

Quebec's future is at stake on April 7

Every time there is an election, we have always tried to encourage a higher voter participation. From the recent past elections, voters have been very indifferent and have been staying away from the polls. But the issues in this election scheduled for April 7, called by the current PQ government may attract more people to be more interested in the issues that will determine the future of this province. These are known to be five issues which will be debated by the party leaders, namely, sovereignty, economy and jobs, health, and corruption and ethics.

If the PQ government win a majority, it is feared that a referendum to separate from the rest of Canada may happen sooner than later although Pauline Marois has always stated that she will wait for the right conditions before calling for a referendum. But many people now are doubting her and asking whether or not she will keep her word.

During the first leaders debate held on Thursday night, March 20, Pauline



From left: Françoise David of the Quebec Solidaire party, François Legault of CAQ, Pauline Marois of the PQ, and Philippe Couillard of the Liberal Party. Who among these candidates shall be elected premier of Quebec on April 7, 2014? (Photo: Canadian Press)

First Filipino-Canadian Young Leaders Summit promotes a new vision of the future

On Saturday, March 8, 2014, at St. Michael's College in Toronto, the first Filipino-Canadian Young Leaders Summit assembled one of the most inspiring group of speakers who appeared to be similarly motivated - to make a difference in making this world a better place. It was described as an initiative supported by the Philippine Embassy in Ottawa, the Philippine Consulate General in Toronto and Eskwela Incorporated. Youth delegates came from Toronto, Windsor, Hamilton, Edmonton, and Montreal. Ambassador Leslie Gatan gave the opening remarks and welcomed everyone to the conference.

The speeches delivered during this day-long summit were full of inspirational stories of passion, commitment, leadership, entrepre-

neurship, benevolence, fellowship and civic-minded citizenship.

Providing the background about Philippine history and culture, Dr. Anton Juan spoke about the qualities of a good leader, values that are typically Filipino. Following his lecture was an academic who made a stunning observation about the invisibility of Filipino-Canadians in the mainstream society, its contributing factors and how we should start to make some changes. Professor Roland Coloma of the University of Toronto suggested ways to break this cycle in the current and the next generation of Filipino-Canadians.

Filipinos are known to have started immigrating to Canada for at



Speakers in the afternoon session answered questions from the audience. From left: Vincent Villanis, Thomas Ancheta, Veraida Bermejo, Mithi Esguerra, Iloilo Mayor Jed Mabilog and Atty. Rafael Fabregas who is planning to run in the forthcoming federal elections.

See P.4 Young Laders Summit

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Philippine News

Philippines offers U.S. forces access to military bases

Source: Chicago Tribune

MANILA (Reuters) – The Philippines has agreed to allow the United States access to its military bases under a new security deal being negotiated by the two allies, amid mounting concern over China's increasing assertiveness in the disputed waters of the South China Sea.

The offer was made during a sixth round of talks held in Washington last week, Filipino officials said on Friday. The two sides hope to finalize terms before U.S. President Barack Obama embarks on a visit to Asia, including the Philippines, next month.

"Consensus was arrived at on many provisions of the draft agreement," Pío Lorenzo Batino, defense undersecretary told a news conference, adding the deal is 80 percent done.

"The proposed agreement will allow the sharing of defined areas within certain AFP (Armed Forces of the Philippines) facilities with elements of the U.S. military."

The United States plans to "rebalance" its forces in Asia-Pacific region, and has similar arrangements with Australia and Singapore, as part of its strategy to counter China.

Manila would welcome the return of a U.S. military presence to deter China's ambitions in the South China Sea, and to help provide humanitarian assistance during natural disasters.

"It will not stop China from its bullying tactics, but it will become more cautious and might exercise self-restraint due to the U.S. presence," Rommel Banlaoi, an analyst at Philippine Institute of Peace, Violence and Terrorism Research, said.

"The Philippines will also benefit from more exercises and more assistance from the U.S. and it will elevate the Philippines to a major non-NATO ally in the Pacific."

Friction between China and the Philippines and other states in the region, over disputed territories in the South China Sea has increased since last year despite diplomatic efforts to forge an agreement on maritime conduct.

The dispute revolves round competing claims over the Spratlys, a group of 250 uninhabitable islets spread over 165,000 square miles.

On Sunday, three Chinese coast guard ships stopped two Filipino civilian

forces access to fewer military bases," Ambassador Eduardo Malaya, a member of the panel negotiating with the Americans, said.

Manila refused a request for use of civilian airfields and ports, like Subic Freeport Bay, Laoag and Davao international airports, according to the military official.

Batino said the agreement will be legally binding but will not require ratification by the Philippine Senate, which could delay the actual U.S. deployment.

(Reporting By Manuel Mogato; Editing by Simon Cameron-Moore)
March 17, 2014 | Opinion, PerryScope

PerryScope
By Perry Diaz

Task Force Tugis leader Sr. Superintendent Conrad Capa

It all began last March 6, 2014 when the Philippine National Police (PNP) arrested fugitive real estate developer Delfin Lee at the Hyatt Regency Hotel and Casino in Ermita, Manila. With a P2-million price on his head since 2012, his capture ended a nationwide manhunt by PNP's

Secretary Herminio Coloma said over Radyo ng Bayan that Umali called Purisima because Umali's lawyer Atty. Gilberto Repizo — Umali's province mate and friend — requested it. He quoted Umali as saying that Repizo wanted to "clarify the basis for the arrest of Mr. Lee because as far as his camp knew, the Court of Appeals already has a decision in favor of his client." the arrest warrant remained valid. However, Coloma couldn't say if P-Noy was convinced of Umali's explanation.

Housing loan scam
GlobeAsiatique's Xevera Subdivision in Mabalacat, Pampanga.

GlobeAsiatique's Xevera Subdivision in Mabalacat, Pampanga.

Lee was charged with syndicated estafa, a nonbailable offense, in connection with two housing projects in Pampanga province. He was accused of using fictitious members of the Home Development Mutual Fund (Pag-Ibig Fund), a government program, to obtain housing loans — totaling P6.6 billion — that he used in GlobeAsiatique's Xevera subdivisions in Bacolor and Mabalacat towns of Pampanga between 2008 and 2011.

Lee pulled the scam by using non-existent or fake homebuyers and paying them to apply for Pag-Ibig home loans. After the homes were built, GlobeAsiatique would then sell them to other homebuyers who would discover



Landing support specialists back away after connecting a Humvee to a Marine Corps MV-22B Osprey during external lift training at Subic Bay, Philippines, during exercise Freedom Banner 2013. (Pfc. Kasey Peacock/Marine Corps)

The new agreement on enhanced defense cooperation will allow the United States increased deployment of troops, ships, aircraft and humanitarian equipment.

U.S. military access in the Philippines is currently limited to during annual joint-exercises and port visits. The Philippines kicked the United States out two large military bases, including Subic Bay, in 1991.

While that ended a special relationship going back 40 years between the United States and its former colony won its independence in 1946, an alliance has endured.

vessels from delivering food, water and construction materials to troops based on a ship that was deliberately run aground on reef in the Spratlys in 1999 to reinforce the Philippines' claim.

Manila called the Chinese actions "a clear and urgent threat to the rights and interests of the Philippines".

Under the draft accord, the Philippines will allow U.S. forces joint use of facilities in several military bases like Manila, Clark, Palawan, Cebu, Nueva Ecija, and La Union, a military official with knowledge of the negotiations.

"We are only offering U.S. military



Gov. Alfonso Umali (center) with Pres. Aquino and unidentified official.

elite Task Force Tugis.

But no sooner had Lee been in police custody than a series of unusual events started to happen. First, Oriental Mindoro Governor Alfonso Umali reportedly phoned PNP Director General Alan Purisima in connection with Lee's arrest. The following day, President Benigno "P-Noy" Aquino III sent a text message to Umali, a ranking political ally and Treasurer of the Liberal Party, asking him to explain why he phoned Purisima? Gov. Alfonso Umali (center) with Pres. Aquino and unidentified official.

Gov. Alfonso Umali (center) with Pres. Aquino and unidentified official.

In a press briefing, presidential spokesman Edwin Lacierda said that Umali called P-Noy and explained why he called Purisima. Lacierda said that P-Noy was "satisfied" with Umali's explanation; however, he did not elaborate what was Umali's explanation.

In an attempt to put a positive note to Umali's explanation, Communications

later that the homes they bought were in the names of bogus or ghost homeowners.



Manhunt
Delfin Lee

On May 22, 2012, a Regional Trial Court in Pampanga issued a warrant for the arrest of Lee, his son Dexter, and three officers of GlobeAsiatique. The manhunt was on. It involved the PNP and the National Bureau of Investigation (NBI). Last December, after 20 months of hard

See Page 5 Philippine News

Featured Opinion

They just lie there and they die there

March 25, 2014

ON DISTANT SHORE

By Val G. Abelgas
Grace Pulido Tan

Two feisty woman officials reminded us last week why campaigns against corruption in the Philippines never succeed. They don't succeed because after the corrupt acts are exposed and publicized, there is no follow-up, much less prosecution of the accused.

Chairman Grace Pulido-Tan of the Commission on Audit (COA) has ordered the agency's officials to monitor compliance with recommendations contained in annual audit reports to ensure that government agencies and institutions take them seriously and act to implement such corrective measures.

Tan hopes the new system would put an end to auditors reporting the same recurring problem every year because there are no follow-ups to recommendations. Audit findings will then not suffer the same fate as dreams in the song "Mona Lisa," Tan said, where they "just lie there and die there."

Sen. Miriam Defensor Santiago, on the other hand, is exasperated that no charges have been filed in court against those named in numerous exposes and Senate committee hearings, and said the Ombudsman should start filing cases against those implicated in the P10-billion pork barrel scam.

"Since it has been six months, I think it would be best if the Ombudsman could at least file some of the cases in court now because the public are getting jaded with these public revelations in the Senate probe plus they are not seeing any

action," Santiago said. "We don't want public interest to die on this matter because it's just too important. Plunder is just too important to the national economy."

One wonders why despite the voluminous evidence and the many witnesses who have willingly testified to the extent of the corruption involving the Priority Development Assistance Fund (PDAF) or the congressional pork barrel, the Disbursement Acceleration Program (DAP) or the presidential pork barrel, the Malampaya Fund and several programs of the Department of Agriculture and the Department of Agrarian Reform, the Ombudsman has not filed any formal charges before the Sandiganbayan against those implicated in the shameless scams.

Are the exposes being squeezed dry by the administration and its allies to damage the reputation of some leaders of the opposition and possible contenders for either the presidency or the vice presidency? Is the Aquino administration really serious in prosecuting the big fishes in these scams regardless of party affiliations, or will these scandals go the way of previous corruption scandals that have been left unresolved?

Let us look at the numerous corruption scandals that have shocked the nation in the last few years, but have remained unresolved:

The P1.3-billion election computerization deal with Mega Pacific to supply the Commission on Elections (Comelec) which the Supreme Court voided because the deal was tainted "with graft and legal infirmities;" the alleged P532.9-million overpricing of the President Diosdado Macapagal Boulevard in the



Grace Pulido Tan

Manila Bay reclamation area, which the Ombudsman deemed as overpriced by 250 percent and the bridge by 67 percent;

The P200-million Jose Pidal case, wherein Sen. Panfilo Lacson accused Mike Arroyo of amassing more than P200 million from campaign contributions of her wife and putting the money in secret bank accounts, including that of "Jose Pidal"; the \$503-million Northrail project, which former Senate President Franklin Drilon described as one of the "colossal corrupt deals" of the Arroyo administration; the \$329-million National Broadband Network; the \$466-million Cyber Education Project; the P728-million fertilizer fund scam; the still to be probed P3.1-billion irrigation project just before the 2004 elections whose funds the Kilusang Magbubukid ng Pilipinas claims were diverted to the campaign; the P455-million ice making machine scam also under the Department of Agriculture; the P5-billion swine scam; and the P120-million Ginintuang Masagani Ani (GMA) project scam.

Add to these the P10-billion pork barrel scam, the P900-Malapampaya fund mess, the billions DAP funds illegally doled out to senators and congressmen before, during and after the

impeachment trial of Chief Justice Renato Corona, and the billions more in agriculture funds that were allegedly coursed through fake NGOs.

In most of these cases, the culprits remain free, the whistleblowers have either been silenced or are now six feet under, and only the case against Abalos and Neri in the NBN-ZTE deal has been filed by the Ombudsman, and the Executive Department has blocked investigations by fraudulently invoking executive privilege.

The only case that landed in court – the \$2-million bribery case against former Justice Secretary Hernani Perez – was obviously mishandled by the Ombudsman and was dismissed two years ago.

All these corruption scandals hogged the headlines for days, only to die down when another scandal, either in government or in show business, displaced them on the headlines. In the Philippines, corruption scandals are never resolved; they just fade away.

Or as the COA chief said: "They just lie there, and they die there."

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From Page 4 Young Leaders

least several decades but remained to be virtually "invisible" in the political scene. Professor Roland Coloma used the insights gathered from research work done in academia and urged the audience to examine the contributing factors and discover ways to improve the current state. He asked: What's wrong with Filipinos? Why is it that the biggest concentration in Canada does not have anyone elected in public office? One reason is due to the fact that those who are in the grassroots level of leadership remain unrecognized. Perhaps, if we build the capacity of

urged the audience not to be afraid to "rock the boat." He believed in looking for a better way of doing things, and not to be content with the old way which does not achieve our goals. For example, he mentioned that most community organizations are content with holding social dances and raising money by soliciting ads in their souvenir programs. He narrated his experience of having challenged the old way and organized his own fund raising drive. He succeeded in raising an amount that no one expected he could ever make.

Veraida Bermejo, president of the Pamana ni Luzminda dance troupe, traced the history of the organization and mentioned how they have been

and to be a candidate in the next federal elections. He said there is no time like the present and that he considers those around him as part of his family. If he becomes an MP, he will look at policies that seem to over-emphasize economic immigrants. He wants to look at the direction of citizenship policies. Under the current policies, how will Canada look like? He is interested in the following: training, credentials recognition, early childhood education, wellness programs for seniors.

It was about 10 years ago when we had Dr. Rey Pagtakhan as a member of parliament but since then we do not have anyone from our community. The hurdles that Filipino-Canadian community faces are: mistakes in the kind of expectations we make of ourselves, gender-based barriers, access to justice where we need more leaders, the difficulty of organizing ourselves, and low voter turnout, approximately 20-30%.

On the other hand, Atty Fabregas is encouraged by the achievement of one woman who was in the LICP (Live-in Caregiver Program) who died in 2009 but left a lasting legacy. Juana Tejada was able to change the law. The government reversed the condition of a second medical exam for live-in caregivers before they can get their permanent residence status in Canada.

The final speaker of the afternoon was Senator Thomas Enverga, the first Filipino-Canadian appointed by Prime Minister Harper to the Senate. He offered many ideas on how to be a good leader and get support from your followers. Some examples of good advice he gave are: Be passionate about your ideals; Lead by example, a leader is also a great follower, do not stay too long, and do not forget your roots. He quoted from a Japanese proverb at the end of his speech:

Vision without action is a daydream; Action without a Vision is a nightmare.

At the end of the conference, MMTV Executive Producer Zenaida Kharoubi interviewed Ambassador Leslie Gatan, Senator Thomas Enverga, Atty Rafael Fabregas, Vincent Villanis, Thomas Ancheta, Iloilo City Mayor Jed Mabilog, and the undefeated lightweight boxer, Mark Pagkiliwangan. These interviews will be featured in two episodes of Mabuhay Montreal TV. to be broadcast over ICI on Videotron Channel 16/616HD, and Bell Fibe 216/1216 HD. Watch for this show every

Friday at 7 p.m.

Background information

The Young Filipino-Canadian Leaders Summit came out of the following identified issues experienced, observed and studied by a focused group of Filipino-Canadian youth leaders:

- The need to foster understanding and bridge generation gaps between parents and their children, as well as among generations of Filipino/Filipino-Canadian youth from 1st, 1.5 and 2nd generations.

- The need to understand and address the invisibility of the Filipino community in Canadian society. Filipinos are the largest source of migrant labour in Canada. Filipinos are the 4th largest visible minority according to the 2006 Statistics Canada. Filipinos are one of the most highly educated immigrants migrating to Canada. However, it has been argued that due to de-skilling and devaluing of their education and work experience, as well as the experiences of discrimination and racism, Filipinos and their contributions to the Canadian society continue to be invisible.

Objectives

More specifically, the Young Filipino-Canadian Leaders Summit aims to provide youth of Filipino descent aged 18-35, and accompanying leaders/coordinators/mentors, with an understanding of their history, both Philippine and the Canadian connection, provide them tools that they can bring home to their community, and provide them with opportunities to network with other Filipinos and community leaders.

Vision

From such a context, the Young Filipino-Canadian Leaders Summit hopes to provide a space and opportunity for youth of Filipino-descent to explore and create a fuller sense of their identity towards the ultimate outcome of inspiring a generation of youth who will be the visible and a united national force in Canadian society.

Mission

The Young Filipino-Canadian Leaders Summit aims to empower youth, cultivate pride and provide youth with the tools and support to be able to not just echo but also put into action the vision of the summit within their own regional community groups.

slightly ahead in the Montérégie region.

The polls suggest that the Parti Québécois' early focus on their controversial values charter, a Quebec referendum and the introduction of media mogul Pierre Karl Peladeau have in fact, fizzled with voters.

The second leaders debate will be held on Thursday, March 27, 2014. It is expected that there will be an intense heat from all the parties involved as the election draws closer.

**Let's get involved and go out and vote
We elect the government that we deserve.**



Dr. Anton Juan receiving a plaque of appreciation from Ambassador Leslie Gatan while Professor Orlando Coloma waits for his turn.

those who are already in the trenches, we might make the changes needed to overcome our invisibility.

Mayor Jed Mabilog from Iloilo City exemplified an ideal way of managing public funds honestly and competently. His entry into politics was described as an answer to a challenge from a political old guard. During his administration, the City of Iloilo has been the recipient of many awards for innovation and for being the greenest city in the region. He explained the steps in achieving a transformational style of leadership which he described as "a leadership that builds, nurtures and grows."

During the afternoon session, several young leaders gave testimonials about their experiences in different areas.

In the field of organizing the youth, Thomas Ancheta who is a marketing graduate from Edmonton, spoke passionately about his vision. He

acclaimed not only locally but also internationally.

Vincent Villanis, a young entrepreneur who used to be a troubled youth was able to change and became engaged in developing a new product - distilling beer from bamboo. His company produces, and distributes bamboo beer to restaurants and bars. This beer is not yet available in grocery outlets.

In the field of civil rights and social action, co-founder of two organizations, Mithi Esguerra spoke about her experience with the Community Alliance for Social Justice. The biggest hurdle is how to reach out to other young people.

Atty. Rafael Fabregas, named as an outstanding Filipino Youth in 2010, cited some population figures from 2011 statistics: 500,000 Filipinos in Canada, 220,000 concentrated in Ontario and out of this number, 180,000 are in Toronto, but no representative in the House of Commons. His goal is to change this

Marois said the only woman to lose her job has been Liberal MNA Fatima Houda-Pepin, who quit the Liberal caucus and opted to sit as an independent when she refused to toe the party line against the charter. Marois also contended that a transition period would allow women affected by the legislation to adjust to the ban.

In an exchange with Quebec Solidaire's Françoise David on the charter, Couillard said he believes in protecting individual freedom, which he said is essential to democracy.

"It is something that protects us all against oppression."

The second leaders debate is scheduled for Thursday, March 27. It is expected that all the leaders will not hold their fire power against one another to

From Page 1 Quebec Elections

Marois spent much of her time defending her government's record on the economy, job creation and social development and pledged there would be no referendum on sovereignty unless Quebecers were ready for one.

On the PQ government's proposed secular charter, Marois challenged Liberal leader Philippe Couillard to tell voters to vote PQ if the charter is what they want.

Couillard instead challenged Marois to tell Quebecers how many women were going to be fired as a result of the charter, which bans the wearing of overt religious symbols among public service workers.



IMAGE & FASHION

Michael Davantes
B.A. Specialization in Communication

Know your shoes

Humans began wearing shoes some 26,000 to 40,000 years ago according to some anthropologists. Early shoes were more like protective sacs - used as a barrier between sharp objects on the ground and as

insulation from the cold. Footwear then evolved into several designs as it became not just a necessity but also as a status symbol.

Can a man be judged by his shoes?

According to a survey by men's footwear brand Allen Edmonds, 64 percent of women judge a man's fashion sense based on his shoes; 52 percent of women say they judge a man's personality by his shoes; 36 percent say they use shoes to determine a man's financial position while 54 percent say men's shoes reflect a guy's attention to detail. Indeed, a man would not be called detailed if he put on a nice suit and pairs it with clunky lace-ups.

There are numerous styles of shoes available for men such as dress shoes for formal occasions, casual shoes for regular days and athletic footwear for sports. If you want to make a good impression, invest in various pairs that go with certain type of outfit. Here are some options:



PNP Director General Alan Purisima

probably mused.

Reward or punishment?
PNP Director General Alan Purisima

But, alas, Capa couldn't be farther from reality or to be more precise, realpolitik. What happened next stunned Capa and baffled many people. There was simply no reason why Capa's boss, PNP Chief Purisima, would abruptly transfer him one week after Lee's capture, to Cebu as Deputy Regional Director for Operations. In a press briefing, Purisima defended his action saying that Capa's relief was not a punishment but a reward, a promotion. He said that Capa had been in the task force for a long time and was now due for a transfer. He added that the new assignment would give Capa a chance for a promotion to one-star general.

But Capa had none of that. Caught by surprise, he was frustrated by the sudden turn of events. He felt that his transfer was not a commendation for a job well done. He said that every officer in the PNP knows it's not a promotion. Capa said that if Purisima had wanted to promote him, there were several vacant positions in Camp Crame, PNP's headquarters, he could have been assigned to.

So, if it was not a commendation or reward, what was it then? Could it be that Lee's arrest and the subsequent intervention of Umali had any bearing on Capa's relief? Or could it be that Purisima punished Capa for reportedly leaking the information that Umali had called Purisima to intervene on behalf of Lee? Capa was suspected of spreading rumors that Umali had pressured Purisima to release Lee. But Capa denied that he was the one who leaked the information on Umali's communication with Purisima. But regardless of who had leaked the information, the fact that Umali had indeed called Purisima on behalf of Lee's lawyer, makes one wonder why would Lee's lawyer break protocol on matters that should have been done through official channels?

At the end of the day, Capa's "problem" with his boss Purisima might not have been due to whether he leaked the Umali-Purisima telephone conversation or not. His fate may have been sealed the moment he captured Lee. He had stepped on big toes.... very big toes. And in military-oriented organizations like the PNP, when you step on big toes, you are punished by being kicked upstairs; that is, you're assigned to a new job that seems to be more powerful but is actually less powerful, which makes one wonder: was Conrad Capa kicked upstairs?



From Page 2 Philippine News

investigative work, Task Force Tugis was able to track Lee living in a house in Metro Manila. When the task force led by Senior Superintendent Conrad Capa nabbed Lee last March 6, Capa must have felt proud for capturing one of the country's most wanted fugitives, the so-called "Big Five," which include former Palawan governor Joel Reyes and his brother former Coron mayor Mario Reyes, former general Jovito Palparan, and former Dinagat congressman Ruben Ecleo. "We had five original targets. One down, four to go. Hopefully, mahuli yung the rest," Capa said in a report aired on



GlobeAsiatique's Xevera Subdivision in Mabalacat, Pampanga.

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Dear EarthTalk: If "cap and trade" has worked so well in Europe for reducing greenhouse gas emissions there, why haven't we tried something similar here in the U.S.? -- Sandra M., Bern, NC

"Cap-and-trade," whereby big polluters must pay to emit greenhouse gases against a capped total amount that is reduced over time—has been in effect across the European Union (EU) since 2005. This so-called Emissions Trading System (ETS) requires 11,000 of the largest electric and industrial facilities in 28 European countries to participate. Some 45 percent of Europe's total greenhouse gas emissions are regulated under the system. Proponents say the ETS has succeeded in keeping greenhouse gas emissions in check and making Europe a global leader on climate. The EU reports that, by 2020, emissions from sectors covered by ETS will be 21 percent lower than they were in 2005 and 43 percent lower by 2030. But critics argue that Europe's reduced emissions may be more due to the global recession than the ETS, and that the cheap availability of allowances has made it easier for companies to pay to burn coal than to switch to cleaner natural gas or invest more in carbon mitigation technologies. Early in 2014 the EU tightened up its system by cutting the number of new allowances it plans to issue over the next three years by a third while simultaneously creating a "market reserve" to absorb extra allowances as needed.

Meanwhile, Switzerland, New Zealand, Australia, Kazakhstan and South Korea have each set up their own national cap-and-trade programs to varying degrees of success, while regional versions have popped up within Japan, Canada and the U.S. As to the U.S., whether or not to establish a nationwide cap-and-trade system here has been a hot topic of discussion in Congress. It last came up for a vote in 2010, but never found enough bi-partisan support to become the law of the land. But in lieu of any federal system, two U.S. regions have undertaken their own attempts at ratcheting down greenhouse gas emissions through market mechanisms:

In 2009, 10 Northeastern states came together to create the Regional Greenhouse Gas Initiative (RGGI), a cap-and-trade system with the goal of reducing regional carbon emissions from the power sector

10 percent from 2009 levels by 2018. Lower emissions than expected over the first five years of the program—thanks to

many utilities switching over to cleaner burning and increasingly cheaper natural gas as well as less overall economic output due to the recession—led RGGI to lower its overall annual cap from 165 million to 91 million tons in 2014, with a 2.5 percent reduction every year thereafter until 2020.

Analysts expect this rejiggering will drive the price of polluting five times higher than it has been and thus force utilities across the region to seek cleaner, greener alternatives to coal as an electricity feedstock.

The other major U.S. cap-and-trade player is California, which launched its own ETS in 2013 with a cap set initially at two percent below 2012 emission levels. The cap will then be reduced three percent a year from 2015-2020. Some 600 facilities are big enough polluters to qualify for participation in the system, which will cover around 85 percent of the state's total greenhouse gas emissions. Given that California in and of itself is the 12th largest economy in the world, its forward-thinking commitment to cap-and-trade gives hope everywhere to fans of marshalling market forces to bring about environmental change.

CONTACTS: EU Emissions Trading System, ec.europa.eu/clima/policies/ets/index_en.htm; RGGI, www.rggi.org; California Cap-and-Trade Program, www.arb.ca.gov/cc/capandtrade/capandtrade.htm.

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Dear EarthTalk: Should those of us who care about our health and the planet be concerned about the new trend in genetic engineering called synthetic biology?

-- Chrissie Wilkins, Bern, NC

"Synthetic biology" (or "synbio") refers to the design and fabrication of novel biological parts, devices and systems that do not otherwise occur in nature. Many see it as an extreme version of genetic engineering (GE). But unlike GE, whereby genetic information with certain desirable traits is inserted from one organism into another, synbio uses computers and chemicals to create entirely new organisms.

Proponents of synbio, which include familiar players such as Cargill, BP, Chevron and Du Pont, tout its potential benefits. According to the Synthetic

Biology Engineering Research Center (SYNBERC), a consortium of leading U.S. researchers in the field, some promising applications of synthetic biology include alternatives to rubber for tires, tumor-seeking microbes for treating cancer, and photosynthetic energy systems. Other potential applications include using synbio to detect and remove environmental contaminants, monitor and respond to disease and develop new drugs and vaccines.

While these and other applications may not be widely available for years, synthetic biology is already in use for creating food additives that will start to show up in products on grocery shelves later this year. Switzerland-based Evolva is using synthetic biology techniques to produce alternatives to resveratrol, stevia, saffron and vanilla. The company's "synthetic vanillin" is slated to go into many foods as a cheaper and limitless version of real vanilla flavor. But many health advocates are outraged that such a product will be available to consumers without more research into potential dangers and without any warnings or

communities around the world. "Synbio vanilla...could displace the demand for the natural vanilla market," reports FoE. "Without the natural vanilla market adding economic value to the rainforest in these regions, these last standing rainforests will not be protected from competing agricultural markets such as soy, palm oil and sugar." Critics of synbio also worry that releasing synthetic life into the environment, whether done intentionally or accidentally, could have adverse effects on our ecosystems.

Despite these risks, could the rewards of embracing synthetic biology be great? Could it help us deal with some of the tough issues of climate change, pollution and world hunger? Given that the genie is already out of the bottle, perhaps only time will tell.

CONTACTS: SYNBERC, www.synberc.org; FoE, www.foe.org; Evolva, www.evolva.com.

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Proponents of synthetic biology tout its potential for bringing about great advances in medicine, energy and cheaper foods. But health advocates worry that the risks to health and the environment may be too great. Pictured: a researcher using "synbio" to engineer new microbes as an alternative to yeast for turning complex sugars into biofuels. Credit: Lawrence Berkeley National Laboratory/Roy Kaltschmidt

labeling to let consumers know they are eating organisms designed and brought to life in a lab.

"This is the first major use of a synbio ingredient in food, and dozens of other flavors and food additives are in the pipeline, so synbio vanilla could set a dangerous precedent for synthetic genetically engineered ingredients to sneak into our food supply and be labeled as 'natural,'" reports Friends of the Earth (FoE), a leading environmental group. "Synthetic biology vanillin poses several human health, environmental and economic concerns for consumers, food companies and other stakeholders."

For example, FoE worries that synbio vanilla (and eventually other synthetic biology additives) could exacerbate rainforest destruction while harming sustainable farmers and poor

Environmental Magazine (www.emagazine.com). Send questions to: earthtalk@emagazine.com.

E - The Environmental Magazine

Dear EarthTalk: I know that some of us are genetically predisposed to get cancer, but what are some ways we can avoid known environmental triggers for it?

-- B. Northrup, Westport, MA

Cancer remains the scourge of the American health care system, given that four out of every 10 of us will be diagnosed with one form or another during our lifetime. Some of us are genetically predisposed toward certain types of cancers, but there is much we can do to avoid exposure to carcinogens in our environment.

According to the Environmental Working

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Group (EWG), a non-profit working to protect public health and the environment, a key first step in warding off cancer is lifestyle change—"stopping smoking, reducing drinking, losing weight, exercising and eating right." The American Cancer Society reports that smoking and poor nutrition each account for about one-third of the 575,000 U.S. cancer deaths each year.

But smoking and obesity are obvious and other cancer triggers aren't so easily pinpointed. In 2010 the President's Cancer Panel reported that environmental toxins play a significant and under-recognized role in many cancers, causing "grievous harm" to untold numbers of Americans. And EWG reports that U.S. children are born "pre-polluted" with up to 200 carcinogenic substances already in their bloodstreams.

Given this shocking fact, it may seem futile to try to reduce our bodies' chemical burden, but it could be a matter of life and death. EWG lists several ways anyone can cut their cancer risk. First up is to filter our tap water, which can include arsenic, chromium and harmful chemicals. Simple carbon filters or pitchers can reduce contaminants, while more costly reverse osmosis filters can filter out arsenic or chromium.

The foods we choose also play a role in whether or not we get cancer. Eating lots of fruits and vegetables is healthy, but not if they are laden with pesticides. Going organic when possible is the best way to reduce pesticide exposure. And when organic foods aren't available, stick with produce least likely to contain pesticides (check out EWG's "Clean 15" list of conventional crops containing little if any pesticide residue). EWG also suggests cutting down on high-fat meats and dairy products: "Long-lasting cancer-causing pollutants like dioxins and PCBs accumulate in the food chain and concentrate in animal fat."

Eliminating stain- and grease-proofing chemicals (Teflon, Scotchgard, etc.) is another way to cut cancer risks. "To avoid them," says EWG, "skip greasy packaged foods and say no to optional stain treatments in the home." And steer clear

of BPA, a synthetic estrogen found in some plastic water bottles, canned infant formula and canned foods. "To avoid it, eat fewer canned foods, breast feed your baby or use powdered formula, and choose water bottles free of BPA," reports EWG. Personal care products and cosmetics can also contain carcinogens. EWG's "Skin Deep" cosmetics database flags particularly worrisome products and green-lights others that are healthy.

Another cancer prevention tip is to seal wooden outdoor decks and playsets—those made before 2005 likely contain lumber "pressure-treated" with carcinogenic arsenic in order to stave off insect infestations. Of course, avoiding too much sun exposure—and wearing high-SPF sunscreen—when using those decks and playsets is another important way to hedge one's bets against cancer. CONTACTS: EWG, www.ewg.org; President's Cancer Panel, <http://deainfo.nci.nih.gov/advisory/pcp>. 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. S u b s c r i b e : www.emagazine.com/subscribe. Free Trial Issue: www.emagazine.com/trial.

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E - The Environmental Magazine

Dear EarthTalk: What would you say are the most important steps we need to take as a nation to counter the impacts of climate change?

— Ned Parkinson, Chino, CA

Americans care more about the environment than ever before and the overwhelming majority of us acknowledges that climate change is real and human-induced. But still we continue to consume many more resources per capita than any other nation and refuse to take strong policy action to stave off global warming—even though we have the power to do so.

Reducing greenhouse gas emissions can be achieved in a top down manner—via legislation mandating reductions in fossil

fuel emissions—or in a bottom-up fashion with individuals and businesses doing their part by driving and flying less, conserving more and embracing greener forms of energy. Environmental leaders would like to see Americans take both paths to cut greenhouse gas emissions as fast as possible.

The Natural Resources Defense Council (NRDC), a leading green group, has proposed a five-step plan for Americans to follow to cut greenhouse gas emissions by 80 percent by mid-century. Step One is to cut global warming pollution via "strong legislation that caps carbon emissions and makes polluters pay for the global warming gases they produce." Step Two involves investing more in green jobs and clean energy. Producing more fuel efficient cars constitutes Step Three. Creating green homes and buildings is Step Four. Step Five: Build more sustainable communities and transportation networks.

Individuals need to play a role, too, by altering our behaviors to reduce our individual carbon footprints. NRDC has several suggestions along these lines as well. Walking, biking or using public transit instead of driving is one. If you must drive, make sure for best gas mileage that your car is tuned and your tires are properly inflated. If in need of a new car, look into a hybrid or electric that consumes less or no gasoline.

On the home front, weatherization can go a long way to lower heating and air conditioning needs, thus saving significant amounts of energy. Also, upgrading old appliances to more energy efficient models

and switching out old lightbulbs with new compact fluorescents (CFL) or LEDs will keep carbon footprints down. If your utility has a green energy option—with power from wind, solar or other renewables—choose it, even if it costs more than the coal-based electricity. And for things you can't change there are carbon offsets you can buy that support renewable energy projects that will offset your carbon emissions.

But perhaps the most important tool we have as individuals for battling global warming is our voice. "Send a message to your elected officials, letting them know that you will hold them accountable for what they do—or fail to do—about global warming," instructs NRDC. On the group's website you can customize a letter to President Obama urging him to finalize a carbon pollution standard for new power plants, and direct the Environmental Protection Agency to set tough new standards for existing plants.

Environmentalists are optimistic that President Obama will take strong action to fight global warming during his second term. But even if he convinces Congress to pass binding legislation limiting carbon outputs, each of us will continue to play an important role through how we lead our own day-to-day lives.

CONTACTS: NRDC, www.nrdc.org

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PRESS RELEASES

Alexander Concludes Visit to China

March 24, 2014—Ottawa —Canada's Citizenship and Immigration Minister Chris Alexander has concluded a successful visit to China during which he highlighted the many opportunities that exist in Canada for Chinese skilled workers, travellers, businesspeople and students.

Alexander visited Hong Kong and Shanghai to position Canada as a destination of choice for leisure travel, business and study. He highlighted the many pathways to Canada for aspiring permanent residents, reiterated the Government of Canada's commitment to doubling the intake of international students, and promoted the active recruitment model known as the "Expression of Interest" (EOI) system. The EOI will result in faster visa processing for newcomers who have the skills and attributes that Canadian employers need, in the event that Canadians cannot fill available jobs.

In Hong Kong, Alexander met with government officials for the Hong Kong Special Administrative Region, as well as with business leaders—particularly those involved in research and development, venture capitalism and angel investing. The Minister reiterated Canada's intention in Economic Action Plan 2014 to replace the Immigrant Investor Program with new pilot programs.

While in Shanghai, Alexander met with the Canadian Chamber of Commerce and spoke at numerous events related to international education to underscore China's position as one of the top source countries for students coming to Canada.

The Minister also attended the public funeral service of Bishop Joseph Fan Zhongliang, who devoted his life to his faith. Canada will continue to work with faith groups in China to advance freedom of religion and belief.

Quick facts

- Canada has signed an Approved Destination Status—or ADS—agreement with China. This allows Chinese travel agents to promote and arrange tour groups to Canada. More than 31,000 such applications were received in Beijing and Shanghai last year. Processing times averaged less than one week and the approval rate was 96 percent.

- As of December 2013, China was the second-highest source country for the Canadian Experience Class with 1,127 admissions, the third-highest source country for the Provincial Nominee Program with 4,047 admissions and the fourth-highest for Federal Skilled Workers with 3,754

admissions.

- More than 1.5 million Canadians can trace their ancestral roots to China.

Quote

"Canada is a welcoming place for Chinese visitors and students, and our permanent economic immigration programs offer many options for those looking to make Canada their home. This trip provided our government with the opportunity to highlight the various opportunities that exist within Canada and reinforce the strong ties between our two countries."

Chris Alexander, Canada's Citizenship and Immigration Minister

Statement from the Honourable Peter MacKay Minister of Justice - Déclaration de l'honorable Peter MacKay ministre de la justice

Inbox
x
Papadimas, John

Mar 20 (8 days ago)

to John

STATEMENT

"The Supreme Court of Canada has decided not to hear the appeal from Guy Turcotte. As this case is now before the Quebec Superior Court, we have no further comment on this specific case. With respect to the sentencing for convicted murderers, our Government has made significant changes to strengthen Canada's justice system. For over 40 years, our criminal justice system was going in the wrong direction focussing more on the rights of criminals instead of the rights of victims. We committed to change things and we have delivered. We have ended sentence discounts for multiple murders and we have repealed the so-called faint hope clause, which allowed for early parole for murderers. Our Government is standing up for victims of crime and their families by making sure that criminals receive sentences that reflect the severity of their crimes. Our Government will continue our efforts to pass important legislation to toughen our laws and make our streets and communities safer."

Hon. Peter MacKay

Minister of Justice and Attorney General of Canada

DÉCLARATION

« La Cour suprême du Canada a décidé de ne pas entendre l'appel de Guy Turcotte. Puisque cette affaire se trouve maintenant devant la Cour supérieure du Québec, nous ne ferons aucun autre commentaire sur ce cas spécifique. En ce qui a trait à la détermination des peines pour les personnes reconnues coupables de meurtre, notre gouvernement a apporté des changements considérables en vue de renforcer le système de justice du Canada. Depuis plus de 40 ans, notre système de justice pénale allait dans la mauvaise direction en se concentrant davantage sur les droits des criminels que sur ceux des victimes. Nous nous sommes engagés à changer les choses, et nous l'avons fait. Nous avons mis fin aux peines à rabais en cas de meurtres multiples, et nous avons abrogé la soi-disant « clause de la dernière chance », qui permettait aux meurtriers d'obtenir une libération conditionnelle anticipée. Notre gouvernement défend les victimes d'actes criminels et leurs familles en veillant à ce que les criminels se voient imposer des peines qui correspondent à la gravité de leurs crimes. Notre gouvernement poursuivra ses efforts en vue de faire adopter d'importantes mesures législatives visant à renforcer nos lois et à rendre nos rues et nos collectivités plus sûres. »

Hon. Peter MacKay

Ministre de la Justice et procureur général du Canada

John Papadimas

Conseiller Régional, Communications | Regional Communications Advisor


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Ask the Video Guy by Al Abdon

TIPS ON FIREWORKS PHOTOGRAPHY

Capturing fireworks displays is very common to those who have SLR camera with basic controls such as shutter speed and aperture. But there are more to these than the controlling the light intake. Gears and vantage point play a lot too.

I love to take photos of the Annual Fireworks competition at La Ronde St. Helene Island of Montreal because each country participating shows different amazing style. Canada Day is one of those events that you don't need to go far. Most of the cities have their own event and end up with firework display. Here are the basic things to consider:

1. Use a Tripod

Perhaps the most important tip is to secure your digital camera to something that will ensure it doesn't move during the taking of your shots. This is especially important in photographing fireworks simply because you'll be using longer shutter speeds which will not only capture the movement of the fireworks but any movement of the camera itself

2. Remote Release

One way to ensure your camera is completely still during fireworks shots is to invest in a remote release device. These will vary from camera to camera but most have some sort of accessory made for them. The other way of taking shots without touching your camera is to use the self timer.

3. Framing Your Shot

One of the most difficult parts

of photographing fireworks is working out where to aim your camera. The challenge you'll face in doing this is that you generally need to aim your camera before the fireworks that you'll be photographing goes off – anticipation is key. Here are a few points on getting your framing right.

- Scope out the location early – Planning is important with fireworks and getting to the location early in order to get a good, unobstructed position is important. Think about what is in the foreground and background of your shots and make sure you won't have people's heads bobbing up into your shots (also consider what impact you'll have on others around you also). Take note of where fireworks are being set up and what parts of the sky they are likely to be shot into – you might also want to try to ask some of those setting up the display for a little information on what they are planning. Also consider what focal lengths you might want to use and choose appropriate lenses at this time (rather than in the middle of the show).

- Watch your Horizons - One thing that you should always consider when lining up fireworks shots is whether your camera is even or straight in it's framing. This is especially important if you're going to shooting with a wide focal length and will get other background elements in your shots (ie a cityscape). Keeping horizons straight is something we

covered previously on this site and is important in fireworks shots also. As you get your camera on your tripod make sure it's level right from the time you set up.

- Vertical or Horizontal? – There are two main ways of framing shots in all types of photography, vertically (portrait) or horizontally (landscape). Both can work in fireworks photography but I personally find a vertical perspective is better – particularly as there is a lot of vertical motion in fireworks. Horizontal shots can work if you're going for more of a landscape shot with a wider focal length of if you're wanting to capture multiple bursts of fireworks in the one shot – but I don't tend to go there that often.

- Remember your framing – I find that when I photograph fireworks that I spend less time looking in my viewfinder and more looking at the sky directly. As a result it's important to remember what framing you have and to watch that segment of the sky. Doing this will also help you to anticipate the right time for a shot as you'll see the light trails of unexploded rockets shooting into the sky.

4. Focal Length? One of the hardest parts of photographing fireworks is having your camera trained on the right part of the sky at the right time. This is especially difficult if you're shooting with a longer focal length and are trying to take more tightly cropped shots. I generally shoot at a wider focal length than a tight one but during a show will try a few tighter shots (I usually use a zoom lens to give me this option) to see if I can get lucky with them. Of course zoomed in shots like

the one to the left can be quite effective also. They enable you to really fill the frame with great color. Keep in mind however that cropping of your wider angle fireworks shots can always be done later to get a similar impact in your photography.

5. Aperture

A common question around photographing fireworks displays is what aperture to use. Many people think you need a fast lens to get them but in reality it's quite the opposite as the light that the fireworks emit is quite bright. I find that apertures in the mid to small range tend to work reasonably well and would usually shoot somewhere between f/8 to f/16.

6. Shutter Speed

Probably more important to get right than aperture is shutter speed. Fireworks move and as a result the best photographs of them capture this movement meaning you need a nice long exposure. The technique that I developed when I first photographed fireworks was to shoot in 'bulb' mode. This is a mode that allows you to keep the shutter open for as long as you hold down the shutter (preferably using a remote shutter release of some type). Using this technique you hit the shutter as the firework is about to explode and hold it down until it's finished exploding (generally a few seconds). You can also experiment with set shutter speeds to see what impact it will have but I find that unless you're holding the shutter open for very long exposures that the bulb technique works pretty well. Don't keep your

See Page 21 Ask the Video Guy

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Agam-agam. . .Kupit Dito at Kupit
Doon

Siya ang bumili ng mga
ingredients.. Siya ang nag-bake. Siya
ang nagtinda.. At ang mga natira ay
siya rin ang bumili.sinama ang
pinagbilhan sa ambagan ng buong
Mountainside United Church na
umabot sa halagang \$4,165 na
pinagkatiwalang ipadala ng Gawad
Kalinga sa mga biktima ng bagyong
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ganoon ding halaga ng Pamahalaan
ng Canada.

Ang pagtatamo ng tagumpay
ni Rose Fontanes sa X Factor ng Israel
ay lalong naging matamis nang ang
Interior Minister ng Israel, Kgg. Gideon
Sa'ar ay bigyan si "Osang" ng singing
permit. Iyan ang tunay na musika sa
pandinig ng nagwagi sa timpalak.

Wala na akong maisip na
dapat isulat pa tungkol sa nag-

uumpaw na karangalang dulot ni
MICHAEL CHRISTIAN MARTINEZ sa
kanyang paglahok sa Winter Olympics
sa Sochi. Ang sarili kong parangal
kina Michael at Rose ay ang matagal
ko nang gustong ilathala sa aking pitak
para sa kaalaman ng lahat. Ang
Pambansang Awit ng Pilipinas
(Philippine National Anthem)

Bayang magiliw
Perlas ng Silangan
Alab ng puso
Sa dibdib mo'y buhay

Lupang hinirang
Duyan ka ng magiting
Sa manlulupig
Di ka pasisiil

Sa dagat at bundok
Sa simoy at sa langit mong bughaw;
May dilag ang tula
At awit sa paglayang minamahal.

Ang kislap ng watawat mo'y
Tagumpay na nagniningning,
Ang bituin at araw niya
Kailan pa ma'y di magdiligilim.

Lupa ng araw, ng luwalhat't pagsinta,
Buhay ay langit sa piling mo;

Aming ligaya na pag may mang-aapi
Ang mamatay ng dahil sa iyo.

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paano puntahan ang nasabing
paaralan. Huwag sanang mapipikon
ang kasama kong manunulat sa

Pichu: Naiintindihan ko po, Tito Aaron.
Kaya, pahahatid na lang ako sa Lolo ko
at doon ako matutulog sa inyo.

Ang pagtamo ng tagumpay ni
Rose Fontanes sa X Factor ng Israel ay



Kaliwa-pakanan: Edith Fedalizo, Elizabeth Santiago, Amelia Manon-og, Samson Kuk, Zenaida Ferry Kharroubi, Benjamin Dimaapi, Jr., Josefina Toledo at Judith Gonzales.

Filipino Star dahil ang aming
editor/publisher ay nakarating.

Sistema ni Pichu

Pichu: Tito Aaron, dalhin mo naman si
Tito Jonah sa amin para makapaglaro
kami.

Tito Aaron: Ay naku! Tiyak na
gagabihin kami dahil nandiyan sina
Pechay at Peras at alam ko na kung
gaano kayo katagal maglaro. Sa ibang
araw na lang.

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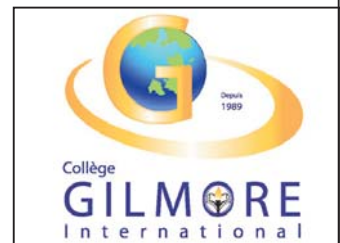


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3. Send the endorsed nomination forms to the **AWARDS SECRETARIAT** of the Commission on Filipino Overseas 1345 Cagold Centre President Quirino Avenue Cor. South Super Highway Manila ON OR BEFORE MAY 31, 2014. You can also send your nomination packet through courier and must be postmarked on or before this date also.

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3. All nomination forms and additional sheets should be submitted in hard copy. It is suggested that lengthy supporting documents such as books and reports be also submitted in USB flash drive or CD format.
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Russie concernant le projet de loi sur la Crimée

Le 11 mars 2014 - Le ministre des Affaires étrangères John Baird a fait aujourd'hui la déclaration suivante :

« Le Canada, tout comme ses partenaires du G-7, est vivement préoccupé par les informations selon lesquelles la Russie s'apprête à aller de l'avant avec le projet de loi visant à annexer la région ukrainienne de la Crimée à la Fédération de Russie. La Russie semble préparer le terrain pour une annexion illégale pure et simple de la Crimée.

« L'invasion de l'Ukraine par la Russie constitue une violation flagrante de la souveraineté et de l'intégrité territoriale de l'Ukraine ainsi que du droit international. Comme l'a indiqué le premier ministre Stephen Harper la semaine dernière, le Canada et ses partenaires ne reconnaîtront pas la légitimité du référendum prévu le 16 mars dans une région sous occupation militaire illégale, pas plus qu'ils ne reconnaîtront toute proposition législative de Moscou destinée à le légitimer.

« Si les législateurs russes vont de l'avant avec le projet de loi d'annexion actuellement à l'étude à la Douma, ils ne feront qu'isoler davantage leur pays.

« Nous demeurons extrêmement préoccupés par la crise en cours et nous continuons d'exhorter la Russie à respecter la souveraineté et l'intégrité territoriale de l'Ukraine, y compris les obligations qu'elle a contractées en vertu du Memorandum de Budapest de 1994. »

- 30 -

Pour de plus amples renseignements, les représentants des médias sont priés de communiquer avec :

Le Service des relations avec les médias
Affaires étrangères, Commerce et Développement Canada
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John Papadimas

Conseiller Régional,
Communications | Regional
Communications Advisor

Cabinet du Premier Ministre | Office
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Canada Cautions Russia on Proposed Crimea Legislation

March 11, 2014 - Foreign Affairs Minister John Baird today issued the following statement:

"Canada, alongside our G-7 partners, is gravely concerned by news that Russia may be proceeding with draft legislation aimed at the absorption of Ukraine's Crimea region into the Russian Federation. Russia appears to be preparing the ground for outright, illegal annexation of Crimea.

"Russia's invasion of Ukraine is a clear violation of Ukraine's sovereignty and

territorial integrity and of international law. As Prime Minister Stephen Harper indicated last week, Canada and our partners will not recognize the legitimacy of a referendum—planned for March 16—held in a region under illegal military occupation, nor will we consider as valid any corresponding legislative motion in Moscow designed to legitimize it.

"If Russia's legislators move forward with the annexation bill currently being considered by the Duma, they will only contribute to their country's growing isolation.

"We remain extremely concerned

about the ongoing crisis and continue to call on Russia to respect Ukraine's sovereignty and territorial integrity, including its 1994 Budapest Memorandum obligations."

- 30 -

For further information, media representatives may contact:

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Bicol Express (Vegetables with coconut milk and spices)



Ingredients:

1 med. Eggplant, cut in 1" slices
1 med. Ampalaya, cut in 1" slices
6 pieces red pepper cut in 1/2" slices
6 pieces chili finger (sili)
1 cup coconut milk (first extract)
1 cup coconut milk (second extract)
4 cloves garlic minced
1 med. onion
1/2 to 3/4 kilogram pork, sliced small
1 tbsp Bagoong (alamang) or shrimp paste
2 tablespoons cooking oil
salt
vetsin

Cooking Procedure:

Sauté the garlic, onion, pork, shrimp, and bagoong
Add second extract of coconut milk and bring to a boil
Simmer until pork is halfway cooked
Add the vegetables (including the peppers and chili fingers)
Add first extract of coconut milk and bring to a boil
Simmer until cooked
Add salt, vetsin to desired taste

Hot Tip:

I prefer freshly extracted coconut milk rather than processed-canned coconut milk.



Chicken Adobo

Ingredients

Serves: 8

355 ml (1 1/2 cups) soy sauce
355 ml (1 1/2 cups) water
180 ml (3/4 cup) vinegar
45 ml (3 tbsp) honey
15 g (1 1/2 tbsp) minced garlic
3 bay leaves
1 g (1/2 tsp) black pepper
1360 g (3lbs) skinless, boneless chicken thighs

Directions

Prep:15min · Cook:35min · Ready in:50min

Preheat an outdoor grill for high heat, and lightly oil grate.

In a large pot, mix soy sauce, water, vinegar, honey, garlic, bay leaves, and pepper. Bring the mixture to a boil, and place the chicken into the pot. Reduce heat, cover, and cook 35 to 40 minutes.

Remove chicken, drain on paper towels, and set aside. Discard bay leaves. Return the mixture to a boil, and cook until reduced to about 1 1/2 cups.

Place chicken on the prepared grill, about 5 minutes on each side, until browned and crisp. Serve with the remaining soy sauce mixture.

IGuinataan Chicken Adobo

Ingredients

Serves: 8

15 ml (1 tbsp) vegetable oil
905 g (2 lbs) cubed pork meat
4 cloves garlic, chopped
1 (32 fluid ounce) container chicken broth

60 ml (1/4 cup) dark soy sauce
60 ml (1/4 cup) apple cider vinegar
5 bay leaves
1 (14 ounce) can unsweetened coconut milk

15 g (2 tbsp) all-purpose flour

Directions

Prep:20min · Cook:1hr30min · Ready in:1hr50min

Heat the oil in a Dutch oven over medium heat, and cook the pork until evenly browned.

Mix the garlic into the Dutch oven, and cook 1 minute, until tender. Pour in the chicken broth, soy sauce, and cider vinegar. Place the bay leaves into the mixture. Bring to a boil. Reduce heat to medium low, and cook 1 hour, or until the pork is easily shredded with a fork. (For a thicker consistency, blend a small amount of flour with coconut milk, chicken broth, or water, then stir into sauce.) Make sure the meat stays moist and covered with the liquid. If meat looks like it's drying out, add a bit more chicken broth or water. Stir flour into coconut milk and add to the Dutch oven. Continue cooking until heated through.



Sweet Pusit

Ingredients

1 kilo (2.2 pounds) small squid
2 cloves garlic
2 chopped tomatoes
1 small sibuyas (sliced onion)
5 dahon ng laurel (dried bay leaves)
2 tablespoons toyo (soy sauce)
1/4 cup sukang puti (vinegar)
3/4 cup water
2 tablespoons sugar
cooking oil
salt and pepper

Instructions

Heat the cooking oil.
Add the garlic, onion, and tomato. Cook it for 3 minutes.
Add water, laurel, and soy sauce.

Boil

Add squid. Cook for 1 minute.
Add sugar and vinegar. Wait for it to boil.
Put salt and pepper.
Serve with rice.

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FILIPINO STAR

SHOWBIZ GOSSIP

Mesmerizing Mars moves Manila



There was no need for costume change, long-winded spiels, not even a bunch of dancers or acrobats onstage, to make Fil-Am Bruno Mars' "The Moonshine Jungle World Tour" one of the most arresting concerts this season. All Billboard Artist of 2013 had to do was appear onstage (though past 30 minutes after opening act Poreotics made an impression)

worldwide (perhaps "next to Oprah and the Queen," haha)—and he knows it. If before, he might have been tentative in holding out the mic whenever he wants people to sing a line or two from his songs, this time he even put hand behind ear to better hear the lusty response from every section of the venue. From "Billionaire" (with cuss word intact) to

stature or the so-called Pinoy pride to make himself loved. Dude worked it. Aside from performing his monster hits in full (except for "It Will Rain"), he danced and played several instruments, too. At the latter part of the show, Bruno played a mean drum solo while the Filipino flag flashed onscreen. He moved like Michael Jackson at times (minus the crotch-

with the band instead of playing boss. He not only allowed his musicians to do solos (that classical interlude by the keyboard player was breathtaking!), but also horsed around with them onstage like buddies without hierarchies. At the Premier Suites from where we watched the whole thing, they sounded like a unit versus the usual balance of voice above the other instruments. Even the main star's costume was no different from the rest save that Bruno had safari hat on.

The highlight number, of course, is the ballad "When I Was Your Man." Backed by just the piano and organ



Bruno Mars told the crowd: "Being Filipino, to see you all out there, you don't know what that does to me."



and hit those notes to have Filipinos raving.

Held at Mall of Asia Arena over the weekend, the show presented by PLDT HOME Fibr was, for one, a study in confidence. Bruno returns to the country as one of the biggest names

groovy "Treasure," the Pinoys were, shall we say, on the money and Bruno banked on that.

"Do you love me?" he teased the audience repeatedly at one point. Hell, yeah.

However, Bruno did not rely on his

grabbing) and James Brown with his frenetic footwork in another song. Bruno sang parts of some of his songs in higher note than heard on record. Clearly, talent's there and there's more to show.

It seems Bruno prefers working

for bed in some parts, the voice soared, reducing the audience to putty especially over the mawkish lines. We also enjoyed "Grenade" which actually has more drama than performed live, what with the driving beat and the explosions at choice points. "Marry You" and "Locked Out Of Heaven" were rambunctious romps that had many standing on their chairs, drowned in confetti in the latter part of the show. The doo-whoop number had got the more mature members of the audience thankful that they came, while "The Lazy Song" was anything but that given the lively reception it got.

As for his reading of "Just The Way You Are," Bruno's very first hit and one of the final numbers, well, people just lost it—everyone was close to pulling out hair, knocking down chairs and screaming till nose bled. Had it been done on the streets, a van may have been overturned, no questions asked. It was temporary madness.

Before leaving, Bruno said he'll return "soon."

Till then, everyday it will rain. ■

J.Lo likens Malaya to a young Michael Jackson

Fil-Am singer Malaya Watson once again busted out a stellar performance in the recent live show of "American Idol 13." The young contestant even earned a high compliment from one of the show's judges.

With this week's theme being "I'm With The Band," the nine remaining contestants performed as lead singers for music director Ricky Minor and his musicians.

Watson opted to sing The Beatles' 1970 ballad "The Long And Winding Road," earning applause from an awed audience and the judges.

Jennifer Lopez commended, "Your voice really stands out as above everybody else's to me. Honestly, it sounds like the sweetness of a young Michael Jackson. It's so beautiful. You're 16 and you blow me away."

Karl Urban was likewise floored, saying, "Gosh, that was beautiful baby."

He added, "You really chose a performance that shows us your voice. I can feel your voice. Your vibrato is so beautiful. That's where



Malaya Watson sings 'The Long And Winding Road' Wed Mar 26, 2014

your personality comes through. That performance really showed me your spirit. It's beautiful."

The ever-reserved Harry Connick, for his part, opted to give Watson a piece of advice.

"I'll give you the award of most consistently improving. You really listen to what we say," Connick said. "It was strong. Forget stardom; put that in your mind. Work on harmonies. With the voice and ears

like yours and attitude that you have, you really can become something great. Forget about stardom. All of that will happen. Work on your craft. Nice job tonight."

Along with Watson, other remaining contenders who will face the elimination stage tomorrow are C.J. Harris, Jena Irene Ascianto, Caleb Johnson, Jessica Meuse, Alex Preston, Dexter Roberts, Majesty Rose York, and Sam Woolf. ■

Anne thought her career over after bar controversy



Anne Curtis

When a bar incident involving several local celebrities exploded and became public, it naturally sent out shockwaves across traditional and social media. Being at the center of the controversy, Anne Curtis naturally assumed her public image would suffer a major hit.

In fact, she shared on "Aquino & Abunda Tonight" on Monday, "Akala ko wala na, end na ng career ko."

The "Dyesebel" star confessed, "Ang sakit ng regret. Ang laki ng regret," but also noted it was a "lesson learned."

Anne maintained, "At least, alam ko na kung anuman ang mali ang nagawa ko, I said sorry. I apologized right away and now I'm moving on to be a better person."

Another thing the incident taught her is knowing "kung ano ang limitations ko if I go out," she shared.

Although calling it a "low point talaga," especially after how much publicity it had gotten, she was able to pick herself up thanks to the support of her family and friends.

"Kumapit ako sa mga taong nasa paligid who could be honest to me, who'd tell me the truth. Of course, the Lord is the big factor kasi siya talaga ang nagbigay ng comfort (sa akin) because, hindi mo talaga alam kung sino ba talaga ang totoo mong mga kaibigan unless your family is there. Of course my boyfriend is..."

Too old for "Dyesebel"?

With that behind her, Anne is back and in a big way, having now essayed the role of the iconic mermaid Dyesebel on TV.

Playing the popular Mars Ravelo character has its own share of controversy, with some commenting that Anne, at 29, is too old for the role.

The actress-TV host revealed that she initially agreed with her critics, which was what made her hesitate accepting the part at first. Most actresses who have played Dyesebels are "from what I

know, I think mga 21, 22, 23... younger than me," she noted.

"Actually, kahit naman ako nu'ng in-offer sa akin then, tinanong ko, 'hindi ba ako masyadong matanda?' Ang isinagot naman sa akin, 'Hindi naman'. Bagay pa rin daw." ■

US shows feature Filipino YouTube star



MIKEY Bustos laid 36 vocal tracks for viral vid.

Filipino-Canadian YouTube sensation Mikey Bustos' latest video, Avicii's "Wake Me Up," was featured over the weekend in top-rating TV shows in the United States.

Bustos, who is currently based in Manila and under contract with GMA 7, told the Inquirer that he "screamed for a good 10 minutes" when he received an e-mail inquiry from producers of the "Today" show, aired on NBC.

Bustos' a cappella rendition of Aloe Blacc's song was shown twice, on Friday and Saturday, in the

"Today" segment dubbed "Webstatic," which spotlights videos that are trending in the Net.

Bustos' video was shown as well in the rival show, "Good Morning America" on ABC, on Saturday. The US news website The Huffington Post found the video "mind-blowing [since] all sounds were produced exclusively by [his] mouth or voice."

Bustos played 14 characters and laid 36 vocal tracks for the video, including guitar and drum sounds. "Some sounds are doubled, or combine one or more sounds," Bustos explained. "To achieve the same effect, you'll need a choir of 36 people."

It took seven and a half hours to

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Bustos, who first broke into the scene as a finalist on "Canadian Idol" in 2003, is no stranger to cyberfame. His YouTube channel has become very popular largely due to his comedic "Filipino tutorial" series, which went viral in 2011.

Being featured in "Today" and "Good Morning America," however, is particularly significant for Bustos, "because it showed once again that Filipinos live and breathe music and art."

Pinoy details

Bustos, who grew up in Canada, made sure to insert proudly Pinoy details in the video, which has scored 234,285 hits since going online on March 15. In it, he wears a salakot and brandishes a walis tambo and walis tingting. He said he wanted to remind Filipinos "that we are world players, recognized [around] the globe as talented entertainers. The world embraces us and our skills. They don't see us as a race ... they just hear good music."

The video is likewise meaningful on a personal level, he noted, because it showcases his vocal ability. "Music is my No. 1 passion, even before comedy. I'm obsessed with music and singing."

He described the exposure on mainstream US television as "wonderful."

It's just starting to sink in, he said, "[but] now that I have an even bigger audience, I am thinking of new ideas." ■



"SALAKOT" and "walis tambo" are highlighted in the video.

record the song, another day to shoot and edit the video—all in all, three days "from start to finish, from planning to editing."

Blacc, the original singer and cowriter of the song, shared the video on his fan page, Bustos related. "He said the video was great and made him smile."

Showbiz Gossip *Continued from p.17*

Jessica airs support for Malaya



Jessica Sanchez

Fil-Mexican "American idol" runner-up Jessica Sanchez is happy that half-Pinay Malaya Watson, 16, made it to the finals of "American Idol" Season 13.

"I hope she makes it really, really far. I hope she does well. I haven't been able to watch the show much but I hear that she's doing awesome. Good luck to you. I'm here to support," Sanchez told ABS-CBNNews.

She gave the young Top 10



Jessica Sanchez with Ryza Mae Dizon

contender this piece of advice: "Just stay strong, don't give up even if there are haters out there."

The singer-actress said she hopes to meet with Watson soon.

The 18-year-old visited the country over the weekend for a singing engagement. She performed her single "Tonight," on "Eat Bulaga!" where she met child star Ryza Mae Dizon.

She posted a photo of them together on Twitter, saying, "Had the best time meeting this lil cutie @iRyzaMaeDizon @EatBulaga today! She is the cutest!!"

Ryza Mae also took to Twitter to post a "selfie" with her "Ate Jessica."

Singing for Pacman

Sanchez will be singing the Philippine national anthem in Manny



Malaya Watson

Pacquiao's much-anticipated rematch with Timothy Bradley on April 12 in Las Vegas.

Singer Ashanti is to sing the US national anthem.

For Sanchez, singing "Lupang Hinirang" makes her feel like a "true Filipino."

"Every time I sing the Philippine national anthem, I just feel so proud. It makes me feel even more like a true Filipino so I'm very proud to sing it for the Manny Pacquiao fight again," she said.

She is, of course, rooting for the Pinoy champ. "I love Manny... this time I want to see him win."

This will be the third time that Sanchez will be singing at a Pacquiao fight. The first was when she sang the US anthem at the 2012 Pacquiao-Bradley bout.

Last November 2013, Sanchez sang both the "Lupang Hinirang" and "The Star-Spangled Banner" at the Sarangani representative's winning fight against Brandon Rios in Macau.

Sanchez, whose mother hails from Bataan, intimated that she intends to sing the "Lupang Hinirang" in the traditional manner.

She explained, "I think I did a pretty good job last time. Everybody pretty much loved it last time. I got so many tweets. They want me to keep it traditional and nice and simple like I did last time. I don't want to change it up too much." ■

Dingdong Dantes earns college diploma



Dingdong Dantes

Our heartfelt congratulations go to Kapuso Primetime King Dingdong Dantes for having finally graduated from college.

The actor was among 800 students who received their college diplomas from West Negros University (WNU) on Sunday.

Dingdong (born Jose Sixto Raphael Gonzalez Dantes III) graduated with a degree in Business Administration major in Marketing Management.

The Kapuso contract artist admits he was overwhelmed to finally receive his college diploma. He worked hard for it, and it's something very special to him, he said.

It was very special for his girlfriend Marian Rivera as well, who dropped everything to be with him on his graduation day.

Dingdong's advocacy is education and so he strived hard to finish college, if only to inspire others to follow suit, guided by the fact that no matter how busy one could be, he can accomplish things and reach his dreams as long as he works hard for it.

Education is of utmost importance to Dingdong because, as he said, "it is something that no one can take away from you."

During the commencement exercises, Dingdong was named WNU's Ambassador of a Goodwill.

The WNU President cited him for "promoting Wesnecan ideals and tenets of quality education through a potentially blended learning environment, therefore allowing for a greater diversification and greater access to learning..."

Dingdong is the chair of Yes Pinoy Foundation. It is public knowledge that he was among those who helped campaigned for P-Noy when he ran for President four years ago.

He was last seen via "Genesis" where he was paired with Rhian Ramos. He was also the leading man of Bea Alonzo in "She's the One."

Fans are stilling keeping their fingers crossed for another Dingdong-Marian team-up on TV or the big screen.

Dingdong is now 34 years old, old enough to settle down. But as he said in a past interview, he would certainly think of getting married before he turns 40.

By the way, another special and memorable experience for Dingdong was his participation in the 28th anniversary commemoration of the 1986 EDSA People Power Revolution last month. He played the part of then AFP Deputy Chief of Staff Lt. Gen. Fidel V. Ramos in the re-enactment of the famous "salubungan" or encounter between military rebels and civilians.

Does his college diploma signify his intent to enter the political arena? Because at least he now has the qualifications to run for a high elective post which is required if we are to follow Senator Miriam Defensor Santiago's standards." ■

Fil-Am gets lucky, wins big on 'Wheel of Fortune'



Filipino-American nurse is now \$45,000 richer after having correctly guessed the bonus round puzzle on American game show "Wheel of Fortune."

Emil DeLeon stunned viewers by correctly guessing the item, which consists of three words, in three, four and five letters. He only had the letters N and E as clues.

"This looks tough to me... You're a very good puzzle solver, but I don't know. You have 10 seconds. Keep talking. Maybe the right thing will pop out. Good luck," TV host Pat Sajak told the nervous contestant.

DeLeon then blurted, "new baby

buggy," which proved to be the correct answer.

The audience went crazy; with Sajak jokingly frisking the contestant to check if he's hiding anything.

"(It's the) most amazing solve in my 30+ years on the show. No kidding," Sajak tweeted after the show. "What made last night's solve amazing was the generic category. Could have been 'new anything.' But 'baby buggy?!' Wow!"

Appearing on "The Ellen DeGeneres Show," DeLeon explained how he nailed the answer.

"It's pretty obvious (that) the first word was 'new.' Then, I worked on 'baby.' 'New baby' just sounds right, right? And (on) the hard part (buggy), I worked with that 'B' again," he shared.

The Daly City-based Fil-Am said he and his family have been watching the show since he was about three or four years old.

DeLeon boasted that, on his own, he usually answers the puzzles right "99 percent of the time." ■

The charm & charity of Dingdong and Marian



Dingdong Dantes and Marian Rivera have chosen the higher road, and paying it forward seems to suit them both well

Since Day One, the real-life romance of Kapuso Network's primetime royalties — Primetime King Dingdong Dantes and Queen Marian Rivera — have been subjected to so many "tests." But their relationship proved to be too tough to be knocked down.

Their onscreen love affair on GMA 7's top-rating primetime series *Marimar* eventually veered into the path of reality, spurring suspicious observers in the showbiz industry to speculate: "Are they a couple?" Before long, the two ended such speculations and announced that they were, in fact, real-life lovers already.

And despite critics saying theirs is a relationship that will not last, Dingdong and Marian are still very much together for years now, proving their detractors wrong. Besides, a relationship lasting for more than five years seems a lifetime already in showbiz.

In a recent interview, Marian shared that the real secret to her long-lasting relationship with Dingdong is "God." According to Marian, placing God in the center of their relationship makes it more sturdy and able to resist temptations.

The two also make sure that despite their busy work schedules, they still find time for each other, and they find joy in doing things together.

One of such activities is getting involved in charitable works. Moved by the plight of the victims of Typhoon Yolanda, especially those who depend on fishing to earn a living, Marian recently started a campaign of her own to raise funds to provide fishing families in Cebu who lost their boats to the typhoon a chance to get back on their feet and move on from the disaster.

"Ang hirap kasing ipaliwanag e, hangga't hindi mo nakikita ang mga taong nangangailangan ng tulong na nakikita mo lang through pictures, through interviews, hindi mo masyadong ma-feel e. Makikita mo, mararamdaman mo, pero pag nandoon ka, sila mismo nagpapasalamat sa iyo at sinasabi nilang 'Naku Marian, salamat, habambuhay hindi ka namin makakalimutan,' parang iba 'yun,

ibang fulfillment 'yun for me as a person, hindi bilang artista," Marian shared.

Through the support of her home network, GMA, Marian launched the Kapuso Adopt-A-Bangka Project with GMA Regional TV, in partnership with the Bantayan Island Association of Hotels, Resorts, Bars and Restaurants, Inc. The goal of the said campaign is to donate sturdier bangka to fishermen in areas hit by Yolanda.

Marian said that replacing the damaged boats of these fishermen will give them and their family a chance to start life anew and sustain a living.

"Hindi kami basta nagbigay lang ng bangka," explained Marian, "Binibigyan namin sila ng idea, parang nag-aaral sila — ano ang dapat gawin sa pangingisda, what if walang makuha ng isda ngayon ano ang pwede nating gawin, ano ang pwedeng trabaho, ano ang pwedeng substitute? Lahat may pag-aaral. Hindi 'yung pagkabigay ng bangka, bahala ka na sa buhay mo."

Exactly a month after the campaign launch, it was able to fulfill its commitment to give away 100 boats as part of its first wave. "Nawala lahat ng pagod ko nang makita ko 'yung 100 families na binigyan namin ng bangka. Nakakataba ng puso na nangyari 'yung pinangarap naming mangyari," she confessed.

The said project also aims to help these fishermen sustain their living by checking up on them after a certain period of time. "Siguro within five months, ano ba ang nangyari sa mga taong binigyan naming — naka-survive ba sila, naka-ipon ba sila, nakatulong ba itong bangkang ito? Hindi lang siya basta project lang, kumbaga nakatali kami sa buhay nila," explained Marian.

Dingdong, for his part, has been very active in his own advocacies. In 2009, Dingdong formed his own foundation, Yes! Pinoy Foundation, which has helped thousands of students in public schools and more recently, families in areas affected by recent calamities including Yolanda. The foundation has been involved in various social development programs advocating for education, youth development and disaster response,



With the students of Loakan Elementary School



Dingdong during Baguio City's Panagbenga Festival



Marian sitting on top of the 100 boats she turned over via Kapuso Adopt-a-Bangka Project

among others.

Just last week, Dingdong and Marian graced the Panagbenga Flower Festival in Baguio City along with other Kapuso stars and entertained their fans via a series of shows in the country's summer capital. Before meeting with their fans, Dingdong and Marian dropped by Loakan Elementary School in the city to donate school supplies.

"I appreciate the effort of GMA Regional TV. They're really exerting everything that they can to reach the viewers. So maganda rin na naisip namin that everytime we go to a place, we will tap one of the schools that are very much in need of school supplies," said Dingdong.

Prior to Baguio, the actor visited Iloilo during the Dinagyang Festival where he also distributed school

supplies in a local elementary school. Dingdong also spearheads the rebuilding of classrooms in Estancia, Iloilo, where an entire school was wiped out by Yolanda.

"We were able to collect enough funds para sa isang two-storey building. Apparently, doon puro mga single floor lahat e kaya madaling mawasak so talagang we plan to make it disaster-resilient," he explained.

Dingdong hopes to complete the project before the beginning of the next school year in June.

The couple has chosen the higher road and paying it forward seems to be suiting them both well. Indeed, Dingdong and Marian's way of spreading love, especially to the less fortunate, only proves that when love is given away, it comes right back. ■

Showbiz Gossip *Continued from p.19*

James Yap has 3 good reasons to celebrate



James Yap gives girlfriend Michela Cazzola a loving kiss during an exclusive interview with Funfare

If James Yap is feeling light and easy these days, it's because he is in a celebratory mood for three good reasons:

His team, San Mig Coffee Mixers, beat Rain Or Shine in the PBA Philippine Cup championship even if he was nursing an elbow injury;

He and ex-wife Kris Aquino have made peace concerning their son Bimby after a hearing at the Makati Regional Trial Court, and James can now enjoy unrestricted visiting rights; and

he has a very beautiful girlfriend in the person of Michela Cazzola, an International Studies graduate in her native Italy, who is working for the Asian Development Bank (ADB).

Last Friday night, James gave a thanksgiving party at the Skye Lounge in Bonifacio Global City, Taguig City, hosted by Mototechnik which he co-owns with partners Jeffrey Yap, Andy Cheng and Renato Alfante Jr.

Before he and Michela showed up at the venue, James spent time with Bimby, just the two of them, but did not (because he wasn't supposed to) bring the boy to the party.

"It was our most memorable together after a few years," said James. "Imagine, after a long time Bimby still remembers his favorite game on my cellphone and he kept looking for it. Unfortunately, it was in the cellphone that was lost. I think I'll give him a new one with his favorite game in it."

James, who turned 32 last Feb. 13, is thankful to Kris (said to have her own new boyfriend, a foreigner whose identity she's keeping confidential) for her being in a good mood leading to the settlement of their long-running (four-year) court battle, at the same time praising Kris for being a good mother to Bimby (and Joshua whom James treats like his own son)

In her Instagram, Kris thanked Judge Sulit, her lawyer Sig Fortun and James' lawyer Lorna Kapunan "for the patience and guidance to help James and I reach a long-term agreement regarding Bimby's custody/visitation....," adding in another entry, "At the end of the day, as parents we want Bimby to grow up feeling loved and secure. James and I as a couple weren't blessed with a happy ending but through God's grace we have been given a chance to have an 'And they Lived Happily Ever After...'"

During the Skye affair, James and his partners showcased Vespa and Aprilia by Mototechnik, and offered special promos, plus a raffle of gift certificates. He also welcomed sponsors Titan, Focal Speakers, Outlast Battery, Standard Insurance, Insurance Experts Agency, Gadgets in Style and Fabulous Autoworks.

James and several players are managed by Virtual Sports, Inc., the biggest sports agency in the Philippines headed by president Dondon Monteverde, chief executive officer Charlie Dy, and managing directors Edgar Tan and Paula Punla.

Two Sundays ago, James and Michela discussed their romance in their first tell-all interview for The STAR.



Asked how soon they are planning to settle down, James said, "It will happen, pero enjoy muna kami together."

Smiling, Michela (also a Catholic like James) nodded, "Yes, in God's own time." ■

Heart Evangelista to showcase her art for the first time



Heart Evangelista and one of her paintings

Heart Evangelista will be having her first ever painting exhibit on May 8 to 21 at the Artist Space, Ayala Museum in Makati.

She already previewed some of her works on Instagram, most of which depict melancholic-looking women, surrounded with a mixture of vibrant colors and patterns.

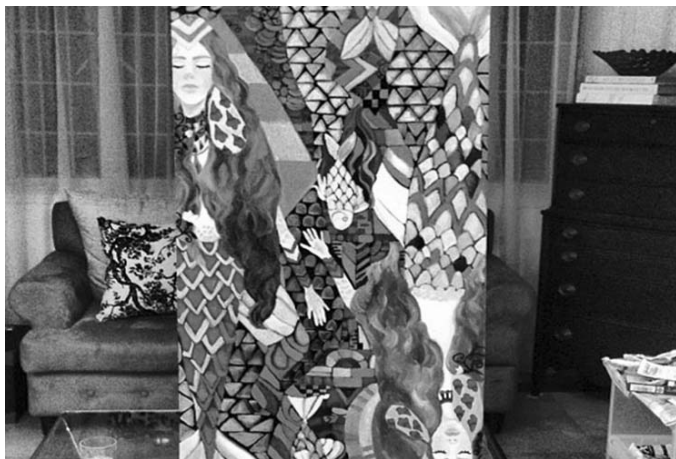
Impressed followers commended the actress-singer for her effort:

"I don't know, they must be me," she told Manila Bulletin Lifestyle in an earlier interview.

As to the patterns, she quipped, "...Sometimes I see them in my mind, I dream about them at night. They drive me crazy. All these prints are from my head."

The 29-year-old actress admitted that her work usually comes out better when she's painting sad.

"When I'm happy, I don't want to



"The play and mix of colors are great in such a way that the subject stands out despite the symmetry chaos of shapes, shades and symbols. Great work! the piece itself evokes deep emotions and inspires," one commended.

Another one added, "Your work of art is made out of passion and full of love. Classy and so beautiful. You are blessed with beauty, kind heart and great hands. I am not a die hard fan of yours but seeing your work makes me wow and adore you."

According to a report, Heart had been painting since she was about two or three years old. Her parents supported her passion by buying her painting kits and enrolling her in workshops.

Heart is coy about identifying the women in her paintings, which all bear the signature "LM" (her real name is Love Marie).

be still. I want to be out there. I want to see the world, but when I'm sad, that's when I don't want to see anybody, that's when I want to hide. It's a good thing because I'm not a writer, I can't write, I like to sing, but I'm not a singer, but I can paint. I have these strong feelings coming out of me in the form of images. These are things you can't say, things you can't show."

For Heart, painting is some sort of personal therapy that helps release inner tension and extreme emotions.

She wished, "If only life were like a painting, when you make a mistake, you can just cover it up, paint it over. There is no room for fear. You're the creator. It's like you're God." ■

From Page 10 Ask the Video Guy

shutter open too long. The temptation is to think that because it's dark that you can leave it open as long as you like. The problem with this is that fireworks are bright and it doesn't take too much to over expose them, especially if your shutter is open for multiple bursts in the one area of the sky. By all means experiment with multiple burst shots – but most people end up finding that the simpler one burst shots can be best.

7. ISO

Shooting at a low ISO is preferable to ensure the cleanest shots possible. Stick to ISO 100 and you should be fine.

8. Switch off your Flash

Shooting with a flash will have no impact upon your shots except to trick your camera into thinking it needs a short exposure time. Keep in mind that your camera's flash will only have a reach of a few meters and in the case of fireworks even if they were this close a flash wouldn't really have anything to light except for some smoke which would distract from the real action (the flashing lights). Switch your flash off.

9. Shoot in Manual Mode

I find I get the best results when shooting

in manual exposure and manual focus modes. Auto focusing in low light can be very difficult for many cameras and you'll end up missing a lot of shots. Once your focusing is set you'll find you don't really need to change it during the fireworks display – especially if you're using a small aperture which increases depth of field. Keep in mind that changing focal lengths will mean you need to need to adjust your focusing on most lenses.

10. Experiment and Track Results

Throughout the fireworks display periodically check your results. I generally will take a few shots at the start and do a quick check to see that they are OK before shooting any more. Don't check after every shot once you've got things set up OK (or you'll miss the action) but do monitor your shots occasionally to ensure you're not taking a completely bad batch. Also experiment with taking shots that include a wider perspective, silhouettes and people around you watching the display. Having your camera pointed at the sky can get you some wonderful shots but sometimes if you look for different perspectives you can get a few shots that are a little less cliché and just as spectacular.

Hope you find these techniques helpful and useful in taking good shots. Remember practice makes perfect shots.

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Statement by the Honourable Shelly Glover, Minister Responsible for Manitoba -

February 28, 2014 - Canadians expect that their justice system will focus on protecting the rights of victims and safeguarding the public from high-risk individuals.

The decision by the Manitoba government not to object to any of the recommendations made to grant Vince Li additional freedoms, including unescorted trips into Selkirk is an insult not only to the family of Tim McLean but to all law-abiding Manitobans. Today, our Conservative Government is firmly calling on the province of Manitoba to immediately appeal this insensitive decision.

As a mother, a police officer and a member of the Government that is focused on protecting public safety and the rights of victims, I would like to offer my sincere condolences to Carol de Delley and the entire family of Tim McLean during this difficult time.

Our Conservative Government has introduced the Not Criminally Responsible Reform Act, which will

protect the public from high-risk offenders, make public safety a paramount consideration for the Review Boards considering these cases, and will ensure that the safety of victims is always considered when decisions are made about people found Not Criminally Responsible.

While the opposition continues to play politics on this issue, our Government is addressing the challenges of mental illness in the criminal justice system, as well as protecting and respecting the rights of victims and their families. The provincial decision to grant Mr. Li unescorted trips is wrong. We call upon Manitoba's Attorney General Andrew Swan to appeal this decision immediately.

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Hollywood celebrities talk about Manny



Manny Pacquiao's Hollywood fans include Liam Neeson (far left)

Liam Neeson and Mark Wahlberg may be among the biggest names in Hollywood action movies, but when it comes to "real action stars" both celebrities admit to being fans of Filipino Boxing Champion Manny Pacquiao.

Neeson who narrates the documentary Manny says he has been a fan of Pacquiao "for many, many years."

"What a boxer. He is one of the greats," the Irish actor said during his most recent guesting at ABC's Jimmy Kimmel Live!

Kimmel and Neeson then chatted about co-starring together in Manny, which will be having its world premiere during the week-long South by Southwest Film Festival in Austin, Texas on March 8.

"After I narrated (our) film, the

producer sent me an e-mail with a little film footage of Manny saying to the camera, 'Hello, Liam, I look forward to meeting you,' and I'm showing it to everybody," Neeson shared with the TV host. "I haven't met him... but he is a fantastic boxer."

Pacquiao himself has appeared on the Kimmel show several times, and Kimmel shared that he was also interviewed for the documentary.

Another very vocal Pacquiao fan is Mark Wahlberg, who often visited the eight-division champion at the Wild Card Gym in Los Angeles whenever Pacquiao trained there.

Wahlberg even credited Pacquiao as his model when he portrayed retired boxer Mickey "Irish" Ward in the movie, The Fighter.

"Every time he was training at Wild Card Gym, I watched him because my whole approach was, I wanted to look like a Manny Pacquiao-caliber fighter. I didn't want to look like another actor who's doing an okay job," he was quoted in one of his interviews.

Other personalities appearing in the documentary include actor Jeremy Piven; boxers Oscar de la Hoya and Evander Holyfield, singer Dan Hill, respected sportswriters and boxing analysts as well as friends and

family of Pacquiao.

Directed by Ryan Moore and Leon Gast, Manny takes a look at the inspiring life story of Pacquiao who rose from poverty to become a 10-time boxing world champion, congressman and international icon.

Gast won an Oscar for Best Documentary Feature (1996) for When We Were Kings a film about the classic match between Muhammad Ali and George Foreman which happened in Kinshasa, Congo, in 1974.



The film also features original music by composer Lorne Balfe (Inception, The Dark Knight, Iron Man, Sherlock Holmes) and songs by Yardnoise with Chad Hugo (The Neptunes/NERD).

Manny opens on March 12 in Philippine theaters and will be distributed by Solar Entertainment Corp. ■



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(on practicum at St. Margaret CHSLD)

