 1st Sec and Consul Flerida P. Mayo, Ambassador Lesie B. Gatan and Director in Emily Post na laging kanang of Tourism, N.Y., Mitchelle Dy. (Courtesy photo: Bert Santos)

Philippine Ambassador Lesie B. Gatan led a small team of his staff to launch the 8th Ambassadors and Consuls' General and Tourism Directors' Tour (ACGTDT) to the Philippines on July 9 - 15, 2013.

Ambassador Gatan welcomed a group of interested tourists at the FAMAS Center last February 26. followed by the official presentation of the itinerary by Consul Flerida P. Mayo which highlights formal events in Malacanang and a high probability of meeting President Benigno Aquino III. Director Mitchelle Dy from New York discussed details of the tour and answered questions from interested parties.

Advertise your business in the N.A. Filipino Star Call 514-485-7861

Need Money?

Do you have a full time job? If yes, call (514) 344-1499

AND GET CASH NOW!

Good & Bad Credit Accepted

COMMUNITY NEWS

Philippine Labor attaché holds seminar at FAMAS

bv W. G. Quiambao

In an effort to provide services to the live-in-caregivers and contract workers, the Philippine Overseas Labor office in Toronto held an informal information session at the FAMAS

Record the date, time circumstances of abuses. Report within two weeks of your resignation. You might be disqualified from unemployment insurance.

Make sure you have you



Photo shows from left: Frank Luna, Labor Attaché, and Bernardino Julve.

centre on January 27.

One of the first questions that Frank Luna, Labor Attache, asked was if caregivers hold Family Day in Montreal..

"It's being observed Toronto." said Luna. "Caregivers gather together and hold parties and beauty pageants. It's important for them to be united. It's not to protest. It's simply to express their sentiments."

He then discussed some of the immigration changes which took effect in 2010.

According to him, caregivers' medical coverage and travel expenses are covered by the sponsoring employers now. "But some caregivers are in a hurry to come that they pay their own fare. Another change is that the second medical is no longer required. In addition, caregivers have four years now, instead of three, to meet the program's requirement."

He has some advice for the caregivers:

Make sure your job descriptions specified in the contract are respected. You are caregivers, not domestic. Shovelling snow or throwing the garbage are not your duties. Leave your job but make a report so abusive employers could be blacklisted.

working permits and passports. You can't be deported even if you do not have a job as long as you have a working permit.

During the question and answer period, one caregiver asked how and where she can renew her OWA permit .

"It's only in Toronto office," "Another option is to said Luna. contact your families in the Philippines. They can renew it on your behalf. Just send them your documents like passports, working permit, etc."

Luna also advised the caregivers to prepare for the arrival of their families. He was kidding but at the same time serious when he told the caregivers not to remit too much money to their families in the Philippines. Save something for yourself, he said.. He also reminded them to exercise their rights to vote this coming election in the Philippines and don't sell them.

To contact Labour Attache in Toronto, call (416) 922-7171.

Join Gilmore College **International's Sugaring Off** on Aprill 7, 2013 - Call now and reserve - 514-485-7861

GAWAD KALINGA to hold fund raising concert for Philippines' typhoon victims, April 13th

Amir Billones, president of the Philippine Benevolent & Scholarship Society of Quebec is seeking the support of everyone in the Montreal community to attend a concert The following is an excerpt from his letter to the North American Filipino Star:

We are having a benefit concert for Typhoon Pablo victims, and all proceeds from tickets and donations (sponsors are paying for cost) will be sent out for reconstruction efforts.

Last December 4th, typhoon has devastated regions of Pablo Compostela Valley and Davao, leading to over 1000 deaths and thousands without roofs on their head and crops and livelihood lost. Estimated damages amound to 1 Billion USD.

We would like to build a multipurpose hall (or two or three) in affected areas. Such halls can be used as school rooms, community meeting rooms, places for community livelihood or prayer meetings.

To do this, we have sponsored a

concert this April 13 2013, 7 pm at Oscar Peterson Hall. Sponsors are taking care of concert costs. All our volunteers are doing this pro-bono. This means all tickets and donations will be used to build said multipurpose halls.

For this, we have partnerships with the Federation and Famas, the Filipino Association of South Shore is also helping, and so many others are pitching in in any way they can.

For the price of watching a movie, please join us for this night of solidarity and benevolence.

Funds will be diverted through the award winning Gawad Kalinga, through its canadian arm Gawad Kalinga Canada. www.gk1world.com).

There are 570 seats at the concert hall. If we sell out all tickets, that is easily one building for typhoon victims.

For more information, please feel free to contact me for tickets or for ways to help.

Amir Billones 514 967 2647

FAMAS unveils its activities for its 50th anniversary celebrations

by W. G. Quiambao

In a meeting held on February 28 at the community centre, FAMAS announced some of its plans for its 50th anniversary.celebrations. About 40 community leaders and members were present.

"The **FAMAS** Golden Anniversary is a chance for us to celebrate what makes us unique, successful and worthy members of the community and society," said Au Osdon, president of the association. " theme, "Our community: Yesterday, Today and Beyond" (Bayan: Kahapon, Ngayon at Kailanman) allows us to highlight our history, tradition and values, while at the same time gives us the occasion to articulate our vision for the future."

To commemorate milestone, FAMAS is honoring 50 Filipino individuals in Quebec for their contributions or exemplary achievements, their impact to the Filipino community or their field of work, and their role in promoting and enhancing the image and prestige of the Filipino-Canadian community and culture.

Guidelines: 1. The nominee must be a resident of Quebec 2. He/She must either be a Filipino or of Filipino descent 3. There is no age limit 4. No posthumous nominees will be accepted 5. Nominations must be made on the official form and properly signed by both the nominator and

nominee 6. No members of the FAMAS Executive Board may be nominated nor participate in the selection process 7. Awards will be presented during the Golden Gala at the Hellenic Community Centre on June 15, 2013.

Winners are requied to be present unless they can justify their absence 8. Nominations may be sent or delivered to the address/email provided below 9. Submission of nominations starts immediately. Deadline for submission is April 30, 2013 but the Selection Com-mittee reserves the right to extend it at their sole discretion and judgment. (For more details or clarification, please contact:screeningcommitee4famas50 @gmail.com Mailing address: FAMAS 4708 Van Horne Ave., Montreal, Que., H3W 1H7 Call (514) 341-7477

FAMAS is also holding Likhang Pinoy (Creative Artwork Competition) Guidelines: CREATIVE WRITING MEDIUM (poem, essay, etc.) Entries must be written in either Filipino, English or French, and be the original work of the writer. Maximum words must be 1500 PAINTING MEDIUM Entries should be executed in full color using acrylic, oil, pastel or watercolor. Canvas or illustration Board may be used for the artwork. Works on canvas should be properly mounted on a stretcher or strainer. Board surfaces

See Page 11

FAMAS

JHO Driving School Inc.

1871 St. Louis Suite 7, St. Laurent QC H4M 1N5

jhodrivingschool@ymail.com Close to Du College metro

Filipino Certified Instructor - Classroom & Road Instruction 514 - 439-7373 / CP - 514 - 242-2734

- New Program 24 hrs theory & 15 hrs actual driving
- Accompanying driving w/ diff. packages
- Road Test Package 1 hr practice/car
- Gift Certificate refer a friend/family
- Special student discount
- Payment plan for new program



(between

Coolbrook

and Decarie)

Snowdon

5320-A Queen Mary

accepting new students Sundays - 4:00-5:00 pm Mondays - 5:00-6:00 pm Tuesdays - 6:00-7:00 p.m.

Gilmore Dance Club

Other schedules possible if there are at least 7 students.

Call 514-485-7861 to register by appointment





Shooting ideas: What to shoot

There are always days when you want to take photographs but you feel that there is nothing to shoot. Here are a few ideas for days like that. This does not apply only to photo still but also videos.

The key here is to get out of your house and go somewhere where there will be something to shoot. This could be a hockey arena , a park, or even a local market. What you need to do is to decide a place and give yourself an assignment to help you to focus. In a park it could be that you focus on shooting abstract images of swings and slides or try some outdoor

times I began to develop more confidence. It also helps you to improve your photographer's eye as you begin to look for stronger images. I took literally 100's of pictures of people using their mobile phones when I started because it was easy, but eventually I realized that it doesn't make for strong images. After that my eye really developed.

Friends can be a great source of photography practice. Either invite a friend around or go to their house with your camera and shoot their portrait. Friends will generally be supportive, and will also be happy if they can get a



macro shots of insects and flowers.

Food photography can often be a lot of fun and is very easy to do in your house. It's not even necessary to photograph a whole meal; you can photograph some ingredients, or even something as simple as a biscuit or a strawberry. I recently shot a "Palabok dish". I like the rich colour of the shallots against the red colour of the sauce. Don't be afraid to experiment play around with lighting, angles, distance and even focal lengths. Here is an example using a strawberry - I started off by shooting it in a traditional way, but then started messing around with my flash.

We are used to seeing macro images of insects and flowers, but if you have a macro lens why not try and shoot something else; something as simple as a group of paperclips can make an interesting image, so be creative and don't be afraid to shoot more unusual or even mundane things.

Street photography is a great thing to do if you like to shoot people; it will also help you to build confidence. A perfect example is St. Catherine Street. When I first started shooting street it was a nerve-wracking experience, but after the first couple of

nice picture to use on things like social media. I always used it as a chance to catch up with them and have a beer too. Photographing my friends was basically how I got into portrait photography, and I still do it now to practice new styles or lighting when I need to. This is an easy task because pocket camera are common. Almost everyone has one.

If your friend can't make it then you always have one model that you can rely on – yourself. Self portraits can be fun and interesting. Again don't be afraid to experiment, it's good to try something new. Play around with lighting, focal lengths, angles, even locations. Remember as well that a self portrait doesn't have to be your face; you can focus in on a part of your body, such as your eyes, hands or feet.

Product photography is a good way to develop creativity. Just look around your house and you'll see lots of products. Choose one and shoot it. Play around especially with different angles and lighting if you can. You could even imagine that you have a brief from a company to shoot for a particular magazine, so that you have to shoot in a style that will appeal to the readers. Shooting beer was always



one of my favorites'...for obvious reasons!

Practice your technical skills
The best photographers know their
equipment back to front so that they
can react quickly. It also means that
they can spend more time thinking



about the image itself, rather than considering what exposure they should be shooting at, because the technical side of things has become instinctive. It's good to practice so that it can work the same way for you. Examples of things that you could do are:

Exposure guessing – try to guess the exposure of a scene without using the camera's light meter. Put the

settings into the camera and take a shot, and then see how close you were. Practice in many different lighting situations.

Get to know the buttons on your camera – close or cover your eyes and try to set particular exposures and change settings. This will help you to be able to make changes quickly in the future when you need to.

Play with focal lengths – shoot the same object at different focal lengths and compare the images. This will help you to know how different lenses capture things differently so that you have a better idea of what focal length to use for each situation.

These are just a few ideas to start you off, but the key thing is to be creative and not just limit yourself to things you've done before. Happy shooting!

AL ABDON HOLLYWOOD JUNKIES VIDEO & PHOTOS (514) 264-8706

RESTAURANT LA MAISON NEW KUM MON

6565 Côte-des-Neiges Road (near Corner Appleton) Montreal, QC

Bean Curd Seafood Soup 1/2 Crispy Chicken Salt and Pepper Pork Loin Stuffed Bean Curd with Shrimps Sauted Seasonal Vegetables

Steamed Rice

\$45.95 4 persons 5047 Henri Bourassa Est Montréal, QC H1G 2S1 Tel.: (514) 322-3133, 322-3130

Fish Maw Seafood Soup
Baked Lobster with Ginger
Seafood with Chinese
Broccoli
Salt and Pepper Cuttle Fish
Fried Sea Bass Fish
Steamed Rice

\$68.95 4 persons

Bean Curd Soup
1/2 Crispy Chicken
Shrimp Cake with Chinese
Broccoli
Sweet and Sour Pork
Seafood with Bean Curd in
Hot Pot
Salt and Pepper Squid
Fried Sea Bass Fish \$75.95
Steamed Rice 6 persons

FREE DELIVERY Minimum order of \$10 Delivery hours:

11:30 a.m. - 3:30 p.m. 5:00 p.m. - 11:00 p.m. Fish maw seafood soup
2 Baked Lobsters with Ginger
Seafood with Eggplant
in Hot Pot
Stuffed Bean Curd with
Shrimp
Seafood with Chinese broccoli
Fried Sea Bass Fish
House Fried Rice
Special Fried Noodles \$145.95
10 persons

514-733-6029 514-733-1067

For party menu, call Kenny

Zenaida Kharroubi given a surprise birthday party

By W. G. Quiambao

March 2 was a memorable day for Zenaida Ferry-Kharroubi, publisher and editor of the North American Filipino Star. On that day, she was

because of joy. She profusely thanked the guests. "I never celebrated my birthday before because my family had always just given me a quiet dinner. My mother used to prepare chicken



Gilmore College students reading their best wishes to Zenaida Kharroubi whose birthday falls on March 2, 2013. From left: Ricardo Fernandez, member of the Gilmore Dance Club, Mark Irorita, Remayette Danao, Edna Lorenzo, and Ma. Edna Escoto who are enrolled in a French language course

given a surprise birthday party at College Gilmore International by her close friends and beloved students Among the well wishers were Ben Bade, Bert and Minerva Santos, Felix de Luna, Flor Balas, Betty Corpus, Susan Yamat and Manny Cea.



Edna Lorenzo (on the right) accompanying her teacher to enter the unlighted room where all the guests waited to surprise Zenaida Kharroubi on her birthday.

As Ferry-Kharrobi entered the room, the excited guests sang Happy Birthday and each one of them presented her with a red and a yellow rose. She also received a bouquet of flowers. Sitting on a chair reserved for her, she became emotional and cried

FAMAS From Page 8

must be mounted on plywood and enclosed in a a box frame. Minimum unframed size is 8 1/2 x 11 inches. Artworks must be framed in a simple box frame. Mixed media and collage works are not allowed. Wet paintings will not be accepted.

PHOTO OR VIDEO MEDIUM. Entries may be in full color or black and white. Photograph should be

and palitao (small, flat sweet rice) that floats which signifies according to superstition, being always ahead in life. I would like to express my gratitude for this wonderful birthday party which I will always remember for the rest of my life. I believe that my reward in teaching is to see that all my students become successful."

After Ferry-Kharroubi's emotional thank you speech, Amy Dayag sang Tennessee Waltz for her first dance with Manny Cea. Other male guests also danced with her and each one offered her a flower. A video produced by Edna Lorenzo, one of her students, showing Ferry-Kharroubi in her different roles brought her back happy memories and was appreciated by all the guests. All students also read from a birthday card citing her as their "teacher, a guide, and an inspiration."

The guests had fun singing karaoke, dancing from cha cha to merrengue and taking pictures. Sumptuous food like pansit, crispy pata, lumpiang Shanghai, adobo, seafood and delicious cake was must have a minimum of 5 participants. served.

submitted in printed and digital format individuals of Filipino ancestry residing (no film) with no watermark of any in Quebec. Members of the FAMAS identifying mark. It should include a Executive Board of Trustees and their photo title, photo caption, place where relatives of up to first degree of affinity photos were taken and description of or consanguinity are disqualified from what the photos are all about. Video joining the competition,. must be no longer than 5 minutes, and submitted to FAMAS electronically and on CD/DVD. SONG OR DANCE MEDIUM EacH entry must be submitted in CD/DVD and may later on be invited to perform in person for the



Three Gilmore College students pose for souvenir of their preparation of the surprise party for their teacher. From left: Edna Lorenzo, Arlene Manalo and Remayette Danao.



Edna Lorenzo presents a lighted birthday cake to Zenaida Kharroubi to the latter's great delight while Desiree Fernando and Remayette Danao continue with the program they prepared.



From left: Roger Webbe, Siv Er, Natalie, Volvick Edouard, Ricardo Fernandez, Manny Cea, Ben Bade, Remayette Danao and Edna Lorenzo.

judges. Each song or dance routine must not exceed 4 minutes. Entries may be solo or a group . Group entries maximum of 12.

Who can join? Open to all

For further details and/or to submit entries, please contact (514) 341-7477. Famas1963@videotron.ca www.famas.ca/mtl 4708 Van Horne Ave. Montreal, Que. H3W 1H7



Gilmore Colllege students enjoying pizza from Pizza Mima. L-R: Precy, Mayette, Marie, Edna and their teacher, Z. Kharroubi. (03/09/13)

If you speak French and **English fluently, you will** have the luxury of choosing your job.

North American

FILIPINO STAR PHOTO GALLERY



Gilmore College students pose with their teacher (center) during the surprise birthday party they organized for her on March 2, 2013 at the College's premises. From left: Remayette Danao, Edna Lorenzo, Desiree Fernando, Marie Edna Escoto, Precy Billones. Felix de Luna, former FAMAS director, can be seen at the back.



At the round table, from left: Willie Quiambao, Minerva and Bert Santos, Susan Yamat, Betty Corpus, and Zenaida Kharroubi, during the birthday party, March 2.



Some of the guests who attended the birthday party at Gilmore College International on March 2, 2013 pose for souvenir with the birthday celebrant.



Amy Dayag Alvarez (3rd from right) celebrated her birthday with close friends and family on January 26, 2013 at ther apartment in Cote des Neiges.



Betty Corpus (2nd from left seated) celebrated her birthday on March 16 at the Oriental Fuzion with her family and close friends.



Left to right: Jonathan Deximo- Stephanie Ciriaco, Jerry Diaz-Ruby Jane Danzil, Mellory Almigro-Anthony Virgil Bermejo, Charlene Arcigal- Samuel-Salinas, Trisha Paet-Gerald Tugas Front: Peter John Ortaleza-Aika Legaspi, Cecilia Baffoe Clement-Eudie Gabriel Entela, Karyn Mae Gamay-Jorge Antonio





PROUD TO BE PINOY. PROUD TO BE KAPUSO.

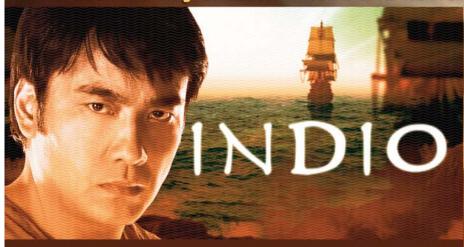
Bell Satellite TV Channel 723 Bell Fibe TV Channel 857

The best in Pinoy entertainment and news.



Bell Fibe TV Channel 858

Celebrate the best in Pinoy lifestyle.



An epicserye set in Spanish colonial era starring Ramon "Bong" Revilla Jr. as Indio, the legendary hero with god-like strength.



Too many cooks... spice up the broth. A lifestyle cooking show featuring Solenn Heussaff and Isabelle Daza.



A drama series about love and second chances. Starring Heart Evangelista, Geoff Eigenmann and Ms. Gloria Romero.



A drama series about deception, family war and love. Starring Dingdong Dantes, Max Collins, Lorna Tolentino and Christopher de Leon.



Regine Velasquez-Alcasid opens her kitchen to her family and friends, dishing out one delectable mix of cooking show and talk show



Know the do's and don'ts of home design Hosted by Isabel Roces.



From the popular 90's youth oriented TV show. Wacks and Peachy are back with the next generation of teenage heartthrobs. Starring Bobby Andrews and Angelu de Leon.



A drama anthology featuring uplifting stories of famous personalities and ordinary people alike. Hosted by Ms. Mel Tiangco



A comedy show with the perfect blend of laughter and merriment.



Raised by a family of Aetas, a young woman fights for love, respect and acceptance. Starring Carla Abellana and Geoff Eigenmann.

Subscribe to Bell now and get the Philippines' hottest shows.

Bell Satellite TV

1-888-759-3474

bell.ca/tv

Bell Fibe TV

1 866 797-8686

bell.ca/fibetv

www.filipinostar.org

PERSONALITY OF THE MONTH

Former FAMAS Binibining Pilipinas' brain tumour scare enables her to re-evaluate her life

by W. G. Quiambao

Mimi Flores-Katergaris knew that her family had no history of brain tumour. That's why she was shocked when she was diagnosed with it.

All she could recall was she suffered from migraines since the age of seventeen. But she didn't think that there was something wrong with her because she was very young. In fact, her neurologist felt it wasn't necessary to follow up by doing a battery of tests because she was a young woman whose body was changing.

About a year after her son was born in 2004, she noticed that her migraines were becoming worst. There were changes in her such as forgetfulness (being asked something and not remembering what it was), slurred speech and more pain than usual. She thought it was just part of her post-pregnancy symptoms or probably just bad migraine attacks. As they persisted, she knew something was off and immediately made an appointment with her neurologist just a few days before her 30th birthday.

"Results came in and I was given the news on my 30th birthday," said Flores-Katergaris. "It was supposed to be a happy occasion but I found out that I had a brain tumour."

The news was like a bombshell. She was scared and emotional. She was crying all the time. For guidance, she turned to her family and to faith . She went to St. Joseph's Oratory every Sunday and recited the rosary every night.

When she was alone, many things hovered in her mind: Why me? How did this get unnoticed? Will I survive and see my son grow up?"

Because of the urgency of her condition, she was booked for surgery within four weeks. She was hospitalized for one week afar her surgery and during that time, biopsy results came in. It was a sigh of relief to hear the doctor say that her brain tumour was benign and that she will be okay.

In the wake of her traumatic journey, Flores-Katergaris was able to re-evaluate her life.

"If I were not a mother, I think I



would have reacted a little bit differently," said Flores-Katergaris. "Perhaps, it would have taken me longer to face reality. But I had a family and I had to act quickly and prepare myself to deal with whatever the outcome will be. My son is my life and I chose to live and fight for him,"

When Flores-Katergaris was discharged from the hospital, she continued to live as normally as possible with some limitations for two months. For example, she was unable to pick up her one and a half year old baby.

"I'd have someone place him on my lap. That and being away from him for one week while I was hospitalized was the most difficult for me."

She admitted that even after seven years, she's still emotional about her journey because she never thought that she would go though such healths scare.

She added that when she was diagnosed with her brain tumour, she didn't keep it a secret from her family and friends. Unlike other cancer victims, she was open about her condition.

"Being open is healthy," said Flores-Katergaris. "I needed their support. But I learned to live life to the fullest. Everything in life happens for a reason. I learned to live more, laugh more and love more. To always tell my family and friends that I love them and appreciate them. Sometimes, you just never know ..."

75 OFWs in Canada win \$13-M settlement in labor case

By Joseph Lariosa (The Philippine Star) | Updated March 19, 2013 -

CHICAGO – In August 2010, overseas Filipino worker (OFW) Alfredo Sales filed a complaint against his employer for not paying his air transportation expenses and overtime work.

But seven days later, his employer, Northland Properties Corp., the owner of transnational chain Denny's Restaurant, fired him in retribution for filing a complaint.

Undeterred, Sales pursued his case against Northland. And even if he filed his complaint beyond the required six-month statute of limitation period under Canadian law, the Employment Standard Board waived the limitation requirement and ruled in his favor.

The Board ordered Northland to refund the OFW's air transportation expenses and pay his overtime work in the amount of \$7,25.39 in lost wages and interest, and administrative penalty of \$500.

His victory inspired 75 OFWs similarly situated in Vancouver, British Columbia to join a class suit against Northland before the Supreme Court of British Columbia. Their case was heard in August 2011.

To their surprise, Justice Shelley Fitzpatrick ruled in their favor. The magistrate held that Northland violated the workers' contract for nonpayment of their overtime work, employment fees, and two-way air transportation expenses.

The court also penalized the company with punitive damages and ordered it to pay the attorney's fees of the complainants' lawyers.

In all, the OFWs won over \$1.3 million in settlement.

"The settlement agreement is a great success. To finally see smiles and hear some laughter from the families of the OFWs, who have been waiting for this great news," said Herminia Dominguez, a food and beverage server employed by Northland. She was the one who filed the class suit.

For Bobby Naicker, president of Denny's Restaurant, the company has "always maintained that (its) foreign workers would be fully paid for the valuable work they provide and (the) settlement accomplishes that objective."

"Our foreign worker recruitment program has been reviewed to ensure that the same accounting errors are not repeated in the future," he added.

For her part, lawyer Heidy Melissa Arango, who is handling a separate labor case filed by Filipina caregivers in Montreal against the Quebec Human Rights Commission, said "the judgment of the British Columbia Supreme Court gives hope to temporary workers who are victims of discrimination and exploitation."

"Temporary workers should get access to justice, equal protection and benefit of the law as any Canadian citizen. Justice Fitzpatrick's judgment should encourage Quebec Courts to do the same." she added.

The OFWs came to Canada under the Temporary Foreign Worker Program (TFWP) administered by the Human Resources and Skills Development Canada and Citizenship and Immigration Canada. TFWP allows migrants to work in Canada on a temporary basis in occupations where there are labor shortages.

Men are anxious to improve their circumstances but unwilling to improve themselves: they therefore remain bound.

Men do not attract what they want but that which they are.

*Unknown**

Writers do not have to be born ... anyone can learn to write if they so desire. If you can read, you can learn to write, however, you need to have a start. Now is the time to act and acquire a marketable skill you will always need in your personal and professional life.



Prof. Isaac Goodine
Author of "Leaders Leading
Leaders"
International Educator, Chair
of Human Relations of the
World Academy of Letters
Workshop Leader

Join us now in a

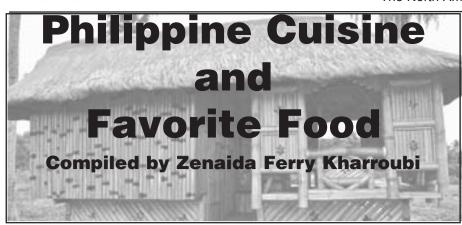


A weekend experience designed to release the force of your personal voice that leads to more powerful and effective writing and communication. This is an intercultural workshop for 15 to 20 participants.

Schedule: Friiday - 19:00-22:30
Saturday & Sunday - 9:00-17:00
2 1/2 days - \$495 including taxes and materials Certificate & tax deductible receipt to be provided. To apply, call **514-485-7861**Date: to be announced to interested applicants



Zenaida Ferry Kharroubi
Director-General,
Gilmore College International
Editor, The North American
Filipino Star
Workshop Coordinator



Chicken Sisig (Spicy Chicen



Probably most people know that Sisig is one of the famous dishes in the Philippines, especially in Pampanga where it originally came from. You can do Pork, Beef, Squid, Milk Fish and Chicken Sisig which is the recipe for today. Sisig can be served as one of the main dishes or it can be served as a "Pulutan" or what you call finger food in English. It is best served on a sizzling plate

Pork loin

Approximately

15 lbs

2.⁶⁹lb

Half or Whole

pork Cut & Wrapped

Fresh Pork Belly

with skin

Ingredients

Note: I use measuring spoons and measuring cups for my recipes, so if you're using normal utensils the measurements would not be accurate and much less than indicated

- 1/2 kg chicken fillet
- 4 medium onions, finely chopped
- 2 tsp chili garlic sauce
- 1/2 cube chicken bouillon
- 1/2 cup vinegar
- 1/4 cup soy sauce
- 30 ml water
- 1/2 tsp dried thyme
- cooking oil
- salt and pepper

Directions

Wash and soak chicken fillets in brine (1 cup of water + 1 tbsp of salt) for 10 minutes.

Drain well and rub with ground black pepper afterwards.

Pan fry or grill the chicken until 2 hard-boiled eggs, sliced uniformly golden brown.

Chop the chicken fillet into small cubes.

Heat a tablespoon of oil in a wok and cook the chopped onions until caramelized and almost clear. Set aside.

Stir fry the chicken and onions in the oil for 10 minutes at high heat.

Add in the water, chili garlic sauce, chicken cube, vinegar, soy sauce and thyme.Stir while cooking.

Stir while cooking until all liquid has evaporated.

Add a dash of oil and stir fry the cooked ingredients.

Serve hot.

Hardinera

(Meat loaf)

WHILE most meat loaves have ground meat as base, there's a kind of meat loaf in Lucban (a town in the Philippines, province of Quezon) that instead uses diced pork. Called hardinera, it's unique in other ways as well. For one thing, it's cooked in a llanera, an oval pan commonly used for leche flan. For another, it is not baked in an oven, like most meat loaves, but is instead steamed.



What also makes it different is the garnishing of hard-boiled eggs, bell pepper strips and pineapple slices that go into the bottom of the pan. When inverted onto a serving platter, these garnishings form a colorful topping. The beaten raw eggs poured into the llanera form a coating that gives the hardinera the look of an aspic.

Ingredients:

1/4 c cooking oil, divided

- 1 onion, chopped
- 2-3 cloves garlic, chopped
- 1 kilo pork kasim, diced into cubes (See tips.)
- 1 tbsp salt
- ½ tsp pepper 1-2 c pork broth (See tips.)
- 1 c tomato sauce
- 1 c finely diced sweet mixed pickles or pickle relish
- ½ c diced frankfurters
- 1/3 c raisins
- 1 c canned pineapple tidbits, well drained 1 small can red pimiento, drained and
- 1 85-g can liver spread (1/3 c) ½ c grated Cheddar cheese

- 1 c bread crumbs
- 3-4 canned pineapple slices, each cut into 3-4 pieces
- 1 small green bell pepper, cut into fine
- 1 small red bell pepper, cut into fine strips 3 uncooked eggs

Directions:

Grease 3-4 small llaneras and line with banana leaves or with nonstick baking paper. Set aside.

Heat 2 tbsp oil in a large pan and sauté onions and garlic about one minute (do not let garlic burn).

Heat remaining 2 tbsp oil and add pork. Season with salt and pepper and stir-cook pork until brown.

Pour in pork broth and tomato sauce and simmer until pork is tender, about 15-20 minutes. Remove from heat and let cool.

Meanwhile, mix together pickles, frankfurters, raisins, pineapple tidbits, red pimiento, liver spread, cheddar cheese and bread crumbs. Add the cooked pork. Do not include the sauce in which it was cooked. (See tips.) Mix until well combined.

Arrange slices of hard-boiled eggs, pineapple, and green and red pepper strips on the bottom of the prepared llaneras. Beat the 3 eggs and pour into llaneras, dividing equally. Spoon the pork mixture equally among the llaneras, pressing top to smoothen.

Cover tops of llaneras with foil and steam in a large steamer for about 45 minutes or until firm. If the four llaneras do not fit into the steamer, cook them in batches (two at a time).

To serve: Run a spatula or the dull edge of a knife along the sides of llaneras to loosen the jardinera. Invert onto a serving platter and tap llaneras lightly to release the jardinera. Remove llaneras and peel off banana leaves or baking paper before serving.

TIPS

Llaneras are small, oval-shaped aluminum pans often used for making leche flan. This recipe makes enough to fill four small llaneras.

If Ilaneras are not available, you can use loaf pans. The recipe can probably fill two loaf pans.

The pork should be diced into pieces slightly smaller than that used for menudo.

To make pork broth: boil one pork broth cube (or one pork bouillon cube) in 2 c water until cube dissolves. Use as per direction above.

Instead of pork broth, you can use plain water.

If desired, use the broth and the tomato sauce in which the pork was tenderized as sauce: Simmer in a small saucepan. Dissolve 1 tbsp cornstarch in 1/4 c water and pour into sauce. Season to taste with salt, pepper and liquid seasoning. Simmer until slightly thick. Add one to 2 tbsp butter and heat until butter dissolves. Serve with the hardinera.

Drain the canned pineapple tidbits and the canned pineapple slices very well so mixture doesn't become soggy.



Mon. Tue. Wed. Thu. Fri. Saturday

8:00 a.m. - 5:00 p.m. 8:00 a.m. - 6:00 p.m. 8:00 a.m. - 5:00 p.m. Closed

Picnic Ham w/bone

1.79_{lb}

Home smoked

meat

Sunday

Boneless Pork

Beef short ribs

Over 20 lbs 4.09 lb

Beef Blade steak

З.⁹⁹lb

shoulder - \$2.89 lb

3.99_{lb}

Fresh Pork Leg

7.99_{lb} Regular smoked bacon **Ground Beef Ground Pork** Special 2.29/lb

St.Chrysostome St. Remi St. Edouard Frozen pork blood Napierville Fresh liver Pork skin Lacolle Sortie Exit No.6 Havelock Goat Canada 15 Available on order Champlain

83 Covey Hill, Hemmingford QC JOL 1H0 Tel.: (450) 247- 2130 or (450) 247- 3561

FILIPINO STAR

SHOWBIZ GOSSIP

Lovi Poe keeps leveling up



Lovi Poe

Success is the sum of small efforts repeated day in and day out. For the nth time, I am writing about one of my favorite actresses of all time, Lovi Poe. I remember watching her movie "Aswang" in the US just a few months back and really, dearies, Lovi has something new to offer!

She has indeed gone a notch higher by being GMA-7's most indemand drama actress, whose solo starrer, "Yesterday's Bride," has consistently topped the ratings game throughout its four-month run. Her raw talent, beauty and pleasant disposition, as well as proper management of her career, have carried her to the top.

Of "Yesterday's Bride," the award-winning actress said: "I was overwhelmed by the viewers' acceptance of the show, at kung paano nila sinubaybayan ang love story ni Andrea at ni Justin (Rocco

Nacino). It was also my first time to do a conventional soap and play a martyr na inaapi."

Lovi is currently busy filming the rom-com "The Bride and the Lover" with Jennylyn Mercado and Paulo Avelino. Slated to be shown this April, the film showcases Lovi as Vivien, a jilted bride who seeks revenge on her former lover Paulo and his paramour, Jennylyn, her bridesmaid.

Kapuso's prized talent is elated with her most recent nomination for Best Actress in the forthcoming Golden Screen Awards for TV for her performance on last year's "Legacy." Just two years ago, Lovi won the Golden Screen Award for Best Actress for her performance in "Mayohan."

Lovi will soon do a primetime teleserye. "This one is something different, something new for me," said she. Can't wait.

Commissioner No. 170 586



Reynaldo Balansi Commissioner for Oaths

Reynaldo L. Balansi Commissioiner for Oaths

Affidavit, Will/Codicil, Power of Attorney, Deed of Sale, Travel Permit, Contract/Agreement, Support & Consent, Invitation & Sponsorship Letters

Cell: 514-297-4365
Tel.: /Fax 450-678-7428
E-mail: reylbalansi@yahoo.ca
6395, rue Baillargeon,
Brossard, QC J4Z 1T2

Kris resignation: Everyone shocked at ABS-CBN



Kris Aquino during her interview on 'TV Patrol'

Friday's taped episode of ABS-CBN's morning lifestyle talk show "Kris TV" saw its host Kris Aquino in her usual probing and candid self, gushing and laughing heartily as her guests, the riotous ex-couple Melai Cantiveros and Jason Francisco, bantered about their love story in a "tell-all interview."

It was an entirely different Aquino viewers watched on "TV Patrol" the night before, when she emotionally announced she was quitting show biz.

Before she dropped the bombshell, Aquino profusely apologized for the trouble her sudden resignation will cause her bosses and coworkers in her mother network ABS-CBN, where she currently has three shows.

Aquino also appears in the primetime drama series "Kailangan Ko'y Ikaw" and is supposed to sit as judge in a weekly reality talent contest "Pilipinas Got Talent 4," which will air its first live episode on April 6.

"Kris TV" production manager Jasmin Pallera told the Inquirer that they had already taped episodes in advance but she is not privy as to how many they are, or until what date the program is expected to remain on air.

"Kailangan," which premiered on Jan. 21, was tentatively set to end on April 19. But due to the unexpected turn of events, it remains to be seen whether Dreamscape, the business unit that produces the soap opera, will cut it short or push through with the original

plan, according to a studio insider.

Final episodes

"Everyone's shocked about what happened," the source told the Inquirer. "'Kailangan' is taped two to three weeks in advance, so you'll definitely still see her (Aquino) in the coming episodes."

"We might ask for two to three more taping days from Kris after she gets back from her vacation in Paris so we could complete the final episodes. But still, everything depends on how things will turn out."

Asked if Aquino will still sit as one of the judges in "PGT 4," business unit head Joyce Liquicia told the Inquirer that "it's still uncertain."

In a press con for "PGT 4" last Feb. 13, Aquino revealed that she was down to the last nine months of her existing contract. However, there is no definite answer from ABS-CBN regarding Aquino's contractual obligations, or whether she has already filed her resignation.

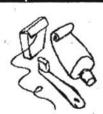
Thursday's 30-minute tear-fest on "TV Patrol" did not exactly boost the prime time news program's ratings. It garnered 22.7 percent while GMA 7's "24 Oras"—where a brief interview with Aquino was also aired—got 22.9 percent, according to an unofficial copy of Nielsen Media Research Mega Manila ratings sheet for Thursday.

Dental Clinic



Dr. Rosario Ambayec, D.D.S.
Chirurgien Dentiste / Dental Surgeon

Comprehensive Gentle Dental Care for The Whole Family



- Den Tuesday to Saturday.
- > Days & Evenings.
- By appointment, Accept emergencies.
- Free parking for your convenience.

🗈 (514) 731·6479

3535 Côte Ste. Catherine, Suite 1, Montreal, Quebec H3T 1C7 (corner Côte des Neiges)

Richard still bent on helping fix Nora Aunor, Eddie Garcia win top Sarah Lahbati-GMA issue



Richard Gutierrez

Richard Gutierrez has not given up on his plan to help his girlfriend Sarah Lahbati fix her issues with GMA-7 that is now in court.

In an interview a few months Gutierrez told Bulletin Entertainment that he is in a good position to act as a go-between for the two parties. "Actually I think I could convince both to fix the situation... I think it would be most lots to explore. Marami pa akong ideal (person to do that)," he said.

On March 19, Richard kept mum on how he actually plans to go about it. "May tamang panahon for that," he said. "We're just taking our time but yeah, that's my goal."

More Mature

These days, Gutierrez is busy promoting his upcoming film with Marian Rivera titled "My Lady Boss."

"It's a fresh, innovative offering that I'm sure a lot of people would identify with," said he in describing the film produced by GMA Films and Regal Entertainment Inc.

In the movie, the actor plays Zach, a rich boy who is forced to find and keep a job after a major blunder in an earlier company he set up. He ends up working with Evelyn (Rivera), the boss from hell, but he eventually sees her for who and what she really

Gutierrez related how happy he is with his work in the film in that it shows how much he has "matured" as an actor.

"Iba naman na talaga (if compared to past works). Mapapansin mo talaga and I think it's a good thing in that...viewers will have a new perspective about who I am and what I am capable of doing as an actor."

Holy Vacay

The movie opens on April 10 but before that, there is Holy Week during which Richard plans to recharge.

"Gusto ko sana magpahinga, pero I don't know. The plan is, for us, the whole family, to spend it in Cebu," he shared.

He declined to reveal more except to say that they will definitely visit the Sto. Niño shrine. "We will all hear mass together," he

Stick To Acting

Gutierrez said he is a 100% behind his mom Annabelle Rama's venture into politics, adding that she has what it takes to serve the public. For his part however, he'd rather continue acting.

"No. I prefer the arts so I'd probably stick to it," he said.

Future Plans

Gutierrez was non-committal when asked if he is going to renew his contract with GMA-7.

"I don't like to comment on that. leave it to management na lang. have great respect for GMA. I still have a contract with them... and for a few months pa actually so... let's just wait and see."

The actor looks forward to accomplishing more as an actor among them is being able to work with industry veterans.

"Ang dami pa... I think I still have gustong gawin at pwede gawin," he said. "Yeah, gusto kong makatrabaho sila (Nora Aunor and Vilma Santos) pero depende sa project din... and of course sina Eddie Garcia. Marami

Asked about being seen naked on film, Gutierrez said that people could just kiss the idea goodbye.

"I don't think I need to do that. Marami pa namang pwedeng ibang gawin to better myself as an actor, hindi lang 'yan. Ang sa akin lang ay gusto ko lang gawin kung ano ang tama para sa akin."

acting honors at Asian Film Awards



Eddie Garcia and Nora Aunor pose with their awards at the Hong Kong Convention and Exhibition Center where the 7th Asian Film Awards rites were held March 18

Two Filipino actors, Nora Aunor and Eddie Garcia, won big at the 7th Asian Film Awards (AFA), held at the Grand Hall of the Hong Kong Convention and Exhibition Center in Hong Kong Monday night.

Aunor won for best actress for Brillante Ma. Mendoza's "Thy Womb"—the same role which earlier won her best actress at the Asia Pacific Screen Awards held in Brisbane, Australia in November.

Garcia won for best actor for Jun Robles Lana's "Bwakaw"—the same role which earlier won him best actor at the Asia Pacific Film Festival held in Macau in December. Garcia also won people's choice favorite actor for the same film.

Last year, two Filipinos brought home trophies from the AFA:

Shamaine Centenera-Buencamino won best supporting actress for Loy Arcenas' "Niño," while Eugene Domingo won people's choice favorite actress for Marlon Rivera's "Ang Babae sa Septic Tank."

In 2009, Gina Pareño won best supporting actress for Mendoza's "Serbis" at the AFA.

This year's jury was headed by Cantopop singer-actor Andy Lau, who was voted last year's people's choice favorite actor for "A Simple Life."

The people's choice favorite actor and actress categories were decided by an online poll among Netizens.

Apart from Garcia and Aunor, Domingo also attended the AFA as a presenter.



ABATTOIR EMIN RICE FARM, KAHNAWAKE

HALAL FRESH MEAT

We process meat using Halal method

Our slaughterhouse is very clean and our prices are reasonable

Reserve your mutton from Aid Al Adha

Sariwa, malinis

Tél.: 450 638-4385 / 514 830-6867



www.filipinostar.org

Showbiz Gossip Continued from p.17

Heart: 'I deserve to be happy'



This is not the first time Heart Evangelista's parents Cecille and Rey Ongpauco have expressed their disapproval of their daughter's boyfriend.

Once again, the actress finds herself in a collision course with her parents who lambasted her current boyfriend, Senator Francis "Chiz" Escudero, at a press conference last week.

Years ago, it was also widely reported that her parents were also against actor Jericho Rosales, who Evangelista previously confessed to be her greatest love.

"Hindi na bagong balita 'yan. This is not the first time it happened. At that time, I was very young kaya nagparaya ako. I thought that would make my parents happy. I understand they want the best for me and that they are very protective of me," Evangelista said in an interview with "Startalk TX" that aired on Sunday.

Despite her parents opposition to Escudero, Evangelista believes her new romance will have a happy ending this time around

"Yes, definitely maa-iron out. We've been down this road before. Huwag na nilang ilayo ang taong mahal ko kasi ilang beses na din akong nagparaya. This time I deserve to be happy, everyone deserves to be happy," the actress said, stressing that this time she will fight for her happiness.

In the interview, Evangelista also

denied her parent's claims that the senator is arrogant and disrespectful, saying Escudero is a "wonderful guy."



Senator Francis "Chiz" Escudero

"I would like to say na walang katotohanan ang lahat ng mga 'yan. He is a wonderful guy and I will support him all the way," she said.

The "Sosy Problems" actress also appealed to her parents to allow her be happy with Escudero, especially since she believes he is the right man for her.

"Nahanap ko na 'yung taong para sa akin. Huwag na nilang ilayo ang taong mahal ko. Masaya na ako and everybody deserves to be happy," she said. "There's a time that you know, you have the right to decide who to love, who to be with."

Last week, the parents of Evangelista appealed to senator to leave their daughter alone.

Ai Ai engaged to boyfriend?



Ai Ai delas Alas and boyfriend Jed Salang

Several weeks after a rift almost ended their relationship, comedian Ai Ai delas Alas is reportedly engaged to her businessman boyfriend Jed Salang.

In his column published on The Philippine Star on Monday, entertainment editor Ricky Lo said Salang proposed to delas Alas before the couple left for a Holy Week break.

The proposal, according to Lo,

wasSalang's way of telling delas Alas that he is serious about their relationship.

Last week, Lo also reported that delas Alas may be pregnant since she is more than nine weeks delayed.

Last month, delas Alas confirmed having problems with her much younger boyfriend in relation to their age difference and their respective line of work.

Richard Gutierrez's shaved head



Matinee idol Richard Gutierrez on why he shaved his head: "Matagal ko nang gusto magpakalbo. It's fitting for summer, and, at the same time, I'm preparing for a new soap opera for GMA 7 where I will be portraying a Navy Seal. I like it! It's low maintenance, no hassle. The timing for a new hairstyle is perfect."





A leader in the provision of programs and services to the 50+ community is seeking
Homecare Workers
Social Services Department

Responsibilities:

- Respite to family caregivers
- Accompaniment
- Grocery shopping and meal preparation
- Personal care, bathing, dressing, transfers

Qualifications:

- Minimum high school education
- Homecare certificate or equivalent
- Work experience with seniors
- English and French; other language an asset

Interested candidates should submit a written résumé to Human Resources Department Fax: 514-739-3208

E-Mail: srozansky@cummingscentre.org
Only candidates to be interviewed will be contacted.

Pops Fernandez: 'Great to be single!' By Marinel R. Cruz



Pops Fernandez

Doing comedy is no longer new for CSinger Pops Fernandez says she sees nothing wrong with dating younger men because they "are more sure of themselves, more aggressive and most importantly, they're single."

Pops, 46, admits to have dated "several" guys younger than her, including former ramp model and actor Brad Turvey. She dated Turvey in

2004, shortly after the annulment of her marriage to singer-TV host Martin Nievera.

"I recently asked my sons' opinion on this and they said it's OK with them, as long as I'm happy," the singer tells the Inquirer.

Pops and Martin have two sons—Robin, 26, and Ram, 23.

"Of course, they (her children) ask questions, especially if they want to know more about a particular guy I'm with," she related. "Unlike other kids, they're not too strict when it comes to how I dress. They're used to it. It's normal to them. Sometimes they would even ask me tips on what they should wear on their own dates."

She added that her sons even like wearing outfits that match hers during their own dinner dates.

Pops and Regine Velasquez joined entertainment writers for lunch on Friday to promote the repeat of "Foursome," their Valentine concert with Martin and Ogie Alcasid, to be held on March 16 at the SM Mall of Asia Arena in Pasay City.

Great to be single

Pops says what's great about

being single is that "you get to meet a lot of people and you get to choose (who to hang out with)."

She adds: "I never got to experience that when I was younger, having been raised by my mom (Dulce Lucban), who was then so strict, and then getting married so young. I might as well do it now."

The singer clarifies that while she enjoys going out, she is not ready to fall in love again just yet.

"I know it will just happen. If I finally meet somebody who I'm sure could take care of me, then I could probably take our relationship to the next level. Right now, I'm not officially with anybody. I just like meeting different people."

Dream guy

Asked for the qualities she looks for in a man, Pops replies: "He has to understand my situation—I take care of two boys—and of what I've been through in my marriage. The guy also has to accept that I'm already set in my ways and that I'm independent. Of course, he has to be kind-hearted just like me."

Pops also says she prefers dating Filipino men, "although people say Pinoys are big babies."

She adds: "I have nothing against foreigners. Maybe I just haven't met someone I found interesting enough. It's just that their culture is very different from ours. It's hard enough to adjust to the quirks of a Filipino guy, more so to the culture of a foreigner."

Pops, whose daring and sexy cover photo on the men's magazine FHM in 2006 became highly controversial, says she is still unprepared to be a grandmother.

"Kuya (Robin) has a girlfriend, but we don't joke about my being a lola because I don't find it funny," she declares. "However, we discuss marriage sometimes. I told him it's easy to get married, but you first have to figure out whether or not you're ready to give up being single. I said, 'Enjoy your life first. If your special someone really loves you, she will wait until you're ready."

"Foursome the Repeat" will also feature Gary Valenciano as special guest performer. .

What stars would ask the new pope

As Catholics welcomed Pope Francis, I cornered some celebs and asked what they would ask the new Father of the Flock, given the opportunity.

Personally, if I got the chance, I would ask the Pope about his views on other religions. The way I see it, Catholics, Born-Again Christians, Moslems and Buddhists are just riding different boats but are all headed to the same destination: A place where they will find salvation the way they believe it should be. May Pope Francis lead the way and teach us to be more spiritual than just pious.



Alice Dixson: Pope Jorge Mario Bergoglio, why did you choose the name Francis? Was this a personal choice or voted on by the church for you?



Vicky Morales: I would just ask him to continue being a shining example to many—and show that one can actually live an ordinary life yet be an extraordinary inspiration to others.

Jessica Soho: Seriously, I would ask him to bless me first and then ask for a snapshot with him (he-he). But if I had to put on my journalist's hat and ask a question, it would be: How would he make the Church connect better to today's youth? If I might make a suggestion, our priests should be giving better homilies and our churches should be equipped with better sound systems.

Joey Reyes: Considering his

history involving the Dirty Dictatorship in his native Argentina, what is his stand regarding the participation of the Church in the machinery of governments? Would his Church focus on evangelization or on active participation of the Church in matters of political governance?



<u>**Derek Ramsay:</u>** Why does the Vatican have so many secrets?</u>

Kim Atienza: I'd ask if he thought he'd go to heaven or hell. Seriously, the "fear hell" Catholic programming is embedded so strongly in my mind, having studied and grown up in Catholic schools, the seminary and a very Catholic family. I'd like to know if this programming is also embedded in the

psyche of someone as lofty as the Pope.

By Dolly Anne Carvajal

<u>Vilma Santos</u>: Pope Francis, how ready and willing are you to adjust to the computer age to strengthen and enhance the spiritual life of the youth who are all hooked on the Internet?

<u>Ces Drilon:</u> I would ask the Pope how he would deal with erring priests, and about the sex scandals that continue to hound the Catholic Church.



Martin Nievera: Pope Francis, in this new world of unfathomable questions, how do we get to Heaven? Do I still have a chance? ■

More Showbiz Gossip on p..22

Member of Quebec

Bar Association

Law office of

Monica Lee

We accept legal aid mandates

Practice areas Family law

- Divorce
- Custody & Child support

Immigrating to Canada

- · Skilled workers and professionals
- Family Class Sponsorship
- Temporary workers
- Humanitarian and Compassionate Considerations

Contact

(514) 482-2297 monicalee@bellnet.ca www.monicaleeavocate.com

5115 Trans-Island suite 236 Montreal (Quebec) H3W 2Z9



Dedicated to fighting for your best interest.

From Page 7 Beyond the Pale

Comelec, I have been considering holding m departure for sunny California until after the next FAMAS election in August. In fact, I have been trying very hard behind the scene in convincing my new wife to let me stay here for at least the next six months so could continue performing my responsibilities in the committee till September when that election will have been over. That's how resolute I am about the reforms that I set out to pursue and accomplish as the committee chair. Surprisingly though, a recent unexpected shift in said committee has not only left an acerbic taste in my mouth but has also doused cold water into my burning desire to stay put. I can't help feeling livid that some people seem so politically naïve to be playing into the hands of those who are so preoccupied with toppling the present leadership of FAMAS to advance their wicked agenda. Not only that, I think the Office of the COMELEC Chair, if not the person who occupies it, deserved higher regard than was shown.

JUST CALL IT "MISS FAMAS" - Ms. Norma F. Vohra, the attractive Filipino nurse who pioneered Filipino beauty pageant in Montreal and Suburbs about two score years ago, thinks that there's redundancy in the title "Miss FAMAS - Ambassador of Goodwill." Come to think of it, she may be right. Here's why: Miss FAMAS Ambassador of Goodwill is essentially a beauty contest. By tradition, the winner of any such contest is responsible for promoting and maintaining good public relations in and on behalf of the organization she represents. That responsibility undoubtedly presupposes goodwill. Therefore, the term "Ambassador of Goodwill" in the title is superfluous. What else could Miss FAMAS be but an ambassador of goodwill? So next time, simply call it "Miss FAMAS."

From Page 1

Couillard

choose federalism "out of passion, or out of

A total of 2,377 party delegates riding associations across the province voted for the new Quebec Liberal Party leader in what is said to be the last delegated convention in the history of the party.

Couillard won the three-way race with 58.5 per cent of the vote. Pierre Moreau, a former transport minister, came in second with 22 per cent while Raymond Bachand, a former finance minister, placed last with 19.5 per cent.

Couillard does not have a seat at the national assembly and he said he's in no hurry to seek one.

This is not a priority for me," Couillard told reporters following his victory speech.

The former health minister said his first task is, "to mobilize the party. To go around Quebec, to see the members, find candidates, organize regional meetings toward the general convention."

"I'm not going to rush to the assembly. I have work to do with the party," Couillard said.

But Jacques Duchesneau, a Coalition Avenir Québec MNA and the former head of the province's collusion squad said, that while the Liberal Party now has a leader, it still lacks an Opposition leader to answer the tough questions.

Couillard's friendship with Arthur Porter, the former head of the McGill University Health Centre who left Montreal last year amid controversy, haunted

Couillard throughout the campaign.

Porter is wanted in Quebec on charges of accepting kickbacks in relation to a \$1.3-billion hospital construction contract awarded to SNC-Lavalin Group

It doesn't mean that he's involved with that ... but he has to be at the national assembly to answer those questions," Duchesneau told reporters after Couillard's

Quebec Liberals have been faced with allegations of corruption which ultimately lead then-premier Jean Charest to call a public inquiry during his final year in office.

While Charest has largely stayed out of the public spotlight since his official resignation from the party following his defeat last fall, he was present at the leadership contest.

Following the victory, Charest said the former health minister will be "a great leader and a great premier for Quebec." He said he knows Couillard to be a compassionate man with a knowledge of the province.

Runner-up calls for unity

Third-place Bachand kept his concession speech brief, saying it was time for Liberals to rally behind their new leader.

The Quebec Liberal Party is in a great position to challenge the Parti Québécois, Bachand said.

Bachand also congratulated Moreau for running "an exceptional campaign."

Moreau, elated with his secondplace finish, said "while the leadership race ended a few minutes ago, for us the hard work starts today."

"We Liberals are able to unite, we are able to face the music, we have a healthy party, and we will win the next election," he said.

Moreau congratulated Couillard, whom he called "a great leader." Couillard could face an election in early 2014 because of the PQ's minority status.

Federal interim Liberal Leader Bob Rae congratulated Couillard and assured his party's full support.

His experience in both the public and private sectors will be an asset to the party and to all Quebecers," Rae said in a written statement.

Unity and renewal

While the losing camps had supporters in green scarves or purple Tshirts, Couillard's crowd was more incognito. They erupted in noise when he took the stage, though, banging on Liberalbranded thundersticks and clanging on noisemakers.

In his speech before the voting, Couillard extolled a message of Liberal unity and renewal. The speech gave a nod to former premier Daniel Johnson, who was in the building, as a person who won "the battle of Canada."

Couillard told the room that he wants to lead the most open government the province has ever seen.

He said Quebec is having a crisis of confidence that can only be solved through transparency.

Moreau gave a rousing address that referred to the Liberal's fall from a majority government to the Opposition.

to them to honour this choice and act on imagined that it was going to be him." that message. We must view our new role as the Official Opposition to plan and prepare our future."

Bachand addressed English voters directly, promising that a Liberal government would respect everyone in the province.

"You, Anglo Quebecers, you are part of Quebec's history and you are

leadership essential to Quebec's future.

Some of you think that the Quebec Liberal Party takes you for granted. Today, I make this commitment to you: I do not and I will not take you for granted," he said

Tribute to Charest

The party used the first day of its weekend convention on Saturday to pay tribute to Charest, who led the party for 14 years, including nine as premier.

After being greeted with a lengthy standing ovation, Charest made a passionate plea for national unity and reminded Canadians how important Quebec is to Canada.

"Canada is our home, and all those who live outside of Quebec should know that Quebec is also part of their home and their heritage," Charest told the crowd.

The staunch federalist also took a jab at the PQ government, which has made preserving the French language a key issue since taking office. He said that Englishspeaking Quebecers deserve to be treated with respect.

"You are not strangers in this province and you are not strangers as citizens of Quebec," he said, speaking in English during what was a mostly French address.

"Every one of us have a right to vote, we have a right to be part of this society and we have a right to be fully accepted as citizens of Quebec. And that's what this party stands for."

In his final years in office, Charest's party faced allegations of corruption that ultimately led him to call a public inquiry. But he said he has no regrets about his time in office, particularly his efforts to increase university tuition fees, even if they led to months of street protests

From Page 4 Pope Francis

each one, kissing the few youngsters who came along with their parents and occasionally blessing a rosary given to him.

Unlike his predecessors, he did so in just his white cassock, not the red cape.

Among the religious VIPs attending was the spiritual leader of the world's Orthodox Christians, Bartholomew I, who became the first patriarch from the Istanbul-based church to attend a papal investiture since the two branches of Christianity split nearly 1,000 years ago. Also attending for the first time was the chief rabbi of Rome. Their presence underscores the broad hopes for ecumenical and interfaith dialogue in this new papacy, given Francis' own work for improved relations.

In a gesture to Christians in the East, the pope prayed with Eastern rite Catholic patriarchs and archbishops before the tomb of St. Peter at the start of the Mass, and the Gospel was chanted in Greek rather than the traditional Latin.

But it is Francis' history of living with the poor and working for them while archbishop of Buenos Aires that seems to resonate with ordinary Catholics who say they are hopeful that Francis can inspire a new generation of faithful who have fallen away from the church.

"As an Argentine, he was our cardinal. It's a great joy for us," said "Last September, Quebecers sent Edoardo Fernandez Mendia, an Argentine ong message." he said. "We owe it who was in the crowd. "I would have never

> Recalling another great moment in Argentine history, when soccer great Diego Maradona scored an improbable goal in the 1986 World Cup, he said: "And for the second time, the Hand of God came to Argentina."

Meet Jorge Bergoglio, **Pope Francis**



After five ballots and just over a day, the 115 cardinal electors have selected Cardinal Jorge Mario Bergoglio as the new successor to the Apostle Peter and head of the Catholic Church. He will assume the papal name Francis. (Update, 5:17 p.m.: The Vatican states that the name will not include the Roman numeral

Pope Francis was an unexpected choice. At gambling site PaddyPower, his odds shortly before he was identified were 25-to-1, making him something of a longshot. How unexpected was his selection? In crafting a biography of him, National Catholic Reporter suggested that he "at least merits a look."

Until today, Francis serves as cardinal-archbishop of Buenos Aires. He has served as archbishop of that diocese since 1998 and was named a cardinal by Pope John Paul II in 2001.

The new pope's home diocese. Shortly after Pope Emeritus Ratizinger announced that he was leaving his position, journalist and pope-watcher Michael Dougherty crafted introductory profiles of each likely candidate. Dougherty suggested that a Bergoglio papacy would see social justice and humility rise as priorities in the church.

That's echoed in his choice of name. Saint Francis of Assisi from whom the name is taken told of being visited by Jesus Christ who said to the saint, "Francis, repair my Church which, as you can see, is falling into ruins."

Earlier this month, Talking Points Memo described Francis' work.

Bergoglio, 76, reportedly got the second-most votes after Joseph Ratzinger in the 2005 papal election, and he has long specialized in the kind of pastoral work that some say is an essential skill for the next pope. In a lifetime of teaching and leading priests in Latin America, which has the largest share of the world's Catholics, Bergoglio has shown a keen political sensibility as well as the kind of self-effacing humility that fellow cardinals value highly, says his official biographer, Sergio Rubin.

Bergoglio would likely encourage the church's 400,000 priests to hit the streets to capture more souls, Rubin said in an Associated Press interview. He is also most comfortable taking a low profile, and his personal style is the antithesis of Vatican splendor. "It's a very curious thing: When bishops meet, he always wants to sit in the back rows. This sense of humility is very well seen in Rome," Rubin said.

Francis rejected one notable trapping of his new position, choosing to take the public bus instead of a cauffeured

National Catholic Reporter describes his upbringing.

Born in Buenos Aires in 1936, Bergoglio's father was an Italian immigrant and railway worker from the region around Turin, and he has four brothers and

See Page 23

Pope Francis



Celebrating America's Rhone Rangers

By David White

This week, more than 100 wine producers are gathering in San Francisco to celebrate America's take on the 22 grape varieties originally made famous in France's Rhone Valley.

The producers -- known collectively as the "Rhone Rangers" -- trace their roots to the 1980s, when a small group of California vintners dedicated to these varieties began meeting informally.

One of these winemakers was Randall Grahm of Bonny Doon Vineyard. Although best known for his flamboyant and irreverent marketing campaigns. Grahm was among the first American winemakers to embrace varietals like Syrah, Grenache, and Mourvedre. So when the Wine Spectator dubbed Grahm "The Rhone Ranger" in 1989, the moniker stuck.

As the organization began to grow, these Rhone Rangers realized that if of my favorite varietals to pair with they worked together, they'd all benefit. warm weather. So in the late 1990s, they formally organized and began promoting their work. The group helped catalyze -- and revive -- the planting of Rhone varieties across the country.

But they still have lots of work to do.

Consider Syrah, the most popular Rhone varietal in the United States. Marked by dark fruits, black pepper, and meat, Syrah is wonderfully accessible, even in its youth. And whether it's bottled on its own or blended with varieties like Grenache and Mourvedre, Syrah is capable of striking the perfect balance between power and finesse. So it works well with all sorts of food.

When it comes to sales, however, Syrah is only the fourth most popular red wine grape, trailing Cabernet Sauvignon, Merlot, and Pinot Noir. Although many California winemakers have spent their lives hoping Syrah would become the state's next great varietal, sales have dropped steadily over the past few years. In 2012, Syrah sales declined by nearly 16 percent. It's no wonder why many winemakers joke that it's easier to get rid of a case of pneumonia than a case of Svrah.

With white wines, the Rhone Rangers face an even bigger challenge. The primary four varieties -- Viognier, Roussanne, Marsanne, and Grenache Blanc -- barely make the radar for America's wine consumers.

This defies logic. Viognier, which is typically bottled on its own, and Marsanne and Roussanne, which are typically bottled together, are rich, tropical, and floral. So they're perfect substitutes for Chardonnay - and oftentimes more interesting. Grenache

Blanc is bright, tart, and crisp. It's one

In the United States, many of the best Rhone-inspired wines come from vineyards along California's coast -from the Santa Ynez Valley and Paso Robles along the Central Coast, to the Santa Lucia Highlands in Monterey, to the Russian River Valley and Dry Creek in Sonoma.

Other top wines come from the Columbia Valley and Walla Walla Valley in Washington and Oregon's Rogue Valley. Idaho, Michigan, and Virginia are also beginning to make their mark with these grapes.

Most of these areas are relatively cool. Although most Rhone varieties are a farmer's dream -- reasonably easy to grow and fairly resistant to disease -these grapes shine when grown in cooler areas, resulting in complex, vibrant, more aromatic wines. When grown in warmer climates, these varieties too easily produce wines that

are flabby and pruney.

The Rhone Rangers certainly have their work cut out for them. But for now, the lack of demand for Rhone varietals helps keep prices low. So check out what the Rhone Rangers have to offer. You won't be disappointed.

David White, a wine writer, is the founder and editor of Terroirist.com. His columns are housed at Palate Press: The Online Wine Magazine.

Let's celebrate Spring and go apple sugaring off.

Join Gilmore College in its annual trek to the mountains of Mont St. Gregoire.

Reserve now and pick up your tickets for "All you can eat" brunch at La Goudrelle, April 7, Call 514-485-7861 for details Hurry while seats are available!



Filipino Star Classified Ads The North American

ADVRTISING

Classified ads - cheapest way to advertise! Personalized subject heading (counted as 2 lines), First 3 lines = \$10, additional lines = \$2 per line. E-Mail your text to find out cost filipinostar2@gmail.com All classified ads must be prepaid.

ART OF DRIVING

Art de Conduire Certified Driving School 514-419-8280 Cell: 514-815-2873 artofdriving@yahoo.ca 4755 av. Van Horne Suite 106 (Plamondon Metro) Mr. Reza, Certified Instructor

CLEANERS

Office cleaners for West Island, car needed, work Mon-Fri after 6 pm Michael call 514-624-3437

DRIVING

Licensed driving instructor Complete driving course, 24 hrs theory & 15 hrs road practice, \$25/h.

> Exam car available. Jason 514-691-1816.

- Exam Car available One hour practice, \$25 only
- KHALIL, 514-965-0903

3D VR Driving School

3D VR Driving School

Recognized Driving School; Operated by Dr. Xu Professional + Patient + Responsible +Trustworthy

Theoretical & practical courses; Unique online learning for passing the knowledge test easily; High passing rate. Exclusive training makes you drive well and spend much less money! You will find giant differences after comparison! 1495 Rue MacDonald (Metro Côte-Vertu) St-Laurent, H4L 2A8

www.3dvrd.com 514-678-8989

LAUNDROMAT

PALABAHANG PILIPINO **LMKD Buanderie et Nettoyeur 5865 Decarie Boulevard** (Between Bourret & Van Horne) Open 7 days **Drop off laundry service Call Meriam or Lacson** Tel. 514-777-9743

LANGUAGES

Conversational Courses in **ENGLISH AND FRENCH**

ALL LEVELS

from beginners to advance Small groups, flexible schedules, budget payment plans, tax credits **MANDARIN, FILIPINO,**

SPANISH Classes begin anytime there are 6

students per level 514-485-7861

PAB/PSW

With the greying population and more babyboomers retiring, more jobs are available in the nursing aid field Obtain your certification from Gilmore College International Courses taught by professional registered nurses Register by appointment

Call 514-485-7861

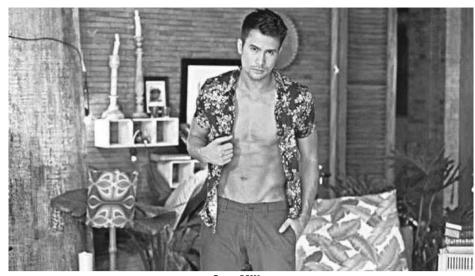
ROOM TO RENT

Room for a newly arrived single person, Possibility of having some hours of work per week, Not necessary to speak French or English, write to: tere-coatza@hotmail.com in Filipino is fine.

Tutors for Math and Science High School level, Also needed Part time teachers in French, Spanish, Mandarin - Send your resumés to: zbk@gilmorecollege.com or by post to 5320-A Queen Mary Rd Montreal, QC H3X 1T7

Showbiz Gossip Continued from p.19

Sam Milby an adrenaline junkie By Allan Policarpio



Sam Milby

Taking after his elder sister Ada, actor Sam Milby got into figure skating at the very early age of 3. And by the time he was 9, he was home-schooled to give way for a daily training routine that starts at 7 a.m. and ends at 5:30 p.m.

Sam entered various competitions

in the United States where he was raised—and for a while— it looked like he was on his way to becoming a professional skater.

But at 15, Sam decided to hang up his skates. It wasn't really his passion, he confessed.

"Everything my sister did, I did too.

It was what my parents wanted," Sam told the Inquirer and a small group of scribes at his contract signing as one of the endorsers of Tupperware Brands fragrances.

Sam eventually returned to a regular school and played other sports such as golf, ice hockey, wrestling and tennis. But as a self-confessed adrenaline junkie, he craved for something more exhilarating. And so he fell in love with motocross. From executing jumps on ice, Sam now does them on dirt—riding a motorcycle.

"My dad was also into motocross and he gifted me with my first bike when I was 10. But I really didn't take it seriously until I quit skating," he said. "It has become my passion ever since."

And now, although busy shuttling between tapings of his two television series on ABS-CBN, "Kahit Konting Pagtingin" and "Against All Odds," Sam tries squeezing motocross into his busy schedule. He usually rides at

the Club Manila East in Rizal, and Molino in Cavite.

"My motocross buddy is Jordan Herrera (actor-model), who happens to be one of my costars in 'Kahit Konting,'" he said.

Last February, Sam got into a minor accident after a misjudged jump. "My bike did a nosedive, bounced on the ground and I landed face first! I haven't done motocross in a while and I was bit rusty," the 30-year-old actor said.

But despite the dangers of motocross, slowing down has never crossed his mind. "It's all part of the sport. I was worried about taping though because I thought I was bleeding. I felt my head and face crash against my helmet and goggles," he said.

"But I like going for the extreme," he added. "Overcoming the fears and nerves is a great feeling." ■

Cristine Reyes to do comedy movie with Zanjoe



Cristine Reyes with Zanjo Marudo

Doing comedy is no longer new for Cristine Reyes. Nonetheless, the actress revealed she is very excited to do a comedy movie with actor Zanjoe Marudo this year.

In an interview with ABS-CBN News, Reyes said she and Marudo will be working on "Bromance," a comedy under the direction of Wenn Deramas.

Actor Zanjoe Marudo and actress Cristine Reyes during the pictorial for their upcoming movie

"Para sa akin, masaya kasi light lang siya and puro kalokohan lang kami sa set. Kung ano 'yung mapapanood niyo, 'yun na 'yun talaga. Minsan hindi na kami masyado nagsi-stick sa script, kumbaga kung ano 'yung lumabas, adlib, kung ano 'yung nakakatawa," she said.

Having been part of the Kapamilya gag-show "Banana Split" in the past, Reyes said she no longer feels uneasy working with Marudo, who is also part of the show.

"Wala na [akong ilang], very comfortable na ako with Zanjoe. Pero first time ko nakasama si Direk Wenn so medyo nangangapa pa ako. Super fun naman si Direk Wenn sa set eh. He's very kind and cool pero authoritative pa rin. I'm happy na finally nakasama ko si Direk Wenn," she said.

Meanwhile, aside from "Bromance," Reyes' fans could also expect the actress on a primetime television series soon.

She will be part of "Bukas Na Lang Kita Mamahalin" which also features Gerald Anderson, Dawn Zulueta, Rayver Cruz and Dina Bonevie.

"Wala pang play date. Pinepreview pa nila kung kailan lalabas. [Pero I'll be part of] 'Bukas Na Lang Kita Mamahalin,'" she said.

Reyes renewed her contract with ABS-CBN just last month.

"One year and five months or six months 'yung sinign ko na contract. I think more than three years na [ako with ABS-CBN]. Super enjoying and super love ko talaga dito sa ABS-CBN," she said.

"Alam mo 'yun, sobrang naalagaan lahat ng artista, lahat ng mga veterans and kaming mga young ones," Reyes added.

Reyes started in showbiz as a finalist in a reality talent search that aired on another network, but she rose to fame after she transferred to ABS-CBN in 2008.

Filipino nanny takes on actress Sharon Stone



Sharon Stone

A US judge cleared the way Friday for a former Filipino nanny of actress Sharon Stone to go to trial against the actress for wrongful dismissal and harassment, including racist abuse.

Lawyers for Erlinda Elemen, who worked as a live-in nanny for the "Basic Instinct" star until she was sacked in 2011, announced last year that she was suing the actress.

Los Angeles Superior Court Judge Mary Strobel ruled that Elemen's lawyers had provided enough evidence to support her allegations of harassment, failure to prevent harassment, retaliation and wrongful termination.

"We're pleased the judge recognized that the plaintiff's claims should proceed," said lawyer Solomon Gresen, adding: "We look forward to our July trial date."

The trial is tentatively set for July 30.

Stone's lawyers sought to have the case dismissed, arguing that comments made by the actress did not amount to harassment.

Comments only

"All we have is that Ms Stone made comments about Filipino food, Filipino accents," said lawyer Daniel Gutenplan.

When the lawsuit was announced in May, the actress's publicist slammed the legal action as "absurd," claiming the ex-nanny was simply trying to "cash in" on Stone.

The lawsuit claimed the star equated being Filipino with being stupid, and ordered her not to speak in front of her children so they would not "talk like you."

Stone also banned Elemen from reading the Bible in Stone's home, even though she lived with her to look after the actress's three children, and frequently traveled with them.

From August 2010, Elemen "was repeatedly subjected to derogatory comments and slurs by (Stone) related to her Filipino ethnicity and heritage," said the 17-page lawsuit.

2011 dismissal

Elemen, who was hired in October 2006 and was promoted to head live-in nanny two years later, was dismissed in February 2011, after Stone learned she had been paid overtime when traveling with the children and on holidays.

The lawsuit asks for an unspecified amount for unpaid wages, damages and penalties, and is seeking a trial by jury.

In 2011, the actress was ordered to pay \$232,000 in compensation to a worker who injured his knee after slipping and falling in her backyard in 2006.

From Page 20 Pope Francis

sisters. His original plan was to be a chemist, but in 1958 he instead entered the Society of Jesus and began studies for the priesthood. He spent much of his early career teaching literature, psychology and philosophy, and early on he was seen as a rising star. From

continue to staff parishes and act as chaplains rather than moving into "base communities" and political activism.

Francis is believed to be the first Jesuit to serve as pope. According to NBC News, he is also likely the first pope with only one lung, having had one removed as a teenager following an infection.



1973 to 1979 he served as the Jesuit provincial in 1980 became the rector of the seminary from which he had

graduated.

These were the years of the military junta in Argentina, when many priests, including leading Jesuits, were gravitating towards the progressive liberation theology movement. As the Jesuit provincial, Bergoglio insisted on a more traditional reading of Ignatian spirituality, mandating that Jesuits

As you might expect, his views on broader subjects are fairly orthodox, earning, for example, a rebuke from prime minister Argentina's after suggesting that gay adoption discriminate against children.

If you were wondering, Francis' election, occurring on the second day and fifth ballot wasn't abnormally fast. The past twelve conclaves have averaged three days in length, requiring six-and-a-half ballots. (AtlanticWire)





6430 Victoria Avenue, Montreal, QC Telephone: 514-733-7816



Arroy D Bamboo Shoots- 89¢ can



Ligo Sardines - 79¢can



Galunggong - \$2.79 pack



Big orange - 2/\$1.00



Arroy-D Jackfruit - \$1.59 can



Marca Pina Fish Sauce - \$1.69 bottle



Bulilit longanisa - 2/\$3.00



Chicken Wings - \$2.72 lb



Tune Tempura - \$1.99 box





Lorenzana salted anchovies - \$4.49 bottle



Holiday Luncheon Meat - 4/\$6.00

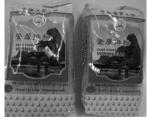


March 26 to April 2, 2013

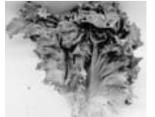
Sale prices valid from

Leo XIII (1878-1903), born Gioacchino Pecci. He was the fourth longest reigning pape after Plus IX, St Peter and John Paul II. A humanist who composed poems in Latin, he is remembered for his social encyclical "Rerum Novarum" and supported Christian Democracy as against communism. He died at the age of 93.

Nidi & Grace Coconut Milk - 79¢ can



ChooChing Vermicelli - 89¢ pack



Green leaf - 99¢ each



Ground beef - \$2.72 lb

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



Photo taken during the PAB/PSW graduation ceremony on October 7, 2012. From left (front row) Annabelle Alloso, Ethel Tugna, PAB instructors Terry White and Amy Manon-og, Director-General Zenaida Ferry Kharroubi, PAB instructors Edith Fedalizo and Josefina Toledo, and Lourdes Lubang. Standing (L-R): Grace Calvo, Vilma Lagonilla, Mildred Mendoza, Giselle Arellano, Marilou Hechanova, Edison Taguba, Annie Signey and Joesie Bingayen. Not in photo: Clarice Mackay, PAB instructor.



- Early Childhood Education
- Personal Support Worker (PAB/PSW)
- International Trade
- Office Systems Technology
 - Secretarial
 - Administrative
 - Legal
 - Medical
 - Accounting

COURSES AND SEMINARS

- English (ESL) & Toefel
- French (FSL)
- Spanish
- Mandarin
- Filipino (Tagalog)
- Practical Writing
- Writers Helping Writers
- Cooperative Education









GILM RE

International

5320-A Queen Mary Rd. (between Decarie & Coolbrook)
Tel.: 514-485-7861
www.gilmorecollege.com





Accounting course taught by a C.A (Chartered Accountant, Frank McInnis

A fast and easy way to understand how to do your own financial reports required by the government.

A 2-day workshop designed for individuals with no prior accounting experience Pre-requisite to the course is an undersanding of Microsoft Excel Course fees: \$195 + taxes (covers materials)

Course consists of two 6-hour small group lessons plus one home assignment. Tax receipts and certificate will be given at the end of the course.

Be a certified

international trade professional (C.I.T.P.) recognized anywhere in the world.

Enroll in a full time or part time programme in International Trade. Also offered on line by FITT

(Forum for International Trade Training) www.fitt.ca

- Global Entrepreneurship
- International Marketing
- International Trade Finance
- International Logistics
- International Market Entry and Distribution
- International Trade Research
- Legal Aspects of International Trade
- International Trade Management
- Intercultural Aspects of International Trade



